



# **SAM's GUIDE**

*to*

## ***Monterey County Family Resources***

**2009 EDITION**

*Produced Summer, 2009 by Susan A. McNelley, RN, PHN, MA*

# **SAM's Guide<sup>©</sup>**

to  
Family Resources  
in  
Monterey County, California

## **PREFACE**

This resource book was produced because I understand the need for those individuals who counsel families 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. For reasons of practicality, this list of resources is not exhaustive. Inclusion of agencies and programs in this directory does not imply recommendation or endorsement. It should be emphasized, too, that there are frequent changes in community resources. Details should be confirmed with individual agencies.

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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 or to post the Guide on the internet.

Please feel free to contact me. Comments may be sent to SAM's Work at (831) 656-9714 or [samsresources@comcast.net](mailto:samsresources@comcast.net).

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[WWW.SAMSRESOURCES.COM](http://WWW.SAMSRESOURCES.COM)



# *Monterey County Family Resources*

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# *Monterey County Family Resources*

## ADOPTION AND FOSTER CARE

### ALL AREAS OF MONTEREY COUNTY

#### **Family and Children's Services**

#### **Monterey County Department of Social and Employment Services**

1000 S. Main Street, Suite 112; Salinas, CA 93901

Tel (831) 755-4475; Fax (831) 755-4438

Websites: [www.mcdses.co.monterey.ca.us](http://www.mcdses.co.monterey.ca.us) ; [www.f2fmc.org](http://www.f2fmc.org)

#### **Services:**

Include the following child welfare programs for families and caregivers coming through the child welfare system: **Licensed public adoption agency**. Provides home studies, birth parent counseling and services, adoption education, open adoptions, and foster care licensing and placement. **Foster care program** provides temporary out-of-home care for children who have been abused or neglected. **Family to Family**, through collaboration with community agencies, provides a variety of support services for relative caregivers and foster parents with the goal of keeping children in their own communities. **Family Ties**, in partnership with Kinship Center, also provides services to assist relative caregivers to protect and promote the safety and well-being of children in kinship families. These services include support groups, counseling, groups for children, respite childcare and other services.

#### **Kinship Center**

124 River Road; Salinas, CA 93908

Tel (831) 455-9965; (800) 454-6744; Fax (831) 455-4777

Website: [www.kinshipcenter.org](http://www.kinshipcenter.org)

#### **Services:**

Licensed, non-profit adoption agency. Provides adoption services, foster family care, relative care, adoption wraparound services, and education for parents and professionals.

#### **Family Ties**, operated by **Kinship Center**

2214 N. Main Street; Salinas, CA 93907

Tel (831) 443-0662; Fax (831) 443-0668

237 9<sup>th</sup> Street; Greenfield, CA 93927

Tel (831) 674-9945; Fax (831) 674-9926

Website: [www.kinshipcenter.org](http://www.kinshipcenter.org)

#### **Services:**

In partnership with the Department of Social and Employment Services, provides assistance for relatives who are caring for children who are related to them, including support groups, legal assistance, parent education, counseling, advocacy, and recreational activities.

#### **Aspiranet**

43 East Romie Lane; Salinas, CA 93901

Tel (831) 755-7870; Fax (831) 755-7875

Website: [www.aspiranet.org](http://www.aspiranet.org)

#### **Services:**

This non-profit agency provides adoption, foster-care, wraparound services, parent education, counseling, advocacy, and other support activities to help at-risk families stay together.



## ***Monterey County Family Resources***

### **ADOPTION AND FOSTER CARE (Continued)**

#### **Foster & Kinship Care Education**

Offered through **Hartnell Community College**

411 Central Ave; Salinas, CA 93901

Tel (831) 755-6709; Fax (831) 770-7014

Website: [www.hartnell.edu](http://www.hartnell.edu)

#### **Services:**

Classes, workshops, and support groups are offered for foster parents, relatives, and group home staff who care for other people's children. ROOTS (Relatives On-Going Ties and Support) and SPARK (Successfully Parenting At-Risk Kids) are two series of classes that address the specialized needs of these children and unforeseen issues involving their care. Courses are also appropriate for social service professionals and others who work with these caregivers. Courses are free. Childcare may be available.



# ***Monterey County Family Resources***

## **ADULT EDUCATION**

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

### **ADULT SCHOOLS**

#### **Salinas Adult School**

20 Sherwood Drive; Salinas, CA 93906

Main Number: (831) 796-6900; Fax (831) 796-6915

Website: [www.salinasadulthoodschool.com](http://www.salinasadulthoodschool.com)

#### **Monterey Adult School: Monterey Campus**

222 Casa Verde Way; Monterey, CA 93940

Tel (831) 373-4600; Fax (831) 373-1819

Website: [www.montereyadulthoodschool.us](http://www.montereyadulthoodschool.us)

#### **Monterey Adult School: Cabrillo Family Resource Center**

1295 La Salle Avenue; Seaside, CA 93955

Tel (831) 899-1615; Fax (831) 899-7077

Website: [www.montereyadulthoodschool.us](http://www.montereyadulthoodschool.us)

#### **Pacific Grove Adult School**

1025 Lighthouse Avenue; Pacific Grove, CA 93950

Tel (831) 646-6580; Fax (831) 646-6578

Website: [www.pgusd.org](http://www.pgusd.org)

#### **Soledad Unified School District Community Education Center**

690 Main Street; Soledad, CA 93960

Tel (831) 678-6300; Fax (831) 678-0162

#### **King City/Greenfield Adult School**

215 S. El Camino; Greenfield, CA 93927

Tel (831) 674-3275; Fax (831) 674-1187

Monterey County Adult Education Website: [www.montereycountyadulthooded.org](http://www.montereycountyadulthooded.org)

#### **Services:**

**All of the Adult Schools** offer courses in English as a Second Language, GED, high school completion, parenting education and vocational skills training. Fees charged for courses. ESL classes may be offered mornings, afternoons and evenings and at various locations.

#### **Plaza Comunitaria**

##### **Alisal Community Healthy Start Family Resource Center**

1441 Del Monte Avenue; Salinas, CA 93905

Tel (831) 753-5748 Fax (831) 753-5273

Website: [www.alisalfrc.org](http://www.alisalfrc.org)

#### **Services:**

The Plaza Comunitaria program provides classes to help Spanish-speaking adults complete their elementary and secondary school education. Upon completion, students receive their certificate from the Mexican embassy. No fee for program. Childcare provided.



# ***Monterey County Family Resources***

## **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

Admissions: Tel (831) 582-3000

Website: [www.csumb.edu](http://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

Admissions: Tel (831) 755-6711; Fax (831) 759-6014

Website: [www.hartnell.edu](http://www.hartnell.edu)

#### **Services:**

Vocational training, English as a Second Language, Early Childhood Education, courses for college credit and an Associate of Arts Degree. Call for more information.

#### **Monterey Peninsula College**

980 Fremont Street; Monterey, CA 93940

Admissions: Tel (831) 646-4002; Fax (831) 646-4015

Website: [www.mpc.edu](http://www.mpc.edu)

#### **Services:**

Vocational training, English as a Second Language, Early Childhood Education, courses for college credit and an Associate of Arts Degree. No GED classes. Call for more information.

### **ADULT LITERACY PROGRAMS**

#### **Read with Monterey County Free Libraries**

188 Seaside Circle; Marina, CA 93933

Tel (831) 883-7597; Fax (831) 883-7574

Website: [www.montereycountyfreelibraries.org](http://www.montereycountyfreelibraries.org)

#### **Services:**

Volunteer tutors teach adults to read and write in English. Clients must have some English-speaking skills. Program coordinator matches volunteers to clients. Services offered in Seaside, Marina, Castroville and Soledad. No fee. A Families for Literacy Program is also offered at three locations: Seaside, Castroville and Soledad.

#### **Salinas Library Adult Tutoring Program**

320 Lincoln Avenue; Salinas, CA 93901

Tel (831) 758-7916; Fax (831) 758-7446

Website: [www.salinas.lib.ca.us](http://www.salinas.lib.ca.us)

#### **Services:**

Volunteer tutors teach adults to read and write in English. Program coordinator matches volunteers to clients. For Salinas area residents. No fee.



## ***Monterey County Family Resources***

### **AIDS/HIV SCREENING, SUPPORT & TREATMENT**

#### **AIDS Hotline**

California AIDS Hotline (English/Spanish): (800) 367-2437

#### **SCREENING PROGRAMS – ALL AREAS OF MONTEREY COUNTY**

##### **Monterey County AIDS Project (MCAP)**

780 Hamilton Avenue; Seaside, CA 93955

Tel (831) 394-4747; Fax (831) 393-3453

Website: [www.mcap.org](http://www.mcap.org)

##### **Services:**

Free anonymous or confidential HIV testing. Drop-in or by appointment. Food program, housing assistance, transportation, counseling, support groups & education provided to clients.

##### **John Twenty-Third AIDS Ministry**

1121 Baldwin St. Salinas, CA 93906

Tel (831) 442-3959; Fax (831) 442-3985

Drop-In Center: 21 E. Market St. Salinas, CA 93906; Tel (831) 784-6969

Website: [www.johnxxiii.org](http://www.johnxxiii.org)

##### **Services:**

Free, confidential HIV testing, including rapid testing, with results available in 20 minutes. Support for individuals living with AIDS/HIV. Provide spiritual counseling, housing and other care. Services in English and Spanish. Drop-in center is open M, W, F.

#### **TREATMENT PROGRAMS – ALL AREAS OF MONTEREY COUNTY**

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

1441 Constitution Blvd. Building 760; Salinas, CA 93906

Tel (831) 796-1770; Fax (831) 422-5978

Website: [www.natividad.com](http://www.natividad.com)

##### **Services:**

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

##### **Community Hospital of the Monterey Peninsula - OPIS Clinic**

23845 W R Holman Hwy; Monterey, CA 93940

Tel (831) 625-4972; Fax (831) 625-4531

Website: [www.chomp.org](http://www.chomp.org)

##### **Services:**

Confidential HIV testing and counseling. Fee charged. Call for appointment. Medical treatment and support for people with HIV/AIDS.





## ***Monterey County Family Resources***

### **ALCOHOL AND DRUG COUNSELING AND TREATMENT**

#### **CRISIS INTERVENTION**

**If this is an emergency, call 911.**

#### **Community Hospital of the Monterey Peninsula Crisis Intervention**

23625 W R Holman Hwy; Monterey, CA 93940

Tel (831) 625-4623

Website: [www.chomp.org](http://www.chomp.org)

#### **Services:**

Assessment and referral in acute substance abuse issues is available 7 days a week, 24 hours/day. Call above number or come into the emergency room.

#### **Natividad Medical Center Behavioral Health Crisis Team**

1441 Constitution Blvd. Salinas, CA 93906

Tel (831) 755-4111

Website: [www.natividad.com](http://www.natividad.com)

#### **Services:**

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

### **ASSESSMENT AND REFERRAL SERVICES**

#### **Monterey County Health Department**

#### **Behavioral Health Division**

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

Tel (800) 737-2205, (831) 755-5505; Fax (831) 769-8621

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

#### **Services:**

The gatekeeper for publicly-funded alcohol and drug treatment programs. *All individuals seeking treatment for alcohol and other drug problems through publicly funded programs must have a Medi-Cal card and must be assessed and receive authorization for treatment from Monterey County Behavioral Health. Assessment and authorization must be completed before the client is eligible for publicly funded programs.* Client will be referred to the most appropriate treatment program. An appointment is required and the assessment is conducted at the Behavioral Health office at the above location. Assessment and treatment in programs authorized by Behavioral Health are reimbursed through Medi-Cal and other public funds.



## ***Monterey County Family Resources***

### **ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)**

#### **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.

##### **Alcoholics Anonymous, Salinas Valley**

9 West Gabilan Street #11; Salinas, CA 93901

24-hour Helpline: (831) 424-9874

Website: [www.aasalinas.org](http://www.aasalinas.org)

##### **Services:**

A number of Alcoholics Anonymous meetings are offered in the Salinas valley. Website and Helpline provides information on these AA meetings.

##### **Alanon / Alateen**

Salinas 24-hour Tel (831) 424-6207

Monterey 24-hour Tel (831) 373-2532

Website: [www.ncwsa.org](http://www.ncwsa.org)

##### **Services:**

Helpline provides information and referral in English and in Spanish 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 only.

##### **Celebrate Recovery**

Offered by **First Presbyterian Church**

1044 South Main Street; Salinas, CA 93901

Tel (831) 422-7811; Fax (831) 422-9887

Website: [www.fpcsalinas.org](http://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.



## ***Monterey County Family Resources***

### **ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)**

#### **ALCOHOL AND DRUG ABUSE: COMMUNITY EDUCATION**

##### **Mentor Moms**

Offered through **Door to Hope**

130 W. Gabilan Street; Salinas, CA 93901

Tel (831) 758-0181; Fax (831) 758-5127

Website: [www.doortohope.org](http://www.doortohope.org)

##### **Services:**

Mentors provide compassionate support and guidance to parents who have lost custody of their children, but now have the court's permission to attempt to reunify with them.

##### **SPARK**

Offered through **Hartnell Community College**

411 Central Avenue; Salinas, CA 93901

Tel (831) 755-6709; Fax (831) 770-7014

Website: [www.hartnell.edu](http://www.hartnell.edu)

##### **Services:**

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

##### **Sunrise House**

106 Lincoln Ave; Salinas, CA 93901

**24-hour Crisis Line: (831) 758-3302;** Fax (831) 758-8108

Website: [www.sunrisehouse.org](http://www.sunrisehouse.org)

##### **Services:**

Offers alcohol and drug counseling and a 24-hour crisis line for adolescents and their families dealing with substance abuse issues. 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. Services are free.

##### **Trucha**

725 East Market Street; Salinas, CA 93905

Tel (831) 424-0521; Fax (831) 424-5397

##### **Services:**

Offers alcohol and drug abuse classes, anger management classes and a domestic violence prevention program for men and women. Referrals through the courts, probation, parole department or self-referred. Fee charged. Services are offered in Salinas, Seaside, Soledad and King City. Classes in English and in Spanish. Call the Salinas office to register.

##### **Community Recovery and Resource Center**

Operated by **Sun Street Centers**

5 Williams Road; Salinas, CA 93905

Tel (831) 753-5150; Fax (831) 759-2269

Website: [www.sunstreetcenters.com](http://www.sunstreetcenters.com)

##### **Services:**

An array of drug abuse prevention activities in English and in Spanish for adults and teens in the community, including drug education, counseling, 12-step programs and community outreach.



## ***Monterey County Family Resources***

### **ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)**

#### **Family Service Center**

Operated by **Community Human Services**

433 Salinas Street; Salinas, CA 93901

Tel (831) 757-7915; Fax (831) 757-0762

Website: [www.chservices.org](http://www.chservices.org)

#### **Services:**

Individual, couple, family and group counseling addressing substance abuse and recovery issues. Domestic violence prevention and anger management program. Parenting classes. Services provided by licensed therapists, supervised interns and qualified counselors. Sliding scale or Medi-Cal.

### **MONTEREY PENINSULA**

#### **Family Service Centers**

Operated by **Community Human Services**

590 Pearl Street; Monterey, CA 93940

Tel (831) 373-4775; Fax (831) 373-3179

1178 Broadway; Seaside, CA 93955

Tel (831) 394-4622; Fax (831) 394-1930

Website: [www.chservices.org](http://www.chservices.org)

#### **Services:**

Individual, couple, family and group counseling addressing substance abuse and recovery issues. Services provided by licensed therapists, supervised interns and qualified counselors. Sliding scale or Medi-Cal.

#### **Community Recovery and Resource Center**

Operated by **Sun Street Centers**

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

Tel (831) 393-9316; Fax (831) 899-6575

Website: [www.sunstreetcenters.com](http://www.sunstreetcenters.com)

#### **Services:**

An array of drug abuse prevention activities in English and in Spanish for adults and teens in the community, including drug education, counseling, 12-step programs, driving under the influence program and community outreach.

### **SOUTH COUNTY**

#### **Community Recovery and Resource Center**

Operated by **Sun Street Centers**

200 Broadway, Suite 70; King City, CA 93930

Tel (831) 385-0100; Fax (831) 385-6842

Website: [www.sunstreetcenters.com](http://www.sunstreetcenters.com)

#### **Services:**

An array of drug abuse prevention activities in English and in Spanish for adults and teens in the community, including drug education, counseling, 12-step programs, driving under the influence program and community outreach. Services provided in King City and in Greenfield.



## ***Monterey County Family Resources***

### **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; Fax (831) 422-9411

Website: [www.doortohope.org](http://www.doortohope.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, and substance abuse professionals. Reimbursement from public funding sources.

###### **Door to Hope**

130 West Gabilan Street; Salinas, CA 93901

Tel (831) 758-0181; Fax (831) 758-5127

Website: [www.doortohope.org](http://www.doortohope.org)

###### **Services:**

Outpatient program for drug-dependent men and women. Services include individual/group counseling, after-care counseling, and 12-step recovery programs. Reimbursed through Medi-Cal and other public funds. Door to Hope also offers residential treatment. (See Alcohol and 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; Fax (831) 758-5127

Website: [www.doortohope.org](http://www.doortohope.org)

###### **Services:**

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

###### **Sun Street Outpatient Counseling Center**

Operated by **Sun Street Centers**

517 South Main Street #102; Salinas, CA 93901

Tel (831) 753-6001; Fax (831) 753-5169

Website: [www.sunstreetcenters.com](http://www.sunstreetcenters.com)

###### **Services:**

Outpatient drug abuse treatment program for men and women includes individual, group and after-care counseling. Reimbursed through Medi-Cal and other public funds. Outpatient services are also offered at the Nancy Dodd Center, Pueblo Del Mar in Marina.



## ***Monterey County Family Resources***

### **ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)**

#### **Valley Health Associates**

338 Monterey Street; Salinas, CA 93901

Tel (831) 424-6655; Fax (831) 424-9717

Website: [www.valleyhealthassociates.com](http://www.valleyhealthassociates.com)

#### **Services:**

Drug abuse treatment program for men and women includes education, individual and group counseling, drug screening and attendance at 12-step meetings. Methadone maintenance and detoxification program in Salinas only. Sliding fees, Medi-Cal, and other public funds.

#### **Off Main Clinic**

Operated by **Community Human Services**

1083 South Main Street; Salinas, CA 93901

Tel (831) 424-4828; Fax (831) 424-5838

Website: [www.chservices.org](http://www.chservices.org)

#### **Services:**

A medical treatment program offering methadone maintenance and detox programs for opiate dependent adults. Education on sexually transmitted infections. Participation is voluntary. Medi-Cal and sliding fee.

### **MONTEREY PENINSULA**

#### **Community Hospital Recovery Center Adult Services**

576 Hartnell Street; Monterey, CA 93940

Tel (831) 373-0924 or (800) 528-8080; Fax (831) 373-4254

Website: [www.chomp.org/conditions/substanceabuse](http://www.chomp.org/conditions/substanceabuse)

#### **Services:**

Day and evening outpatient treatment programs, each consisting of 20 sessions, address chemical dependency for adults. Relapse prevention services, family counseling, and aftercare support. Reimbursed through private insurance. Individuals without insurance may qualify for sponsored care.

#### **Clint Eastwood Recovery Youth Program**

576 Hartnell Street; Monterey, CA 93940

Tel (800) 528-8080 or (831) 373-0924; Fax (831) 373-4254

Website: [www.chomp.org/conditions/substanceabuse](http://www.chomp.org/conditions/substanceabuse)

#### **Services:**

Structured outpatient program for adolescents, ages 12-17, experiencing emotional, psychiatric or alcohol/drug problems. Provides an intensive program of individual, group and family counseling services. The treatment program is 20 sessions. Reimbursed through private insurance. Individuals who don't have insurance may qualify for sponsored care.

#### **Valley Health Associates**

114 Webster Street; Monterey, CA 93940

Tel (831) 372-8392

Website: [www.valleyhealthassociates.com](http://www.valleyhealthassociates.com)

#### **Services:**

Drug abuse treatment program includes education, individual and group counseling, drug screening and attendance at 12-step meetings. Methadone treatment in Salinas office only. Reimbursement through self payment, Medi-Cal & other public funds. Limited hours.



## ***Monterey County Family Resources***

### **ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)**

#### **SOUTH COUNTY**

##### **Valley Health Associates**

495 El Camino Real #K; Greenfield, CA 93927

Tel (831) 674-1795

Website: [www.valleyhealthassociates.com](http://www.valleyhealthassociates.com)

##### **Services:**

Drug abuse treatment program includes education, individual and group counseling, drug screening and attendance at 12-step meetings. Services in Spanish. Methadone treatment in Salinas office only. Reimbursement through self payment, Medi-Cal & other public funds. Limited hours.

#### **RESIDENTIAL DRUG TREATMENT PROGRAMS**

#### **SALINAS**

##### **Door to Hope**

165 Clay Street; Salinas, CA 93901

Tel (831) 422-6226; Fax (831) 758-5127

Website: [www.doortohope.org](http://www.doortohope.org)

##### **Services:**

Residential drug treatment for women, ages 18-64. Fourteen beds. Length of stay ranges from 4-6 months. Provides alcohol/drug education, individual/group counseling, after-care counseling, outpatient services, and referrals to other community programs. Pregnant women accepted. No children. Reimbursement through public funding and self-pay. Waiting list.

##### **Nueva Esperanza**

Operated by **Door to Hope**

325 California Street; Salinas, CA 93905

Tel (831) 422-2636; Fax (831) 758-5127

Website: [www.doortohope.org](http://www.doortohope.org)

##### **Services:**

A residential recovery program designed to meet the needs of Latina women. Pregnant women accepted. Six women and up to ten children. Children, from birth to age 5 and their siblings, up to age 11, may accompany their moms. Length of stay is 4-6 months. Services include individual and group counseling, parent education, aftercare, transportation, 12-step meetings, and relapse prevention. Reimbursement through public funding and self-pay. Waiting list.

##### **Sun Street Centers Men's Residential Program**

Operated by **Sun Street Centers**

8 Sun Street; Salinas, CA 93901

Tel (831) 753-5145; Fax (831) 753-6007

Website: [www.sunstreetcenters.com](http://www.sunstreetcenters.com)

##### **Services:**

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





## ***Monterey County Family Resources***

### **ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)**

#### **MONTEREY PENINSULA**

##### **Genesis Residential Center**

Operated by **Community Human Services**

1152 Sonoma Avenue; Seaside, CA 93955

Tel (831) 899-2436; Fax (831) 899-7405

Website: [www.chservices.org](http://www.chservices.org)

##### **Services:**

Long-term, residential drug treatment services. Co-ed program has 28 beds and lasts 4-6 months. Perinatal program offers 8 beds and lasts 6-10 months. Added capacity for 6 children to age 5 to stay with mom while in treatment. Offers medical treatment, education, counseling and other services. Reimbursement through public funding and self-pay. May have waiting list.

##### **Beacon House**

468 Pine Avenue

Pacific Grove, CA 93950

Tel (831) 372-2334; Fax (831) 372-2396

Website: [www.beaconhouse.org](http://www.beaconhouse.org)

##### **Services:**

Private non-profit alcohol and drug treatment facility with residential, relapse, day and evening outpatient treatment programs. Sixteen beds. Services are for men and women. The residential program is 28 days long. Can accommodate pregnant women over age 18. No children. A variety of after-care and family support services are offered on site. Reimbursed through private insurance or self-pay. May have a waiting list.

#### **TRANSITIONAL HOUSING**

##### **Pueblo del Mar Family Recovery Community**

Operated by **Sun Street Centers**

3043 MacArthur Drive.; Marina, CA 93933

Tel (831) 753-6009; Fax (831) 582-0300

Website: [www.sunstreetcenters.com](http://www.sunstreetcenters.com)

##### **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. Outpatient recovery services for women only provided at the on-site Nancy Dodd Center. May have a waiting list.

##### **Seven Suns Transitional Housing for Men**

Operated by **Sun Street Centers**

7 & 9 Sun Street; Salinas, CA 93901

Tel (831) 753-5145

Website: [www.sunstreetcenters.com](http://www.sunstreetcenters.com)

##### **Services:**

Self-supporting, transitional housing for adult men who have graduated from a primary recovery program. Housing for 53 men. 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. Men may stay up to two years. May have a waiting list.





## ***Monterey County Family Resources***

### **ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)**

#### **Elm House**

Operated by **Community Human Services**

1001 Elm Avenue; Seaside, CA 93955

Tel/Fax: (831) 920-1078

Website: [www.chservices.org](http://www.chservices.org)

#### **Services:**

Provides affordable transitional housing and supportive services for women in early recovery from substance abuse. Six single bedrooms for six women. No children. Women may stay 18-24 months.



## ***Monterey County Family Resources***

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

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

#### **FOR ALL AREAS OF MONTEREY COUNTY**

##### **Monterey County Child Care Resource and Referral**

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

622 E. Alisal St., Suite #6; Salinas, CA 93905

Tel (800) 339-9306; (831) 757-0775; Fax (831) 757-7549

Website: [www.maof.org](http://www.maof.org)

##### **Services:**

Provides referrals to child care centers and family child care homes, licensed or exempt, near family's residence or place of employment. Technical assistance is offered to those desiring to become licensed providers. Low-income families wishing subsidized child care are referred to the MAOF office on Quail Run, where a centralized program determines eligibility for subsidized child care.

##### **Mexican American Opportunity Foundation (MAOF)**

3 Quail Run, Suite 104; Salinas, CA 93905

Tel (831) 424-3313

Website: [www.maof.org](http://www.maof.org)

##### **Services:**

Provides subsidized childcare and preschool services to low income families throughout Monterey County at one of the MAOF centers or in the home of a licensed provider. Centralized program determines eligibility for subsidized child care. Women must be low-income and working, in school or in training. MAOF childcare centers are located in Salinas, Gonzales, Soledad and Greenfield.

##### **Head Start**

Operated by **Monterey County Office of Education**

901 Blanco Circle; Salinas, CA 93901

Tel (831) 755-0350; Fax (831) 755-6480

Website: [www.monterey.k12.ca.us/head\\_start](http://www.monterey.k12.ca.us/head_start)

##### **Services:**

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

##### **Early Head Start**

Operated by **Monterey County Office of Education**

901 Blanco Circle; Salinas, CA 93901

Tel (831) 755-0310; Fax (831) 755-0847

Website: [www.monterey.k12.ca.us/head\\_start](http://www.monterey.k12.ca.us/head_start)

##### **Services:**

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



## ***Monterey County Family Resources***

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

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

#### **Migrant Education**

Operated by **Monterey County Office of Education**

901 Blanco Circle; Salinas, CA 93901

Tel (831) 755-6401; Fax (831) 422-8230

Website: [www.monterey.k12.ca.us/migrant\\_education](http://www.monterey.k12.ca.us/migrant_education)

#### **Services:**

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

### **SALINAS**

#### **Salinas Adult School**

20 Sherwood Place; Salinas, CA 93906

Tel (831) 796-6970; Fax (831) 796-6975

Website: [www.salinasadulthoodschool.com](http://www.salinasadulthoodschool.com)

#### **Services:**

Offers childcare for children 2.9 – 8 years (C.U.D.L.E.S. program). Fee charged; not based on income. Also offers a cooperative preschool program, where parents and children explore and learn together. Parents participate in the classroom and attend a monthly parent meeting.

### **MONTEREY PENINSULA**

#### **Cabrillo Family Resource Center**

1295 La Salle Avenue; Seaside, CA 93955

Tel (831) 899-4879; Fax (831) 899-9672

Website: [www.mpusd.k12.ca.us](http://www.mpusd.k12.ca.us)

#### **Services:**

Early childhood education at this site includes Head Start/ State Preschool, Family Connections, and a resource and referral center. Separate child care available for parents attending on -site Monterey Adult School classes and for teen mothers attending classes through MPUSD.

#### **Seaside Children's Center**

1450 Elm Street; Seaside, CA 93955

Tel (831) 899-7005; Fax (831) 899-9238

Website: [www.mpusd.k12.ca.us](http://www.mpusd.k12.ca.us)

#### **Services:**

Provides full and half-day preschool and childcare programs for children 18 months through four years of age. Operated by the Monterey Peninsula Unified School District (MPUSD). Sliding fee scale. Parents must be low income and working or going to school.



## ***Monterey County Family Resources***

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

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

#### **Salvation Army Child Development Center**

1491 Contra Costa; Seaside, CA 93955

Tel (831) 899-4911; Fax (831) 899-0821

Website: [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

#### **Services:**

Childcare program, offering pre-school and after-school care for low - middle income families.

#### **The Peninsula Center for Infant and Toddler Development**

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

780 Elm Street; Seaside, CA 93955

Tel (831) 393-2240; Fax (831) 393-2247

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.

#### **Avondale Child Development Center**

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

200 Coe Avenue; Seaside, CA 93955

Tel (831) 393-2246; Fax (831) 393-2247

Website: [www.earlydevelopmentservices.com](http://www.earlydevelopmentservices.com)

#### **Services:**

Pre-school program for children aged 2½ to 5 years old. Subsidized child care available through CalWorks and MAOF for mothers who work or who are in school full time.

#### **Highlands Early Education Center**

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

1650 Sonoma Ave; Seaside, CA 93955

Tel (831) 393-0750; Fax (831) 393-2247

Website: [www.earlydevelopmentservices.com](http://www.earlydevelopmentservices.com)

#### **Services:**

Pre-school and childcare program for children aged 12 mo. to 5 years old. Subsidized child care available through CalWorks and MAOF for mothers who work or who are in school full time.

#### **CSU Monterey Bay Childhood Development Center**

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

100 Campus Center, Building 91; Seaside, CA 93955

Tel (831) 582-3525

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.



## ***Monterey County Family Resources***

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

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

#### **Pacific Grove Co-op Preschool**

Operated by **Pacific Grove Adult School**

485 Pine Ave; Pacific Grove, CA 93950

Tel and Fax (831) 646-6583

Website: [www.pgusd.org/preschool](http://www.pgusd.org/preschool)

#### **Services:**

This is a parent participation preschool program for children, age 3 through kindergarten entry. Reasonable fees. Attendance at parent education classes required.

### **NORTH COUNTY**

#### **North Monterey County Cooperative Preschool**

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

17719 Pesante Road; Salinas, CA 93907

Tel (831) 663-2187

#### **Services:**

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



# ***Monterey County Family Resources***

## **CHILD PROTECTIVE SERVICES**

### **FOR ALL AREAS OF MONTEREY COUNTY**

#### **Monterey County Department of Social and Employment Services**

#### **Family and Children's Services**

#### **(Child Protective Services)**

1000 S. Main St., Ste. 112; Salinas, CA 93901

Tel (831) 755-4475; Fax (831) 755-4438

1760 Fremont St. Suite D2; Seaside, CA 93955

Tel (831) 899-8015; Fax (831) 899-8019

116 Broadway Street; King City, CA 93930

Tel (831) 755-4475 (Salinas number)

**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.**

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

#### **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**

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 CPS hotline.



## ***Monterey County Family Resources***

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

#### **ALL AREAS OF MONTEREY COUNTY**

##### **Alzheimer's Association of Monterey County**

182 El Dorado St.; Monterey, CA 93940

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

Website: [www.alz.org/norcal](http://www.alz.org/norcal)

##### **Services:**

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

##### **American Cancer Society**

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

Tel (831) 442-2992 or (800) 227-2345; Fax (831) 772-0959

Website: [www.cancer.org](http://www.cancer.org)

##### **Services:**

Information on cancer prevention and treatment; wig assistance, referral to community resources and support groups. Transportation to MD appts for cancer patients living anywhere in Monterey County.

##### **American Heart Association**

1514 Moffett Street, Suite J; Salinas, CA 93905

Tel (800) 242-8721; (831) 757-6221; Fax (831) 757-6355

Website: [www.americanheart.org](http://www.americanheart.org)

##### **Services:**

Provides information on heart disease.

##### **Breathe California, Central Coast**

Tel (831) 373-7306; Fax (831) 373- 5530

Website: [www.breathecentral.org](http://www.breathecentral.org)

##### **Services:**

Services address lung health and include asthma education and tobacco control programs.

##### **Community Hospital of the Monterey Peninsula**

23625 W R Holman Hwy.; Monterey, CA 93940

Tel (831) 649-7780 (Community Education Department)

Website: [www.chomp.org](http://www.chomp.org)

##### **Services:**

The community education program includes lectures, workshops, screenings and support groups on a variety of health issues.

##### **Natividad Medical Center**

1441 Constitution Blvd. Bldg 300; Salinas, CA 93906

Tel (831) 755-4111

Website: [www.natividad.com](http://www.natividad.com)

##### **Services:**

Infant and adult CPR classes. Diabetes support groups for families living with diabetes. Special group for teens with diabetes. Services in Spanish and in English.



## ***Monterey County Family Resources***

### **CHRONIC DISEASES: EDUCATION AND SUPPORT (Continued)**

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

#### **Salinas Valley Memorial Healthcare System**

450 East Romie Lane; Salinas, CA 93901

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

Website: [www.svmh.com](http://www.svmh.com)

#### **Services:**

Community health education programs and support groups for various health issues, including arthritis, heart health, cancer wellness, and diabetes.

#### **Central California Alliance for Health**

339 Pajaro Street, Suite E; Salinas, CA 93901

Tel (831) 755-6000 or (800) 700-3874; Fax (831) 755-6005

Website: [www.ccah-alliance.org](http://www.ccah-alliance.org)

#### **Services:**

Central California Alliance for Health provides a number of health education programs to Medi-Cal and Healthy Families recipients who are members of the Alliance. Programs include: asthma and diabetes education, breastfeeding support, smoking cessation, and women's health.

#### **Monterey County Health Department,**

1270 Natividad Road; Salinas, CA 93906

Tel (831) 755- 4500 or 755-4796

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

#### **Services:**

The Health Promotion division focuses on the prevention of chronic diseases, such as asthma, obesity, and diabetes. Brochures and information on community resources are available.





## ***Monterey County Family Resources***

### **CLOTHING RESOURCES FOR FAMILIES**

#### **SALINAS**

##### **Salvation Army Thrift Store**

326 North Main Street; Salinas, CA 93906

Tel (831) 424-0889

Website: [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

##### **Services:**

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

##### **Goodwill Industries**

1045 North Main Street; Salinas, CA 93906

Tel (831) 755-8668

708 E Alisal Street; Salinas, CA 93905

Tel (831) 424-5346

##### **Services:**

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

##### **Victory Mission**

43 Soledad Street; Salinas, CA 93905

Tel (831) 424-5688; Fax (831) 424-3193

##### **Services**

In addition to meals and food boxes, women and children's clothing and toys are given out every Thursday on "Women's Day." Supplies are dependent on donations.

#### **MONTEREY PENINSULA**

##### **Good Samaritan Center, operated by the Salvation Army**

800 Scott Street; Sand City, CA 93955

Tel (831) 899-4988; Fax (831) 393-8258

Website: [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

##### **Services:**

Provides clothing, as well as laundry and shower facilities for the homeless. The center also assists needy Monterey Peninsula residents with food and payment of rent and utility bills.

##### **Society of St. Vincent de Paul Thrift Store**

1269 Fremont Blvd.; Seaside, CA 93955

Tel (831) 899-2211

214 Forest Ave.; Pacific Grove, CA 93950

Tel (831) 642-9387

##### **Services:**

Offers clothing and home furnishings at low prices. Families in need may fill out an application for free clothing and home furnishings at the store.

##### **Goodwill Industries**

729 Broadway Ave; Seaside, CA 93955

Tel (831) 394-1212

571 Lighthouse Ave; Monterey, CA 93940

Tel (831) 649-6056

##### **Services:**

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



# ***Monterey County Family Resources***

## **COUNSELING**

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

### **SALINAS**

#### **Family Service Center**

Operated by **Community Human Services**

433 Salinas Street; Salinas, CA 93901

Tel (831) 757-7915; Fax (831) 757-0762

Website: [www.chservices.org](http://www.chservices.org)

#### **Services:**

This center offers mental health programs for adults and children: individual, group and family therapy. Couples counseling. Parenting education. Domestic violence/ anger management programs. Drug and alcohol counseling. Child abuse intervention. Family to Family program. Supervised visitation. Counseling for HIV/AIDS and LGBT individuals, family and friends. Services provided in English and in Spanish by licensed therapists, supervised interns and qualified counselors. Sliding fee scale. Medi-Cal may be accepted. School-based counseling.

#### **Catholic Charities**

1705 2nd Avenue; Salinas, CA 93905

Immigration Assistance: Tel (831) 422-0602; Fax (831) 422-0759

Direct Aid Program: Tel (831) 753-5314 or call the Seaside office (831) 393-3110

Website: [www.dioceseofmonterey.org](http://www.dioceseofmonterey.org) or [www.catholiccharitiesusa.org](http://www.catholiccharitiesusa.org)

#### **Services:**

Immigration and citizenship assistance offered in the Salinas office 5 days a week. The Direct Aid program is more limited. Depending on funds available, clients may receive assistance with rent, utilities and food. Clients should make appt. for support services. Counseling for individuals and families is provided in the Seaside and Watsonville offices.

#### **Celebrate Recovery**

Offered by **First Presbyterian Church**

1044 South Main Street; Salinas, CA 93901

Tel (831) 422-7811; Fax (831) 422-9887

Website: [www.fpcsalinas.org](http://www.fpcsalinas.org)

#### **Services:**

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

#### **District Attorney, Victim/Witness Assistance Program**

230 Church St. Bldg 3; Salinas, CA 93901

Tel (831) 755-5072; Fax (831) 755-5003

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

#### **Services:**

Crisis intervention, emergency assistance, resource counseling and other services provided to victims or witnesses of crimes, such as homicide, assault, domestic violence, and rape.



## ***Monterey County Family Resources***

### **COUNSELING (Continued)**

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

#### **Trucha**

725 East Market Street; Salinas, CA 93905

Tel (831) 424-0521; Fax (831) 424-5397

#### **Services:**

Peer counselors offer individual, family and group counseling on substance abuse, domestic violence and anger management. Assistance with filling out paperwork for job applications, welfare, immigration, and uncontested divorces. Services in Spanish & in English. Low fees.

#### **Confidence Pregnancy Center of Salinas**

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

Tel (831) 757-5500 or (800) 395-4357; Fax (831) 757-5510

Website: [www.pregnancysalinas.com](http://www.pregnancysalinas.com)

#### **Services:**

Confidential counseling and pregnancy confirmation for women with crisis pregnancy. Limited practical assistance (maternity and baby clothes, etc.) for clients who use program services.

### **MONTEREY PENINSULA**

#### **Family Service Center**

Operated by **Community Human Services**

1178 Broadway; Seaside, CA 93955

Tel (831) 394-4622; Fax (831) 394-1930

Website: [www.chservices.org](http://www.chservices.org)

#### **Services:**

Mental health programs for adults and children: Individual, group and family therapy. Couples counseling. Parenting education. Domestic violence/ anger management programs. Drug and alcohol counseling. Child abuse intervention. Supervised visitation. Counseling for HIV/AIDS and LGBT individuals, family and friends. Services provided by licensed therapists, supervised interns and qualified counselors. Limited services in Spanish. Sliding fee scale. Medi-Cal accepted. School-based counseling coordinated through the Salinas office.

#### **The Village Project**

1069 Broadway Avenue, Suite 201; Seaside, CA 93955

Tel (831) 392-1500; Fax (831) 392-1501

Website: [www.thevillageprojectinc.org](http://www.thevillageprojectinc.org)

#### **Services:**

This African-American family resource center provides counseling for adults, couples, children, and families; cultural competency trainings, black parenting classes, teen groups on anger management and self esteem. Focus on African-Americans, but open to serve anyone in need.

#### **Compassion Pregnancy Center of the Monterey Peninsula**

640 Cass Street; Monterey, CA 93940

Tel (831) 373-8535; Fax (831) 373-2931

Website: [www.montereycpc.com](http://www.montereycpc.com)

#### **Services:**

Confidential counseling and support for women with a crisis pregnancy. Practical assistance (maternity and baby clothes) also offered to clients. No charge for services.



## ***Monterey County Family Resources***

### **COUNSELING (Continued)**

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

#### **Family Service Center**

Operated by **Community Human Services**

590 Pearl Street; Monterey, CA 93940

Tel (831) 373-4775; Fax (831) 373-3179

Website: [www.chservices.org](http://www.chservices.org)

#### **Services:**

Mental health programs for adults and children: Individual, group and family therapy. Couples counseling. Domestic violence/ anger management program. Drug and alcohol counseling. Child abuse intervention. Services provided in English and in Spanish by licensed therapists, supervised interns and qualified counselors. Walk-in and crisis appts. Sliding fee scale. Medi-Cal may be accepted.

#### **A Safe Place**

Operated by **Community Human Services**

590 Pearl Street; Monterey, CA 93940

Tel (831) 373-4421; Fax (831) 373-7410

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

Website: [www.chservices.org](http://www.chservices.org)

#### **Services:**

A comprehensive runaway and homeless youth program. Provides individual, group and family counseling (English only) to school-aged youth and their families. Street outreach. Provide clothing, food vouchers and hygiene kits. Crisis resolution home provides temporary housing for youth while problems are resolved with their families. Sliding fee scale for counseling, although no one turned away due to inability to pay. Fee may be covered by insurance.

#### **Catholic Charities**

922 Hilby Avenue; Seaside, CA 93955

Tel (831) 393-3110; Fax (831) 393-3115

Website: [www.dioceseofmonterey.org](http://www.dioceseofmonterey.org) or [www.catholiccharitiesusa.org](http://www.catholiccharitiesusa.org)

#### **Services:**

General counseling, in English only, for individuals and families provided by MFCC interns. Sliding fee scale. Limited financial assistance (for rent, utilities and food) also provided. Funds available for tattoo removal for ex-gang members on the path to change. Immigration assistance provided through the Salinas office.

### **SOUTH COUNTY**

#### **Community Recovery and Resource Center**

Operated by **Sun Street Centers**

200 Broadway, Suite 80; King City, CA 93930

Tel (831) 385-0991; Fax (831) 385-6842

Website: [www.sunstreetcenters.com](http://www.sunstreetcenters.com)

#### **Services:**

Counseling, advocacy and education are provided by peer counselors for individuals and families with alcohol and drug problems. Clients do not have to have substance abuse problems to receive counseling services or to attend classes and groups. Services, in English and in Spanish, are provided in Greenfield and in King City.



# ***Monterey County Family Resources***

## **CRISIS LINES/ HELPLINES**

(Refer also to AIDS, Alcohol and Drug, and to Mental Health Services)

**IF THIS IS AN EMERGENCY, DIAL 911.**

### **For All Areas of Monterey County**

#### **211, Monterey County**

From anywhere in Monterey County, dial 211

Website: [www.211mc.org](http://www.211mc.org)

#### **Services:**

A 24-hour free and confidential telephone service, providing information and referral on a broad range of services, including rent assistance, food banks, affordable housing, health resources, child care, counseling and senior services. Can provide information in more than 170 languages. Provides vital information in times of disaster.

#### **Family Helpline**

Operated by **Shelter Outreach Plus**

Tel 24-hour (800) 339-8228

Website: [www.shelteroutreachplus.org](http://www.shelteroutreachplus.org)

#### **Services:**

24-hour toll-free telephone information and referral service on the following: emergency shelter, transitional and low-income housing, domestic violence, food pantries, family health care, drug and alcohol programs, childcare, job training, legal services. Services in Eng & Span.

#### **Suicide Prevention Services of the Central Coast**

Crisis Line: (831) 649-8008; Toll Free (877) 663-5433

#### **Services:**

24-hour, multi-language, crisis intervention and suicide prevention counseling. Phone is answered by a trained volunteer. Referral to community resources, as appropriate.

#### **National Suicide Prevention Lifeline**

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

#### **YWCA Domestic Crisis Line**

Tel 24-hour (831) 372-6300 or (831) 757-1001

Website: [www.ywca.org/montereycounty](http://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: (831) 375-4357 (Monterey); (831) 424-4357 (Salinas)

Website: [www.mtryrapecrisis.org](http://www.mtryrapecrisis.org)

#### **Services:**

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



## ***Monterey County Family Resources***

### **CRISIS LINES/ HELPLINES (Continued)**

**(Refer also to AIDS, Alcohol and Drug, and to Mental Health Services)**

#### **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. Trained counselors help teens and parents with a variety of issues, including suicide prevention, depression, chemical dependency, anger, and physical, emotional and sexual abuse. Services in English and Spanish.

#### **Runaway and Homeless Youth Helpline**

Operated by **Community Human Services**

Tel 24-hour (831) 241-0914

Website: [www.chservices.org](http://www.chservices.org)

##### **Services:**

A 24-hour helpline for runaway and homeless youth of Monterey County. Crisis services available include counseling, food, clothing, shelter and transportation.

#### **Trevor Helpline**

Tel (866) 488-7386

Website: [www.thetrevorproject.org](http://www.thetrevorproject.org)

##### **Services:**

A 24-hour national crisis helpline for lesbian, gay, bisexual, transgender and questioning young people.

#### **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.

#### **Pregnancy Risk Information**

##### **California Teratogen Information Service**

University of California, San Diego Medical Center

Tel (800) 532-3749

Website: [www.ctispregnancy.org](http://www.ctispregnancy.org)

##### **Services:**

Statewide program operated by the Department of Pediatrics at the UCSD Medical Center. Telephone counseling for pregnant women, fathers and health care providers on drugs, chemicals, infectious diseases and physical agents which may be harmful to an unborn child. Services in English and in Spanish

#### **Cancer Hotline**

Tel (800) 422-6237

Website: [www.cancer.gov](http://www.cancer.gov)

##### **Services:**

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



## ***Monterey County Family Resources***

### **DEATH AND DYING/ GRIEF COUNSELING/ HOSPICE SERVICES**

#### **ALL AREAS OF MONTEREY COUNTY**

##### **Compassionate Care Alliance of Monterey County**

P.O. Box 1785; Monterey, CA 93942

Tel (831) 655-9506

Website: [www.comcarealliance.org](http://www.comcarealliance.org); [www.caringresources.org](http://www.caringresources.org)

##### **Services:**

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

##### **Hospice Support Services**

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

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

2 Upper Ragsdale Drive, Suite D210; Monterey, CA 93940

Grief Line: (831) 622-2745 or (888) 985-0550; Fax (831) 649-7757

Website: [www.chomp.org](http://www.chomp.org)

##### **Services:**

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

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

Bi-lingual counselors are available.

##### **Suicide Prevention Services of the Central Coast**

Crisis Line: (831) 649-8008; Toll Free (877) 663-5433

Tel (831) 375-6966 or (831) 459-9373; Fax (831) 459-6617

##### **Services:**

Grief support group, conducted in English, for individuals and families who have experienced a sudden death by suicide. Meets in Pacific Grove. Program is based in Santa Cruz but provides services to Monterey County residents. 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; Fax (831) 757-9586

Website: [www.co.monterey.ca.us/health](http://www.co.monterey.ca.us/health); [www.californiasids.com](http://www.californiasids.com)

##### **Services:**

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





## ***Monterey County Family Resources***

### **DEATH AND DYING/ GRIEF COUNSELING/ HOSPICE SERVICES (Continued)**

#### **Hospice of the Central Coast**

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

2 Upper Ragsdale Dr. Suite D210; Monterey, CA 93940

Tel (831) 649-7750; Fax (831) 649-7751

Website: [www.chomp.org](http://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 or in an assisted living, residential or skilled nursing facility.

#### **Central Coast Visiting Nurse Association and Hospice**

**Hospice Services** located at:

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

Tel: (831) 758-8243 or 375-9882; Fax: (831) 758-3849

Website: [www.ccvna.com](http://www.ccvna.com)

#### **Services:**

Hospice provides a comprehensive program of care and support for anyone who has a limited life prognosis. A team of nurses, home health aides, social workers and spiritual advisors provides comfort, care and support to terminally ill patients and their families. Bereavement support groups, in English, offered for anyone experiencing the loss of a loved one.

#### **National Hospice and Palliative Care Organization**

Tel (800) 658-8898

Website: [www.nhpco.org](http://www.nhpco.org)

#### **Services:**

This national organization provides information on end-of-life care, including living wills and brochures which may be downloaded from their website.

#### **Children's Hospice – Palliative Care Coalition**

65 Nielson St. #108; Watsonville, CA 95076

Tel (831) 763-3070; Fax (831) 768-9102

Website: [www.childrenshospice.org](http://www.childrenshospice.org)

#### **Services:**

The center, located in Watsonville and serving Santa Cruz and Monterey Counties, offers care coordination services which specifically address the unique needs of children with life-threatening conditions and their families. A social worker provides ongoing support and assessment. Limited transportation to Lucille Packard Children's Hospital and UCSF for families most in need. Services are in English and in Spanish.





# ***Monterey County Family Resources***

## **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](http://www.denti-cal.ca.gov)

#### **Services:**

Most dental benefits for adults have been eliminated. Denti-Cal benefits are currently available for pregnant women for treatment of conditions which may complicate the pregnancy, for people living in certain skilled nursing facilities, and for children under 21. Denti-Cal does not cover all services. Have client ask clinic or dentist what Denti-Cal covers and does not cover.

#### **Child Health and Disability Prevention Program (CHDP)**

Administered by the **Monterey County Health Department**

1615 Bunker Hill Way, Suite 140; Salinas, CA 93906

Tel (831) 755-4960; Fax (831) 443-1123

Website: [www.dhs.ca.gov/chdp](http://www.dhs.ca.gov/chdp)

#### **Services:**

This program can help with children's dental problems. Under this program, children with dental problems who are on Medi-Cal or who are Medi-Cal eligible must first be screened by a CHDP provider. In cases of dental emergencies (pain, swelling or infection), child is referred to a dentist who is participating in the program. Call for more information.

#### **Community Oral Health Services**

128 East Alisal Street; Salinas, CA 93901

Tel (831) 422-6889; Fax (831) 422-6111

Website: [www.communityoralhealth.com](http://www.communityoralhealth.com)

#### **Services:**

Services include dental screenings and treatment for children, ages 0-18. Referral to dental homes and limited financial assistance provided. Mobile Van provides treatment at locations in Salinas, Marina, Castroville, and Seaside.

### **SALINAS**

#### **Natividad Medical Center - Emergency Room**

1441 Constitution Blvd; Salinas, CA 93906

Tel Salinas (831) 755-4111; Monterey (831) 647-7611; Fax (831) 755-6279

Website: [www.natividad.com](http://www.natividad.com)

#### **Services:**

Antibiotics and pain relief provided for emergency dental problems.

#### **Alvin Dental Clinic**

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

620 E. Alvin Drive; Salinas, CA 93906

Tel (831) 444-9722; Fax (831) 444-9723

Website: [www.csvs.org](http://www.csvs.org)

#### **Services:**

Dental care for adults and children. Accepts Denti-Cal (very limited) and Healthy Families insurance. Services for low-income families on a sliding fee scale.



## ***Monterey County Family Resources***

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

#### **Central Coast Pediatric Dental Group**

631 E. Alvin Drive, Suite E; Salinas, CA 93906  
Tel (831) 443-5801; Fax (831) 443-9427

945 Blanco Circle, Suite D; Salinas, CA 93901

Tel (831) 424-0641; Fax (831) 424-0888

Website: [www.centralcoastpediatricdentalgroup.com](http://www.centralcoastpediatricdentalgroup.com)

#### **Services:**

Dental care, including sedation services, for children and teenagers of low income families. Services under Denti-Cal and the CHDP/Gateway program are provided at the office on Alvin Drive. Healthy Families insurance is accepted at the office on Blanco Circle.

### **MONTEREY PENINSULA**

#### **Central Coast Pediatric Dental Group**

1717 Fremont Blvd; Seaside, CA 93955

Tel (831) 899-5437; Fax (831) 899-1188

Website: [www.centralcoastpediatricdentalgroup.com](http://www.centralcoastpediatricdentalgroup.com)

#### **Services:**

Dental care, including sedation services, for children on Healthy Families insurance. Children on Denti-Cal referred to the Salinas office.

### **NORTH AND SOUTH COUNTY**

#### **Clinica de Salud del Valle de Salinas**

10561 Merritt Street; Castroville, CA 95012

Tel (831) 633-1514; Fax (831) 633-0311

799 Front Street; Soledad, CA 93960

Tel (831) 678-0881; Fax (831) 678-2803

808 Oak Avenue; Greenfield, CA 93927

Tel (831) 674-5344; Fax (831) 674-5214

223 Bassett Street; King City, CA 93930

Tel (831) 385-5945; Fax (831) 385-8618

Website: [www.csvs.org](http://www.csvs.org)

#### **Services:**

Full-time or part-time dentists at the above clinics provide dental care for adults and children. Accept Denti-Cal (very limited) and Healthy Families insurance. Services on a sliding fee scale.



## ***Monterey County Family Resources***

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

#### **SOUTH COUNTY (Continued)**

##### **Community Oral Health Services**

801 Walnut Ave; Greenfield, CA 93927

Tel (831) 674-1570; Fax (831) 674-9058

Website: [www.communityoralhealth.com](http://www.communityoralhealth.com)

##### **Services:**

Located at the Cesar Chavez Elementary School, this center provides access to comprehensive dental education, prevention and treatment services for rural, underserved children from Gonzalez to San Ardo, in the South County.



## ***Monterey County Family Resources***

### **DISABILITIES: EDUCATION AND SUPPORT**

(Refer also to Special Needs Children)

#### **ALL AREAS OF MONTEREY COUNTY**

##### **San Andreas Regional Center**

344 Salinas Street Suite 207; Salinas, CA 93901

Tel (831) 759-7500; Fax (831) 424-3007

Website: [www.sarc.org](http://www.sarc.org)

##### **Services:**

Assessment, prevention, and advocacy services for individuals with 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; Fax (831) 757-5549

Website: [www.cccil.org](http://www.cccil.org)

##### **Services:**

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

##### **Del Mar Caregiver Resource Center**

344 Salinas Street #106; Salinas, CA 93901

Tel (800) 624-8304; (831) 424-4359; Fax (831) 424-6831

Website: [www.delmarcaregiver.org](http://www.delmarcaregiver.org)

##### **Services:**

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

##### **Hope Services, Monterey District**

19055 Portola Drive; Salinas, CA 93908

Tel (831) 455-4940; Fax (831) 455-8072

Website: [www.hopeservices.org](http://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.

##### **R.E.A.P. (Rejuvenation, Education, and Assistance Program)**

Offered by **Salinas Adult School**

20 Sherwood Place; Salinas, CA 93906

Tel (831) 796-6920;

Website: [www.salinasadulthoodschool.com](http://www.salinasadulthoodschool.com)

##### **Services:**

Adults with strokes and other disabilities learn and practice the basic skills needed to maintain and improve their level of independence. Group and individual exercise, health education and cognitive skills training.



## ***Monterey County Family Resources***

### **DISABILITIES: EDUCATION AND SUPPORT (Continued)**

(Refer also to Special Needs Children)

#### **Deaf and Hard of Hearing Service Center, Inc.**

339 Pajaro Street, Suite B; Salinas, CA 93901

Tel (831) 753-6540; (TTY) (831) 753-6541; Fax (831) 753-6542

Website: [www.dhhsc.org](http://www.dhhsc.org)

#### **Services:**

Information and services for the deaf and hard-of-hearing include interpreting, telephone assistance, free phones, advocacy, independent living assistance, support groups, a resource library, case management and referral services.

#### **Social Vocational Services**

335 Abbott Street, Ste. A; Salinas, CA 93901

Tel (831) 751-9145; Fax (831) 751-9149

Website: [www.socialvocationalservices.org](http://www.socialvocationalservices.org)

#### **Services:**

Provide a day care program for adults with developmental disabilities Monday through Friday. Also offer 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; Fax (831) 649-4057

Website: [www.blindandlowvision.org](http://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 resource counseling.

#### **Gateway Center of Monterey County, Inc.**

850 Congress Ave; Pacific Grove, CA 93950

Tel: (831) 372-8002; Fax (831) 372-2411

Website: [www.gatewaycenter.org](http://www.gatewaycenter.org)

#### **Services:**

Supportive services for the handicapped, including residential care, respite care, day activity programs, and a work program.

#### **Adult Day Services Centers**

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

45 Plaza Circle; Salinas, CA 93901

Tel (831) 424-7930

Hilltop Park; 871 Jessie Street; Monterrey, CA 93940

Tel (831) 643-0278

Website: [www.ccvna.com](http://www.ccvna.com)

#### **Services:**

A variety of therapeutic activities for physically and cognitively impaired adults, including those who have suffered stroke and Alzheimer's disease.



## ***Monterey County Family Resources***

### **DISABILITIES: EDUCATION AND SUPPORT (Continued)**

(Refer also to Special Needs Children)

#### **Easter Seals Disability Services**

381 High Street; Monterey, CA 93940

Tel (831) 242-2110

Main office in Aptos: Tel (831) 684-2166; Fax (831) 684-1018

Website: [www.centralcal.easterseals.com](http://www.centralcal.easterseals.com)

#### **Services:**

Provides services to children and adults with disabilities and other special needs, as well as support for their families. Programs include Creative Pathways (for disabled adults), respite services, support groups and summer camp for children and adults. Some services in Spanish.

#### **Josephine Kernes Memorial Pool**

15 Portola Avenue; Monterey CA 93940

Tel (831) 372-1240; Fax (831) 372-3140

Website: [www.kernespool.org](http://www.kernespool.org)

#### **Services:**

A swim and exercise program for disabled children and adults.

#### **Paradigm Adult Services, Inc.**

5716 Carmel Valley Road; Carmel, CA 93923

Tel (831) 622-7999; Fax (888) 301-6016

#### **Services:**

A state-licensed adult day program offering cognitive stimulation and programming classes. Serves two populations: (1) younger adults with intellectual disability; (2) seniors who are frail or in the early stages of dementia. Meets M-F for 5 hours. Private pay for seniors. Young adults are funded through San Andreas Regional Center.



## ***Monterey County Family Resources***

### **DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES**

#### **ALL AREAS OF MONTEREY COUNTY**

##### **District Attorney Victim/Witness Assistance Program**

230 Church Street, Bldg 3; Salinas, CA 93902

Tel (831) 755-5070; Fax (831) 755-5068

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

##### **Services:**

Victim advocates provide crisis intervention, emergency assistance, court assistance, resource counseling and other services to victims or witnesses of crime, including domestic violence.

##### **California Rural Legal Assistance (CRLA)**

3 Williams Road; Salinas, CA 93906

Tel (831) 757-5221; Fax (831) 757-6212

2100 Garden Road, Suite D, Bldg. B; Monterey, CA 93940

Tel (831) 375-0505; Fax (831) 375-0501

Website: [www.crla.org](http://www.crla.org)

##### **Services:**

Legal advice and representation for low-income county residents on domestic violence and housing landlord/tenant issues. Spanish-speaking staff. Assists with restraining orders at no charge for low-income victims of domestic violence, including undocumented women.

##### **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; Fax (831) 751-9927

##### **Services:**

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. Women wanting to pursue legal action should call law enforcement or the Monterey County Rape Crisis Center for referral to this program. No charge for exam to collect evidence.

##### **Archer Child Advocacy Center/ Bates-Eldredge Clinic**

1441 Constitution Blvd. Building 200; Salinas, CA 93906

Tel (831) 769-8682; Fax: (831) 796-1600

Website: [www.natividad.com](http://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.





## ***Monterey County Family Resources***

### **DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES (Continued)**

#### **SALINAS**

##### **YWCA Counseling Center**

**Crisis Line:** (831)757-1001 Salinas: Tel (831) 757-3344; Monterey: Tel (831)655-9222;

Website: [www.ywca.org](http://www.ywca.org)

##### **Services:**

Salinas office provides restraining orders, legal advocacy and counseling for women and children on domestic violence issues. Bilingual services. Call Monterey office to make appointment for services in Salinas.

##### **Domestic Violence Service Center**

Operated by **Shelter Outreach Plus**

Tel (831) 783-1996; Fax (831) 783-1998

Website: [www.shelteroutreachplus.org](http://www.shelteroutreachplus.org)

##### **Services:**

This program, located in Salinas, offers legal advocacy and assistance with restraining orders. Call to make an appointment.

##### **Shelter Outreach Plus Emergency Shelter**

PO Box 1340; Marina, CA 93933

Tel 24-hour **Family Helpline** (800) 339-8228;

Office (831) 384-3388; Fax (831) 384-1308

Website: [www.shelteroutreachplus.org](http://www.shelteroutreachplus.org)

##### **Services:**

Shelter Outreach Plus operates two emergency shelters, one in Salinas and one in Seaside, for homeless women, including victims of domestic violence. Shelter is accessible 24 hours a day. Women are limited to a sixty day stay. 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.

##### **Monterey County Rape Crisis Center**

P.O. Box 2401 Salinas, CA 93902

**Crisis Line:** (831) 424- 4357; Office: (831) 771-0411; Fax (831) 771-0105

Website: [www.mtryrapecrisis.org](http://www.mtryrapecrisis.org)

##### **Services:**

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



## ***Monterey County Family Resources***

### **DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES (Continued)**

#### **SALINAS (continued)**

##### **Family Service Center**

Operated by **Community Human Services**

433 Salinas Street; Salinas, CA 93901

Tel (831) 757-7915; Fax (831) 757-0762

Website: [www.chservices.org](http://www.chservices.org)

##### **Services:**

The center offers individual counseling on a variety of issues, including domestic violence. Fees paid by Medi-Cal or on a sliding scale. No walk-in services; there may be a waiting list for self-referred counseling. Probation-certified domestic violence intervention and anger management programs are also provided; most of these clients are court-referred. Fees charged. Groups in Spanish and in English. Separate groups for men and women. Psycho-educational group setting with trained facilitators.

##### **Trucha**

725 East Market Street; Salinas, CA 93905

Tel (831) 424-0521; Fax (831) 424-5397

##### **Services:**

Provides 52-week domestic violence intervention and anger management programs. Referrals come through the courts, probation, parole department and self-referral. Services are provided in Salinas, Seaside, Soledad and King City and are in English and in Spanish. All clients must register in Salinas at the address above. Fee charged.

##### **Men's Alternative to Violence**

PO Box 6615; Salinas, CA 939012

Tel (831) 443-6288; Fax (831) 443-6288

##### **Services:**

Provides 52-week domestic violence intervention and anger management programs in Salinas and in Monterey. Classes in English only. Non-professional peer counseling. Fee charged.

#### **MONTEREY PENINSULA**

##### **YWCA Counseling Center**

Operated by the **YWCA of the Monterey Peninsula**

457 Webster Street; Monterey, CA 93940

**Crisis Line:** (831)757-1001; Counseling Office: Tel (831)655-9222; Fax (831) 583-1049

Website: [www.ywcamontereycounty.org](http://www.ywcamontereycounty.org)

##### **Services:**

The YWCA provides phone advocacy, through its crisis line, in English and in Spanish, to anyone, anywhere in the county. Individual, family and couples counseling is provided in the Monterey office. Counseling fees on a sliding scale. Support groups for women; no charge to attend support group. Legal advocacy (assistance with restraining orders and accompaniment to court hearings) provided at no cost. Operates Sticks and Stones program in elementary schools, teaching children self protection and healthy forms of expressing anger.



## ***Monterey County Family Resources***

### **DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES (Continued)**

#### **MONTEREY PENINSULA (continued)**

##### **YWCA Emergency Shelter**

Operated by the **YWCA of the Monterey Peninsula**

Call the 24-hour crisis line: (831) 757-1001

Website: [www.ywcamontereycounty.org](http://www.ywcamontereycounty.org)

Services:

A 17-bed emergency shelter is operated by the YWCA at undisclosed location in Monterey Co.

##### **Monterey County Rape Crisis Center**

P.O. Box 2630; Monterey, CA 93942

**Crisis Line:** (831) 375-4357; Tel Office (831) 373-3955; Fax (831) 373-3389

Website: [www.mtryrapecrisis.org](http://www.mtryrapecrisis.org)

**Services:**

This center on the Monterey Peninsula offers crisis intervention, advocacy and counseling for victims of sexual abuse, their family and friends. Survivors are accompanied through medical, law enforcement and /or court processes. Counseling on domestic violence when it is associated with rape. Services in English and in Spanish.

##### **Family Service Center**

Operated by **Community Human Services**

1178 Broadway; Seaside, CA 93955

Tel (831) 394-4622; Fax (831) 394-1930

Website: [www.chservices.org](http://www.chservices.org)

**Services:**

The center offers individual counseling on a variety of issues, including domestic violence. Group, couples and family counseling , as well as parent education classes also provided. Fees paid by Medi-Cal or on a sliding scale. No walk-in services; there may be a waiting list for self-referred counseling. Domestic violence/ anger management programs. Child abuse intervention. Services provided by licensed therapists, supervised interns and qualified counselors. Limited services in Spanish. School-based counseling coordinated through the Salinas office.

##### **Family Service Center**

Operated by **Community Human Services**

590 Pearl Street; Monterey, CA 93940

Tel (831) 373-4775; Fax (831) 373-3179

Website: [www.chservices.org](http://www.chservices.org)

**Services:**

The center offers individual counseling on a variety of issues, including domestic violence. Fees paid by Medi-Cal or on a sliding scale. No walk-in services; there may be a waiting list for self-referred counseling. Probation-certified domestic violence intervention and anger management programs are also provided; most clients are court referred. Fee charged. Groups are in English. Separate groups for men and women with trained facilitators.



## ***Monterey County Family Resources***

### **DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES (Continued)**

#### **MONTEREY PENINSULA (continued)**

##### **Men's Alternative to Violence**

Offered at: **YMCA of the Monterey Peninsula**

600 Camino El Estero; Monterey, CA 93940

Tel (831) 443-6288; Fax (831) 443-6288

##### **Services:**

This Salinas-based behavior modification program for men with violent and abusive behavior meets once a week at this YMCA. Non-professional peer counseling. Fee. English only.

##### **Harmony at Home**

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

Tel (831) 625-5160; Fax (866) 280-0931

Website: [www.Harmony-at-home.org](http://www.Harmony-at-home.org)

##### **Services:**

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

#### **SOUTH COUNTY**

##### **South County Crisis Center**

P.O. Box 331; Greenfield, CA 93927

Tel (831) 674-3767; Fax (831) 674-3867

##### **Services:**

In cases of domestic violence, licensed therapists and client advocates provide crisis intervention, restraining orders, legal advocacy and parenting classes. Services in English and in Spanish.



## ***Monterey County Family Resources***

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

#### **ALL AREAS OF MONTEREY COUNTY**

##### **Cash Aid; General Assistance Program**

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

1000 S. Main St., Ste. 216; Salinas, CA 93901  
Tel (831) 755-4650; Fax (831) 755-8939

1281 Broadway Avenue; Seaside, CA 93955  
Tel (831) 899-8001; Fax (831) 899-8097

116 Broadway Street; King City, CA 93930  
Tel (831) 385-7400; Fax (831) 385-7450

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

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

##### **Services:**

Limited cash aid is provided to low-income families with minor children under the CalWORKS program. Clients apply at the above sites for Cash Aid, Medi-Cal and Food Stamps. Very limited county financial assistance provided to single adults and couples who have no dependent children, scant income and resources, and 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.

##### **Housing Resource Center**

134 E. Rossi Street; Salinas, CA 93901  
Tel (831) 424-9186; Fax (831) 757-1349

Website: [www.housingadvocacy.org](http://www.housingadvocacy.org)

##### **Services:**

Provides emergency rent assistance, assistance with security deposits and move-in assistance for low income households, depending on available funds. Also provides first-time homebuyer's workshops, foreclosure prevention (loan modification), and financial literacy/credit education. Services are in English and in Spanish.

##### **Central Coast Energy Services**

PO Box 2707; Watsonville, CA 95077

Tel (888) 728-3637

Website: [www.energyservices.org](http://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. **CARE** (California Alternate Rates for Energy), offered by PG&E, gives eligible low-income households a 20% discount off their monthly energy bill.



## ***Monterey County Family Resources***

### **FINANCIAL COUNSELING AND ASSISTANCE (Continued)**

#### **SALINAS**

##### **Salvation Army**

2460 N. Main Street; Salinas, CA 93906

Tel (831) 443-9655; Fax (831) 443-9672

Website: [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

##### **Services:**

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

##### **Catholic Charities**

1705 2nd Avenue; Salinas, CA 93905

Tel (831) 753-5314; Fax (831) 422-0759

Website: [www.catholiccharitiesusa.org](http://www.catholiccharitiesusa.org) or [www.dioceseofmonterey.org](http://www.dioceseofmonterey.org)

##### **Services:**

Limited financial assistance for rent, utilities and food provided through the Client Support Services program, depending on available funds.

#### **MONTEREY PENINSULA**

##### **Good Samaritan Center**, operated by the **Salvation Army**

800 Scott Street; Sand City, CA 93955

Tel (831) 899-4988; Fax (831) 393-8258

Website: [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

##### **Services:**

Provides assistance with food, rent and utility bills for Monterey Peninsula residents, as well as emergency and transitional housing for the homeless. Case management services.

##### **Catholic Charities**

922 Hilby Avenue; Seaside, CA 93955

Tel (831) 393-3110; Fax (831) 393-3115

Website: [www.catholiccharitiesusa.org](http://www.catholiccharitiesusa.org) or [www.dioceseofmonterey.org](http://www.dioceseofmonterey.org)

##### **Services:**

Limited financial assistance for rent, utilities and food provided through the Client Support Services program, depending on available funds.

##### **Society of St. Vincent de Paul**

Operated at **St. Angela Merici Catholic Church**

9<sup>th</sup> Street and Lighthouse Ave.; Pacific Grove, CA 93950

**Helpline:** Tel (831) 915-0415

##### **Services:**

Provides emergency relief and limited assistance with rent, utility payments and transportation to needy people living in Monterey and Pacific Grove.



# ***Monterey County Family Resources***

## **FOOD DISTRIBUTION PROGRAMS**

### **ALL AREAS OF MONTEREY COUNTY**

#### **Food Bank for Monterey County**

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

Tel (831) 758-1523; Fax (831) 758-5925

Website: [www.food4hungry.org](http://www.food4hungry.org)

#### **Services:**

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

**Emergency Food Assistance** program (28 sites)

**Emergency Pantries** (27 sites, generally at churches located throughout the county)

**Family Markets** (10 sites, operating April through October, offering fresh, local produce)

Call the above number to sign up for these food programs. After hours, call 211. Families do not need to be citizens. Ask for day and time each site offers services. Food is also distributed at the Food Bank on West Market St. in Salinas, daily M-F, from 1-3 PM.

#### **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; Fax (831) 757-3286

#### **Seaside**

1942 Fremont Street; Seaside, CA 93955

Tel (831) 393-3251; Fax (831) 393-3253

#### **Soledad**

335 Gabilan Street; Soledad, CA 93960

Tel (831) 678-5121; Fax (831) 678-5122

#### **King City**

620 Broadway Street; King City, CA 93930

Tel (831) 386-6879; Fax (831) 385-0573

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

#### **Services:**

WIC is a nutrition and health education program. WIC provides vouchers to purchase foods which promote good health for pregnant, breastfeeding and postpartum women, infants and children to age 5. Breastfeeding classes and individual support are offered at all WIC sites by Certified Lactation Educators.





## ***Monterey County Family Resources***

### **FOOD DISTRIBUTION PROGRAMS (Continued)**

#### **Food Stamp Program**

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

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

Tel (831) 755-4650; Fax (831) 755-8408

1281 Broadway Avenue; Seaside, CA 93955

Tel (831) 899-8001; Fax (831) 899-8022

116 Broadway Street; King City, CA 93930

Tel (831) 385-7400; Fax (831) 385-7450

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

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

#### **Services:**

This is a program funded by the U.S. Department of Agriculture that supplements the food budget of low-income households. Eligible individuals receive an Electronic Benefits Transaction (EBT) card to buy food.

### **SALINAS**

#### **Dorothy's Place**

30 Soledad Street; Salinas, CA 93905

Tel (831) 424-1102

Website: [www.dorothysplace.org](http://www.dorothysplace.org)

#### **Services:**

Dorothy's kitchen, located in the Green-Gold Inn, serves breakfast and lunch every day but Sunday to persons in need. No charge. Provides food boxes for individuals and families during the week. Emergency shelter is also provided to women (no children) at this site.

#### **Victory Mission**

43 Soledad Street; Salinas, CA 93905

Tel (831) 424-5688

#### **Services**

Dinner served every night and breakfast every day but Sunday to men, women and children in need. (Lunch served after the Sunday church service.) No charge. May provide food boxes.

#### **Salvation Army**

2460 N. Main Street; Salinas, CA 93906

Tel (831) 443-9655; Fax (831) 443-9672

Website: [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

#### **Services:**

Provides food for emergencies, by appointment only; limited to once every 4 months. Lunches for seniors at the center provided on Mondays, Wednesdays and Fridays.



## ***Monterey County Family Resources***

### **FOOD DISTRIBUTION PROGRAMS (Continued)**

#### **MONTEREY PENINSULA, NORTH AND SOUTH COUNTY**

##### **Good Samaritan Center**

Operated by the **Salvation Army**

800 Scott Street; Sand City, CA 93955

Tel (831) 899-4988; Fax (831) 393-8259

Website: [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

##### **Services:**

Lunches are provided at the center and across from the Naval Postgraduate School Monday through Friday. Needy residents of the Monterey Peninsula are assisted with food boxes.

Families receive food boxes once a month; seniors receive boxes twice a month. No charge for lunches. Case management program assists with other needs.

##### **St. Angela Merici Church Food Pantry**

Victorian House Office at 146 8<sup>th</sup> Street, Pacific Grove, CA 93950

Operated by the **Society of St. Vincent de Paul**

St. Vincent de Paul Helpline: (831) 915-0415

##### **Services:**

No-cook meals, staples, lunches, as well as bus passes and vouchers for clothing to those in need in Monterey and Pacific Grove. Open M-F from 1:30- 2:30 p.m.

Call the **Food Bank for Monterey County** at (831) 758-1523 for current information on emergency food pantries on the Monterey Peninsula and in the North and South County, as well as for the USDA food distribution sites. After hours, call 211. (The emergency food pantries are voluntary efforts by various churches and these services change frequently.)



# ***Monterey County Family Resources***

## **HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES**

### **ALL AREAS OF MONTEREY COUNTY**

#### **Clinica de Salud Mobile Medical Clinic**

Tel (800) 372-7993 or (831) 970-1972

Website: [www.csvs.org](http://www.csvs.org)

#### **Services:**

This mobile clinic provides medical care for homeless and low-income adults and children without insurance. The van stops at locations throughout the county, including the Pajaro River and North County Recreation Center in North County; Salvation Army, Dorothy's Kitchen, Sunstreet Center, Door to Hope, and Turning Point in Salinas; St. Francis Xavier Church in Seaside and the Good Samaritan Center in Sand City on the Monterey Peninsula. There is no charge for services. Call or check website for mobile clinic schedule and for more information.

### **SALINAS**

#### **Alisal Health Center**

Operated by the **Monterey County Health Department**

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

Tel (831) 769-8800; Fax (831) 422-9312

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

#### **Services:**

Clinic providing primary medical care for adults and children. Includes Comprehensive Perinatal Health Services for pregnant women, Family PACT reproductive health services, and CHDP/Gateway children's preventive health care. Medi-Cal, Medicare and Healthy Families insurance accepted.

#### **Clinica de Salud del Valle de Salinas**

219 Sanborn Road; Salinas, CA 93905

Tel (831) 757-1365; Fax (831) 757-2824

Website: [www.csvs.org](http://www.csvs.org)

#### **Services:**

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

#### **Clinica de Salud del Valle de Salinas**

950 Circle Drive; Salinas, CA 93905

Tel (831) 757-6237; Fax (831) 757-8458

Website: [www.csvs.org](http://www.csvs.org)

#### **Services:**

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



## ***Monterey County Family Resources***

### **HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES (Continued)**

#### **Laurel Family Practice Clinic**

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

1441 Constitution Blvd. Bldg. 200, Suite 103

Salinas, CA 93906

Tel (831) 755-4123; Fax (831) 755-4122

Website: [www.natividad.com](http://www.natividad.com)

#### **Services:**

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

#### **Laurel Internal Medicine Clinic**

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

1441 Constitution Blvd. Bldg. 151, Suite 16

Salinas, CA 93906

Tel (831) 769-8640; Fax (831) 769-8632

Website: [www.natividad.com](http://www.natividad.com)

#### **Services:**

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

#### **Laurel Pediatrics Clinic**

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

1441 Constitution Blvd. Bldg 200, Suite 101

Salinas, CA 93906

Tel (831) 755-4124; Fax (831) 759-6595

Website: [www.natividad.com](http://www.natividad.com)

#### **Services:**

Both primary care and specialty care services for children are provided, including pediatric neurology, nephrology, gastroenterology, pulmonary, urology and endocrinology. Accepts Medicare, Medi-Cal, and Healthy Families insurance.

#### **Laurel Women's Health Clinic**

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

1441 Constitution Blvd. Bldg 200, Suite 105

Salinas, CA 93906

Tel (831) 769-8660; Fax (831) 769-8655

Website: [www.natividad.com](http://www.natividad.com)

#### **Services:**

Offers full scope obstetrics, gynecology and perinatology services. The high risk clinic treats gestational diabetes and other high risk cases. Preventive health services also provided. Accepts Medicare, Medi-Cal, and Healthy Families insurance.



## ***Monterey County Family Resources***

### **HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES (Continued)**

#### **Planned Parenthood- MarMonte**

316 North Main Street; Salinas, CA 93901

Tel (831) 758-8261; Fax (831) 758-3475

Website: [www.ppmarmonte.org](http://www.ppmarmonte.org)

#### **Services:**

Family planning and women's health services, including emergency contraception and limited cancer screening. Family PACT program offered. Prenatal care at the Salinas clinic only. Medi-Cal accepted. Sliding fee scale.

#### **Dorothy's Health Clinic**

Offered by **Dorothy's Place**

30 Soledad Street; Salinas, CA 93905

Tel (831) 424-1102

Website: [www.dorothysplace.org](http://www.dorothysplace.org)

#### **Services:**

Health clinic for men, women, and children on Wednesdays from 12:30 – 1:30 p.m. Services are free. Staffed by volunteer physicians from Natividad Medical Center.

### **NORTH COUNTY**

#### **Clinica de Salud del Valle de Salinas**

10561 Merritt Street; Castroville, CA 95012

Tel (831) 633-1514; Fax (831) 633-0311

Website: [www.csvs.org](http://www.csvs.org)

#### **Services:**

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

### **MONTEREY PENINSULA**

#### **Monterey County Health Clinic at Marina**

Operated by **Monterey County Health Department**

3155 DeForest Road; Marina, CA 93933

Tel (831) 384-1445; Fax (831) 384-1454

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

#### **Services:**

Clinic providing primary medical care for adults and children. Includes Comprehensive Perinatal Health Services for pregnant women, Family PACT reproductive health services, and CHDP/Gateway children's health care. Accepts Medicare, Medi-Cal, and Healthy Families insurance.

#### **Planned Parenthood- MarMonte**

625 Hilby Avenue; Seaside, CA 93955

Tel (831) 394-1691; Fax (831) 394-1870

Website: [www.ppmarmonte.org](http://www.ppmarmonte.org)

#### **Services:**

Family planning and women's health services, including emergency contraception and limited cancer screening. Family PACT program offered. Medi-Cal accepted. Sliding fee scale.



## ***Monterey County Family Resources***

### **HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES (Continued)**

#### **Seaside Family Health Center**

Operated by the **Monterey County Health Department**

1150 Fremont Boulevard; Seaside, CA 93955

Tel (831) 899-8100; Fax (831) 899-8105

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

#### **Services:**

Clinic providing primary medical care for adults and children. Service includes Comprehensive Perinatal Health Services for pregnant women, Family PACT reproductive health services, and CHDP/ Gateway children's preventive health care. Accepts Medicare, Medi-Cal, and Healthy Families insurance.

#### **RotaCare Clinic**

Offered at **Seaside Family Health Center**

1150 Fremont Blvd. Seaside, CA 93955

Tel (831) 659-8037

Website: [www.rotacarebayarea.org](http://www.rotacarebayarea.org)

#### **Services:**

Free treatment of minor illnesses and injuries for adults and children without insurance. Every Wednesday evening from 5:30 – 8:30 PM; A diabetes clinic, with the focus on family education, is conducted every other week. Come early; line forms as early as 3:30 PM.

### **SOUTH COUNTY**

#### **Clinica de Salud del Valle de Salinas**

799 Front Street; Soledad, CA 93960

Tel (831) 678-0881; Fax (831) 678-2803

24285 Lincoln Street; Chualar, CA 93925

Tel (831) 679-0138; Fax (831) 679-0346

808 Oak Avenue; Greenfield, CA 93927

Tel (831) 674-5344; Fax (831) 674-5214

223 Bassett Street; King City, CA 93930

Tel (831) 385-5944; Fax (831) 385-8618

Website: [www.csvs.org](http://www.csvs.org)

#### **Services:**

Community clinics providing medical and dental care for adults and children. Includes Comprehensive Perinatal Health Services for pregnant women, Family PACT reproductive health services and CHDP/Gateway children's preventive health care. Services for low-income families on a sliding fee scale. Medicare, Medi-Cal and Healthy Families insurance accepted. The Chualar site is a school-based clinic open one afternoon a week. It is staffed by physicians from Clinica, Soledad; call that clinic to schedule appointments for the Chualar clinic.



## ***Monterey County Family Resources***

### **HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES (Continued)**

#### **SOUTH COUNTY (continued)**

##### **Planned Parenthood- MarMonte**

598 Walnut Avenue; Greenfield, CA 93927

Tel (831) 674-2200; Fax (831) 674-5812

Website: [www.ppmarmonte.org](http://www.ppmarmonte.org)

##### **Services:**

Provides family planning and women's health services, including emergency contraception and limited cancer screening. Family PACT program offered. Medi-Cal accepted. Sliding fee scale.

##### **Mee Memorial Hospital Medical Clinics**

210 Canal Street; King City, CA 93930

Tel (831) 385-5471; Fax (831) 385-5940

467 El Camino Real; Greenfield, CA 93927

Tel (831) 674-0112; Fax (831) 674-4199

Website: [www.meememorial.com](http://www.meememorial.com)

##### **Services:**

Clinics providing primary medical care for adults and children. Includes Comprehensive Perinatal Health Services for pregnant women, Family PACT reproductive health services, and CHDP/ Gateway children's preventive health care. Medicare, Medi-Cal and Healthy Families insurance accepted.





# ***Monterey County Family Resources***

## **HEALTH CARE PROGRAMS FOR LOW-INCOME FAMILIES**

### **ALL AREAS OF MONTEREY COUNTY**

#### **Immunization Clinics**

Operated by the **Monterey County Health Department**

At the following two health centers:

##### **Alisal Health Center**

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

Tel (831) 769-8870; Fax (831) 758-5733

##### **Seaside Family Health Center**

1150 Fremont Boulevard; Seaside, CA 93955

Tel (831) 899-8100; Fax (831) 899-8105

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

#### **Services:**

Immunizations for adults and children offered for patients with Medicare, Medi-Cal and Healthy Families insurance, or who qualify for CHDP/Gateway. Screening for tuberculosis also offered. Call for day and time.

#### **Child Health and Disability Prevention Program (CHDP)**

Administered by the **Monterey County Health Department**

1615 Bunker Hill Way, Suite 140; Salinas, CA 93906

Tel (831) 755-4960; Fax (831) 443-1123

Website: [www.dhs.ca.gov/chdp](http://www.dhs.ca.gov/chdp) or [www.co.monterey.ca.us/health](http://www.co.monterey.ca.us/health)

#### **Services:**

Free health exams, including immunizations, offered at regular intervals from birth to age 20 for the well child on Medi-Cal or Medi-Cal eligible. **CHDP/ Gateway** provides uninsured children with temporary full scope Medi-Cal coverage. The Gateway offers medical and dental care for children, as well as pre-enrollment in Medi-Cal or Healthy Families insurance. Call above number for more information and 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](http://www.familypact.org)

#### **Services:**

Free family planning services are offered at Planned Parenthood, public and community clinics throughout Monterey County. A state-funded program providing the following family planning services to low income women and men: temporary and permanent contraception for men and women (including emergency contraception, male and female sterilization), STD/HIV screening, cancer screening, pregnancy testing, and reproductive health counseling. Clients must be residents of California with a family income at or below 200 percent of the federal poverty level with no other source of family planning coverage. Medi-Cal clients with an unmet share of cost may also be eligible. Toll-free I & R line provides referrals to Family PACT providers.

#### **Partnership for Prescription Assistance**

Tel (888) 477-2669

Website: [www.pparx.org](http://www.pparx.org) or [www.rxhelpforca.org](http://www.rxhelpforca.org)

#### **Services:**

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



## ***Monterey County Family Resources***

### **HEALTH CARE PROGRAMS FOR LOW-INCOME FAMILIES (Continued)**

#### **Comprehensive Perinatal Services Program**

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

1270 Natividad Road, Salinas, CA 93906

Tel (831) 755-4500; Fax (831) 757-9586

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

#### **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. In addition to obstetrical care, services include health education, nutrition, psycho-social counseling and case coordination. Providers must be approved by the State of California to offer these services. To learn more, call the county coordinator at the number listed above.

#### **Public Health Nursing**

**Monterey County Health Department**

1270 Natividad Road; Salinas, CA 93906

Tel (831) 755-4630 or 755-4500; Fax (831) 757-9586

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

#### **Services:**

Case management and home visits for individuals living with asthma and diabetes, high-risk pregnant women, children of substance-abusing mothers and children at risk for child abuse, neglect or developmental delay. Call the above number to make a PHN referral or for more information on public health nursing services.

#### **Childhood Lead Poisoning Prevention Program**

**Monterey County Health Department**

1615 Bunker Hill Way, Suite 140; Salinas, CA 93906

Tel (831) 755-4960; Fax (831) 443-1123

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

#### **Services:**

Provides information on childhood lead poisoning, screening and case management services.

#### **Tuberculosis Case Management and Prevention Services**

**Monterey County Health Department**

1270 Natividad Road; Salinas, CA 93906

Tel (831) 755-4593 or 755-4500; Fax (831) 796-1272

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

#### **Services:**

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

#### **Breast and Cervical Cancer Treatment Program**

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

State Medi-Cal Website: [www.dhs.ca.gov/mcs/mcpd/meb](http://www.dhs.ca.gov/mcs/mcpd/meb)

#### **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.



## ***Monterey County Family Resources***

### **HEALTH INSURANCE FOR LOW-INCOME FAMILIES**

#### **ALL AREAS OF MONTEREY COUNTY**

##### **MC-CHOICE**

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

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

Tel (866) 361-0477 or (831) 755-8404; Fax (831) 755-8408

Website: [www.mc-choice.co.monterey.ca.us](http://www.mc-choice.co.monterey.ca.us) ; [www.mcdses.co.monterey.ca.us](http://www.mcdses.co.monterey.ca.us)

##### **Services:**

This program is dedicated to improving access to health coverage for children and families in Monterey County. Medi-Cal and Healthy Families applications and application assistance are available at the offices of DSES 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 children in the above insurance programs and to maintain their benefits.

##### **MEDI-CAL**

Administered by the **Monterey County Department of Social and Employment Services**  
**Salinas**

1000 South Main Street, Salinas, CA 93901

Tel (831) 755-4650; (831) 755-8500; Fax (831) 755-8534

##### **Seaside**

1281 Broadway Avenue; Seaside, CA 93955

Tel (831) 899-8001; Fax (831) 899-8022

##### **King City**

116 Broadway Street; King City, CA 93930

Tel (831) 385-7400; Fax (831) 385-7450

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

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

State Medi-Cal Website: [www.dhs.ca.gov/mcs/mcpd/meb](http://www.dhs.ca.gov/mcs/mcpd/meb)

##### **Services:**

Individuals can apply for Medi-Cal Benefits at any of the above sites. Federal, state and county guidelines determine eligibility and assistance levels for each program. Clients are seen on a first come, first served basis. No appointments made. May call for a mail-in application.

##### **Central California Alliance for Health**

339 Pajaro Street, Suite E; Salinas, CA 93901

Tel (831) 755-6000 or (800) 700-3874; Fax (831) 755-6005

Website: [www.ccah-alliance.org](http://www.ccah-alliance.org)

##### **Services:**

The Central California Alliance for Health is a locally governed County Organized Health System providing program management for Medi-Cal and Healthy Families recipients in Monterey and Santa Cruz Counties. Salinas office listed above. 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.



## ***Monterey County Family Resources***

### **HEALTH INSURANCE FOR LOW-INCOME FAMILIES (Continued)**

#### **Healthy Families Program**

Tel (888) 747-1222

In Monterey County, call the MC-CHOICE program listed on the previous page for an application and info on County providers.

Website: [www.healthyfamilies.ca.gov](http://www.healthyfamilies.ca.gov)

#### **Services:**

State-subsidized low-cost health insurance program for uninsured children, ages 1 through 19, whose families have incomes between 100% and 250% of federal poverty level guidelines. Benefits include preventive health care exams, immunizations, medically necessary physician services, hospitalization, vision services and dental care. Go to the website for an application or for more information. There are also individuals in a number of community agencies who are certified to provide application assistance. As of July, 2009, Healthy Families is serving only current families; new applicants are placed on a waiting list.

#### **Presumptive Eligibility Program for Pregnant Women**

Tel (800) 824-0088

State Medi-Cal Website: [www.dhs.ca.gov/mcs/mcpd/meb](http://www.dhs.ca.gov/mcs/mcpd/meb)

#### **Services:**

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

#### **AIM Insurance Program for Pregnant Women**

Tel (800) 433-2611; Fax (888) 889-9238

Website: [www.aim.ca.gov](http://www.aim.ca.gov)

In Monterey County, administered by **Central California Alliance for Health**

Tel (831) 755-8220 or (800) 700-3874

Website: [www.ccah-alliance.org](http://www.ccah-alliance.org)

#### **Services:**

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



# ***Monterey County Family Resources***

## **HOSPITALS**

### **ALL AREAS OF MONTEREY COUNTY**

#### **Natividad Medical Center**

1441 Constitution Blvd; Salinas, CA 93906

Tel (831) 755-4111

Website: [www.natividad.com](http://www.natividad.com)

#### **Services:**

A 172-bed acute care medical center owned and operated by the Monterey County. This is a public community hospital emphasizing the care of women, children and families. It is affiliated with the University of California at San Francisco School of Medicine. Services include inpatient care, emergency services, mental health, and outpatient clinics in family medicine, internal medicine, women's health and pediatrics.

#### **Salinas Valley Memorial Healthcare System**

450 East Romie Lane ; Salinas, CA 93901

Tel (831) 757-4333

Website: [www.svmh.com](http://www.svmh.com)

#### **Services:**

This is a 269-bed acute care hospital with several distinct specializations and programs, including a regional heart program, the comprehensive cancer center, a joint replacement center, a regional spine center, 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. Also offers a variety of community health and wellness programs. 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](http://www.chomp.org)

#### **Services:**

This 205-bed acute care hospital provides inpatient care, an emergency room, behavioral health services, a breast care center, comprehensive cardiac care services, a center for pain management, drug and alcohol treatment services, a comprehensive cancer center, a diabetes program, nutrition therapy, a sleep disorders center, and rehabilitation services. The hospital also operates a short-term extended care and hospice skilled nursing facility. A variety of community health and wellness programs are also offered. See section on chronic diseases.

#### **George L Mee Memorial Hospital**

300 Canal Street; King City, CA 93930

Tel (831) 385-6000

Website: [www.meememorial.com](http://www.meememorial.com)

#### **Services:**

This is a 123-bed, full service not-for-profit health care facility, serving residents of Southern Monterey County. Services include inpatient care, emergency services, rehabilitation and outpatient community health clinics in King City and Greenfield.



## ***Monterey County Family Resources***

### **HOUSING FOR LOW-INCOME RESIDENTS, INCLUDING EMERGENCY SHELTER**

#### **ALL AREAS OF MONTEREY COUNTY**

##### **Family Helpline**

Operated by **Shelter Outreach Plus**

Tel 24-hour (800) 339-8228

Website: [www.shelteroutreachplus.org](http://www.shelteroutreachplus.org)

##### **Services:**

24-hour toll-free telephone information & referral service for emergency shelter, transitional and low-income housing. Information also provided on domestic violence, food distribution sites, drug and alcohol programs, family health care, childcare, job training, and legal services. Services in Eng & Span.

##### **Housing Resource Center**

134 E. Rossi Street; Salinas, CA 93901

Tel (831) 424-9186; Fax (831) 757-1349

Website: [www.housingadvocacy.org](http://www.housingadvocacy.org)

##### **Services:**

Provides emergency rent assistance, assistance with security deposits and move-in assistance for low income households, depending on available funds. Also provides first-time homebuyer's workshops, foreclosure prevention (loan modification), and financial literacy/credit education. Services are in English and in Spanish.

##### **Housing Authority of Monterey County**

123 Rico Street; Salinas, CA 93907

Tel (831) 775-5000; Fax: (831) 424-9153

Website: [www.hamonterey.org](http://www.hamonterey.org)

##### **Services:**

For low-income families, provides a variety of affordable housing and related services, including Section 8 vouchers, public housing, migrant and farm-worker housing. Waiting list. Not always taking applications.

##### **CHISPA**

295 Main Street, Ste 100; Salinas, CA 93901

Tel (831) 757-6251; Fax (831) 757-8025

Website: [www.chispahousing.org](http://www.chispahousing.org)

##### **Services:**

Offers affordable apartments for rent in Monterey, Carmel, Marina, Salinas, Gonzales, Soledad, Greenfield, King City and Watsonville. Units in Monterey and Marina are for senior citizens or disabled only. Waiting period of 1-3 years for apartments. Low income, first-time homebuyers are also assisted in purchasing homes at below-market price when homes are available.

##### **Monterey County Department of Social and Employment Services**

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

Tel (831) 755-8500; Fax (831) 755-8939

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

##### **Services:**

Families eligible to receive public assistance through CalWorks may receive help with the cost of a motel and a deposit for an apartment. Program offers 16 days of temporary assistance in a motel. A one-time benefit. Apply at DSES offices in Salinas, Seaside, and King City.





## ***Monterey County Family Resources***

### **HOUSING FOR LOW-INCOME RESIDENTS, INCLUDING EMERGENCY SHELTER (Continued)**

#### **EMERGENCY SHELTER**

##### **IHELP (Interfaith Homeless Emergency Lodging)**

Operated by **Shelter Outreach Plus**

3050 Lexington Court; Marina, CA 93933

Tel (831) 384-3362; Fax (831) 384-3382

Website: [www.shelteroutreachplus.org](http://www.shelteroutreachplus.org)

##### **Services:**

Shelter, meals and support for homeless men provided by various churches in Salinas and on the Monterey Peninsula.

##### **M.O.S.T. (Mobile Outreach Services)**

Operated by **Shelter Outreach Plus**

3050 Lexington Court; Marina, CA 93933

Tel (831) 384-3362; Fax (831) 384-3382

Website: [www.shelteroutreachplus.org](http://www.shelteroutreachplus.org)

##### **Services:**

Provides services to men and women living on the streets, including assistance in accessing shelter, food, clothing, transportation and medical care.

#### **SALINAS**

##### **Salinas Shelter**

Operated by **Shelter Outreach Plus**

PO Box 1340 Marina; CA 93933

Tel (800) 339-8228 (24-Hour Family Helpline); Fax (831) 753-6306

Website: [www.shelteroutreachplus.org](http://www.shelteroutreachplus.org)

##### **Services:**

24-hour emergency shelter (maximum 60 days) for battered and/or homeless women and their children. 24 beds. Case management, access to job training and educational opportunities.

##### **Victory Mission**

43 Soledad Street; Salinas, CA 93901

Tel (831) 424-5688; Fax (831) 424-3193

##### **Services**

Christian-based program providing shelter for up to 46 homeless men. Dinner served every night and breakfast every day but Sunday to men, women and children in need. No charge.

##### **Women Alive**

Offered by **Dorothy's Place**

30 Soledad Street; Salinas, CA 93905

Tel (831) 424-1102

Website: [www.dorothysplace.org](http://www.dorothysplace.org)

##### **Services:**

Emergency overnight shelter is provided to homeless women (no children). Eighteen beds. Open from 7 PM to 6:30 AM. Dinner is also provided. An outreach program provides advocacy for women in need. This site also serves breakfast and lunch 6 days a week to all persons in need. No charge.





## ***Monterey County Family Resources***

### **HOUSING FOR LOW-INCOME RESIDENTS, INCLUDING EMERGENCY SHELTER (Continued)**

#### **MONTEREY PENINSULA**

##### **Good Samaritan Center**

Operated by the **Salvation Army**

800 Scott Street; Sand City, CA 93955

Tel (831) 899-4988; Fax (831) 393-8259

Website: [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

##### **Services:**

Provides emergency shelter (motel assistance), on-site laundry and shower facilities, food and counseling services for homeless men and women.

##### **Hamilton House**

Operated by **Shelter Outreach Plus**

P.O. Box 1340; Marina, CA 93922

Tel (831) 394-8372

Website: [www.shelteroutreachplus.org](http://www.shelteroutreachplus.org)

##### **Services:**

Emergency shelter for homeless or abused women (single women, women with their children, and pregnant women). Homeless women are the priority. 13 beds. Shared quarters.

##### **Lawson House**

Operated by **YWCA of the Monterey Peninsula**

Tel (831) 583-1025; Fax (831) 583-1049

Website: [www.ywcamontereycounty.org](http://www.ywcamontereycounty.org)

##### **Services:**

A seventeen-bed emergency shelter for battered women and their children.

#### **TRANSITIONAL HOUSING**

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

#### **SALINAS**

##### **Men in Transition**

Operated by **Shelter Outreach Plus**

30 Soledad Street; Salinas, CA 93905

Tel (831) 422-2800; Fax (831) 422-3600

Website: [www.shelteroutreachplus.org](http://www.shelteroutreachplus.org)

##### **Services:**

Transitional housing for men. Capacity: 14 beds. Case management services. Generally, participants must be working or going to school.



## ***Monterey County Family Resources***

### **HOUSING FOR LOW-INCOME RESIDENTS, INCLUDING EMERGENCY SHELTER (Continued)**

#### **Homeward Bound**

Operated by **Shelter Outreach Plus**

PO Box 1340; Marina, CA 93933

Tel: (831) 384-3322; Fax: (831) 384-1308

Website: [www.shelteroutreachplus.org](http://www.shelteroutreachplus.org)

#### **Services:**

Transitional housing for low income, homeless families, including single men and women with children, and single women without children. Thirty-one 2-bedroom apartments. A couple of units are set aside for single women without children. Residents may stay a maximum of 24 months. Support services include counseling, case management, parenting education. Waiting list.

#### **Peacock Acres/ Path Plus of Monterey County**

838 South Main Street, Suite A; Salinas, CA 93901

Tel (831) 754-3635; Fax (831) 754-4733

Website: [www.peacockacres.org](http://www.peacockacres.org)

#### **Services:**

Serves young adults of Monterey County, ages 18-24, who are emancipated from foster care or probationary placement and need help with housing, employment and supportive services. The Peacock Acres group homes offer transitional housing, education and assistance towards independence.

### **MONTEREY PENINSULA**

#### **Casa de Las Palmas**

Operated by the **Salvation Army – Good Samaritan Center**

800 Scott Street; Sand City, CA 93955

Tel (831) 899-4988; Fax (831) 393-8259

Website: [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

#### **Services:**

Transitional living center of 9 units assists homeless families with children (including single parents with children) to become totally self-sufficient again.

#### **Safe Passage**

Operated by **Community Human Services**

544 Pearl Street; Monterey, CA 93940

Tel (831) 717-4126; Fax (831) 717-4127

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

Website: [www.chservices.org](http://www.chservices.org)

#### **Services:**

A transitional home with six beds for youths between 18 and 21 years old. Clients may stay 12-18 months. Homeless youths in Monterey County are the priority.



## ***Monterey County Family Resources***

### **IMMIGRATION AND CITIZENSHIP ASSISTANCE**

#### **ALL AREAS OF MONTEREY COUNTY**

##### **United States Citizenship and Immigration Services (USCIS)**

Tel (800) 375-5283

Website: [www.uscis.gov](http://www.uscis.gov)

##### **Services:**

USCIS provides assistance with general immigration information, including location of local INS offices, benefits, application forms, recent changes in immigration law and other services. Information in English and in Spanish.

##### **Citizenship Project**

931 East Market Street; Salinas, CA 93905

Tel (831) 422-4626; Fax (831) 422-4676

##### **Services:**

Free or low cost immigration and naturalization services. Volunteers and staff assist with filling out citizenship applications and completing immigration packets. Offers free classes to prepare for the United States citizen exam. Emphasis on organization to defend immigrant rights.

#### **SALINAS**

##### **Salinas Adult School**

20 Sherwood Drive; Salinas, CA 93906

Tel (831) 796-6950; Fax (831) 796-6915

Website: [www.salinasadulthoodschool.com](http://www.salinasadulthoodschool.com)

##### **Services:**

Offers classes through the ESL program to prepare students for the United States citizenship exam. Classes taught on site and at St. Mary's Catholic Church in East Salinas. Fee charged.

##### **Catholic Charities**

1705 2nd Avenue; Salinas, CA 93905

Tel (831) 422-0602; FAX (831) 422-0759

Website: [www.dioceseofmonterey.org](http://www.dioceseofmonterey.org)

##### **Services:**

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

#### **MONTEREY PENINSULA**

##### **Monterey Adult School**

##### **Cabrillo Family Resource Center**

1295 La Salle Ave; Seaside, CA 93955

Tel (831) 899-1615; Fax (831) 899-7077

Website: [www.mpusd.k12.ca.us/adulthoodschool](http://www.mpusd.k12.ca.us/adulthoodschool)

##### **Services:**

May offer classes through the ESL program to prepare students for the United States citizenship exam. Call for more information.



## *Monterey County Family Resources*

### IMMIGRATION AND CITIZENSHIP ASSISTANCE (Continued)

#### SOUTH COUNTY

##### **Soledad Unified School District Community Education**

690 Main Street; Soledad, CA 93960

Tel (831) 678-6300; Fax (831) 678-0162

##### **Services:**

Offers classes through their ESL program to prepare students for the United States citizenship exam.



# ***Monterey County Family Resources***

## **JOB TRAINING AND EMPLOYMENT OPPORTUNITIES**

### **ALL AREAS OF MONTEREY COUNTY**

#### **Monterey County Department of Social and Employment Services**

##### **One Stop Career Center of Monterey County**

Salinas Airport Business Park

730 La Guardia; Salinas, CA 93905

Tel (831) 796-3600; **Toll-Free: (800) 870-4750**; Fax (831) 755-3246

University Plaza Shopping Center

1760 Fremont Blvd. Suite D-2; Seaside, CA 93955

Tel (831) 899-8236 or 899-8250; Fax (831) 392-0532

Towne Square Shopping Center

200 Broadway, Suite 62; King City, CA 93930

Tel (831) 386-6801; Fax (831) 386-6800

Websites: [www.onestopmonterey.org](http://www.onestopmonterey.org) or [www.edd.ca.gov](http://www.edd.ca.gov)

##### **Services:**

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

#### **Center for Employment Training (CET)**

421 Monterey Street; Salinas, CA 93901

Tel (831) 424-0665; Fax (831) 424-4743

930 Los Coches Drive, #103; Soledad, CA 93960

Tel (831) 678-0448; Fax (831) 678-0592

Website: [www.cetweb.org](http://www.cetweb.org)

##### **Services:**

Vocational classes offered daily. Classes offered in Salinas include: business office technology, computer office occupation, and custodial services. Classes offered in Soledad include medical assistant, building maintenance and warehouse operations. Client must be 17 ½ years old. No H.S. diploma or GED required. Client must be a legal resident and have the right to work.

#### **Arbor Career Center**

344 Salinas Street #111; Salinas, CA 93901

Tel (831) 751-6002; Fax (831) 751-6003

Website: [www.arboret.com](http://www.arboret.com)

##### **Services:**

Provides GED preparation, career counseling, job placement and on-the-job training for adults (age 18 and up) who have the legal right to work.

#### **Turning Point of Central California, Inc**

115 E. San Luis; Salinas, CA 93905

Tel: (831) 422-9171; Fax (831) 758-4492

Website: [www.turningpointwebsite.org](http://www.turningpointwebsite.org)

##### **Services:**

Program offers job placement, life skills development, mentoring and support for ex-offenders.



## ***Monterey County Family Resources***

### **JOB TRAINING AND EMPLOYMENT OPPORTUNITIES (Continued)**

#### **MISSION TRAILS REGIONAL OCCUPATIONAL PROGRAMS (ROP)**

##### **SALINAS**

###### **Salinas Union High School District**

867 East Laurel Drive; Salinas, CA 93905

Tel (831) 753-4209; Fax (831) 422-5115

##### **MONTEREY PENINSULA**

###### **Monterey Adult School ROP**

222 Casa Verde Way; Monterey, CA 93940

Tel (831) 373-4600; Fax (831) 373-1819

###### **Pacific Grove Unified School District**

555 Sinex Ave; Pacific Grove, CA 93950

Tel (831) 646-6510; Fax (831) 646-6500

###### **Carmel Unified School District**

3600 Ocean Ave; Carmel, CA 93923

Tel (831) 624-3544; Fax (831) 624-0127

##### **SOUTH COUNTY**

###### **Soledad Community Education Center ROP**

690 Main Street; Soledad, CA 93960

Tel (831) 678-6300; Fax (831) 678-0162

###### **Gonzales High School ROP**

501 5<sup>th</sup> Street; Gonzales, CA 93926

Tel (831) 675-2495; Fax (831) 675-8054

###### **King City Joint Union High School ROP**

720 Broadway Street; King City, CA 93930

Tel (831) 385-5461; Fax (831) 385-0901

##### **NORTH COUNTY**

###### **North Monterey County Unified School District**

13990 Castroville Blvd, Castroville, CA 95012

Tel (831) 633-7050; Fax (831) 633-7095

Website: [www.montereycountyadulthood.org](http://www.montereycountyadulthood.org)

###### **Services:**

Mission Trails ROP programs are offered in eight school districts in Monterey County. ROP provides training opportunities in vocational and technical studies for high school students and adults. High school students have priority. There is usually a fee for adults; no fee for high school students. Students generally do not need to show legal papers.



## ***Monterey County Family Resources***

### **JOB TRAINING AND EMPLOYMENT OPPORTUNITIES (Continued)**

#### **Senior AIDES Program**

Operated by the **Alliance on Aging**

280 Dickman Ave; Monterey, CA 93940

Tel (831) 646-4636 or 646-1458; Fax (831) 646-1232

Administration: 2200 Garden Road; Monterey, CA 93940

Tel (831) 655-1334; Fax (831) 655-8781

Website: [www.allianceonaging.org](http://www.allianceonaging.org)

#### **Services:**

The Senior AIDES program provides low-income seniors over age 55 with jobs at public or nonprofit agencies, where they are trained with the goal of finding permanent employment, often in the private sector. Senior Aides are paid minimum wage for 20 hours weekly. The Alliance on Aging also maintains Employment Specialists who provide placement services for job-seeking individuals over age 50.





## ***Monterey County Family Resources***

### **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; Fax (831) 757-6212

2100 Garden Road, Suite D, Bldg. B; Monterey, CA 93940

Tel (831) 375-0505; Fax (831) 375-0501

Website: [www.crla.org](http://www.crla.org)

##### **Services:**

Legal advice and representation for low-income county residents on domestic violence and housing landlord/tenant issues. Spanish-speaking staff. Assists with restraining orders at no charge for low-income victims of domestic violence, including undocumented women.

##### **Legal Services for Seniors**

915 Hilby Ave. Ste 2; Seaside, CA 93955

Tel (831) 899-0492; Fax (831) 899-0496

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

Tel (831) 442-7700; Fax (831) 442-7709

Website: [www.legalservicesforseniors.org](http://www.legalservicesforseniors.org)

##### **Services:**

Senior legal advocacy and referrals concerning public benefits, elder abuse prevention, and consumer fraud. Assist with landlord/tenant problems, homeownership issues, home repair, title transfer and simple wills. Also provide outreach services at senior centers. Services are for adults, age 60 and older. No charge for services.

##### **Watsonville Law Center**

315 Main Street, #207; Watsonville, CA 95076

Tel (831) 722-2845; Fax (831) 761-3295

Website: [www.watsonvillelawcenter.org](http://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, and child custody and visitation. Services are in Watsonville, but Monterey County residents are eligible.

##### **League of United Latin American Citizens (LULAC)**

LULAC Monterey Council # 2895; tel (831) 224-3260

LULAC Salinas Council # 2055; tel (831) 262-5529

Website: [www.lulac.net](http://www.lulac.net) or [www.salinaslulac.org](http://www.salinaslulac.org)

##### **Services:**

Addresses issues around Latino civil rights. Provides individual assistance to residents in the County of Monterey regarding any civil or human rights violation. Services provided by volunteers.



## ***Monterey County Family Resources***

### **LEGAL ASSISTANCE, ADVOCACY, AND CONFLICT RESOLUTION (Continued)**

#### **Center for Community Advocacy**

22 West Gabilan Street; Salinas, CA 93901

Tel (831) 753-2324; Fax (831) 753-0104

Website: [www.cca-viva.org](http://www.cca-viva.org)

#### **Services:**

Offers training programs to empower farmworkers and other low-income families to form neighborhood committees to advocate for improved housing and health conditions.

#### **National Association for the Advancement of Colored People (NAACP)**

1104 Broadway, Suite F; Seaside, CA 93955

Tel (831) 394-3727; Fax (831) 394-1505

Website: [www.naacpmonterey.org](http://www.naacpmonterey.org)

#### **Services:**

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

#### **American Civil Liberties Union (ACLU)**

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

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

Website: [www.aclumontereycounty.org](http://www.aclumontereycounty.org)

#### **Services:**

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

#### **Monterey County Department of Child Support Services**

752 La Guardia Street; Salinas, CA 93905

Tel (831) 755-3200 or (866) 901-3212; Fax (831) 755-3273

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

#### **Services:**

This department establishes paternity. Once paternity is established, the father has the legal rights and financial responsibilities of a parent under California law. Collects financial support from absent parents. Enforces health insurance requirements.

#### **State Department of Fair Employment and Housing**

Tel (800) 884-1684 or (800) 233-3212

Website: [www.dfeh.ca.gov](http://www.dfeh.ca.gov)

#### **Services:**

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



## ***Monterey County Family Resources***

### **LEGAL ASSISTANCE, ADVOCACY, AND CONFLICT RESOLUTION (Continued)**

#### **Department of Consumer Affairs Information Center**

Tel (800) 952-5210

Website: [www.dca.ca.gov](http://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.

#### **Conflict Resolution and Mediation Center**

1900 Garden Road, Suite 240; Monterey, CA 93940

Tel Monterey (831) 649-6219; Salinas (831) 424-4694; Fax (831) 372- 7909

#### **Services:**

Provides conflict resolution for a variety of issues between people and/or organizations, including landlord/tenant problems and child visitation issues. No legal counsel. No charge for services.



# ***Monterey County Family Resources***

## **LIBRARIES**

### **MONTEREY COUNTY FREE LIBRARIES**

#### **Administrative Office**

188 Seaside Circle; Marina, CA 93933  
Tel (831) 883-7573; Fax (831) 883-7574  
Website: [www.co.monterey.ca.us/library](http://www.co.monterey.ca.us/library)

#### **Branches**

##### **Aromas Branch**

Blohm & Carpenteria Sts; Aromas, CA 95004  
Tel (831) 726-3240; Fax (831) 726-0102

##### **Big Sur Branch**

Hwy 1 at Ripplewood Resort; Big Sur, CA 93920  
Tel (831) 667-2537; Fax (831) 667-0708

##### **Bradley Branch**

Dixie Street; Bradley, CA 93426  
Tel (805) 472-9407; Fax (805) 472-9565

##### **Buena Vista Branch**

18250 Tara Drive; Salinas, CA 93908  
Tel (831) 455-9699; Fax (831) 455-0369

##### **Carmel Valley Branch**

65 W. Carmel Valley Road; Carmel Valley, CA 93924  
Tel (831) 659-2377; Fax (831) 659-0589

##### **Castroville Branch**

11160 Speegle Street; Castroville, CA 95012  
Tel (831) 769-8724; Fax (831) 633-6315

##### **Gonzales Branch**

851 Fifth Street; Gonzales, CA 93926  
Tel (831) 675-2209; Fax (831) 675-9525

##### **Greenfield Branch**

315 El Camino Real; Greenfield, CA 93927  
Tel (831) 674-2614; Fax (831) 674-2688

##### **King City Branch**

402 Broadway Avenue; King City, CA 93930  
Tel (831) 385-3677; Fax (831) 385-0918

##### **Marina Branch**

190 Seaside Circle; Marina, CA 93933  
Tel (831) 883-7507; Fax (831) 883-9473



# ***Monterey County Family Resources***

## **LIBRARIES (Continued)**

### **Pajaro Branch**

29 Bishop Street; Pajaro, CA 95076

Tel (831) 761-2545; Fax (831) 768-7782

### **Parkfield Branch**

70643 Parkfield-Coalinga Road; San Miguel, CA 93451

Tel and Fax (805) 463-2347

### **Prunedale Branch**

17822 Moro Road; Salinas, CA 93907

Tel (831) 663-2292; Fax (831) 663-0203

### **San Ardo Branch**

62350 College St.; San Ardo, CA 93450

Tel (831) 627-2503; Fax (831) 627-4229

### **San Lucas Branch**

54692 Teresa; San Lucas, CA 93954

Tel (831) 382-4382; Fax (831) 382-4677

### **Seaside Branch**

550 Harcourt Avenue; Seaside, CA 93955

Tel (831) 899-2055; Fax (831) 899-2735

### **Soledad Branch**

401 Gabilan Drive; Soledad, CA 93960

Tel (831) 678-2430; Fax (831) 678-3087

### **Bookmobile – North County**

17822 Moro Road; Salinas, CA 93907

Tel (831) 595-0196; Fax (831) 663-0203

### **Bookmobile – South County**

402 Broadway Avenue; King City, CA 93930

Tel (831) 595-2317; Fax (831) 385-0918

## **INDEPENDENT CITY LIBRARIES**

### **Monterey Public Library**

625 Pacific Street; Monterey, CA 93940

Tel (831) 646-3932; (831) 646-5618

Website: [www.monterey.org/library](http://www.monterey.org/library)

### **Pacific Grove Public Library**

550 Central Avenue; Pacific Grove, CA 93950

Tel (831) 648-5760; Fax (831) 373-3268

Website: [www.pacificgrove.lib.ca.us](http://www.pacificgrove.lib.ca.us)



# ***Monterey County Family Resources***

## **LIBRARIES (Continued)**

### **INDEPENDENT CITY LIBRARIES (Continued)**

#### **Harrison Memorial Library**

Ocean Ave. and Lincoln Street; Carmel, CA 93921

Tel 624-4629

Website: [www.hm-lib.org](http://www.hm-lib.org)

#### **Salinas Public Libraries**

##### **John Steinbeck Library**

350 Lincoln Ave; Salinas, CA 93901

Tel (831) 758-7311

##### **Cesar Chavez Library**

615 Williams Road; Salinas, CA 93905

Tel (831) 758-7345

##### **El Gabilan Library**

1400 North Main Street; Salinas, CA 93906

Tel (831) 758-7302

Website: [www.salinas.lib.ca.us](http://www.salinas.lib.ca.us)

#### **Services:**

In addition to book collections, the above libraries offers a variety of other services, including adult literacy programs, computer labs, tutoring, homework centers, story time and other children's programs. Call for more information about the specific programs at each site.



## ***Monterey County Family Resources***

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

#### **CRISIS INTERVENTION**

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

#### **ALL AREAS OF MONTEREY COUNTY**

##### **Suicide Prevention Services of the Central Coast**

PO Box 52078; Pacific Grove, CA 93950

**Crisis Line: Tel (831) 649-8008; (877) 663-5433**

Business Line: (831) 459-9373

##### **Services:**

24-hour, multi-language, crisis intervention and suicide prevention counseling. Also provide a Survivor of Suicide Program, grief support, referrals, guidance and education outreach.

##### **National Suicide Prevention Lifeline**

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

##### **Services:**

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

##### **Suicide.org**

Website: [www.suicide.org](http://www.suicide.org)

##### **Services:**

This web-based non-profit organization provides information on suicide and support for those contemplating suicide. It also offers a private, confidential online support forum exclusively for suicide survivors (those who have lost loved ones to suicide).

##### **Natividad Medical Center Crisis Team**

1441 Constitution Blvd. Salinas, CA 93906

Tel (831) 755-4111

Website: [www.natividad.com](http://www.natividad.com)

##### **Services:**

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

##### **Community Hospital of the Monterey Peninsula**

23625 W R Holman Hwy; Monterey, CA 93940

Tel (831) 625-4623

Website: [www.chomp.org](http://www.chomp.org)

##### **Services:**

Assessment and referral for treatment is provided by the behavioral health services crisis team and is available 7 days/week, 24 hours/day. Call above number or come into the emergency room. Translators are available, if needed.





## ***Monterey County Family Resources***

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

#### **Interim, Inc**

PO Box 3222; Monterey, CA 93942

Tel (831) 649-4522; Fax (831) 647-9136

Website: [www.interiminc.org](http://www.interiminc.org)

#### **Services:**

Provides a continuum of care aimed at providing a bridge from homelessness or institutionalization to independent living for adults with serious mental illness. Services include short-term crisis residential treatment, support groups, case management, outreach to the mentally ill homeless, transitional housing, and permanent, affordable, supported housing for homeless individuals with serious psychiatric disabilities. Residents are referred to the program through the Monterey County Health Department, Behavioral Health Division.

#### **National Alliance for the Mentally Ill of Monterey County**

PO Box 295; Monterey, CA 93942

Tel (831) 375-6264 or (800) 950-6264

Website: [www.nami.org](http://www.nami.org)

#### **Services:**

A local, non-profit affiliate of NAMI National (National Alliance on Mental Illness) provides self-help, advocacy and support groups for family and friends of the mentally ill.

#### **ICT (Integrated Co-occurring Treatment)**

Operated by **Door to Hope**

130 West Gabilan Street; Salinas, CA 93901

Tel (831) 758-0181; Fax (831) 758-5127

Website: [www.doortohope.org](http://www.doortohope.org)

#### **Services:**

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

#### **Monterey County Mental Health Plan**

Operated by the **Monterey County Health Department**

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

Tel (888) 258-6029; (831) 755-5505; Fax (831) 769-8621

1200 Aguajito Rd, #103; Monterey, CA 93940

Tel (831) 647-7652; Fax (831) 647-7940

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

#### **Services:**

The State's managed care program for **Medi-Cal recipients** in need of outpatient mental health services. Outpatient mental health services are available to treat depression, anxiety, stress and other non-emergency emotional and mental health disorders. All Medi-Cal beneficiaries requesting services are initially evaluated by an Access Team clinician from the Monterey County Health Department, Dept. of Behavioral Health. Eligible clients are referred to a network provider. Services, in English and in Spanish, include psychiatric evaluation, medication, individual and group therapy. Services are on a sliding scale.



## ***Monterey County Family Resources***

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

#### **Children's Behavioral Health**

##### **Monterey County Health Department**

951 B Blanco Circle; Salinas, CA 93901

Tel (831) 784-2150

1000 South Main #210 B; Salinas, CA 93901

Tel (831) 796-1500

1000 South Main #105; Salinas, CA 93901 (Avanza Program)

Tel (831) 784-2100

2150 Garden Road #B1; Monterey, CA 93940

Tel (831) 657-1360

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

##### **Services:**

Serves children and youth with serious emotional disturbances. A majority of the children served are on Medi-Cal. Services include assessment, diagnosis, and treatment through inpatient hospital care, residential care, day care, counseling, family partnerships and early intervention. The Avanza program supports teens with mental health problems that are transitioning out of services. Most referrals come through the schools.

##### **Monterey County Health Department**

##### **Patients Rights Advocacy Program**

Tel (831) 755-4518

##### **Services:**

A patient services representative provides advocacy for people seeking/receiving county mental health services.

##### **Clinica de Salud del Valle de Salinas**

950 Circle Drive; Salinas, CA 93905

Direct line to mental health: Tel (831) 757-1264; Fax (831) 757-4812

Website: [www.csvs.org](http://www.csvs.org)

##### **Services:**

Community clinic providing medical and mental health care for adults and children. On-site psychologist offers services on a sliding fee scale.



# ***Monterey County Family Resources***

## **PARENT EDUCATION (INCLUDING CHILDBIRTH PREPARATION & BREASTFEEDING SUPPORT)**

### **ALL AREAS OF MONTEREY COUNTY**

#### **Boys Town National Hotline**

Tel (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. Trained counselors help teens and parents with a variety of issues, including suicide prevention, depression, chemical dependency, anger, and physical, emotional and sexual abuse. Services in English and Spanish.

#### **Childhood Matters Radio Shows**

Offered by Interactive Parenting Media

Tel (510) 663-5437 or the call-in number: (877) 372-5437

Websites: [www.childhoodmatters.org](http://www.childhoodmatters.org) and [www.nuestrosninos.com](http://www.nuestrosninos.com)

#### **Services:**

Childhood Matters and Nuestros Niños (Spanish-language) are one-hour interactive call-in radio shows offered every Sunday morning addressing a variety of child health and development issues. The English program is broadcast in Monterey County on KOCN-FM 105.1. The Spanish program is broadcast on RadioTricolor 99.5 FM, Super Estrella 107.1 FM and José 700 AM. The website also offers a wide variety of resources addressing parenting issues.

#### **WIC - Women, Infants and Children Nutrition Program**

Sites listed under Food Distribution Services

Breastfeeding Support Line for Breastfeeding Emergencies on Weekends: (831) 682-6113

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

#### **Services:**

WIC provides nutrition and health education 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 Educators. Breastfeeding support line listed above. Manual and electric breast pumps are available at all sites; call ahead for electric pumps. Library of children's books and books on parent education in Salinas only. Services in English and in Spanish.

#### **Dads in Action**

Operated through **Monterey County Office of Education**

901 Blanco Circle; Salinas, CA 93901

Tel (831) 755-0350; Fax (831) 755-6480

Website: [www.monterey.k12.ca.us/head\\_start](http://www.monterey.k12.ca.us/head_start)

#### **Services:**

Parenting education and life skills development offered at selected Head Start sites throughout the county for fathers of children 0 – 5. Many services are in Spanish.



## ***Monterey County Family Resources***

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

#### **SALINAS**

##### **The Parent Center**

Operated by **Salinas Adult School**

20 Sherwood Place; Salinas, CA 93906

Tel (831) 796-6970; Fax (831) 796-6975

Website: [www.salinasadultschool.com](http://www.salinasadultschool.com)

##### **Services:**

A variety of parent education classes are offered, covering age groups infancy through adolescence. Classes in English and in Spanish include childbirth preparation, breastfeeding, parenting, and child development. Many classes provide parent/child interaction. Parents as Teachers home visitation program. Child care and cooperative preschool programs on site. Community garden for parents and children. Evening and weekend classes. Fees are charged; however scholarships are available.

##### **Alisal Community Healthy Start Family Resource Center**

1441 Del Monte Avenue; Salinas, CA 93905

Tel (831) 753-5748 Fax (831) 753-5273

Website: [www.alisalfrc.org](http://www.alisalfrc.org)

##### **Services:**

Offers a variety of programs and activities for families with young children, including adult education, parenting classes, support groups, literacy classes, help with Medi-Cal and Healthy Families applications, and referral to other community resources. Services are in English and in Spanish. Child care for parents attending classes.

##### **Family Service Center**

Operated by **Community Human Services**

433 Salinas Street; Salinas, CA 93901

Tel (831) 757-7915; Fax (831) 757-0762

Website: [www.chservices.org](http://www.chservices.org)

##### **Services:**

The family service center offers parenting education, using the Triple P (Positive Parenting Program) curriculum, in addition to counseling and other services. No charge for classes.

##### **Salinas Valley Memorial Healthcare System**

450 East Romie Lane; Salinas, CA 93901

Health Promotion: Tel (831) 759-1890; Fax: (831) 753-5115

Babyline/ Childbirth education: Tel (831) 753-2229

Website: [www.svmh.com](http://www.svmh.com)

##### **Services:**

Classes include childbirth preparation, sibling preparation, and breastfeeding classes. Lactation consultation services and breastfeeding support group. Services generally in English; childbirth preparation classes may be offered in Spanish.



## ***Monterey County Family Resources***

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

#### **MONTEREY PENINSULA**

##### **Cabrillo Family Resource Center**

Administered by the **Monterey Peninsula Unified School District**

1295 La Salle Avenue; Seaside, CA 93955

Tel (831) 899-4879; Fax (831) 9672

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, the Parents as Teachers home visitation program, the Family Connection Program and a Resource Center. No charge for program participation. Services offered in English and in Spanish.

##### **Baby Moon Lactation Center**

1900 Garden Road, Suite 250; Monterey, CA 93940

Tel (831) 402-1666

Website: [www.cherubtyme.com](http://www.cherubtyme.com) or [www.babymoonmonterey.com](http://www.babymoonmonterey.com)

##### **Services:**

Lactation consultation and a support group for breastfeeding moms. The family nurture collaborative associated with this center offers a variety of classes on maintaining a healthy pregnancy, breastfeeding, introducing solid foods, sibling relationships, child discipline, and staying connected as a couple and as parents. There is also a support group for parents of multiples. Fee charged. Classes are in English only.

##### **Family Service Center**

Operated by **Community Human Services**

1178 Broadway; Seaside, CA 93955

Tel (831) 394-4622; Fax (831) 394-1930

Website: [www.chservices.org](http://www.chservices.org)

##### **Services:**

Offers parenting education, using the Triple P (Positive Parenting Program) curriculum, in addition to counseling and other services. No charge for classes.

##### **Parents' Place**

##### **Pacific Grove Adult School**

1025 Lighthouse Avenue; Pacific Grove, CA 93950

Tel (831) 646-6623; Fax (831) 641-9346

Website: [www.pgusd.org/parents](http://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, including prenatal yoga. Postpartum support group. Classes in English only. Also offers the Parents as Teachers home visitation program for military families.



## ***Monterey County Family Resources***

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

#### **Family Birth Center**

##### **Community Hospital of the Monterey Peninsula**

23625 W R Holman Hwy; Monterey, CA 93940

Childbirth Education: Tel (831) 625-4704

Lactation Education: Tel (831) 625-4987

Website: [www.chomp.org](http://www.chomp.org)

#### **Services:**

A variety of childbirth preparation classes, breastfeeding classes, and tours of the Family Birth Center are offered in English only. Lactation support for the breastfeeding family is provided through phone and out-patient consultation.

#### **La Leche League of the Monterey Peninsula**

Tel (831) 373-0555

Website: [www.llli.org](http://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. In English only.

### **SOUTH COUNTY**

#### **Soledad Unified School District Community Education Center**

690 Main Street; Soledad, CA 93960

Tel (831) 678-6300; Fax (831) 678-0162

#### **Services:**

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

#### **King City Family Resource Center**

502 King Street; King City, CA 93930

Tel (831) 385-7503; Fax (831) 385-7537

#### **Services:**

Provides Mommy and Me classes, children's behavioral health services, and parent education at school sites in King City, San Lucas and San Ardo. Also offers the Parents as Teachers home visitation program. Services are in English and in Spanish.

### **NORTH COUNTY**

#### **Castroville Family and Children Resource Center**

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

10601 McDougall Street; Castroville, CA 95012

Tel (831) 633-5975; Fax (831) 633-5981

#### **Services:**

The parent education program includes the Parenting and Play program for parents with children, ages 0-3, and Triple P (positive parenting program) classes for parents of children, ages 2-12. Also offered are the Parents as Teachers home visit program and a state pre-school on site.



# ***Monterey County Family Resources***

## **RECREATION PROGRAMS FOR CHILDREN**

### **ALL AREAS OF MONTEREY COUNTY**

#### **Girl Scouts of California's Central Coast**

10550 Merritt Street; Castroville, CA 95012

Tel (831) 372-8048, (831) 633-4877 or (800) 624-4757; Fax (831) 633-4029

Website: [www.girlscoutscoc.org](http://www.girlscoutscoc.org)

#### **Services:**

Girl Scout programs in locations throughout the county offer girls activities and experiences to foster character development and skills for success in the real world.

#### **Boy Scouts, Monterey Bay Area Council**

55 E. San Joaquin Street; Salinas, CA 93901

Tel (831) 422-5338; Fax (831) 422-1816

Website: [www.boysscoutsmontereybayarea.org](http://www.boysscoutsmontereybayarea.org)

#### **Services:**

Boy Scout programs throughout the county offer young people activities designed to develop character, good citizenship, and physical fitness. Vigorous outdoor program.

#### **Big Brothers, Big Sisters of Monterey County**

801 Lighthouse Ave, Suite 202; Monterey, CA 93940

Tel (831) 655-9231; Fax (831) 655-9244

161 Main Street, Suite 3; Salinas, CA 93901

Tel (831) 757-7992; Fax (831) 757-7993

Website: [www.bbbsmonterey.org](http://www.bbbsmonterey.org)

#### **Services:**

Mentoring program for children, ages 6-15. Volunteer mentor meets with child a minimum of once a month for an activity which both enjoy. Monterey program provides services throughout the Monterey Peninsula. Salinas office provides services to families in Salinas, Castroville and south to King City.

#### **Just Run**

Tel (831) 625-6226

Website: [www.justrun.org](http://www.justrun.org)

#### **Services:**

This free website-based program was organized by the Big Sur International Marathon to assist schools and community agencies in organizing a running program to promote a healthy lifestyle and youth fitness, while combating obesity and related diseases. Ask child's school teacher or youth program if they offer this program. More information is available on the website.

### **SALINAS**

#### **City of Salinas Recreation/Park Department**

200 Lincoln Ave. Salinas, CA 93901

Tel (831) 758-7217; Fax (831) 758-7934

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.





## ***Monterey County Family Resources***

### **RECREATION PROGRAMS FOR CHILDREN (Continued)**

#### **Breadbox Recreation Center**

745 North Sanborn Road; Salinas, CA 93905

Tel (831) 758-7908 or 758-7904; Fax (831) 758-4882

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.

#### **East Salinas Family Center**

Operated by the **United Methodist Church**

995 N. Madeira Ave; Salinas, CA 93905

Tel (831) 757-6504; Fax (831) 757-7881

#### **Services:**

An after-school program for elementary and middle school students, 2nd through 6th grade, offering a homework center, tutoring and a recreation program in a safe environment. Also offers a summer recreation program for youth ages 7-17.

#### **Kid's Cafe**

Operated by the **Salvation Army**

2460 N. Main Street; Salinas, CA 93906

Tel (831) 443-9655; Fax (831) 443-9672

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 Dr.; Salinas, CA 93912

Tel (831) 757-4412; Fax (831) 757-4498

Website: [www.bgcmmc.org](http://www.bgcmmc.org)

#### **Services:**

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

#### **YMCA, Salinas Community**

117 Clay Street; Salinas, CA 93901

Tel (831) 758-3811; Fax (831) 758- 2276

Website: [www.centralcoastymca.org](http://www.centralcoastymca.org)

#### **Services:**

Offers a variety of sports, health and fitness activities, including the Just Run program. 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.



## ***Monterey County Family Resources***

### **RECREATION PROGRAMS FOR CHILDREN (Continued)**

#### **The First Tee of Monterey County**

1551 Beacon Hill Drive; Salinas, CA 93905

Tel (831) 444-7200; Fax (831) 444-7405

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. Scholarships are available.

### **MONTEREY PENINSULA**

#### **Monterey Sports Center**

301 E. Franklin Street; Monterey, CA 93940

Tel (831) 646-3700; Fax (831) 372-2348

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; Fax (831) 646-3714

Website: [www.monterey.org/communitycenters](http://www.monterey.org/communitycenters)

##### **Services:**

Located next to Dennis the Menace Park, a recreation facility for youth, teens and adults.

#### **YMCA of the Monterey Peninsula**

600 Camino El Estero; Monterey, CA 93940

Tel (831) 373-4167; Fax (831) 373-7644

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. Financial assistance available. Summer day camp.

#### **Monterey Parks and Recreation**

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

Tel (831) 646-3866; Fax (831) 646-3880

Website: [www.monterey.org/rec](http://www.monterey.org/rec)

##### **Services**

A variety of sports and art activities offered at community centers and parks throughout the city. Call for a current recreation activities guide.

#### **Boys and Girls Club of Monterey County**

1332 La Salle Ave. Seaside, CA 93955

Tel (831) 394-5171; Fax (831) 394-4898

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: \$25/year.



# *Monterey County Family Resources*

## RECREATION PROGRAMS FOR CHILDREN (Continued)

### MONTEREY PENINSULA (Continued)

#### **Oldemeyer Center**

Operated by the **City of Seaside**

986 Hilby Avenue; Seaside, CA 93955

Tel (831) 899-6800; Fax (831) 899-6274

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.

#### **Salvation Army Youth Center**

1491 Contra Costa Ave; Seaside, CA 93955

Tel (831) 899-1335; Fax (831) 899-0821

#### **Services:**

After-school program for children who have completed 1st grade through 9th grade. No transportation. Summer camp. Fee charged.

#### **Marina Youth Center**

211 Hillcrest Avenue; Marina, CA 93933

Tel (831) 884-1247

Website: [www.ci.marina.ca.us](http://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

Website: [www.ci.marina.ca.us](http://www.ci.marina.ca.us)

#### **Services:**

A variety of indoor and outdoor activities for teens, ages 13-19, who are enrolled in middle or high school, including basketball, foosball, table pool, video games. Skate park next door.

#### **Carmel Youth Center**

SW corner of 4<sup>th</sup> and Torres; Carmel, CA 93921

Tel (831) 624-3285; (Fax) (831) 624-0130

Website: [www.carmelyouth.com](http://www.carmelyouth.com)

#### **Services:**

A drop-in center for children in grades 5-12. Offers homework center, tutoring, music program, computer program, and basketball half-court.

### SOUTH COUNTY

#### **King City Recreation Center**

401 Division Street; King City, CA 93930

(831) 385-6748

Website: [www.kingcity.com](http://www.kingcity.com)

#### **Services:**

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



## ***Monterey County Family Resources***

### **RECREATION PROGRAMS FOR CHILDREN (Continued)**

#### **SOUTH COUNTY (continued)**

##### **YMCA, South County**

560 Walker Drive; Soledad, CA 93960

Tel (831) 678-1239; Fax (831) 678-3770

1351 Oak Avenue; Greenfield, CA 93927

Tel (831) 444-2740

##### **Services:**

A variety of sports activities, a homework center and after-school tutoring. Sports activities include youth soccer, basketball, and karate. A gym and climbing wall in Soledad.

#### **NORTH COUNTY**

##### **North County Recreation Center**

11261 Crane Street; Castroville, CA 95012

Tel (831) 633-3084; Fax (831) 633-3160

Website: [www.ncrpd.org](http://www.ncrpd.org)

##### **Services:**

Provides a variety of activities for children: after school day care and drop-in center, assistance with homework, summer nutrition program, summer day camp, bike club, skate club, baseball, basketball, and community service program.



## ***Monterey County Family Resources***

### **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; Fax (831) 753-5709

Website: [www.alisal.org](http://www.alisal.org)

##### **Bradley Union School District**

65600 Dixie Street; Bradley, CA 93426

Tel (805) 472-2310; Fax (805) 472-2339

##### **Carmel Unified School District**

4380 Carmel Valley Rd; Carmel, CA 93923

Tel (831) 624-1546; Fax (831) 626-4052

Website: [www.carmelunified.org](http://www.carmelunified.org)

##### **Chuular Union Elementary School District**

24285 Lincoln Street; Chuular, CA 93925

Tel (831) 679-2504; Fax (831) 679-2071

##### **Gonzales Unified School District**

600 Elko St.; Gonzales. CA 93926

Tel (831) 675-0100; Fax (831) 675-1172

##### **Graves School District**

15 McFadden Rd; Salinas, CA 93908

Tel (831) 422-6392; Fax (831) 422-3211

##### **Greenfield Union School District**

493 El Camino Real; Greenfield, CA 93927

Tel (831) 674-2840; Fax (831) 674-3712

##### **King City Joint Union High School District**

800 Broadway Street; King City, CA 93930

Tel (831) 385-0606; Fax (831) 385-0695

Website: [www.kcusd.org](http://www.kcusd.org)

##### **King City Union School District**

800 Broadway St; King City, CA 93930

Tel (831) 385-1144; Fax (831) 385-0695

Website: [www.kcusd.org](http://www.kcusd.org)

##### **Lagunita School District**

975 San Juan Grade Road; Salinas, CA 93907

Tel (831) 449-2800; Fax (831) 449-9671



## ***Monterey County Family Resources***

### **SCHOOL DISTRICTS (Elementary and Secondary Education)**

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

#### **Mission Union School District**

36825 Foothill Road; Soledad, CA 93960

Tel (831) 678- 3524; Fax (831) 678-0491

#### **Monterey Peninsula Unified School District**

700 Pacific St; Monterey, CA 93940

Tel (831) 645-1200; Fax (831) 649-4175

Website: [www.mpusd.k12.ca.us](http://www.mpusd.k12.ca.us)

#### **North Monterey County Unified School District**

8142 Moss Landing Rd; Moss Landing, CA 95039

Tel (831) 633-3343; Fax (831) 633-2937

Website: [www.nmcusd.org](http://www.nmcusd.org)

#### **Pacific Grove Unified School District**

555 Sinex Ave; Pacific Grove, CA 93950

Tel (831) 646-6510; Fax (831) 646-6500

Website: [www.pgusd.org](http://www.pgusd.org)

#### **Pacific Unified School District**

69325 Highway 1; Big Sur, CA 93920

Tel (805) 927-4507; Fax (805) 927-8123

#### **Salinas City Elementary School District**

840 S. Main Street; Salinas, CA 93901

Tel (831) 753-5600; Fax (831) 753-5610

Website: <http://schools.monterey.k12.ca.us/~salcity/>

#### **Salinas Union High School District**

431 W. Alisal Street; Salinas, CA 93901

Tel (831) 796-7000; Fax (831) 796-7005

Website: [www.salinas.k12.ca.us](http://www.salinas.k12.ca.us)

#### **San Antonio Union School District**

67550 Lockwood/Jolon Road; Lockwood, CA 93932

Tel (831) 385-3051; Fax (831) 385-4240

Website: <http://schools.monterey.k12.ca.us/~santonio>

#### **San Ardo Union School District**

62428 Center Street; San Ardo, CA 93450

Tel (831) 627-2520; Fax (831) 627-2078

Website: <http://schools.monterey.k12.ca.us/%7Eсанardo>



## ***Monterey County Family Resources***

### **SCHOOL DISTRICTS**

#### **(Elementary and Secondary Education)**

(Some districts offer Early Education Programs/ Preschool)

#### **San Lucas Union School District**

53675 San Benito Street; San Lucas, CA 93954

Tel (831) 382-4426; Fax (831) 382-4088

#### **Santa Rita Union School District**

57 Russell Rd; Salinas, CA 93906

Tel (831) 443-7200; Fax (831) 442-1729

Website: [www.santaritaschools.org](http://www.santaritaschools.org)

#### **Soledad Unified School District**

1261 Metz Rd; Soledad, CA 93960

Tel (831) 678-3987; Fax (831) 678-2866

Website: [Http://soledad.monterey.k12.ca.us](http://soledad.monterey.k12.ca.us)

#### **Spreckels Union School District**

130 Railroad Avenue; Spreckels, CA 93962

Tel (831) 455-2550; Fax (831) 455-1871

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

#### **Washington Union School District**

43 San Benancio Rd; Salinas, CA 93908

Tel (831) 484-2166; Fax (831) 484-2828

Website: [www.washington-union.com](http://www.washington-union.com)

#### **Monterey County Office of Education**

901 Blanco Circle; Salinas, CA 93901

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

Website: [www.monterey.k12.ca.us](http://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. MCOE's website contains contact information for the individual schools in each district.





# ***Monterey County Family Resources***

## **SENIOR SERVICES/ ELDER CARE**

**Note:** A Senior Resource Guide is available to download from the Alliance on Aging website.

### **ALL AREAS OF MONTEREY COUNTY**

#### **Alliance on Aging**

280 Dickman Ave; Monterey, CA 93940  
Tel (831) 646-4636 or 646-1458; Fax (831) 646-1232

Administration: 2200 Garden Road; Monterey, CA 93940  
Tel (831) 655-1334; Fax (831) 655-8781

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

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

#### **Services:**

Offers the following programs for seniors: Information and Referral; Senior Peer Counseling; Health Insurance Counseling and Advocacy (HICAP); Tax Counseling; Senior Employment (Senior AIDES), and Ombudsman for Long-Term Care.

#### **Legal Services for Seniors**

915 Hilby Ave. Ste 2; Seaside, CA 93955  
Tel (831) 899-0492; Fax (831) 899-0496

21 W. Laurel Dr. Ste 83; Salinas, 93906  
Tel (831) 442-7700; Fax (831) 442-7709  
Website: [www.legalservicesforseniors.org](http://www.legalservicesforseniors.org)

#### **Services:**

Senior legal advocacy and referrals concerning public benefits, elder abuse prevention, and consumer fraud. Assist with landlord/tenant problems, homeownership issues, home repair, title transfer and simple wills. Also provide outreach services at senior centers. Services are for adults, age 60 and older. No charge for services.

#### **Social Security Administration**

928 Blanco Road; Ste 155; Salinas, CA 93901  
Tel (800) 772-1213 or (831) 757-8250  
Website: [www.socialsecurity.gov](http://www.socialsecurity.gov)

#### **Services:**

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

#### **Alzheimer's Association of Monterey County**

182 El Dorado St.; Monterey, CA 93940  
Tel (831) 647-9890; Fax (831) 655-9241  
Website: [www.alz.org/norcal](http://www.alz.org/norcal)

#### **Services:**

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



# ***Monterey County Family Resources***

## **SENIOR SERVICES/ ELDER CARE (Continued)**

### **Eldercare Locator**

Tel (800) 677-1116

Website: [www.eldercare.gov](http://www.eldercare.gov)

#### **Services:**

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

### **Partnership for Prescription Assistance**

Tel (888) 477-2669

Website: [www.pparx.org](http://www.pparx.org) or [www.rxhelpforca.org](http://www.rxhelpforca.org)

#### **Services:**

These websites help low-income individuals without prescription coverage to get free or discounted medications through a variety of public and private programs. Info in Eng/ Span.

### **Office of Aging and Adult Services**

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

713 La Guardia, Suite A; Salinas, CA 93905

Tel (831) 755-3403; Fax (831) 783-7021

2620 First Avenue; Marina, CA 93933

Tel (831) 883-7565; Fax (831) 883-7563

1000 South Main Street, Suite 211 A; Salinas, CA 93901

Tel (831) 755-4466; Fax (831) 755-4493

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

#### **Services:**

Information and referral for adults who need protection, home care, emergency food or housing, counseling, or out-of-home placement. This office manages the following programs:

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

**Multipurpose Senior Services Program (MSSP)** provides case management of social and health care services as an alternative to institutionalization of frail elderly. A team of public health nurses and social workers provides eligible clients with a health and psychosocial assessment, an individual care plan, and other services in an effort to prevent or delay premature institutional placement.

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

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



## ***Monterey County Family Resources***

### **SENIOR SERVICES/ ELDER CARE (Continued)**

#### **Meals on Wheels, Monterey Peninsula**

700 Jewell Avenue; Pacific Grove, CA 93950

Tel (831) 375-4454; Fax (831) 375-9887

Website: [www.mowmp.org](http://www.mowmp.org)

#### **Services:**

Delivers nutritious meals to qualifying individuals living throughout the Monterey Peninsula.

#### **Meals on Wheels of the Salinas Valley, Inc.**

40 Clark Street, Ste C; Salinas, CA 93901

Tel (831) 758-6325; Fax (831) 758-6518

Website: [www.mealsonwheelsofsalinas.org](http://www.mealsonwheelsofsalinas.org)

#### **Services:**

Delivers free or low-cost meals once or twice a week to seniors living in Salinas, the south County down to San Ardo and Lockwood, Prunedale, Aromas, Pajaro, and Castroville.

Deliveries are frozen meals, meant to last 5-7 days.

#### **Central Coast Visiting Nurse Association and Hospice**

Admin: 5 Lower Ragsdale, Monterey, CA 93940

Tel (831) 372-6668; Fax (831) 648-7726

Website: [www.ccvna.com](http://www.ccvna.com)

#### **Services:**

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

#### **Compassionate Care Alliance of Monterey County**

P.O. Box 1785; Monterey, CA 93942

Tel (831) 655-9506

Website: [www.comcarealliance.org](http://www.comcarealliance.org)

#### **Services:**

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

#### **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 site for people with Medicare. Information, in English and in Spanish, includes eligibility guidelines, long term care, preventive services, prescription drug plans. Search tools allow comparisons of drug plans, as well as area hospital and nursing homes.

#### **BenefitsCheckUp**

Website: [www.benefitscheckup.org](http://www.benefitscheckup.org)

#### **Services:**

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.



## ***Monterey County Family Resources***

### **SENIOR SERVICES/ ELDER CARE (Continued)**

#### **Salvation Army**

2460 N. Main Street; Salinas, CA 93906

Tel (831) 443-9655; Fax (831) 443-9672

Website: [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

#### **Services:**

Provides lunches on Mondays, Wednesdays and Fridays, as well as bingo, line dancing and arts and crafts for seniors. Donation requested for the lunches.

#### **Good Samaritan Center, operated by the Salvation Army**

800 Scott Street; Sand City, CA 93955

Tel (831) 899-4988; Fax (831) 393-8259

Website: [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

#### **Services:**

Provides food boxes for needy seniors twice a month.

#### **Adult Day Services Centers**

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

Admin: 5 Lower Ragsdale, Monterey, CA 93940

Tel (831) 372-6668; Fax (831) 648-7726

45 Plaza Circle; Salinas, CA 93901

Tel (831) 424-7930; Fax (831) 753-6645

Hilltop Park; 871 Jessie Street; Monterey, CA 93940

Tel (831) 643-0278; Fax (831) 643-0279

Website: [www.ccvna.com](http://www.ccvna.com)

#### **Services:**

The centers serve the needs of physically and cognitively impaired adults, whether through stroke, Alzheimer's disease, or another condition associated with aging. Provide respite for caregivers and a variety of therapeutic activities for participants.

#### **Paradigm Adult Services, Inc.**

5716 Carmel Valley Road; Carmel, CA 93923

Tel (831) 622-7999; Fax (888) 301-6016

#### **Services:**

A state-licensed adult day program offering cognitive stimulation and programming classes. Serves two populations: (1) younger adults with intellectual disability; (2) seniors who are frail or in the early stages of dementia. Meets M-F for 5 hours. Private pay for seniors. Young adults are funded through San Andreas Regional Center.



# ***Monterey County Family Resources***

## **SENIOR SERVICES/ ELDER CARE (Continued)**

### **SENIOR CENTERS**

#### **Services:**

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

### **SALINAS**

#### **Salinas Adult School Creative Living Center**

20 Sherwood Place; Salinas, CA 93905

Tel (831) 796-6930; Fax (831) 796-6915

Website: [www.salinasadultschool.com](http://www.salinasadultschool.com)

#### **Prunedale Senior Center**

8300-A Prunedale Road North; Salinas, CA 93907

Tel (831) 663-5023; Fax (831) 663-9258

### **MONTEREY PENINSULA**

#### **Carmel Foundation**

SE Corner of Lincoln and Eighth Streets; Carmel CA 93921

Tel (831) 624-1588; Fax (831) 624-5705

Website: [www.carmelfoundation.org](http://www.carmelfoundation.org)

#### **Monterey Senior Center**

280 Dickman Avenue; Monterey, CA 93940

Tel (831) 646-3878; Fax (831) 646-3485

#### **Sally Griffin Active Living Center**

700 Jewell Ave; Pacific Grove, CA 93950

Tel (831) 375-4454; Fax (831) 375-9887

#### **Oldemeyer Center**

986 Hilby Avenue; Seaside, CA 93955

Tel (831) 899-6800; Fax (831) 899-6274

#### **Marina Senior Center**

211 Hillcrest Avenue; Marina, CA 93933

Tel (831) 384-6009; Fax (831) 384-9148

### **SOUTH COUNTY**

#### **Leo Meyer Senior Center**

425 Queen Street; King City, CA 93930

No telephone number available.



## ***Monterey County Family Resources***

### **SENIOR SERVICES/ ELDER CARE (Continued)**

#### **SENIOR CENTERS (Continued)**

##### **NORTH COUNTY**

###### **North County Recreation Center**

11261 Crane Street; Castroville, CA 95012

Tel (831) 633-3084; Fax (831) 633-3160

###### **Pajaro Senior Center**

15 Salinas Road; Pajaro, CA 95076

Tel (831) 724-9640



# ***Monterey County Family Resources***

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

### **ALL AREAS OF MONTEREY COUNTY**

**Special Kids Crusade** has produced a comprehensive resource directory, in English and in Spanish, listing resources for developmentally disabled children and their families. Contact the organization for a copy of the guide.

#### **Special Kids Crusade**

1900 Garden Road, Suite 230; Monterey, CA 93940

Tel (831) 372-2730; Fax (831) 372-5730

Website: [www.specialkidscrusade.org](http://www.specialkidscrusade.org)

#### **Services:**

This private, parent-founded, nonprofit organization provides support and resource information for developmentally disabled children and their families residing in Monterey County. The family resource center organizes awareness trainings and various activities for the children. Special programs include Moms Night Out, an opportunity for moms with developmentally disabled children to meet each other and share experiences and information. 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; Fax (831) 796-8690

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

#### **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) 484-2321

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

#### **Services:**

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



## ***Monterey County Family Resources***

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

#### **Social Security Administration**

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

Tel (800) 772-1213 or (831) 757-8250

Website: [www.socialsecurity.gov](http://www.socialsecurity.gov)

#### **Services:**

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

#### **MCOE Infant Development Program**

Operated by **Monterey County Office of Education**

20 Sherwood Place; Salinas, CA 93906

Tel (831) 755-1734; Fax (831) 755-1471

Website: [www.monterey.k12.ca.us/special\\_education](http://www.monterey.k12.ca.us/special_education)

#### **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. Services in English and in Spanish. No charge.

#### **MCOE Special Education Services**

Operated by **Monterey County Office of Education**

901 Blanco Circle; Salinas, CA 93901

Tel (831) 755-0345 or 755-6437; Fax (831) 769-0732

Website: [www.monterey.k12.ca.us/special\\_education](http://www.monterey.k12.ca.us/special_education)

#### **Services:**

Provides therapy, education, and parent support for special needs children, ages 3-22 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 for services.

#### **MPUSD Infant Development Program**

Operated by **Monterey Peninsula Unified School District**

1450 Elm Street; Seaside, CA 93955

Tel (831) 899-7005; Fax (831) 899-0628

Website: [www.mpusd.k12.ca.us](http://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.

#### **MPUSD Special Education Services**

Operated by **Monterey Peninsula Unified School District**

700 Pacific Street; Monterey CA 93940

Tel (831) 645-1207; Fax (831) 658-0951

Website: [www.mpusd.k12.ca.us](http://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.





## ***Monterey County Family Resources***

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

#### **San Andreas Regional Center**

344 Salinas Street Suite 207; Salinas, CA 93901

Tel (831) 759-7500; Fax (831) 424-3007

Website: [www.sarc.org](http://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 Disability Services**

381 High Street; Monterey, CA 93940

Tel (831) 242-2110

Main office in Aptos: Tel (831) 684-2166; Fax (831) 684-1018

Website: [www.centralcal.easterseals.com](http://www.centralcal.easterseals.com)

#### **Services:**

Provides services to children and adults with disabilities and other special needs, as well as support for their families. Programs include autism services, the P.L.A.Y. (Play and Language for Autistic Youngsters) project, Creative Pathways (for disabled adults), respite services, support groups and summer camp for children and adults. Some services in Spanish.

#### **Coastal Kids Home Care**

11 Quail Run Circle #201; Salinas, CA 93907

Tel (800) 214-5439; Fax (831) 796-0334

Website: [www.coastalkidshomecare.org](http://www.coastalkidshomecare.org)

#### **Services:**

A non-profit licensed, certified home health agency that specializes in pediatric and obstetrical services. Provides multidisciplinary home health care for children, including those with life threatening or chronic illnesses. Serves all of Monterey County.

#### **Children's Hospice – Palliative Care Coalition**

65 Nielson St. #108; Watsonville, CA 95076

Tel (831) 763-3070; Fax (831) 768-9102

Website: [www.childrenshospice.org](http://www.childrenshospice.org)

#### **Services:**

The center, located in Watsonville and serving Santa Cruz and Monterey Counties, offers care coordination services which specifically address the unique needs of children with life-threatening conditions and their families. A social worker provides ongoing support and assessment. Limited transportation to Lucille Packard Children's Hospital and UCSF for families most in need. Services are in English and in Spanish.



## ***Monterey County Family Resources***

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

#### **Jacob's Heart Children's Cancer Support Services**

2007 Freedom Blvd; Freedom, CA 95019

Tel (831) 724-9100; Fax (831) 724-9101

Satellite office: 221 S. Main St. #204; Salinas, CA 93901; Tel (831) 769-9791

Website: [www.jacobsheart.org](http://www.jacobsheart.org)

#### **Services:**

This organization provides counseling, support groups, in-home and hospital visits, community education, arts programs, celebrations and financial assistance for families of children with cancer who live in the Monterey Bay region. Services in English and in Spanish.

#### **Christine Marie Star Riders**

2115 N. Fremont Street; Monterey, CA 93940

Facility located at the corner of 5<sup>th</sup> Street and 9<sup>th</sup> Street in Marina

Tel (831) 646-1941

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. No charge for services.



# ***Monterey County Family Resources***

## **TEEN PROGRAMS (Refer also to Recreation Programs for Children)**

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

#### **Boys Town National Hotline**

Tel (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. Trained counselors help teens and parents with a variety of issues, including suicide prevention, depression, chemical dependency, anger, and physical, emotional and sexual abuse. Services in English and Spanish.

#### **Alateen Support Groups**

Tel Salinas (831) 424-6207; Monterey (831) 373-2532

Website: [www.ncwsa.org](http://www.ncwsa.org)

#### **Services:**

Answering service 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.

#### **Trevor Helpline**

Tel (866) 488-7386

Website: [www.thetrevorproject.org](http://www.thetrevorproject.org)

#### **Services:**

24-hour national crisis helpline for lesbian, gay, bisexual, and transgender youth.

#### **Girls Inc. (Girls Incorporated of the Central Coast)**

369 Main Street, Suite M; Salinas, CA 93901

Tel (831) 772-0882; Fax (831) 772-0773

Website: [www.girlsinccc.org](http://www.girlsinccc.org)

#### **Services:**

Provides various programs focusing on leadership and self-empowerment for girls, ages 10-18. Youth leaders and teen teachers serve as facilitators at 20 school sites in Monterey County, including schools in Salinas, Soledad, Gonzales, Greenfield, Monterey, Seaside, Marina and Castroville.

#### **Silver Star Rancho Cielo Youth Program**

710 Old Stage Road; Salinas, CA 93906

Tel (831) 444-3533 or (831) 444-3500; Fax (831) 442-0293

#### **Silver Star Resource Center**

1330 Natividad Rd. Bldg 700; Salinas, CA 93906

Tel (831) 796-1621; Fax (831) 755-5573

Website: [www.ranchocieloyouthcampus.org](http://www.ranchocieloyouthcampus.org)

#### **Services:**

The Silver Star Programs, based at the above sites, are 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.



## ***Monterey County Family Resources***

### **TEEN PROGRAMS (Continued)** **(Refer also to Recreation Programs for Children)**

#### **New Beginnings**

##### **Offered by the Monterey County Department of Social and Employment Services**

Salinas Airport Business Park

730 La Guardia; Salinas, CA 93905

Tel (831) 755-5079 or **Toll-Free: (800) 870-4750**; Fax (831) 755-3246

Website: [www.mcdses.co.monterey.ca.us](http://www.mcdses.co.monterey.ca.us); [www.onestopmonterey.org](http://www.onestopmonterey.org)

#### **Services:**

An education incentive program for pregnant and parenting teens, up to age 19, who have not finished high school. Participants must be enrolled in DSES Cash Aid in order to qualify for the program. Case managers provide home visits, incentives and penalties to encourage clients to graduate from high school. Assistance with transportation and child care also provided.

#### **Youth Employment Programs**

##### **One Stop Career Center of Monterey County**

Salinas Airport Business Park

730 La Guardia; Salinas, CA 93905

Tel (831) 796-3600 or **Toll-Free: (800) 870-4750**; Fax (831) 755-3246

University Plaza Shopping Center

1760 Fremont Blvd. Suite D-2; Seaside, CA 93955

Tel (831) 899-8250 or (831) 899-8236; Fax (831) 392-0532

Towne Square Shopping Center

200 Broadway, Suite 62; King City, CA 93930

Tel (831) 386-6801; Fax (831) 386-6800

Website: [www.onestopmonterey.org](http://www.onestopmonterey.org); [www.mcdses.co.monterey.ca.us](http://www.mcdses.co.monterey.ca.us)

#### **Services:**

Two programs provide employment opportunity, job training and counseling for economically disadvantaged youths, ages 15 –21. Developed through the collaboration of the Department of Social and Employment Services (DSES), the Office for Employment Training (OET) and the Employment Development Department (EDD).

#### **Sunrise House**

106 Lincoln Ave; Salinas, CA 93901

24 Hour Crisis Line: (831) 758-3302; Fax (831) 758-8108

Website: [www.sunrisehouse.org](http://www.sunrisehouse.org)

#### **Services:**

Counseling for adolescents and their families. Services include anger management classes and education on alcohol and drug abuse. Offers 24-hour crisis intervention, drop-in services, community education and prevention activities. Counselors are based on-site at the high schools in Salinas and at the Silver Star program. Bilingual counselors. No charge for services.



## ***Monterey County Family Resources***

### **TEEN PROGRAMS (Continued)** **(Refer also to Recreation Programs for Children)**

#### **ICT (Integrated Co-occurring Treatment)**

Operated by **Door to Hope**

130 West Gabilan Street; Salinas, CA 93901

Tel (831) 758-0181; Fax (831) 758-5127

Website: [www.doortohope.org](http://www.doortohope.org)

#### **Services:**

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

#### **Second-Chance Youth Program**

745 North Sanborn Road; Salinas, CA 93905

Tel (831) 758-2501; Fax (831) 758-6357

Website: [www.scyp.org](http://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. Also offer a program for removing tattoos that are gang related or impede employment. Co-located with the Breadbox Recreation Center.

#### **YWCA Counseling Center**

Operated by the **YWCA of the Monterey Peninsula**

457 Webster Street; Monterey, CA 93940

**Crisis Line:** (831)757-1001; Counseling Office: Tel (831)655-9222; Fax (831) 583-1049

Website: [www.ywcamontereycounty.org](http://www.ywcamontereycounty.org)

#### **Services:**

Offers weekly support groups, a mentor program and individual counseling for adolescents. Also offers presentations on teen dating violence.

#### **Teen Success**

Offered by **Planned Parenthood- MarMonte**

316 North Main Street; Salinas, CA 93906

Tel (831) 758-8902; Fax (831) 758-3475

Website: [www.ppmarmonte.org](http://www.ppmarmonte.org)

#### **Services:**

Weekly support groups in Salinas and Soledad offer pregnant and parenting teen mothers strategies for success. The program emphasizes maintaining current family size, setting short and long-term goals, self-esteem and the importance of completing high school.

#### **Catholic Charities**

922 Hilby Avenue; Seaside, CA 93955

Tel (831) 393-3110; Fax (831) 393-3115

Website: [www.dioceseofmonterey.org](http://www.dioceseofmonterey.org)

#### **Services:**

Funds available for tattoo removal for ex-gang members on the path to change. Also offers general counseling services for individuals, including adolescents, provided by MFCC interns. May have Spanish-speaking counselors. Sliding fee scale.



## ***Monterey County Family Resources***

### **TEEN PROGRAMS (Continued)** **(Refer also to Recreation Programs for Children)**

#### **A Safe Place**

Operated by **Community Human Services**

590 Pearl Street; Monterey, CA 93940

Tel (831) 373-4421; Fax (831) 373-7410

Website: [www.chservices.org](http://www.chservices.org)

#### **Services:**

Offers a runaway and homeless youth program. Crisis resolution home provides temporary housing for youth while problems are resolved with their families; may accept pregnant teens. Provides individual, group and family counseling (English only) to school-aged youth and their families. Sliding fee scale for counseling, although no one turned away due to inability to pay.

#### **Safe Passage**

Operated by **Community Human Services**

544 Pearl Street; Monterey, CA 93940

Tel (831) 717-4126; Fax (831) 717-4127

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

Website: [www.chservices.org](http://www.chservices.org)

#### **Services:**

A transitional home, with six beds for 18-21 year olds. Youths may stay 12-18 months. Homeless youths in Monterey County are the priority.

### **Educational Opportunities for Pregnant and Parenting Teens**

Pregnant and parenting teens must go through the school district in which they reside for educational opportunities in that district or to obtain an inter-district transfer. Options include mainstreaming, independent study, ROP (Regional Occupation Program), adult school, continuation school. Not all options are available in all school districts. Following are special programs for pregnant and parenting teens.

### **SALINAS**

#### **Mount Toro High School**

Operated by **Salinas Union High School District**

10 Sherwood Place; Salinas, CA 93906

Tel (831) 796-7700; Fax (831) 796-7705

Website: [www.salinas.k12.ca.us/mounttoro](http://www.salinas.k12.ca.us/mounttoro)

#### **Services:**

Mount Toro offers a Cal-Safe teen parent program as an option for pregnant and parenting teens, age 16 or over, who are enrolled in one of the 5 high schools in the Salinas Union High School District. This Continuation School offers prenatal and parenting classes, in addition to regular classes required for a high school diploma. There is infant care on campus. Teens may use the district school bus.



## ***Monterey County Family Resources***

### **TEEN PROGRAMS (Continued)** **(Refer also to Recreation Programs for Children)**

#### **MONTEREY PENINSULA**

##### **Cabrillo Family Resource Center**

Operated by **Monterey Peninsula Unified School District:**

1295 La Salle Ave; Seaside, CA 93955

Tel (831) 393-3403 or 899-4879; Fax (831) 899- 9672

Website: [www.mpusd.k12.ca.us](http://www.mpusd.k12.ca.us)

##### **Services:**

Offers a Cal-Safe teen program for pregnant and parenting teens, age 18 or younger, living in the Monterey Peninsula Unified School District, who have not graduated from high school. Support services for students attending high school include infant care, transportation to school, parent education, and assistance in accessing other community resources.

#### **NORTH COUNTY**

##### **Central Bay Continuation High School**

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

17500 Pesante Road; Salinas, CA 93907

Tel (831) 663-2997; Fax (831) 663-1151

Website: [www.nmcusd.org](http://www.nmcusd.org)

##### **Services:**

This continuation high school offers the Cal-Safe teen program for pregnant and parenting teens who have not completed their high school education. Support services for students attending the continuation school include infant care, parenting and life skills classes, as well as assistance with support services.





# *Monterey County Family Resources*

## TRANSPORTATION

### ALL AREAS OF MONTEREY COUNTY

#### **Monterey-Salinas Transit**

1 Ryan Ranch Road; Monterey, CA 93940

Tel (888) 678-2871; Fax (831) 899-3954

Website: [www.mst.org](http://www.mst.org)

#### **Services:**

Bus transportation in Salinas, on the Monterey Peninsula (from Marina to Carmel Valley), 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 RIDES Program**

Operated by **Monterey-Salinas Transit**

1375 Burton Ave; Salinas, CA 93901

Tel Monterey: (831) 373-1393; Salinas (831) 754-2804; Fax (831) 754-2009

Website: [www.mst.org/rides](http://www.mst.org/rides)

#### **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 twice a month to the Bay Area for medical appointments. All riders must be registered with the program. Fee for rides.

#### **Hospice of the Central Coast**

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

23625 W R Holman Hwy; Monterey, CA 93940; Monterey, CA 93940

Tel (831) 622-2746; Fax (831) 622-2736

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. No charge for services.

#### **American Cancer Society**

945 S. Main St.; Salinas, CA 93901

Tel (800) 227-2345 or (831) 442-2992; Fax (831) 772-0959

Website: [www.cancer.org](http://www.cancer.org)

#### **Services:**

Transportation to MD appointments for cancer patients living anywhere in Monterey County. No charge for services. Advance notice of seven to ten business days required.

#### **Greyhound Bus Line**

19 West Gabilan Street; Salinas, CA 93901

Tel English (800) 231-2222; Spanish (800) 531-5332; Salinas (831) 424-4418

Website: [www.greyhound.com](http://www.greyhound.com)

#### **Services:**

Bus transportation between Salinas and King City; bus does not stop at cities in between. Also provides bus transportation from Salinas to Watsonville, Santa Cruz and San Jose. Call above numbers for fare and schedule information. Discount given for children and seniors.





# ***Monterey County Family Resources***

## **VETERANS SERVICES**

### **ALL AREAS OF MONTEREY COUNTY**

#### **Monterey County Military and Veterans Affairs**

3401 Engineer Lane (VA Clinic); Seaside, CA 93955

Tel (831) 883-3811; Fax (831) 883-3860

1200 Aguajito Road, Room 3; Monterey, CA 93940

Tel (831) 647-7610; Fax (831) 647-7618

1000 South Main Street, Room 107; Salinas, CA 93901

Tel (831) 796-3585; Fax (831) 755-4449

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 claims benefits assistance for veterans, their survivors and dependents. Free notary public services for veterans and immediate family members. 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. Free van transport to the Veterans Medical Center in Palo Alto.

#### **Veterans Administration Health Clinic of Monterey**

3401 Engineer Lane; Seaside, CA 93955 (former Ft. Ord campus)

Tel (800) 455-0057 (Advice Line); Tel (831) 883-3830 (main number); Fax (831) 883-3860

#### **Services:**

Provides outpatient health and pharmacy 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 Transition Center**

220 12<sup>th</sup> Street; Marina, CA 93933

Tel (831) 883-8387; Fax (831) 883-3024

Website: [www.vtcmonterey.org](http://www.vtcmonterey.org)

#### **Services:**

Provides emergency services, transitional housing and case management for Monterey County's homeless veterans and their families.



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