

SAM's GUIDE

to

Monterey County Family Resources



2019 EDITION

© Susan A. McNelley, RN, PHN, MA

SAM's GUIDE

to

Family Resources

for

Monterey County, California

FEBRUARY 2019 EDITION

PREFACE

This ninth 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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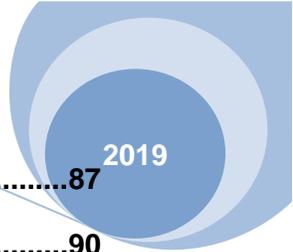
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ADOPTION AND FOSTER CARE

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;

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 when they are not able to remain safely in their own homes.

Kinship Center

124 River Road; Salinas, CA 93908

Tel (831) 455-9965

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), mental health counseling for children and families, a support group for birth parents and adult adoptees, as well as parent and professional education. Wraparound services provide intensive support to families in crisis, in order to keep children in a family setting. 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.

Aspiranet

1127 Baldwin Street, Suite A; Salinas, CA 93906

Tel (831) 443-0249

Website: www.aspiranet.org

Services:

Foster care: Secures loving homes for children in need of foster care, whether placement lasts for a few days or a few years. Adoption: Secures permanent adoptive families for youth in foster care and provides ongoing support for adoption families, including resources, education, crisis intervention and advocacy.

Foster and Kinship Care Education

Offered through **Hartnell Community College**

411 Central Ave; Salinas, CA 93901

Tel (831) 755-6709; Registration: (831) 755-6807

Website: www.hartnell.edu

Services:

A variety of classes and workshops are offered for foster parents, relatives, near kin, and group home staff who care for other people's children, including classes that address the needs of at-risk children. Classes are also appropriate for social service professionals. Classes are in English and in Spanish.

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) 796-6900

Website: www.salinasuhd.org

Monterey Adult School

1295 La Salle Ave; Seaside, CA 93955

Tel (831) 392-3565

Website: www.mpusd.k12.ca.us or www.montereyadultschool.org

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

Website: www.carmelunified.org

Soledad Adult School

690 Main Street; Soledad, CA 93960

Tel (831) 678-6300

Website: www.californiaadultschools.org or www.svaec.org

Gonzales Adult School

650 Elko Street, Gonzales, CA 93926

Tel (831) 675-0100 or (831) 675-1081

North Monterey County Adult Education

8142 Moss Landing Road; Moss Landing, CA 95039

Tel (831) 633-3343 x1227

Website: www.nmcusd.org

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, computer literacy, 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 High School Equivalency/GED: (831) 770-7070

Website: www.hartnell.edu

Services:

Vocational training, English as a Second Language, Early Childhood Education, college credit and an Associate of Arts Degree. Some programs are offered at satellite campuses. Call for more information. The HEP Program (High School Equivalency), formerly known as GED, is a separate program and is offered at Hartnell's Alisal campus.

Monterey Peninsula College

980 Fremont Street; Monterey, CA 93940

Tel (831) 646-4000

Education Center at Marina (MPC Satellite Campus)

289 12th Street; Marina, CA 93933

Tel (831) 646-4850

Public Safety Training Center (Fire, police and EMT training)

2642 Colonel Durham St. Seaside, CA 93955

Tel (831) 646-4240

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. Fire, police, and EMT training is offered at the satellite campus in Seaside.

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

OTHER EDUCATION PROGRAMS FOR ADULTS

The Osher Lifelong Learning Institute (OLLI Program)

Offered by **California State University, Monterey Bay**

8 Upper Ragsdale Drive; Monterey, CA 93940

Tel (831) 582-5500

Website: www.csUMB.edu/olli

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. Facility is based at Ryan Ranch, but classes are offered throughout the community. Fees charged. Students receive discounts to CSUMB events and other perks.

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. Also help adults with obtaining GED and prep for citizenship exam. 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.salinaspubliclibrary.org

Services:

Volunteer tutors teach English-speaking adults to read and write. Program coordinator matches volunteers to clients. No fee.

Cesar Chavez Library

615 Williams Road; Salinas, CA 93905

Tel (831) 758-7345

Website: www.salinaspubliclibrary.org

Services:

GED classes are offered at this library.

Plaza Comunitaria

Offered at **Alisal Family Resource Center** (located behind Alisal Community School)

1441 Del Monte Avenue; Salinas, CA 93905

Tel (831) 775-4500

Website: www.alisalfrc.org

Services:

The Plaza Comunitaria program provides classes to help Spanish-speaking adults complete their elementary and secondary school education. No fee for program. Childcare provided. ESL classes may be offered.

ALCOHOL AND DRUG COUNSELING AND TREATMENT

CRISIS INTERVENTION

If this is a medical emergency, call 911 or go to the nearest hospital emergency room.

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.

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 and in Spanish.

Naranon

Website: www.naranoncentralca.org

Services:

A worldwide fellowship offering hope and recovery for those affected by someone else's addiction. Meetings in Carmel, Monterey, and Salinas. Check website for details.

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

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:

Mentor Moms and Dads are mentors who work with parents who have substance abuse problems and have lost custody of their children through the courts, but now have the opportunity for reunification. 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** are experienced foster and adoptive parents who provide support for families who are fostering or adopting an at-risk child.

Foster and Kinship Care Education

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:

A variety of classes and workshops are offered for foster parents, relatives, near kin, and group home staff who care for other people's children, including classes that address the needs of the perinatally drug-exposed child. Classes are also appropriate for social service professionals. Classes are in English and in Spanish. No fees.

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.

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

COMMUNITY EDUCATION (Continued)

MONTEREY PENINSULA

Community Recovery and Resource Center

Operated by **Sun Street Centers**

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

Tel (831) 899-6577

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.

SOUTH COUNTY

Community Recovery and Resource Center

Operated by **Sun Street Centers**

133 Fourth Street Suite C; Gonzalez, CA 93926

Tel (831) 682-1303

Website: www.sunstreetcenters.org

Services:

Offers education on alcohol and drug abuse prevention for parents and youth at various sites in the community.

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

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 Outpatient Program

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, relapse prevention, and behavioral therapy. Reimbursed through Medi-Cal, 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
Website: www.doortohope.org

Services:

Professional treatment for adolescents (**boys and girls**) with co-occurring substance abuse and mental health disorders. A home-based program with additional services at the office. Services include cognitive behavioral therapy, motivational enhancement therapy, peer support, individual, group and family therapy. Door to Hope also offers a group home for the adolescent girls in the program. Reimbursement through public funding sources and private pay.

Outpatient Treatment Center for Substance Abuse

Operated by **Community Human Services**
1087 South Main Street
Salinas, CA 93901
(831) 237-7222
Website: www.chservices.org

Services:

Treatment includes individual assessment, medical oversight, withdrawal management, individual, group and family counseling, addiction and recovery education, relapse prevention, drug testing, and discharge planning. Medi-Cal and private pay.

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

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:

Outpatient treatment services: withdrawal management (Detox), medication-assisted treatment, and behavioral therapies.

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 medication-assisted drug treatment including methadone maintenance, detoxification, counseling, and drug testing for adults addicted to heroin and other opiates, including prescription pills. Other medications include Buprenorphine, Disulfiram and Narcan. Medi-Cal and private pay.

SOUTH COUNTY

Outpatient Counseling Services

Operated by **Sun Street Centers**

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

Tel (831) 385-0100

637 Broadway; King City, CA 93930

Tel (831) 525- 8101

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)

MONTEREY PENINSULA

Community Hospital Recovery Center Adult Services

576 Hartnell Street; Monterey, CA 93940

Tel (831) 624-5311 x3269

Website: www.chomp.org

Services:

Evening intensive outpatient treatment program addressing chemical dependency in 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.

Outpatient Treatment Center for Substance Abuse

Operated by **Community Human Services**

2560 Garden Road, Suite 201-A

Monterey, CA 93940

(831) 658-3811

Website: www.chservices.org

Services:

Treatment includes individual assessment, medical oversight, withdrawal management, individual, group and family counseling, addiction and recovery education, relapse prevention, drug testing, and discharge planning. Medi-Cal and private pay.

Outpatient Counseling Services

Operated by **Sun Street Centers**

1760 Fremont Blvd. Suite E-1; Seaside, CA 93955

Tel (831) 753-6001

Website: www.sunstreetcenters.org

Services:

Outpatient drug abuse treatment program for adults and teens. Includes individual, group and after-care counseling. Reimbursed through public funds and private insurance.

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

RESIDENTIAL DRUG TREATMENT PROGRAMS

SALINAS

The Door

Operated by **Door to Hope**

Tel (831) 758-0181

Website: www.doortohope.org

Services:

Residential drug treatment of 3-6 months for women, ages 18 and over. Fourteen beds. Licensed or certified professional staff provides alcohol/drug education, individual/group counseling, after-care counseling, and referrals to other community programs. Pregnant women accepted. No children. 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, between the ages of 12 and 18, with co-occurring substance abuse and mental health disorders. Six beds. On average, girls stay six months. Girls must be medically and psychiatrically stable enough to participate in an active program of therapy, counseling, education, and be willing to participate in an intensive residential program.

Women's Perinatal Residential Recovery Program

Operated by **Sun Street Centers**

335 6th Street; Hollister, CA 95023

Tel (831) 265-7317

Website: www.sunstreetcenters.org

Services:

Residential substance abuse primary recovery center for single women, pregnant women and moms with small children. Women from Monterey County accepted. Provides social-model detox. Based on the social model of recovery. Education, counseling and 12 step meetings. Reimbursement through private insurance and self-pay.

Men's Residential Treatment 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.. Reimbursement through public funding, private insurance and self-pay.

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

RESIDENTIAL DRUG TREATMENT PROGRAMS (Continued)

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 drug treatment program for adults and pregnant and parenting mothers accompanied by young children, ages 0-5. Services include individual assessment, treatment planning, medical services and withdrawal management, individual and group counseling, relapse prevention, and aftercare. Co-ed program has 28 beds. The perinatal program has 8 beds. Reimbursement through Medi-Cal and private pay.

Elm House

Operated by **Community Human Services**

1001 Elm Ave.; Seaside, CA 93955

Tel: (831) 920-1078

Website: www.chservices.org

Services:

State licensed residential drug treatment program for women. Services include individual assessment, treatment planning, medical services and withdrawal management, individual and group counseling relapse prevention, and aftercare. 6 beds. Medi-Cal and private pay.

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 or (866) 421-6156

Website: www.beaconhouse.org

Services:

Private non-profit alcohol and drug treatment facility with residential, relapse, and daytime outpatient treatment programs. Twenty-two beds. Services are for men and women over age 18. The residential program is 30 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** and the **Housing Authority, County of Monterey**

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 moms and single dads with children, and two-parent families with children. Must have an income from some source and custody of child(ren). A social model of recovery. Services include parent education, financial literacy, relapse prevention classes, and recovery support groups. On-site co-op child care. May stay up to eighteen months.

Sober Living Environment for Women

Operated by **Sun Street Centers**

Tel (831) 776-0569

Website: www.sunstreetcenters.org

Services:

A sober living environment for women after completing treatment. Self-pay, shared housing, living under a covenant of sobriety, safety, cleanliness and cooperation.

The Nest

Monterey, CA

Tel (201) 349-5709

Website: www.montereysoberliving.com

Services:

A private home in Monterey offering a sober living environment for up to 7 women, structured to support recovery by encouraging outpatient treatment, 12-step meetings, school, work and exercise.

ANIMAL RESCUE/ PET CARE

The SPCA for Monterey County

1002 Monterey-Salinas Highway; Salinas, CA 93908

Tel (831) 373-2631

Website: www.spcamc.org

Services:

A wide variety of services, including shelter for all animals in need, pet adoptions, lost and found services, low-cost spay and neuter services, vaccination services, microchip placement, humane euthanasia and cremation, pet meals, disaster response and rescue services.

SALINAS

Monterey County Animal Services

160 Hitchcock Road; Salinas, CA

Tel (831) 769-8850

Website: www.mtyhd.org/pets

Services:

Shelter cares for lost pets as well as adoptable pets, primarily cats and dogs. Website offers a searchable database for these animals. Provides dog licenses for unincorporated areas of Monterey County and for some cities.

Salinas Animal Services

144 Hitchcock Road; Salinas, CA

Tel (831) 758-7285

Website: www.salinasanimals.com

Services:

Field services include picking up deceased, stray, lost, injured, and/or aggressive animals within Salinas city limits, as well as quarantine services. To report one of above animals, call the non-emergency police dispatch line at 758-7321. Shelter services include adoption, education, licensing, and returning lost animals to owner.

MONTEREY PENINSULA

Animal Friends Rescue Project (AFRP)

160 Fountain Avenue; Pacific Grove, CA 93950

Tel (831) 333-0722

Website: www.animalfriendsrescue.org

Services:

Program rescues at-risk cats and dogs from local shelters. Provides adoption services for homeless cats and dogs, as well as vouchers for spaying cats and dogs for animal owners who cannot afford the cost of the procedure.

Peace of Mind Dog Rescue

Patricia Bauer Center

615 Forest Avenue; Pacific Grove, CA 93950

Tel (831) 718-9122

Website: www.peaceofminddogrescue.org

Services:

Program rescues and advocates for senior dogs and senior people on California's Central Coast. Homes are found for dogs whose guardians can no longer care for them and for senior dogs in shelters.

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

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

Tel (831) 424-6939

Website: www.montereycountychildcare.org or www.maof.org

Services:

Under this program, MAOF provides referrals to child care centers and licensed family child care homes near family's residence or place of employment. MAOF also 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. A centralized program determines eligibility for subsidized child care. Women must be low-income and working, in school, or in training. MAOF operates childcare centers in Salinas, Gonzales, Soledad, Greenfield, and Spreckels. In addition, technical assistance is offered to those desiring to become licensed providers.

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:

Early childhood education services for children, ages 3 - 5 (up to kindergarten age). Serves families identified as having the highest need in the community and include foster children, children with disabilities, homeless children, and children in low income families. Half-day and full-day programs. 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:

Promotes school readiness by enhancing the social and cognitive development of children, ages birth to three. 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 education and support services for migrant children, ages 3 – 21 to promote their academic success. A certificate of eligibility is required to participate in program. Services are provided throughout Region 16, which includes most of Monterey County.

SALINAS

Alisal Campus Early Education Center

Operated by **Early Development Services**

1752 East Alisal Street; Salinas, CA 93905

Tel (831) 755-6774

Website: www.earlydevelopmentservices.com

Services:

Pre-school and childcare program for children, ages 2.9 years to pre-K. Subsidized child care available through CalWORKS and MAOF for mothers who work or are in school full time. Located at Hartnell Community College, East Campus.

Crescita Early Education Center

Operated by **Early Development Services**

1494 Schilling Place; Salinas, CA 93901

Tel (831) 783-1679

Website: www.earlydevelopmentservices.com

Services:

Childcare program for infants, ages 6 weeks – pre K. Priority given to Monterey County Employees. Subsidized child care available through CalWORKS and MAOF for mothers who work or who are in school full time.

MONTEREY PENINSULA

Avondale Early Education Center

Operated by **Early Development Services**

1405 La Salle Avenue; Seaside, CA 93955

Tel (831) 899-4757

Website: www.earlydevelopmentservices.com

Services:

Childcare program for infants, ages 18 months – pre-K. 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.

Peninsula Center for Infant and Toddler Development

Operated by **Early Development Services**

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.

New West Center for School Age Children

Operated by **Early Development Services**

1405 La Salle Avenue, Rooms 16-17; 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**

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**

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 Sonshine Child Development Center

Operated by **The Salvation Army**

1491 Contra Costa; Seaside, CA 93955

Tel (831) 899-4911

Website: www.tsamonterey.com

Services:

Preschool (ages 2 1/2 to pre-K) and afterschool programs (children in kindergarten-12 years old). Depending on space available, may provide subsidized childcare through CalWORKS and MAOF for low-income 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) 796-6900 (Choose Option 3)
Website: www.theparentcenter.org

Services:

This is an accredited cooperative preschool requiring parent participation in the classroom and attendance at parent education events. Morning or afternoon classes.

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.pgusd.org

Services:

This is a cooperative preschool requiring parent participation in the classroom and attendance at parent education events. Enrollment through the Pacific Grove Adult School.

Lighthouse Avenue Co-op Preschool

Operated by **Pacific Grove Adult School**
1025 Lighthouse Ave; Pacific Grove 93950
Tel (831) 646-6623
Website: www.pgusd.org

Services:

This is a cooperative preschool requiring parent participation in the classroom and attendance at parent education events. Enrollment through the Pacific Grove Adult School.

Carmel Adult School 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.

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

369 Main Street, Suite 201; Salinas, CA 93901

Tel (831) 783-1400 or 783-1244

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

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, Suite 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 and through the hospital's language line.

Diabetes Support Group

Offered by **Community Hospital of the Monterey Peninsula**
Oldemeyer Center; 986 Hilby Avenue; Seaside, CA 93955
Tel (831) 649-7220 (Diabetes and Nutrition Therapy Outpatient Program)

Website: www.chomp.org

Services:

Groups meet once a month at the above location. 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 adults and children with diabetes and pre-diabetes provided by a diabetic educator. Services in English and in Spanish.

Pediatric Diabetes Clinic

Diabetes and Endocrine Center

Operated by **Salinas Valley Memorial Healthcare System**
355 Abbot Street, 2nd floor; Salinas, CA 93900
Tel (831) 422-3636

Website: www.svmh.com

Services:

SVMHS partnered with UCSF Medical Center to offer specialized pediatric diabetes services addressing the needs of young people with Type 1 and Type 2 Diabetes. The clinic offers a full range of integrated diabetic care and services, various metabolic treatments, and preventive care. Services are in English and in Spanish.

CHRONIC DISEASES: EDUCATION AND SUPPORT (Continued)

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

RotaCare Clinic

Offered at **Seaside Family Health Center**

1156 Fremont Blvd. Seaside, CA 93955

Tel (831)333-6495

Website: www.rotacarebayarea.org

Services:

Free diabetes clinic with mandatory education classes for individuals without health insurance offered on **Wednesday evening, 5-9 PM.** Registration begins at 4 PM. Patients seen on a first come, first served basis.

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, Aromas, 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.

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.

Weigh of Life Program

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

Classes are held at the Montage Wellness Center in Marina.

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. Classes are held at the Montage Wellness Center in Marina. Overweight children and teens are seen individually, along with their parents. Those without financial resources may apply for sponsored care at CHOMP. Some services in Spanish. Call the above number for more information.

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.

CHRONIC DISEASES: EDUCATION AND SUPPORT (Continued)

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

WEIGHT MANAGEMENT, OBESITY PREVENTION (continued)

The Family Produce Markets

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

353 W. Rossi Street; Salinas, CA 93907

Tel (831) 758-1523

Website: www.foodbankformontereycounty.org

Services:

Responding to growing concerns regarding obesity and diabetes, the Food Bank operates Family Produce Markets from April through October each year. Food Bank clients are offered a variety of fresh produce. 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. Program targets two especially vulnerable populations: youth and seniors. The Family Market operates at 10 sites throughout the county. Download the Family Produce Market calendar from the website above or call the Food Bank or 2-1-1 for a list of sites.

RESOURCES FOR OTHER CHRONIC DISEASES

Salinas Valley Memorial Healthcare System

450 East Romie Lane; Salinas, CA 93901

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

Website: www.svmh.com

Services:

Classes and events addressing a wide variety of health issues, including heart health, cancer wellness, and diabetes. Classes listed on website; call and confirm.

Community Hospital of the Monterey Peninsula

23625 W R Holman Hwy.; Monterey, CA 93940

Tel (888) 452-4667 (to register for classes and events)

Website: www.chomp.org

Services:

Classes and events addressing various health issues, including heart/lung health, bone health, weight management, cancer wellness, and diabetes. Classes listed on website.

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:

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

CHRONIC DISEASES: EDUCATION AND SUPPORT (Continued)

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

RESOURCES FOR OTHER CHRONIC DISEASES (Continued)

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 or dementia and their families. Conducts support groups throughout Monterey County. Some services are in Spanish.

Central Coast Quality of Life Programs

519 B Hartnell Street; Monterey CA 93940

Tel (831) 333-9091

Website: www.msqlip.org

Services:

Free case management services to people living with Multiple Sclerosis and Parkinson’s Disease who are residents of Monterey County. Support groups meet in Monterey and in Salinas. Twice-weekly water aerobics program and an adaptive yoga program at the Monterey Sports Center. Equipment reuse program.

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 appointments for eligible cancer patients.

National Cancer Institute

Tel (800) 422-6237

Website: www.cancer.gov

Services:

Information, in English and in Spanish, on causes of cancer, risk factors, prevention, screening, diagnosis, and treatment, including information on clinical trials.

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

SALINAS

Victory Mission

43 Soledad Street; Salinas, CA 93901

Tel (831) 424-5688

Website: www.victorymissionsalinas.com

Services

Clothes for men and women, as well as hygiene products and pet food, are given out on M, W, and F of every week. No charge. Supplies dependent on donations.

Dorothy's Place

30 Soledad Street; Salinas, CA 93905

Tel (831) 757-3838

Website: www.dorothysplace.org

Services:

Free clothing for men, women and children. Supplies dependent on donations.

The Salvation Army Thrift Store

326 North Main Street; Salinas, CA 93901

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

Website: www.goodwill.org

Services:

Families may buy used clothing, furniture, and home furnishings at low prices.

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:

Free clothing, as well as meals, laundry and shower facilities for the homeless.

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

MONTEREY PENINSULA (Continued)

Gathering for Women

147 El Dorado Street; Monterey, CA 93940

Tel (831) 241-6154

Website: www.GatheringforWomen.com

Services:

A day center providing free clothing and toiletries, as well as other support services, for homeless women living on the Monterey Peninsula.

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

Website: www.svdpusa.org

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

Website: www.goodwill.org

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

NORTH COUNTY

Goodwill Industries

266 Reservation Road, Suite A; Marina, CA 93933

Tel (831) 233-7767

Website: www.goodwill.org

Services: Families may buy used clothing, furniture, 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.

LGBTQ Support Group

Operated by **Community Human Services**

Family Service Center

433 Salinas Street, Salinas, CA 93901

Tel (831) 757-7915

Website: www.chservices.org

Services:

Confidential, free, informal drop-in counseling and support group every Monday from 6:30-8:00PM. This group provides a safe space for LGBTQ individuals to share their experiences in an anonymous, supportive and encouraging environment.

Celebrate Recovery

Offered by **Compass 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

142 W. Alisal Street, Suite A; Salinas, CA 93901

Tel (831) 755-5072

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. No charge for services.

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

Confidence Pregnancy Center of Salinas

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

Tel (831) 757-5500

Website: www.pregnancysalinas.com

Services:

Free pregnancy tests, limited ultrasounds, pregnancy confirmation, and counseling for women. Post-abortion counseling. Material assistance (maternity and baby clothes, etc.). All services are free and confidential.

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; teen empowerment groups, anger management classes. Focus on African-Americans, but open to serve anyone in need. No charge for services.

Compassion Pregnancy Center of the Monterey Peninsula

640 Cass Street; Monterey, CA 93940

Tel (831) 373-8535

Website: www.montereycpc.com

Services:

State-licensed medical clinic offering free pregnancy tests, limited ultrasounds, pregnancy confirmation, and counseling for women. Post-abortion counseling. Material assistance (maternity and baby clothes, etc.). All services are free and confidential.

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

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.unitedwaymcca.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, as well as vital information in times of disaster. Telephone line can provide information in a number of languages.

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 (800) 510-2020 or (831) 883-7565

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 to report 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

Website: www.fsa-cc.org

Services:

24-hour, free and confidential, 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. Crisis line uses multilingual interpreter services, if needed.

National Suicide Prevention Lifeline

24/7 Crisis Line: (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

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: Monterey (831) 372-6300; Salinas (831) 757-1001

Website: www.ywcamc.org

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 or (831) 424-4357

Website: www.mtryrapecrisis.org

Services:

Crisis intervention and ongoing support for victims and survivors of sexual assault and childhood sexual abuse. Services in English and in Spanish.

Senior Helpline (Senior Information, Referral, and Assistance)

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, 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 children 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)

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.

LGBT National Help Center

LGBT National Hotline (888) 843-4564

LGBT National Youth Talk Line (800) 246-7743

Website: www.glnh.org

Services:

The Lesbian, Gay, Bisexual and Transgender National Hotline serves callers of all ages (youth and adult). Peer counseling, information, and local resources. The LGBT Youth Talk Line 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. Provides a safe and judgment-free place to talk. English only.

RAINN (Rape, Abuse and Incest National Network)

24/7 National Sexual Assault Hotline (800) 656-4673

Website: www.rainn.org

Services: Trained support specialists offer support, information, advice and referral to local service providers who are knowledgeable about state laws and local resources to assist survivors of sexual assault. Services in English and in Spanish.

**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; www.smilecalifornia.org

Services:

Denti-Cal, a benefit of the Medi-Cal program, covers dental exams, x-rays, teeth cleaning, emergency treatment, and restorative services for Medi-Cal recipients – children and adults. To learn more about the benefits, go to the Smile California website above. Services are free or low-cost. Confirm with your dentist what services are covered.

SALINAS

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.

Clinica de Salud del Valle de Salinas

2180 N. Main Street; Salinas, CA 93906

Tel (831) 443-2190

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

633 E. Alvin Drive; Salinas, CA 93906

Tel (831) 443-1177

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. Denti-Cal accepted.

Western Dental and Orthodontics

1229 N. Main Street; Salinas, CA 93906

Tel (831) 998-9433

1293 N. Davis Road; Salinas, CA 93907 (Orthodontics only)

Tel (831) 998-9423

921 S. Main Street; Salinas, CA 93901

Tel (831) 998-9427

Website: www.westerndental.com

Services: Dental care for adults and children. Accepts Denti-Cal and other insurance.

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

SALINAS (Continued)

Mobile Health Clinic

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

Tel (831) 970-1972

Website: www.csvs.org

Services:

Provides dental care as well as medical care to the homeless population of Salinas (four sites) and Pajaro. Mobile Clinic schedule found on the website. No charge for services.

MONTEREY PENINSULA

Clinica de Salud del Valle de Salinas

1156 Fremont Blvd. #101; Seaside, CA 93955

Tel (831) 583-9004

Website: www.csvs.org

Services:

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

NORTH AND SOUTH COUNTY

Clinica de Salud del Valle de Salinas

Pajaro

29-A Bishop Road; Pajaro, CA 95076

Tel (831) 728-2505

Castroville

10561 Merritt Street; Castroville, CA 95012

Tel (831) 633-1514

Gonzalez

126 5th Street; Gonzalez, CA 93926

Tel (831) 675-2930

Soledad

799 Front Street; Soledad, CA 93960

Tel (831) 678-0881

Greenfield

808 Oak Avenue; Greenfield, CA 93927

Tel (831) 674-5344

King City

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 some other insurance accepted. Services on a sliding fee scale.

DISABILITIES: EDUCATION AND SUPPORT

(Refer also to Special Needs Children)

ALL AREAS OF MONTEREY COUNTY

San Andreas Regional Center

1370 South Main Street; Salinas, CA 93901

Tel (831) 900-3636

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, physical or mental. Social Security Disability benefits assistance, including application assistance. Special support services for disabled veterans and their families, for the homeless, and for those about to become homeless.

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, support groups, respite and referral services for caregivers of brain-impaired adults, including those with Multiple Sclerosis, Parkinson's Disease, stroke, brain injury, Alzheimer's Disease and other dementias, depending on availability of funds. Main office is in Santa Cruz.

Hope Services, Monterey District

744 La Guardia; Salinas, CA 93905

Tel (831) 758-0973 or (831) 800-3956

1144 Fremont Blvd, Suite D; Seaside, CA 93955

Tel (831) 393-1575

Website: www.hopeservices.org

Services:

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

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 developmental and intellectual disabilities, including residential care, respite care, training and day activity programs.

Deaf and Hard of Hearing Service Center, Inc.

36 Quail Run Circle, Unit #100-T; Salinas, CA 93907

Tel (831) 753-6540; (831) 240-4020 (Video Phone)

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, peer 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, low vision clinic, independent living program, assistive technology, support programs.

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, school support 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)

Central Coast Quality of Life Programs

519 B Hartnell Street; Monterey CA 93940

Tel (831) 333-9091

Website: www.msqlip.org

Services:

Free case management services and support groups for people living with Multiple Sclerosis and Parkinson's Disease who are residents of Monterey, Santa Cruz and San Benito Counties. 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 special needs. Clients must have a referral from their physician. Call for more information or visit the website.

La Casa Adult Day Health Center, Inc.

909 Blanco Circle, Suite B; Salinas, CA 93901

Tel (831) 998-8130

Website: www.lacasaadhc.com

Services:

State-licensed adult day health center providing services for physically and cognitively impaired adults, age 18 and older. 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, the Veterans Administration, and private pay.

Christine Marie Star Riders

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

Program services at the Marina Equestrian Center, corner of California 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. Support for the entire family.

DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES

ALL AREAS OF MONTEREY COUNTY

RAINN (Rape, Abuse and Incest National Network)

24/7 National Sexual Assault Hotline (800) 656-4673

Website: www.rainn.org

Services:

The nation's largest anti-sexual violence organization. Through their National Sexual Assault Hotline, trained support specialists offer support, information, advice and referral to local service providers who are knowledgeable about state laws and local resources to assist survivors of sexual assault. Services in English and in Spanish.

Natividad Emergency Shelter (Emergency Shelter for Women, Salinas)

Hamilton House Emergency Shelter (Emergency Shelter for Women, Marina)

Operated by **Community Homeless Solutions**

P.O. Box 1340; Marina, CA 93933

Tel: (831) 422-2201 or (831) 384-3388

Website: www.communityhomelesssolutions.org

Services:

Emergency shelters for single women and women with children. who are victims of domestic violence. Shelters are accessible 24 hours a day, 7 days a week. 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. Homeless women and their children who are not victims of domestic violence may be accommodated if space is available.

Monterey County Rape Crisis Centers

P.O. Box 2401; Salinas, CA 93902

P.O. Box 2630; Monterey, CA 93942

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 for both adults and children. Services in English and in Spanish.

District Attorney, Victim/Witness Assistance Program

142 W. Alisal Street, Suite A; Salinas, CA 93901

Tel (831) 755-5072

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. No charge for services.

DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES (Continued)

SART (Sexual Assault Response Team)

Tel (831) 648-7731

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.

Archer Child Advocacy Center/ Bates-Eldredge Child Abuse 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 DSS Family and Children's Services. **Individuals who want to pursue legal action on behalf of children should call law enforcement or Child Protective Services for referral to this program.** Forensic medical-legal examinations of abused children are conducted at the Bates-Eldredge Clinic by appointment only. Services in English and Spanish.

Family Violence Unit

Monterey County Probation Department

20 East Alisal, 1st floor, Salinas CA 93905

Tel (831) 796-1200

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).

SALINAS

YWCA Counseling Center

236 Monterey Street; Salinas, CA 93901

Crisis Line: 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, divorce, and custody). Fees for counseling and legal advocacy on a sliding scale.

DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES (Continued)

SALINAS (Continued)

YWCA Safe House (Lawson House)

Operated by **YWCA, Monterey County**

Call the **24-hour crisis line**: 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.

Human Trafficking Safe House

Operated by **YWCA, Monterey County**

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

Website: www.ywcamc.org

Services:

Emergency shelter for victims of sex trafficking, operated by the YWCA at an undisclosed location in Monterey County. Supportive counseling, therapy, and case management also provided.

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.

Harmony at Home

9 W. Gabilan Street, Suite #3; Salinas, CA 93901

Tel (831) 272-6644

Website: www.harmony-at-home.org

Services:

Serves children and families who are victim/witnesses of domestic violence. Sticks and Stones is a school-based and extended family counseling program that helps these children and their families learn to communicate in healthy, non-violent ways. No cost to student. On-site counseling for couples, families, relative caregivers, teens and children who are involved in issues of domestic violence. Fees on a sliding scale.

DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES (Continued)

MONTEREY PENINSULA

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:

Serves children and families who are victim/witnesses of domestic violence. Sticks and Stones is a school-based and extended family counseling program that helps these children and their families learn to communicate in healthy, non-violent ways. No cost to student. On-site counseling for couples, families, relative caregivers, teens and children who are involved in issues of domestic violence. Fees on a sliding scale.

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

ALL AREAS OF MONTEREY COUNTY

Individuals can apply for many benefits online:

Health Care through Covered California or Medi-Cal

Website: www.coveredca.com or www.c4yourself.com

Cal Fresh

Website: www.c4yourself.com

Services:

Nutrition assistance for low-income families. Formerly known as Food Stamps. Participating households receive a monthly electronic benefits card to purchase food at grocery stores.

CalWORKS

Website: www.c4yourself.com

Services:

Temporary cash assistance for families with low or no income.

California State Unemployment Benefits

Website: www.edd.ca.gov/unemployment

Services:

Apply for Unemployment Insurance and State Disability Insurance (SDI) benefits.

Federal Benefits under Social Security

Website: www.ssa.gov/disability

Services:

Application for Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). If your initial application for SSDI has been denied, you can also file an appeal online.

Cash Aid: CalWORKS and the General Assistance Program

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

Salinas

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

Tel (831) 755-4448 or (866) 323-1953 (Community Benefits Toll-free line)

Seaside

1281 Broadway Avenue; Seaside, CA 93955

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

King City

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

Services:

The **CalWORKS program** provides limited cash aid to low-income families with dependent children. The **General Assistance Program** is a county-funded program providing limited financial assistance to unemployed single adults and couples who have no dependent children, scant income and who are not receiving other public assistance, including SSI or unemployment benefits. Clients receiving general assistance who are not disabled must seek employment and are required to reimburse the county for aid received. Clients apply at the above sites for Cash Aid, Medi-Cal, and CalFresh (Food Stamps).

FINANCIAL COUNSELING AND ASSISTANCE (Continued)

Housing Resource Center

201 A John Street; Salinas, CA 93901

Tel (831) 424-9186

Website: www.hrcmontereycounty.org

Services:

Provides rent assistance, assistance with security deposits and move-in assistance for low income households. 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.

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:

Free program helps low-income individuals and families prepare their income tax returns at various locations throughout county. Volunteers help ensure that eligible people receive all income tax credits. Services in English and in Spanish. Offered from February to mid-April.

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. Veterans who have retired from the military and are receiving a retirement check are eligible to apply for this emergency financial assistance.

California Lifeline Free Cell Phones

Website: www.freegovernmentcellphones.net/states

Services:

Lifeline phone service provides free cell phones to America's financially disadvantaged. The website above lists the companies offering free government cell phones in California. Not all companies serve all areas of the state. Most companies offer unlimited voice and unlimited texting.

FINANCIAL COUNSELING AND ASSISTANCE (Continued)

Grid Alternatives, Central Coast

285 Griffin Street, Salinas, CA 93901

Tel (831) 784-8549

Website: www.gridalternatives.org

Services:

A non-profit organization providing solar electric systems to low –income families, as well as valuable hands-on training in solar installation for volunteers and job trainees.

SALINAS

Catholic Charities

1705 Second Avenue; Salinas, CA 93905

Tel (831) 422-0602

Website: www.catholiccharitiescentralcoast.org

Services:

Offers family supportive services, including short and long term case management, financial education, limited and seasonal assistance with rent and utilities, help with CalFresh applications, and nutrition education sessions. Services in English and Spanish.

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. Gas vouchers available for seniors once a month on the third Thursday. Call for more details.

Catholic Charities

922 Hilby Avenue; Seaside, CA 93955

Tel (831) 393-3110

Website: www.catholiccharitiescentralcoast.org

Services:

Offers family supportive services, including short and long term case management, financial education, limited and seasonal assistance with rent and utilities, help with CalFresh applications, and nutrition education sessions. Services in English and Spanish.

SOUTH COUNTY

Catholic Charities

27 S. El Camino Real; Greenfield, CA 93927

Tel (831) 525-6546

Website: www.catholiccharitiescentralcoast.org

Services:

Family supportive services, including short and long term case management, financial education, limited and seasonal assistance with rent and utilities, help with CalFresh applications, and nutrition education sessions. Limited days in Greenfield office.

FOOD DISTRIBUTION PROGRAMS
(Refer also to Nutrition Programs under Senior Services)

ALL AREAS OF MONTEREY COUNTY

Food Bank for Monterey County

353 W. Rossi Street; Salinas, CA 93907

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 Food Pantries (generally at churches located throughout the county)

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

Call the number above or check the website for monthly food distribution sites which operate under the Emergency Food Assistance program. For a list of Emergency Pantries, call the Food Bank number above. After hours, call 2-1-1. Ask for day and time each site offers services. Families do not need to be citizens.

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) for information on emergency food pantries and the USDA food distribution sites in Monterey County. The emergency food pantries are voluntary efforts by various churches and these services change.

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

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**

Salinas

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

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

Seaside

1281 Broadway Avenue; Seaside, CA 93955

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

King City

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

Services:

This is California's food stamps program, designed to supplement the food budget of low-income households. It is administered by the Monterey County Department of Social Services, Community Benefits Branch. The benefit amount is based on family size, income, and resources. 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 Kitchen

Operated by **Dorothy's Place**

30 Soledad Street; Salinas, CA 93905

Tel (831) 757-3838

Website: www.dorothysplace.org

Services:

Dorothy's Kitchen serves breakfast and lunch seven days a week to persons in need. No charge.

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 Sunday through Friday. Closed on Saturday. No charge. A day center/ safe space is open Sunday through Friday from 6:00 AM to 1:00 PM. A clothes closet, computer lab, art room, support group for veterans, and AA, NA, and Al-Anon meetings are also offered on site.

FOOD DISTRIBUTION PROGRAMS (Continued)

SALINAS (Continued)

Victory Mission

43 Soledad Street; Salinas, CA 93905

Tel (831) 424-5688

Website: www.victorymissionsalinas.com

Services

Dinner is served every night at 6:30 PM for men, women and children in need, followed by a church service or movie. No charge. Bags of food from the food bank are distributed to those with access to kitchens.

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 on school days through the school year. No charge. A summer program provides free breakfast and lunch for children and their parents. Lunches are provided for seniors Monday through Friday. 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:

A cold breakfast and hot lunch are served for the homeless Monday through Friday. Needy residents of the Monterey Peninsula with access to kitchens are also assisted with food boxes once a month. Case management program assists with other needs, such as help with housing and utility bills.

NORTH COUNTY

Pajaro Valley Loaves and Fishes

150 2nd Street; Watsonville, CA 95076

Tel (831) 319-4571

Website: www.pvloavesandfishes.org

Services:

Serves nutritious hot lunch at 12 noon Monday through Friday. Client population includes farm workers, homeless, elderly and disabled individuals. No charge. Also operates a food pantry.

SOUTH COUNTY

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

HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES

ALL AREAS OF MONTEREY COUNTY

Mobile Health Clinic

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

Tel (831) 970-1972

Website: www.csvs.org

Services:

Provides medical and dental care to the homeless population of Salinas (four sites) and Pajaro. Mobile Clinic schedule found on the website. No charge for services.

SALINAS

Alisal Health Center

Operated by the **Monterey County Health Department**

559 E. Alisal Street, Ste. 201 and 202; Salinas, CA 93905

Tel (831) 769-8800

Website: www.mtyhd.org

Services:

Primary and preventive medical care. Adult and well child exams, family planning and STI screening and treatment, obstetrical care, comprehensive perinatal services program, latent tuberculosis treatment. Medicare and Medi-Cal insurance accepted.

Clinica de Salud del Valle de Salinas

950 Circle Drive; Salinas, CA 93905

Tel (831) 757-6237

219 Sanborn Road; Salinas, CA 93905

Tel (831) 757-1365

2180 N. Main Street; Salinas, CA 93906

Tel (831) 443-2190

Website: www.csvs.org

Services:

Community clinics providing medical care for adults and children, including perinatal care, reproductive health services and children's preventive health care. Optometry services are also offered at the clinic on Circle Drive. Services for low-income families on sliding fee scale. Medicare, Medi-Cal, and other insurance accepted.

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, including birth control, emergency contraception, treatment of sexually transmitted diseases, pregnancy testing, and abortions. Medi-Cal accepted. Sliding fee scale.

HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES (Continued)

Laurel Family Practice Clinic

Operated by the **Monterey County Health Department**
1441 Constitution Blvd. Bldg.400, Suite 300; Salinas, CA 93906
Tel (831) 755-4123
Website: www.mtyhd.org

Services:

Preventive and primary care; adult and well-child exams; family planning, including STI screening and treatment; obstetrics care, comprehensive perinatal services program; adult psychiatry. latent tuberculosis treatment. Medicare and Medi-Cal insurance accepted.

Laurel Vista

Operated by the **Monterey County Health Department**
1441 Constitution Blvd. Bldg 400 , Suite 301; Salinas, CA 93906
Tel (831) 755-4000
Website: www.mtyhd.org

Services:

Preventive and primary care; adult and well-child exams; family planning, including STD screening and treatment; obstetrics care, including high risk obstetrics; comprehensive perinatal services; adult and child psychiatry. Medicare and Medi-Cal insurance accepted.

Bienestar Clinic -- Salinas

Operated by the **Monterey County Health Department**
1441 Constitution Blvd. Bldg 400 , Suite 201; Salinas, CA 93906
Tel (831) 755-4353
Website: www.mtyhd.org

Services:

Preventive care; family planning, obstetrics; adult care; sick adult care; immunizations; vision and hearing screening. Medicare and Medi-Cal insurance accepted. Call for more details.

Laurel Internal Medicine Clinic

Operated by the **Monterey County Health Department**
1441 Constitution Blvd. Bldg. 151, Suite 16; Salinas, CA 93906
Tel (831) 769-8640
Website: www.mtyhd.org

Services:

Preventative and primary adult and child care; adult and well child exams; chronic adult illness management; family planning, including STD screening/treatment; latent tuberculosis treatment; adult psychiatry; adult rheumatology. Medi-Cal and Medicare insurance accepted.

Laurel Pediatrics Clinic

Operated by the **Monterey County Health Department**
1441 Constitution Blvd. Bldg 200, Suite 101 and 103; Salinas, CA 93906
Tel (831) 755-4124
Website: www.mtyhd.org

Services:

Preventive and primary child care; well-child exams; child psychiatry; latent tuberculosis treatment. Medi-Cal and Medicare insurance accepted.

HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES (Continued)

Chinatown Health Services Center

Operated by Dorothy's Place

115 East Lake Street; Salinas, CA 93905

Tel (831) 757-3838

Website: www.dorothysplace.org

Services:

Outpatient mental health therapy and addiction treatment services, as well as other medical services for the homeless. The center also offers no-cost showers and restroom facilities.

SOUTH COUNTY

Clinica de Salud del Valle de Salinas

799 Front Street; Soledad, CA 93960

Tel (831) 678-0881

126 5th Street; Gonzalez, CA 93926

Tel (831) 675-2930

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 on sliding fee scale. Medicare, Medi-Cal, and Covered California insurance accepted.

Mee Memorial Hospital Medical Clinics

King City Clinic

210 Canal Street; King City, CA 93930

Tel (831) 385-7100

Greenfield Clinic

467 S. El Camino Real; Greenfield, CA 93927

Tel (831) 674-0112

Specialty Clinic

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

Tel (831) 386-7401

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 prenatal care, reproductive health services, and children's preventive health care. Medicare and Medi-Cal insurance accepted.

HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES (Continued)

NORTH 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

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 other insurance accepted.

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, including birth control, emergency contraception, treatment of sexually transmitted diseases, pregnancy testing, and abortions. Medi-Cal accepted. Sliding fee scale.

Monterey County 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:

Family practice; obstetrics, comprehensive perinatal services, STI screening and treatment, walk-in immunizations; tuberculosis screening and treatment. Medicare and Medi-Cal insurance accepted.

Seaside Family Health Center

Operated by the **Monterey County Health Department**

1156 Fremont Boulevard; Seaside, CA 93955

Tel (831) 899-8100

Website: www.mtyhd.org

Services:

Primary care for adults and children, including adult and well-child exams; chronic adult illness management; family planning including STI screening and treatment; obstetrics; comprehensive perinatal services, latent tuberculosis treatment; adult and child psychiatry. Medicare and Medi-Cal insurance accepted.

HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES (Continued)

MONTEREY PENINSULA (Continued)

Bienestar – Marina

Operated by **Monterey County Health Department**

299 12th Street; Marina, CA 93933

Tel (831) 755-4353

Website: www.mtyhd.org

Services:

Adult care; family primary care; walk-in adult and child visits; Medi-Cal and Medicare insurance accepted. Open only on Tuesdays. Call for more details.

RotaCare Clinic

Offered at **Seaside Family Health Center**

1156 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.** Registration begins at 4 P.M. First come, first served.

Montage Mobile Health Clinic

Operated by **Montage Health Foundation**

Tel: (831) 625-4500

Website: www.chomp.org

Services:

A mobile walk-in clinic that accepts anyone in need of medical services. Focus is on the homeless and underserved populations on the Monterey Peninsula. It is operated by Montage Health, which also operates the Community Hospital of the Monterey Peninsula (CHOMP). The mobile clinic offers services in Monterey, Seaside, and Marina and treats common ailments such as sore throats, colds, minor infections and injuries. Services are free. No appointment is needed. A schedule of stops is posted on CHOMP's website.

HEALTH CARE – 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 health centers:

Alisal Health Center

559 E. Alisal Street, Ste. 201 & 102; Salinas, CA 93905

Tel (831) 769-8800

Seaside Family Health Center

1156 Fremont Boulevard; Seaside, CA 93955

Tel (831) 899-8100

Monterey County Clinic at Marina

3155 DeForest Rd; Marina, CA 93933

Tel (831) 384-1445

Website: www.mtyhd.org

Services:

Walk-in immunization clinics for adults and children. Screening for tuberculosis also offered. Call for days and times, or check website. Immunizations may be available at the other clinics operated by the Health Department.

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.

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 follow-up of people exposed to active disease.

Childhood Lead Poisoning Prevention Program

Monterey County Health Department

1270 Natividad Road; Salinas, CA 93906

Tel (831) 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.

HEALTH CARE – PUBLIC HEALTH PROGRAMS FOR LOW-INCOME FAMILIES (Continued)

(Refer also to Chronic Diseases: Education and Support)

Nurse-Family Partnership Program

Offered by the **Monterey County Health Department**

1270 Natividad Road; Salinas, CA 93906

Tel (831) 755-4630 or 755-4500

Website: www.mtyhd.org

Services:

Public health nurses provide case management and home visits for first-time moms, high-risk pregnant women, children of substance-abusing mothers, and children at risk for child abuse, neglect, or developmental delay. Call the above number to make a referral or for more information on public health nursing services.

Child Health and Disability Prevention Program (CHDP)

Administered by the **Monterey County Health Department**

1270 Natividad Road; Salinas, CA 93906

Tel (831) 755-4960 or (831) 755-4500

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

Services:

Free well-child health exams, including immunizations, offered once a year 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.**

Comprehensive Perinatal Services Program

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

1270 Natividad Road, Salinas, CA 93906

Tel (831) 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. To learn more, call the county perinatal services coordinator at the number listed above.

HEALTH CARE – PUBLIC HEALTH PROGRAMS FOR LOW-INCOME FAMILIES (Continued)

(Refer also to Chronic Diseases: Education and Support)

Every Woman Counts

Tel (800) 511-2300

Website: www.dhcs.ca.gov

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.

Partnership for Prescription Assistance

Tel (888) 477-2669

Website: www.pparx.org

Services:

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

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.mcdss.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). Call the number above for locations of services. Outreach workers help families to enroll their families in available health insurance programs including Medi-Cal and Covered California. Assistance is also provided to families in maintaining their benefits. They also help enroll clients in the CalFresh food assistance program.

Medi-Cal 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)

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

Services:

Medi-Cal is a state insurance program for low-income adults and families, including seniors, and adults with disabilities. The Medi-Cal program pays for medical, dental, and prescription medicine for eligible recipients. Federal, state and county guidelines determine eligibility and assistance levels. Customers are seen on a first come, first served basis. No appointments made. Individuals can apply for healthcare coverage at any of the above sites; however, **clients 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.**

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

24/7 Nurse Advice Line Tel (844) 971-8907

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). 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

Alliance Support Network

340 Church Street; Salinas, CA 93901

Tel (831) 975-5016

Website: www.asn.org

Services:

Advocacy and support for people living with HIV/AIDS. Case management services provide health and insurance benefits counseling, assistance with housing searches, financial assistance with rent and utilities, and transportation to out-of-county medical appointments.

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

Operated by **Community Human Services**

Salinas

Family Service Center

433 Salinas Street, Salinas, CA 93901

Tel (831) 757-7915

Seaside

Family Service Center

1178 Broadway, Seaside, CA 93955

Tel (831) 394-4622

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. **LGBTQ Support Group** offers confidential, free, informal drop-in counseling and support group every Monday from 6:30-8:00PM at the Family Service Center in Salinas. This group provides a safe space for LGBTQ individuals to share their experiences in an anonymous, supportive and encouraging environment.

TREATMENT PROGRAMS – ALL AREAS OF MONTEREY COUNTY

Natividad Medical Center - NIDO Clinic

1441 Constitution Blvd. Building 760; Salinas, CA 93906

Tel (831) 796-1770

Website: www.natividad.com

Services:

A comprehensive primary care clinic serving adults with HIV/AIDS and other infectious diseases. In addition to medical services, provides free HIV testing and counseling, case management, health education, mental health counseling, outreach and referral services.

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 a comprehensive HIV/AIDS treatment program, including HIV testing, medical treatment, and personal case management.

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.unitedwaymcca.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 a number of languages.

HOUSING

Emergency shelter options are listed below. Many of them also offer hot meals, clothing, and other services. Other housing options are found in the Housing, Alcohol and Drug, and Mental Health sections of the Guide. Most of these other housing options are accessed through the Coordinated Assessment and Referral System (CARS), operated by the Coalition of Homeless Services Providers listed below.

Coalition of Homeless Services Providers

220 12th Street; Marina CA 93933

Tel (831) 883-3080

Website: www.chspmmontereycounty.org

Services:

This organization is the lead agency for the **Coordinated Assessment and Referral System (CARS)**, which provides entry to homeless housing programs in Monterey County that receive funding through HUD. Homeless individuals and families complete a standard triage assessment survey that identifies the best type of intervention for that household. Individuals are placed on a list and the list is prioritized to ensure that the most needy are housed first. Participating programs accepting referrals from the system are listed on the coalition's website.

EMERGENCY SHELTER

SALINAS

Warming Shelter

Operated by **Community Homeless Solutions**

111 W. Alisal Street; Salinas, CA 93905

Tel (831) 384-3388

Website: www.communityhomelesssolutions.org

Services:

Overnight housing and an evening meal provided to 70 men, women, and children. Check-in between 4:00 and 6:00 PM.

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

EMERGENCY SHELTER (Continued)

Victory Mission - Emergency Shelter for Men

43 Soledad Street; Salinas, CA 93901

Tel (831) 424-5688

Website: www.victorymissionsalinas.com

Services:

Christian-based program providing shelter for up to 50 homeless men, more if needed. A donation of \$2/ night is requested. Also operates a day center for men and women with dinner served daily for both men and women.

Natividad Emergency Shelter (Emergency Shelter for Women, Salinas)

Operated by **Community Homeless Solutions**

P.O. Box 1340; Marina, CA 93933

Tel: (831) 422-2201 or (831) 384-3388

Website: www.communityhomelesssolutions.org

Services:

Thirty-two bed emergency shelter for women who are victims of domestic violence. Homeless women and their children are accommodated if space is available. Shelter is accessible 24 hours a day. Shelter stays are generally 30-90 days. Job skill assessment, food, clothing and family case management also provided.

MONTEREY PENINSULA

Safe Place Shelter for Homeless Youth

Operated by **Community Human Services**

590 Pearl Street; Monterey, CA 93940

Tel (831) 373-4421

Website: www.chservices.org

Services:

This shelter is open year round and serves homeless youth 18 – 24 years old. 12 beds: 6 for men, 6 for women. Check-in is from 7:00 – 8:00 PM on a first come first served basis.

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 homeless families for up to 90 days. This residence is located on the Monterey Peninsula.

Veterans Transition Center

220 12th Street; Marina, CA 93933 (Martinez Hall)

Tel (831) 883-8387

Website: www.vtcmonterey.org

Services:

Operates a 10-bed emergency shelter for homeless veterans, in addition to transitional housing and other services.

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

EMERGENCY SHELTER (Continued)

Hamilton House (Emergency Shelter for Women, Marina)

Operated by **Community Homeless Solutions**

P.O. Box 1340; Marina, CA 93933

Tel: (831) 394-8372 or (831) 384-3388

Website: www.communityhomelessolutions.org

Services:

Sixteen emergency shelter beds for single women or women with children who are victims of domestic violence or are homeless. The shelter is open 24 hours a day, 7 days a week, with stays of 30-90 days. Job skills assessment, food, clothing and family case management also provided.

Interfaith Homeless Emergency Lodging Program (I-HELP)

Operated by **Outreach Unlimited**

Tel (831) 251-8663 (Information line only)

Website: www.lhelpmontereybay.org

Services:

Offers homeless men and women short-term overnight lodging and an evening meal on a nightly basis. I-HELP transports homeless men and women (housed separately) from a central pick-up point on the Monterey Peninsula to a hosting place of worship. Pick-up location for men: the parking lot along the Recreation Trail, across from the Naval Postgraduate School's entrance on Del Monte Avenue in Monterey. Pick-up location for women: Camino El Estero, at El Estero Lake near Fremont Street and close to the Bird Fountain on the lake. No reservations. Individuals should show up at the pick-up location before 4:15 PM.

Central Coast Medical Respite Center for the Homeless

Operated by **Community Homeless Solutions**

P.O. Box 1340; Marina, CA 93933

Tel: (831) 384-3388

Website: www.communityhomelessolutions.org

Services:

The Medical Respite Center serves homeless adults in need of short-term recuperative care following hospitalization. Services are provided in a clean and safe home, housing up to 6 clients. A social worker and case manager work with clients to connect them to needed services in order to improve health outcomes. **Only local hospitals (Community Hospital of the Monterey Peninsula, Salinas Valley Memorial Hospital, and Natividad Medical Center) can refer clients into the program.**

One Starfish Safe Parking and the Monterey County Safe Parking Program

Both programs are operated by **Orphan Productions**

484 B Washington Street, Suite 113; Monterey, CA 93940

Tel (831) 275-5167

Website: www.onestarfishsafeparking.org

Services:

Both programs provide designated safe parking, generally in church parking lots, for homeless individuals living in vehicles on the Monterey Peninsula. Most of the individuals in the program are women; however men are also welcome. Animals may be allowed. An intake interview is required; special eligibility requirements.

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

EMERGENCY SHELTER (Continued)

NORTH COUNTY

Pajaro Rescue Mission

111 Railroad Avenue; Watsonville, CA 95076

Tel (831) 724-9576

Website: www.teenchallengemontereybay.org

Services:

Christian-based program providing an emergency rescue shelter for up to 35 homeless men. Meals twice a day, showers, and additional supportive services provided.

DAY CENTERS AND HOT MEALS

(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:

A day center/ safe space is open Sunday through Friday from 6:00 AM to 1:00 PM. Cold breakfasts and hot lunches are served Sunday through Friday. Closed on Saturday. No charge. A clothes closet, computer lab, art room, support group for veterans, and AA, NA, and Al-Anon meetings are also offered on site.

Victory Mission

43 Soledad Street; Salinas, CA 93905

Tel (831) 424-5688

Website: www.victorymissionsalinas.com

Services:

A day center operating from 9 AM-8 PM daily. Dinner is served every night at 6:30 PM for men, women and children in need. No charge. Bags of food from food bank are distributed to those with access to kitchens.

Dorothy's Place

30 Soledad Street; Salinas, CA 93905

Tel (831) 757-3838

Website: www.dorothysplace.org

Services:

A drop-in day center offering respite from the stress of daily "street life" by providing for basic needs: restrooms, showers, laundry facilities, a clothes closet, personal hygiene supplies, and assistance with housing navigation. **Dorothy's Kitchen**, located next door, serves breakfast and lunch every day to persons in need.. A **free health clinic**, is available every Wednesday from 12:30 – 2:00 PM.

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

DAY CENTERS AND HOT MEALS

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:

A cold breakfast and hot lunch are provided for the homeless Monday through Friday. No charge for meals. Free clothing, on-site laundry and shower facilities, mail service, and access to phone for homeless men and women. Computers are available for online job searches and applications for program services. Case management program assists with rent and utility bills and other needs.

Gathering for Women

147 El Dorado Street; Monterey, CA 93940
Tel (831) 241-6154
Website: www.GatheringforWomen.com

Services:

This day center provides hot breakfasts and lunches for homeless women 5 days a week, Monday through Friday. A weekly health clinic, showers, clothing, toiletries, and a variety of other support services are also offered homeless women living on the Monterey Peninsula. The Next Step program provides resources and advocacy, helping guests with goal-setting and obtaining more stable living situations.

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, emergency bus passes, emergency shelter, a 24-hour helpline, and a drop-in center.

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

MONTEREY PENINSULA (Continued)

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

Website: www.passthewordministry.org

Services:

Hot breakfast served every Saturday from 9:00 A.M. to 10:00 A.M., rain or shine, at El Estero Park (at the picnic tables of the parking lot near the cemetery). Also distributes clothing, toiletries, bibles, books, and bicycles (when available).

EMERGENCY FOOD PANTRIES – ALL AREAS OF MONTEREY COUNTY

Food Bank for Monterey County

353 W. Rossi Street; Salinas, CA 93907

Tel (831) 758-1523

Website: www.foodbankformontereycounty.org

Services:

Call the number above or check the website for monthly food distribution sites which operate under the Emergency Food Assistance program. For a list of Emergency Pantries, call the Food Bank number above. **After hours, call 2-1-1.** Ask for day and time each site offers services. Families do not need to be citizens.

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.

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

HOMELESS OUTREACH SERVICES

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/ HEALTH CARE

SALINAS

Chinatown Health Services Center

Operated by **Dorothy's Place**
115 East Lake Street; Salinas, CA 93905
Tel (831) 757-3838
Website: www.dorothysplace.org

Services:

Outpatient mental health therapy and addiction treatment services, as well as other medical services for the homeless. The center also offers no-cost showers and restroom facilities.

Mobile Health Clinic

Operated by **Clinica de Salud del Valle de Salinas**
Tel (831) 970-1972
Website: www.csvs.org

Services:

Provides medical and dental care to the homeless population of Salinas (four sites) and Pajaro. Mobile Clinic schedule found on the website. No charge for services.

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

FREE HEALTH CLINICS (Continued)
MONTEREY PENINSULA

RotaCare Clinic

Offered at **Seaside Family Health Center**

1156 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.** Registration begins at 4 PM. First come, first served.

Montage Mobile Health Clinic

Operated by **Montage Health Foundation**

Tel: (831) 625-4500

Website: www.chomp.org

Services:

A mobile walk-in clinic that accepts anyone in need of medical services. Focus is on the homeless and underserved populations on the Monterey Peninsula. It is operated by Montage Health, which also operates the Community Hospital of the Monterey Peninsula (CHOMP). The mobile clinic currently offers services in Monterey, Marina and Seaside and treats common ailments such as sore throats, colds, minor infections and injuries. Services are free. No appointment is needed. A schedule of stops is posted on CHOMP's website.

MISCELLANEOUS/ ANCILLARY SERVICES

Central Coast Center for Independent Living

318 Cayuga St. Suite 208; Salinas, CA 93901

Tel (831) 757-2968

Website: www.cccil.org

Services:

Housing assistance for persons with disabilities, physical or mental. Special support for the homeless and for those about to become homeless. Social Security Disability benefits assistance, including application assistance. Other services include advocacy, personal assistance services, peer support, assistive technology and independent living skills training.

Whole Person Care

A program of the **Monterey County Health Department**

1270 Natividad Road; Salinas, CA 93906

Tel (831) 755-4630 or 755-4500

Website: www.mtyhd.org

Services:

Comprehensive case management and assistance in obtaining health and social services for homeless/chronically homeless Medi-Cal recipients who are frequent users of hospital and emergency department services and who have 2 or more chronic diseases and/or a diagnosed mental or substance use disorder. For more information or to refer an individual, call the above number.

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

LensCrafters

Northridge Shopping Mall; Salinas, CA 93906

Tel (831) 443-6090

Del Monte Shopping Center; Monterey, CA 93940

Tel (831) 375-7755

Website: www.lenscrafters.com

Services:

Through the OneSight program, LensCrafters will provide a one-time, free eye exam and prescription glasses to disadvantaged individuals without insurance coverage. Must have a referral from a licensed non-profit organization. Call for more information.

California Lifeline Free Cell Phones

Website: www.freegovernmentcellphones.net/states

Services:

Lifeline phone service provides free cell phones to America's financially disadvantaged. The website above lists the companies offering free government cell phones in California. Not all companies serve all areas of the state; most offer unlimited voice and unlimited texting.

Identification Cards

Offered through the **Department of Motor Vehicles**

260 E. Laurel Drive; Salinas, CA 93906

Tel (800) 777-0133

1180 Canyon Del Rey Blvd, Seaside, CA 93955

Tel (800) 777-0133

Website: www.dmv.ca.gov

Services:

The DMV provides identification cards and replacement ID cards. To obtain cards, make an appointment at one of the above sites. **Reduced Fee California ID Cards**: You may pay a reduced application fee for an original or replacement ID card if you meet income requirements. Participating public assistance programs (government and non-profit) will give you a completed verification for reduced fee form to take to the DMV to apply for your reduced fee ID card. Residents who meet certain income conditions may pay a reduced fee of \$8 (as of 2018). No fee for persons 60 and older. **Homeless individuals may also be eligible for a free ID card.**

Chinatown Community Learning Center

A program of **California State University, Monterey Bay (CSUMB)**

22 Soledad Street; Salinas, CA 93901

Tel (831) 770-1700

Services:

A learning center for the homeless in Chinatown. Offers free internet access, educational classes, support groups, counseling, and assistance with enrollment in social services.

HOSPICE SERVICES/ GRIEF SUPPORT

ALL AREAS OF MONTEREY COUNTY

Hospice Support Services

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

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

23625 W R Holman Hwy; Monterey, CA 93940

Grief Line: (831) 622-2745

Griefbusters: (831) 649-7758

Website: www.chomp.org

Services:

Offers the following programs 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.
- (4) Various special programs offered in the course of the year.

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

Website: www.chomp.org

Services:

Hospice provides a team of doctors, nurses, home health aides, social workers, chaplains, 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.

Suicide Prevention Services of the Central Coast

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

Toll-Free Crisis Line (877) 663-5433

Tel (831) 459-9373 To enroll in group or for more information about the group

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.

Sudden Infant Death Syndrome Program

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

1270 Natividad Road; Salinas, CA 93906

Tel (831) 647-7801 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.

HOSPICE SERVICES / GRIEF SUPPORT (Continued)

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, spiritual advisors and volunteers 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.

Papillon Center for Loss and Transition

70 Garden Court, Suite 201; Monterey, CA 93940

Tel (831) 320-1188

Website: www.papillon-center.org

Services:

Services of this non-profit organization include a Drop-In Bereavement Discussion Group; Good Grief for Kids and Teens; Pregnancy and Infant Loss Support Group, Child Loss Group, Pet Bereavement, and Transitions (Redefining identity). No cost to attend groups.

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 a teaching hospital, affiliated with the University of California, San Francisco (UCSF) School of Medicine. Services include maternity services, pediatric services, Level III neonatal intensive care, bariatric weight loss services, emergency services, a Level II trauma center, a rehabilitation center, mental health, and outpatient services.

Salinas Valley Memorial Healthcare System

450 East Romie Lane ; Salinas, CA 93901

Tel (831) 757-4333

Website: www.svmh.com

Services:

This is a 263-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 sleep medicine 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-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, a comprehensive cancer center, a diabetes management program, nutrition therapy, outpatient surgery, and rehabilitation services. The hospital also operates a skilled nursing 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 94-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 a network of five 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 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 rental assistance, assistance with security deposits and move-in assistance for low income households. 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, County of Monterey

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.

Coordinated Assessment and Referral System (CARS)

Offered through the **Coalition of Homeless Services Providers**

220 12th Street; Marina CA 93933 (Martinez Hall)

Tel (831) 883-3080

Website: www.chspmontereycounty.org

Services:

The coalition is the lead agency for this program which coordinates entry into participating homeless housing programs in Monterey County. Homeless individuals and families complete a standard triage assessment survey that identifies the best type of intervention for that household. These individuals and families are placed on a list and the list is prioritized to ensure that the most needy are housed first. Participating housing programs accepting referrals from the system are listed on the coalition's website. Referring agencies (places to go to get assessments) are also listed on the website.

**HOUSING FOR LOW-INCOME RESIDENTS (Continued)
(EMERGENCY SHELTER LISTED UNDER HOMELESS SERVICES)**

Central Coast Center for Independent Living

318 Cayuga St. Suite 208; Salinas, CA 93901

Tel (831) 757-2968

Website: www.cccil.org

Services:

Housing assistance for persons with disabilities, physical or mental. Special support for the homeless and for those about to become homeless. Social Security Disability benefits assistance, including application assistance. Other services include advocacy, personal assistance services, peer support, assistive technology and independent living skills training.

Additional Affordable Housing Programs on the Monterey Peninsula

Monterey

Housing and Property Management, City of Monterey

Tel (831) 646-3995

Website: www.monterey.org

Carmel

Housing for low-income seniors, offered through Carmel Foundation, Carmel

Tel (831) 620-8705 or (831) 620-8706

Website: www.carmelfoundation.org

Pacific Grove

Affordable Housing Program, City of Pacific Grove

Tel (831) 648-3199

Website: www.cityofpacificgrove.org

Marina

Affordable Housing/ Rental Properties, City of Marina

Tel (831) 884-1278

Website: www.cityofmarina.org

(The city of Seaside does not manage any subsidized housing programs.)

Services:

Limited housing for low-income residents is available through the cities of the Monterey Peninsula that are listed above.

TRANSITIONAL HOUSING

(Refer also to the Transitional Housing programs under Alcohol and Drug Treatment)

SALINAS

Men in Transition

Operated by **Community Homeless Solutions**

P.O. Box 1340; Marina CA 93933

Tel (831) 384-3388

Website: www.communityhomelesssolutions.org

Services:

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

**HOUSING FOR LOW-INCOME RESIDENTS (Continued)
(EMERGENCY SHELTER LISTED UNDER HOMELESS SERVICES)**

TRANSITIONAL HOUSING (Continued)

Women in Transition

Operated by **Community Homeless Solutions**

P.O. Box 1340; Marina, CA 93933

Tel: (831) 384-3388

Website: www.communityhomelesssolutions.org

Services:

Transitional housing for single women without children. Twelve units. Support services include counseling and case management..

Homeward Bound

Operated by **Community Homeless Solutions**

P.O. Box 1340; Marina, CA 93933

Tel: (831) 384-3388

Website: www.communityhomelesssolutions.org

Services:

Transitional housing for homeless single women with children for up to 18 months. Twenty-five 2-bedroom duplexes. Support services include counseling, case management, parenting education.

Lexington Court

Operated by **Community Homeless Solutions**

P.O. Box 1340; Marina, CA 93933

Tel: (831) 384-3388

Website: www.communityhomelesssolutions.org

Services:

Transitional housing for homeless, dual-parent families and homeless single fathers with children for up to 18 months. Six two-bedroom units (18 bed capacity).

House of Peace

Operated by **Dorothy's Place**

Tel (831) 757-3838

Website: www.dorothysplace.org

Services:

Transitional housing for single men and women. Two locations, 24 beds. 1 year program. Social workers assist with navigation toward permanent housing.

Veterans Transition Center

220 12th Street; Marina, CA 93933 (Martinez Hall)

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. Also operate a 10-bed emergency shelter for homeless veterans. May have a wait list.

**HOUSING FOR LOW-INCOME RESIDENTS (Continued)
(EMERGENCY SHELTER LISTED UNDER HOMELESS SERVICES)**

TRANSITIONAL HOUSING (Continued)

SALINAS (Continued)

Peacock Acres Transitional Housing (PATH)

Operated by **Peacock Acres Inc.**

830 Park Row; Salinas, CA 93901

Tel (831) 754-3635

Website: www.peacockacres.org

Services:

Transitional housing for young adults, ages 16-24, who have aged out of foster care or have been separated from their families. Case management, educational support, career counseling, and life skills development also provided. May stay up to two years.

Rancho Cielo Youth Campus

710 Old Stage Road; Salinas, CA 93906

Tel (831) 444-3533

Website: www.ranchocieloyouthcampus.org

Services:

Transitional housing for current or past students of Rancho Cielo programs for at-risk youth. Housing for men and women, ages 18-24. Students are referred from the Monterey County Probation Program, but may also be referred by juvenile court, schools, parents, and others. A number of programs for at-risk youth are offered on site.

MONTEREY PENINSULA

Casa de Las Palmas and the Phase II Program

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

Administration Offices: 1491 Contra Costa Street; Seaside, CA

Tel (831) 899-4911

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

Website: www.tsamonterey.com

Services:

Two transitional living centers assist homeless families with children (including single parents with children) to secure permanent housing and become independent and self-sufficient. May stay up to two years.

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.

Office of Immigrant Assistance

A Service of the **California Department of Justice**

PO Box 944255; Sacramento, CA 94244

Tel (800) 952-5225

Website: www.oag.ca.gov/immigrant

Services:

Educates immigrant communities about the California legal system and immigrant civil and labor rights. Helps immigrants use the legal system to seek redress. Directs complaints of violations of civil and criminal law to appropriate law enforcement agencies.

Catholic Charities

1705 Second Avenue; Salinas, CA 93905

Tel (831) 422-0602

Website: www.catholiccharitiescentralcoast.org

Services:

Offers assistance with immigration and citizenship at the offices in Salinas and Watsonville. Limited immigration services are also available once a week in Greenfield and in Seaside. Call above number for more information.

Monterey County Lawyer Referral Service

Offered by **Monterey College of Law**

100 Colonel Durham Street; Seaside, CA 93955

Tel (831) 582-3600

Website: www.calbar.ca.gov

Services:

The Lawyer Referral Service maintains a list of pre-screened Monterey County attorneys with specialized knowledge in particular fields of law, including immigration and naturalization aid. 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

100 Colonel Durham Street; Seaside, CA 93955

Tel (831) 582-4000

Website: www.montereylaw.edu

Services:

Offers workshops to assist people with various legal issues, including workshops on immigration law. Offers a free legal advisory clinic for immigrants in South County. Workshops are nominal fees and are offered at various locations throughout the county.

IMMIGRATION AND CITIZENSHIP ASSISTANCE

United Farm Workers Foundation (Central Coast)

118 E. Gabilan Street, Salinas, CA 93901

Tel (831) 758-2611

Website: www.ufwfoundation.org; www.sisepuede.org (Spanish)

Services:

A safe haven providing credible legal advice and community education on immigration, citizenship, and DACA applications, as well as information on application for public benefits, such as Medi-Cal and Cal-Fresh.

Undocu-success Program

California State University, Monterey Bay

100 Campus Center; Seaside, CA 93955

Tel (831) 582-3000 (main number of campus)

Tel (831) 582-5414 (Undocu-success program)

Website: www.csumb.edu

Services:

This program provides support and resources to undocumented students and mixed-status families.

Mi Casa Dreamer Center

Located at **Hartnell Community College**

411 Central Avenue, Salinas, CA 93901

Tel (831) 755-6723

Website: www.hartnell.edu

Services:

Specialized services for dreamer students include assistance with the AB540 Affidavit, educational planning and counseling, scholarship and financial aid, advocacy and support, peer mentoring and social activities.

Cesar Chavez Library

615 Williams Road; Salinas, CA 93905

Tel (831) 758-7345

Website: www.salinaspubliclibrary.org

Services:

Offers GED and Citizenship classes.

JOB TRAINING AND EMPLOYMENT FACILITATION

ALL AREAS OF MONTEREY COUNTY

Identification Cards

Offered through the **Department of Motor Vehicles**

260 E. Laurel Drive; Salinas, CA 93906

Tel (800) 777-0133

1180 Canyon Del Rey Blvd, Seaside, CA 93955

Tel (800) 777-0133

Website: www.dmv.ca.gov

Services:

The DMV provides identification and replacement ID cards. To obtain cards, make an appointment at one of the above sites. **Reduced Fee California ID Cards**: You may pay a reduced application fee for an original or replacement ID card if you meet income requirements. Participating public assistance programs (government and non-profit) will give you a completed verification for reduced fee form to take to the DMV to apply for your reduced fee ID card. Residents who meet certain income conditions may pay a reduced fee of \$8 (as of 2018). **No fee for persons 60 and older. Homeless individuals may also be eligible for a free ID card.**

One Stop Career Center of Monterey County – CalWORKS Employment Services

Salinas Airport Business Park

730 La Guardia; Salinas, CA 93905

Tel (831) 796-3600 or 755-4452;

King City

200 Broadway, Suite 62; King City, CA 93930

Tel (831) 386-6801

Marina

3180 Imjin Road, Suite 102, Marina, CA 93933

Tel (831) 337-4320

(Marina site is a satellite office near the Marina Municipal Airport; limited hours, by appt. only.)

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

Services:

An array of employment-related services provided to job seekers through the CalWORKS Employment Services (CWES), the Office for Employment Training (OED) and the Employment Development Department (EDD). Services include job search assistance, resume building, vocational training, on-the-job training, and other support services for job seekers. Client must be a citizen or permanent resident and have the right to work. Staff can assist with application for unemployment benefits as well. **Some employment services are offered at the Department of Social Services office at 1281 Broadway Avenue in Seaside.**

California State Unemployment Benefits

Website: www.edd.ca.gov/unemployment

Services:

Apply online for unemployment Insurance (UI) and State Disability Insurance (SDI) benefits. Or apply for benefits at the One Stop Career Center in Salinas (listed above).

JOB TRAINING AND EMPLOYMENT FACILITATION (Continued)

Center for Employment Training (CET)

24 E. Alvin Drive; Salinas, CA 93906

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 administration, medical assistant, cleaning service and maintenance technician, massage and physical therapy aide. Classes offered in Soledad include electrician, clean building construction, 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, free classes on computer literacy, technical assistance and computer repair to low-income residents of Monterey County (families, veterans, seniors, people with disabilities). Individuals who want to purchase a computer must complete an application and show proof of income status. Volunteer opportunities to learn computer repair and grow in the field of computer science and technology.

Good Samaritan Center,

Operated by **The Salvation Army**

800 Scott Street; Sand City, CA 93955; Tel (831) 899-4988

Website: www.tsamonterey.com

Services:

Offers phones and computers that clients may use for jobs, services and housing-related needs. Other services for the homeless include free clothing, laundry and shower facilities, mail services (no checks) and lockers.

Catholic Charities Tattoo Removal Program

Tel (831) 316-9121

Website: www.catholiccharitiescentralcoast.org

Services:

Tattoo removal program open to Monterey County residents, but services are delivered in Santa Cruz. No age limit. Visible tattoos are the priority. Program requires 20 hours of community service. Treatment fees on a sliding scale. For more information, call the above number.

California Department of Rehabilitation

928 E. Blanco Road, Suite 280; Salinas, CA 93901

Tel (831) 769-8066

Website: www.dor.ca.gov

Services: Support for job seekers with physical, mental, and emotional disabilities, as well as students with these disabilities. Telephone first for information on how to apply.

JOB TRAINING AND EMPLOYMENT FACILITATION (Continued)

Interim, Inc

PO Box 3222; Monterey, CA 93942

Tel (831) 800-7530 (SEES)

Website: www.interiminc.org

Services:

In addition to other services, Interim provides supported education and employment services (SEES) for adults who have serious mental illnesses. SEES also provides clients with opportunities for employment at Interim.

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

318 Union Street; Watsonville, CA 95076

Tel (831) 722-6378

615 Williams Road; Salinas, CA 93905 (Inside Cesar Chavez Library)

Tel (831) 722-6378

Website: www.digitalnest.org

Services:

Access to technology and resources for young people in underserved communities. Serves youths in high school to age 24. These education centers provides access to computers, software, Wi-Fi, and other digital tools, classes, workshops, and assistance in finding employment. No fees.

Veterans Transition Center

220 12th Street; Marina, CA 93933 (Martinez Hall)

Tel (831) 883-8387

Website: www.vtcmonterey.org

Services:

Provides employment and case management services as well as transitional housing and emergency services (food pantry, bus passes) for Monterey County's homeless veterans and their families.

Grid Alternatives, Central Coast

285 Griffin Street, Salinas, CA 93901

Tel (831) 784-8549

Website: www.gridalternatives.org

Services:

A non-profit organization providing solar electric systems to low –income families, as well as valuable hands-on training in solar installation for volunteers and job trainees.

JOB TRAINING AND EMPLOYMENT FACILITATION (Continued)

Goodwill Central Coast

Operated by **Goodwill**
1325 N. Main Street; Salinas, CA 93901
Tel (831) 287-2350
Website: www.ccgoodwill.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.

Foster Grandparent Program

Administered by the **Seniors Council of Santa Cruz and San Benito Counties**
234 Santa Cruz Ave; Aptos, CA 95003
Tel (800) 945-0099 x112
Tel (800) 945-0099 x117 (Monterey County Coordinator)
Website: www.seniorscouncil.org

Services:

Program serves Monterey County as well as Santa Cruz, San Benito and Santa Clara Counties. Foster grandparents earn a tax-free stipend averaging \$220/ month while serving as volunteer mentors and tutors to disadvantaged children and youth in schools, Head Start programs and other agencies. Must be 55 and older and work 15-20 hours per week.

LEGAL ASSISTANCE, ADVOCACY, AND CONFLICT RESOLUTION

ALL AREAS OF MONTEREY COUNTY

Monterey County Lawyer Referral Service

Offered by **Monterey College of Law**

100 Colonel Durham Street; Seaside, CA 93955

Tel (831) 582-3600

Website: www.calbar.ca.gov

Services:

The 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 special program for veterans. 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

100 Colonel Durham Street; Seaside, CA 93955

Tel (831) 582-4000

Website: www.montereylaw.edu

Services:

Offers workshops to assist people with various legal issues, including restraining orders, small claims, tenant-landlord evictions, collections, guardianships, immigration law, and limited conservatorships. Workshops are conducted by law students under the supervision of an attorney. Workshops are nominal fees and are offered at various locations throughout the county.

The Mandell Gisnet Center

A program of **Monterey College of Law**

100 Colonel Durham Street; Seaside, CA 93955

Tel (831) 582-5234 or (831) 582-4000

Website: www.montereylaw.edu

Services:

This program offers low-cost mediation services to community members through the Neighbor Project. The center encourages early resolution of conflicts before they escalate. Skilled negotiators guide parties to a successful result. Nominal \$25 fee for each side once a mediation is scheduled. Courses on mediation skills for community members are offered throughout the year.

Legal Services for Seniors

915 Hilby Ave. Ste 2; Seaside, CA 93955

Tel (831) 899-0492

947-B Blanco Circle; Salinas, 93902

Tel (831) 442-7700

Website: www.legalservicesforseniors.org

Services:

Legal services for seniors. Practice areas include elder abuse, financial and physical; landlord/tenant issues; Medi-Cal/ Medicare Insurance; estate planning/real estate; limited conservatorships; and guardianships/adoptions. Provide outreach services at senior centers throughout the county. Services are for adults, age 60 and older, with emphasis on the socially and/or economically needy. No charge for services. Donations accepted.

LEGAL ASSISTANCE, ADVOCACY, AND CONFLICT RESOLUTION (Continued)

Monterey County Superior Court Self-Help Center

1200 Aguajito Road; Monterey, CA 93940 (First Floor)
 240 Church Street; Salinas, CA 93901 (First floor Salinas Courthouse)
 599 El Camino Real; Greenfield, CA 93927
 Tel (831) 647-5800 x3005
 Website: www.monterey.courts.ca.gov/selfhelp

Services:

These self-help centers provide free information and assistance with forms addressing a variety of issues, including the following: divorce; child custody and visitation; child support; spousal support, domestic violence and restraining orders; eviction and housing; wills, estates and probate; workplace violence, seniors and conservatorship; and elder abuse. Workshops are also offered on these topics. Limited days and hours at each site; check website.

Monterey County Department of Child Support Services

752 La Guardia Street; Salinas, CA 93905
 Tel (866) 901-3212
 Website: www.mcdcss.org

Services:

Provides professional services to locate parents, establish paternity and establish and enforce orders for financial and medical support. Services are available to all parents and legal guardians who would like assistance in obtaining and/or enforcing a child support order.

California Rural Legal Assistance (CRLA)

3 Williams Road; Salinas, CA 93905
 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.

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:

Serves to protect the people of California from unlawful discrimination in employment, housing, public accommodations, and from hate violence and human trafficking . Provides information in English and in Spanish.

LEGAL ASSISTANCE, ADVOCACY, AND CONFLICT RESOLUTION (Continued)

Department of Consumer Affairs Information Center

Tel (800) 952-5210

Website: www.dca.ca.gov

Services:

Provides information on how to file complaints on many products and services.

League of United Latin American Citizens (LULAC)

Website: www.lulac.net

Services:

National civil rights organization providing advocacy on a number of civil rights issues and working to improve opportunities for Hispanic Americans.

National Association for the Advancement of Colored People (NAACP)

P.O. Box 782; 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) of Northern California

Tel: (415) 621-2488

Website: www.aclunc.org

Services:

Works to promote justice, fairness, equality, freedom, and the protection of civil liberties for all Californians.

LIBRARIES

MONTEREY COUNTY FREE LIBRARIES

Administrative Office

188 Seaside Circle; Marina, CA 93933

Tel (831) 883-7573

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

Branches

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

Aromas Branch

387 Blohm Avenue; Aromas, CA 95004

Tel (831) 726-3240

Big Sur Branch

Hwy 1 at Ripplewood Resort; Big Sur, CA 93920

Tel (831) 667-2537

Bradley Branch Temporarily closed in early 2019. Call King City branch for more information.
Dixie Street; PO Box 330; Bradley, CA 93426

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 (Temporarily closed. Call King City branch for more information.)

70643 Parkfield-Coalinga Road; San Miguel, CA 93451

Prunedale Branch

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

San Ardo Branch

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

San Lucas Branch

54692 Teresa Street; San Lucas, CA 93954
Tel (831) 382-0414

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 (Including Monterey Peninsula)

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

Bookmobile – South County

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

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) 883-7573 (Library Homework Center Program)
Website: www.montereycountyfreelibraries.org

Services:

Adult literacy program: Volunteer tutors teach English-speaking adults to read and write.

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

SALINAS

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

(Temporarily closed for reconstruction. Plans to re-open late 2019, early 2020)

1400 North Main Street; Salinas, CA 93906

Tel (831) 758-7302

Website: www.salinaspubliclibrary.org

MONTEREY PENINSULA

Monterey Public Library

625 Pacific Street; Monterey, CA 93940

Tel (831) 646-3933

Website: www.monterey.org/library

Pacific Grove Public Library

550 Central Avenue; Pacific Grove, CA 93950

Tel (831) 648-5760

Website: www.pacificgrovelibrary.org

Harrison Memorial Library

Ocean Ave. and Lincoln Street; Carmel, CA 93921

Tel 624-4629

Website: www.hm-lib.org

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, a bookmobile, computer labs, tutoring, homework centers, story time and other children's programs. **Limited hours.** Call or check online 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

Natividad Medical Center Crisis Team

1441 Constitution Blvd. Salinas, CA 93906

Tel (831) 755-4111

Website: www.natividad.com

Services:

Mental health crisis intervention and 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 Crisis Team

23625 W R Holman Hwy; Monterey, CA 93940

Tel (831) 624-5311 or (831) 625-4900 (Emergency Room)

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. Call one of the numbers above or go to the emergency room.

Suicide Prevention Services of the Central Coast

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

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

Website: www.fsa-cc.org

Services:

24-hour, free and confidential, 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. Crisis line uses multilingual interpreter services, if needed.

National Suicide Prevention Lifeline

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

Website: www.suicidepreventionlifeline.org

Services:

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

Suicide.org

Website: www.suicide.org

Services:

Suicide prevention, awareness and support. Offers a variety of articles and links to resources, as well as a **non-emergency talk line**.

Veterans Crisis Line

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

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.

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

National Alliance on Mental Illness, Monterey County (NAMI)

1020 Merrill St. Suite 1015; Salinas, CA 93901

Tel (831) 422-6264

Website: www.namimonterey.org

Services:

Offers a wide variety of free education programs and support groups to support those who work, live, or care for someone with a mental illness.

Interim, Inc.

PO Box 3222; Monterey, CA 93942

Tel (831) 649-4522

Tel (831) 883-3030 (MCHOME)

Tel (831) 800-7530 (SEES)

Website: www.interiminc.org

Services:

A variety of programs for adults who have serious mental illness. Services include: affordable and supportive housing (transitional and permanent), crisis residential services, intensive day treatment, dual recovery programs, social support, homeless outreach and support (MCHOME), family outreach, and supported education and employment services (SEES). Interim also provides peer-led support programs for adults with mental illness at the Omni Resource Center in Salinas and at other locations in the county. There may be waiting lists for the housing programs/

Interim's Housing Programs include:

Manzanita Crisis Residential Program

Tel (831) 758-9457

A short-term crisis residential treatment program that offers a community based alternative to inpatient psychiatric care for adults experiencing a mental health crisis. Maximum stay: 30 days.

Bridge House

Tel (831) 647-3000

A transitional residential treatment program for adults living with both mental illness and substance use disorders.

Shelter Cove

Tel (831) 649-4522

Transitional housing program for homeless adults living with mental illness. Maximum two-year stay. Two-four bedroom shared units.

Sandy Shores

Tel (831) 649-4522

Permanent, affordable housing for homeless adults living with mental illness. Two-four bedroom shared units.

Community Supportive Housing

Tel (831) 649-4522

Various properties offer permanent supportive housing for individuals living with mental illness. Properties include 6-8 bedroom group residences, one and two-bedroom apartments, and studios.

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

Behavioral Health, Adult Services

Offered by the **Monterey County Health Department**

Salinas

1441 Constitution Blvd. Bldg 400, Suite 200; Salinas, CA 93906

Tel (831) 755-5505

Marina

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

Tel (831) 647-7652

Soledad

359 Gabilan Drive; Soledad, CA 93960

Tel (831) 769-8740

King City

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, please call the clinic where you are receiving services.

Services:

Services for adults who have a chronic, persistent mental illness. 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. A group orientation to mental health services is also offered. For those on Medi-Cal or who are Medi-Cal eligible, and who meet Medi-Cal's Mental Health Program requirements, services include diagnosis, counseling, medication management, case management, brokerage, and groups. Services are delivered by licensed behavioral health professionals. Call for more information.

Children's Behavioral Health Services

Offered by the **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

Other locations in Monterey County

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. Most 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)

SALINAS

Felton Early Psychosis Program (formerly known as PREP)

11 Quail Run, Suite 202; Salinas, CA 93907

Tel (831) 424-5033

Website: www.feltonearlypsychosis.org

Services:

Prevention and Recovery in Early Psychosis (PREP) is a comprehensive treatment program for individuals in the early stages of psychosis (within 2-5 years of onset of symptoms). Services are covered by Medi-Cal. 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 (**boys and girls**) with co-occurring substance abuse and mental health disorders. A home-based program with additional services at the office. Services include cognitive behavioral therapy, motivational enhancement therapy, peer support, individual, group and family therapy. Door to Hope also offers a group home for the adolescent girls in the program. Reimbursement through public funding sources and private pay.

Santa Lucia Group Home

Operated by **Door to Hope**

Tel (831) 771-8555

Website: www.doortohope.org

Services:

Services:

A group home for adolescent girls, between the ages of 12 and 18, with co-occurring substance abuse and mental health disorders. Six beds. Girls stay three to six months. Girls must be medically and psychiatrically stable enough to participate in an active program of therapy, counseling, education, and be willing to participate in an intensive residential program.

MONTEREY PENINSULA

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 and an intensive outpatient treatment program is available for adults with moderate psychiatric symptoms. Inpatient services, if needed.

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

MONTEREY PENINSULA (Continued)

Maternal Mental Health Support Program

offered by the **The Parenting Connection of Monterey County**

PO Box 1052; Marina, CA 93933

Monterey County Postpartum Warmline: (831) 783-5933

Website: www.parentingconnectionmc.org

Services:

This program offers free confidential support for new parents experiencing postpartum and prenatal depression and anxiety with a warmline and free support groups. The warmline connects individuals to bilingual therapists and offers a postpartum screening and referrals. A variety of other programs for parents and their young children are also offered by the Parenting Connection.

**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.

Nurse-Family Partnership Program

Offered by the **Monterey County Health Department**

1270 Natividad Road; Salinas, CA 93906

Tel (831) 755-4630 or 755-4500

Website: www.mtyhd.org

Services:

Public health nurses provide home visits and case management for first-time moms, high-risk pregnant women, children of substance-abusing mothers, and children at risk for child abuse, neglect, or developmental delay. 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

Website: www.monterey.k12.ca.us

Services:

Dads in Action provides parent education for fathers of children, ages 0-5, via a series of workshops and presentations. Topics include child development, brain development, parenting skills, and early literacy techniques. Program offered at sites throughout the county.

CHECK WITH THE LIBRARIES IN THE COMMUNITY.

Many offer story time, playgroups, and other activities for young children.

SALINAS

The Parent Center

A program of **Salinas Adult School**

20 Sherwood Place; Salinas, CA 93906

Tel (831) 796-6900 (Option 3)

Website: www.salinasuhd.org; www.theparentcenter.org

Services:

The Parent Center offers a variety of parent-child activity classes as well as Prepared Childbirth classes for parents of children ages 0-5. Check website for current classes. Co-op preschool also on site.

Alisal Family Resource Center Network

Programs of the **Alisal Union School District**

Alisal Family Resource Center

1441 Del Monte Avenue; Salinas, CA 93905

Tel (831) 775-4500

Martin Luther King Jr. Academy Family Resource Center

925 N. Sanborn Road; Salinas, CA 93905

Tel (831) 775-4580

Frank Paul Family Resource Center

1300 Rider Avenue; Salinas CA 93905

Tel (831) 775-4530

Website: www.alisalfrc.org; www.alisal.org

Services:

Offers a variety of programs and activities for families in the community, including adult education, parenting education, family support groups, a playroom, play groups, literacy classes, and assistance in completing forms. Services in English and in Spanish. Child care for parents attending classes on site.

**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

Lactation Services: (831) 759-3060

Website: www.svmh.com

Services:

Classes include childbirth preparation and breastfeeding classes. Fees charged. Classes in English. Maternity center tours. Lactation consultants provide breastfeeding support by telephone M-F by appointment only and through the outpatient lactation clinics, as well as bedside support for inpatients.

Parents as Teachers

A program of **Door to Hope and Action Council of Monterey County**

60 W Market Street, Suite 140; Salinas, CA 93901

Tel (831) 751-9660

Website: www.doortohope.org;

Services:

Home visits to provide information, support, and encouragement for parents to help their young children develop optimally. Serves at-risk families throughout the county. Call for more information.

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

MONTEREY PENINSULA

Parents' Place

A program of **Pacific Grove Adult School**
1025 Lighthouse Avenue; Pacific Grove, CA 93950
Tel (831) 646-6623
Website: www.pgadulthood.com

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.

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.

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:

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

Maternal Mental Health Support Program

Offered by the **The Parenting Connection of Monterey County**

PO Box 1052; Marina, CA 93933

Monterey County Postpartum Warmline: (831) 783-5933

Website: www.parentingconnectionmc.org

Services:

This program offers free confidential support for new parents experiencing postpartum and prenatal depression and anxiety with a warmline and free support groups. The warmline connects individuals to bilingual therapists and offers a postpartum screening and referrals. A variety of other programs for parents and their young children are also offered by the Parenting Connection.

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

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 is available on the website.

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. Local counseling in English and in Spanish. Website is multilingual.

SOUTH COUNTY

Parents as Teachers

Offered through **Soledad Adult School**

435 Gabilan Drive; Soledad, CA 93960

Tel (831) 678-3671 or (831) 678-6300

Services:

Parent education and playgroups for parents and children, ages 0-5 offered through the Community Education Center.

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

Website: www.nmcusd.org

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.

RECREATION AND TUTORING PROGRAMS FOR YOUTH

ALL AREAS OF MONTEREY COUNTY

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

318 Cayuga Street, Suite 206; Salinas, CA 93901

Tel (831) 772-0882

Website: www.girlsinccc.org

Services:

Offers seven different programs focusing on leadership and self-empowerment for girls, ages 8-18. High school, middle school, and elementary school programs. Youth leaders and teen teachers serve as facilitators at schools in Salinas, Soledad, Greenfield, King City, Monterey, Seaside, Marina, and Castroville. (Other programs in Santa Cruz County)

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 and girls, from first grade through high school, activities designed to develop character and physical fitness. Vigorous outdoor program. Exploring is a work-site based program open to 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 Marathon Foundation to promote a healthy lifestyle and youth fitness. Programs offered through schools and youth programs throughout the United States, including Monterey County. More information is available on the website.

4-H, Monterey County

Operated through **University of California, Davis**

1432 Abbot Street; Salinas, CA 93901

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.

RECREATION AND TUTORING PROGRAMS FOR YOUTH (Continued)

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. At Girl Scouts, the next opportunity to stand up, speak up, and take the lead is never far away.

SALINAS

City of Salinas Recreation/Park Department

320 Lincoln Avenue; Salinas, CA 93901

Tel (831) 758-7306

Website: www.ci.salinas.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 a structured after-school program for elementary and middle school students in East Salinas, offering academic support, a healthy snack, and supervised recreation activities. Recreation programs also offered during summer break.

Breadbox Recreation Center

745 North Sanborn Road; Salinas, CA 93905

Tel (831) 758-7908

Website: www.ci.salinas.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. Art activities through the Alisal Center for Fine Arts.

RECREATION AND TUTORING PROGRAMS FOR YOUTH (Continued)

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. Supper is served for enrolled children and their parents Mon-Fri on school days.

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. Free supper Mon-Fri.

Salinas Police Activities League (Salinas PAL Youth Center)

100 Howard Street; Salinas, CA 93901
Tel (831) 512-1900
Website: www.salinaspal.org

Services:

Provides recreational, cultural, social and educational activities for the youth of the city of Salinas, including sports, a computer club, field trips and the Salinas Police Explorers program.

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.thefirstteemontereycounty.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. Daytime and after-school programs offered at sites throughout the county.

RECREATION AND TUTORING PROGRAMS FOR YOUTH (Continued)

MONTEREY PENINSULA

Monterey Sports Center

301 E. Franklin Street; Monterey, CA 93940

Tel (831) 646-3730

Website: www.monterey.org/sportscenter

Services:

Two large heated indoor pools, water slide, 3-court gymnasium, exercise studios. Gym and youth camps. 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 basketball, soccer, t-ball, and fitness classes for boys and girls. Summer and holiday day camps. Financial assistance available.

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 for children of all ages 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. Free supper Mon-Fri.

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 (after-school program), and special events.

RECREATION AND TUTORING PROGRAMS FOR YOUTH (Continued)

MONTEREY PENINSULA

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.cityofpacificgrove.org

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.

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 middle and high school students, ages 12-18, including a computer lab, dances, field trips, cultural activities, and a Teen Breakfast Club.

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 1-12 living in Carmel and neighboring communities. Offers a homework center, after-school tutoring, computer lab, and various sports activities. Open during the summer as well.

RECREATION AND TUTORING PROGRAMS FOR YOUTH (Continued)

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. Offer day camps during school breaks.

King City Recreation Center

401 Division Street; King City, CA 93930

(831) 385-6748

Website: www.kingcityrecreation.com; 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 an after-school drop-in program and a summer camp. Activities include 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

155 Bardin Road; 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

Bradley Union School District

65600 Dixie Street; Bradley, CA 93426

Tel (805) 472-2310

Carmel Unified School District

4380 Carmel Valley Rd; Carmel, CA 93923

Tel (831) 624-1546

Website: www.carmelunified.org

Chualar Union School District

24285 Lincoln Street; Chualar, CA 93925

Tel (831) 679-2504

Gonzales Unified School District

600 Elko St.; Gonzales, CA 93926

Tel (831) 675-0100

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

104 S. Vanderhurst Ave.; 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

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) 796-7000

Website: www.salinasuhd.org

San Antonio Union School District

67550 Lockwood/Jolon Road; Lockwood, CA 93932

Tel (831) 385-3051

Website: www.sanantoniousd.org

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) 678-3950

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.acl.gov

Services:

A public service of the US Administration on Aging. Information and referral to services for older adults and their caregivers 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, discount cell phones, and Senior Transportation Support and Assistance. 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 (877) 600-2857 (Salinas) or (800) 772-1213

Website: www.socialsecurity.gov

Services:

Administers Social Security benefits, including Social Security Disability Benefits (SSDI) and the Supplemental Security Income (SSI) program for low-income seniors and disabled persons. Provides information on Medicare. Easier to access information from the website than by 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**

Salinas

1000 South Main Street, Suite 211 C; Salinas, CA 93901
Tel (831) 755-4466

Marina

2620 First Avenue; Marina, CA 93933
Tel (831) 883-7565

King City

116 Broadway Street; King City, CA 93930
Tel (831) 385-7400
Website: www.mcdss.co.monterey.ca.us

Services:

24-hour Adult Protective Services (for reports of abuse or neglect)
Call (800) 510-2020; After hours: Call 911 to make a report

Adult Protective Services is mandated by Federal and State law to investigate and respond to allegations of suspected elder and dependent adult abuse, which includes physical, financial, and emotional abuse, as well as self-neglect and neglect by others.

Senior Information, Referral and Assistance Program provides information and referral for adults who need protection, home care, emergency food or housing, counseling, or out-of-home placement. **Call (800) 510-2020.**

In-Home Supportive Services is a non-medical home care program serving low income seniors, adults, and children with disabilities. The program pays for services of a home care provider. Services include assistance with light housekeeping, cooking, laundry, medical transportation and personal care. Eligibility is based on income and resources.

Supplemental Security Income (SSI) Advocacy Program assists low-income persons who may qualify for the SSI program because of disability, but need help with the application process. Workers in this program provide assistance through advocacy and mediation, emotional support and guidance.

SENIOR SERVICES/ ELDER CARE (Continued)

Partnership for Prescription Assistance

Tel (888) 477-2669

Website: www.pparx.org

Services:

This website, in English and in Spanish, helps 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 (MST Administrative Office)

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 specific information on how to use vouchers. Vouchers are obtained in the city in which the rider lives or through the MST RIDES PROGRAM.

ITN Monterey County (Independent Transportation Network)

951- D Blanco Circle; Salinas, CA 93901

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.

Legal Services for Seniors

915 Hilby Ave. Ste 2; Seaside, CA 93955

Tel (831) 899-0492

947-B Blanco Circle; Salinas, 93902

Tel (831) 442-7700

Website: www.legalservicesforseniors.org

Services:

Legal services for seniors. Practice areas include elder abuse, financial and physical; landlord/tenant issues; Medi-Cal/ Medicare Insurance; estate planning/real estate; limited conservatorships; and guardianships/adoptions. Provide outreach services at senior centers throughout the county. Services are for adults, age 60 and older, with emphasis on the socially and/or economically needy. No charge for services. Donations accepted.

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.

SENIOR SERVICES/ ELDER CARE (Continued)

Goodwill Central Coast

Operated by **Goodwill**
1325 N. Main Street; Salinas, CA 93901
Tel (831) 287-2350
Website: www.ccgoodwill.org

Services:

In addition to other programs, the Career Center offers a Senior Community Service Employment Program, assisting low-income seniors to identify, obtain, and maintain jobs .

Salinas Senior Center

250 Main Street, Suite B (second floor); Salinas, CA 93901 (Administrative Office)
Tel (831) 757-6030
Website: www.salinasseniorcenter.org

Services:

The vision is a Salinas that supports its seniors with a safe place to gather and with convenient access to services and activities that enhance their independence, health, and wellbeing. 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 with access to cooking facilities once a month. Also provides gas vouchers for seniors once a month, on the third Thursday.

La Casa Adult Day Health Center, Inc.

909 Blanco Circle, Suite B; Salinas, CA 93901
Tel (831) 998-8130
Website: www.lacasaadhc.com

Services:

State-licensed adult day health center providing services for physically and cognitively impaired adults, age 18 and older. 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, the Veterans Administration, and private pay.

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 10:00 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.

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, ages 55 and older. 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.

Central Coast Visiting Nurse Association and Hospice

Admin: 5 Lower Ragsdale, Monterey, CA 93940

Tel (831) 372-6668 or 375-9882

Website: www.ccvna.com

Services:

VNA is a non-profit organization providing a range of home health care, hospice, 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 or dementia and their families. Conduct support groups throughout the county. Some services in Spanish.

The Osher Lifelong Learning Institute (OLLI Program)

Offered by **California State University, Monterey Bay**

8 Upper Ragsdale Drive; Monterey, CA 93940

Tel (831) 582-5500

Website: www.csUMB.edu/olli

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. Facility is based at Ryan Ranch, but classes are offered throughout the community. Fees charged. Students receive discounts to CSUMB events and other perks.

SENIOR CENTERS

Services:

The Senior Centers below and on the next page offer lunch one or more days a week and a variety of other activities for adults and seniors. Activities may include 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 small donation requested. Call individual center for more information.

SALINAS

The Salvation Army

2460 N. Main Street; Salinas, CA 93906

Tel (831) 443-9655

Website: www.salvationarmyusa.org

SENIOR SERVICES/ ELDER CARE (Continued)

SENIOR CENTERS (Continued)

Firehouse Senior Center

1330 East Alisal Street; Salinas, CA 93905

Tel (831) 775-4286

Website: www.ci.salinas.ca.us

MONTEREY PENINSULA

Carmel Foundation (Membership required)

SE Corner of Lincoln and Eighth Streets; Carmel CA 93921

Tel (831) 624-1588

Website: www.carmelfoundation.org

Monterey Senior Center/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

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 Connect

1900 Garden Road, Suite 230; Monterey, CA 93940

Tel (831) 372-2730

Website: www.specialkidsconnect.org

Services:

This parent-founded, nonprofit organization provides support and resource information for children with disabilities and their families residing in Monterey County. Offers awareness trainings, a resource library, parent-to-parent support, a toy-lending library and various activities for the children. Services in English and in Spanish.

California Children Services (CCS)

Administered by the **Monterey County Health Department**

1270 Natividad Road; 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; Salinas, CA 93901

Tel (877) 600-2857 (Salinas) or (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. More information is available online at the website above.

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

MCOE Infant Development Program

Operated by **Monterey County Office of Education**

901 Blanco Circle; Salinas, CA 93901

Tel (831) 755-0300; (831) 755-0345

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) 755-0345

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**

700 Pacific Street; Monterey CA 93940

Tel (831) 645-1207 or (831) 645-1293 (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 or (831) 645-1293 (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

1370 South Main Street; Salinas, CA 93901

Tel (831) 900-3636

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, & intellectual disability.

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

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, school support 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.

Coastal Kids Home Care

252 San Jose Street, Upstairs Suite; Salinas, CA 93901

Tel (800) 214-5439

Website: www.coastalkidshomecare.org

Services:

A non-profit pediatric home health agency serving families caring for an infant or child living with a chronic injury, illness or life-threatening condition. Provides multidisciplinary home health care for children, from newborn to age 21, with a medical need that can be met with intermittent nursing and therapy services. Serves four counties, including all of Monterey County.

Partnership for Children (PFC)

342 Pajaro Street, Suite B; Salinas, CA 93901

Tel (831) 422-3002

Website: www.partnerforkids.org

Services:

Partnership for Children increases access to medical care for children with serious illnesses and supports their families. PFC provides safe, free, and reliable transportation to medical appointments at Lucile Packard Children's Hospital in Palo Alto and UCSF Benioff Children's Hospital in San Francisco, as well as local hospitals and clinics, in the form of direct rides and gas card subsidies. PFC also provides families with financial support for basic living expenses as well as other family support services. In the event of a child's death, PFC provides financial funeral support. The organization serves children and families in Monterey, Santa Cruz, and San Benito Counties.

Jacob's Heart Children's Cancer Support Services

680 West Beach Street; Watsonville, CA 95076

Tel (831) 724-9100

Website: www.jacobsheart.org

Services:

Provides bilingual counseling and family support for families of children with cancer. Services include support groups, in-home and hospital visits, community education, arts programs, transportation to treatments, family camps, financial assistance, and grief support. Serves Monterey, Santa Cruz, and San Benito Counties.

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 California 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. Support for the entire family.

Tatum's Garden

1 Maryal Drive; Salinas, CA 93906

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.

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 special needs. Clients must have a referral from their physician. Call for more information or visit the website.

Monterey Peninsula Autism Assistance

Tel (831) 920-8781

Website: www.mpautism.org

Services:

Community based support and services to under-resourced children and families affected by autism. Services include advocacy, parent education, and financial assistance for behavioral, occupational and speech therapies.

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.

LGBT National Help Center

LGBT National Hotline (888) 843-4564

LGBT National Youth Talk Line (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 LGBT Youth Talk Line 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.

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.

RAINN (Rape, Abuse and Incest National Network)

24/7 National Sexual Assault Hotline (800) 656-4673

Website: www.rainn.org

Services: Trained support specialists offer support, information, advice and referral to local service providers who are knowledgeable about state laws and local resources to assist survivors of sexual assault. Services in English and in Spanish

TEEN PROGRAMS (Continued)
(Refer also to Recreation and Tutoring Programs for Youth)

ALL AREAS OF MONTEREY COUNTY (Continued)

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

318 Cayuga Street, Suite 206; Salinas, CA 93901

Tel (831) 772-0882

Website: www.girlsinccc.org

Services:

Offers seven different programs focusing on leadership and self-empowerment for girls, ages 8-18. High school, middle school, and elementary school programs. Youth leaders and teen teachers serve as facilitators at schools in Salinas, Soledad, Greenfield, King City, Monterey, Seaside, Marina, and Castroville. (Other programs in Santa Cruz County)

Suicide Prevention Services of the Central Coast

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

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

Website: www.fsa-cc.org

Services:

24-hour, free and confidential, 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. Crisis line uses multilingual interpreter services, if needed.

Catholic Charities Tattoo Removal Program

Tel (831) 316-9121

Website: www.catholiccharitiescentralcoast.org

Services:

Tattoo removal program open to Monterey County residents, but services are delivered in Santa Cruz. No age limit. Visible tattoos are the priority. Program requires 20 hours of community service. Treatment fees on a sliding scale. For more information, call the above number.

One Stop Career Center of Monterey County)

Youth Employment Program

Salinas

Salinas Airport Business Park (District Office)

730 La Guardia; Salinas, CA 93905

Tel 831) 796-3600 or (831) 755-4452

King City

200 Broadway, Suite 62; King City, CA 93930

Tel (831) 386-6801

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

Services:

Youth employment and job training services for economically disadvantaged youths, ages 16 – 24. The main program is based in Salinas. **Outreach services to youth at the Department of Social Services office in Seaside.**

TEEN PROGRAMS (Continued)
(Refer also to Recreation and Tutoring Programs for Youth)

ALL AREAS OF MONTEREY COUNTY (Continued)

Human Trafficking Safe House

Operated by **YWCA, Monterey County**

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

Website: www.ywcamc.org

Services:

Emergency shelter for victims of sex trafficking, operated by the YWCA at an undisclosed location in Monterey County. Supportive counseling, therapy, and case management also provided.

Teen Pregnancy Prevention Program

Administered by the **Monterey County Health Department**

1441 Schilling Place, 1st Floor South, Health Department; Salinas, CA 93901

Tel (831) 755-4649

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 number for information on peer counseling, parent workshops, and clinics in Monterey County that serve teens.

Child Abuse Treatment Program

Offered by **Monterey County Rape Crisis Centers**

P.O. Box 2401; Salinas, CA 93902

P.O. Box 2630; Monterey, CA 93942

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 Child Abuse Treatment Program offers counseling services for children and teens, 17 years and younger who have suffered trauma and exposure to domestic and community violence.

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 seeks to empower these youth to flourish by connecting them to community resources for housing, health and wellness, education, and employment.

TEEN PROGRAMS (Continued)
(Refer also to Recreation and Tutoring Programs for Youth)

SALINAS (continued)

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. The Ted Taylor Vocational Ag Center is scheduled to open in Aug 2019. Students are referred from the Monterey County Probation Program, but may also be referred by juvenile court, schools, parents, and others. Transitional Housing for current or past students, men and women, ages 18-24 is also offered.

Silver Star Resource Center

Operated by the **Monterey County Probation Department**

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

Tel (831) 755-8917

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. **The Silver Star Youth Program** is an alternative high school offered on the Rancho Cielo Youth Campus, in collaboration with Monterey County Office of Education.

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.

Digital Nest

615 Williams Road; Salinas, CA 93905 (Inside Cesar Chavez Library)

Tel (831) 722-6378

Website: www.digitalnest.org

Services:

Access to technology and resources for young people in underserved communities. Serves youths in high school to age 24. These education centers provides access to computers, software, Wi-Fi, and other digital tools, classes, workshops, and assistance in finding employment. No fees.

TEEN PROGRAMS (Continued)
(Refer also to Recreation and Tutoring Programs for Youth)

SALINAS (Continued)

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 (**boys and girls**) with co-occurring substance abuse and mental health disorders. A home-based program with additional services at the office. Services include cognitive behavioral therapy, motivational enhancement therapy, peer support, individual, group and family therapy. Door to Hope also offers a group home for the adolescent girls in the program. Reimbursement through public funding sources and private pay.

Santa Lucia Group Home

Operated by **Door to Hope**

Tel (831) 758-0181

Website: www.doortohope.org

Services:

A group home for adolescent girls, between the ages of 12 and 18, with co-occurring substance abuse and mental health disorders. Six beds. Girls must be medically and psychiatrically stable enough to participate in an active program of therapy, counseling, education, and be willing to participate in an intensive residential program.

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.

Safe Place Shelter for Homeless Youth

Operated by **Community Human Services**

590 Pearl Street; Monterey, CA 93940

Tel (831) 373-4421

Website: www.chservices.org

Services:

This shelter is open year round and serves homeless youth 18 – 24 years old. 12 beds: 6 for men, 6 for women. Check-in is from 7:00 – 8:00 PM on a first come first served basis.

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.

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.

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 empowerment groups. Focus on African-Americans, but open to all in need. Some services are offered off-site.

NORTH COUNTY

Digital Nest

318 Union Street; Watsonville, CA 95076

Tel (831) 722-6378

Website: www.digitalnest.org

Services:

Access to technology and resources for young people in underserved communities. Serves youths in high school to age 24. These education centers provides access to computers, software, Wi-Fi, and other digital tools, classes, workshops, and assistance in finding employment. No fees.

TRANSPORTATION

ALL AREAS OF MONTEREY COUNTY

Monterey-Salinas Transit

19 Upper Ragsdale Drive, Suite 200; Monterey, CA 93940 (Administrative Office)

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. Route list posted online. Buses also go to Watsonville and to San Jose (to connect to Caltrans). Discounts for children, the disabled, veterans and seniors.

MST On Call

Operated by Monterey-Salinas Transit

Tel (866) 663-3278

Website: www.mst.org

Services:

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 (Paratransit Program)

Operated by Monterey-Salinas Transit

15 Lincoln Street; Salinas, CA 93901 (Mobility Services Center)

Tel (866) 678-2871 (MST Administrative Office)

Tel Monterey: (831) 373-1393 (To make a reservation)

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. Riders must be registered with 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 (MST Administrative Office)

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 specific information on how to use vouchers. Vouchers are obtained in the city in which the rider lives or through the MST RIDES PROGRAM.

Major General Gurley VA DoD Outpatient Clinic

201 9th Street; Marina, CA 93933

Tel (831) 884-1000 (VA Palo Alto Healthcare System)

Website: www.paloalto.va.gov

Services:

Free bus transportation for veterans to the Palo Alto Medical Center Monday-Friday.

TRANSPORTATION (Continued)

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, unless it is a Federal holiday. 24-hour advance reservation required.

ITN Monterey County (Independent Transportation Network)

951- D Blanco Circle; Salinas, CA 93901

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.

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.

Partnership for Children (PFC)

342 Pajaro Street, Suite B; Salinas, CA 93901

Tel (831) 422-3002

Website: www.partnerforkids.org

Services:

In addition to other services, PFC provides safe free, and reliable transportation to medical appointments at Lucile Packard Children's Hospital in Palo Alto and UCSF Benioff Children's Hospital in San Francisco, as well as local hospitals and clinics, in the form of direct rides and gas card subsidies for children with life-threatening conditions and their families.

Hospice Support Services

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

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

23625 W R Holman Hwy; 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. Serves individuals living on the Monterey Peninsula. No charge for services.

TRANSPORTATION (Continued)

Jacob's Heart Children's Cancer Support Services

680 West Beach Street; Watsonville, CA 95076

Tel (831) 724-9100

Website: www.jacobsheart.org

Services:

In addition to other services, this organization provides pre-paid gas cards and transportation to treatment for families of children with cancer who live in the Monterey Bay region.

Greyhound Bus Line

3 Station Place; 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. Call above numbers for fare and schedule information.

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:

In addition to other programs, the Alliance on Aging offers Senior Transportation Support and Assistance, providing information and referral for safe and convenient local transportation options for seniors living in Monterey County.

VETERANS SERVICES

ALL AREAS OF MONTEREY COUNTY

Monterey County Military and Veterans Affairs

Monterey

1200 Aguajito Road, Suite 003; Monterey, CA 93940 (Main Office)

Marina

201 9th Street; Marina, CA 93933 (VA Outpatient Clinic)

Salinas

1000 South Main Street, Suite 209A; Salinas, CA 93901

Other outreach locations: Call for more information.

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.

Major General Gurley VA DoD Outpatient Clinic

201 9th Street; Marina, CA 93933

Tel (831) 884-1000 (VA Palo Alto Healthcare System) (X42214 Patient Advocate Line)

Tel (855) 632-8262 (Patient Scheduling Unit)

Advice Line Tel (800) 455-0057 (Option #4)

Website: www.paloalto.va.gov

Services:

Outpatient health care for veterans, including mental health, primary care, women's health, cardiology, audiology, and optometry, as well as coordinating care with the VA Medical Center in Palo Alto. Bus shuttle available to take veterans to the Palo Alto Medical Center. Health Advice Line (above) is available 7 days a week, 24 hours a day.

Veterans Crisis Line

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

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 (Martinez Hall)

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. Also operate a 10-bed emergency shelter for homeless veterans. 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 veterans and their families, including assistance in applying for veterans benefits, assistance in locating permanent or transitional housing, assistance with rent deposits and utilities, case management, personal financial planning, outreach, advocacy, and referrals.

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. Social Security Disability benefits assistance, including application assistance. Special support services for disabled veterans and their families.

Veterans Resource Center, King City

Based at **Monterey County Free Libraries, King City Branch**

402 Broadway Avenue; King City, CA 93930

Tel (831) 385-3677

Website: www.montereycountyfreelibraries.org

Services:

Trained volunteers provide assistance to veterans and their families in connecting to veterans benefits. Resources include library materials, referrals, and online links to other relevant resources.

California Central Coast Veterans Cemetery

2900 Parker Flats Road; Seaside, CA 93955

Tel (831) 393-9371

Website: www.calvet.ca.gov

Services:

This cemetery opened in late 2016. Currently accepting cremated remains for above-ground burial. Information about eligibility and benefits is available online. For more information, call the number above or go to the listed website and type California Central Coast Veterans Cemetery in the search box.

Army Emergency Relief

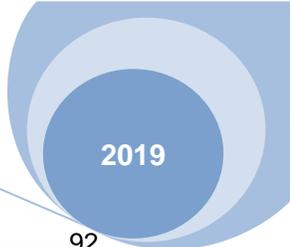
4260 General Jim Moore Blvd.; Seaside CA 93955

Tel (831) 242-5501

Website: www.monterey.army.mil

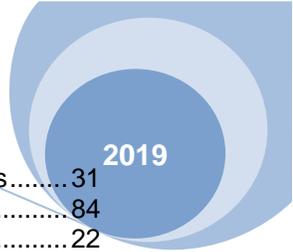
Services:

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. **Veterans who have retired from the military and are receiving a retirement check are eligible to apply for this emergency financial assistance.**



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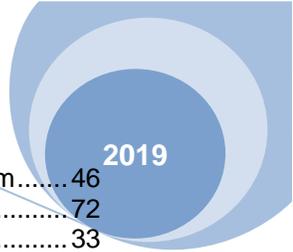
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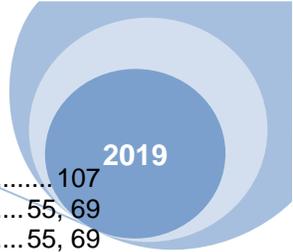
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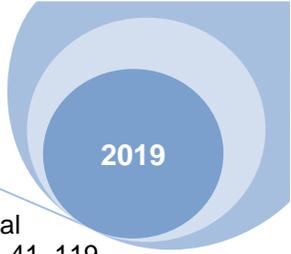
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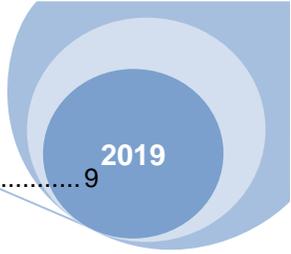
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