SAM’s GUIDE

to

Family Resources

for

Monterey County, California

JANUARY 2017 EDITION

PREFACE

This eighth 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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www.samsresources.com
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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; Family to Family: (800) 850-0006
Websites: www.mcdss.co.monterey.ca.us; www.f2fmc.org

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

Kinship Center
124 River Road; Salinas, CA 93908
Tel (831) 455-9965; (800) 454-6744
Website: www.kinshipcenter.org

Services:
Licensed, non-profit adoption agency serving all of Monterey County. Offers adoption services, foster family care, relative care (Family Ties), 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.

Foster & 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) 796-6905 or 796-6908
Website: www.salinasuhsd.org

Monterey Adult School, King Campus
1713 Broadway Avenue, Room B6; 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 or (831) 624-3855
Website: www.carmelunified.org

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

Gonzales Adult School
650 Elko Street, Gonzales, CA 93926
Tel (831) 675-0100 or (831) 675-1081

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 GED: (831) 770-7070
Website: www.hartnell.edu
Services:
Vocational training, English as a Second Language, Early Childhood Education, courses for GED, college credit and an Associate of Arts Degree. Some programs are offered at satellite campuses. Call for more information.

Monterey Peninsula College
980 Fremont Street; Monterey, CA 93940
Tel (831) 646-4000
Education Center at Marina (MPC Satellite Campus)
289 12th Street; Marina, CA 93933
Tel (831) 646-4850
Website: www.mpc.edu
Services:
Vocational training, English as a Second Language, Early Childhood Education, Older Adult programs, continuing education, courses for college credit and an Associate of Arts Degree. No GED classes. A “Public Safety Training Center” (Fire, police, EMT training) is offered at a satellite campus in Seaside.

OTHER EDUCATION PROGRAMS FOR ADULTS

The Osher Lifelong Learning Institute (OLLI Program)
Based at Cal State University, Monterey Bay
Tel (831) 582-5500
Website: http://olli.csumb.edu/
Services:
A variety of classes are offered for older adults (those 50 and over) who are interested in university-level courses without the pressure of course grades or credits. A listing of courses is available online. Classes are offered throughout the community, although most are offered at Ryan Ranch. Fees range from $20-$70. Students receive discounts to CSUMB events and other perks.
ADULT EDUCATION (Continued)
(Including Adult Schools, State and Community Colleges, Literacy Programs)

Read with Monterey County Free Libraries
188 Seaside Circle; Marina, CA 93933
Tel (831) 883-7597
Website: www.montereycountyfreelibraries.org
Services:
Adult literacy program. Volunteer tutors teach English-speaking adults to read and write. 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. For residents of Monterey County. No fee.

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 also offered.

Casa de la Cultura
225 Salinas Road, Suite 4A; Watsonville, CA 95076
Tel (831) 763-0702
Services:
Music, sewing and cooking classes are offered in Spanish for residents of the Pajaro area, as well as “platicas” (discussions) on health and other topics. Call for more information.
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](http://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](http://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.montereycountyal-anon.org](http://www.montereycountyal-anon.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](http://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.

**Celebrate Recovery**
Offered by [Compass Church](http://www.compasschurch.org)
1044 South Main Street; Salinas, CA 93901
Tel (831) 422-7811
Website: [www.fpcsalinas.org](http://www.fpcsalinas.org)
**Services:**
A Christ-centered recovery program for individuals dealing with a variety of issues, including addiction and substance abuse. Services in English only. No fees.
ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

ALCOHOL AND DRUG ABUSE: COMMUNITY EDUCATION

SALINAS

Mentor Moms and Dads; Foster and Adoptive Mentors
Offered through Door to Hope
130 W. Gabilan Street; Salinas, CA 93901
Tel (831) 758-0181
Website: www.doortohope.org

Services:
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.

Sunrise House
119 Capitol Street; Salinas, CA 93901
24-hour Crisis Line: (831) 758-3302
152 W. Gabilan Street; Salinas, CA 93901
Tel (831) 751-9350
Website: www.sunrisehouse.org

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

Community Recovery and Resource Center
Operated by Sun Street Centers
128 East Alisal Street; Salinas, CA 93905
Tel (831) 753-5150
Website: www.sunstreetcenters.org

Services:
Offers education on alcohol and drug abuse prevention for parents and youth at various sites in the community, as well as the Driving under the Influence Program.
ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

D.A.I.S.Y. (Drug and Alcohol Intervention Services for Youth)
Operated by Community Human Services
855 E. Laurel Drive, Bldg H; Salinas, CA 93906
Tel (831) 233-9029
Website: www.chservices.org
Services:
Utilizes the Seven Challenges program to provide intervention and education services for substance-abusing youth, ages 13-18, referred by Probation, Social Services, Behavioral Health, Juvenile Drug Court, parents and schools. No charge. Services in English and Spanish.

MONTEREY PENINSULA

Community Recovery and Resource Center
Operated by Sun Street Centers
1760 Fremont Blvd., 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.

D.A.I.S.Y. (Drug and Alcohol Intervention Services for Youth)
Operated by Community Human Services
Family Service Center
1178 Broadway; Seaside, CA 93955
Tel (831) 394-4622
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. Only group sessions available at this location.

SOUTH COUNTY

Community Recovery and Resource Center
Operated by Sun Street Centers
2167 H. De La Rosa Sr. Street; Soledad, CA 93960
Tel (831) 385-0100
Website: www.sunstreetcenters.org
Services:
Offers education on alcohol and drug abuse prevention for parents and youth at various sites in the community, as well as the Driving under the Influence Program.
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, private pay, some insurance plans accepted.
ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

Sun Street Outpatient Counseling Services
Operated by Sun Street Centers
11 Peach Drive; Salinas, CA 93901
Tel (831) 753-6001
Website: www.sunstreetcenters.org
Services: Outpatient drug abuse treatment program for men and women includes individual, group and after-care counseling. Reimbursed through public funds and private insurance.

Valley Health Associates
338 Monterey Street; Salinas, CA 93901
Tel (831) 424-6655
Website: www.valleyhealthassociates.com
Services: Outpatient treatment services (primarily methadone maintenance and detox) for drug abuse. Limited hours. Reimbursed through public funds and private pay.

Off Main Clinic
Operated by Community Human Services
1083 South Main Street; Salinas, CA 93901
Tel (831) 424-4828
Website: www.chservices.org
Services: Provides methadone maintenance, detoxification, counseling, and drug testing for adults addicted to heroin and other opiates, including prescription pills. Medi-Cal and private pay.

MONTEREY PENINSULA

Community Hospital Recovery Center Adult Services
576 Hartnell Street; Monterey, CA 93940
Tel (831) 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
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, private pay, some insurance plans accepted.
ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

MONTEREY PENINSULA (Continued)

Sun Street Outpatient Counseling Services
Operated by Sun Street Centers
1760 Fremont Blvd. Suite E-1; Seaside, CA 93955
Tel (831) 737-9921
Website: www.sunstreetcenters.org
Services:
Outpatient drug abuse treatment program for men and women includes individual, group and after-care counseling. Reimbursed through public funds and private insurance.

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.

Nueva Esperanza
Operated by Door to Hope
Tel (831) 758-0181
Website: www.doortohope.org
Services:
A residential treatment program for low-income parenting women with mental health and substance use disorders, along with their children. Room for six women and up to ten children. Length of stay is 3-6 months. Services include individual and group counseling, parent education, aftercare, transportation, and relapse prevention. Reimbursement through public funding and self-pay.

Santa Lucia Group Home
Operated by Door to Hope
Tel (831) 758-0181 or 771-8555
Website: www.doortohope.org
Services:
A group home for adolescent girls, 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.
ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

RESIDENTIAL DRUG TREATMENT PROGRAMS (Continued)

SALINAS (Continued)

Sun Street Centers Men’s Residential Program
Operated by Sun Street Centers
8 Sun Street, Salinas, CA 93901
Tel (831) 753-5145
Website: www.sunstreetcenters.org
Services:

MONTEREY PENINSULA

Genesis House
Operated by Community Human Services
1152 Sonoma Avenue, Seaside, CA 93955
Tel (831) 899-2436
Website: www.chservices.org
Services:
State-licensed residential treatment program for adults and pregnant and parenting mothers accompanied by young children, ages 0-5. Services include individual assessment, treatment planning, medical services and withdrawal management, individual and group counseling, relapse prevention, and aftercare. Co-ed program has 28 beds for a 3-6 month stay. The perinatal program has 8 beds for women with children for a stay of 4-6 months. Reimbursement through private pay, sliding fee scale.

Bridge Restoration Ministry
P.O. Box 113; Pacific Grove, CA 93950
Tel (831) 372-2033
Website: www.tbrm.org
Services:
Christian-based residential facility for men and women (22 beds) with substance abuse problems who want to change their life. Residents must make a 12-month commitment to the program. Program focuses on spiritual principles of Christian discipleship, anger management, marriage and family reconciliation, vocational training, personal finance management, relapse prevention and aftercare.

Beacon House
468 Pine Avenue, Pacific Grove, CA, 93950
Tel (831) 372-2334 or (866) 421-6156
Website: www.beaconhouse.org
Services:
Private non-profit alcohol and drug treatment facility with residential, relapse, day and evening outpatient treatment programs. Twenty-two beds. Services are for men and women over age 18. The residential program is 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.
TRANSITIONAL HOUSING ALL AREAS OF MONTEREY COUNTY

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

**Services:**
A transitional housing program for homeless families who have completed an alcohol/drug program in Monterey County and who are committed to their recovery process and self-sufficiency. Housing for 54 families, inc. single women and men with children. Must have an income from some source. A social model of recovery. 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.

**Seven Suns Transitional Housing for Men**
Operated by Sun Street Centers
7 and 9 Sun Street, Salinas, CA 93901
Tel (831) 753-5145
Website: www.sunstreetcenters.org

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

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

**Services:**
Affordable sober living environment for single adult women in early recovery from substance abuse. No children. Length of stay 18 – 24 months.
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 Shelter
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)
560 Lighthouse 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.
For all areas of Monterey County

**Mexican American Opportunity Foundation (MAOF)**
11 Quail Run Circle, Suite 101; Salinas, CA 93907
Tel (831) 424-6939
Website: [www.maof.org](http://www.maof.org)

**Services:**
Under the Monterey County Child Care Resource and Referral 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](http://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](http://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.
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](http://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](http://www.earlydevelopmentservices.com)

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

**Crescita Early Education Center**
Operated by Early Development Services
1494 Schilling Place; Salinas, CA 93901
Tel (831) 783-1679
Website: [www.earlydevelopmentservices.com](http://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
1450 Elm Avenue; Seaside, CA 93955
Tel (831) 899-4757
Website: [www.earlydevelopmentservices.com](http://www.earlydevelopmentservices.com)

**Services:**
Childcare program for infants, ages 6 weeks – kindergarten. Subsidized child care available through CalWorks and MAOF for mothers who work or who are in school full time.
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](http://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-Aged Children**  
Operated by Early Development Services  
1450 Elm Avenue, Rooms 16-17; Seaside, CA 93955  
Tel (831) 899-6089  
Website: [www.earlydevelopmentservices.com](http://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](http://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](http://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](http://www.tsamonterey.com)  
**Services:**  
Preschool and afterschool programs for children ages 2 ½ to 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.
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) 646-6667
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.
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.
ALL AREAS OF MONTEREY COUNTY

DIABETES MANAGEMENT AND SUPPORT

**Diabetes and Nutrition Therapy Outpatient Program**
Operated by **Community Hospital of the Monterey Peninsula**
2 Upper Ragsdale Drive, Bldg D-200; Monterey CA 93940
Tel (831) 649-7220
Website: [www.chomp.org](http://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 Groups**
Offered by **Community Hospital of the Monterey Peninsula**
Two locations:
Oldemeyer Center; 986 Hilby Avenue; Seaside, CA 93955
Scholze Park Center; 280 Dickman Avenue; Monterey, CA 93940
Tel (831) 649-7220 (Diabetes and Nutrition Therapy Outpatient Program)
Website: [www.chomp.org](http://www.chomp.org)

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

**Diabetes Education Center**
Operated by **Natividad Medical Center**
1441 Constitution Blvd. Blg. 300; Salinas, CA 93906
Tel (831) 755-6292
Website: [www.natividad.com](http://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.

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

**Services:**
Free diabetes clinic with mandatory education classes for individuals without health insurance offered on **Wednesday evening, 5-9 PM.**
Diabetes Health Center
Administered by the Pajaro Valley Community Health Trust
85 Nielson Street, Suite 201; Watsonville, CA 95076
Tel (831) 763-6445
Website: www pvhealthtrust org
Services:
The center provides diabetes education, including prevention and management, to residents of Santa Cruz County and north Monterey County, including Pajaro, Castroville and Salinas. Services include individualized education, training in blood glucose self-monitoring, insulin injection training, nutrition counseling and group classes. Services in English and in Spanish. Payment is through insurance and sliding scale fees. No patient turned away for inability to pay.

Casa de la Cultura
225 Salinas Road, Suite 4A; Watsonville, CA 95076
Tel 763-0702
Services:
A free health clinic in Pajaro, generally one evening a week offering complementary medicine: acupuncture and healing touch. Diabetes education and management for adults and children without health insurance. Services in Spanish.

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

Nutrition Therapy Outpatient Program
Operated by Community Hospital of the Monterey Peninsula
2 Upper Ragsdale Drive, Bldg D, Suite 200; Monterey CA 93940
Tel (831) 649-7220
Website: www chomp org
Services:
The Weigh of Life program is a 12-week course offered by a dietician for adults desiring weight loss and weight management. 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.

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.
WEIGHT MANAGEMENT, OBESITY PREVENTION (continued)

The Family Market
Operated by the Food Bank for Monterey County
815 West Market St. #5; Salinas, CA 93901
Tel (831) 758-1523
Website: www.foodbankformontereycounty.org

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

RESOURCES FOR A VARIETY OF CHRONIC DISEASES

Public Health Nursing
Monterey County Health Department
1270 Natividad Road; Salinas, CA 93906
Tel (831) 755-4630 or 755-4500
Website: www.mtyhd.org

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

Salinas Valley Memorial Healthcare System
450 East Romie Lane; Salinas, CA 93901
Tel (831) 759-1890 (Health Promotion Department)
Website: www.svmh.com

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

Community Hospital of the Monterey Peninsula
23625 W R Holman Hwy.; Monterey, CA 93940
Tel (888) 452-4667
Website: www.chomp.org

Services:
Community health education programs and support groups for various health issues, including heart/lung health, bone health, weight management, cancer wellness, and diabetes. Classes listed on website.
RESOURCES FOR OTHER CHRONIC DISEASES

Alzheimer’s Association of Monterey County
21 Lower Ragsdale Drive, Suite B; Monterey, CA 93940
Tel (831) 647-9890; Monterey Helpline (800) 272-3900
Website: www.alz.org/norcal
Services:
A wide range of services and support for people with Alzheimer’s Disease or dementia and their families. Conducts support groups throughout Monterey County. Some services are in Spanish.

Multiple Sclerosis Quality of Life Project (MSQLP)
519 B Hartnell Street; Monterey CA 93940
Tel (831) 333-9091
Website: www.msqlp.org
Services:
Free case management services to people 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 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.

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.
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.victorymissioninc.com](http://www.victorymissioninc.com)
**Services**
Men receive clean clothing twice a week. Women and children’s clothing and toys are given out every Thursday morning on “Ladies’ Day.” No charge. Supplies dependent on donations.

**Dorothy’s Place**
30 Soledad Street; Salinas, CA 93905
Tel (831) 424-1102 or (831) 757-3838
Website: [www.dorothysplace.org](http://www.dorothysplace.org)
**Services:**
Free clothing for men and women. No children’s clothing. Supplies dependent on donations.

**The Salvation Army Thrift Store**
326 North Main Street; Salinas, CA 93906
Tel (831) 424-0889
1850 Fremont Blvd.; Seaside, CA 93955
Tel (831) 394-6507
**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](http://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](http://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
P.O. Box 601; Monterey, CA 93942
Tel (831) 241-6154
Website: www.GatheringforWomen.org
Services: Provides 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; 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
230 Church St., Modular #3; 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.

Services change. Confirm details with the individual agency.
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.211mc.org

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

Child Abuse Reporting Hotline
Operated by the Monterey County Department of Social Services
24 hours Tel: (800) 606-6618 or (831) 755-4661; After hours, call 911.
Website: www.mcdss.co.monterey.ca.us

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

Adult Protective Services Hotline
Operated by the Monterey County Department of Social Services
Tel Monterey (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 for reports of abuse or neglect of adults and elderly persons who are unable to protect themselves and are harmed or threatened with harm.

Suicide Prevention Services of the Central Coast
Operated by the Family Service Agency of the Central Coast
Toll-free Crisis Line: (877) 663-5433 or (831) 458-5300
Website: www.fsa-cc.org

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

National Suicide Prevention Lifeline
24/7 Crisis Line: (800) 784-2433 or (800) 273-8255
Website: www.suicidepreventionlifeline.org

Services:
Free and confidential emotional support to individuals in suicidal crisis or emotional distress.
Veterans Crisis Line
Nation-wide 24-hour Crisis Line: (800) 273-8255 or (800) 784-2433
Website: www.veteranscrisisline.net
Services:
Connects veterans in crisis and their loved ones with qualified, caring responders. Provides free and confidential support for suicide prevention.

YWCA Domestic Violence Crisis Line
Tel: Monterey (831) 372-6300; Salinas (831) 757-1001
Website: www.ywca.org/montereycounty
Services:
24 hour crisis line for victims of domestic violence and other family crises. Provides referrals. Services in English and in Spanish.

Monterey County Rape Crisis Line
Tel 24 hour Monterey: (831) 375-4357 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
Operated by Monterey County Department of Social Services
Tel (800) 510-2020
Website: www.mcdss.co.monterey.ca.us
Services:
Provides information and referral for adults who need protection, home care, emergency food or housing, counseling, or out-of-home placement.

Runaway and Homeless Youth Helpline
Operated by Community Human Services
Tel 24-hour (831) 241-0914
Website: www.chservices.org
Services:
A 24-hour helpline for runaway and homeless youth of Monterey County. Services include crisis counseling, food, clothing, shelter and emergency bus passes.

Boys Town National Hotline
Tel 24-hour (800) 448-3000
Website: www.boystown.org/hotline
Services:
A 24-hour, 7 days a week crisis, resource and referral line serving teens, parents, and families. Trained counselors help with a variety of issues, including suicide prevention, depression, chemical dependency, anger, and physical, emotional and sexual abuse. Services in English and Spanish. Translation services for other languages available.
Sunrise House  
24-hour Crisis Line: (831) 758-3302  
Website: www.sunrisehouse.org  
Services:  
A 24-hour crisis line, based in Salinas, for adolescents having trouble at home or in the community.

Mother to Baby California  
Tel (866) 626-6847  
Website: www.mothertobaby.org  
Services:  
Information specialists provide evidence-based information and counseling, in English and in Spanish, to mothers, health-care professionals and the general public about medications and other exposures during pregnancy and while breastfeeding. A service of the non-profit Organization of Teratology Information Specialists (OTIS)

California Poison Control System  
24 hour hotline: (800) 222-1222  
Website: www.calpoison.org  
Services:  
This hotline, in English and in Spanish, provides immediate, free and expert treatment advice and assistance over the phone in case of exposure to poisonous, hazardous or toxic substances. Interpreter service.

Military One-Source Information and Referral Helpline  
Tel 24 hour (800) 342-9647  
Website: www.militaryonesource.mil  
Services:  
Employee assistance program for active duty, National Guard and Reserve service members and their families. Professionally trained consultants address a variety of issues including deployment, reunion, relationships, grief, and parenting. Translation services available.

GLBT National Help Center  
GLBT National Hotline (888) 843-4564  
GLBT National Youth Talkline (800) 246-7743  
Website: www.glnh.org  
Services:  
The Gay, Lesbian, Bisexual and Transgender National Hotline serves callers of all ages (youth and adult). Peer counseling, information, and local resources. The GLBT Youth Talkline provides peer counseling, information, and local resources for youth through age 25.

Trevor Lifeline  
Tel (866) 488-7386  
Website: www.thetrevorproject.org  
Services:  
24/7 national helpline providing crisis intervention and suicide prevention for lesbian, gay, bisexual, and transgender youth. English only.
DEATH AND DYING/ GRIEF SUPPORT/ HOSPICE SERVICES

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
2 Upper Ragsdale Drive, Suite D120; Monterey, CA 93940
Grief Line: (831) 622-2745
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.

Suicide Prevention Services of the Central Coast
Operated by the Family Service Agency of the Central Coast
Toll-Free Crisis Line (877) 663-5433 or (831) 458-5300
Website: www.fsa-cc.org
Services:
Grief support group, conducted in English, for individuals and families who have experienced a sudden death by suicide. Meets in Pacific Grove. Crisis line uses multilingual interpreter services.

Sudden Infant Death Syndrome Program
Offered by the Monterey County Health Department, Public Health Nursing
1270 Natividad Road; Salinas, CA 93906
Tel (831) 755-4630 or 755-4500
Website: www.californiasids.com; www.mtyhd.org
Services:
Public health nurses provide assessment, information, and counseling to families experiencing Sudden Infant Death. Services in English and in Spanish.

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, 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.
DEATH AND DYING/ GRIEF SUPPORT/ HOSPICE SERVICES (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.

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 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.

Papillon Center for Loss and Transition
P.O. Box 4075; Monterey, CA 93942
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; Riding the Waves of Grief; Pregnancy and Infant Loss Support Group, Kids Camp, and Cooking for One. No cost to individuals, children, and families for bereavement programs.
DENTAL SERVICES
For Low-Income Families

ALL AREAS OF MONTEREY COUNTY
Denti-Cal
Toll-Free English/Spanish: (800) 322-6384
Website: www.denti-cal.ca.gov
Services:
Denti-Cal, a benefit of the Medi-Cal program, covers diagnostic, preventative care (exams, x-rays, teeth cleaning), emergency treatment, pain control, and restorative services to qualified individuals. Denti-Cal does not cover all services. Confirm with clinic or dentist what Denti-Cal covers and does not cover.

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 with Denti-Cal and CHDP/Gateway insurance.

Western Dental and Orthodontics
1229 N. Main Street; Salinas, CA
Tel (831) 442-8000
1293 N. Davis Road; Salinas, CA
Tel (831) 442-7600
Website: www.westerndental.com
Services:
Dental care for adults and children. Accepts Denti-Cal and other insurance.
SALINAS (Continued)

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

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

MONTEREY PENINSULA

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

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

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 most other insurance accepted. Services on a sliding fee scale.
ALL AREAS OF MONTEREY COUNTY

San Andreas Regional Center
344 Salinas Street Suite 207; Salinas, CA 93901
Tel (831) 759-7500
Website: www.sarc.org
Services:
Assessment, prevention, and advocacy services for individuals with developmental disabilities. Funds residential care and supported living for eligible individuals, respite care for families.

Central Coast Center for Independent Living
318 Cayuga St. Suite 208; Salinas, CA 93901
Tel (831) 757-2968
Website: www.cccil.org
Services:
Information, referral, advocacy, housing assistance, personal assistance services, peer support, assistive technology and independent living skills training for persons with disabilities. Special support services for disabled veterans and their families.

Del Mar Caregiver Resource Center
A program of the Health Projects Center
21 W. Alisal St. #104; Salinas, CA 93901
Tel (800) 624-8304; (831) 424-4359
Website: www.delmarcaregiver.org
Services:
Counseling, respite and referral services for caregivers of brain-impaired adults, including those with Multiple Sclerosis, Parkinson’s Disease, Alzheimer’s and dementia, depending on availability of funds. Main office is in Santa Cruz.

Hope Services, Monterey District
19055 Portola Drive; Salinas, CA 93908 (District Office)
Tel (831) 455-4940
Website: www.hopeservices.org
Services:
A variety of services, including employment, job training, community living services, and adult day activity programs are provided for individuals with developmental disabilities. Disability must be diagnosed before age 18. Other offices in Salinas and in Seaside.

Disability Rights California
Tel (800) 776-5746
Website: www.disabilityrightsc.ca.org
Services:
Provides advocacy, education, and technical assistance, in English and in Spanish, to protect the rights of Californians living with disabilities.
DISABILITIES: EDUCATION AND SUPPORT (Continued)
(Refer also to Special Needs Children)

Gateway Center of Monterey County, Inc.
850 Congress Ave; Pacific Grove, CA 93950
Tel: (831) 372-8002
Website: www.gatewaycenter.org
Services:
A range of supportive services for adults over the age of 18 with intellectual disabilities, including residential care, developmental training, respite care, and day activity programs.

Deaf and Hard of Hearing Service Center, Inc.
1188 Padre Drive, Suite 115; Salinas, CA 93901
Tel (831) 753-6540; (TTY) (831) 753-6541
Website: www.dhhsc.org
Services:
Services for the deaf and hard of hearing include advocacy, communications service (incl. interpreting), independent living skills instruction, employment assistance, counseling, and referral services. Special programs for deaf and hard of hearing children.

Social Vocational Services
335 Abbott Street, Suits A & C; Salinas, CA 93901
Tel (831) 751-9145
Website: www.socialvocationalservices.org
Services:
Provides an adult day center for adults with developmental disabilities, Monday through Friday. Also offers a supported employment program. Services in English and in Spanish.

Blind and Visually Impaired Center
225 Laurel Ave. Pacific Grove, 93950
Tel (831) 649-3505
Website: www.blindandlowvision.org
Services:
Information and services for the blind and visually impaired, including orientation and mobility training, Braille instruction, daily living program, assistive technology, and a support group.

Easter Seals Central California
9010 Soquel Drive; Aptos, CA 95003
Tel (831) 684-2166
Website: www.centralcal.easterseals.com
Services:
Provides services to individuals of all ages with disabilities and other special needs, as well as support for their families. Programs include autism services, educational support services, respite services, support groups and summer camp for children and adults. Some services in Spanish. District office is in Aptos. Serves individuals living in all areas of Monterey County.

California Phones (California Telephone Access Program)
Tel (800) 806-1191 (English); (800) 949-5650 (Spanish)
Website: www.californiaphones.org
Services:
Free specialized phones for people with hearing, vision, mobility, or memory problems. Must be a California resident and have telephone service. A doctor must approve the need.
DISABILITIES: EDUCATION AND SUPPORT (Continued)
(Refer also to Special Needs Children)

**Multiple Sclerosis Quality of Life Project (MSQLP)**
519 B Hartnell Street; Monterey CA 93940
Tel (831) 333-9091
Website: [www.msqlp.org](http://www.msqlp.org)

**Services:**
Free case management services to people with Multiple Sclerosis and Parkinson’s Disease who are residents of Monterey, Santa Cruz and San Benito Counties. Support groups meet at Salinas Valley Memorial Hospital and at the Monterey City Library. 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](http://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.

**Paradigm Adult Services, Inc.**
325 E. Alvin Drive; Salinas, CA 93901
Tel (831) 622-7999
5716 Carmel Valley Road; Carmel, CA 93923
Tel (831) 622-7999

**Services:**
State-licensed adult day program offering cognitive stimulation and programming classes for adults with intellectual disabilities. Services paid through San Andreas Regional Center.

**La Casa Adult Day Health Center, Inc.**
909 Blanco Circle, Suite B; Salinas, CA 93901
Tel (831) 222-6122
Website: [www.lacasaadhcm.com](http://www.lacasaadhcm.com)

**Services:**
State-licensed adult day health center providing services for physically and cognitively impaired adults. Services include professional nursing, physical therapy, occupational therapy, speech therapy, psychological services, and nutritional services, as well as a variety of social activities. Operates Mon-Fri. Reimbursed through Medi-Cal, 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 5th Street and 9th Street in Marina
Tel (831) 646-1941 or (831) 915-4575
Website: [www.cmstarriders.com](http://www.cmstarriders.com)

**Services:**
This is a therapeutic and recreational horseback riding program, serving children, adolescents and adults with special needs: physical, mental, emotional, behavioral and social, with the goal of maximizing the potential of differently-abled individuals. Siblings are also welcome to ride. Donations accepted. An all-volunteer organization.
DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES

ALL AREAS OF MONTEREY COUNTY

Emergency Shelters for Women
Operated by Community Homeless Solutions
P.O. Box 1340; Marina, CA 93933
Tel (831) 384-3388
Call 2-1-1 for emergency shelter availability
Website: www.communityhomelesssolutions.org
Services:
Two emergency shelters, one in Salinas and one in Seaside, for homeless women (single women and women with children), including victims of domestic violence. Shelter is accessible 24 hours a day. Women are limited to a thirty-day stay, however may apply for an extension. Job skill assessment, food, clothing and family case management also provided. Longer term transitional housing may be available to those who have been in the emergency shelter first. Services in English and in Spanish. Wait list.

Monterey County Rape Crisis Centers
P.O. Box 2401; Salinas, CA 93902
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
230 Church St. Modular #3; Salinas, CA 93902
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.

SART (Sexual Assault Response Team)
Operated by Monterey County Health Department
1441 Constitution Blvd. Bldg 400, Suite 201; Salinas, CA 93906
Tel (831) 648-7731
Website: www.mtyhd.org
Services:
Women wanting to pursue legal action should call law enforcement or the Monterey County Rape Crisis Center for referral to this program. Victims of sexual assault are provided with sensitive specialty services which include medical and legal evidence gathering necessary to get perpetrators convicted in court. Services are in English and in Spanish. No charge for exam to collect evidence.
DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES (Continued)

Family Violence Unit
Monterey County Probation Department
20 East Alisal, 1st floor, Salinas CA 93905
Tel (831) 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).

Archer Child Advocacy Center/ Bates-Eldredge Clinic
1441 Constitution Blvd. Building 200; Salinas, CA 93906
Tel (831) 769-8682
Website: www.natividad.com

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

SALINAS

YWCA Counseling Center
236 Monterey Street; Salinas, CA 93901
Crisis Line: 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.

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.
DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES (Continued)

SALINAS (Continued)

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 involved in issues of domestic violence. Fees on a sliding scale.

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 involved in issues of domestic violence. Fees on a sliding scale.
ALL AREAS OF MONTEREY COUNTY

Individuals can apply for many benefits online:

**Health Care through Covered California or Medi-Cal**
Website: [www.coveredca.com](http://www.coveredca.com) or [www.c4yourself.com](http://www.c4yourself.com)

**Cal Fresh**
Website: [www.c4yourself.com](http://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](http://www.c4yourself.com)
**Services:**
Temporary cash assistance for families with low or no income.

**California State Unemployment Benefits**
Website: [www.edd.ca.gov/unemployment](http://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](http://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](http://www.mcdss.co.monterey.ca.us)

**Salinas**
1000 S. Main St., Ste. 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)

Websites: [www.mcdss.co.monterey.ca.us](http://www.mcdss.co.monterey.ca.us); [www.c4yourself.com](http://www.c4yourself.com)
**Services:**
The CalWORKS program provides limited cash aid to low-income families with minor children. The General Assistance Program provides very limited financial assistance to unemployed single adults and couples who have no dependent children, scant income and resources, and who do not qualify for state and federal cash assistance programs. Clients receiving county financial assistance must meet specific eligibility requirements and may be required to reimburse the county for aid received. Clients apply at the above sites for Cash Aid, Medi-Cal, and CalFresh (Food Stamps).
Housing Resource Center
201 A John Street; Salinas, CA 93901
Tel (831) 424-9186
Website: www.hrcmontereycounty.org
Services:
Provides emergency rent assistance, assistance with security deposits and move-in assistance for low income households. Supportive services provided for veterans’ families. Also provides first-time homebuyer’s workshops, foreclosure education and counseling, and financial literacy/credit education. Services are in English and in Spanish. All of these programs are dependent upon available funds.

Central Coast Energy Services
PO Box 2707; Watsonville, CA 95077
Tel (888) 728-3637
Website: www.energyservices.org
Services:
Two energy bill assistance programs for low-income Monterey county residents: HEAP (Home Energy Assistance Program) provides payment assistance with home energy bills. One time per calendar year. HEAP applicants may also be eligible for free home weatherization services to reduce energy costs. This agency accepts applications for CARE (California Alternate Rates for Energy), offered by PG&E, which gives eligible low-income households a 20% discount off their monthly energy bill.

Volunteer Income Tax Assistance Program (VITA)
Administered by United Way Monterey County
Administration Office Tel (831) 372-8026
Call 2-1-1 for information on sites, dates, and times of service.
Website: www.unitedwaymcca.org
Services:
This program helps low-income individuals and families prepare their income tax returns at various locations throughout the county. Volunteers help ensure that eligible people receive all income tax credits. Services, in English and in Spanish, are offered from February to mid-April. No fees charged.

Army Emergency Relief
4260 General Jim Moore Blvd.; Seaside CA 93955
Tel (831) 242-5501
Website: www.monterey.army.mil
Services:
Emergency financial assistance for all branches of Military Service through interest-free loans and grants for rent, utilities, food, emergency travel, medical and funeral expenses for active duty soldiers and their dependents, as well as retirees.

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)

SALINAS

The Salvation Army
2460 N. Main Street; Salinas, CA 93906
Tel (831) 443-9655
Website: www.salvationarmyusa.org

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

Catholic Charities
1705 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.

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
275 El Camino Real; Greenfield, CA 93927
Tel (831) 525-6546
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. Immigration assistance. Services in Eng/Span.
ALL AREAS OF MONTEREY COUNTY

Food Bank for Monterey County
815 West Market St. #5; Salinas, CA 93901
Tel (831) 758-1523
Website: www.foodbankformontereycounty.org

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

Emergency Food Assistance program
Emergency Pantries (generally at churches located throughout the county)
Family Markets (operating April through October, offering fresh, local produce)

Call the number above or check the website for 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

King City
620 Broadway Street; King City, CA 93930
Tel (831) 386-6879
Website: www.mtyhd.org

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

**CalFresh (Food Stamp) Program**
Administered by the Monterey County Department of Social Services

**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: Website: [www.mcdss.co.monterey.ca.us](http://www.mcdss.co.monterey.ca.us); [www.c4yourself.com](http://www.c4yourself.com)

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

**SALINAS**

**Dorothy's Place**
30 Soledad Street; Salinas, CA 93905  
Tel (831) 424-1102 or (831) 757-3838  
Website: [www.dorothysplace.org](http://www.dorothysplace.org)  
**Services:**
Dorothy’s Kitchen, located in the Green-Gold Inn, serves breakfast and lunch every day to persons in need. Dinner is provided to women only. No charge. Food boxes provided for individuals and families Monday-Thursday, 11-12 noon. Emergency shelter is also provided to women (no children) at this site.

**First United Methodist Church of Salinas**
404 Lincoln Avenue; Salinas, CA 93901  
Tel (831) 424-0855  
Website: [www.salinasfirst.org](http://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.
SALINAS (Continued)

**Victory Mission**
43 Soledad Street; Salinas, CA 93905
Tel (831) 424-5688
Website: [www.victorymissioninc.com](http://www.victorymissioninc.com)

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

**The Salvation Army**
2460 N. Main Street; Salinas, CA 93906
Tel (831) 443-9655
Website: [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

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

MONTEREY PENINSULA

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

**Services:**
Lunches for the homeless are provided at the center and at the parking lot on Del Monte Blvd across from the Naval Postgraduate School on Monday through Friday. (Private organizations provide the lunch on Friday across from the Naval Postgraduate School.) No charge for lunches. Needy residents of the Monterey Peninsula 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 utilities bills.

NORTH AND SOUTH COUNTY

**Call 2-1-1** or the Food Bank of Monterey County for information on food pantries and food distribution sites in these areas of the county.
HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES

ALL AREAS OF MONTEREY COUNTY

Clinica de Salud Mobile Medical Clinic
Tel (831) 970-1972
Website: www.csvs.org
Services:
This mobile clinic provides medical and dental care to the homeless population at locations in Salinas and at the Good Samaritan Center in Sand City on the Monterey Peninsula. There is no charge for services. Call or check website for the mobile clinic schedule and for more information.

SALINAS

Alisal Health Center
Operated by the Monterey County Health Department
559 E. Alisal Street, Ste. 201; Salinas, CA 93905
Tel (831) 769-8800
Website: www.mtyhd.org
Services:
Primary medical care for adults and children, including prenatal care, reproductive health services, immunizations, children’s preventive health care, and breast and cervical cancer screening and treatment for low-income women over 40. 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 and mental health services are also offered at the clinic on Circle Drive. Services for low-income families on sliding fee scale. Medicare, Medi-Cal, and Covered California 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:
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 STD screening and treatment; immunizations; prenatal care; adult psychiatry. 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; prenatal care, including High Risk OB; adult psychiatry. Medicare and Medi-Cal insurance accepted.

Bienestar Clinic
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:
Primary adult medical care. 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; 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. Medi-Cal and Medicare insurance accepted. A California Children’s Services provider.
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.

**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 Covered California insurance accepted.

**Casa de la Cultura**  
225 Salinas Road, Suite 4A; Watsonville, CA 95076  
Tel (831) 763-0702  
**Services:**  
This center, located in Pajaro, operates a free health clinic for adults and children without health insurance generally one evening a week. Special focus on diabetes education and management. Complimentary modalities, including acupuncture and Healing Touch.

**SOUTH COUNTY**

**Clinica de Salud del Valle de Salinas**  
799 Front Street; Soledad, CA 93960  
Tel (831) 678-0881  
24285 Lincoln Street; Chualar, CA 93925  
Tel (831) 679-0138  
(located at Chualar Elementary School -Limited days and hours. Medical care only – No dental)  
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.
SOUTH COUNTY (Continued)

**Mee Memorial Hospital Medical Clinics**
210 Canal Street; King City, CA 93930  
Tel (831) 385-7100  
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](http://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.

MONTEREY PENINSULA

**Planned Parenthood- MarMonte**
625 Hilby Avenue; Seaside, CA 93955  
Tel (831) 394-1691 or (877) 855-7526  
Website: [www.ppmarmonte.org](http://www.ppmarmonte.org)  
**Services:**  

**Monterey County Health Clinic at Marina**  
Operated by [Monterey County Health Department](http://www.mtyhd.org)  
3155 De Forest Road; Marina, CA 93933  
Tel (831) 384-1445  
Website: [www.mtyhd.org](http://www.mtyhd.org)  
**Services:**  
Primary medical care for adults and children, including prenatal care, reproductive health services, immunizations, children’s preventive health care, and breast and cervical cancer screening and treatment for low-income women over 40. Medicare and Medi-Cal insurance accepted.

**Bienestar – Marina**  
Operated by [Monterey County Health Department](http://www.mtyhd.org)  
299 12th Street; Marina, CA 93933  
Tel (831) 755-4353  
Website: [www.mtyhd.org](http://www.mtyhd.org)  
**Services:**  
Primary adult medical care. Medi-Cal and Medicare insurance accepted. Open Monday and Tuesday only. Call for more details.
MONTEREY PENINSULA (Continued)

Seaside Family Health Center
Operated by the Monterey County Health Department
1150 Fremont Boulevard; Seaside, CA 93955
Tel (831) 899-8100
Website: www.mtyhd.org
Services:
Primary medical care for adults and children, including prenatal care, reproductive health services, psychiatry, immunizations, children’s preventive health care, and breast and cervical cancer screening and treatment for low-income women over 40. Medicare and Medi-Cal insurance accepted.

RotaCare Clinic
Offered at Seaside Family Health Center
1150 Fremont Blvd. Seaside, CA 93955
Tel (831) 333-6495
Website: www.rotacarebayarea.org
Services:
Volunteer physicians and nurses provide free treatment of minor illnesses and injuries for adults and children without insurance on Wednesday evening, 5-9 PM. Care may include lab work and medications. Diabetes clinic with mandatory education classes.

Dr. Mohandas Free Clinic
100 Wilson Road, Suite 110 (Ryan Ranch) ; Monterey, CA 93940
Tel (831) 642-6266
Services:
Free medical clinic on the First Tuesday of every month from 2-5 PM for men and women, ages 3 and older, who cannot afford health care.
HEALTH INSURANCE FOR LOW-INCOME FAMILIES

ALL AREAS OF MONTEREY COUNTY

**COVERED CALIFORNIA**: (800) 300-1506
Website: [www.coveredca.com](http://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](https://www.mcdss.co.monterey.ca.us)
1000 South Main Street, Suite 303; Salinas, CA 93901
Tel (866) 361-0477
Website: [www.mcdss.co.monterey.ca.us](http://www.mcdss.co.monterey.ca.us); [www.coveredca.com](http://www.coveredca.com); [www.c4yourself.com](http://www.c4yourself.com)

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

**Clients may also apply for benefits online at the C4Yourself website**: [www.c4yourself.com](http://www.c4yourself.com) Website is in English and in Spanish.

**Medi-Cal Healthcare Coverage**
Administered by the [Monterey County Department of Social Services](https://www.mcdss.co.monterey.ca.us)

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

**Salinas**
1000 South Main Street, Salinas, CA 93901
Tel (866) 323-1953 (Community Benefits Toll-free Number)

**Seaside**
1281 Broadway Avenue; Seaside, CA 93955
Tel (866) 323-1953 (Community Benefits Toll-free Number)

**King City**
116 Broadway Street; King City, CA 93930
Tel (866) 323-1953 (Community Benefits Toll-free Number)

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

Website: [www.coveredca.com](http://www.coveredca.com); [www.mcdss.co.monterey.ca.us](http://www.mcdss.co.monterey.ca.us); [www.c4yourself.com](http://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, they 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.
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.
SCREENING, EDUCATION, AND SUPPORT PROGRAMS

**Alliance Support Network**
340 Church Street; Salinas, CA93901
Tel (831) 975-5016
Website: [www.asn.org](http://www.asn.org)

**Services:**
Free and confidential HIV and Hepatitis C testing. 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](#)

**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](http://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](http://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.211c.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 provide information in more than 170 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.chspmontereycounty.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

Seasonal Warming Shelter
Operated by Community Homeless Solutions
20 W. Market Street; Salinas, CA 93905
Tel (831) 384-3388
Website: www.communityhomelesssolutions.org
Services:
Overnight housing and an evening meal provided to 60 men and women during the winter months of December – March. Check-in between 6:00 and 8:00 PM.

Victory Mission - Emergency Shelter for Men
43 Soledad Street; Salinas, CA 93901
Tel (831) 424-5688
Website: www.victorymissioninc.com
Services:
Christian-based program providing shelter for up to 50 homeless men, more if needed. Charge of $1/ night. Dinner served daily to men, women, and children. No charge.
EMERGENCY SHELTER (Continued)

Women Alive
Operated by Dorothy’s Place
30 Soledad Street; Salinas, CA 93905
Tel (831) 424-1102 or (831) 757-3838
Website: www.dorothysplace.org

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

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:
Emergency shelter for homeless women (single women, women with their children, and pregnant women). Women in domestic violence situations are the priority. Shelter is accessible 24 hours a day. Shelter stays are generally 30-90 days. Job skill assessment, food, clothing and family case management also provided.

MONTEREY PENINSULA

Emergency Warming Shelter for Homeless Youth
Operated by Community Human Services
590 Pearl Street; Monterey, CA 93940
Tel (831) 373-4421
Website: www.chservices.org

Services: On nights when it’s raining or 45 degrees and below, the warming shelter is open overnight to homeless individuals 18 – 24 years old. Check in is from 6:00 – 7:00 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 with children under age 18 for up to 90 days. This residence is located on the Monterey Peninsula. It's four rooms can house up to 16 individuals. There may be a waiting list.
EMERGENCY SHELTER (Continued)

Emergency Shelter for Women, Marina (Hamilton House)
Operated by Community Homeless Solutions
P.O. Box 1340; Marina, CA 93933
Tel: (831) 394-8372 or (831) 384-3388
Website: www.communityhomelesssolutions.org

Services:
Sixteen emergency shelter beds for single women or women with children who are victims of domestic violence or homeless. The shelter is open 24 hours a day. Job skill assessment, food, clothing and family case management also provided.

Interfaith Homeless Emergency Lodging Program (I-HELP)
P.O. Box 1447; Marina, CA 93933
Tel (831) 251-8663
Website: www.wehelpihelp.org

Services:
Overnight shelter and a hot evening meal are offered every night to homeless individuals. 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 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 across from the Asian Art Museum. No reservations. Individuals should show up at the pick-up location before 4:30 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.communityhomelesssolutions.org

Services:
The Medical Respite Center is a public/private partnership between Community Homeless Solutions, Community Hospital of the Monterey Peninsula, Natividad Medical Center, Salinas Valley Memorial Healthcare System, and the Hospital Council. Community Homeless Solutions operates the program in a 3-bedroom home in Seaside, 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 the above hospitals can refer clients into the program.

One Starfish Safe Parking
Operated by Pass the Word Ministry, Inc.
P.O. Box 2394; Monterey, CA 93942
Tel (831) 275-5167
Website: www.passthewordministry.org

Services:
Provides 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.) An intake interview is required; special eligibility requirements.
EMERGENCY SHELTER (Continued)

NORTH COUNTY

Pajaro Rescue Mission
111 Railroad Avenue; Watsonville, CA 95076
Tel (831) 722-2074
Website: [www.teenchallengemontereybay.org](http://www.teenchallengemontereybay.org)
Services:
Emergency rescue shelter for up to 35 homeless men. Meals twice a day, showers, and additional supportive services provided.

HOT MEALS AND DAY CENTERS
(Many also distribute free clothing and provide other services.)

SALINAS

First United Methodist Church of Salinas
404 Lincoln Avenue; Salinas, CA 93901
Tel (831) 424-0855
Website: [www.salinasfirst.org](http://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.

Victory Mission
43 Soledad Street; Salinas, CA 93905
Tel (831) 424-5688
Website: [www.victorymissioninc.com](http://www.victorymissioninc.com)
Services:
Dinner is served every night to men, women and children in need. No charge. Bags of food are distributed daily. Thursday is Ladies' Day: women receive a special bag of food.

Dorothy's Place
30 Soledad Street; Salinas, CA 93905
Tel (831) 424-1102 or (831) 757-3838
Website: [www.dorothyplace.org](http://www.dorothyplace.org)
Services:
Dorothy’s Kitchen serves breakfast and lunch every day to persons in need. Dinner is provided to women only. No charge. Food boxes provided for individuals and families during the week. Emergency shelter and a Drop-in Center on site. Showers and laundry services. A [free health clinic](http://www.dorothyplace.org), staffed by volunteer physicians and nurses, every Wednesday from 12:30 – 2:00 PM.
HOT MEALS AND DAY CENTERS

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](http://www.tsamonterey.com)

**Services:**
Daily breakfast and hot lunches for the homeless provided at the center 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 utilities bills and other needs.

**Gathering for Women**
P.O. Box 601; Monterey, CA 93942
Tel (831) 241-6154
Website: [www.gatheringforwomen.org](http://www.gatheringforwomen.org)

**Services:**
Provides a hot meal for homeless women every Tuesday from 11:30 A.M. to 1:30 P.M. at the Unitarian Universalist Church of the Monterey Peninsula, at 490 Aquajito Road in Monterey. A service center will open in early 2017 and provide clothing, toiletries, limited emergency assistance, information, referrals, and other support services. Limited hours. Call for location and hours of service.

**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](http://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.

**12th Street Day Center**
Operated by **Community Homeless Solutions**
299 Twelfth Street, Suite C; Marina, CA 93933
Tel (831) 384-3388
Website: [www.communityhomelesssolutions.org](http://www.communityhomelesssolutions.org)

**Services:**
A Day Center for homeless women, open on Tuesdays and Wednesdays from 1:30 – 3:30 P.M. Offers laundry facilities, showers, computer access, and other services. On Tuesdays, there is van transportation to the Day Center from the Unitarian Universalist Church of the Monterey Peninsula at 490 Aquajito Road in Monterey, following the luncheon provided by Gathering for Women (listing above).
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
P.O. Box 2394; Monterey, CA 93942
Website: www.passthewordministry.org
Services:
Hot breakfast served every Saturday from 9:00 A.M.to 10:00 A.M. at El Estero Park (at the picnic tables of the parking lot near the cemetery). Also distributes clothing, toiletries, tents, sleeping bags, pet food, and bicycles (when available).

EMERGENCY FOOD PANTRIES – ALL AREAS OF MONTEREY COUNTY

Food Bank for Monterey County
815 West Market St. #5; Salinas, CA 93901
Tel (831) 758-1523
Website: www.foodbankformontereycounty.org
Services:
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

MOST (Mobile Outreach Services Team)
Operated by Community Homeless Solutions
PO Box 1340; Marina, CA 93933
Tel (831) 384-3388
Website: www.communityhomelesssolutions.org
Services:
A mobile van provides services Monday through Friday to men and women living on the streets, including assistance in accessing shelter, food, clothing, transportation and medical care. Serves Salinas, Pajaro, the Monterey Peninsula, and south county to Greenfield.

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

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.

Clinica de Salud Mobile Medical Clinic
Tel (831) 970-1972
Website: www.csvs.org
Services:
This mobile clinic provides medical and dental care to the homeless population at locations in Salinas and at the Good Samaritan Center in Sand City on the Monterey Peninsula. There is no charge for services. Call or check website for the mobile clinic schedule and for more information.
FREE HEALTH CLINICS (Continued)
MONTEREY PENINSULA

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

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

Dr. Mohandas Free Clinic
100 Wilson Road, Suite 110 (Ryan Ranch); Monterey, CA 93940
Tel (831) 642-6266

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

MISCELLANEOUS SERVICES

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.

Identification Cards
Offered through the Department of Motor Vehicles
1180 Canyon Del Rey Blvd, Seaside, CA 93955; (800) 777-0133
Website: www.dmv.ca.gov

Services: Provides identification cards and replacement ID cards. To obtain cards, make an appointment at the above site. Complete an application. Provide proof of your identity, your SSN, and birth certificate. Fee of $28; Free for seniors, age 62 and older. Low-income individuals may qualify for a reduced fee of $8. **Homeless individuals can apply for a No-fee ID card at the Department of Social Services.** More information available on website.

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.
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 at San Francisco 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 266-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, pain management, drug and alcohol treatment services, a comprehensive cancer center, a diabetes program, nutrition therapy, outpatient surgery, and rehabilitation services. The hospital also operates a short-term extended care facility and a hospice program. A variety of community health and wellness programs are also offered. Refer to section on chronic diseases.

**George L Mee Memorial Hospital**
300 Canal Street; King City, CA 93930
Tel (831) 385-6000
Website: www.meememorial.com
**Services:**
This is a 119-bed, full service health care facility, serving residents of Southern Monterey County. Services include inpatient care, emergency services, rehab services, a skilled nursing facility, and outpatient community health clinics in King City and Greenfield. The hospital also maintains an online health library (Krames Online). This patient education material is in English and in Spanish.

*Services change. Confirm details with the individual agency.*
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](http://www.hrcmc.org)

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

**Housing Authority, County of Monterey**
123 Rico Street; Salinas, CA 93907
Tel (831) 775-5000
Website: [www.hamonterey.org](http://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](http://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.

**Coalition of Homeless Services Providers**
220 12th Street; Marina CA 93933
Tel (831) 883-3080
Website: [www.chspmontereycounty.org](http://www.chspmontereycounty.org)

**Services:**
This organization is the lead agency for the **Coordinated Assessment and Referral System (CARS)** which provides entry into 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.
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. An 18-24 month program. 24 beds. Case management services. Participants must be working or going to school and have a source of income for rent.

Women in Transition
Operated by 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. A six-month program. Support services include counseling and case management. May be a waiting list.
HOUSING FOR LOW-INCOME RESIDENTS (Continued)
(EMERGENCY SHELTER LISTED UNDER HOMELESS SERVICES)

TRANSITIONAL HOUSING (Continued)

**Homeward Bound**
Operated by Community Homeless Solutions
P.O. Box 1340; Marina, CA 93933
Tel: (831) 384-3388
Website: [www.communityhomelesssolutions.org](http://www.communityhomelesssolutions.org)

**Services:**
Transitional housing for homeless single women with children. Twenty-five 2-bedroom duplexes. An 18-24 month program. Support services include counseling, case management, parenting education. May be a waiting list.

**Lexington Court**
Operated by Community Homeless Solutions
P.O. Box 1340; Marina, CA 93933
Tel: (831) 384-3388
Website: [www.communityhomelesssolutions.org](http://www.communityhomelesssolutions.org)

**Services:**

**Veterans Transition Center**
220 12th Street; Marina, CA 93933
Tel (831) 883-8387
Website: [www.vtcmonterey.org](http://www.vtcmonterey.org)

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

**Peacock Acres Inc.**
830 Park Row; Salinas, CA 93901
Tel (831) 754-3635
Website: [www.peacockacres.org](http://www.peacockacres.org)

**Services:**
Peacock Acres has 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, and life skills development also provided.

**Rancho Cielo Youth Campus**
710 Old Stage Road; Salinas, CA 93906
Tel (831) 444-3533 or (831) 444-3500
Website: [www.ranchocieloouthcampus.org](http://www.ranchocieloouthcampus.org)

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

MONTEREY PENINSULA

Casa de Las Palmas
Operated by The Salvation Army of the Monterey Peninsula
Administration Offices: 1491 Contra Costa Street; Seaside, CA
To apply for housing, call (831) 899-1071
Website: www.tsamonterey.com
Services:
Two transitional living centers (a total of fifteen units) assist homeless families with children
(including single parents with children) to become totally self-sufficient again. May stay up to two
years. May be a waiting list.

Safe Passage
Operated by Community Human Services
544 Pearl Street; Monterey, CA 93940
Tel (831) 717-4126
Website: www.chservices.org
Services:
Co-ed, drug and alcohol free, affordable transitional housing and supportive services for youth,
ages 18-21, who are homeless or who are aging out of foster care. Six beds. 18-24 month stay.
Rent calculated at 30% of adjusted gross income.
IMMIGRATION AND CITIZENSHIP ASSISTANCE

ALL AREAS OF MONTEREY COUNTY

United States Citizenship and Immigration Services (USCIS)
Tel (800) 375-5283
Website: www.uscis.gov
Services:
USCIS provides general information on immigration, including location of local INS offices, benefits, and recent changes in immigration law. Application forms for citizenship, green cards and U.S. visas on the website. Information in English and in Spanish.

SALINAS

Catholic Charities
1705 Second Avenue; Salinas, CA 93905
Tel (831) 422-0602
Website: www.catholiccharitiescentralcoast.org
Services:
Offers assistance with immigration and citizenship at the office in Salinas. Limited immigration services are also available in Greenfield and in Seaside. Call above number for more information.

Central Coast Citizenship Project
931 East Market Street; Salinas, CA 93905
Tel (831) 422-4626
Website: www.citizenshipproject.org
Services:
Low-cost help with citizenship and immigration filing. Voter registration, naturalization assistance, consular inquiries, replacement green cards, relative visa petitions, adjustment of status, temporary permit assistance.
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: Provides identification cards and replacement ID cards. To obtain cards, make an appointment at the above site. Complete an application. Provide proof of your identity, your SSN, and birth certificate. Fee of $28; Free for seniors, age 62 and older. Low-income individuals may qualify for a reduced fee of $8. Homeless individuals can apply for a No-fee ID card at the Department of Social Services offices. For more information, go to the above website.

America’s Job Center of California
(Also known as One Stop Career Center of Monterey County)
Salinas
Salinas Airport Business Park
730 La Guardia; Salinas, CA 93905
Tel (831) 796-3600 or 755-4452;
Toll-Free: (800) 870-4750
Marina
3180 Imjin Road, Suite 102, Marina, CA 93933
Tel (831) 337-4320
(The above is a satellite office near the Marina Municipal Airport; limited hours and services.)
King City
200 Broadway, Suite 62; King City, CA 93930
Tel (831) 386-6801
Seaside
University Plaza Shopping Center
1760 Fremont Blvd. Suite D-2; Seaside, CA 93955
Tel (831) 899-8236 or 899-8250
(The Seaside site serves CALWorks recipients only.)
Websites: www.edd.ca.gov; www.mcdss.co.monterey.ca.us; www.americasjobcenter.ca.gov
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.

California State Unemployment Benefits
Website: www.edd.ca.gov/unemployment
Services:
Apply online for unemployment Insurance and State Disability Insurance (SDI) benefits. Or apply for benefits at America’s Job Center in Salinas (listed above).
JOB TRAINING AND EMPLOYMENT FACILITATION (Continued)

Center for Employment Training (CET)
421 Monterey Street; Salinas, CA 93901
Tel (831) 424-0665
930 Los Coches Drive, #103; Soledad, CA 93960
Tel (831) 678-0448
Website: www.cetweb.org

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

Loaves, Fishes, and Computers, Inc.
938 S. Main Street; Salinas, CA 93901
Tel (831) 393-9260
Website: www.loavesfishescomputers.org

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

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

Services:
There are phones, a fax machine, and computers that clients may use for jobs, services and housing-related needs. Technical assistance with the use of computers is provided on Wednesdays. 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. No age limit. Visible tattoos are the priority. Program requires 20 hours of community service. Services delivered in Santa Cruz. Treatment fees on a sliding scale. For more information, call the above number.

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. Job placement services.
California Department of Rehabilitation
928 E. Blanco Road; Salinas, CA 93901
Tel (831) 769-8066
Website: www.dor.ca.gov
Services: Support for job seekers with physical, mental, and emotional disabilities. Telephone first. Eligible clients are referred to the SEES program (Supported Education and Employment Services) operated by Interim.

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
Website: www.digitalnest.org
Services: A career development center for young people, ages 12-24, from Santa Cruz and Monterey Counties. Students are given the tools and skills needed to thrive in a high tech, globally connected world. This education center provides access to computers, software, Wi-Fi, and other digital tools, classes and workshops, and assistance in finding employment. No fees.

Veterans Transition Center
220 12th Street; Marina, CA 93933
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.

Services change. Confirm details with the individual agency.
Grid Alternatives, Central Coast
246 E. Abbott Street, Suite A; Salinas, CA 93901
Tel (831) 784-8675
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.
LEgal Assistance, Advocacy, and Conflict Resolution

ALL AREAS OF MONTEREY COUNTY

**California Rural Legal Assistance (CRLA)**
3 Williams Road; Salinas, CA 93906
Tel (831) 757-5221; (800) 677-5221
Website: [www.crla.org](http://www.crla.org)

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

**Legal Services for Seniors**
915 Hilby Ave. Ste 2; Seaside, CA 93955
Tel (831) 899-0492
947-B Blanco Circle; Salinas, 93902
Tel (831) 442-7700
Website: [www.legalservicesforseniors.org](http://www.legalservicesforseniors.org)

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

**Monterey County Lawyer Referral Service**
100 Colonel Durham Drive; Seaside, CA 93955
Tel (831) 582-3600
Website: [www.calbar.ca.gov](http://www.calbar.ca.gov)

**Services:**
The Monterey County Bar Association Lawyer Referral Service maintains a list of pre-screened Monterey County attorneys with specialized knowledge in particular fields of law who are available to help with specific legal needs. A 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
2620 Colonel Durham Street; Seaside, CA 93955
Tel (831) 582-5235
Website: [www.montereylaw.edu](http://www.montereylaw.edu)

**Services:**
Offers workshops to assist people with various legal issues, including restraining orders, small claims, tenant-landlord evictions, collections, guardianships and limited conservatorships. Workshops are conducted by law students under the supervision of an attorney. Workshops are nominal fees.
Superior Court of Monterey County Self-Help Center
1200 Aguajito Road; Monterey, CA 93940 (First Floor)
Tel (831) 647-5800 x3005
Website: www.monterey.courts.ca.gov/selfhelp
Services:
This self-help center provides free information and assistance with forms addressing the following issues: divorce, child custody and visitation, child support, spousal support, domestic violence, restraining orders, workplace violence, and elder abuse. Workshops are also offered on these topics.

Monterey County Department of Child Support Services
752 La Guardia Street; Salinas, CA 93905
Tel (866) 901-3212
Website: www.mcdcss.org
Services:
Parents have a legal duty to provide financial support for their minor children. Child Support Services will attempt to locate the absent parent, establish paternity, establish and maintain support orders, and collect support payments.

Watsonville Law Center
315 Main Street, #207; Watsonville, CA 95076
Tel (831) 722-2845
Website: www.watsonvillelawcenter.org
Services:
Free legal advice, primarily through advice clinics, to low-income individuals in the following areas of law: workers’ compensation, wage claims, consumer fraud, debt, credit and identity theft issues, record clearance & license reinstatement. Child custody and visitation services provided for CalWORKS participants only. Services are in Watsonville, but Monterey County residents are eligible.

California Department of Fair Employment and Housing
Tel (800) 884-1684
Website: www.dfeh.ca.gov
Services:
Serves to protect the people of California from unlawful discrimination in employment, housing, public accommodations, and from hate violence. Provides information in English and in Spanish.

Department of Consumer Affairs Information Center
Tel (800) 952-5210
Website: www.dca.ca.gov
Services:
Answers questions and provides information on how to file complaints on many products and services. Provides information in English and in Spanish.
League of United Latin American Citizens (LULAC)
Website: www.lulac.net
Services:
Addresses issues around Latino civil rights. Works to improve opportunities for Hispanic Americans.

National Association for the Advancement of Colored People (NAACP)
1104 Broadway, Suite F; Seaside, CA 93955
Tel (831) 394-3727
Website: www.montereynaacp.org
Services:
Fights for the advancement of minority groups by bridging the gaps in seven advocacy areas: education, economic empowerment, healthcare, criminal justice, civic engagement, international affairs, and poverty issues. Staffed by volunteers, serving all of Monterey County.

American Civil Liberties Union (ACLU) 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. Phone line is in English and in Spanish.
LIBRARIES

MONTEREY COUNTY FREE LIBRARIES

Administrative Office
188 Seaside Circle; Marina, CA 93933
Tel (831) 883-7573
Website: www.montereycountyfreelibraries.org; www.co.monterey.ca.us/library

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

Aromas Branch
387 Blohm Street; 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
Dixie Street; PO Box 330; Bradley, CA 93426
Tel (805) 472-9407

Buena Vista Branch
18250 Tara Drive; Salinas, CA 93908
Tel (831) 455-9699

Carmel Valley Branch
65 W. Carmel Valley Road; Carmel Valley, CA 93924
Tel (831) 659-2377

Castroville Branch
11160 Speegle Street; Castroville, CA 95012
Tel (831) 769-8724

Gonzales Branch
851 Fifth Street; Gonzales, CA 93926
Tel (831) 675-2209

Greenfield Branch
315 El Camino Real; Greenfield, CA 93927
Tel (831) 674-2614

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

Marina Branch
190 Seaside Circle; Marina, CA 93933
Tel (831) 883-7507
Pajaro Branch  
29 Bishop Street; Pajaro, CA 95076  
Tel (831) 761-2545

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

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

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

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

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

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

Bookmobile – North County  
17822 Moro Road; Salinas, CA 93907  
Tel (831) 663-2292

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. Ten homework centers for students from kindergarten through college, operating on an open-door policy. These two programs are located at sites throughout Monterey County.
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
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, 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 or (831) 458-5300
Website: www.fsa-cc.org
Services:
24-hour, free and confidential, multi-language, crisis intervention and suicide prevention services. Individual does not have to be suicidal to call. Services also offered to individuals who have lost a person to suicide.

National Suicide Prevention Lifeline
24 hour crisis line: (800) 784-2433 or (800) 273-8255
Website: www.suicidepreventionlifeline.org
Services:
Provides information and support for suicide prevention in English and in Spanish.

Suicide.org
Website: www.suicide.org
Services:
Suicide prevention, awareness and support. Offers a variety of articles and links to resources.

Veterans Crisis Line
Nation-wide 24-hour Crisis Line: (800) 273-8255 or (800) 784-2433
Website: www.veteranscrisisline.net
Services:
Connects veterans in crisis and their loved ones with qualified, caring responders.
MENTAL HEALTH SERVICES (Continued)
(Refer also to Counseling Services and Crisis Lines)

**Interim, Inc.**
PO Box 3222; Monterey, CA 93942
Tel (831) 649-4522
Tel (831) 883-3030 (MCHOME)
Tel (831) 800-7530 (SEES)
Website: [www.interiminc.org](http://www.interiminc.org)

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

**National Alliance on Mental Illness, Monterey County (NAMI)**
1020 Merrill St. Suite 1015; Salinas, CA 93901
Tel (831) 422-6264
Website: [www.namimonterey.org](http://www.namimonterey.org)

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

**Behavioral Health, Adult Services**
Offered by the **Monterey County Health Department**

**Salinas**
1441 Constitution Blvd. Bldg 400, Suite 202; Salinas, CA 93906
Tel (831) 796-1700 or (888) 258-6029

**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) 678-5125

**King City**
200 Broadway St. Suite 70; King City, CA 93930
Tel (831) 386-6868
Website: [www.mtyhd.org](http://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:**
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 case management, referrals, and advocacy. Services are delivered by licensed and license-eligible behavioral health professionals. Call for more information.
MENTAL HEALTH SERVICES (Continued)
(Refer also to Counseling Services and Crisis Lines)

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
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.

Salinas

PREP Monterey County
909 A Blanco Circle; Salinas, CA
Tel (831) 424-5033
Website: www.prepwellness.org

Services:
Prevention and Recovery in Early Psychosis (PREP) is a comprehensive treatment program for individuals in the early stages of psychosis (within 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:
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.

Services change. Confirm details with the individual agency.
MENTAL HEALTH SERVICES (Continued)
(Refer also to Counseling Services and Crisis Lines)

Clinica de Salud del Valle de Salinas
950 Circle Drive; Salinas, CA 93905
Tel (831) 757-6237
Website: www.csvs.org
Services:
Mental health services on a sliding fee scale to patients at the clinic on Circle Drive. May offer services at the other Clinica de Salud clinics.

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 (for adults only) and inpatient services are available, if needed.

Services change. Confirm details with the individual agency.
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](http://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](http://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](http://www.calpoison.org)

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

**Public Health Nursing**
**Monterey County Health Department**
1270 Natividad Road; Salinas, CA 93906
Tel (831) 755-4630 or 755-4500
Website: [www.mtyhd.org](http://www.mtyhd.org)

**Services:**
Case management and home visits for high-risk pregnant women, children of substance-abusing mothers, and children at risk for child abuse, neglect, or developmental delay. Clients are seen by a team of nurses and registered dieticians. 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](http://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.
ALL AREAS OF MONTEREY COUNTY (Continued)

Dads in Action
Operated through Monterey County Office of Education
901 Blanco Circle; Salinas, CA 93901
Tel (831) 755-0845 or (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.

SALINAS

The Parent Center
A program of Salinas Adult School
20 Sherwood Place; Salinas, CA 93906
Tel (831) 796-6900 (Option 3)
Website: www.salinasuhsd.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
A program of the Alisal Union School District
1441 Del Monte Avenue; Salinas, CA 93905
Tel (831) 775-4500
Website: www.alisalfrc.org
Services:
Offers a variety of programs and activities for families in the community, including adult education, parenting education, support groups for women and families, a playroom, play groups, and literacy classes. Services in English and in Spanish. Child care for parents attending classes on site.

Parents as Teachers
A joint program of Door to Hope and the Action Council of Monterey County, Inc.
60 W Market Street, Suite 140; Salinas, CA 93901
Tel (831) 751-9695
Website: www.actioncouncil.org
Services:
In-home information, support, and encouragement for parents to help their young children develop optimally. Serves families in specific zip codes. Call for more information.
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](http://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](http://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](http://www.svmh.com)

**Services:**
Classes include childbirth preparation and breastfeeding classes. Fees charged. Lactation consultants provide breastfeeding support by telephone and through clinics, as well as bedside support for inpatients. Classes in English.

**MONTEREY PENINSULA**

**Community Family Resource Center**
A program of the Monterey Peninsula Unified School District
1295 La Salle Avenue; Seaside, CA 93955
Tel (831) 392-3456
Website: [www.mpusd.k12.ca.us](http://www.mpusd.k12.ca.us)

**Services:**
Offers Play and Learn classes for parents and children, ages 0-3, as well as other classes and support for parents. No charge for program participation. Services offered in English and in Spanish.
MONTEREY PENINSULA (Continued)

Parent Education Program and Supervised Visitation Program
Programs of Community Human Services
Family Service Center
1178 Broadway; Seaside, CA 93955
Tel (831) 394-4622
Website: www.chservices.org
Services:
The parent education program utilizes the Triple-P curriculum to support and educate parents of at-risk children and families in crisis. Eight weeks of classes in English and in Spanish. The supervised visitation program provides a safe, neutral environment and supervision by trained monitors for visits between non-custodial parents and their children, along with a “no-contact” supervised exchange site. Services in English and in Spanish. Call for fees.

Parents’ Place
A program of Pacific Grove Adult School
1025 Lighthouse Avenue; Pacific Grove, CA 93950
Tel (831) 646-6623
Website: www.pgusd.org/parents
Services:
Parent education through parent/child participation for parents and their children, ages 0-3. A variety of classes and activities are offered. Classes in English only. Fees charged. The center also hosts a variety of support groups for parents.

Family Birth Center
Community Hospital of the Monterey Peninsula
23625 W R Holman Hwy; Monterey, CA 93940
Lactation Support Services: Tel (831) 625-4987
Family Birth Center: (831) 625-4773
Website: www.chomp.org
Services:
Breastfeeding class (fee charged) and tours of the Family Birth Center. Tour includes free access to an online childbirth prep course, available in English and in Spanish. Lactation support for the breastfeeding family is provided through phone, in-patient, and out-patient consultation.

Parenting Connection of Monterey County
Tel (831) 783-5933 (Maternal Mental Health Warmline)
Website: www.parentingconnectionmc.org
Services:
Free, confidential postpartum support groups (one in Marina and one in Salinas) for mothers experiencing postpartum depression and anxiety. The Maternal Mental Health Warmline also connects individuals to bilingual therapists and offers a postpartum screening and referrals. A variety of other programs for parents and their young children also offered.
PARENT EDUCATION AND SUPPORT (Continued)
(INCLUDING CHILDBIRTH PREPARATION & BREASTFEEDING SUPPORT)

The Birth Network of Monterey County
Website: www.birthnetworkofmonterey.com
A network of practitioners focused on the birth experience and providing moms with education, resources, and advocacy. Various support groups. A resource guide listing doulas, lactation consultants, childbirth education classes and more.

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.

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.

Binational Center for the Development of Oaxacan Indigenous Communities
455 E. El Camino Real; Greenfield, CA 93927
Tel (831) 856-8282
Website: www.centrobinacional.org
Services: Provides workshops on a variety of topics for parents of children, ages 0-5, on child development. The classes are conducted in Mixtec, Trique, and Spanish.

NORTH COUNTY

Castro Plaza Child and Family Resource Center
Operated by North Monterey County Unified School District
10601 McDougall Street; Castroville, CA 95012
Tel (831) 633-5975
Services: The parent education program includes the Parenting and Play program for parents with children, ages 0-3, Positive Discipline Parenting classes for parents, and the Parents as Teachers home visit program. On-site pre-school. Services in English and Spanish.
NORTH COUNTY (Continued)

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.
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; Salinas, CA 93905
Tel (831) 769-8870
Seaside Family Health Center
1150 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 with Medicare, Medi-Cal, or no insurance and children in the CHDP/Gateway program. Screening for tuberculosis also offered. Call for day and time. 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 contact follow-up of people exposed to active disease.

Childhood Lead Poisoning Prevention Program
Monterey County Health Department
1615 Bunker Hill Way, Suite 190; 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.
Child Health and Disability Prevention Program (CHDP)
Administered by the Monterey County Health Department
1615 Bunker Hill Way, Suite 190; Salinas, CA 93906
Tel (831) 755-4960 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) 755-4963 or 755-4500
Website: www.mtyhd.org
Services:
This is a program offered by community health clinics and some private obstetrical providers in Monterey County to enhance prenatal care for pregnant and postpartum women on Medi-Cal and improve pregnancy outcomes. In addition to obstetrical care, services include health education, nutrition, psycho-social counseling and case coordination. To learn more, call the county perinatal services coordinator at the number listed above.

Every Woman Counts
Tel (800) 511-2300
Website: www.dhcs.ca.gov/services/cancer
Services:
Free breast and cervical cancer screening services to low income women over 40, who are residents of California with no or limited insurance. Offered at community clinics throughout the county.
PUBLIC HEALTH PROGRAMS FOR LOW-INCOME FAMILIES (Continued)
(Refer also to Chronic Diseases: Education and Support)

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.
RECREATION AND TUTORING PROGRAMS FOR YOUTH

ALL AREAS OF MONTEREY COUNTY

**Girls Inc. (Girls Inc. of the Central Coast)**
318 Cayuga Street, Suite 101A; Salinas, CA 93901
Tel (831) 772-0882
Website: [www.girlsinccc.org](http://www.girlsinccc.org)

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

**Boy Scouts, Silicon Valley Monterey Bay Council**
919 North Main Street; Salinas, CA 93906
Tel (831) 422-5338
Website: [www.svmbc.org](http://www.svmbc.org)

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

**Libraries**
(Refer to the Libraries Section of the Guide)

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

**Just Run**
Tel (831) 625-6226
Website: [www.justrun.org](http://www.justrun.org)

**Services:**
Free website-based program organized by the Big Sur International Marathon to promote a healthy lifestyle and youth fitness. Programs throughout Monterey County. More information is available on the website.

**4-H, Monterey County**
Operated through **University of California**
Tel (831) 759-7386
Website: [www.ca4h.org](http://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.girlscoutccc.org](http://www.girlscoutccc.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.

**SALINAS**

**City of Salinas Recreation/Park Department**
320 Lincoln Avenue; Salinas, CA 93901  
Tel (831) 758-7306  
Website: [www.ci.salinas.ca.us](http://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](http://www.lifeisforeveryoneinc.org)  
**Services:**  
Life After School is an after-school program for elementary and middle school students, 1st through 8th grade, offering a homework center, tutoring and a recreation program in a safe environment. Also offers a summer enrichment program.

**Peacock Acres Inc./ Therapeutic Learning Center (TLC)**
830 Park Row; Salinas, CA 93901  
Tel (831) 754-3635  
Website: [www.peacockacres.org](http://www.peacockacres.org)  
**Services:**  
The Therapeutic Learning Center (TLC) offers academic support, mentoring and experiential opportunities for school-aged foster youth. Self-referrals welcome. Peacock Acres also has supportive housing for children in foster care and for young adults transitioning out of foster care.

**Breadbox Recreation Center**
745 North Sanborn Road; Salinas, CA 93905  
Tel (831) 758-7908  
Website: [www.ci.salinas.ca.us](http://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. Counseling available through the on-site Second Chance Youth Program. 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](http://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.

**Boys and Girls Club of Monterey County**
85 Maryal Drive; Salinas, CA 93906
Tel (831) 757-4412
Website: [www.bgcmc.org](http://www.bgcmc.org)

**Services:**
A variety of programs for boys and girls, ages 6-18, including sports, fitness, music, art; science, technology, education, leadership and career development. Fee: $50/year.

**Salinas Police Activities League**
85 Maryal Drive; Salinas, CA 93906
Tel (831) 758-7906
Website: [www.salinaspal.org](http://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](http://www.centralcoastymca.org)

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

**The First Tee of Monterey County**
1551 Beacon Hill Drive; Salinas, CA 93905
Tel (831) 444-7200
Website: [www.thefirstteemc.org](http://www.thefirstteemc.org)

**Services:**
This organization was founded to positively impact the lives of young people by teaching them how to play golf, while also providing education programs designed to teach valuable life skills.
RECREATION AND TUTORING PROGRAMS FOR YOUTH (Continued)

MONTEREY PENINSULA

**Monterey Sports Center**
301 E. Franklin Street; Monterey, CA 93940
Tel (831) 646-3700; (831) 646-3730
Website: [www.monterey.org/sportscenter](http://www.monterey.org/sportscenter)
**Services:**
Two large heated indoor pools, water slide, 3-court gymnasium, exercise studios. Babysitting service for children offered while parents are using the facilities.

**Monterey Youth Center**
777 Pearl Street; Monterey, CA 93940
Tel (831) 646-3873
Website: [www.monterey.org](http://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](http://www.centralcoastymca.org)
**Services:**
Offers a variety of sports activities, including after-school programs at various schools on the Monterey Peninsula. Summer day camp. Financial assistance available.

**Monterey Recreation**
546 Dutra Street; Monterey, CA 93940 (Administration office)
Tel (831) 646-3866
Website: [www.monterey.org/rec](http://www.monterey.org/rec)
**Services**
A variety of recreational activities offered at community centers and parks throughout the city. Check website for activities schedule.

**Boys and Girls Club of Monterey County**
1332 La Salle Ave.; Seaside, CA 93955
Tel (831) 394-5171
Website: [www.bgcmc.org](http://www.bgcmc.org)
**Services:**
A variety of programs for boys and girls, ages 6-18, including sports, fitness, music, art; science, technology, education, leadership and career development. Fee: $50/year.

**Oldemeyer Center**
Operated by the [City of Seaside](http://www.ci.seaside.ca.us)
986 Hilby Avenue; Seaside, CA 93955
Tel (831) 899-6800; (831) 899-6801
Website: [www.ci.seaside.ca.us](http://www.ci.seaside.ca.us)
**Services:**
Programs for children of all ages, including sports, swimming, Kids Club, 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.ci.pg.ca.us
Services:
A teen program open to Pacific Grove students in grades 6-12. Monthly activity calendars. Summer Adventure Camp for children, ages 6-12.

Marina Youth Center
211 Hillcrest Avenue; Marina, CA 93933
Tel (831) 384-6009; (831) 884-1253
Website: www.ci.marina.ca.us
Services:
A variety of recreational activities for Marina youth, ages 5 through 12. Low fees.

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 students in grades 6 through 12, including a computer lab, basketball, foosball, table pool, video games. Skate park next door.

Carmel Youth Center
SW corner of 4th and Torres; Carmel, CA 93921
Tel (831) 624-3285
Website: www.carmelyouth.com
Services:
An after-school drop-in center for children in grades 3-12 living in Carmel and neighboring communities. Offers a homework center, tutoring, music program, computer lab, and various sports activities.
SOUTH COUNTY

YMCA, South County
560 Walker Drive; Soledad, CA 93960
Tel (831) 678-1239
Website: www.centralcoastymca.org
Services:
A variety of sports activities and after-school tutoring. Sports activities include karate, youth soccer, basketball, and a climbing wall. Offer day camps during school breaks.

King City Recreation Center
401 Division Street; King City, CA 93930
(831) 385-6748
Website: www.kingcityrecreation.com or www.kingcity.com
Services:
A variety of recreation programs, including youth sports (soccer, karate, softball, basketball, racquetball) and swimming facilities.

NORTH COUNTY

North County Recreation Center
11261 Crane Street; Castroville, CA 95012
Tel (831) 633-3084
Website: www.ncrpd.org
Services:
Provides a variety of activities for children after school and during the summer, including assistance with homework, games, baseball, flag football, soccer, basketball, crafts, and cooking classes. Activity Guide on the website. A summer nutrition program also on-site.
SCHOOL DISTRICTS  
(Elementary and Secondary Education)  
(Some districts offer Early Education Programs/ Preschool)

**Alisal Union School District**  
1205 E. Market Street; Salinas, CA 93905  
Tel (831) 753-5700  
Website: [www.alisal.org](http://www.alisal.org)

**Big Sur Unified School District**  
69325 Highway 1; Big Sur, CA 93920  
Tel (805) 927-4507  
Website: [www.bigsurunified.com](http://www.bigsurunified.com)

**Bradley Union School District**  
65600 Dixie Street; Bradley, CA 93426  
Tel (805) 472-2310  
Website: [www.bradleyusd-ca.schoolloop.com](http://www.bradleyusd-ca.schoolloop.com)

**Carmel Unified School District**  
4380 Carmel Valley Rd; Carmel, CA 93923  
Tel (831) 624-1546  
Website: [www.carmelunified.org](http://www.carmelunified.org)

**Chualar Union Elementary School District**  
24285 Lincoln Street; Chualar, CA 93925  
Tel (831) 679-2504  
Website: [www.chualarusd.org](http://www.chualarusd.org)

**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) 385-6392

**Greenfield Union School District**  
493 El Camino Real; Greenfield, CA 93927  
Tel (831) 674-2840  
Website: [www.greenfield.k12.ca.us](http://www.greenfield.k12.ca.us)

**King City Union School District**  
435 Pearl Street; King City, CA 93930  
Tel (831) 385-2940  
Website: [www.kcusd.org](http://www.kcusd.org)

**Lagunita School District**  
975 San Juan Grade Road; Salinas, CA 93907  
Tel (831) 449-2800
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.pagusd.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.salinasuhsd.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) 678-3987  
Website: www.soledadusd.org

**South Monterey County Joint Union High School District**  
800 Broadway Street; King City, CA 93930  
Tel (831) 385-0606  
Website: www.smcjuhsd.org

**Spreckels Union School District**  
130 Railroad Avenue; Spreckels, CA 93962  
Tel (831) 455-2550  
Website: www.spreckelsunionsd.org

**Washington Union School District**  
43 San Benancio Rd; Salinas, CA 93908  
Tel (831) 484-2166  
Website: www.washingtonusd.org

**Monterey County Office of Education**  
901 Blanco Circle; Salinas, CA 93901  
Tel (831) 373-2955; (831) 755-0300  
Website: www.monterey.k12.ca.us

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

Eldercare Locator
Tel (800) 677-1116
Website: www.eldercare.gov

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

Alliance on Aging
247 Main Street; Salinas, CA 93901
Tel (831) 655-1334
280 Dickman Ave; Monterey, CA 93940
Tel (831) 646-1458
Website: www.allianceonaging.org or www.aging.ca.gov (California Department of Aging)

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

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

Meals on Wheels, Monterey Peninsula
700 Jewell Avenue; Pacific Grove, CA 93950
Tel (831) 375-4454
Website: www.mowmp.org

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

Meals on Wheels of the Salinas Valley, Inc.
40 Clark Street, Suite C; Salinas, CA 93901
Tel (831) 758-6325
Website: www.mealsonwheelsofsalinas.org

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

Social Security Administration
928 E. Blanco Road, Suite 155; Salinas, CA 93901
Tel (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.
Medicare  
(The Official Government Website)  
Tel (800) 633-4227 (24-hour helpline)  
Website: [www.medicare.gov](http://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](http://www.mcdss.co.monterey.ca.us)  

**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](http://www.mcdss.co.monterey.ca.us)

**Senior Helpline:** (800) 510-2020  

**24-hour Adult Protective Services** (for reports of abuse or neglect)  
**Call the Senior Helpline above, or call:** (831) 883-7565 or (831) 755-4466  
**After hours:** Call 911 to make a report

**Services:**  
**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.

**Adult Protective Services** investigates and responds 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.

**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. The program also maintains a registry for clients needing help finding an assistant.

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

The **Aging and Disability Services Network Resource Guide**, is available to download from the above website, under the services of the Area Agency on Aging. Included are lists of home care agencies, private geriatric care managers and affordable senior housing.
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
Website: www.mst.org
Services:
MST has established a taxi voucher program, in conjunction with participating Monterey County
cities to assist seniors (age 65 and older) and persons with disabilities (who are registered with
the RIDES program) in accessing important locations within their city. Area One: Anywhere
within the city limits of Salinas. Area Two: Anywhere within the city limits of Carmel, Del Rey
Oaks, Monterey, Pacific Grove, Sand City, or Seaside. Go to the website for very specific
information on how vouchers must be used. Vouchers are obtained in the city in which the rider
lives.

ITN Monterey County (Independent Transportation Network)
947 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:
Senior legal advocacy and referrals concerning social security, SSI, private pension problems,
health insurance problems, consumer fraud. Assist with landlord/tenant problems, housing
rights, advanced health care directives, long-term-care issues, guardianships, and simple wills.
Provide outreach services at senior centers throughout the county. Services are for adults, age
60 and older. No charge for services. Donations accepted.
SENIOR SERVICES/ ELDER CARE (Continued)

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

Salinas Senior Center
250 Main Street, Suite B (second floor); Salinas, CA 93901
Tel (831) 757-6030
Website: (under construction)
Services:
Offers a variety of programs and classes for seniors, including 4 holiday dinners a year and an annual senior prom, computer classes. Information and referral to other resources for seniors.

Good Samaritan Center
Operated by The Salvation Army
800 Scott Street; Sand City, CA 93955
Tel (831) 899-4988
Website: www.tsamonterey.com
Services:
Provides food boxes for needy seniors with access to cooking facilities once a month.

La Casa Adult Day Health Center
909 Blanco Circle, Suite B; Salinas, CA 93901
Tel (831) 222-6122
Website: www.lacasaadhc.com
Services:
State-licensed adult day health center providing services for physically and cognitively impaired adults. Services include professional nursing, physical therapy, occupational therapy, speech therapy, psychological services, and nutritional services, as well as a variety of social activities. Operates Mon-Fri. Reimbursed through Medi-Cal, 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.
SERIES 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)
Based at Cal State University, Monterey Bay
Tel (831) 582-5500
Website: http://olli.csumb.edu/

**Services:**
A variety of classes are offered for older adults (those 50 and over) who are interested in university-level courses without the pressure of course grades or credits. A listing of courses is available online. Classes are offered throughout the community, although most are offered at Ryan Ranch. Fees range from $20-$70.

SENIOR CENTERS

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

SALINAS

The Salvation Army
2460 N. Main Street; Salinas, CA 93906
Tel (831) 443-9655
Website: www.salvationarmyusa.org
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

SOUTH COUNTY

Leo Meyer Senior Center
415 Queen Street; King City, CA 93930
Tel (831) 385-4562

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

Services change. Confirm details with the individual agency.
ALL AREAS OF MONTEREY COUNTY

Special Kids Crusade
1900 Garden Road, Suite 230; Monterey, CA 93940
Tel (831) 372-2730
Website: www.specialkids crusade.org
Services:
This private, 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
1615 Bunker Hill Way, Suite 190; Salinas, CA 93906
Tel (831) 755-4747
Website: www.mtyhd.org
Services:
CCS is a statewide program that arranges, directs and pays for medical care, equipment and rehabilitation for children up to age 21 with disabling physical handicaps, whose families are unable to pay for all or part of their care. CCS determines eligibility and provides case management and financial assistance for diagnosis and treatment services.

California Children Services (CCS)
Administered by the Monterey County Health Department
Medical Therapy Unit, North Salinas
2100 A. McKinnon St; Salinas, CA 93906
Tel (831) 443-6073

A.B. Ingham Medical Therapy Unit
47 San Benancio Road; Salinas, CA
Tel (831) 484-2319
Website: www.mtyhd.org
Services:
Physical and occupational therapy provided at these sites for children, ages 0-21, with physical disabilities. Satellite program in King City.

Social Security Administration
928 East Blanco Road, Ste 155; Salinas, CA 93901
Tel (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) 449-3741; (831) 784-4202
Website: www.monterey.k12.ca.us
Services:
Early Start Program provides therapy, education, and parent support for special needs children, ages 0-3 years, residing in Monterey County (and not served by MPUSD below). Coordinates with other community agencies to serve families of children with disabilities. No charge.

MCOE Special Education Services
Operated by Monterey County Office of Education
901 Blanco Circle; Salinas, CA 93901
Tel (831) 755-0300; (831) 755-6431
Website: www.monterey.k12.ca.us
Services:
Provides therapy, education, and parent support for special needs children, ages 3-22 years, residing in Monterey County (and referred by their school district). Coordinates with other community agencies to serve families of children with disabilities. No charge for services.

MPUSD Infant Development Program
Operated by Monterey Peninsula Unified School District
700 Pacific Street; Monterey CA 93940
Tel (831) 645-1207 (MPUSD Student Support Services)
Website: www.mpusd.k12.ca.us
Services:
Provides therapy, education, and parent support for special needs children, ages 0-5 years, living within the school district. Check with the Special Education Department, number above, for location of services.

MPUSD Special Education Services
Operated by Monterey Peninsula Unified School District
700 Pacific Street; Monterey CA 93940
Tel (831) 645-1207 (MPUSD Student Support Services)
Website: www.mpusd.k12.ca.us
Services:
Provides therapy, education, and parent support for special needs children, ages 5-22 years, living within the school district.

San Andreas Regional Center
344 Salinas Street, Suite 207; Salinas, CA 93901
Tel (831) 759-7500
Website: www.sarc.org
Services:
Under the Early Start Program, serves infants, 0-3 years, at high risk of developing a developmental disability. Provides day programs, respite, and summer activities for special needs children over age 3. Provides advocacy and case management for individuals with developmental disabilities, such as autism, cerebral palsy, epilepsy, & mental retardation.
Easter Seals Central California
9010 Soquel Drive; Aptos, CA 95003
Tel (831) 684-2166
Website: www.centralcal.easterseals.com
Services:
Provides services to individuals of all ages with disabilities and other special needs, as well as support for their families. Programs include autism services, educational support services, respite services, support groups and summer camp for children and adults. Some services in Spanish. District office is in Aptos. Serves individuals living in all areas of Monterey County.

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 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:
This organization provides counseling, support groups, in-home and hospital visits, community education, arts programs, transportation to treatments, celebrations and financial assistance for families of children with cancer who live in the Monterey Bay region. Services in English and in Spanish.
Christine Marie Star Riders
Admin: 2115 N. Fremont Street; Monterey, CA 93940
Program services at the Marina Equestrian Center, corner of 5th Street and 9th Street in Marina
Tel (831) 646-1941 or (831) 915-4575
Website: www.cmstarriders.com
Services:
This is a therapeutic and recreational horseback riding program, serving children, adolescents and adults with special needs: physical, mental, emotional, behavioral and social, with the goal of maximizing the potential of differently-abled individuals. Siblings are also welcome to ride. Donations accepted. An all-volunteer organization.

Tatum’s Garden
1 Maryal Drive; Salinas, CA 93906
P.O. Box 3493; Salinas, CA 93912
Website: www.tatumsgarden.org
Services:
An all-inclusive 20,000 square-foot playground, located near Sherwood Park, for all children, including children with disabilities. Fully accessible for wheelchairs, walkers, strollers, etc. Unique agricultural theme, reflecting the heritage of Salinas. Playground includes a tot lot for the very young, a sensory garden, picnic benches, slides, swings, climbers, etc.
TEEN PROGRAMS
(Refer also to Recreation and Tutoring Programs for Youth)

COUNSELING, SUPPORT AND EDUCATION GROUPS FOR TEENS
ALL AREAS OF MONTEREY COUNTY

**Boys Town National Hotline**
Tel 24-hour (800) 448-3000
Website: [www.boystown.org/hotline](http://www.boystown.org/hotline)

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

**GLBT National Help Center**
GLBT National Hotline (888) 843-4564
GLBT National Youth Talkline (800) 246-7743
Website: [www.glnh.org](http://www.glnh.org)

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

**Trevor Lifeline**
Tel (866) 488-7386
Website: [www.thetrevorproject.org](http://www.thetrevorproject.org)

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

**Alateen Support Groups**
24-hour Tel (English) (831) 373-2532
24-hour Tel (Spanish) (831) 424-6207
Website: [www.montereycountyal-anon.org](http://www.montereycountyal-anon.org)

*Services:*
Helpline provides information in English and in Spanish on 12-Step support groups in Monterey County for teens affected by the alcohol use of parents, relatives and friends.

**Girls Inc. (Girls Inc. of the Central Coast)**
318 Cayuga Street, Suite 101A; Salinas, CA 93901
Tel (831) 772-0882
Website: [www.girlsinccc.org](http://www.girlsinccc.org)

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

Services change. Confirm details with the individual agency.
ALL AREAS OF MONTEREY COUNTY (Continued)

Suicide Prevention Services of the Central Coast
Operated by the Family Service Agency of the Central Coast
Toll-free Crisis Line: (877) 663-5433 or (831) 458-5300
Website: www.fsa-cc.org
Services:
24-hour, free and confidential, multi-language, crisis intervention and suicide prevention services. Individual does not have to be suicidal to call. Services also offered to individuals who have lost a person to suicide.

Catholic Charities Tattoo Removal Program
Tel (831) 316-9121 or (831) 393-3110
Website: www.catholiccharitiescentralcoast.org
Services:
Tattoo removal. No age limit. Visible tattoos are the priority. Program requires 20 hours of community service. Services delivered in Santa Cruz. Treatment fees. For more information, call the above number.

America’s Job Center of California
(formerly known as One Stop Career Center of Monterey County)
Youth Employment Program
Salinas
Salinas Airport Business Park
730 La Guardia; Salinas, CA 93905
Tel 831) 796-3600 or Toll-Free: (800) 870-4750
Seaside
University Plaza Shopping Center
1760 Fremont Blvd. Suite D-2; Seaside, CA 93955
Tel (831) 899-8236
King City
Towne Square Shopping Center
200 Broadway, Suite 62; King City, CA 93930
Tel (831) 386-6801
Website: www.mcdss.co.monterey.ca.us; www.americasjobcenter.ca.gov
Services:
Youth employment and job training services for economically disadvantaged youths, ages 16 – 24. The program is based in Salinas, with outreach services to youth at the offices in Seaside and in King City.

Teen Pregnancy Prevention Program
Administered by the Monterey County Health Department
1270 Natividad Road; Salinas, CA 93906
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 numbers for information on peer counseling, parent workshops and clinics in Monterey County that serve teens.
ALL AREAS OF MONTEREY COUNTY (Continued)

Teen Parenting Program
Operated by Public Health Nursing, Monterey County Health Department
1270 Natividad Road; Salinas, CA 93906
Tel (831) 755-4630 or 755-4500
Website: www.mtyhd.org
Services:
Case management and home visits for pregnant and parenting teens, ages 14-19, with infants from 0-12 months. Program operates in limited areas of the county. Call one of the above numbers to make a referral or for more information on the program.

SALINAS

Epicenter
20 Maple Street; Salinas, CA 93901
Tel (831) 998-7291
Website: www.epicentermonterey.org
Services:
A youth-led community center for at-risk and system-involved (foster care) youth, ages 16-24. This drop-in resource center seeks to empower these youth to flourish by connecting them to community resources for housing, health and wellness, education, and employment.

Rancho Cielo Youth Campus
710 Old Stage Road; Salinas, CA 93906
Tel (831) 444-3533 or (831) 444-3500
Website: www.ranchocieloyouthcampus.org
Services:
Offers programs for at-risk youth including Rancho Cielo Youth Corp, an Alternative High School, a Construction Academy, and the Drummond Culinary Academy. Students are referred from the Monterey County Probation Program, but may also be referred by juvenile court, schools, parents, and others. Transitional Housing (5 homes) for current or past students (up to 30 students).

Silver Star Resource Center
Operated by the Monterey County Probation Department
855 E. Laurel Drive, Bldg. H; Salinas, CA 93906
Tel (831) 755-8917
Website: www.co.monterey.ca.us/probation
Services:
The Silver Star Resource Center is a collaborative effort of a number of community-based agencies, offering an array of prevention and early intervention programs for youths, ages 6-21, who are on probation or who are at-risk of gang involvement, substance abuse, truancy, unemployment and family conflict. Services include independent studies, continuation school classes, mental health counseling, drug and alcohol abuse education, anger management classes, sports and recreation activities and other services. Some services offered at the Rancho Cielo Youth Campus.
SALINAS (Continued)

**Sunrise House**
119 Capitol Street; Salinas, CA 93901

*24-hour Crisis Line: (831) 758-3302*
152 W. Gabilan Street; Salinas, CA 93901
Tel (831) 751-9350
Website: [www.sunrisehouse.org](http://www.sunrisehouse.org)

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

**D.A.I.S.Y. (Drug and Alcohol Intervention Services for Youth)**
Operated by Community Human Services
855 E. Laurel Drive, Bldg H; Salinas, CA 93906
Tel (831) 233-9029
Website: [www.chservices.org](http://www.chservices.org)

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

**ICT (Integrated Co-occurring Treatment)**
Operated by Door to Hope
Salinas, CA 93901
Tel (831) 758-0181
Website: [www.doortohope.org](http://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](http://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 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.
SALINAS (Continued)

Second-Chance Family and Youth Services
745 North Sanborn Road; Salinas, CA 93905
Tel (831) 758-2501
Website: www.scyp.org
Services:
This is a community-based counseling agency with prevention of gang violence the primary focus. Counselors based at school sites and at the Silver Star program. Programs focus on young men’s responsibilities, young women’s empowerment, cultural identity, and healthy families. Co-located with the Breadbox Recreation Center.

YWCA Counseling Center
Operated by the YWCA, Monterey County
236 Monterey Street; Salinas, CA 93901
Tel Salinas: (831) 422-8602
Website: www.ywcamc.org
Services:
Offers individual counseling for adolescents at the YWCA offices. Sliding fee scale for counseling. Also offers weekly support groups, a mentor program, and presentations on teen dating violence through the schools.

MONTEREY PENINSULA

Safe Place
Operated by Community Human Services
590 Pearl Street; Monterey, CA 93940
Tel (831) 373-4421
24-hour Runaway and Homeless Youth Helpline: (831) 241-0914
Website: www.chservices.org
Services:
A comprehensive program for runaway and homeless youth, ages 11-21, offering individual and family counseling, crisis resolution, family reunification, street outreach, food, clothing, hygiene items, 24-hour access to crisis shelter, a 24-hour helpline and Mon-Fri. drop-in hours. A Teen Action Board provides volunteer, advocacy and leadership opportunities.

Emergency Warming Shelter for Homeless Youth
Operated by Community Human Services
590 Pearl Street; Monterey, CA 93940
Tel (831) 373-4421
Website: www.chservices.org
Services: On nights when it’s raining or 45 degrees and below, the warming shelter is open overnight to homeless individuals 18 – 24 years old. Check in is from 6:00 – 7:00 PM on a first come first served basis.
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 serve anyone 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:
A career development center for young people, ages 12-24, from Santa Cruz and Monterey Counties. Students are given the tools and skills needed to thrive in a high tech, globally connected world. This education center provides access to computers, software, Wi-Fi, and other digital tools, classes and workshops, and assistance in finding employment. No fees.
TRANSPORTATION

ALL AREAS OF MONTEREY COUNTY

Monterey-Salinas Transit
19 Upper Ragsdale Drive; Monterey, CA 93940
Tel (888) 678-2871
Website: www.mst.org
Services: Bus transportation in Salinas, on the Monterey Peninsula (from Marina to Carmel Valley), and between Salinas and King City, with stops in Chualar, Gonzales, Soledad, and Greenfield. Buses also go to Watsonville and to San Jose (to connect to Caltrans). Discounts for children, the disabled, and seniors.

MST On Call
Operated by Monterey-Salinas Transit
1375 Burton Ave; Salinas, CA 93901
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
Operated by Monterey-Salinas Transit
201 Pearl Street; Monterey, CA 93940
Tel Monterey: (831) 373-1393; Salinas (831) 754-2804
Website: www.mst.org
Services: Provides medical vehicle transportation (curbside to curbside) for persons with a disability who cannot use the regular bus. Van operates in most areas of Monterey County. Limited service to the Bay Area for medical appointments. 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
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.

Veterans Administration Health Clinic of Monterey
3401 Engineer Lane; Seaside, CA 93955 (former Ft. Ord campus)
Tel (831) 883-3800; (831) 883-3830
Advice Line: Tel (800) 455-0057 (Option #4)
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](http://www.co.monterey.ca.us/va)  
**Services:**  
Free van transportation to the Veterans Medical Center in Palo Alto, Monday-Friday. Makes three stops on the Monterey Peninsula, one in Salinas. 24-hour advance reservation required.

**ITN Monterey County (Independent Transportation Network)**  
947 D Blanco Circle; Salinas, CA 93901  
Tel Monterey: (831) 233-3447; Salinas: (831) 240-0850  
Website: [www.itnmontereycounty.org](http://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.

**Hospice of the Central Coast**  
Operated by [Community Hospital of the Monterey Peninsula](http://www.chomp.org)  
23625 W R Holman Hwy; Monterey, CA 93940; Monterey, CA 93940  
Tel (831) 622-2746  
Website: [www.chomp.org](http://www.chomp.org)  
**Services:**  
In addition to other services, the Hospice of the Central Coast provides transportation to doctor appointments for people with life threatening illnesses. Primarily serves individuals living on the Monterey Peninsula. No charge for services.

**American Cancer Society**  
945 S. Main St.; Salinas, CA 93901  
Tel (800) 227-2345 or (831) 442-2992  
Website: [www.cancer.org](http://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](http://www.partnerforkids.org)  
**Services:**  
In addition to other services, PFC provides 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.
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.
VETERANS SERVICES

ALL AREAS OF MONTEREY COUNTY

**Monterey County Military and Veterans Affairs**

**Monterey**
- 1200 Aguajito Road, Suite 003; Monterey, CA 93940 (Main Office)
- 3401 Engineer Lane; Seaside, CA 93955 (VA Clinic)
- 1760 Fremont Blvd. Suite D2; Seaside, CA 93955 (Seaside One-Stop Career Center)

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

**King City**
- 200 Broadway, Suite 62; King City, CA 93930
  - Tel (831)647-7613 (One number for all of the above sites)
  - Tel (831) 647-7614 for van transportation to Veterans Medical Center in Palo Alto.

Website: [www.co.monterey.ca.us/va](http://www.co.monterey.ca.us/va)

**Services:**
Provides advocacy, assistance and services designed to enhance the lives of the County’s veterans, their families and their survivors. Services include benefits claims assistance for veterans, their survivors and dependents and telephone claims assistance. Survivors’ assistance includes casualty reporting, burial and VA death insurance claims. Special outreach services for the severely disabled, socially disadvantaged, and senior citizen veterans whose needs would otherwise go unmet. Limited days and hours at some sites. Free van transport to the Veterans Medical Center in Palo Alto: 24 hours advance registration required.

**Veterans Administration Health Clinic of Monterey**
- 3401 Engineer Lane; Seaside, CA 93955 (former Ft. Ord campus)
- Tel (831) 883-3810
- Advice Line Tel (800) 455-0057 (Option #4)
- Website: [www.paloalto.va.gov](http://www.paloalto.va.gov)

**Services:**
Provides outpatient health, pharmacy, lab and x-ray services for eligible veterans, as well as coordinating inpatient care with the VA Medical Center in Palo Alto. Free bus transportation for veterans to the Palo Alto Medical Center Monday-Friday. Health advice is available 7 days a week, 24 hours a day at the Advice Line, listed above.

**Veterans Crisis Line**
- Nation-wide 24-hour Crisis Line: (800) 273-8255 or (800) 784-2433
- Website: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

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

**Veterans Transition Center**
- 220 12th Street; Marina, CA 93933
- Tel (831) 883-8387
- Website: [www.vtcmonterey.org](http://www.vtcmonterey.org)

**Services:**
Provides transitional housing (20 units), as well as emergency services and case management for Monterey County’s homeless veterans and their families. May stay a maximum of two years. Can accommodate 4 families, 6 single women, and 46 single men. May have a wait list.
Monterey Veterans Resource Center
40 Bonifacio Place; Monterey, CA, 93940
Tel (831) 375-1184
Website: www.vetsresource.org

Services:
Focuses on prevention of homelessness and rapid re-housing. Provides supportive services for veteran families, including assistance in locating permanent or transitional housing, assistance with rent deposits and utilities, case management, personal financial planning, outreach, advocacy, and referrals to partner agencies, as appropriate.

Housing Resource Center
201 A John Street; Salinas, CA 93901
Tel (831) 424-9186
Website: www.hrcmc.org

Services:
The Housing Resources Center provides supportive services for veterans’ families: emergency rent assistance, assistance with security deposits and move-in assistance.

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. Special support services for disabled veterans and their families.
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