

SAM's GUIDE

to

Monterey County Family Resources



SPRING 2015

© Susan A. McNelley, RN, PHN, MA

SAM's GUIDE

to
Family Resources
for
Monterey County, California

SPRING 2015 EDITION

PREFACE

This seventh edition of the resource book is produced for those individuals who counsel families and need to have up-to-date resource information at their fingertips. While I have made every effort to be accurate, I apologize in advance for any errors or omissions. This is a compilation of public and not-for-profit resources and is not exhaustive. It should be emphasized that there are frequent changes in community resources. Details should be confirmed with individual agencies. Inclusion of agencies and programs in this directory does not imply recommendation or endorsement.

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I hereby give my permission to distribute copies of the PDF file and to print and distribute paper copies of the Guide to anyone providing counseling and assisting families in Monterey County, California. Permission is NOT given to copy and paste any part of this guide into another document.

Please feel free to contact me if you would like to link to my website or if you have any questions or comments: samsresources@comcast.net

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ADOPTION AND FOSTER CARE

ALL AREAS OF MONTEREY COUNTY

Family and Children's Services

Monterey County Department of Social Services

1000 S. Main Street, Suite 205; Salinas, CA 93901

Tel (831) 755-4475

Websites: www.mcdss.co.monterey.ca.us ; www.f2fmc.org

Services:

The following are programs for children, families and caregivers coming through the child welfare system: **Licensed public adoption agency** works to arrange permanent home placements for children. Services include recruitment and screening of prospective parents, educational services, and finalizing adoptions. **Foster care Services** provides temporary out-of-home care for children who have been abused or neglected. **Family to Family** works with community agencies to provide a variety of support services for relative caregivers and foster parents with the goal of keeping children in their own communities.

Kinship Center

124 River Road; Salinas, CA 93908

Tel (831) 455-9965; (800) 454-6744

Website: www.kinshipcenter.org

Services:

Licensed, non-profit adoption agency serving all of Monterey County. Offers adoption services, foster family care, relative care (Family Ties), a children's therapy clinic, parent and professional education. Under the **Family Ties** program, the agency provides assistance to relatives who are caring for children who are related to them, including support groups, legal assistance, parent education, counseling, advocacy, and recreational activities.

Foster & Kinship Care Education

Offered through **Hartnell Community College**

411 Central Ave; Salinas, CA 93901

Tel (831) 755-6709; Information and registration: (831) 755-6807

Website: www.hartnell.edu

Services:

A variety of classes, workshops, and support groups are offered for foster parents, relatives, near kin, and group home staff who care for other people's children. Classes that address the special needs of these children include ROOTS (Relatives On-Going Ties and Support) and SPARK (Successfully Parenting At-Risk Kids). Courses are also appropriate for social service professionals. Courses may be offered off-site and are free. Childcare may be available.

ADULT EDUCATION

(Including Adult Schools, State and Community Colleges, Literacy Programs)

ADULT SCHOOLS

Salinas Adult School (Salinas Education Center)

20 Sherwood Place; Salinas, CA 93906
Main Number: (831) 796-6905 or 796-6908
Website: www.salinasadulthoodschool.com

Monterey Adult School, King Campus

1713 Broadway Avenue, Room B6; Seaside, CA 93955
Tel (831) 392-3565
Website: www.montereyadulthoodschool.com

Pacific Grove Adult School

1025 Lighthouse Avenue; Pacific Grove, CA 93950
Tel (831) 646-6580
Website: www.pgusd.org

Carmel Adult School

8421 Carmel Valley Road; Carmel, CA 93923
Tel (831) 624-1714 or (831) 624-3855
Website: www.captaincooper.org/adulthoodschool

Soledad Adult School

690 Main Street; Soledad, CA 93960
Tel (831) 678-6300
Website: www.californiaadulthoodschools.org

Gonzales Adult School

650 Elko Street, Gonzales, CA 93926
Tel (831) 675-0100
Website: www.gonzales.k12.ca.us

Services:

The adult schools listed above offer a variety of courses, tailored to their community's needs. These may include courses in English as a Second Language, GED, high school completion, citizenship classes, parenting education, vocational skills training, and personal enrichment classes. Fees are charged for courses. Call the individual schools above for classes offered through their school.

ADULT EDUCATION (Continued)

(Including Adult Schools, State and Community Colleges, Literacy Programs)

STATE UNIVERSITY

California State University, Monterey Bay

100 Campus Center; Seaside, CA 93955

Tel (831) 582-3000

Website: www.csumb.edu

Services:

Academic coursework and learning opportunities leading to a bachelor of arts or a bachelor of sciences degree. Some masters degree programs. The university places particular emphasis on access to quality higher education for traditionally underserved and low-income populations.

COMMUNITY COLLEGES

Hartnell Community College

411 Central Avenue; Salinas, CA 93901

Tel (831) 755-6700; For GED: (831) 770-7070

Website: www.hartnell.edu

Services:

Vocational training, English as a Second Language, Early Childhood Education, courses for GED, college credit and an Associate of Arts Degree. Some programs are offered at satellite campuses. Call for more information.

Monterey Peninsula College

980 Fremont Street; Monterey, CA 93940

Tel (831) 646-4000

Website: www.mpc.edu

Services:

Vocational training, English as a Second Language, Early Childhood Education, Older Adult programs, continuing education, courses for college credit and an Associate of Arts Degree. No GED classes. A "Public Safety Training Center" (Fire, police, EMT training) is offered at a satellite campus in Seaside. Another satellite campus is located in Marina.

OTHER EDUCATION PROGRAMS FOR ADULTS

The Osher Lifelong Learning Institute (OLLI Program)

Based at **Cal State University, Monterey Bay**

Tel (831) 582-5500

Website: <http://olli.csumb.edu/>

Services:

A variety of classes are offered for older adults (those 50 and over) who are interested in university-level courses without the pressure of course grades or credits. A listing of courses is available online. Fees range from \$20-\$70. Students receive discounts to CSUMB events and other perks.

ADULT EDUCATION (Continued)

(Including Adult Schools, State and Community Colleges, Literacy Programs)

Read with Monterey County Free Libraries

188 Seaside Circle; Marina, CA 93933

Tel (831) 883-7597

Website: www.montereycountyfreelibraries.org

Services:

Adult literacy program. Volunteer tutors teach English-speaking adults to read and write. Program coordinator matches volunteers to clients. Services offered in Seaside, Marina, Castroville, Soledad, Carmel Valley and possibly other locations. No fee.

John Steinbeck Adult Literacy Services

350 Lincoln Avenue; Salinas, CA 93901

Tel (831) 758-7916

Website: www.salinass.lib.ca.us

Services:

Adult literacy program. Volunteer tutors teach English-speaking adults to read and write. Program coordinator matches volunteers to clients. For residents of Monterey County. No fee.

Plaza Comunitaria

Offered at **Alisal Family Resource Center**

1441 Del Monte Avenue; Salinas, CA 93905

Tel (831) 775-4500

Website: www.alisalfrc.org

Services:

Alisal Family Resource Center is located behind Alisal Community School. The Plaza Comunitaria program provides classes to help Spanish-speaking adults complete their elementary and secondary school education. No fee for program. Childcare provided.

Plaza Comunitaria

King City Family Resource Center

Operated by **King City Union School District**

502 King Street; King City, CA 93930

Tel (831) 385-2230

Website: www.kingcityfrc.org

Services:

Classes to help Spanish-speaking adults complete their elementary and secondary school education. Upon completion, students receive their certificate from the Mexican embassy. Program is dependent on funding. No fee to clients for program.

Casa de la Cultura

225 Salinas Road, Suite 4A; Watsonville, CA 95076

Tel (831) 763-0702

Services:

Music, sewing and cooking classes are offered, as well as “platicas” (discussions) on health and other topics. Most classes take a recess in summer when families are busy working.

ALCOHOL AND DRUG COUNSELING AND TREATMENT

CRISIS INTERVENTION

If this is an emergency, call 911.

Community Hospital of the Monterey Peninsula Crisis Intervention

23625 W R Holman Hwy; Monterey, CA 93940

Website: www.chomp.org

Services:

Crisis services, including assessment and referral in instances of acute substance abuse, are available 7 days/week, 24 hours/day. Come into the emergency room. Services available in English and Spanish.

Natividad Medical Center Behavioral Health Crisis Team

1441 Constitution Blvd. Salinas, CA 93906

Tel (831) 755-4111

Website: www.natividad.com

Services:

Assessment and referral in acute substance abuse issues is available 7 days/ week, 24 hours/day. Services in English and in Spanish. Individuals should call above number or come into emergency room. The crisis team is paged; caller might need to wait a few minutes.

TWELVE-STEP PROGRAMS

Alcoholics Anonymous, Monterey Bay Area

1015 Cass Street, Suite #4; Monterey, CA 93940

24-hour Helpline: Tel (831) 373-3713

Website: www.aamonterey.org

Services:

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other in order to address their common problem. Helpline and website provide information on AA meetings on the Monterey Peninsula. Meetings in English & Spanish.

Alcoholics Anonymous, Salinas Valley

9 West Gabilan Street #11; Salinas, CA 93901

24-hour Helpline: (831) 424-9874

For meetings in Spanish, call 757- 8518

Website: www.aasalinas.org

Services:

Alcoholics Anonymous meetings are offered at sites throughout the Salinas valley. Website and Helpline provide information on these AA meetings. Meetings in Spanish & in English.

Alanon / Alateen

24-hour Tel (English) (831) 373-2532

24-hour Tel (Spanish) (831) 424-6207

Website: www.montereycounty-alanon.org

Services:

Helpline provides information and referral to support groups in the county for teens, families and friends of alcoholics. Support groups in English and in Spanish.

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

TWELVE-STEP PROGRAMS (Continued)

Narcotics Anonymous

Salinas Tel (831) 758-1630

Monterey Tel (831) 624-2055

Website: www.monterey-sbna.org

Services:

A fellowship of recovering addicts that utilizes the 12-step program to help people recover from drug addiction, maintain recovery, and improve the quality of life. Groups in English only.

Celebrate Recovery

Offered by **First Presbyterian Church**

1044 South Main Street; Salinas, CA 93901

Tel (831) 422-7811

Website: www.fpcsalinas.org

Services:

Faith-based support groups for individuals dealing with a variety of recovery issues, including addiction, codependency, financial problems, divorce, blended families, abuse, grief and depression. Separate groups for men and women. Child care provided. Groups are in English only. No fees.

ALCOHOL AND DRUG ABUSE: COMMUNITY EDUCATION

SALINAS

Mentor Moms and Dads; Foster and Adoptive Mentors

Offered through **Door to Hope**

130 W. Gabilan Street; Salinas, CA 93901

Tel (831) 758-0181

Website: www.doortohope.org

Services:

Mentors work with parents who have substance abuse problems and lost custody of their children, but now have the court's permission to attempt to regain them. Mentor moms and dads offer emotional support, advice, and guidance to the parents as they work their way through the legal process. **Foster and adoptive mentors** offer support to new families who have taken on the challenge of fostering or adopting a child in need of a home.

SPARK

Offered through **Hartnell Community College**

411 Central Avenue; Salinas, CA 93901

Tel (831) 755-6709; To register, call (831) 755-6807

Website: www.hartnell.edu

Services:

SPARK (Successfully Parenting At Risk Kids) is a Foster and Kinship Care Education program offered at Hartnell College. This is a series of 4 classes which address the special needs of the perinatally drug-exposed child. The target audience includes foster care, relative, and adoptive families, as well as professionals who work with these children. No cost.

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

ALCOHOL AND DRUG ABUSE: COMMUNITY EDUCATION (Continued)

Sunrise House

119 Capitol Street; Salinas, CA 93901

24-hour Crisis Line: (831) 758-3302

152 W. Gabilan Street; Salinas, CA 93901

Tel (831) 751-9350

Website: www.sunrisehouse.org

Services:

Sunrise House provides alcohol and drug counseling and a 24-hour crisis line for adolescents and their families at the center on Capitol Street. The center on Gabilan Street provides community education and prevention activities in cooperation with schools and other community agencies, including youth drug diversion and youth alternative to violence programs. Bilingual counselors and prevention specialists. Clothing distribution for needy teens. Services are free.

Community Recovery and Resource Center

Operated by **Sun Street Centers**

128 East Alisal Street; Salinas, CA 93905

Tel (831) 753-5150

Website: www.sunstreetcenters.org

Services:

Offers education on alcohol and drug abuse prevention for parents and youth at various sites in the community, as well as the Driving under the Influence Program.

D.A.I.S.Y. (Drug and Alcohol Intervention Services for Youth)

Operated by **Community Human Services**

855 E. Laurel Drive, Bldg H; Salinas, CA 93906

Tel (831) 233-9029

Website: www.chservices.org

Services:

Utilizes the Seven Challenges program to provide intervention and education services for substance-abusing youth, ages 13-18, referred by Probation, Social Services, Behavioral Health, Juvenile Drug Court, parents and schools. No charge. Services in English and Spanish.

MONTEREY PENINSULA

Community Recovery and Resource Center

Operated by **Sun Street Centers**

1760 Fremont Blvd., #E1; Seaside, CA 93955

Tel (831) 393-9316

Website: www.sunstreetcenters.org

Services:

Offers education on alcohol and drug abuse prevention for parents and youth at various sites in the community, as well as the Driving under the Influence Program.

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

SOUTH COUNTY

Community Recovery and Resource Center

Operated by **Sun Street Centers**

2167 H. De La Rosa Sr. Street; Soledad, CA 93960

Tel (831) 385-0100

Website: www.sunstreetcenters.org

Services:

Offers education on alcohol and drug abuse prevention for parents and youth at various sites in the community, as well as the Driving under the Influence Program.

OUTPATIENT DRUG TREATMENT PROGRAMS

SALINAS

MCSTART

A program of **Door to Hope**

130 Church Street; Salinas, CA 93901

Tel (831) 755-8155

Parents as Teachers Program: Tel (831)751-9660

Website: www.doortohope.org or www.mcstart.org

Services:

A community program providing prevention, diagnostic and treatment services for infants and young children who were exposed to alcohol or other drugs while in the womb. Services include screening, assessment and intervention services provided by a multi-disciplinary team, including medical and psychiatric professionals, occupational, physical, and speech therapists, parent educators (Parents as Teachers Program), and substance abuse professionals. Reimbursement from public funding sources.

Door to Hope

130 West Gabilan Street; Salinas, CA 93901

Tel (831) 758-0181

Website: www.doortohope.org

Services:

Outpatient program for drug-dependent men and women. Services include individual/group counseling, life skills, family therapy, medical treatment, and 12-step recovery programs. Reimbursed through Medi-Cal, Medicare, some insurance plans, or self-pay. Door to Hope also offers residential treatment for women. (See Alcohol & Drug Residential Treatment Programs.)

ICT (Integrated Co-occurring Treatment)

Operated by **Door to Hope**

130 West Gabilan Street; Salinas, CA 93901

Tel (831) 758-0181 or 422-2636

Website: www.doortohope.org

Services:

Professional treatment for adolescents with co-occurring substance abuse and mental health disorders. A home-based program offering a spectrum of services, including cognitive behavioral therapy, motivational enhancement therapy, peer support, individual, group and family therapy. Door to Hope also offers a group home for these girls. (Refer to Alcohol and Drug Residential Treatment Programs.)

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

Sun Street Outpatient Counseling Services

Operated by **Sun Street Centers**
11 Peach Drive; Salinas, CA 93901
Tel (831) 753-6001
Website: www.sunstreetcenters.org

Services:

Outpatient drug abuse treatment program for men and women includes individual, group and after-care counseling. Reimbursed through public funds and private insurance.

Valley Health Associates

338 Monterey Street; Salinas, CA 93901
Tel (831) 424-6655
Website: www.valleyhealthassociates.com

Services:

Offers prevention, intervention, and outpatient treatment services for alcoholism, alcohol abuse and drug dependency. Limited hours.

Off Main Clinic

Operated by **Community Human Services**
1083 South Main Street; Salinas, CA 93901
Tel (831) 424-4828
Website: www.chservices.org

Services:

Provides methadone maintenance, detoxification, and counseling for adults addicted to heroin and other opiates, including prescription pills. Medi-Cal and private pay.

MONTEREY PENINSULA

Community Hospital Recovery Center Adult Services

576 Hartnell Street; Monterey, CA 93940
Tel (831) 373-0924 or (800) 528-8080
Website: www.chomp.org

Services:

Partial hospitalization (intense day treatment) and outpatient treatment programs available to address chemical dependency for adults. Services include medical treatment, relapse prevention, family counseling, and support groups. Reimbursed through private insurance and Medicare. Individuals without insurance may qualify for sponsored care.

Sun Street Outpatient Counseling Services

Operated by **Sun Street Centers**
1760 Fremont Blvd. Suite E-1; Seaside, CA 93955
Tel (831) 737-9921
Website: www.sunstreetcenters.org

Services:

Outpatient drug abuse treatment program for men and women includes individual, group and after-care counseling. Reimbursed through public funds and private insurance.

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

Valley Health Associates

114 Webster Street; Monterey, CA 93940

Tel (831) 372-8392

Website: www.valleyhealthassociates.com

Services:

Offers prevention, intervention, and outpatient treatment services for alcoholism, alcohol abuse and drug dependency. Limited hours.

RESIDENTIAL DRUG TREATMENT PROGRAMS

SALINAS

Door to Hope

Tel (831) 422-6226

Website: www.doortohope.org

Services:

Residential drug treatment for women, ages 18-64. Fourteen beds. Length of stay ranges from 3-6 months. Provides alcohol/drug education, individual/group counseling, after-care counseling, outpatient services, and referrals to other community programs. Pregnant women accepted. No children. Reimbursement through public funding and self-pay.

Nueva Esperanza

Operated by **Door to Hope**

Tel (831) 422-2636

Website: www.doortohope.org

Services:

A residential recovery program for pregnant and parenting women and their children. Room for six women and up to ten children. Length of stay is 3-6 months. Services include individual and group counseling, parent education, aftercare, transportation, 12-step meetings, and relapse prevention. Reimbursement through public funding and self-pay.

Santa Lucia Group Home

Operated by **Door to Hope**

Tel (831) 758-0181 or 771-8555

Website: www.doortohope.org

Services:

A group home for adolescent girls, ages 13-17, with co-occurring substance abuse and mental health disorders. Six beds. Girls stay three to six months. Counseling and life skills training program provided by licensed therapists, social workers, counselors, and support personnel.

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

Sun Street Centers Men's Residential Program

Operated by **Sun Street Centers**

8 Sun Street, Salinas, CA 93901

Tel (831) 753-5145

Website: www.sunstreetcenters.org

Services:

Residential substance abuse primary recovery center for men 18 years or older. Provides social-model detox. Fifty-four beds. Based on the social model of recovery. Education, counseling and 12 step meetings. Assistance with vocational skills building and job finding. Family empowerment program. Reimbursement through public funding, private insurance and self-pay.

MONTEREY PENINSULA

Genesis House

Operated by **Community Human Services**

1152 Sonoma Avenue, Seaside, CA 93955

Tel (831) 899-2436

Website: www.chservices.org

Services:

State-licensed residential treatment program for adults and pregnant and parenting mothers accompanied by young children, ages 0-5. Services include individual assessment, treatment planning, medical services, medically-supervised detoxification, individual and group counseling, relapse prevention. Co-ed program has 28 beds for a 3-6 month stay. The perinatal program has 8 beds for women with children for a stay of 4-6 months. Reimbursement through private pay, sliding fee scale.

Bridge Restoration Ministry

P.O. Box 113; Pacific Grove, CA 93950

Tel (831) 372-2033

Website: www.tbrm.org

Services:

Christian-based residential facility for men and women (22 beds) with substance abuse problems who want to change their life. Residents must make a 12-month commitment to the program. Program focuses on spiritual principles of Christian discipleship, anger management, marriage and family reconciliation, vocational training, personal finance management, relapse prevention and aftercare.

Beacon House

468 Pine Avenue, Pacific Grove, CA, 93950

Tel (831) 372-2334

Website: www.beaconhouse.org

Services:

Private non-profit alcohol and drug treatment facility with residential, relapse, day and evening outpatient treatment programs. Twenty-two beds. Services are for men and women over age 18. The residential program is up to 90 days long. No children. A variety of after-care and family support services are offered on site. Reimbursed through private insurance or self-pay.

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

TRANSITIONAL HOUSING ALL AREAS OF MONTEREY COUNTY

Pueblo del Mar Family Recovery Community

Operated by **Sun Street Centers**
3043 MacArthur Drive, Marina, CA 93933
Tel (831) 582-9461
Website: www.sunstreetcenters.org

Services:

A transitional housing program for homeless families who have completed an alcohol/drug program in Monterey County and who are committed to their recovery process and self-sufficiency. Housing for 54 families, inc. single women and men with children. Must have an income from some source. A social model of recovery. Relapse prevention classes provided at the on-site Nancy Dodd Center. May stay up to eighteen months.

Seven Suns Transitional Housing for Men

Operated by **Sun Street Centers**
8 Sun Street, Salinas, CA 93901
Tel (831) 753-5145
Website: www.sunstreetcenters.org

Services:

Self-supporting, transitional housing for adult men who have graduated from a primary recovery program. Housing for 36 men (9 4-bed/4-bath units). Must be 30 days clean and sober. Must be employed or have some means of support. This is a social model of recovery. A variety of supportive services are available.

Elm House

Operated by **Community Human Services**
Seaside, CA
Tel: (831) 920-1078
Website: www.chservices.org

Services:

Affordable sober living environment for single adult women in early recovery from substance abuse. No children. Length of stay 18 – 24 months.

Monterey County Family Resources

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CHILD CARE/ CHILD DEVELOPMENT/ PRESCHOOL for Low-Income Families

Refer also to School Districts, as many have Pre-school and After-School programs, and to the section for Special Needs Children.

FOR ALL AREAS OF MONTEREY COUNTY

Monterey County Child Care Resource and Referral

Operated by **Mexican American Opportunity Foundation (MAOF)**

11 Quail Run Circle, Suite 101; Salinas, CA 93907

Tel (800) 339-9306; (831) 757-0775

Website: www.maof.org

Services:

Provides referrals to child care centers and licensed family child care homes near family's residence or place of employment. Technical assistance is offered to those desiring to become licensed providers. Low-income families wishing subsidized child care should contact MAOF at the site below.

Mexican American Opportunity Foundation (MAOF)

11 Quail Run Circle, Suite 101; Salinas, CA 93907

For subsidized child care: Tel (831) 424-6939

Website: www.maof.org

Services:

Takes applications from low-income families in all areas of Monterey County who want subsidized childcare and/or preschool services at one of the MAOF centers or in the home of a licensed provider. Centralized program determines eligibility for subsidized child care. Women must be low-income and working, in school, or in training. MAOF childcare centers are located in Salinas, Gonzales, Soledad, Greenfield, and Spreckles.

Head Start

Operated by **Monterey County Office of Education**

901 Blanco Circle; Salinas, CA 93901

Tel (831) 755-0350

Website: www.monterey.k12.ca.us

Services:

Pre-school, health and nutrition services for low-income children, ages 3 - 5 (up to kindergarten age). Parent education, social services and referrals provided. Sites throughout the county.

Early Head Start

Operated by **Monterey County Office of Education**

901 Blanco Circle; Salinas, CA 93901

Tel (831) 755-0310

Website: www.monterey.k12.ca.us

Services:

Provides parent education, health and referral services through home visits and center-based activities to low-income pregnant women, infants and toddlers to age 3. Services offered to families throughout the county.

**CHILD CARE/ CHILD DEVELOPMENT/ PRESCHOOL (Continued)
for Low-Income Families**

Refer also to School Districts, as many have Pre-school and After-School programs.

Migrant Education

Operated by **Monterey County Office of Education**

901 Blanco Circle; Salinas, CA 93901

Tel (831) 755-6401

Website: www.monterey.k12.ca.us

Services:

School-based educational services for migrant children, ages 3 – 21. A certificate of eligibility is required to participate in program. Children are referred by the schools. Services are provided throughout the county.

SALINAS

Alisal Campus Early Education Center

Operated by **Early Development Services, Inc.**

1752 East Alisal Street; Salinas, CA 93905

Tel (831) 755-6774

Website: www.earlydevelopmentservices.com

Services:

Pre-school and childcare program for children, ages 3 to 5 years old. Subsidized child care available through CalWorks and MAOF for mothers who work or are in school full time. Located at Hartnell College, East Campus.

MONTEREY PENINSULA

Avondale Early Education Center

Operated by **Early Development Services, Inc.**

1450 Elm Avenue; Seaside, CA 93955

Tel (831) 899-4757

Website: www.earlydevelopmentservices.com

Services:

Childcare program for infants, ages 6 weeks – pre K. Subsidized child care available through CalWorks and MAOF for mothers who work or who are in school full time.

Peninsula Center for Infant and Toddler Development

Operated by **Early Development Services, Inc.**

780 Elm Avenue; Seaside, CA 93955

Tel (831) 393-2240

Website: www.earlydevelopmentservices.com

Services:

Childcare program for infants, ages 4 weeks to 2 ½ years old. Subsidized child care available through CalWorks and MAOF for mothers who work or who are in school full time.

CHILD CARE/ CHILD DEVELOPMENT/ PRESCHOOL (Continued)
for Low-Income Families

Refer also to School Districts, as many have Pre-school and After-School programs.

New West Center for School-Aged Children

Operated by **Early Development Services, Inc.**

1450 Elm Avenue; Seaside, CA 93955

Tel (831) 899-6089

Website: www.earlydevelopmentservices.com

Services:

After-school program for children from kindergarten through fifth grade. Subsidized child care available through CalWorks and MAOF for mothers who work or who are in school full time.

Highlands Early Education Center

Operated by **Early Development Services, Inc.**

1650 Sonoma Ave; Seaside, CA 93955

Tel (831) 393-0750

Website: www.earlydevelopmentservices.com

Services:

Pre-school and childcare program for children ages 3 to 5 years old. Subsidized child care available through CalWorks and MAOF for mothers who work or are in school full time.

CSU Monterey Bay Childhood Development Center

Operated by **Early Development Services, Inc.**

100 Campus Center, Building 91; Seaside, CA 93955

Tel (831) 582-4550

Website: www.earlydevelopmentservices.com

Services:

A childhood development center serving students, faculty and staff of the university. Provides care for children 12 months to kindergarten. Subsidized child care available through CalWorks and MAOF for mothers who work or who are in school full time.

The Salvation Army Child Development Center

1491 Contra Costa; Seaside, CA 93955

Tel (831) 899-4911; (831) 899-4915

Website: www.tsamonterey.com

Services:

Childcare program, offering pre-school and after-school care. May provide subsidized childcare through CalWorks and MAOF for mothers who work or who are in school full time.

CHILD CARE/ CHILD DEVELOPMENT/ PRESCHOOL (Continued)
for Low-Income Families

Refer also to School Districts, as many have Pre-school and After-School programs.

Cooperative Preschools

SALINAS

The Parent Center Co-op Preschool

Operated by **Salinas Adult School**
20 Sherwood Place; Salinas, CA 93906
Tel (831) 796-6972
Website: www.theparentcenter.org

Services:

This is a cooperative preschool requiring parent participation in the classroom and attendance at parent education events.

MONTEREY PENINSULA

Pacific Grove Co-op Preschool

Operated by **Pacific Grove Adult School**
485 Pine Ave; Pacific Grove, CA 93950
Tel (831) 646-6583
Website: www.preschool.pgusd.org

Services:

This is a cooperative preschool requiring parent participation in the classroom and attendance at parent education events.

Tularcitos Co-op Preschool

Operated by **Carmel Adult School**
8460 Carmel Valley Road; Carmel, CA
Tel (831) 624-8047
Website: www.carmelunified.org

Services:

This is a cooperative preschool requiring parent participation in the classroom and attendance at parent education events.

NORTH COUNTY

Prunedale Co-op Preschool

Operated by the **North Monterey County Unified School District**
17719 Pesante Road; Salinas, CA 93907
Tel (831) 663-2187

Services:

This is a cooperative preschool requiring parent participation in the classroom and attendance at parent education events.

CHILD PROTECTIVE SERVICES

FOR ALL AREAS OF MONTEREY COUNTY

Monterey County Department of Social Services

Family and Children's Services

(Child Protective Services)

1000 S. Main St., Ste. 205; Salinas, CA 93901

Tel (831) 755-4475

Website: www.mcdss.co.monterey.ca.us

CHILD ABUSE REPORTING HOTLINE: (800) 606-6618 or (831) 755-4661

During non-business hours, dial 911 and ask to speak to the on-call social worker. Health care providers, teachers and others are mandated to report suspected child abuse.

Services:

Program serves children who are suspected of being in danger of abuse, neglect, and exploitation. Three levels of services: 30-day emergency response; intermediate voluntary services; and court-mandated services for high risk cases.

Pathways to Safety

Operated by **Door to Hope**

369 Main Street, Suite 201; Salinas, CA 93901

Tel (831) 783-1400 or 783-1244

Website: www.actioncouncil.org or www.doortohope.org

Services:

Families with children AT RISK of abuse and neglect who don't meet criteria for child protective services may be followed in this community-based prevention program. Family resource specialists offer support to families and link to community resources. **Pathways to Safety is not open to direct referrals. If you are concerned for a family, start by calling the Child Abuse Reporting hotline above.**

CHRONIC DISEASES: EDUCATION AND SUPPORT (See also HIV/AIDS Testing & Alcohol & Drug Treatment)

ALL AREAS OF MONTEREY COUNTY

DIABETES MANAGEMENT AND SUPPORT

Diabetes and Nutrition Therapy Outpatient Program

Operated by **Community Hospital of the Monterey Peninsula**

2 Upper Ragsdale Drive, Bldg D-200; Monterey CA 93940

Tel (831) 649-7220

Website: www.chomp.org

Services:

Registered nurses and dieticians provide diabetes education and medical nutrition therapy for diabetics. Medical nutrition therapy is provided for individuals of all ages and all diagnoses. Services are reimbursed through Medi-Care, Central California Alliance for Health, private insurance, and self-pay. Individuals without financial resources may apply for sponsored care at CHOMP. Services in English and Spanish.

Diabetes Support Groups

Offered by **Community Hospital of the Monterey Peninsula**

Two locations:

Oldemeyer Center; 986 Hilby Avenue; Seaside, CA 93955

Scholze Park Center; 280 Dickman Avenue; Monterey, CA 93940

Tel (831) 649-7220 (Diabetes and Nutrition Therapy Outpatient Program)

Website: www.chomp.org

Services:

Groups meet once a month at each of the above locations. Call the Diabetes and Nutrition Therapy Outpatient Program for more details.

Diabetes Education Center

Operated by **Natividad Medical Center**

1441 Constitution Blvd. Bldg. 300; Salinas, CA 93906

Tel (831) 755-6292

Website: www.natividad.com

Services:

Outpatient counseling for adult diabetics provided by a diabetic educator. Services in English and in Spanish.

RotaCare Clinic

Offered at **Seaside Family Health Center**

1150 Fremont Blvd. Seaside, CA 93955

Tel (831)333-6495

Website: www.rotacarebayarea.org

Services:

Diabetes Clinic with mandatory education classes for individuals without health insurance. Call for more details.

CHRONIC DISEASES: EDUCATION AND SUPPORT (Continued)

(See also HIV/AIDS Testing & Alcohol & Drug Treatment)

Diabetes Health Center

Administered by the **Pajaro Valley Community Health Trust**

85 Nielson Street, Suite 201; Watsonville, CA 95076

Tel (831) 763-6445

Website: www.pvhealthtrust.org

Services:

The center provides diabetes education, including prevention and management, to residents of Santa Cruz County and north Monterey County, including Pajaro, Castroville and Salinas. Services include individualized education, training in blood glucose self-monitoring, insulin injection training, nutrition counseling and group classes. Services in English and in Spanish. Payment is through insurance and sliding scale fees. No patient turned away for inability to pay.

Casa de la Cultura

225 Salinas Road, Suite 4A; Watsonville, CA 95076

Tel 763-0702

Services:

A free health clinic in Pajaro, staffed by a volunteer physician and others, generally one evening a week. Diabetes education and management for adults and children without health insurance.

WEIGHT MANAGEMENT, OBESITY PREVENTION

(Refer also to School Districts and to Recreation Programs for Children. There are school-based programs and recreation programs that promote physical fitness and good nutrition.

Nutrition Therapy Outpatient Program

Operated by **Community Hospital of the Monterey Peninsula**

2 Upper Ragsdale Drive, Bldg D, Suite 200; Monterey CA 93940

Tel (831) 649-7220

Website: www.chomp.org

Services:

The Weigh of Life program is a 12-week course offered by a dietician for adults desiring weight loss and weight management. Another weight loss program is offered for overweight children and teens. Individuals without financial resources may apply for sponsored care at CHOMP. Some services in Spanish.

WIC - Women, Infants and Children Nutrition Program

Operated by the **Monterey County Health Department**

Sites listed under Food Distribution Services

Services: WIC provides clients with nutrition education and classes promoting physical fitness.

Just Run

Tel (831) 625-6226

Website: www.justrun.org

Services:

This free website-based program was organized by the Big Sur International Marathon to assist schools and community agencies in organizing a running program to promote a healthy lifestyle and youth fitness, while combating obesity and related diseases. Just Taste, promoting consumption of fruits and vegetables is part of the program. Offered at more than fifty sites in Monterey County. Ask child's school teacher or youth program if they offer this program. More information is available on the website.

CHRONIC DISEASES: EDUCATION AND SUPPORT (Continued)

(See also HIV/AIDS Testing & Alcohol & Drug Treatment)

WEIGHT MANAGEMENT, OBESITY PREVENTION (continued)

The Family Market

Operated by the **Food Bank for Monterey County**

815 West Market St. #5; Salinas, CA 93901

Tel (831) 758-1523

Website: www.foodbankformontereycounty.org

Services:

Responding to growing concerns regarding obesity and diabetes, the Food Bank operates Family Markets from April through October each year. Food Bank clients are offered a variety of fresh produce and dairy goods. Resources are donated, locally-grown produce, as well as that obtained out of the area. Operated like a Farmers' Market, but without charge. Families select fruit and vegetables their families like and need. Each household receives approximately 50-100 pounds of food. The Family Market operates at 10 sites throughout the county. Call the Food Bank or 2-1-1 for a list of sites.

RESOURCES FOR A VARIETY OF CHRONIC DISEASES

Public Health Nursing

Monterey County Health Department

1270 Natividad Road; Salinas, CA 93906

Tel (831) 755-4630 or 755-4500

Website: www.mtyhd.org

Services:

Case management and home visits for individuals living with chronic diseases such as asthma and diabetes; weight management issues. Also seen are high-risk pregnant women; children of substance-abusing mothers; and children at risk for child abuse, neglect or developmental delay. Clients are seen by a team of nurses and registered dietitians. Call the above number to make a referral or for more information on public health nursing services.

Salinas Valley Memorial Healthcare System

450 East Romie Lane; Salinas, CA 93901

Tel (831) 759-1890 (Health Promotion Department)

Website: www.svmh.com

Services:

Community health education programs and support groups for various health issues, including heart health, cancer wellness, and diabetes. Classes listed on website.

Community Hospital of the Monterey Peninsula

23625 W R Holman Hwy.; Monterey, CA 93940

Tel (888) 452-4667

Website: www.chomp.org

Services:

Community health education programs and support groups for various health issues, including heart/lung health, bone health, weight management, cancer wellness, and diabetes. Classes listed on website.

CHRONIC DISEASES: EDUCATION AND SUPPORT (Continued)

(See also AIDS/HIV Testing & Alcohol & Drug Treatment)

RESOURCES FOR OTHER CHRONIC DISEASES

Alzheimer's Association of Monterey County

21 Lower Ragsdale Drive, Suite B; Monterey, CA 93940

Tel (831) 647-9890; Monterey Helpline (800) 272-3900

Website: www.alz.org/norcal

Services:

A wide range of services and support for people with Alzheimer's Disease and their families. Conducts support groups throughout Monterey County. Some services are in Spanish.

Multiple Sclerosis Quality of Life Project (MSQLP)

519 B Hartnell Street; Monterey CA 93940

Tel (831) 333-9091

Website: www.msqlip.org

Services:

Free case management services to people with Multiple Sclerosis and Parkinson's Disease who are residents of Monterey County. Support groups meet at Salinas Valley Memorial Hospital and at the MSQLP office. Twice-weekly water aerobics program at the Monterey Sports Center.

American Cancer Society

945 S. Main Street, Suite 201; Salinas, CA 93901

Tel (831) 442-2992 or call the 24/7 Helpline at (800) 227-2345

Website: www.cancer.org

Services:

Information on cancer prevention and treatment; wig assistance for people without insurance coverage. Transportation to MD appts. for eligible cancer patients.

Cancer Information Service

Tel (800) 422-6237

Website: www.cancer.gov

Services:

Information, in English and in Spanish, offered by the National Cancer Institute.

Central California Alliance for Health

950 East Blanco Road, Suite 101; Salinas, CA 93901

Tel (831) 755-6000 ext. 5580 (Health Education)

Website: www.ccah-alliance.org

Services:

Various health education programs for Medi-Cal recipients who are members of the Alliance. Information and referral for asthma and diabetes management, prenatal and postpartum programs, breastfeeding support, smoking cessation, weight management and women's health.

Breathe California, Central Coast

971 N. Main Street; Salinas, CA 93906

Tel (831) 422-7306

Website: www.breathecentral.org

Services:

Provides information on lung diseases, such as lung cancer, COPD, chronic bronchitis, emphysema, and asthma. Tobacco control and air quality advocacy. Self-referrals welcome.

CLOTHING RESOURCES FOR FAMILIES
(Thrift Stores throughout Monterey County offer clothing at reasonable prices.)

SALINAS

The Salvation Army Thrift Store

326 North Main Street; Salinas, CA 93906

Tel (831) 424-0889

Services:

Families may buy used clothing, including baby clothes, and home furnishings at low prices.

Goodwill Industries

1325 North Main Street; Salinas, CA 93906

Tel (831) 755-8668

708 E Alisal Street; Salinas, CA 93905

Tel (831) 424-5346

Services:

Families may buy used clothing, including baby clothes and home furnishings at low prices.

Victory Mission

43 Soledad Street; Salinas, CA 93905

Tel (831) 424-5688

Services

Men receive clothing Monday, Wednesday, and Friday. Women and children's clothing and toys are given out every Thursday morning on "Ladies' Day." Supplies dependent on donations.

MONTEREY PENINSULA

Good Samaritan Center,

Operated by **The Salvation Army**

800 Scott Street; Sand City, CA 93955

Tel (831) 899-4988

Website: www.tsamonterey.com

Services:

Provides free clothing, as well as laundry and shower facilities for the homeless. Needy Monterey Peninsula residents are also assisted with monthly food, rent and utilities.

Society of St. Vincent de Paul Thrift Store

1269 Fremont Blvd.; Seaside, CA 93955

Tel (831) 899-2211

214 Forest Ave.; Pacific Grove, CA 93950

Tel (831) 642-9387

Services:

Offers clothing and home furnishings at low prices. Families in need may apply for a voucher for free clothing and home furnishings: call for details.

Goodwill Industries

729 Broadway Ave; Seaside, CA 93955

Tel (831) 394-1212

571 Lighthouse Ave; Monterey, CA 93940

Tel (831) 649-6056

Services: Families may buy used clothing and home furnishings at low prices.

COUNSELING (Refer also to Alcohol and Drug Programs, Crisis Lines, Domestic Violence & Mental Health Services)

SALINAS

Outpatient Mental Health Counseling and **C.A.T.S. Program**

Operated by **Community Human Services**

Family Service Center, 433 Salinas Street; Salinas, CA 93901

Tel (831) 757-7915

Website: www.chservices.org

Services:

Licensed therapists and supervised interns provide individual, family and group counseling for a variety of emotional and mental health issues. Under the C.A.T.S. program, individual and group therapy is provided for those impacted by HIV/AIDS, as well as gay, lesbian, bisexual, transgender and questioning individuals and their families. Medi-Cal is accepted on referral from Monterey County Behavioral Health; sliding scale fees are assessed for private pay clients. Services may be offered in English and in Spanish.

Celebrate Recovery

Offered by **First Presbyterian Church**

1044 South Main Street; Salinas, CA 93901

Tel (831) 422-7811

Website: www.fpcsalinas.org

Services:

Faith-based support groups for individuals dealing with a variety of recovery issues, including addiction, codependency, financial problems, divorce, blended families, abuse, grief and depression. Separate groups for men and women. Child care provided. Services in English only. No fees.

District Attorney, Victim/Witness Assistance Program

230 Church St. Bldg 3; Salinas, CA 93901

Tel (831) 755-5072

24/7 Crisis Line operated by the YWCA: (800) 992-2151

Website: www.co.monterey.ca.us/da

Services:

Provides services to victims/witnesses of all types of crimes, including homicide, assault, domestic violence, and rape. Services include crisis intervention, emergency assistance, resource counseling, orientation to the criminal justice system and court escort.

Confidence Pregnancy Center of Salinas

780 East Romie Lane, Suite C; Salinas, CA 93901

Tel (831) 757-5500

Website: www.pregnancysalinas.com

Services:

Confidential counseling and pregnancy confirmation for women with crisis pregnancy. Post-abortion counseling. Limited practical assistance (maternity and baby clothes, etc.) for clients who use program services. No charge for services.

COUNSELING (Continued) (Refer also to Alcohol and Drug Programs, Crisis Lines, Domestic Violence & Mental Health Services)

MONTEREY PENINSULA

Outpatient Mental Health Counseling and C.A.T.S. Program

Operated by **Community Human Services**

Family Service Center

1178 Broadway; Seaside, CA 93955

Tel (831) 394-4622

Website: www.chservices.org

Services:

Licensed therapists and supervised interns provide individual, family and group counseling for a variety of emotional and mental health issues. Under the C.A.T.S. program, individual and group therapy is provided for those impacted by HIV/AIDS, as well as gay, lesbian, bisexual, transgender and questioning individuals and their families. Medi-Cal is accepted on referral from Monterey County Behavioral Health; sliding scale fees are assessed for private pay clients. Services may be offered in English and in Spanish.

The Village Project

1069 Broadway Avenue, Suite 201; Seaside, CA 93955

Tel (831) 392-1500

Website: www.thevillageprojectinc.org

Services:

This African-American family resource center provides counseling for adults, couples, children, and families; cultural competency trainings; after-school tutoring for students in first through twelfth grade; and teen groups on anger management and self esteem. Focus on African-Americans, but open to serve anyone in need. Some services are offered off-site.

Compassion Pregnancy Center of the Monterey Peninsula

640 Cass Street; Monterey, CA 93940

Tel (831) 373-8535

Website: www.montereycpc.com

Services:

Confidential counseling and pregnancy confirmation for women with crisis pregnancy. Post-abortion counseling. Limited practical assistance (maternity and baby clothes, etc.) for clients who use program services. No charge for services.

Safe Place

Operated by **Community Human Services**

590 Pearl Street; Monterey, CA 93940

Tel (831) 373-4421

24-hour Runaway and Homeless Youth Helpline: (831) 241-0914

Website: www.chservices.org

Services:

A comprehensive program for runaway and homeless youth, ages 11-21, offering individual and family counseling, crisis resolution, family reunification, street outreach, food, clothing, hygiene items, 24-hour access to a crisis shelter, a 24-hour helpline and Mon-Fri. drop-in hours.

COUNSELING (Continued)
**(Refer also to Alcohol and Drug Programs, Crisis Lines, Domestic Violence
& Mental Health Services)**

SuperKids and SuperTeens

Operated by **Community Human Services**

Tel (831) 658-3811

Website: www.chservices.org

Services:

In-school counseling programs, provided free of charge, available to elementary and middle-school children at school sites throughout Monterey County. The programs provide at-risk and emotionally troubled youth with counseling services. Individual and group counseling. Contact your school administrator to see if these services are offered at your child's school.

CRISIS LINES/ HELPLINES (Refer also to Alcohol and Drug, HIV/AIDS, and Mental Health Services)

IF THIS IS AN EMERGENCY, DIAL 911.

For All Areas of Monterey County

2-1-1 Monterey County

A program of **United Way Monterey County**

From anywhere in Monterey County, dial 2-1-1

Website: www.211mc.org

Services:

A 24-hour free and confidential **telephone service** and **online searchable database**, providing information and referral on a broad range of services, including emergency shelter, rent assistance, food pantries, affordable housing, health resources, child care, counseling and senior services. Telephone line can provide information in more than 170 languages. Provides vital information in times of disaster.

Child Abuse Reporting Hotline

Operated by the **Monterey County Department of Social Services**

24 hours Tel: (800) 606-6618 or (831) 755-4661; After hours, call 911.

Website: www.mcdss.co.monterey.ca.us

Services:

Designated line for reporting child abuse and neglect. During non-business hours, dial 911 and ask to speak to the on-call social worker.

Adult Protective Services Hotline

Operated by the **Monterey County Department of Social Services**

Tel Monterey (831) 883-7565; Salinas (831) 755-4466

Call 911 if the person is in immediate danger or to make a report after hours.

Website: www.mcdss.co.monterey.ca.us

Services:

Call this line for reports of abuse or neglect of adults and elderly persons who are unable to protect themselves and are harmed or threatened with harm.

Suicide Prevention Services of the Central Coast

Operated by the **Family Service Agency of the Central Coast**

Toll-free Crisis Line: (877) 663-5433 or (831) 458-5300

Website: www.fsa-cc.org

Services:

24-hour, free and confidential, multi-language, crisis intervention and suicide prevention services. Individual does not have to be suicidal to call. Services also offered to individuals who have lost a person to suicide.

National Suicide Prevention Lifeline

24/7 Crisis Line: (800) 784-2433 or (800) 273-8255

Website: www.suicidepreventionlifeline.org

Services:

Free and confidential emotional support to individuals in suicidal crisis or emotional distress.

CRISIS LINES/ HELPLINES (Continued) (Refer also to Alcohol and Drug, HIV/AIDS, and Mental Health Services)

Veterans Crisis Line

Nation-wide 24-hour Crisis Line: (800) 273-8255 or (800) 784-2433

Website: www.veteranscrisisline.net

Services:

Connects veterans in crisis and their loved ones with qualified, caring responders. Provides free and confidential support for suicide prevention.

YWCA Domestic Violence Crisis Line

Tel: (800) 992-2151; Monterey (831) 372-6300; Salinas (831) 757-1001

Website: www.ywca.org/montereycounty

Services:

24 hour crisis line for victims of domestic violence and other family crises. Provides referrals. Services in English and in Spanish.

Monterey County Rape Crisis Line

Tel 24 hour Monterey: (831) 375-4357; Salinas and South County (831) 424-4357

Website: www.mtryrapecrisis.org

Services:

Crisis intervention and short-term counseling for victims of sexual assault. Information and referral. Services in English and in Spanish.

Senior Helpline

Operated by **Monterey County Department of Social Services**

Tel (800) 510-2020

Website: www.mcdss.co.monterey.ca.us

Services:

Provides information and referral for adults who need protection, home care, emergency food or housing, counseling, or out-of-home placement.

Runaway and Homeless Youth Helpline

Operated by **Community Human Services**

Tel 24-hour (831) 241-0914

Website: www.chservices.org

Services:

A 24-hour helpline for runaway and homeless youth of Monterey County. Services include crisis counseling, food, clothing, shelter and emergency bus passes.

Boys Town National Hotline

Tel 24-hour (800) 448-3000

Website: www.boystown.org/hotline

Services:

A 24-hour, 7 days a week crisis, resource and referral line serving teens, parents, and families. Trained counselors help with a variety of issues, including suicide prevention, depression, chemical dependency, anger, and physical, emotional and sexual abuse. Services in English and Spanish. Translation services for other languages available.

CRISIS LINES/ HELPLINES (Continued) (Refer also to Alcohol and Drug, HIV/AIDS, and Mental Health Services)

Sunrise House

24-hour Crisis Line: (831) 758-3302

Website: www.sunrisehouse.org

Services:

A 24-hour crisis line, based in Salinas, for adolescents having trouble at home or in the community.

Mother to Baby California

Tel (866) 626-6847

Website: www.mothertobaby.org

Services:

Information specialists provide evidence-based information and counseling, in English and in Spanish, to mothers, health-care professionals and the general public about medications and other exposures during pregnancy and while breastfeeding. A service of the non-profit Organization of Teratology Information Specialists (OTIS)

California Poison Control System

24 hour hotline: (800) 222-1222

Website: www.calpoison.org

Services:

This hotline, in English and in Spanish, provides immediate, free and expert treatment advice and assistance over the phone in case of exposure to poisonous, hazardous or toxic substances. Interpreter service.

Military One-Source Information and Referral Helpline

Tel 24 hour (800) 342-9647

Website: www.militaryonesource.mil

Services:

Employee assistance program for active duty, National Guard and Reserve service members and their families. Professionally trained consultants address a variety of issues including deployment, reunion, relationships, grief, and parenting. Translation services available.

GLBT National Help Center

GLBT National Hotline (888) 843-4564

GLBT National Youth Talkline (800) 246-7743

Website: www.glnh.org

Services:

The Gay, Lesbian, Bisexual and Transgender National Hotline serves callers of all ages (youth and adult). Peer counseling, information, and local resources. The GLBT Youth Talkline provides peer counseling, information, and local resources for youth through age 25.

Trevor Lifeline

Tel (866) 488-7386

Website: www.thetrevorproject.org

Services:

24/7 national helpline providing crisis intervention and suicide prevention for lesbian, gay, bisexual, and transgender youth.

DEATH AND DYING/ GRIEF SUPPORT/ HOSPICE SERVICES

ALL AREAS OF MONTEREY COUNTY

Compassionate Care Alliance of Monterey County

P.O. Box 1785; Monterey, CA 93942

Tel (831) 655-9506

Website: www.comcarealliance.org; www.caringresources.org

Services:

Provides comprehensive information and a variety of resources addressing end-of-life care. Information in English only.

Hospice Support Services

Offered by the **Hospice of the Central Coast**

A program of **Community Hospital of the Monterey Peninsula**

2 Upper Ragsdale Drive, Suite D120; Monterey, CA 93940

Grief Line: (831) 622-2745 or (888) 985-0550

Website: www.chomp.org

Services:

Offers the following programs in Salinas and on the Monterey Peninsula at no cost:

- (1) Grief and Loss Resource Line offering help for individuals and families after a death,
- (2) Adult bereavement support group for anyone who has lost a loved one, and
- (3) Griefbusters, compassionate support for grieving children.

Suicide Prevention Services of the Central Coast

Operated by the **Family Service Agency of the Central Coast**

Toll-Free Crisis Line (877) 663-5433 or (831) 458-5300

Website: www.fsa-cc.org

Services:

Grief support group, conducted in English, for individuals and families who have experienced a sudden death by suicide. Meets in Pacific Grove. Crisis line uses multilingual interpreter services.

Sudden Infant Death Syndrome Program

Offered by the **Monterey County Health Department, Public Health Nursing**

1270 Natividad Road; Salinas, CA 93906

Tel (831) 755-4630 or 755-4500

Website: www.californiasids.com; www.mtyhd.org

Services:

Public health nurses provide assessment, information, and counseling to families experiencing Sudden Infant Death. Services in English and in Spanish.

Catholic Charities

922 Hilby Avenue, Suite C; Seaside, CA 93955

Tel (831) 393-3110

Website: www.catholiccharitiescentralcoast.org

Services:

Extended bereavement counseling. Fees on a sliding fee scale.

DEATH AND DYING/ GRIEF SUPPORT/ HOSPICE SERVICES (Continued)

Hospice of the Central Coast

Operated by **Community Hospital of the Monterey Peninsula**

2 Upper Ragsdale Dr. Suite D-120; Monterey, CA 93940

Tel (831) 649-7750 or (800) 364-7001

Website: www.chomp.org

Services:

Hospice provides a team of doctors, nurses, home health aides, social workers, counselors and trained volunteers to address a variety of physical, social, emotional and spiritual needs of the patient and caregivers. Services provided wherever the patient lives, whether in the home, in an assisted living, residential or skilled nursing facility.

Central Coast Visiting Nurse Association and Hospice

Hospice Services located at:

45 Plaza Circle; Salinas, CA 93901

Tel: (831) 751-5500

Website: www.ccvna.com

Services:

Hospice provides a comprehensive program of care and support for anyone who has a limited life prognosis. A team of nurses, home health aides, social workers and spiritual advisors provides comfort, care and support to terminally ill patients and their families. Several "Life After Loss" drop-in grief support groups are offered at various locations in Monterey County.

Heartland Hospice

2511 Garden Road, Suite A 250; Monterey, CA 93940

Tel (831) 373-8442

Website: www.hcr-manorcare.com

Services:

This hospice program provides specialized care that meets the physical, emotional and spiritual needs of patients and their loved ones facing the challenges of an advanced illness. Services include pain management, comfort measures and emotional support. Medicare and most private insurances cover hospice care.

Children's Hospice and Palliative Care Coalition (CHPCC)

342 Pajaro Street, Suite B; Salinas, CA 93901

Tel (831) 422-3002

Website: www.childrenshospice.org

Services:

CHPCC works closely with community-based healthcare providers and other social service programs to ensure that children with life-threatening conditions and their families have access to in-home care which addresses their physical, emotional and spiritual needs. The center serves families in Santa Cruz, San Benito, and Monterey Counties. Also offers round-trip transportation to Lucille Packard Children's Hospital in Palo Alto and to UCSF Medical Center in San Francisco for these children and their families. Financial support, including gas cards for medical appointments, and funeral assistance available.

DEATH AND DYING/ GRIEF SUPPORT/ HOSPICE SERVICES (Continued)

Papillon Center for Loss and Transition

P.O. Box 4075; Monterey, CA 93942

Tel (831) 320-1188

Website: www.papillon-center.org

Services:

Non-profit organization offering the following programs: a drop-In bereavement discussion group; Good Grief for Kids and Teens; Riding the Waves of Grief; and a Loss of a Child grief support group. No cost to clients.

**DENTAL SERVICES
For Low-Income Families**

ALL AREAS OF MONTEREY COUNTY

Denti-Cal

Toll-Free English/Spanish: (800) 322-6384

Website: www.denti-cal.ca.gov

Services:

Denti-Cal, a benefit of the Medi-Cal program, covers diagnostic, preventative care (exams, x-rays, teeth cleaning), emergency treatment, pain control, and restorative services to qualified individuals. Denti-Cal does not cover all services. Have client ask clinic or dentist what Denti-Cal covers and does not cover.

SALINAS

Natividad Medical Center - Emergency Room

1441 Constitution Blvd; Salinas, CA 93906

Tel Salinas (831) 755-4111

Website: www.natividad.com

Services:

Antibiotics and pain relief provided for emergency dental problems. Referral to local dentists for follow-up treatment.

Alvin Dental Clinic

Operated by **Clinica de Salud del Valle de Salinas**

620 E. Alvin Drive; Salinas, CA 93906

Tel (831) 444-9722

Website: www.csvs.org

Services:

Dental care for adults and children. Accepts Denti-Cal and other insurance. Services for low-income families on a sliding fee scale.

Central Coast Pediatric Dental Group

631 E. Alvin Drive, Suite E; Salinas, CA 93906

Tel (831) 443-5801

945 Blanco Circle, Suite D; Salinas, CA 93901

Tel (831) 424-0641

Website: www.centralcoastpediatricdentalgroup.com

Services:

Dental care, including sedation services, for children and adolescents with Denti-Cal and CHDP/Gateway insurance.

**DENTAL SERVICES (Continued)
For Low-Income Families**

SALINAS (Continued)

Community Oral Health Services

A program of **Salud Para La Gente**
1441 Del Monte Ave.; Salinas, CA 93905
Tel (831) 728-0222
Website: www.splg.org

Services:

Mobile Van provides dental screenings and treatment for children, ages 0-18. Referral to dental homes and limited financial assistance provided. Located adjacent to Alisal Family Resource Center.

MONTEREY PENINSULA

Central Coast Pediatric Dental Group

1717 Fremont Blvd; Seaside, CA 93955
Tel (831) 899-5437
Website: www.centralcoastpediatricdentalgroup.com

Services:

Dental care for children and adolescents with Denti-Cal and CHDP/Gateway insurance. Children requiring sedation are referred to the Salinas office.

Seaside Community Health Clinic

Operated by **Salud Para La Gente**
1130 Fremont Blvd. Suite 210 B; Seaside, CA 93955
Tel (831) 394-6642 or (831) 728-0222
Website: www.splg.org

Services:

Dental care for adults and children. Services on a sliding fee scale. Denti-Cal accepted.

NORTH AND SOUTH COUNTY

Clinica de Salud del Valle de Salinas

10561 Merritt Street; Castroville, CA 95012
Tel (831) 633-1514
29-A Bishop Road; Pajaro, CA 95076
Tel (831) 728-2505
799 Front Street; Soledad, CA 93960
Tel (831) 678-0881
808 Oak Avenue; Greenfield, CA 93927
Tel (831) 674-5344
122 San Antonio Drive; King City, CA 93930
Tel (831) 385-5945
Website: www.csvs.org

Services:

Full-time or part-time dentists at the above clinics provide dental care for adults and children. Denti-Cal and most other insurance accepted. Services on a sliding fee scale.

**DENTAL SERVICES (Continued)
For Low-Income Families**

SOUTH COUNTY (Continued)

Community Oral Health Services

A program of **Salud Para La Gente**

801 Walnut Ave; Greenfield, CA 93927

Tel (831) 728-0222

Website: www.splg.org

Services:

Dental screenings and treatment for children, ages 0-18. Referral to dental homes and limited financial assistance provided. Located at an elementary school, this center provides access to comprehensive dental education, prevention and treatment services for rural, underserved children from Gonzalez to San Ardo, in the South County.

DISABILITIES: EDUCATION AND SUPPORT

(Refer also to Special Needs Children)

ALL AREAS OF MONTEREY COUNTY

San Andreas Regional Center

344 Salinas Street Suite 207; Salinas, CA 93901

Tel (831) 759-7500

Website: www.sarc.org

Services:

Assessment, prevention, and advocacy services for individuals with developmental disabilities. Funds residential care and supported living for eligible individuals, respite care for families.

Central Coast Center for Independent Living

318 Cayuga St. Suite 208; Salinas, CA 93901

Tel (831) 757-2968

Website: www.cccil.org

Services:

Information, referral, advocacy, housing assistance, personal assistance services, peer support, assistive technology and independent living skills training for persons with disabilities.

Del Mar Caregiver Resource Center

A program of the **Health Projects Center**

21 W. Alisal St. #104; Salinas, CA 93901

Tel (800) 624-8304; (831) 424-4359

Website: www.delmarcaregiver.org

Services:

Counseling, respite and referral services for caregivers of brain-impaired adults, including those with Alzheimer's and dementia, depending on availability of funds. Main office is in Santa Cruz.

Hope Services, Monterey District

19055 Portola Drive; Salinas, CA 93908 (District Office)

Tel (831) 455-4940

Website: www.hopeservices.org

Services:

A variety of services, including employment, job training, community living services, and adult day activity programs are provided for individuals with developmental disabilities. Disability must be diagnosed before age 18. Other offices in Salinas and in Seaside.

Disability Rights California

Tel (800) 776-5746

Website: www.disabilityrightsca.org

Services:

Provides advocacy, education, and technical assistance, in English and in Spanish, to protect the rights of Californians living with disabilities.

DISABILITIES: EDUCATION AND SUPPORT (Continued) (Refer also to Special Needs Children)

Gateway Center of Monterey County, Inc.

850 Congress Ave; Pacific Grove, CA 93950

Tel: (831) 372-8002

Website: www.gatewaycenter.org

Services:

A range of supportive services for adults over the age of 18 with intellectual disabilities, including residential care, developmental training, respite care, and day activity programs.

Deaf and Hard of Hearing Service Center, Inc.

1188 Padre Drive, Suite 115; Salinas, CA 93901

Tel (831) 753-6540; (TTY) (831) 753-6541

Website: www.dhhsc.org

Services:

Services for the deaf and hard of hearing include advocacy, communications service (incl. interpreting), independent living skills instruction, employment assistance, counseling, and referral services. Special programs for deaf and hard of hearing children.

Social Vocational Services

335 Abbott Street, Suites A & C; Salinas, CA 93901

Tel (831) 751-9145

Website: www.socialvocationalservices.org

Services:

Provides an adult day center for adults with developmental disabilities, Monday through Friday. Also offers a supported employment program. Services in English and in Spanish.

Blind and Visually Impaired Center

225 Laurel Ave. Pacific Grove, 93950

Tel (831) 649-3505

Website: www.blindandlowvision.org

Services:

Information and services for the blind and visually impaired, including orientation and mobility training, Braille instruction, daily living program, assistive technology, and a support group.

Easter Seals Central California

9010 Soquel Drive; Aptos, CA 95003

Tel (831) 684-2166

Website: www.centralcal.easterseals.com

Services:

Provides services to individuals of all ages with disabilities and other special needs, as well as support for their families. Programs include autism services, educational support services, respite services, support groups and summer camp for children and adults. Some services in Spanish. District office is in Aptos. Serves individuals living in all areas of Monterey County.

California Phones (California Telephone Access Program)

Tel (800) 806-1191 (English); (800) 949-5650 (Spanish)

Website: www.californiaphones.org

Services:

Free specialized phones for people with hearing, vision, mobility, or memory problems. Must be a California resident and have telephone service. A doctor must approve the need.

DISABILITIES: EDUCATION AND SUPPORT (Continued) (Refer also to Special Needs Children)

Multiple Sclerosis Quality of Life Project (MSQLP)

519 B Hartnell Street; Monterey CA 93940

Tel (831) 333-9091

Website: www.msqlp.org

Services:

Free case management services to people with Multiple Sclerosis and Parkinson's Disease who are residents of Monterey, Santa Cruz and San Benito Counties. Support groups that meet at Salinas Valley Memorial Hospital and at the MSQLP office in Monterey. Free water aerobics program held twice a week at the Monterey Sports Center.

Josephine Kernes Memorial Pool

15 Portola Avenue; Monterey CA 93940

Tel (831) 643-9867

Website: www.kernespool.org

Services:

Warm water exercise programs for children and adults with disabilities. Clients must have a referral from their physician. Call for more details regarding the physician referral.

VNA Adult Day Center

Operated by **Central Coast Visiting Nurse Association and Hospice**

800 Cass Street; Monterey, CA 93940

Tel (831) 643-0278

Website: www.ccvna.com

Services:

A variety of therapeutic activities for physically and cognitively impaired adults, including those who have suffered stroke and Alzheimer's disease. Operates Mon-Fri. Bilingual Eng/Span staff.

Paradigm Adult Services, Inc.

325 E. Alvin Drive; Salinas, CA 93901

Tel (831) 622-7999

5716 Carmel Valley Road; Carmel, CA 93923

Tel (831) 622-7999

Services:

State-licensed adult day program offering cognitive stimulation and programming classes for adults with intellectual disabilities. (Two sites)

La Casa Adult Day Health Center, Inc.

909 Blanco Circle, Suite B; Salinas, CA 93901

Tel (831) 222-6122

Website: www.lacasaadhc.com

Services:

State-licensed adult day health center providing services for physically and cognitively impaired adults. Services include professional nursing, physical therapy, occupational therapy, speech therapy, psychological services, and nutritional services, as well as a variety of social activities. Operates Mon-Fri. Reimbursed through Medi-Cal and private pay.

DISABILITIES: EDUCATION AND SUPPORT (Continued)
(Refer also to Special Needs Children)

Christine Marie Star Riders

Admin: 2115 N. Fremont Street; Monterey, CA 93940

Program services at the Marina Equestrian Center, corner of 5th Street and 9th Street in Marina

Tel (831) 646-1941 or (831) 915-4575

Website: www.cmstarriders.com

Services:

This is a therapeutic and recreational horseback riding program, serving children, adolescents and adults with special needs: physical, mental, emotional, behavioral and social, with the goal of maximizing the potential of differently-abled individuals. Siblings are also welcome to ride.

Donations accepted. An all-volunteer organization.

DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES

ALL AREAS OF MONTEREY COUNTY

Shelter Outreach Plus Emergency Shelters

P.O. Box 1340; Marina, CA 93933

Salinas: Tel (831) 422-2201

Seaside: (831) 394-8372

Call 2-1-1 for emergency shelter availability

Website: www.shelteroutreachplus.org

Services:

Two emergency shelters, one in Salinas and one in Seaside, for homeless women (single women and women with children), including victims of domestic violence. Shelter is accessible 24 hours a day. Women are limited to a thirty-day stay, however may apply for an extension. Job skill assessment, food, clothing and family case management also provided. Longer term transitional housing may be available to those who have been in the emergency shelter first. Services in English and in Spanish. Wait list.

Monterey County Rape Crisis Centers

P.O. Box 2401 Salinas, CA 93902

Crisis Line Monterey: (831) 375- 4357; Salinas and South County: (831) 424-4357

Tel Salinas Office: (831) 771-0411; Monterey Office: (831) 373-3955

Website: www.mtryrapecrisis.org

Services:

The centers offer crisis intervention, advocacy and counseling for victims of sexual abuse, family and friends. Survivors accompanied through medical, law enforcement and /or court processes. Counseling on domestic violence when it is associated with sexual assault or rape. Services in English and in Spanish.

District Attorney, Victim/Witness Assistance Program

230 Church St. Bldg 3; Salinas, CA 93901

Tel (831) 755-5072

24/7 Crisis Line operated by the YWCA: (800) 992-2151

Website: www.co.monterey.ca.us/da

Services:

Provides services to victims/witnesses of all types of crimes, including homicide, assault, domestic violence, and rape. Services include crisis intervention, emergency assistance, resource counseling, orientation to the criminal justice system and court escort. After hours, call the crisis line operated by the YWCA.

SART (Sexual Assault Response Team)

Operated by **Monterey County Health Department**

1441 Constitution Blvd. Bldg 400, Suite 201; Salinas, CA 93906

Tel (831) 648-7731

Website: www.mtyhd.org

Services:

Women wanting to pursue legal action should call law enforcement or the Monterey County Rape Crisis Center for referral to this program. Victims of sexual assault are provided with sensitive specialty services which include medical and legal evidence gathering necessary to get perpetrators convicted in court. Services are in English and in Spanish. No charge for exam to collect evidence.

DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES (Continued)

Family Violence Unit

Monterey County Probation Department

20 East Alisal, 1st floor, Salinas CA 93905

Tel (831) 784-5799

Website: www.co.monterey.ca.us/probation

Services:

Provides referrals to domestic violence intervention and anger management programs in Monterey County that are certified by the department. Two other programs of the department for probationers or families of probationers are the Child Advocate Program, for those involved in domestic violence who have a child, age 0-5, and the Child Abusers Program (a 52-week parenting class).

Archer Child Advocacy Center/ Bates-Eldredge Clinic

1441 Constitution Blvd. Building 200; Salinas, CA 93906

Tel (831) 769-8682

Website: www.natividad.com

Services:

A child advocacy center designed to provide forensic interviews of child sexual abuse victims for law enforcement and DSES Family and Children's Services. Forensic medical-legal examinations of abused children are conducted at the Bates-Eldredge Clinic by appointment only. Services in English and in Spanish.

SALINAS

YWCA Counseling Center

236 Monterey Street; Salinas, CA 93901

Crisis Line (800) 992-2151; Salinas: (831)757-1001 or Monterey: (831) 372-6300

Tel (831) 422-8602

Website: www.ywcamc.org

Services:

The YWCA provides phone advocacy, through its crisis line, in English and in Spanish, to anyone, anywhere in the county. Individual and family counseling is provided for those who have experienced domestic violence within the previous six months. Legal advocacy (assistance with restraining orders and accompaniment to court hearings). Fees for counseling and legal advocacy on a sliding scale. Support groups for women at no charge.

Domestic Violence/ Anger Management Groups

Managed by **Community Human Services**

Family Service Center

433 Salinas Street; Salinas, CA 93901

Tel (831) 757-7915

Website: www.chservices.org

Services:

Probation-certified group treatment for domestic violence offenders. Separate groups for men and women conducted in English and possibly in Spanish by trained facilitators. \$30 non-fundable intake fee, plus a "per group" fee based on ability to pay (sliding scale). Services not covered by Medi-Cal.

DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES (Continued)

MONTEREY PENINSULA

YWCA Counseling Center

915 Hilby Avenue, Suite 26; Seaside, CA 93955

Crisis Lines (800) 992-2151; Monterey: (831)372-6300 or Salinas: (831) 757-1001

Tel (831) 422-8602 (Salinas office)

Website: www.ywcamc.org

Services:

The YWCA provides phone advocacy, through its crisis line, in English and in Spanish, to anyone, anywhere in the county. Individual and family counseling is provided for those who have experienced domestic violence within the previous six months. Legal advocacy (assistance with restraining orders and accompaniment to court hearings). Fees for counseling and legal advocacy on a sliding scale. Support groups for women at no charge. **Services at the Seaside office by appointment only. Call the Salinas office to make an appointment.**

Lawson Safe House

Operated by **YWCA, Monterey County**

Call the **24-hour crisis line:** (800) 992-2151; Monterey (831)372-6300; Salinas (831) 757-1001

Website: www.ywcamc.org

Services:

Emergency shelter for battered women and their children, operated by the YWCA at an undisclosed location in Monterey County.

Domestic Violence/Anger Management Groups

Managed by **Community Human Services**

Family Service Center

1178 Broadway; Seaside, CA 93955

Tel (831) 394-4622

Website: www.chservices.org

Services:

Probation-certified group treatment for domestic violence offenders. Separate groups for men and women conducted in English and possibly in Spanish by trained facilitators. \$30 non-fundable intake fee, plus a "per group" fee based on ability to pay (sliding scale). Services not covered by Medi-Cal.

Harmony at Home

3785 Via Nona Marie, Suite 300, Carmel, CA 93923

Tel (831) 625-5160

Website: www.harmony-at-home.org

Services:

Provides services to children who are victim/witnesses of domestic violence. Sticks and Stones is a school-based and extended family counseling program, offered at no cost to the student, that helps these children and their families learn to communicate in healthy, non-violent ways. Other programs serve relative caregivers and teens who are involved in issues of domestic violence. On-site counseling for couples, families, teens and children. Fees for this counseling offered on a sliding scale. A parenting class is offered for families who are divorcing or separating.

FINANCIAL COUNSELING AND ASSISTANCE (Refer also to Job Training and Employment Assistance.)

ALL AREAS OF MONTEREY COUNTY

Cash Aid: CalWORKS and the General Assistance Program

Administered by the **Monterey County Department of Social Services**

1000 S. Main St., Ste. 216; Salinas, CA 93901

Tel 1-(866) 323-1953 (Community Benefits Toll-free line)

1281 Broadway Avenue; Seaside, CA 93955

Tel 1-(866) 323-1953 (Community Benefits Toll-free line)

116 Broadway Street; King City, CA 93930

Tel 1-(866) 323-1953 (Community Benefits Toll-free line)

Websites: www.mcdss.co.monterey.ca.us; www.c4yourself.com

Clients may apply for CalWORKS and CalFRESH benefits online at the C4Yourself website noted above. Website is in English and in Spanish.

Services:

Under the **CalWORKS program**, limited cash aid is provided to low-income families with minor children. Under the county's **General Assistance Program**, very limited financial assistance is provided to unemployed single adults and couples who have no dependent children, scant income and resources, and who do not qualify for state and federal cash assistance programs. Clients receiving county financial assistance must meet specific eligibility requirements and may be required to reimburse the county for aid received. Clients apply at the above sites for Cash Aid, Healthcare and CalFresh (Food Stamps).

Housing Resource Center

201 John Street, Suite 201; Salinas, CA 93901

Tel (831) 424-9186

Website: www.hrcmc.org

Services:

Provides emergency rent assistance, assistance with security deposits and move-in assistance for low income households. Supportive services provided for veterans' families. Also provides first-time homebuyer's workshops, foreclosure education and counseling, and financial literacy/credit education. Services are in English and in Spanish. All of these programs are dependent upon available funds.

Central Coast Energy Services

PO Box 2707; Watsonville, CA 95077

Tel (888) 728-3637

Website: www.energyservices.org

Services:

Two energy bill assistance programs for low-income Monterey county residents: **HEAP** (Home Energy Assistance Program) provides payment assistance with home energy bills. One time per calendar year. HEAP applicants may also be eligible for free home weatherization services to reduce energy costs. This agency accepts applications for **CARE** (California Alternate Rates for Energy), offered by PG&E, which gives eligible low-income households a 20% discount off their monthly energy bill.

FINANCIAL COUNSELING AND ASSISTANCE (Continued)

Volunteer Income Tax Assistance Program (VITA)

Administered by **United Way Monterey County**

Administration Office Tel (831) 372-8026

Call 2-1-1 for information on sites, dates, and times of service.

Website: www.unitedwaymcca.org

Services:

This program helps low-income individuals and families prepare their income tax returns at various locations throughout the county. Volunteers help ensure that eligible people receive all income tax credits. Services, in English and in Spanish, are offered from February to mid-April. No fees charged.

Army Emergency Relief

4260 General Jim Moore Blvd.; Seaside CA 93955

Tel (831) 242-5501

Website: www.monterey.army.mil

Services:

Emergency financial assistance **for all branches of Military Service** through interest-free loans and grants for rent, utilities, food, emergency travel, medical and funeral expenses for active duty soldiers and their dependents, as well as retirees.

SALINAS

The Salvation Army

2460 N. Main Street; Salinas, CA 93906

Tel (831)443-9655

Website: www.salvationarmyusa.org

Services:

Assistance with energy bills may be provided. Individuals are pre-screened by phone to see if they qualify. No walk-ins. Services by appointment only.

Catholic Charities

1705 2nd Avenue; Salinas, CA 93905

Tel (831) 753-5314

Website: www.catholiccharitiescentralcoast.org

Services:

Offers Pathways to Stability, a case management program providing clients with a case manager and assistance with goal-setting, workshops on financial literacy and budgeting. Assistance with rent and utilities used as an incentive. Help with Covered California and CalFresh applications. Services in English and Spanish. No charge. Requires a 6-9 month commitment.

FINANCIAL COUNSELING AND ASSISTANCE (Continued)

MONTEREY PENINSULA

Good Samaritan Center

Operated by **The Salvation Army**
800 Scott Street; Sand City, CA 93955
Tel (831) 899-4988
Website: www.tsamonterey.com

Services:

Provides assistance with food, rent and utility bills for Monterey Peninsula residents, as well as case management services.

Catholic Charities

922 Hilby Avenue; Seaside, CA 93955
Tel (831) 393-3110
Website: www.catholiccharitiescentralcoast.org

Services:

Offers Pathways to Stability, a case management program providing clients with a case manager and assistance with goal-setting, workshops on financial literacy and budgeting. Assistance with rent and utilities used as an incentive. Help with Covered California and CalFresh applications. Services in English and Spanish. No charge. Requires a 6-9 month commitment.

FOOD DISTRIBUTION PROGRAMS

ALL AREAS OF MONTEREY COUNTY

2-1-1 Monterey County

A program of **United Way Monterey County**

From anywhere in Monterey County, dial 2-1-1

Website: www.211mc.org

Services:

Call 2-1-1 (Monterey County's Information and Referral Line) or check the Food Bank's Website (listed below) for current information on emergency food pantries and for the USDA food distribution sites in Monterey County. The emergency food pantries are voluntary efforts by various churches and these services change.

Food Bank for Monterey County

815 West Market St. #5; Salinas, CA 93901

Tel (831) 758-1523

Website: www.foodbankformontereycounty.org

Services:

The Food Bank distributes U. S. Department of Agriculture (USDA) food commodities and other food to needy families at multiple sites throughout the county on a monthly basis, through the following programs:

Emergency Food Assistance program

Emergency Pantries (generally at churches located throughout the county)

Family Markets (operating April through October, offering fresh, local produce)

Call the number above or check the website for more information and a list of sites. After hours, call 2-1-1. Ask for day and time each site offers services. Families do not need to be citizens.

WIC - Women, Infants and Children Nutrition Program

Operated by the **Monterey County Health Department**

Salinas

632 East Alisal Street; Salinas, CA 93905

Tel (831) 796-2888

Seaside

1942 Fremont Blvd; Seaside, CA 93955

Tel (831) 393-3251

Soledad

355 Gabilan Street; Soledad, CA 93960

Tel (831) 678-5121

King City

620 Broadway Street; King City, CA 93930

Tel (831) 386-6879

Website: www.mtyhd.org

Services:

WIC is a nutrition education and supplemental food program serving low income pregnant and postpartum women, infants, and children under age 5. Call for days and hours of service. Not all sites are open Monday through Friday.

FOOD DISTRIBUTION PROGRAMS (Continued)

CalFresh (Food Stamp) Program

Administered by the **Monterey County Department of Social Services**

1000 South Main Street, Suite 216; Salinas, CA 93901

Tel 1-(866) 323-1953 (Community Benefits Toll-free line)

1281 Broadway Avenue; Seaside, CA 93955

Tel 1-(866) 323-1953 (Community Benefits Toll-free line)

116 Broadway Street; King City, CA 93930

Tel 1-(866) 323-1953 (Community Benefits Toll-free line)

CB CARE Center (*information for customers with active CalFresh cases*): 1-877-410-8823

Website: Website: www.mcdss.co.monterey.ca.us; www.c4yourself.com

Services:

This is a program funded by the U.S. Department of Agriculture that supplements the food budget of low-income households and is administered by the Monterey County DSS Community Benefits Branch. Eligible individuals receive an Electronic Benefits Transaction (EBT) card to buy food. **Customers may also apply for CalFresh benefits online at the C4Yourself website noted above. Website is in English and in Spanish.**

SALINAS

Dorothy's Place

30 Soledad Street; Salinas, CA 93905

Tel (831) 424-1102 or (831) 757-3838

Website: www.dorothysplace.org

Services:

Dorothy's Kitchen, located in the Green-Gold Inn, serves breakfast and lunch every day to persons in need. Dinner is provided to women only. No charge. Food boxes provided for individuals and families Monday-Thursday, 11-12 noon. Emergency shelter is also provided to women (no children) at this site.

First United Methodist Church of Salinas

404 Lincoln Avenue; Salinas, CA 93901

Tel (831) 424-0855

Website: www.salinasfirst.org

Services:

Cold breakfasts and hot lunches are served Monday through Friday. No charge. Closed on Saturday. A day center/ safe space is open Sunday through Friday from 6:30 AM to 1:00 PM. A clothes closet, computer lab, adult literacy classes and AA meetings are also offered on site.

Victory Mission

43 Soledad Street; Salinas, CA 93905

Tel (831) 424-5688

Services

Dinner is served every night and breakfast every day to men, women and children in need. No charge. Bags of food are distributed daily. Thursday is Ladies' Day: Women receive a special bag of food.

FOOD DISTRIBUTION PROGRAMS (Continued)

SALINAS (Continued)

The Salvation Army

2460 N. Main Street; Salinas, CA 93906

Tel (831) 443-9655

Website: www.salvationarmyusa.org

Services:

Supper is served Monday through Friday for children and their parents through the school year. No charge. A summer program provides free breakfast and lunch for children and their parents. Lunches are provided for seniors on Mondays, Wednesdays and Fridays. Emergency food pantry for Salinas residents only. Identification and appointments required.

MONTEREY PENINSULA

Good Samaritan Center

Operated by **The Salvation Army**

800 Scott Street; Sand City, CA 93955

Tel (831) 899-4988

Website: www.tsamonterey.com

Services:

Lunches for the homeless are provided at the center and across from the Naval Postgraduate School on Monday through Friday. (Private organizations provide the lunch on Friday across from the Naval Postgraduate School.) No charge for lunches. Needy residents of the Monterey Peninsula are also assisted with food boxes once a month. Case management program assists with other needs, such as help with housing and utilities bills.

NORTH AND SOUTH COUNTY

Call 2-1-1 or the Food Bank of Monterey County for information on food pantries and food distribution sites in these areas of the county.

HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES

ALL AREAS OF MONTEREY COUNTY

Clinica de Salud Mobile Medical Clinic

Tel (831) 970-1972

Website: www.csvs.org

Services:

This mobile medical clinic serves the homeless population at locations throughout the county, including Pajaro Rescue Mission in North County; Sunstreet Center, the First United Methodist Church, and Turning Point in Salinas; and the Good Samaritan Center in Sand City on the Monterey Peninsula. There is no charge for services. Call or check website for mobile clinic schedule and for more information.

SALINAS

Alisal Health Center

Operated by the **Monterey County Health Department**

559 E. Alisal Street, Ste. 201; Salinas, CA 93905

Tel (831) 769-8800

Website: www.mtyhd.org

Services:

Clinic providing primary medical care for adults and children. Includes Comprehensive Perinatal Health Services for pregnant women, Family PACT reproductive health services, Every Woman Counts (breast and cervical cancer screening and treatment for low-income women over 40) and CHDP/ Gateway children's preventive health care. Medi-Cal and Medicare insurance accepted.

Clinica de Salud del Valle de Salinas

219 Sanborn Road; Salinas, CA 93905

Tel (831) 757-1365

Website: www.csvs.org

Services:

Community clinic providing medical care for adults and children. Includes Comprehensive Perinatal Health Services for pregnant women, Family PACT reproductive health services and CHDP/Gateway children's preventive health care. Services for low-income families on a sliding fee scale. Medicare, Medi-Cal, and Covered California insurance accepted.

Clinica de Salud del Valle de Salinas

950 Circle Drive; Salinas, CA 93905

Tel (831) 757-6237

Website: www.csvs.org

Services:

Community clinic providing medical and mental health care for adults and children. Includes Comprehensive Perinatal Health Services for pregnant women, Family PACT reproductive health services and CHDP/Gateway children's preventive health care. Services for low-income families on a sliding fee scale. Medicare, Medi-Cal, and Covered California insurance accepted.

HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES (Continued)

Laurel Family Practice Clinic

Operated by the **Monterey County Health Department** at **Natividad Medical Center**

1441 Constitution Blvd. Bldg. 200, Suite 103; Salinas, CA 93906

Tel (831) 755-4123

Website: www.natividad.com; www.mtyhd.org

Services:

Offers full scope family medicine services to individuals of all ages. The clinic is included in the residency training program of the University of California San Francisco. Accepts Medicare and Medi-Cal insurance.

Laurel Internal Medicine Clinic

Operated by the **Monterey County Health Department** at **Natividad Medical Center**

1441 Constitution Blvd. Bldg. 151, Suite 16; Salinas, CA 93906

Tel (831) 769-8640

Website: www.natividad.com; www.mtyhd.org

Services:

Offers full scope Internal Medicine services. Both primary care and specialty care services, including endocrinology, rheumatology and pulmonology services are provided. Medi-Cal and Medicare insurance accepted.

Laurel Pediatrics Clinic

Operated by the **Monterey County Health Department** at **Natividad Medical Center**

1441 Constitution Blvd. Bldg 200, Suite 101; Salinas, CA 93906

Tel (831) 755-4124

Website: www.natividad.com; www.mtyhd.org

Services:

Both primary care and specialty care services for children are provided, including pediatric neurology, nephrology, gastroenterology, pulmonary, urology and endocrinology. Accepts Medicare and Medi-Cal insurance. A California Children's Services provider.

Laurel Women's Health Clinic

Operated by the **Monterey County Health Department** at **Natividad Medical Center**

1441 Constitution Blvd. Bldg 200, Suite 105; Salinas, CA 93906

Tel (831) 769-8660

Website: www.natividad.com; www.mtyhd.org

Services:

Offers full scope obstetrics, gynecology and perinatology services. The high risk clinic treats gestational diabetes and other high risk cases. Support services are provided by a diabetic educator and staff in the Comprehensive Perinatal Services Program. Preventive health services, including Every Woman Counts (breast and cervical cancer screening and treatment for low-income women over 40) also provided. Accepts Medicare and Medi-Cal insurance.

HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES (Continued)

Planned Parenthood- MarMonte

316 North Main Street; Salinas, CA 93901

Tel (831) 758-8261 or (877) 855-7526

Website: www.ppmarmonte.org

Services:

Reproductive health services for women and men. Family PACT program offered. Emergency contraception. Pregnancy testing and services. Abortions. Medi-Cal accepted. Sliding fee scale.

NORTH COUNTY

Clinica de Salud del Valle de Salinas

10561 Merritt Street; Castroville, CA 95012

Tel (831) 633-1514

Website: www.csvs.org

Services:

Community clinic providing medical and dental care for adults and children. Includes Comprehensive Perinatal Health Services for pregnant women, Family PACT reproductive health services and CHDP/Gateway children's preventive health care. Services for low-income families on a sliding fee scale. Medicare, Medi-Cal, and Covered California insurance accepted.

Clinica de Salud del Valle de Salinas

29 A Bishop Road; Pajaro, CA 95076

Tel (831) 728-2505

Website: www.csvs.org

Services:

Community clinic providing medical and dental care for adults and children. Services for low-income families on a sliding fee scale. Medicare, Medi-Cal, and Covered California insurance accepted.

Casa de la Cultura

225 Salinas Road, Suite4A ; Watsonville, CA 95076

Tel (831) 763-0702

Services:

This center, located in Pajaro, operates a free health clinic, staffed by a volunteer physician, nurse practitioners and others, generally one evening a week, for adults and children without health insurance. Donations requested. Special focus on diabetes education and management. Complimentary modalities, including acupuncture and Healing Touch.

MONTEREY PENINSULA

Planned Parenthood- MarMonte

625 Hilby Avenue; Seaside, CA 93955

Tel (831) 394-1691 or (877) 855-7526

Website: www.ppmarmonte.org

Services:

Reproductive health services for women and men. Family PACT program offered. Emergency contraception. Pregnancy testing and services. Abortions. Medi-Cal accepted. Sliding fee scale.

HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES (Continued)

MONTEREY PENINSULA (Continued)

Monterey County Health Clinic at Marina

Operated by **Monterey County Health Department**

3155 De Forest Road; Marina, CA 93933

Tel (831) 384-1445

Website: www.mtyhd.org

Services:

Primary medical care for adults and children, including Comprehensive Perinatal Health Services for pregnant women, Family PACT reproductive health services, CHDP/ Gateway children's health care and Every Woman Counts (breast and cervical cancer screening and treatment for low-income women over 40) . Accepts Medicare and Medi-Cal insurance.

Seaside Family Health Center

Operated by the **Monterey County Health Department**

1150 Fremont Boulevard; Seaside, CA 93955

Tel (831) 899-8100

Website: www.mtyhd.org

Services:

Primary medical care for adults and children, including Comprehensive Perinatal Health Services for pregnant women, Family PACT reproductive health services, CHDP/ Gateway children's health care and Every Woman Counts (breast and cervical cancer screening and treatment for low-income women over 40). Accepts Medicare and Medi-Cal insurance.

Seaside Community Health Clinic

Operated by **Salud Para La Gente**

1130 Fremont Blvd, Suite 210 B; Seaside, CA 93955

Tel: (831) 394-6642

Website: www.splg.org

Services:

Primary medical and dental care for adults and children. Offers Family PACT reproductive health services, CHDP/Gateway children's health care and Every Woman Counts (breast and cervical cancer screening and treatment for low-income women over 40). Accepts Medi-Cal, Medi-Care and Covered California insurance.

RotaCare Clinic

Offered at **Seaside Family Health Center**

1150 Fremont Blvd. Seaside, CA 93955

Tel (831) 333-6495

Website: www.rotacarebayarea.org

Services:

Volunteer physicians and nurses provide free treatment of minor illnesses and injuries for adults and children without insurance on **Wednesday evening, 5-9 PM.** Care may include lab work and medications. Diabetes clinic with mandatory education classes.

HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES (Continued)

MONTEREY PENINSULA (Continued)

Dr. Mohandas Free Clinic

100 Wilson Road, Suite 110 (Ryan Ranch) ; Monterey, CA 93940

Tel (831) 642-6266

Services:

Free medical clinic on the **First Tuesday of every month from 2-5 PM** for individuals, ages 3 and older, who cannot afford health care.

SOUTH COUNTY

Clinica de Salud del Valle de Salinas

799 Front Street; Soledad, CA 93960

Tel (831) 678-0881

24285 Lincoln Street; Chualar, CA 93925 (Located at Chualar Elementary School)

Tel (831) 679-0138 or call Soledad office at (831) 678-0881 to make appt.

(Limited days and hours. Medical care only – No dental)

808 Oak Avenue; Greenfield, CA 93927

Tel (831) 674-5344

122 San Antonio Drive; King City, CA 93930

Tel (831) 385-5944

Website: www.csvs.org

Services:

Community clinics providing medical and dental care for adults and children, including perinatal care, reproductive health services and children's preventive health care. Services for low-income families on sliding fee scale. Medicare, Medi-Cal, and Covered California insurance accepted.

Mee Memorial Hospital Medical Clinics

210 Canal Street; King City, CA 93930

Tel (831) 385-5471

467 El Camino Real; Greenfield, CA 93927

Tel (831) 674-0112

Family Medical Center

400 Canal Street, Suite A; King City, CA 93930

Tel (831) 385-1280

Specialty Clinic

400 Canal Street, Suite B; King City, CA 93930

Tel (831) 386-7417

The Women's Center

400 Canal Street, Suite C; King City, CA 93930

Tel (831) 385-7200

Website: www.meememorial.com

Services:

Primary medical care for adults and children. Services at the first two sites above include Comprehensive Perinatal Health Services for pregnant women, Family PACT reproductive health services, and CHDP/ Gateway children's preventive health care. Medicare and Medi-Cal insurance accepted.

HEALTH INSURANCE FOR LOW-INCOME FAMILIES

ALL AREAS OF MONTEREY COUNTY

COVERED CALIFORNIA: (800) 300-1506

Website: www.coveredca.com

Services: Legal residents of the state of California who do not have health insurance from their employer or another government program can purchase health insurance through Covered California. Apply online, by phone, or through programs listed below .

MC-CHOICE

Administered by the **Monterey County Department of Social Services**

1000 South Main Street, Suite 303; Salinas, CA 93901

Tel (866) 361-0477

Website: www.mc-choice.co.monterey.ca.us; www.coveredca.com; www.c4yourself.com

Services:

This program is dedicated to improving access to health coverage for children and families in Monterey County. **Application assistance** is available at the offices of DSS and with community partners throughout the county (hospitals, clinics, schools and other community locations). These locations are listed on the website or call the number above. Outreach workers help families to enroll their families in available health insurance programs including Medi-Cal, Covered California, Advanced Premium Tax Credit and Cost Sharing Reduction. Assistance is also provided to families in maintaining their benefits. They also help enroll clients in the CalFresh food assistance program.

Clients may also apply for benefits online at the C4Yourself website:

www.c4yourself.com Website is in English and in Spanish.

Healthcare Coverage

Administered by the **Monterey County Department of Social Services**

Community Benefits Toll-Free Number (866) 323-1953

Salinas

1000 South Main Street, Salinas, CA 93901

Tel (866) 323-1953 (Community Benefits Toll-free Number)

Seaside

1281 Broadway Avenue; Seaside, CA 93955

Tel (866) 323-1953 (Community Benefits Toll-free Number)

King City

116 Broadway Street; King City, CA 93930

Tel (866) 323-1953 (Community Benefits Toll-free Number)

CB CARE Center (*information for customers with active Medi-Cal cases*): (877) 410-8823

Website: www.coveredca.com; www.mcdss.co.monterey.ca.us; www.c4yourself.com

Services:

Individuals can apply for healthcare coverage at any of the above sites. Federal, state and county guidelines determine eligibility and assistance levels for each program. Customers are seen on a first come, first served basis. No appointments made. Customers are encouraged to apply for healthcare benefits online at the C4Yourself or Covered California websites above or by phone at the Covered California number listed above. Websites in English and Spanish.

HEALTH INSURANCE FOR LOW-INCOME FAMILIES (Continued)

Central California Alliance for Health

950 E. Blanco Road, Suite 101; Salinas, CA 93901

Tel (831) 755-6000 or (800) 700-3874

Website: www.ccah-alliance.org

Services:

The Central California Alliance for Health is a locally governed, County Organized Health System providing services in Monterey, Merced and Santa Cruz Counties. Office for Monterey County listed above. Programs include Medi-Cal Managed Care and Alliance Care In-Home Supportive Services (IHSS) and the Medi-Cal Access Program for pregnant women (formerly known as AIM). In addition to health care, members are eligible to participate in a number of health education programs, including asthma education, breastfeeding support, diabetes education, smoking cessation, and women's health.

HIV/AIDS SCREENING, SUPPORT, AND TREATMENT

SCREENING, EDUCATION, AND SUPPORT PROGRAMS

Central Coast HIV/AIDS Services

780 Hamilton Avenue; Seaside, CA 93955
Tel (831) 394-4747

1121 Baldwin St. Salinas, CA 93906

Tel (831) 442-3959

Website: www.cchas.org

Services:

Provides a comprehensive range of client-centered services for those living with or at risk of HIV/AIDS, including confidential testing, HIV/AIDS education, assistance with housing, food and transportation, and emotional support.

C.A.T.S. (Counseling and Therapy Services)

Operated by **Community Human Services**

Family Service Center

1178 Broadway, Seaside, CA 93955

Tel (831) 394-4622

Family Service Center

433 Salinas Street, Salinas, CA 93901

Tel (831) 757-7915

Website: www.chservices.org

Services:

Confidential individual and group therapy for those impacted by HIV/AIDS, as well as gay, lesbian, bisexual, transgender and questioning individuals and their families. Services in English and in Spanish. Fees on a sliding scale, based on ability to pay. Medi-Cal accepted. Some services are free.

TREATMENT PROGRAMS – ALL AREAS OF MONTEREY COUNTY

Natividad Medical Center - N.I.D.O. Clinic

1441 Constitution Blvd. Building 760; Salinas, CA 93906

Tel (831) 796-1770

Website: www.natividad.com

Services:

Free, confidential HIV testing and counseling. Call for appointment. Comprehensive medical care and case management of HIV positive adults, including pregnant women. HIV positive children are managed by Lucille Packard Children's Hospital and Laurel Pediatric Clinic.

Community Hospital of the Monterey Peninsula - OPIS Clinic

23625 W R Holman Hwy; Monterey, CA 93940

Tel (831) 625-4972

Website: www.chomp.org

Services: The OPIS Clinic (Outpatient Immunology Services) offers confidential HIV testing, counseling, medical treatment, and support for people with HIV/AIDS.

HOMELESS SERVICES

(Emergency Shelter, Hot Meals, Clothing, & Health Clinics)

2-1-1 Monterey County

A program of **United Way Monterey County**

From anywhere in Monterey County, dial 2-1-1

Website: www.211mc.org

Services:

A 24-hour free and confidential **telephone service** and **online searchable database**, providing information and referral on a broad range of services, including emergency shelter, food pantries, and health resources. Telephone line can provide information in more than 170 languages.

EMERGENCY SHELTER

Other housing options are found in the Housing, Alcohol and Drug, HIV/AIDS, and Mental Health sections of the Guide. Many of the shelters listed below also offer hot meals, clothing, and other services.

SALINAS

Emergency Women's Shelter, Salinas

Operated by **Shelter Outreach Plus**

P.O. Box 1340; Marina, CA 93933

Tel: (831) 422-2201 (Salinas Shelter)

Website: www.shelteroutreachplus.org

Services:

Emergency shelter for homeless women (single women, women with their children, and pregnant women). Women in domestic violence situations are the priority. Shelter is accessible 24 hours a day. Women are limited to a thirty-day stay, however may apply for an extension. Job skill assessment, food, clothing and family case management also provided.

Men's Lodging Program

Operated by **Shelter Outreach Plus**

P.O. Box 1340; Marina, CA 93933

Tel: (831) 384-3388

Website: www.shelteroutreachplus.org

Services:

Emergency shelter for single homeless men in Salinas. May stay 30-90 days, case-dependent.

Victory Mission

43 Soledad Street; Salinas, CA 93901

Tel (831) 424-5688

Services

Christian-based program providing shelter for up to 50 homeless men, more if needed. Breakfast and dinner served daily to men, women and children in need. No charge.

HOMELESS SERVICES (Continued) (Emergency Shelter, Hot Meals, Clothing, & Health Clinics)

Women Alive

Operated by **Dorothy's Place**

30 Soledad Street; Salinas, CA 93905

Tel (831) 424-1102 or (831) 757-3838

Website: www.dorothysplace.org

Services: Emergency overnight shelter and dinner is provided to homeless women (no children). Sixteen beds. Women also have an opportunity to shower and do laundry. No charge. An outreach program provides advocacy for women in need.

MONTEREY PENINSULA

Fredericksen House

Operated by **The Salvation Army of the Monterey Peninsula**

Administrative Offices: 1491 Contra Costa Street; Seaside, CA 93955

To apply for housing, call (831) 899-1071

Website: www.tsamonterey.com

Services:

Provides emergency shelter for men and/or women with children under age 18. Families may stay up to 90 days. This residence is located on the Monterey Peninsula. It's four rooms can house up to 16 individuals. There may be a waiting list.

Emergency Women's Shelter, Seaside

Operated by **Shelter Outreach Plus**

P.O. Box 1340; Marina, CA 93933

Tel: (831) 394-8372 (Seaside Shelter)

Website: www.shelteroutreachplus.org

Services:

Emergency shelter for homeless women (single women, women with their children, and pregnant women). Women in domestic violence situations are the priority. Shelter is accessible 24 hours a day. Women are limited to a thirty-day stay, however may apply for an extension. Job skill assessment, food, clothing and family case management also provided.

Interfaith Homeless Emergency Lodging Program (I-HELP)

Outreach Unlimited

P.O. Box 1447; Marina, CA 93933

Tel (831) 251-8663

Website: www.wehelpihelp.org

Services:

Each night I-HELP transports single homeless men from a central pick-up point on the Monterey Peninsula to a hosting faith community where they receive an evening meal and shelter for the night. Additional support services offered. Pick-up location: Parking lot along the Monterey Recreation Trail across from the Naval Postgraduate School's entrance on Del Monte Avenue.

HOMELESS SERVICES (Continued) (Emergency Shelter, Hot Meals, Clothing, & Health Clinics)

Safe Place

Operated by **Community Human Services**

590 Pearl Street; Monterey, CA 93940

Tel (831) 373-4421

24-hour Runaway and Homeless Youth Helpline: (831) 241-0914

Website: www.chservices.org

Services:

A comprehensive program for runaway and homeless youth, ages 11-21, offering individual and family counseling, crisis resolution, family reunification, street outreach, food, clothing, hygiene items, a crisis shelter, emergency bus passes, a 24-hour helpline and Mon-Fri. drop-in hours.

One Starfish Safe Parking

Operated by **Pass the Word Ministry, Inc.**

P.O. Box 2394; Monterey, CA 93942

Tel (831) 275-5167

Services:

Provides designated safe parking (generally in church parking lots) for homeless individuals living in vehicles on the Monterey Peninsula. An intake interview is required; special eligibility requirements.

NORTH COUNTY

Pajaro Rescue Mission

111 Railroad Avenue; Watsonville, CA 95076

Tel (831) 724- 9576

Website: www.teenchallengemontereybay.org

Services:

Emergency shelter for up to 35 homeless men. Meals twice a day, showers, and additional supportive services provided.

HOT MEALS AND DAY CENTERS

(Many also distribute free clothing and provide other services.)

SALINAS

First United Methodist Church of Salinas

404 Lincoln Avenue; Salinas, CA 93901

Tel (831) 424-0855

Website: www.salinasfirst.org

Services:

Cold breakfasts and hot lunches are served Monday through Friday. No charge. Closed on Saturday. A Day Center is open Sunday through Friday from 6:30 AM to 1:00 PM. A clothes closet, computer lab, adult literacy classes and AA meetings are also offered on site.

HOMELESS SERVICES (Continued) (Emergency Shelter, Hot Meals, Clothing, & Health Clinics)

Victory Mission

43 Soledad Street; Salinas, CA 93905
Tel (831) 424-5688

Services

Dinner is served every night and breakfast every day to men, women and children in need. No charge. Bags of food are distributed daily. Thursday is Ladies' Day: women receive a special bag of food.

Dorothy's Place

30 Soledad Street; Salinas, CA 93905
Tel (831) 424-1102 or (831) 757-3838
Website: www.dorothysplace.org

Services:

Dorothy's Kitchen serves breakfast and lunch every day to persons in need. Dinner is provided to women only. No charge. Food boxes provided for individuals and families during the week. Emergency shelter and a Drop-in Center on site. Showers and laundry services. A **free health clinic**, staffed by volunteer physicians and nurses, every Wednesday from 12:30 – 2:00 PM.

MONTEREY PENINSULA

Good Samaritan Center

Operated by **The Salvation Army**
800 Scott Street; Sand City, CA 93955
Tel (831) 899-4988
Website: www.tsamonterey.com

Services:

Lunches for the homeless are provided at the center on Monday through Friday. No charge for lunches. Needy residents of the Monterey Peninsula are also assisted with food boxes once a month. Free clothing as well as on-site laundry and shower facilities for homeless men and women. Case management program assists with rent and utilities bills and other needs.

The Gathering Place for Women

P.O. Box 601; Monterey, CA 93942
Tel (831) 238-7794
Website: www.thegatheringplacemonterey.org

Services:

Provides a hot meal for homeless women every Tuesday from 11:30 A.M. to 1:30 P.M. at the Moose Lodge, 555 Canyon Del Rey, in Del Rey Oaks. Also provides clothing, toiletries, limited emergency assistance, and other support services.

12th Street Day Center

Operated by **Shelter Outreach Plus**
299 Twelfth Street, Suite C; Marina, CA 93933
Tel (831) 384-3388
Website: : www.shelteroutreachplus.org

Services:

A Day Center for homeless women, open on Mondays and Wednesdays from 1:30 – 3:30 P.M. Offers laundry facilities, showers, computer access, and other services. Van transportation from the parking lot on Del Monte Ave. in Monterey, across from the Naval Postgraduate School.

HOMELESS SERVICES (Continued) (Emergency Shelter, Hot Meals, Clothing, & Health Clinics)

Loaves and Fishes

Operated by **San Carlos Cathedral**

Tel 373-2628

Website: www.sancarloscathedral.org

Services:

Provides a hot lunch every Friday at 10 A.M. at the Window on the Bay Waterfront Park in Monterey, near the volleyball courts. Provides a hot lunch on Sundays and National Holidays at 12 noon at the parking lot near the Recreation Trail across from the entrance to the Naval Postgraduate School on Del Monte Avenue.

Pass the Word Ministry, Inc.

P.O. Box 2394; Monterey, CA 93942

Services:

Provides a hot meal every Saturday from 9:00 A.M. to 10:00 A.M. at El Estero Park (at the picnic tables of the parking lot near the cemetery). Provides a church service (Beach Church) on Sundays at the Window on the Bay Waterfront Park near Monterey Bay Kayaks from 9:30 - 11:00 A.M. A hot meal is served after the service. Also distributes clothing, toiletries, tents, sleeping bags, and bicycles (when available).

EMERGENCY FOOD PANTRIES – ALL AREAS OF MONTEREY COUNTY

Food Bank for Monterey County

815 West Market St. #5; Salinas, CA 93901

Tel (831) 758-1523

Website: www.foodbankformontereycounty.org

Services:

The Food Bank distributes U. S. Department of Agriculture (USDA) food commodities and other food to needy families **at multiple sites** throughout the county on a monthly basis through the **Emergency Food Assistance** program and **Emergency Pantries** (generally at churches located throughout the county) Call the number above or check the website for more information and a list of sites. **After hours, call 2-1-1.** Ask for day and time each site offers services.

CLOTHING AND HOME FURNISHINGS

(In addition to that provided by organizations offering other services for the homeless.)

Society of St. Vincent de Paul Thrift Store

1269 Fremont Blvd.; Seaside, CA 93955

Tel (831) 899-2211

214 Forest Ave.; Pacific Grove, CA 93950

Tel (831) 642-9387

Services:

Families in need may apply for a voucher for free clothing and home furnishings: Call for details.

EYE CARE

LensCrafters will provide a one-time, free eye exam and glasses to disadvantaged people without insurance. Must have a referral from a licensed non-profit organization on that agency's letterhead before service is provided. (This is a nationwide program of LensCrafters.)

HOMELESS SERVICES (Continued)
(Emergency Shelter, Hot Meals, Clothing, & Health Clinics)

HOMELESS OUTREACH SERVICES

MOST (Mobile Outreach Services)

Operated by **Shelter Outreach Plus**
3050 Lexington Court; PO Box 1340; Marina, CA 93933
Tel (831) 384-3362
Website: www.shelteroutreachplus.org

Services:

A mobile van provides services Monday through Friday to men and women living on the streets, including assistance in accessing shelter, food, clothing, transportation and medical care. Serves Salinas, Pajaro, and the Monterey Peninsula.

MCHOME

Operated by **Interim, Inc**
P.O. Box 3222; Monterey, CA 93942
Tel (831) 883-3030 (MCHOME)
Website: www.interiminc.org

Services:

Outreach and support for homeless individuals with serious mental illness. Individuals are evaluated for chronic homelessness and psychiatric disability. Assisted with access to appropriate resources, including housing options for those with mental illness.

FREE HEALTH CLINICS

Clinica de Salud Mobile Medical Clinic

Tel (831) 970-1972
Website: www.csvs.org

Services:

This mobile medical clinic serves the homeless population at locations throughout the county, including Pajaro Rescue Mission in North County; Sunstreet Center, the First United Methodist Church, and Turning Point in Salinas; and the Good Samaritan Center in Sand City on the Monterey Peninsula. There is no charge for services. Check website for mobile clinic schedule.

RotaCare Clinic

Offered at **Seaside Family Health Center**
1150 Fremont Blvd. Seaside, CA 93955
Tel (831) 333-6495
Website: www.rotacarebayarea.org

Services:

Volunteer physicians and nurses provide free treatment of minor illnesses and injuries for adults and children without insurance on **Wednesday evening, 5-9 PM.** Care may include lab work and medications. Diabetes clinic with mandatory education classes.

Dr. Mohandas Free Clinic

100 Wilson Road, Suite 110 (Ryan Ranch) ; Monterey, CA 93940
Tel (831) 642-6266

Services:

Free medical clinic on the **first Tuesday of every month from 2-5 PM** for individuals, ages 3 and older, who cannot afford health care.

HOSPITALS

ALL AREAS OF MONTEREY COUNTY

Natividad Medical Center

1441 Constitution Blvd; Salinas, CA 93906

Tel (831) 755-4111

Website: www.natividad.com

Services:

A 172-bed acute care medical center owned and operated by the Monterey County. This safety-net hospital provides access to health care for all people, regardless of ability to pay. It is affiliated with the University of California at San Francisco School of Medicine. Services include inpatient care, emergency services, a Level II trauma center, cardiopulmonary and neuro-diagnostic services, mental health, diabetes management, and outpatient clinics in family medicine, internal medicine, women's health and pediatrics.

Salinas Valley Memorial Healthcare System

450 East Romie Lane ; Salinas, CA 93901

Tel (831) 757-4333

Website: www.svmh.com

Services:

This is a 269-bed acute care hospital with several distinct specializations and programs, including a regional heart program, the comprehensive cancer center, a joint replacement center, a regional spine center, a regional wound healing center, a stroke center and an emergency department. The hospital offers a number of women's and children's services, including a Level III neonatal intensive care unit for ill and premature babies. A variety of community health and wellness programs are also offered. Refer to section on chronic diseases.

Community Hospital of the Monterey Peninsula

23625 W R Holman Hwy.; Monterey, CA 93940

Tel (831) 624-5311

Website: www.chomp.org

Services:

The 258 licensed-bed acute care hospital provides inpatient care and an emergency room. A wide range of health care services are offered at 15 locations. These services include behavioral health services, a breast care center, comprehensive cardiac care services, pain management, drug and alcohol treatment services, a comprehensive cancer center, a diabetes program, nutrition therapy, outpatient surgery, and rehabilitation services. The hospital also operates a short-term extended care facility and a hospice program. A variety of community health and wellness programs are also offered. Refer to section on chronic diseases.

George L Mee Memorial Hospital

300 Canal Street; King City, CA 93930

Tel (831) 385-6000

Website: www.meememorial.com

Services:

This is a 119-bed, full service health care facility, serving residents of Southern Monterey County. Services include inpatient care, emergency services, rehab services, a skilled nursing facility, and outpatient community health clinics in King City and Greenfield. The hospital also maintains an online health library (Krames Online). This patient education material is in English and in Spanish.

HOUSING FOR LOW-INCOME RESIDENTS

(EMERGENCY SHELTER LISTED UNDER HOMELESS SERVICES)

Additional housing under Alcohol and Drug, AIDS/HIV, and Mental Health Services

ALL AREAS OF MONTEREY COUNTY

Housing Resource Center

201 A John Street; Salinas, CA 93901

Tel (831) 424-9186

Website: www.hrcmc.org

Services:

Provides emergency rent assistance, assistance with security deposits and move-in assistance for low income households. Supportive services provided for veterans' families. Also provides first-time homebuyer's workshops, foreclosure education and counseling, and financial literacy/credit education. Services are in English and in Spanish. All of these programs are dependent upon available funds.

Housing Authority of Monterey County

123 Rico Street; Salinas, CA 93907

Tel (831) 775-5000

Website: www.hamonterey.org

Services:

The Housing Authority administers a variety of affordable housing programs, including the Housing Choice Voucher (formerly Section 8), for low-income families, the elderly and persons with disabilities. Waiting list. Call to find out when applications are being taken.

CHISPA

295 Main Street, Ste 100; Salinas, CA 93901

Tel (831) 757-6251

Website: www.chispahousing.org

Services:

Offers affordable apartments for rent in Monterey, Carmel, Marina, Salinas, Gonzales, Soledad, Greenfield, King City, Castroville, and Watsonville. Units in Monterey and Marina are for senior citizens or disabled only. Waiting period of 1-3 years for apartments. Chispa also provides home ownership opportunities for very low, low and moderate income families.

Community Benefits Branch

Monterey County Department of Social Services

1000 South Main Street, Suite 216; Salinas, CA 93906

Community Benefits Branch Toll-free line: (866) 323-1953

Website: www.mcdss.co.monterey.ca.us

Services:

Families eligible for CalWorks may receive help with the cost of a motel and a deposit for an apartment. Program offers 16 consecutive days of temporary assistance in a motel. A once-in-a-lifetime benefit. Apply at DSS offices in Salinas, Seaside, and King City.

HOUSING FOR LOW-INCOME RESIDENTS (Continued)

(EMERGENCY SHELTER LISTED UNDER HOMELESS SERVICES)

TRANSITIONAL HOUSING

(Refer also to the Transitional Housing programs under Alcohol and Drug Treatment, HIV/AIDS.)

SALINAS

Men in Transition

Operated by **Shelter Outreach Plus**

P.O. Box 1340; Marina CA 93933

Tel (831) 384-3388

Website: www.shelteroutreachplus.org

Services:

Transitional housing for homeless men. A 24-month program. 28 beds. Case management services. Participants must be working or going to school and have a source of income for rent.

Women in Transition

Operated by **Shelter Outreach Plus**

P.O. Box 1340; Marina, CA 93933

Tel: (831) 384-3388

Website: www.shelteroutreachplus.org

Services:

Transitional housing for single women without children. Twelve units. May stay up to a year. Support services include counseling and case management. May be a waiting list.

Homeward Bound

Operated by **Shelter Outreach Plus**

P.O. Box 1340; Marina, CA 93933

Tel: (831) 384-3388

Website: www.shelteroutreachplus.org

Services:

Transitional housing for low income, homeless families, including single men and women with children. Thirty-one 2-bedroom duplexes. Residents may stay a maximum of 24 months. Support services include counseling, case management, parenting education. May be a waiting list.

Veterans Transition Center

220 12th Street; Marina, CA 93933

Tel (831) 883-8387

Website: www.vtcmonterey.org

Services:

Provides transitional housing, as well as emergency services (food pantry, bus passes), employment services, and case management for Monterey County's homeless veterans and their families. May stay a maximum of two years. Can accommodate 4 families, 6 single women, and 46 single men. May be a wait list.

HOUSING FOR LOW-INCOME RESIDENTS (Continued)

EMERGENCY SHELTER LISTED UNDER HOMELESS SERVICES)

Peacock Acres/ Path Plus of Monterey County

838 South Main Street, Suite A, B and C; Salinas, CA 93901

Tel (831) 754-3635

Website: www.peacockacres.org

Services:

Services young adults of Monterey County, ages 18-24, who are emancipated from foster care or probationary placement and need help with housing, employment and supportive services. The Peacock Acres group homes offer transitional housing, education and assistance towards independence. The Learning Center is a mentoring and tutoring program for foster care youth, ages 5-22. Self-referrals for this program are welcome.

Rancho Cielo Youth Campus

710 Old Stage Road; Salinas, CA 93906

Tel (831) 444-3533 or (831) 444-3500

Website: www.ranchocieloyouthcampus.org

Services

Offers a number of programs for at-risk youth including transitional Housing (5 homes) for current or past students (up to 30 students). Students are referred from the Monterey County Probation Program, but may also be referred by juvenile court, schools, parents, and others.

MONTEREY PENINSULA

Casa de Las Palmas

Operated by **The Salvation Army of the Monterey Peninsula**

Administration Offices: 1491 Contra Costa Street; Seaside, CA

To apply for housing, call (831) 899-1071

Website: www.tsamonterey.com

Services:

Two transitional living centers (a total of fifteen units) assist homeless families with children (including single parents with children) to become totally self-sufficient again. May be a waiting list.

Safe Passage

Operated by **Community Human Services**

544 Pearl Street; Monterey, CA 93940

Tel (831) 717-4126

Website: www.chservices.org

Services:

Co-ed, drug and alcohol free, affordable transitional housing and supportive services for youth, ages 18-21, who are homeless or who are aging out of foster care. Six beds. 18-24 month stay. Rent calculated at 30 % of adjusted gross income.

IMMIGRATION AND CITIZENSHIP ASSISTANCE

ALL AREAS OF MONTEREY COUNTY

United States Citizenship and Immigration Services (USCIS)

Tel (800) 375-5283

Website: www.uscis.gov

Services:

USCIS provides general information on immigration, including location of local INS offices, benefits, and recent changes in immigration law. Application forms for citizenship, green cards and U.S. visas on the website. Information in English and in Spanish.

SALINAS

Catholic Charities

1705 2nd Avenue; Salinas, CA 93905

Tel (831) 422-0602

Website: www.catholiccharitiescentralcoast.org

Services:

Offers assistance with immigration and citizenship. Spanish speaking counselors available.

Central Coast Citizenship Project

931 East Market Street; Salinas, CA 93905

Tel (831) 422-4626

Website: www.citizenshipproject.org

Services:

Low-cost help with citizenship and immigration filing. Voter registration, naturalization assistance, consular inquiries, replacement green cards, relative visa petitions, adjustment of status, temporary permit assistance.

JOB TRAINING AND EMPLOYMENT FACILITATION

ALL AREAS OF MONTEREY COUNTY

Monterey County Department of Social Services
One Stop Career Center of Monterey County

Salinas Airport Business Park
730 La Guardia; Salinas, CA 93905
Tel (831) 796-3600 or 755-4452;

Toll-Free: (800) 870-4750

University Plaza Shopping Center
1760 Fremont Blvd. Suite D-2; Seaside, CA 93955
Tel (831) 899-8236 or 899-8250

Towne Square Shopping Center
200 Broadway, Suite 62; King City, CA 93930
For services in King City, call the Salinas office.

Websites: www.edd.ca.gov; www.mcdss.co.monterey.ca.us

Services:

The One-Stop Career Center of Monterey County, in partnership with the Office for Employment Training, the Employment Development Department, CalWORKS Employment Services, and other community businesses, provides training, education and other support services for job seekers. Client must be a citizen or permanent resident and have the right to work.

Center for Employment Training (CET)

421 Monterey Street; Salinas, CA 93901
Tel (831) 424-0665
930 Los Coches Drive, #103; Soledad, CA 93960
Tel (831) 678-0448

Website: www.cetweb.org

Services:

Vocational classes offered daily. Classes offered in Salinas include: business office technology, and custodial services. Classes offered in Soledad include medical assistant, building maintenance and a truck driver course. Client must be 17 ½ years old, a legal resident, and have the right to work.

Loaves, Fishes, and Computers, Inc.

938 S. Main Street; Salinas, CA 93901
Tel (831) 393-9260

Website: www.loavesfishescomputers.org

Services:

Provides low-cost complete computer systems, software, and technical assistance to low-income residents of Monterey County. Individuals must complete an application and show proof of income status. Volunteer opportunities to learn computer repair.

Catholic Charities Tattoo Removal Program

Tel (831) 316-9121

Website: www.catholiccharitiescentralcoast.org

Services:

Tattoo removal. No age limit. Visible tattoos are the priority. Program requires 20 hours of community service. Services delivered in Santa Cruz. Treatment fees on a sliding scale. For more information, call the above number.

JOB TRAINING AND EMPLOYMENT FACILITATION (Continued)

Shoreline Workforce Development Services

Operated by **Goodwill**

1325 N. Main Street; Salinas, CA 93901

Tel (831) 287-2350

Website: www.shorelineworks.org

Services:

The Career Center assists low income residents identify, obtain and maintain jobs. Offers a Senior Community Service Employment Program, a culinary arts program, and training for office and retail careers. Job placement services.

Turning Point of Central California, Inc

427 Pajaro Street, Suite 2; Salinas, CA 93901

Tel: (831) 422-9171

Website: www.tpocc.org

Services:

Employment services for ex-offenders include job placement, life skills development, employability skills training, mentoring and support. Turning Point also offers housing programs for men and women on parole and probation. Referrals for housing are made through probation and parole officers.

Hope Services, Monterey District

19055 Portola Drive; Salinas, CA 93908 (District Office)

Tel (831) 455-4940

Website: www.hopeservices.org

Services:

A variety of services, including employment, job training, community living services, and adult day activity programs are provided for individuals with developmental disabilities. Disability must be diagnosed before age 18. Other offices in Salinas and in Seaside.

Digital Nest

17 Aspen Way; Watsonville, CA 95076

Tel (831) 722-6378

Website: www.digitalnest.org

Services:

Young people, ages 12-24, from Santa Cruz and Monterey Counties are given the tools and skills needed to thrive in a high tech, globally connected world. This education center provides access to computers, software, Wi-Fi, and other digital tools, classes and workshops, and assistance in finding employment. No fees.

JOB TRAINING AND EMPLOYMENT FACILITATION (Continued)

REGIONAL OCCUPATIONAL PROGRAMS (ROP)

SALINAS

Salinas Union High School District ROP

867 East Laurel Drive; Salinas, CA 93905
Tel (831) 753-4209

MONTEREY PENINSULA

Monterey Adult School ROP

700 Pacific Street, Rm 6; Monterey, CA 93940
Tel (831) 645-1224

Carmel Unified School District ROP

3600 Ocean Ave; Carmel, CA 93923
Tel (831) 624-1821 x 2791

SOUTH COUNTY

Soledad Adult School ROP

690 Main Street; Soledad, CA 93960
Tel (831) 678-6300

Gonzales High School ROP

650 Elko Street; Gonzales, CA 93926
Tel (831) 675-1081 x 2650

NORTH COUNTY

North Monterey County Unified School District ROP

13990 Castroville Blvd, Castroville, CA 95012
Tel (831) 633-5221

Services:

ROP programs are offered in eight school districts in Monterey County. ROP provides training opportunities in vocational and technical studies for high school students. **Some programs accept adults.** Fees. Students generally do not need to show legal papers.

LEGAL ASSISTANCE, ADVOCACY, AND CONFLICT RESOLUTION

ALL AREAS OF MONTEREY COUNTY

California Rural Legal Assistance (CRLA)

3 Williams Road; Salinas, CA 93906

Tel (831) 757-5221; (800) 677-5221

Website: www.crla.org

Services:

Legal advice and representation for low-income county residents on housing landlord/tenant issues, as well as labor issues of farm workers. Spanish-speaking staff.

Legal Services for Seniors

915 Hilby Ave. Ste 2; Seaside, CA 93955

Tel (831) 899-0492

21 West Laurel Drive, Suite 83; Salinas, 93906

Tel (831) 442-7700

Website: www.legalservicesforseniors.org

Services:

Senior legal advocacy and referrals concerning social security, SSI, private pension problems, health insurance problems, consumer fraud. Assist with landlord/tenant problems, housing rights, advanced health care directives, long-term-care issues, guardianships, and simple wills. Provide outreach services at senior centers throughout the county. Services are for adults, age 60 and older. No charge for services. Donations accepted.

Monterey County Lawyer Referral Service

100 Colonel Durham Drive; Seaside, CA 93955

Tel (831) 582-3600

Website: www.calbar.ca.gov

Services:

The Monterey County Bar Association Lawyer Referral Service maintains a list of pre-screened Monterey County attorneys with specialized knowledge in particular fields of law who are available to help with specific legal needs. A 30-minute consultation in the attorney's office is \$50. After that time, regular fees apply. Call the above number for a referral to an appropriate attorney.

Monterey College of Law,

Community Justice Center

2620 Colonel Durham Street; Seaside, CA 93955

Tel (831) 582-5235 or (831) 582-4000 x1012

Website: www.montereylaw.edu

Services:

Offers workshops to assist people with various legal issues, including restraining orders, small claims, tenant-landlord evictions, collections, guardianships, and dissolution filings. Workshops are conducted by law students under the supervision of an attorney. Workshops are free or low cost.

LEGAL ASSISTANCE, ADVOCACY, AND CONFLICT RESOLUTION (Continued)

Superior Court of Monterey County Self-Help Center

1200 Aguajito Road; Monterey, CA 93940

Tel (831) 647-5800 x3005

Website: www.monterey.courts.ca.gov/selfhelp

Services:

This self-help center provides free information and assistance with forms addressing the following issues: divorce, child custody and visitation, child support, spousal support, domestic violence, restraining orders, workplace violence, and elder abuse. Workshops are also offered on these topics.

Monterey County Department of Child Support Services

752 La Guardia Street; Salinas, CA 93905

Tel (831) 755-3200 or (866) 901-3212

Website: www.mcdcss.org

Services:

Parents have a legal duty to provide financial support for their minor children. Child Support Services will attempt to locate the absent parent, establish paternity, establish and maintain support orders, and collect support payments.

Watsonville Law Center

315 Main Street, #207; Watsonville, CA 95076

Tel (831) 722-2845

Website: www.watsonvillelawcenter.org

Services:

Free legal advice, primarily through advice clinics, to low-income individuals in the following areas of law: workers' compensation, wage claims, consumer fraud, debt, credit and identity theft issues, record clearance & license reinstatement. Child custody and visitation services provided for CalWORKS participants only. Services are in Watsonville, but Monterey County residents are eligible.

California Department of Fair Employment and Housing

Tel (800) 884-1684

Website: www.dfeh.ca.gov

Services:

Handles discrimination and harassment issues in the workplace and in housing. Provides information in English and in Spanish.

Department of Consumer Affairs Information Center

Tel (800) 952-5210

Website: www.dca.ca.gov

Services:

Answers questions and provides information on how to file complaints on many products and services. Provides information in English and in Spanish.

LEGAL ASSISTANCE, ADVOCACY, AND CONFLICT RESOLUTION (Continued)

League of United Latin American Citizens (LULAC)

Website: www.lulac.net

Services:

Addresses issues around Latino civil rights. Works to improve opportunities for Hispanic Americans.

National Association for the Advancement of Colored People (NAACP)

1104 Broadway, Suite F; Seaside, CA 93955

Tel (831) 394-3727

Website: www.montereynaacp.org

Services:

Fights for the advancement of minority groups by bridging the gaps in seven advocacy areas: education, economic empowerment, healthcare, criminal justice, civic engagement, international affairs, and poverty issues. Staffed by volunteers, serving all of Monterey County.

American Civil Liberties Union (ACLU)

P.O. Box 1112; Pacific Grove, CA 93950

Tel: (831) 622-9894 (Complaint Line)

Website: www.aclumontereycounty.org

Services:

This organization is devoted to protecting the basic civil rights of all Americans, including those groups who have traditionally been denied them. The Monterey Chapter maintains a complaint line, manned by volunteers, and a legal committee to handle complaints and address issues concerning possible infringement on civil liberties. Phone line is in English and in Spanish.

LIBRARIES

MONTEREY COUNTY FREE LIBRARIES

Administrative Office

188 Seaside Circle; Marina, CA 93933

Tel (831) 883-7573

Website: www.montereycountyfreelibraries.org; www.co.monterey.ca.us/library

Branches

(Note: Days and hours of operation for each site are posted online at the above website.)

Aromas Branch

Blohm & Carpenteria Sts; Aromas, CA 95004

Tel (831) 726-3240

Big Sur Branch

Hwy 1 at Ripplewood Resort; PO Box 217; Big Sur, CA 93920

Tel (831) 667-2537

Bradley Branch

Dixie Street; PO Box 330; Bradley, CA 93426

Tel (805) 472-9407

Buena Vista Branch

18250 Tara Drive; Salinas, CA 93908

Tel (831) 455-9699

Carmel Valley Branch

65 W. Carmel Valley Road; Carmel Valley, CA 93924

Tel (831) 659-2377

Castroville Branch

11160 Speegle Street; Castroville, CA 95012

Tel (831) 769-8724

Gonzales Branch

851 Fifth Street; Gonzales, CA 93926

Tel (831) 675-2209

Greenfield Branch

315 El Camino Real; Greenfield, CA 93927

Tel (831) 674-2614

King City Branch

402 Broadway Avenue; King City, CA 93930

Tel (831) 385-3677

Marina Branch

190 Seaside Circle; Marina, CA 93933

Tel (831) 883-7507

LIBRARIES (Continued)

Pajaro Branch

29 Bishop Street; Pajaro, CA 95076
Tel (831) 761-2545

Parkfield Branch

70643 Parkfield-Coalinga Road; San Miguel, CA 93451
Call King City branch at (831) 385-3677 for bookmobile and library by mail information.

Prunedale Branch

17822 Moro Road; Salinas, CA 93907
Tel (831) 663-2292

San Ardo Branch

62350 College Street; PO Box 127; San Ardo, CA 93450
Tel (831) 627-2503

San Lucas Branch

54692 Teresa (PO Box 28); San Lucas, CA 93954
Call King City branch at (831) 385-3677 for bookmobile and library by mail information.

Seaside Branch

550 Harcourt Avenue; Seaside, CA 93955
Tel (831) 899-2055

Soledad Branch

401 Gabilan Drive; Soledad, CA 93960
Tel (831) 678-2430

Bookmobile – North County

17822 Moro Road; Salinas, CA 93907
Tel (831) 663-2292 or (831) 595-0196

Bookmobile – South County

402 Broadway Avenue; King City, CA 93930
Tel (831) 385-3677 or (831) 595-2317

Library by Mail

188 Seaside Circle; Marina, CA 93933
Tel (831) 883-7544 or (800) 322-6884

Read with Monterey County Free Libraries and the Library Homework Center Program

188 Seaside Circle; Marina, CA 93933
Tel (831) 883-7597 (Read with Monterey County Free Libraries)
Tel (831) 883-7542 (Library Homework Center Program)
Website: www.montereycountyfreelibraries.org

Services:

Adult literacy program: Volunteer tutors teach English-speaking adults to read and write.
Ten homework centers for students from kindergarten through college, operating on an open-door policy. These two programs are located at sites throughout Monterey County.

LIBRARIES (Continued)

INDEPENDENT CITY LIBRARIES

Monterey Public Library

625 Pacific Street; Monterey, CA 93940

Tel (831) 646-3932

Website: www.monterey.org/library

Pacific Grove Public Library

550 Central Avenue; Pacific Grove, CA 93950

Tel (831) 648-5760

Website: www.pacificgrove.lib.ca.us

Harrison Memorial Library

Ocean Ave. and Lincoln Street; Carmel, CA 93921

Tel 624-4629

Website: www.hm-lib.org

Salinas Public Libraries

John Steinbeck Library

350 Lincoln Ave; Salinas, CA 93901

Tel (831) 758-7311

Cesar Chavez Library

615 Williams Road; Salinas, CA 93905

Tel (831) 758-7345

El Gabilan Library

1400 North Main Street; Salinas, CA 93906

Tel (831) 758-7302

Website: www.salinas.lib.ca.us

Services:

Libraries provide books, audio books, DVDs, as well as e-books and other online collections. A variety of other services are offered, including adult literacy programs, computer labs, tutoring, homework centers, story time and other children's programs. **Limited hours.** Call for more information on the days and hours of operation, as well as specific programs at each site.

MENTAL HEALTH SERVICES
(Refer also to Counseling Services and Crisis Lines)

MENTAL HEALTH CRISIS INTERVENTION

In life and death situations, call 911 or go to the emergency room.

ALL AREAS OF MONTEREY COUNTY

Suicide Prevention Services of the Central Coast

Toll-free Crisis Line: (877) 663-5433

Website: www.fsa-cc.org

Services:

24-hour, free and confidential, multi-language, crisis intervention and suicide prevention services. Services also offered to individuals who have lost a person to suicide.

National Suicide Prevention Lifeline

24 hour crisis line: (800) 784-2433 or (800) 273-8255

Website: www.suicidepreventionlifeline.org

Services:

Provides information and support for suicide prevention in English and in Spanish.

Suicide.org

Website: www.suicide.org

Services:

Suicide prevention, awareness and support. Offers a variety of articles and links to resources.

Veterans Crisis Line

Nation-wide 24-hour Crisis Line: (800) 273-8255 or (800) 784-2433

Website: www.veteranscrisisline.net

Services:

Connects veterans in crisis and their loved ones with qualified, caring responders.

Natividad Medical Center Crisis Team

1441 Constitution Blvd. Salinas, CA 93906

Tel (831) 755-4111

Website: www.natividad.com

Services:

Crisis intervention counseling provided seven days a week, 24 hours a day. Individuals should call above number or come into emergency room. Crisis team will be paged, individual might need to wait a few minutes. Services available in English and in Spanish.

Community Hospital of the Monterey Peninsula

23625 W R Holman Hwy; Monterey, CA 93940

Website: www.chomp.org

Services:

Assessment and referral for treatment of mental health issues is provided by the behavioral health services crisis team and is available 7 days/week, 24 hours/day. Go to the emergency room.

MENTAL HEALTH SERVICES (Continued) (Refer also to Counseling Services and Crisis Lines)

Interim, Inc

PO Box 3222; Monterey, CA 93942

Tel (831) 649-4522

Tel (831) 883-3030 (MCHOME)

Website: www.interiminc.org

Services:

Provides affordable housing, residential treatment, social support, homeless outreach and support (MCHOME), family outreach, and supported education and employment services (SEES) for adults who have serious mental illnesses. Interim also provides two peer-led support programs for adults with mental illness: Our Voices in Monterey and The OMNI Resource Center in Salinas.

National Alliance on Mental Illness, Monterey County (NAMI)

PO Box 295; Monterey, CA 93942

Tel (831) 375-6264 (Monterey); (831) 402-4940 (Salinas) (The latter is bilingual Eng/Span.)

Website: www.namimonterey.org

Services:

A local affiliate of NAMI National and NAMI California providing education, advocacy, service access and support for families and their loved ones living with mental illness.

PREP Monterey County

909 A Blanco Circle; Salinas, CA

Tel (831) 424-5033

Website: www.prepwellness.org

Services:

Prevention and Recovery in Early Psychosis (PREP) is a comprehensive treatment program for individuals in the early stages of psychosis (within a couple of years of onset of symptoms). Services are free to all who are eligible, regardless of insurance status. Call for more details.

ICT (Integrated Co-occurring Treatment)

Operated by **Door to Hope**

130 West Gabilan Street; Salinas, CA 93901

Tel (831) 758-0181

Website: www.doortohope.org

Services:

Professional treatment for adolescents with co-occurring substance abuse and mental health disorders. A home-based program offering a spectrum of services, including cognitive behavioral therapy, motivational enhancement therapy, peer support, individual, group and family therapy.

Santa Lucia Group Home

Operated by **Door to Hope**

Tel (831) 771-8555

Website: www.doortohope.org

Services:

A group home for adolescent girls, ages 12-18, with co-occurring substance abuse and mental health disorders. Six beds. 3-6 month treatment program. Reimbursement through public funding sources.

MENTAL HEALTH SERVICES (Continued) **(Refer also to Counseling Services and Crisis Lines)**

Clinica de Salud del Valle de Salinas

950 Circle Drive; Salinas, CA 93905

Tel (831) 757-6237

Website: www.csvs.org

Services:

A psychologist offers services on a sliding fee scale to patients at the clinic on Circle Drive. May offer services at the other Clinica de Salud clinics.

Behavioral Health, Adult Services

Monterey County Health Department

1441 Constitution Blvd. Bldg 400, Suite 202; Salinas, CA 93906

Tel (831) 796-1700 or (888) 258-6029

299 12th Street; Marina, CA 93933 (Monterey County Integrated Health)

Tel (831) 647-7652

359 Gabilan Drive; Soledad, CA 93960

Tel (831) 678-5125

200 Broadway St. Suite 70; King City, CA 93930

Tel (831) 386-6868

Website: www.mtyhd.org

For new clients seeking services, call (888) 258-6029.

If you are an existing client, your call will be transferred to your social worker.

Services:

During your initial call, a member of the Behavioral Health team will provide a brief screening and then either connect you to appropriate community resources or schedule an appointment for a mental health assessment. Assessments and an orientation to mental health services are also available without an appointment on a first-come, first-served basis during Walk-in Wednesdays at the Salinas or Marina sites above. For those on Medi-Cal or who are Medi-Cal eligible, and who meet Medi-Cal's Mental Health Program requirements, services include case management, referrals, and advocacy. Services are delivered by licensed and license-eligible behavioral health professionals. Call for more information.

Children's Behavioral Health

Monterey County Health Department

951 B Blanco Circle; Salinas, CA 93901 (Main Clinic)

Tel (831) 784-2150

1000 South Main #210 B; Salinas, CA 93901

Tel (831) 796-1500

Website: www.mtyhd.org

Services:

Serves children and youth throughout Monterey County who have serious emotional disturbances. A majority of the children served are on Medi-Cal. Services include assessment, diagnosis, treatment, counseling, family partnerships and early intervention. All referrals come through the schools. Services are provided at the sites above or at the school. The Avanza program supports teens and young adults (16-24) with mental health problems that are transitioning out of services. Referrals for the Avanza program may come from the community.

MENTAL HEALTH SERVICES (Continued)
(Refer also to Counseling Services and Crisis Lines)

Community Hospital Outpatient Behavioral Health

576 Hartnell Street; Monterey, CA 93940

Tel (831) 625-4600

Website: www.chomp.org

Services:

Counseling on mental health issues is provided for individuals of all ages, from children to older adults. Treatment may include individual, family, or group therapy, medication management, support and education. Partial hospitalization (for adults only) and inpatient services are available, if needed.

PARENT EDUCATION AND SUPPORT (INCLUDING CHILDBIRTH PREPARATION & BREASTFEEDING SUPPORT)

ALL AREAS OF MONTEREY COUNTY

Boys Town National Hotline

Tel 24-hour (800) 448-3000

Website: www.boystown.org/hotline

Services:

A 24-hour, 7 days a week crisis, resource and referral line serving teens, parents, and families. Trained counselors help with a variety of issues, including suicide prevention, depression, chemical dependency, anger, and physical, emotional and sexual abuse. Services in English and Spanish. Translation services for other languages available.

Mother to Baby California

Tel (866) 626-6847

Website: www.mothertobaby.org

Services:

Information specialists provide evidence-based information and counseling, in English and in Spanish, to mothers, health-care professionals and the general public about medications and other exposures during pregnancy and while breastfeeding. A service of the non-profit Organization of Teratology Information Specialists (OTIS).

California Poison Control System

24 hour hotline: (800) 222-1222

Website: www.calpoison.org

Services:

This hotline, in English and in Spanish, provides immediate, free and expert treatment advice and assistance over the phone in case of exposure to poisonous, hazardous or toxic substances. Interpreter service.

Public Health Nursing

Monterey County Health Department

1270 Natividad Road; Salinas, CA 93906

Tel (831) 755-4630 or 755-4500

Website: www.mtyhd.org

Services:

Case management and home visits for high-risk pregnant women, children of substance-abusing mothers, and children at risk for child abuse, neglect, or developmental delay. Clients are seen by a team of nurses and registered dietitians. Call the above number to make a referral or for more information on public health nursing services.

WIC - Women, Infants and Children Nutrition Program

Sites listed under Food Distribution Services

Website: www.mtyhd.org

Services:

WIC provides nutrition and health education, in English and Spanish, for pregnant and parenting women with infants and children to age 5. Breastfeeding classes and individual support are offered at all WIC sites by Certified Lactation Counselors. Breast pumps available.

PARENT EDUCATION AND SUPPORT(Continued) (INCLUDING CHILDBIRTH PREPARATION & BREASTFEEDING SUPPORT)

ALL AREAS OF MONTEREY COUNTY (Continued)

Dads in Action

Operated through **Monterey County Office of Education**

901 Blanco Circle; Salinas, CA 93901

Tel (831) 755-0846 or (831) 755-0350

Website: www.monterey.k12.ca.us

Services:

Parenting education and life skills development offered at selected Head Start sites and Family Resource Centers throughout the county for fathers of children 0 – 5. Services in Eng/Span.

SALINAS

The Parent Center

A program of **Salinas Adult School**

20 Sherwood Place; Salinas, CA 93906

Tel (831) 796-6905 or (831) 796-6972

Website: www.salinasadultschool.com; www.theparentcenter.org

Services:

The Parent Center offers a variety of parent-child activity classes (Sharing Times, Exploring Times, Partners in Play) as well as Prepared Childbirth and Breastfeeding classes. Check website for current classes. Co-op preschool also on site.

Alisal Family Resource Center

A program of the **Alisal Union School District**

1441 Del Monte Avenue; Salinas, CA 93905

Tel (831) 775-4500

Website: www.alisalfrc.org

Services:

Offers a variety of programs and activities for families in the school district, including adult education, parenting education, support groups for women and families, and literacy classes. Services in English and in Spanish. Child care for parents attending classes on site.

Parents as Teachers

A program of the **Action Council of Monterey County, Inc.**

295 Main Street, Suite 300; Salinas, CA 93901

Tel (831) 783-1244, (831) 751-9660, or (831) 756-4135

Website: www.actioncouncil.org

Services:

In-home information, support, and encouragement for parents to help their young children develop optimally. Serves families in specific zip codes. Call for more information.

**PARENT EDUCATION AND SUPPORT(Continued)
(INCLUDING CHILDBIRTH PREPARATION & BREASTFEEDING SUPPORT)**

SALINAS (Continued)

Parent Education Program and Supervised Visitation Program

Programs of **Community Human Services**

Family Service Center,

433 Salinas Street; Salinas, CA 93901

Tel (831) 757-7915

Website: www.chservices.org

Services:

The parent education program utilizes the Triple-P curriculum to support and educate parents of at-risk children and families in crisis. Eight weeks of classes in English and in Spanish. The supervised visitation program provides a safe, neutral environment and supervision by trained monitors for visits between non-custodial parents and their children, along with a “no-contact” supervised exchange site. Services in English and in Spanish. Call for fees.

Outpatient Lactation Clinic

located at **Natividad Medical Center**

1441 Constitution Blvd. 2nd floor Mother-Infant Unit; Salinas, CA 93906

Tel (831) 796-1652

Website: www.natividad.com

Services:

Lactation consultants are available 7 days a week. Private, one-on-one consultations, by appointment, for breastfeeding problems, pumping and storing milk. Clients do not have to have delivered at NMC. Insurance billed.

Salinas Valley Memorial Healthcare System

450 East Romie Lane; Salinas, CA 93901

Health Promotion: Tel (831) 759-1890

Childbirth Education: Tel (831) 753-2229

Lactation Services: (831) 757-4333, ext 2852

Website: www.svmh.com

Services:

Classes include childbirth preparation and breastfeeding classes. Fees charged. Lactation consultants provide breastfeeding support by telephone, as well as bedside support for inpatients. Free weekly breastfeeding support group. Classes in English.

MONTEREY PENINSULA

Community Family Resource Center

A program of the **Monterey Peninsula Unified School District**

1295 La Salle Avenue; Seaside, CA 93955

Tel (831) 392-3456

Website: www.mpusd.k12.ca.us

Services:

Offers Play and Learn classes for parents and children, ages 0-3, as well as other classes and support for parents. No charge for program participation. Services offered in English and in Spanish.

**PARENT EDUCATION AND SUPPORT (Continued)
(INCLUDING CHILDBIRTH PREPARATION & BREASTFEEDING SUPPORT)**

MONTEREY PENINSULA (Continued)

Parent Education Program and Supervised Visitation Program

Programs of **Community Human Services**

Family Service Center

1178 Broadway; Seaside, CA 93955

Tel (831) 394-4622

Website: www.chservices.org

Services:

The parent education program utilizes the Triple-P curriculum to support and educate parents of at-risk children and families in crisis. Eight weeks of classes in English and in Spanish. The supervised visitation program provides a safe, neutral environment and supervision by trained monitors for visits between non-custodial parents and their children, along with a “no-contact” supervised exchange site. Services in English and in Spanish. Call for fees.

Parents’ Place

A program of **Pacific Grove Adult School**

1025 Lighthouse Avenue; Pacific Grove, CA 93950

Tel (831) 646-6623

Website: www.pgusd.org/parents

Services:

Parent education through parent/child participation for parents and their children, ages 0-3. A variety of classes and activities are offered. Classes in English only. Fees charged. The center also hosts a variety of support groups for parents.

Family Birth Center

Community Hospital of the Monterey Peninsula

23625 W R Holman Hwy; Monterey, CA 93940

Lactation Support Services: Tel (831) 625-4987

Family Birth Center: (831) 625-4773

Website: www.chomp.org

Services:

Breastfeeding class (fee charged) and tours of the Family Birth Center. Lactation support for the breastfeeding family is provided through phone, in-patient, and out-patient consultation.

Parenting Connection of Monterey County

Tel (831) 783-5933 (**Postpartum Warmline**)

Website: www.parentingconnectionmc.org

Services:

Free, confidential postpartum support groups (one in Marina and one in Salinas) for mothers experiencing postpartum depression and anxiety. The Postpartum Warmline also connects individuals to bilingual therapists and offers a postpartum screening and referral to local resources.

The Birth Network of Monterey County

Website: www.birthnetworkofmonterey.com

A network of practitioners focused on the birth experience and providing moms with education, resources, and advocacy. Various support groups. A **resource guide** listing doulas, lactation consultants, childbirth education classes and more.

PARENT EDUCATION AND SUPPORT (Continued) (INCLUDING CHILDBIRTH PREPARATION & BREASTFEEDING SUPPORT)

La Leche League of the Monterey Peninsula

Tel (831) 373-0555

Website: www.llli.org

Services:

Callers to the telephone number above are given the names of individuals on the Monterey Peninsula who offer breastfeeding counseling and information. Support available in Eng/Span.

SOUTH COUNTY

Soledad Adult School

690 Main Street; Soledad, CA 93960

Tel (831) 678-6300

Services:

Parent education, using the Triple P curriculum, and playgroups for parents and children, ages 0-3 offered through the Community Education Center. Offers the Parents as Teachers home visitation program for parents of children from birth to 3

King City Family Resource Center

Operated by the **King City Union School District**

502 King Street; King City, CA 93930

Tel (831) 385-2230

Website: www.kingcityfrc.org

Services:

Offers a Play to Learn playgroup, a toy lending library, information and referral support services, children's behavioral health services, parent education, and the Parents as Teachers home visitation program.

NORTH COUNTY

Castro Plaza Child and Family Resource Center

Operated by **North Monterey County Unified School District**

10601 McDougall Street; Castroville, CA 95012

Tel (831) 633-5975

Services:

The parent education program includes the Parenting and Play program for parents with children, ages 0-3, Positive Discipline Parenting classes for parents, and the Parents as Teachers home visit program. On-site pre-school. Services in English and Spanish.

Pajaro Family Resource Center

Operated by **Pajaro Valley Unified School District**

250 Salinas Road

Watsonville, CA 95076

Tel (831) 761-6633

Website: www.pvusd.net

Services:

Serves at-risk families and homeless youth in the Pajaro/Las Lomas area, including information and referral to community resources for food, housing, play groups and parent education. On-site assistance with Medi-Cal and CalFresh applications. Services in English and Spanish.

PUBLIC HEALTH PROGRAMS FOR LOW-INCOME FAMILIES

(Refer also to Chronic Diseases: Education and Support)

ALL AREAS OF MONTEREY COUNTY

Immunization Clinics

Operated by the **Monterey County Health Department**

At the following two health centers:

Alisal Health Center

559 E. Alisal Street, Ste. 201; Salinas, CA 93905

Tel (831) 769-8870

Seaside Family Health Center

1150 Fremont Boulevard; Seaside, CA 93955

Tel (831) 899-8100

Website: www.mtyhd.org

Services:

Walk-in immunization clinics for adults and children with Medicare, Medi-Cal, or no insurance and children in the CHDP/Gateway program. Screening for tuberculosis also offered. Call for day and time.

Immunization Clinics

Offered by **Central Coast Visiting Nurse Association and Hospice**

5 Lower Ragsdale Drive, Monterey, CA 93940

Tel: (831) 648-3777 or (831) 372-6668

Website: www.ccvna.com

Services:

Flu clinics at sites throughout the county. Sites listed on the website. Immunizations for adults, including travel immunizations, available by appointment at the address listed above.

Child Health and Disability Prevention Program (CHDP)

Administered by the **Monterey County Health Department**

1615 Bunker Hill Way, Suite 190; Salinas, CA 93906

Tel (831) 755-4960

Website: www.dhcs.ca.gov/services/chdp ; www.mtyhd.org

Services:

Free well-child health exams, including immunizations, offered at regular intervals from birth through age 20, for children with full-scope Medi-Cal. Children from birth through age 18 who are not eligible for full-scope Medi-Cal also qualify for CHDP services if they meet income guidelines. Call above number for the names of individual CHDP providers, listed by location within the county.

Family PACT Program offering **Family Planning Services**

Toll-free Information and Referral Line: (800) 942-1054

Website: www.familypact.org

Services:

State-funded, comprehensive, no-cost family planning services for low-income women and men who do not have health insurance to cover family planning. Services include: temporary and permanent contraception for men and women (including emergency contraception, male and female sterilization), STD/HIV screening and treatment, cancer screening, pregnancy testing, and reproductive health counseling. Clients must be residents of California. Toll-free I & R line provides referrals to Family PACT providers. **Family PACT services are offered at public and community clinics throughout Monterey County.**

PUBLIC HEALTH PROGRAMS FOR LOW-INCOME FAMILIES (Continued)

(Refer also to Chronic Diseases: Education and Support)

Comprehensive Perinatal Services Program

County Coordinator at: **Monterey County Health Department**

1270 Natividad Road, Salinas, CA 93906

Tel (831) 755-4963 or 755-4500

Website: www.mtyhd.org

Services:

This is a program offered by community health clinics and some private obstetrical providers in Monterey County to enhance prenatal care for pregnant and postpartum women on Medi-Cal and improve pregnancy outcomes. In addition to obstetrical care, services include health education, nutrition, psycho-social counseling and case coordination. Providers must be approved by the State of California to offer these services. To learn more, call the county perinatal services coordinator at the number listed above.

Childhood Lead Poisoning Prevention Program

Monterey County Health Department

1615 Bunker Hill Way, Suite 190; Salinas, CA 93906

Tel (831) 755-4960 or 755-4704

Website: www.cdph.ca.gov/programs/clppb

Services:

Provides information on childhood lead poisoning prevention, screening, and case management services for lead-exposed children.

Tuberculosis Case Management and Prevention Services

Monterey County Health Department

1270 Natividad Road; Salinas, CA 93906

Tel (831) 755-4593 (T.B. unit) or 755-4500

Website: www.mtyhd.org

Services:

This program provides case management of people diagnosed with tuberculosis and contact follow-up of people exposed to active disease. Prophylaxis for people who are at risk of developing tuberculosis is provided at the Health Department's Primary Care Clinics.

Every Woman Counts

Tel (800) 511-2300

Website: www.dhcs.ca.gov/services/cancer

Services:

Free breast and cervical cancer screening services to low income women over 40, who are residents of California with no or limited insurance. Offered at community clinics throughout the county.

Breast and Cervical Cancer Treatment Program

Tel (800) 824-0088 (English and Spanish)

State Medi-Cal Website: www.dhcs.ca.gov

Services:

Under this program, low-income California residents who have been diagnosed with breast and/or cervical cancer can receive needed cancer treatment. Doctors participating in the Family PACT program can screen, diagnose or confirm a diagnosis of breast and/or cervical cancer and enroll individuals in the Breast and Cervical Cancer Treatment Program.

PUBLIC HEALTH PROGRAMS FOR LOW-INCOME FAMILIES (Continued)

(Refer also to Chronic Diseases: Education and Support)

Presumptive Eligibility Program for Pregnant Women

Tel (800) 824-0088

State Medi-Cal Website: www.dhcs.ca.gov

Services:

Clinics offering prenatal care to low-income pregnant women may screen women on-site for Medi-Cal eligibility for pregnancy services through the State Presumptive Eligibility Program for pregnant women. Physicians are then able to provide and bill for prenatal care before a woman has her Medi-Cal card. The woman will still need to complete her Medi-Cal application at one of the Department of Social and Employment Services offices listed above or with an individual in the community who is certified to provide application assistance.

Medi-Cal Access Program for Pregnant Women

Tel (800) 433-2611

In Monterey County, the plan is available through **Central California Alliance for Health**

Tel (800) 700-3874

Website: www.ccah-alliance.org

Services:

The Medi-Cal Access Program (formerly known as AIM) is a state-sponsored program that covers health care services for the uninsured or under-insured pregnant woman who has an income too high to qualify for no-cost Medi-Cal; that is, her income is between 200-300% of Federal Poverty Level. For more information on eligibility, for an application, or for assistance in completing the application, call the 800 number above or go to the website.

Partnership for Prescription Assistance

Tel (888) 477-2669

Website: www.pparx.org

Partnership for Prescription Assistance -- California

Website: <https://ca.pparx.org/>

Services:

These websites, in English and in Spanish, help low-income individuals without prescription coverage to get free or discounted medications through a variety of public and private programs.

RECREATION AND TUTORING PROGRAMS FOR YOUTH

ALL AREAS OF MONTEREY COUNTY

Girls Inc. (Girls Inc. of the Central Coast)

318 Cayuga Street #209; Salinas, CA 93901

Tel (831) 772-0882

Website: www.girlsinccc.org

Services:

Programs focus on leadership and self-empowerment for girls, ages 8-18. Youth leaders and teen teachers serve as facilitators at 20 school sites in Monterey County. High school, middle school, and elementary school programs. Two-week summer camp for girls, age 8-11.

Boy Scouts, Silicon Valley Monterey Bay Council

919 North Main Street; Salinas, CA 93906

Tel (831) 422-5338

Website: www.svmbc.org

Services:

Boy Scout programs throughout the county offer boys, from first grade through high school, activities designed to develop character and physical fitness. Vigorous outdoor program. Exploring, a work-site based program, is for young men and women, ages 14-20.

Libraries

(Refer to the Libraries Section of the Guide)

Services:

In addition to book collections, all libraries offer a variety of other services, including computer labs, tutoring, homework centers, and story time for children. **Limited hours.** Call for more information on the days and hours of operation, as well as specific programs at each site.

Just Run

Tel (831) 625-6226

Website: www.justrun.org

Services:

Free website-based program, organized by the Big Sur International Marathon to promote a healthy lifestyle and youth fitness, while combating obesity and related diseases. Programs throughout Monterey County. More information is available on the website.

4-H, Monterey County

Operated through **University of California, Cooperative Extension**

Tel (831) 759-7386

Website: www.ca4h.org

Services:

Clubs from Aromas to Lockwood, along the Hwy. 101 corridor, for kids ages 5-19. Hands-on projects focus on science, engineering, technology, agriculture, healthy living, and leadership.

Girl Scouts of California's Central Coast

10550 Merritt Street; Castroville, CA 95012

Tel (800) 822-2427

Website: www.girlscoutscoc.org

Services:

Girl Scout programs in locations throughout Monterey County offer girls, ages 5-17, activities and experiences to foster character development and skills for success in the real world.

RECREATION AND TUTORING PROGRAMS FOR YOUTH (Continued)

SALINAS

City of Salinas Recreation/Park Department

426 Work Street; Salinas, CA 93905

Tel (831) 758-7306 ; (831) 758-7476

Website: www.ci.salinass.ca.us

Services:

Recreational, educational, social and cultural programs and events, responsive to the city's diverse population offered at sites throughout the city.

Life After School

Operated by **Life is for Everyone, Inc.**

995 N. Madeira Ave; Salinas, CA 93905

Tel (831) 757-1662

Website: www.lifeisforeveryoneinc.org

Services:

Life After School is an after-school program for elementary and middle school students, 1st through 8th grade, offering a homework center, tutoring and a recreation program in a safe environment. Also offers a summer enrichment program.

Peacock Acres/ Path Plus of Monterey County

838 South Main Street, Suite A, B and C; Salinas, CA 93901

Tel (831) 754-3635

Website: www.peacockacres.org

Services:

In addition to other services, Peacock Acres offers a mentoring and tutoring program for foster-care youth, ages 5-22. Self-referrals for this program are welcome

Breadbox Recreation Center

745 North Sanborn Road; Salinas, CA 93905

Tel (831) 758-7908

Website: www.ci.salinass.ca.us

Services:

Non-traditional recreation center, sponsored by the city of Salinas, with emphasis on at-risk youth, ages 5 - adult. Wide variety of activities, including sports, trips, and special events. Counseling available through the on-site Second Chance Youth Program. Art activities through the Alisal Center for Fine Arts.

Kid's Cafe

Operated by **The Salvation Army**

2460 N. Main Street; Salinas, CA 93906

Tel (831) 443-9655

Website: www.salvationarmyusa.org;

Services:

An after-school program for elementary and middle school children in Salinas. A summer day camp is also offered. Minimal fees charged.

RECREATION AND TUTORING PROGRAMS FOR YOUTH (Continued)

Boys and Girls Club of Monterey County

85 Maryal Drive; Salinas, CA 93906

Tel (831) 757-4412

Website: www.bgcmc.org

Services:

A variety of programs for boys and girls, ages 6-18, including sports, fitness, music, art; science, technology, education, leadership and career development. Fee: \$25/year.

YMCA, Salinas Community

117 Clay Street; Salinas, CA 93901

Tel (831) 758-3811

Website: www.centralcoastymca.org

Services:

Offers a variety of sports, health and fitness activities. Indoor and outdoor swimming pool. Financial assistance available, so that no one is turned away for inability to pay. After-school program at selected sites in the Alisal Union School District.

The First Tee of Monterey County

1551 Beacon Hill Drive; Salinas, CA 93905

Tel (831) 444-7200

Website: www.thefirstteemc.org

Services:

This organization was founded to positively impact the lives of young people by teaching them how to play golf, while also providing education programs designed to teach valuable life skills.

MONTEREY PENINSULA

Monterey Sports Center

301 E. Franklin Street; Monterey, CA 93940

Tel (831) 646-3700 ; (831) 646-3730

Website: www.monterey.org/sportscenter

Services:

Two large heated indoor pools, water slide, 3-court gymnasium, exercise studios. Babysitting service for children offered while parents are using the facilities.

Monterey Youth Center

777 Pearl Street; Monterey, CA 93940

Tel (831) 646-3873

Website: www.monterey.org

Services:

Located next to Dennis the Menace Park, offers gymnastics, dance, art, and other activities.

YMCA of the Monterey Peninsula

600 Camino El Estero; Monterey, CA 93940

Tel (831) 373-4167

Website: www.centralcoastymca.org

Services:

Offers a variety of sports activities, including after-school programs at various schools on the Monterey Peninsula. Summer day camp. Financial assistance available.

RECREATION AND TUTORING PROGRAMS FOR YOUTH (Continued)

MONTEREY PENINSULA (Continued)

Monterey Recreation

546 Dutra Street; Monterey, CA 93940 (Administration office)

Tel (831) 646-3866

Website: www.monterey.org/rec

Services

A variety of recreational activities offered at community centers and parks throughout the city. Check website for activities schedule.

Boys and Girls Club of Monterey County

1332 La Salle Ave. Seaside, CA 93955

Tel (831) 394-5171

Website: www.bgcmc.org

Services:

A variety of programs for boys and girls, ages 6-18, including sports, fitness, music, art; science, technology, education, leadership and career development. Fee: \$25/year.

Oldemeyer Center

Operated by the **City of Seaside**

986 Hilby Avenue; Seaside, CA 93955

Tel (831) 899-6800; (831) 899-6801

Website: www.ci.seaside.ca.us

Services:

Programs for children of all ages, including sports, swimming, Kids Club, and special events.

The Village Project

1069 Broadway Avenue, Suite 201; Seaside, CA 93955

Tel (831) 392-1500

Website: www.thevillageprojectinc.org

Services:

In addition to other services, this African-American family resource center provides after-school tutoring for students in first through twelfth grade. Focus is on African-Americans, but open to serve anyone in need. Call for more details.

Pacific Grove Youth Center

302 16th Street; Pacific Grove, CA 93950

Tel (831) 648-3134

Website: www.ci.pg.ca.us

Services:

A teen program open to Pacific Grove students in grades 6-12. Monthly activity calendars. Summer Adventure Camp for children, ages 6-12.

Marina Youth Center

211 Hillcrest Avenue; Marina, CA 93933

Tel (831) 384-6009; (831) 884-1253

Website: www.ci.marina.ca.us

Services:

A variety of recreational activities for Marina youth, ages 5 through 12. Low fees.

RECREATION AND TUTORING PROGRAMS FOR YOUTH (Continued)

MONTEREY PENINSULA (Continued)

Marina Teen Center

304 Hillcrest Avenue; Marina, CA 93933

Tel: (831) 884-9542; (831) 884-1253

Website: www.ci.marina.ca.us

Services:

A variety of indoor and outdoor activities for teens, ages 12-18, who are enrolled in middle or high school, including a computer lab, basketball, foosball, table pool, video games. Skate park next door.

Carmel Youth Center

SW corner of 4th and Torres; Carmel, CA 93921

Tel (831) 624-3285

Website: www.carmelyouth.com

Services:

An after-school drop-in center for children in grades 5-12 living in Carmel and neighboring communities. Offers a homework center, tutoring, music program, computer lab, and various sports activities.

SOUTH COUNTY

YMCA, South County

560 Walker Drive; Soledad, CA 93960

Tel (831) 678-1239

Website: www.centralcoastymca.org

Services:

A variety of sports activities and after-school tutoring. Sports activities include karate, youth soccer, basketball, and a climbing wall. May offer a summer camp.

King City Recreation Center

401 Division Street; King City, CA 93930

(831) 385-6748

Website: www.kingcity.com

Services:

A variety of recreation programs, including youth sports (soccer, karate, softball, basketball, racquetball) and swimming facilities.

NORTH COUNTY

North County Recreation Center

11261 Crane Street; Castroville, CA 95012

Tel (831) 633-3084

Website: www.ncrpd.org

Services:

Provides a variety of activities for children after school and during the summer, including assistance with homework, games, baseball, flag football, soccer, basketball, crafts, and cooking classes. Activity Guide on the website. A summer nutrition program also on-site.

SCHOOL DISTRICTS
(Elementary and Secondary Education)
(Some districts offer Early Education Programs/ Preschool)

Alisal Union School District

1205 E. Market Street; Salinas, CA 93905
Tel (831) 753-5700
Website: www.alisal.org

Big Sur Unified School District

69325 Highway 1; Big Sur, CA 93920
Tel (805) 927-4507
Website: www.bigsurunified.com

Bradley Union School District

65600 Dixie Street; Bradley, CA 93426
Tel (805) 472-2310
Website: www.bradleyusd-ca.schoolloop.com

Carmel Unified School District

4380 Carmel Valley Rd; Carmel, CA 93923
Tel (831) 624-1546
Website: www.carmelunified.org

Chualar Union Elementary School District

24285 Lincoln Street; Chualar, CA 93925
Tel (831) 679-2504
Website: www.chualarusd.org

Gonzales Unified School District

600 Elko St.; Gonzales. CA 93926
Tel (831) 675-0100
Website: www.gonzales.k12.ca.us

Graves School District

15 McFadden Rd; Salinas, CA 93908
Tel (831) 422-6392

Greenfield Union School District

493 El Camino Real; Greenfield, CA 93927
Tel (831) 674-2840
Website: www.greenfield.k12.ca.us

King City Union School District

435 Pearl Street; King City, CA 93930
Tel (831) 385-2940
Website: www.kcusd.org

Lagunita School District

975 San Juan Grade Road; Salinas, CA 93907
Tel (831) 449-2800

Monterey County Family Resources

2015

SCHOOL DISTRICTS (Continued) (Elementary and Secondary Education)

(Some districts offer Early Education Programs, Preschool, and Extended Day Care)

Mission Union School District

36825 Foothill Road; Soledad, CA 93960

Tel (831) 678- 3524

Website: www.missionusd.org

Monterey Peninsula Unified School District

700 Pacific St; Monterey, CA 93940

Tel (831) 645-1200

Website: www.mpusd.k12.ca.us

North Monterey County Unified School District

8142 Moss Landing Rd; Moss Landing, CA 95039

Tel (831) 633-3343

Website: www.nmcusd.org

Pacific Grove Unified School District

435 Hillcrest Avenue; Pacific Grove, CA 93950

Tel (831) 646-6510

Website: www.pgusd.org

Salinas City Elementary School District

840 S. Main Street; Salinas, CA 93901

Tel (831) 753-5600

Website: www.salinascityesd.org

Salinas Union High School District

431 W. Alisal Street; Salinas, CA 93901

Tel (831) 796-7010; (831) 796-7000

Website: www.salinasuhd.org

San Antonio Union School District

67550 Lockwood/Jolon Road; Lockwood, CA 93932

Tel (831) 385-3051

Website: [Http://schools.monterey.k12.ca.us/~santonio](http://schools.monterey.k12.ca.us/~santonio)

San Ardo Union School District

62428 Center Street; San Ardo, CA 93450

Tel (831) 627-2520

Website: www.sausd-k12-pt.schoolloop.com

San Lucas Union School District

53675 San Benito Street; San Lucas, CA 93954

Tel (831) 382-4426

Website: www.sanlucasusd-ca.schoolloop.com

SCHOOL DISTRICTS (Continued) **(Elementary and Secondary Education)** (Some districts offer Early Education Programs/ Preschool)

Santa Rita Union School District

57 Russell Rd; Salinas, CA 93906

Tel (831) 443-7200

Website: www.santaritaschools.org

Soledad Unified School District

1261 Metz Rd; Soledad, CA 93960

Tel (831) 678-3987

Website: www.soledadusd.org

South Monterey County Joint Union High School District

800 Broadway Street; King City, CA 93930

Tel (831) 385-0606

Website: www.smcjuhsd.org

Spreckels Union School District

130 Railroad Avenue; Spreckels, CA 93962

Tel (831) 455-2550

Website: www.spreckelsunionsd.org

Washington Union School District

43 San Benancio Rd; Salinas, CA 93908

Tel (831) 484-2166

Website: www.washingtonusd.org

Monterey County Office of Education

901 Blanco Circle; Salinas, CA 93901

Tel (831) 373-2955 ; (831) 755-0300

Website: www.monterey.k12.ca.us

Services:

Elementary and/or secondary education is provided in all of the above school districts of Monterey County. Some of the districts have continuation schools and adult ed programs, as well as early childhood education programs. Check with the individual schools or contact the Monterey County Office of Education (MCOE) for more information.

SENIOR SERVICES/ ELDER CARE

ALL AREAS OF MONTEREY COUNTY

Eldercare Locator

Tel (800) 677-1116

Website: www.eldercare.gov

Services:

Information and referral to services for seniors living anywhere in the United States. Information line is in English and in Spanish.

Alliance on Aging

247 Main Street; Salinas, CA 93901

Tel (831) 655-1334

280 Dickman Ave; Monterey, CA 93940

Tel (831) 646-1458

Website: www.allianceonaging.org or www.aging.ca.gov (California Department of Aging)

Services:

Offers the following programs for seniors: Senior Peer Counseling, Health Insurance Counseling and Advocacy (HICAP), Tax Counseling, Ombudsman for Long-Term Care (to protect long-term care residents against abuse), and Benefits Check-up (assistance with eligibility for CalFresh, Home energy discounts, Medi-Care low-income subsidy, the California Telephone Access Program, and discount cell phones).

For a list of Licensed Senior Care Facilities, contact the Ombudsman program at Alliance on Aging.

Meals on Wheels, Monterey Peninsula

700 Jewell Avenue; Pacific Grove, CA 93950

Tel (831) 375-4454

Website: www.mowmp.org

Services:

Delivers fresh nutritious meals 5 days a week to frail, elderly, and disabled adults living throughout the Monterey Peninsula. On Fridays, may obtain double meals for the weekend.

Meals on Wheels of the Salinas Valley, Inc.

40 Clark Street, Suite C; Salinas, CA 93901

Tel (831) 758-6325

Website: www.mealsonwheelsofsalinas.org

Services:

Delivers nutritious frozen meals once or twice a week to homebound seniors, age 60 and over. Makes deliveries in the Salinas valley, from Pajaro to Bradley and all of Salinas.

Social Security Administration

928 E. Blanco Road, Suite 155; Salinas, CA 93901

Tel (800) 772-1213

Website: www.socialsecurity.gov

Services:

Manages Social Security and the Supplemental Security Income (SSI) program for low-income seniors and disabled persons. Also provides information on Medi-Care. It is easier to access information from the website than from the phone.

SENIOR SERVICES/ ELDER CARE (Continued)

Medicare

(The Official Government Website)
Tel (800) 633-4227 (24-hour helpline)
Website: www.medicare.gov

Services:

This is the official U.S. government website, in English and Spanish, for people with Medicare. Extensive information, including eligibility guidelines, long term care, preventive services, and prescription drug plans. Offers comparisons of drug plans, area hospitals, and nursing homes.

Office of Aging and Adult Services

Administered by **Monterey County Department of Social Services**

24-hour Adult Protective Services (for reports of abuse or neglect)

Tel Monterey (831) 883-7565; Salinas (831) 755-4466

After hours: Call 911 to make a report

1000 South Main Street, Suite 211 C; Salinas, CA 93901
Tel (831) 755-4466
2620 First Avenue; Marina, CA 93933
Tel (831) 883-7565
116 Broadway Street; King City, CA 93930
Tel (831) 385-7400

Website: www.mcdss.co.monterey.ca.us

Senior Helpline: (800) 510-2020

Services:

The **Aging and Disability Services Network Resource Guide**, is available to download from the above website. Included are lists of home care agencies, private geriatric care managers and affordable senior housing.

Information and Assistance Program provides information and referral for adults who need protection, home care, emergency food or housing, counseling, or out-of-home placement.

Adult Protective Services investigates allegations of abuse, neglect and/or exploitation of elderly persons who are unable to protect themselves and are harmed or threatened with harm. Abuse victims may be in need of medical care and/or lacking adequate food, shelter, and clothing. They may be exploited of their income and resources or deprived of entitlements to them. Social workers also respond to reports of self-neglect that result from lack of knowledge, illiteracy, poor health, mental illness, etc.

In-Home Supportive Services is a program to assist low-income elderly and disabled adults to remain safely in their own home. The program will pay for a helper to come into the home to do housekeeping, personal care, shopping for groceries and other essentials, meal preparation, and medical transportation. Maintains a registry for clients needing help finding an assistant.

SSI Advocacy Program assists low-income persons who may qualify for the SSI program because of disability, but need help with the application process.

SENIOR SERVICES/ ELDER CARE (Continued)

Partnership for Prescription Assistance

Tel (888) 477-2669

Website: www.pparx.org

Partnership for Prescription Assistance -- California

Website: <https://ca.pparx.org/>

Services:

These websites, in English and in Spanish, help low-income individuals without prescription coverage to get free or discounted medications through a variety of public and private programs.

MST Taxi Vouchers for Seniors and Persons with Disabilities

Operated by **Monterey-Salinas Transit** (in conjunction with participating Monterey Co. cities)

Tel (888) 678-2871

Website: www.mst.org

Services:

MST has established a taxi voucher program, in conjunction with participating Monterey County cities to assist seniors (age 65 and older) and persons with disabilities (who are registered with the RIDES program) in accessing important locations within their city. Area One: Anywhere within the city limits of Salinas. Area Two: Anywhere within the city limits of Carmel, Del Rey Oaks, Monterey, Pacific Grove, Sand City, or Seaside. Go to the website for very specific information on how vouchers must be used. Vouchers are obtained in the city in which the rider lives.

ITN Monterey County (Independent Transportation Network)

Harris Court, Bldg. A; Monterey, CA 93940

Tel Monterey: (831) 233-3447; Salinas: (831) 240-0850

Website: www.itnmontereycounty.org

Services:

A nonprofit membership organization helping seniors, age 60 and older, and visually impaired adults, with customized rides to and from appointments, for shopping, or just for fun. Members prefund a personal transportation account and then use the funds to travel. Serving the Monterey Peninsula and Salinas. Offers subsidized rates for low-income individuals.

Legal Services for Seniors

915 Hilby Ave. Suite 2; Seaside, CA 93955

Tel (831) 899-0492

21 W. Laurel Dr. Suite 83; Salinas, 93906

Tel (831) 442-7700

Website: www.legalservicesforseniors.org

Services:

Senior legal advocacy and referrals concerning social security, SSI, private pension problems, consumer fraud. Assist with landlord/tenant problems, housing rights, advanced health care directives, long-term-care issues, guardianships, and simple wills. Provide outreach services at senior centers throughout the county. Services are for adults, age 60 and older. No charge for services. Donations accepted.

SENIOR SERVICES/ ELDER CARE (Continued)

BenefitsCheckUp

Website: www.benefitscheckup.org

Services:

A free service of the National Council on Aging. Website provides fact sheets and enrollment forms for federal, state, local, and private programs that help seniors pay for prescription drugs, utility bills, meals, health care and other needs. Website in English only.

Salinas Senior Center

318 Cayuga Street. Suite 208; Salinas, CA 93901

Tel (831) 757-6030

Website: www.salinasseniorcenter.org

Services:

Offers a variety of programs and classes for seniors, including 4 holiday dinners a year and an annual senior prom, computer classes. Information and referral to other resources for seniors.

Good Samaritan Center

Operated by **The Salvation Army**

800 Scott Street; Sand City, CA 93955

Tel (831) 899-4988

Website: www.tsamonterey.com

Services:

Provides food boxes for needy seniors once a month.

VNA Adult Day Center

Operated by **Central Coast Visiting Nurse Association and Hospice**

800 Cass Street; Monterey, CA 93940

Tel (831) 643-0278

Website: www.ccvna.com

Services:

The center serves the needs of physically and cognitively impaired adults, whether through stroke, Alzheimer's disease, or another condition associated with aging. Provide respite for caregivers and a variety of therapeutic activities for participants. Bilingual Eng/Span staff.

La Casa Adult Day Health Center

909 Blanco Circle, Suite B; Salinas, CA 93901

Tel (831) 222-6122

Website: www.lacasaadhc.com

Services:

State-licensed adult day health center providing services for physically and cognitively impaired adults. Services include professional nursing, physical therapy, occupational therapy, speech therapy, psychological services, and nutritional services, as well as a variety of social activities. Operates Mon-Fri. Reimbursed through Medi-Cal and private pay.

Compassionate Care Alliance of Monterey County

P.O. Box 1785; Monterey, CA 93942

Tel (831) 655-9506

Website: www.comcarealliance.org and www.caringresources.org

Services:

Comprehensive information and resources on care choices and planning for end-of-life care.

SENIOR SERVICES/ ELDER CARE (Continued)

Carmel Foundation

SE Corner of Lincoln and Eighth Streets; Carmel CA 93921

Tel (831) 624-1588

Website: www.carmelfoundation.org

Services: This is a membership-based organization for seniors. In addition to being a senior nutrition site, support services include affordable low income living, homebound meals, respite and in-home support services, caregiver support groups, a medical equipment loan program, and a variety of education and wellness programs.

Tele-Care and Lifeline

Operated by **Salinas Valley Memorial Healthcare System**

450 East Romie Lane; Salinas, CA 93901

Tel (831) 755-0772

Website: www.svmh.com

Services: Tele-Care is a free program for Monterey County residents who live alone, especially for those with medical conditions. A Service League volunteer phones the home between 8:30 and 11:00 AM. Monday through Saturday. If there is no answer, a second call is made to a designated person who can check on the wellbeing of the Tele-Care member. Lifeline is a 24-hour medical alert and emergency response program. Financial assistance is available for those who cannot afford the nominal monthly fee for Lifeline.

Central Coast Visiting Nurse Association and Hospice

Admin: 5 Lower Ragsdale, Monterey, CA 93940

Tel (831) 372-6668

Website: www.ccvna.com

Services:

VNA is a non-profit organization providing a range of home health care, hospice, day care and community services for frail adults living throughout the county.

Alzheimer's Association of Monterey County

21 Lower Ragsdale Drive, Suite B; Monterey, CA 93940

Tel (831) 647-9890;

Monterey Helpline: (800) 272-3900

Website: www.alz.org/norcal

Services:

A wide range of services and support for people with Alzheimer's Disease and their families. Conduct support groups throughout the county. Some services in Spanish.

The Osher Lifelong Learning Institute (OLLI Program)

Based at **Cal State University, Monterey Bay**

Tel (831) 582-5500

Website: <http://olli.csUMB.edu/>

Services:

A variety of classes are offered for older adults (those 50 and over) who are interested in university-level courses without the pressure of course grades or credits. A listing of courses is available online. Fees for courses range from \$20-\$70. Students receive discounts to CSUMB events and other perks.

SENIOR SERVICES/ ELDER CARE (Continued)

SENIOR CENTERS

Services:

Senior Centers offer lunch several days a week and a variety of other activities for adults and seniors, including exercise classes, bingo, card games, dancing, and art classes. Registration for lunch may be required. There may also be a fee for lunch or a donation requested. Call individual center for more information on programs.

SALINAS

The Salvation Army

2460 N. Main Street; Salinas, CA 93906

Tel (831) 443-9655

Website: www.salvationarmyusa.org

Firehouse Senior Center

1330 East Alisal Street; Salinas, CA 93905

Tel (831) 775-4286

Website: www.ci.salinas.ca.us

MONTEREY PENINSULA

Carmel Foundation

SE Corner of Lincoln and Eighth Streets; Carmel CA 93921

Tel (831) 624-1588

Website: www.carmelfoundation.org

Scholze Park Center

280 Dickman Avenue; Monterey, CA 93940

Tel (831) 646-3878

Website: www.monterey.org

Sally Griffin Senior Center

700 Jewell Ave; Pacific Grove, CA 93950

Tel (831) 375-4454

Website: www.ci.pg.ca.us

Oldemeyer Center

986 Hilby Avenue; Seaside, CA 93955

Tel (831) 899-6800

Website: www.ci.seaside.ca.us

Marina Senior Center

211 Hillcrest Avenue; Marina, CA 93933

Tel (831) 384-6009

Website: www.ci.marina.ca.us

SENIOR SERVICES/ ELDER CARE (Continued)

SENIOR CENTERS (Continued)

SOUTH COUNTY

Leo Meyer Senior Center

415 Queen Street; King City, CA 93930

Tel (831) 385-4562

Website: www.kingcity.com

NORTH COUNTY

North County Recreation Center

11261 Crane Street; Castroville, CA 95012

Tel (831) 633-3084

Website: www.ncrpd.org

Prunedale Senior Center

8300 Prunedale Road North; Salinas, CA 93907

Tel (831) 663-5023

SPECIAL NEEDS CHILDREN Medical Care, Education, Advocacy and Parent Support Groups

ALL AREAS OF MONTEREY COUNTY

Special Kids Crusade

1900 Garden Road, Suite 230; Monterey, CA 93940

Tel (831) 372-2730

Website: www.specialkidscrusade.org

Services:

This private, parent-founded, nonprofit organization provides support and resource information for developmentally disabled children and their families residing in Monterey County. Offers awareness trainings, respite services, a resource library, parent-to-parent support, and various activities for the children. Services in English and in Spanish.

California Children Services (CCS)

Administered by the **Monterey County Health Department**

1615 Bunker Hill Way, Suite 190; Salinas, CA 93906

Tel (831) 755-4747

Website: www.mtyhd.org

Services:

CCS is a statewide program that arranges, directs and pays for medical care, equipment and rehabilitation for children up to age 21 with disabling physical handicaps, whose families are unable to pay for all or part of their care. CCS determines eligibility and provides case management and financial assistance for diagnosis and treatment services.

California Children Services (CCS)

Administered by the **Monterey County Health Department**

Medical Therapy Unit, North Salinas

2100 A. McKinnon St; Salinas, CA 93906

Tel (831) 443-6073

A.B. Ingham Medical Therapy Unit

47 San Benancio Road; Salinas, CA

Tel (831) 484-2319

Website: www.mtyhd.org

Services:

Physical and occupational therapy provided at these sites for children, ages 0-21, with physical disabilities. Satellite program in King City.

Social Security Administration

928 East Blanco Road, Ste 155; Salinas, CA 93901

Tel (800) 772-1213

Website: www.socialsecurity.gov

Services:

Children with disabilities may be eligible for Supplemental Security Income (SSI) payments. Child must meet Social Security definition of disability. Family income and resources must fall within eligibility limits. Eligible conditions include: HIV infection, cerebral palsy, Down syndrome, total blindness, total deafness, birth weight below two pounds, 10 oz.

SPECIAL NEEDS CHILDREN (Continued) Medical Care, Education, Advocacy and Parent Support Groups

MCOE Infant Development Program

Operated by **Monterey County Office of Education**
at **Ruth Andresen School**

2100 A McKinnon St., Rm. 100; Salinas, CA 93906
Tel (831) 755-0300; (831) 449-3741; (831) 784-4202
Website: www.monterey.k12.ca.us

Services:

Early Start Program provides therapy, education, and parent support for special needs children, ages 0-3 years, residing in Monterey County (and not served by MPUSD below). Coordinates with other community agencies to serve families of children with disabilities. No charge.

MCOE Special Education Services

Operated by **Monterey County Office of Education**

901 Blanco Circle; Salinas, CA 93901
Tel (831) 755-0300; (831) 755-6431
Website: www.monterey.k12.ca.us

Services:

Provides therapy, education, and parent support for special needs children, ages 3-22 years, residing in Monterey County (and referred by their school district). Coordinates with other community agencies to serve families of children with disabilities. No charge for services.

MPUSD Infant Development Program

Operated by **Monterey Peninsula Unified School District**

Tel (831) 645-1207 (MPUSD Student Support Services)
Website: www.mpusd.k12.ca.us

Services:

Provides therapy, education, and parent support for special needs children, ages 0-5 years, living within the school district. Check with the Special Education Department, number above, for location of services.

MPUSD Special Education Services

Operated by **Monterey Peninsula Unified School District**

700 Pacific Street; Monterey CA 93940
Tel (831) 645-1207 (MPUSD Student Support Services)
Website: www.mpusd.k12.ca.us

Services:

Provides therapy, education, and parent support for special needs children, ages 5-22 years, living within the school district.

San Andreas Regional Center

344 Salinas Street, Suite 207; Salinas, CA 93901
Tel (831) 759-7500
Website: www.sarc.org

Services:

Under the Early Start Program, serves infants, 0-3 years, at high risk of developing a developmental disability. Provides day programs, respite, and summer activities for special needs children over age 3. Provides advocacy and case management for individuals with developmental disabilities, such as autism, cerebral palsy, epilepsy, & mental retardation.

SPECIAL NEEDS CHILDREN (Continued) **Medical Care, Education, Advocacy and Parent Support Groups**

Easter Seals Disability Services

9010 Soquel Drive; Aptos, CA 95003

Tel (831) 684-2166

Website: www.centralcal.easterseals.com

Services:

Provides services to individuals of all ages with disabilities and other special needs, as well as support for their families. Programs for children include autism services, respite services, educational support services, support groups and summer camp. Some services in Spanish. District office is in Aptos; services provided to individuals living in all areas of Monterey County.

Coastal Kids Home Care

1172 South Main St. #125; Salinas, CA 93901 (Mailing Address)

Tel (800) 214-5439

Website: www.coastalkidshomecare.org

Services:

A non-profit licensed, certified home health agency that specializes in pediatric and obstetrical services. Provides multidisciplinary home health care for children, including those with life threatening or chronic illnesses. Serves four counties, including all of Monterey County.

Children's Hospice and Palliative Care Coalition (CHPCC)

342 Pajaro Street, Suite B; Salinas, CA 93901

Tel (831) 422-3002

Website: www.childrenshospice.org

Services:

CHPCC works closely with community-based healthcare providers and other social service programs to ensure that children with life-threatening conditions and their families have access to in-home care which addresses their physical, emotional and spiritual needs. The center serves families in Santa Cruz, San Benito, and Monterey Counties. Also offers round-trip transportation to Lucille Packard Children's Hospital in Palo Alto and to UCSF Medical Center in San Francisco for these children and their families. Financial support, including gas cards for medical appointments, and funeral assistance available.

Jacob's Heart Children's Cancer Support Services

2007 Freedom Blvd; Freedom, CA 95019

Tel (831) 724-9100

Website: www.jacobsheart.org

Services:

This organization provides counseling, support groups, in-home and hospital visits, community education, arts programs, celebrations and financial assistance for families of children with cancer who live in the Monterey Bay region. Services in English and in Spanish.

SPECIAL NEEDS CHILDREN (Continued)
Medical Care, Education, Advocacy and Parent Support Groups

Christine Marie Star Riders

Admin: 2115 N. Fremont Street; Monterey, CA 93940

Program services at the Marina Equestrian Center, corner of 5th Street and 9th Street in Marina

Tel (831) 646-1941 or (831) 915-4575

Website: www.cmstarriders.com

Services:

This is a therapeutic and recreational horseback riding program, serving children, adolescents and adults with special needs: physical, mental, emotional, behavioral and social, with the goal of maximizing the potential of differently-abled individuals. Siblings are also welcome to ride. Donations accepted. An all-volunteer organization.

Tatum's Garden

1 Maryal Drive; Salinas, CA 93906

P.O. Box 3493; Salinas, CA 93912

Website: www.tatumsgarden.org

Services:

An all-inclusive 20,000 square-foot playground, located near Sherwood Park, for all children, including children with disabilities. Fully accessible for wheelchairs, walkers, strollers, etc. Unique agricultural theme, reflecting the heritage of Salinas. Playground includes a tot lot for the very young, a sensory garden, picnic benches, slides, swings, climbers, etc.

TEEN PROGRAMS (Refer also to Recreation and Tutoring Programs for Youth)

COUNSELING, SUPPORT AND EDUCATION GROUPS FOR TEENS ALL AREAS OF MONTEREY COUNTY

Boys Town National Hotline

Tel 24-hour (800) 448-3000

Website: www.boystown.org/hotline

Services:

A 24-hour, 7 days a week crisis, resource and referral line serving teens, parents, and families. Trained counselors help with a variety of issues, including suicide prevention, depression, chemical dependency, anger, and physical, emotional and sexual abuse. Services in English and Spanish. Translation services for other languages available.

GLBT National Help Center

GLBT National Hotline (888) 843-4564

GLBT National Youth Talkline (800) 246-7743

Website: www.glnh.org

Services:

The Gay, Lesbian, Bisexual and Transgender National Hotline serves callers of all ages (youth and adult). Peer counseling, information, and local resources. The GLBT Youth Talkline provides peer counseling, information, and local resources for youth through age 25.

Trevor Lifeline

Tel (866) 488-7386

Website: www.thetrevorproject.org

Services:

24/7 national crisis helpline providing crisis intervention and suicide prevention for lesbian, gay, bisexual, and transgender youth.

Alateen Support Groups

24-hour Tel (English) (831) 373-2532

24-hour Tel (Spanish) (831) 424-6207

Website: www.montereycounty-alanon.org

Services:

Helpline provides information in English and in Spanish on 12-Step support groups in Monterey County for teens affected by the alcohol use of parents, relatives and friends.

Girls Inc. (Girls Inc. of the Central Coast)

318 Cayuga Street, Suite 209; Salinas, CA 93901

Tel (831) 772-0882

Website: www.girlsinccc.org

Services:

Provides various programs focusing on leadership and self-empowerment for girls, ages 8-18. Youth leaders and teen teachers serve as facilitators at 20 school sites in Monterey County, including schools in Salinas, Soledad, Greenfield, King City, Monterey, Seaside, Marina, and Castroville. High school, middle school, and elementary school programs.

TEEN PROGRAMS (Continued)
(Refer also to Recreation and Tutoring Programs for Youth)

ALL AREAS OF MONTEREY COUNTY (Continued)

Suicide Prevention Services of the Central Coast

Operated by the **Family Service Agency of the Central Coast**

Toll-free Crisis Line: (877) 663-5433 or (831) 458-5300

Website: www.fsa-cc.org

Services:

24-hour, free and confidential, multi-language, crisis intervention and suicide prevention services. Individual does not have to be suicidal to call. Services also offered to individuals who have lost a person to suicide.

Catholic Charities Tattoo Removal Program

Tel (831) 316-9121

Website: www.catholiccharitiescentralcoast.org

Services:

Tattoo removal. No age limit. Visible tattoos are the priority. Program requires 20 hours of community service. Services delivered in Santa Cruz. Treatment fees on a sliding scale. For more information, call the above number.

One Stop Career Center of Monterey County

Youth Employment Program

Salinas Airport Business Park

730 La Guardia; Salinas, CA 93905

Tel 831) 796-3600 or **Toll-Free:** (800) 870-4750

University Plaza Shopping Center

1760 Fremont Blvd. Suite D-2; Seaside, CA 93955

Tel (831) 899-8236

Towne Square Shopping Center

200 Broadway, Suite 62; King City, CA 93930

For services in King City, call the Salinas office.

Website: www.mcdss.co.monterey.ca.us

Services:

Two programs, operating in the summer only, provide employment opportunity, job training and counseling for economically disadvantaged youths, ages 15 –21. Developed through the collaboration of the Department of Employment Services (DES), the Office for Employment Training (OET) and the Employment Development Department (EDD).

Teen Pregnancy Prevention Program (Postpone/ Cuidate)

Administered by the **Monterey County Health Department**

1270 Natividad Road; Salinas, CA 93906

Tel (831) 755-4649; 755-4695

Website: www.mtyhd.org

Services:

A county-wide effort to encourage teens to delay sexual involvement and to prevent adolescent pregnancy. Parents and teens can call the above numbers for information on peer counseling, parent workshops and clinics in Monterey County that serve teens.

TEEN PROGRAMS (Continued) (Refer also to Recreation and Tutoring Programs for Youth)

ALL AREAS OF MONTEREY COUNTY (Continued)

Teen Parenting Program

Operated by **Public Health Nursing, Monterey County Health Department**

1270 Natividad Road; Salinas, CA 93906

Tel (831) 755-4630 or 755-4500

Website: www.mtyhd.org

Services:

Case management and home visits for pregnant and parenting teens, ages 14-19, with infants from 0-12 months. Program operates in limited areas of the county. Call one of the above numbers to make a referral or for more information on the program.

SALINAS

Epicenter

20 Maple Street; Salinas, CA 93901

Tel (831) 998-7291

Website: www.epicentermonterey.org

Services:

A youth-led community center for at-risk and system-involved (foster care) youth, ages 16-24. This drop-in resource center connects these youth to community resources for housing, health and wellness, education, and employment.

Rancho Cielo Youth Campus

710 Old Stage Road; Salinas, CA 93906

Tel (831) 444-3533 or (831) 444-3500

Website: www.ranchocieloyouthcampus.org

Services:

Offers programs for at-risk youth including Rancho Cielo Youth Corp, an Alternative High School, a Construction Academy, and the Drummond Culinary Academy. Students are referred from the Monterey County Probation Program, but may also be referred by juvenile court, schools, parents, and others. Transitional Housing (5 homes) for current or past students (up to 30 students).

Silver Star Resource Center

Operated by the **Monterey County Probation Department**

855 E. Laurel Drive, Bldg. H; Salinas, CA 93906

Tel (831) 755-8917 or (831) 796-1350

Website: www.co.monterey.ca.us/probation

Services:

The Silver Star Resource Center is a collaborative effort of a number of community-based agencies, offering an array of prevention and early intervention programs for youths, ages 6-21, who are on probation or who are at-risk of gang involvement, substance abuse, truancy, unemployment and family conflict. Services include independent studies, continuation school classes, mental health counseling, drug and alcohol abuse education, anger management classes, sports and recreation activities and other services. Some services offered at the Rancho Cielo Youth Campus.

TEEN PROGRAMS (Continued)
(Refer also to Recreation and Tutoring Programs for Youth)

SALINAS (Continued)

Sunrise House

119 Capitol Street; Salinas, CA 93901

24-hour Crisis Line: (831) 758-3302

152 W. Gabilan Street; Salinas, CA 93901

Tel (831) 751-9350

Website: www.sunrisehouse.org

Services:

Sunrise House provides alcohol and drug counseling and a 24-hour crisis line for adolescents and their families at the center on Capitol Street. The center on Gabilan Street provides community education and prevention activities in cooperation with schools and other community agencies, including youth drug diversion and youth alternative to violence programs. Bilingual counselors and prevention specialists. Clothing distribution for needy teens. Services are free.

D.A.I.S.Y. (Drug and Alcohol Intervention Services for Youth)

Operated by **Community Human Services**

855 E. Laurel Drive, Bldg H; Salinas, CA 93906

Tel (831) 233-9029

Website: www.chservices.org

Services:

Utilizes the Seven Challenges program to provide intervention and education services for substance-abusing youth, ages 13-18, referred by Probation, Social Services, Behavioral Health, Juvenile Drug Court, parents and schools. No charge. Services in English and Spanish.

ICT (Integrated Co-occurring Treatment)

Operated by **Door to Hope**

Salinas, CA 93901

Tel (831) 758-0181

Website: www.doortohope.org

Services:

Professional treatment for adolescents with co-occurring substance abuse and mental health disorders. A home-based program offering a spectrum of services, including cognitive behavioral therapy, motivational enhancement therapy, peer support, individual, group and family therapy.

Santa Lucia Group Home

Operated by **Door to Hope**

Tel (831) 758-0181

Website: www.doortohope.org

Services:

A group home for adolescent girls, ages 13-17, with co-occurring substance abuse and mental health disorders. Six beds. 3-6 month treatment program. Reimbursement through public funding sources.

TEEN PROGRAMS (Continued) (Refer also to Recreation and Tutoring Programs for Youth)

SALINAS (Continued)

Second-Chance Family and Youth Services

745 North Sanborn Road; Salinas, CA 93905

Tel (831) 758-2501; (831) 758-4820

Website: www.scyp.org

Services:

This is a community-based counseling agency with prevention of gang violence the primary focus. Counselors based at school sites and at the Silver Star program. Programs focus on young men's responsibilities, young women's empowerment, cultural identity, and healthy families. Co-located with the Breadbox Recreation Center.

YWCA Counseling Center

Operated by the **YWCA, Monterey County**

236 Monterey Street; Salinas, CA 93901

Tel Salinas: (831) 422-8602

Website: www.ywcamc.org

Services:

Offers weekly support groups, a mentor program, and individual counseling for adolescents. Sliding fee scale for counseling. Also offers presentations on teen dating violence through the schools.

MONTEREY PENINSULA

Safe Place

Operated by **Community Human Services**

590 Pearl Street; Monterey, CA 93940

Tel (831) 373-4421

24-hour Runaway and Homeless Youth Helpline: (831) 241-0914

Website: www.chservices.org

Services:

A comprehensive program for runaway and homeless youth, ages 11-21, offering individual and family counseling, crisis resolution, family reunification, street outreach, food, clothing, hygiene items, 24-hour access to crisis shelter, a 24-hour helpline and Mon-Fri. drop-in hours. A Teen Action Board provides volunteer, advocacy and leadership opportunities.

SuperKids and SuperTeens

Operated by **Community Human Services**

Tel (831) 658-3811

Website: www.chservices.org

Services:

In-school counseling programs, provided free of charge, available to elementary and middle-school children at school sites throughout Monterey County. The programs provide at-risk and emotionally troubled youth with counseling services. Individual and group counseling. Contact your school administrator to see if these services are offered at your child's school.

TEEN PROGRAMS (Continued)
(Refer also to Recreation and Tutoring Programs for Youth)

MONTEREY PENINSULA (Continued)

Safe Passage

Operated by **Community Human Services**

544 Pearl Street; Monterey, CA 93940

Tel (831) 717-4126

Website: www.chservices.org

Services:

Co-ed, drug and alcohol free, affordable transitional housing and supportive services for youth, ages 18-21, who are homeless or who are aging out of foster care. Six beds. 18-24 month stay. Rent calculated at 30 % of adjusted gross income.

The Village Project

1069 Broadway Avenue, Suite 201; Seaside, CA 93955

Tel (831) 392-1500

Website: www.thevillageprojectinc.org

Services:

This African-American family resource center provides counseling for youth, as well as adults, after-school tutoring for students in first through twelfth grade, and teen groups on anger management and self esteem. Focus on African-Americans, but open to serve anyone in need. Some services are offered off-site.

NORTH COUNTY

Digital Nest

17 Aspen Way; Watsonville, CA 5076

Tel (831) 722-6378

Website: www.digitalnest.org

Services:

Young people, ages 12-24, from Santa Cruz and Monterey Counties are given the tools and skills needed to thrive in a high tech, globally connected world. This education center provides access to computers, software, Wi-Fi, and other digital tools, classes and workshops, and assistance in finding employment. No fees.

TEEN PROGRAMS (Continued) (Refer also to Recreation and Tutoring Programs for Youth)

Educational Opportunities for Pregnant and Parenting Teens

Pregnant and parenting teens must go through the school district in which they reside for educational opportunities in that district or to obtain an inter-district transfer. Options include mainstreaming, independent study, ROP (Regional Occupation Program), adult school, continuation school. Not all options are available in all school districts. Following are special programs for pregnant and parenting teens.

SALINAS

Mount Toro High School

Operated by **Salinas Union High School District**

10 Sherwood Place; Salinas, CA 93906

Tel (831) 796-7700

Website: www.salinas.k12.ca.us/mounttoro

Services:

Mount Toro offers a teen parent program as an option for pregnant and parenting teens, age 16 or over. This Continuation School offers prenatal and parenting classes, in addition to regular classes required for a high school diploma. There is infant care on campus. Teens may use the district school bus.

MONTEREY PENINSULA

Cal-Safe Teen Parent Program

Operated by **Monterey Peninsula Unified School District**

Tel (831) 899-4879 or 645-1200

Website: www.mpusd.k12.ca.us

Services:

The Monterey Peninsula Unified School District offers the Cal-Safe program for pregnant and parenting teens, age 18 or younger, who are living in the Monterey Peninsula Unified School District and have not graduated from high school. Support services for students attending high school include infant care, parent education, and assistance in accessing other community resources. Call the District office for location of program services.

NORTH COUNTY

Central Bay Continuation High School

Operated by **North Monterey County Unified School District**

17500 Pesante Road; Salinas, CA 93907

Tel (831) 663-2997

Website: www.nmcusd.org

Services:

This continuation high school offers the Cal-Safe teen program for pregnant and parenting teens who have not completed their high school education. Support services for students attending the continuation school include infant care, as well as assistance with support services.

TRANSPORTATION

ALL AREAS OF MONTEREY COUNTY

Monterey-Salinas Transit

1 Ryan Ranch Road; Monterey, CA 93940

Tel (888) 678-2871

Website: www.mst.org

Services:

Bus transportation in Salinas, on the Monterey Peninsula (from Marina to Carmel Valley), and between Salinas and King City, with stops in Chualar, Gonzales, Soledad, and Greenfield. Buses also go to Watsonville and to San Jose (to connect to Caltrans). Discounts for children, the disabled, and seniors.

MST On Call

Tel (866) 663-3278

MST on call provides mini-bus services in the cities of Marina, Gonzales, Soledad, Greenfield, and King City. Service provided within the city only. Call for more details.

MST RIDES Program

Operated by **Monterey-Salinas Transit**

1375 Burton Ave; Salinas, CA 93901

Tel Monterey: (831) 373-1393; Salinas (831) 754-2804

Website: www.mst.org

Services:

Provides medical vehicle transportation (curbside to curbside) for persons with a disability who cannot use the regular bus. Van operates in most areas of Monterey County. Limited service to the Bay Area for medical appointments. All riders must be registered with the program. Fee charged.

MST Taxi Vouchers for Seniors and Persons with Disabilities

Operated by **Monterey-Salinas Transit** (in conjunction with participating Monterey Co. cities)

Tel (888) 678-2871

Website: www.mst.org

Services:

MST has established a taxi voucher program, in conjunction with participating Monterey County cities to assist seniors (age 65 and older) and persons with disabilities (who are registered with the RIDES program above) in accessing important locations within their city. Area One: Anywhere within the city limits of Salinas. Area Two: Anywhere within the city limits of Carmel, Del Rey Oaks, Monterey, Pacific Grove, Sand City, or Seaside. Go to the website for very specific information on how vouchers must be used. Vouchers are obtained in the city in which the rider lives.

ITN Monterey County (Independent Transportation Network)

5 Harris Court, Bldg. A; Monterey, CA 93940

Tel Monterey: (831) 233-3447; Salinas: (831) 240-0850

Website: www.itnmontereycounty.org

Services:

A nonprofit membership organization helping people, age 60 and older, as well as blind and visually impaired adults, with customized rides to and from appointments, for shopping, or just for fun. Members prefund a personal transportation account and then use the funds to travel. Serving the Monterey Peninsula and Salinas. Offers subsidized rates for low-income individuals.

TRANSPORTATION (Continued)

Hospice of the Central Coast

Operated by **Community Hospital of the Monterey Peninsula**
23625 W R Holman Hwy; Monterey, CA 93940; Monterey, CA 93940
Tel (831) 622-2746
Website: www.chomp.org

Services:

In addition to other services, the Hospice of the Central Coast provides transportation to doctor appointments for people with life threatening illnesses. Primarily serves individuals living on the Monterey Peninsula. Limited service in Salinas. No charge for services.

American Cancer Society

945 S. Main St.; Salinas, CA 93901
Tel (800) 227-2345 or (831) 442-2992
Website: www.cancer.org

Services:

Transportation to MD appointments for cancer patients living anywhere in Monterey County who meet eligibility requirements. Call one of the numbers above for more details.

Children's Hospice and Palliative Care Coalition (CHPCC)

342 Pajaro Street, Suite B; Salinas, CA 93901
Tel (831) 422-3002
Website: www.childrenshospice.org

Services:

In addition to other services, CHPCC offers round-trip transportation to Lucille Packard Children's Hospital in Palo Alto and to UCSF Medical Center in San Francisco for children with life-threatening conditions and their families. May also provide gas cards for other medical appointments. Serves families in Santa Cruz, San Benito, and Monterey Counties.

Veterans Administration Health Clinic of Monterey

3401 Engineer Lane; Seaside, CA 93955 (former Ft. Ord campus)
Tel (831) 883-3800; (831) 883-3830
Advice Line: Tel (800) 455-0057
Website: www.paloalto.va.gov

Services:

Free bus transportation for veterans to the Palo Alto Medical Center Monday-Friday.

Monterey County Military and Veterans Affairs

1200 Aguajito Road, Suite 003; Monterey, CA 93940 (Main Office)
Tel: (831) 647-7614 (for Van Transportation Service)
Website: www.co.monterey.ca.us/va

Services:

Free van transportation to the Veterans Medical Center in Palo Alto, Monday-Friday. Makes three stops on the Monterey Peninsula, one in Salinas. 24-hour advance reservation required.

TRANSPORTATION (Continued)

Greyhound Bus Line

19 West Gabilan Street; Salinas, CA 93901

Tel (800) 231-2222 or (800) 531-5332; Salinas (831) 424-4418

Website: www.greyhound.com

Services:

Bus transportation between Salinas and King City; bus does not stop at cities in between. Bus transportation from Salinas to Watsonville, Santa Cruz, the Bay Area, and Los Angeles.

Discount given for children and seniors. Call above numbers for fare and schedule information.

VETERANS SERVICES

ALL AREAS OF MONTEREY COUNTY

Monterey County Military and Veterans Affairs

1200 Aguajito Road, Suite 003; Monterey, CA 93940 (Main Office)

3401 Engineer Lane; Seaside, CA 93955 (VA Clinic)

1760 Fremont Blvd. Suite D2; Seaside, CA 93955 (Seaside One-Stop Career Center)

1000 South Main Street, Suite 209A; Salinas, CA 93901

200 Broadway, Suite 62; King City, CA 93930

Tel (831)647-7613 (One number for all of the above sites)

Tel (831) 647-7614 for van transportation to Veterans Medical Center in Palo Alto.

Website: www.co.monterey.ca.us/va

Services:

Provides advocacy, assistance and services designed to enhance the lives of the County's veterans, their families and their survivors. Services include benefits claims assistance for veterans, their survivors and dependents and telephone claims assistance. Survivors' assistance includes casualty reporting, burial and VA death insurance claims. Special outreach services for the severely disabled, socially disadvantaged, and senior citizen veterans whose needs would otherwise go unmet. Limited days and hours at some sites. Free van transport to the Veterans Medical Center in Palo Alto: 24 hours advance registration required.

Veterans Administration Health Clinic of Monterey

3401 Engineer Lane; Seaside, CA 93955 (former Ft. Ord campus)

Tel (831) 883-3800 (main number)

Tel (800) 455-0057 (Advice Line)

Website: www.paloalto.va.gov

Services:

Provides outpatient health, pharmacy, lab and x-ray services for eligible veterans, as well as coordinating inpatient care with the VA Medical Center in Palo Alto. Free bus transportation for veterans to the Palo Alto Medical Center Monday-Friday. Health advice is available 7 days a week, 24 hours a day at the Advice Line, listed above.

Veterans Crisis Line

Nation-wide 24-hour Crisis Line: (800) 273-8255 or (800) 784-2433

Website: www.veteranscrisisline.net

Services:

Connects veterans in crisis and their loved ones with qualified, caring responders. Provides free and confidential support for suicide prevention.

Veterans Transition Center

220 12th Street; Marina, CA 93933

Tel (831) 883-8387

Website: www.vtcmonterey.org

Services:

Provides transitional housing (20 units), as well as emergency services and case management for Monterey County's homeless veterans and their families. May stay a maximum of two years. Can accommodate 4 families, 6 single women, and 46 single men. May have a wait list.

VETERANS SERVICES (Continued)

Monterey Veterans Resource Center

40 Bonifacio Place; Monterey, CA, 93940

Tel (831) 375-1184

Website: www.vetsresource.org

Services:

Focuses on prevention of homelessness and rapid re-housing. Provides supportive services for veteran families, including assistance in locating permanent or transitional housing, assistance with rent deposits and utilities, case management, personal financial planning, outreach, advocacy, and referrals to partner agencies, as appropriate.

Housing Resource Center

201 John Street, Suite 201; Salinas, CA 93901

Tel (831) 424-9186

Website: www.hrcmc.org

Services:

The Housing Resources Center provides supportive services for veterans' families: emergency rent assistance, assistance with security deposits and move-in assistance.

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