

Monterey County Community Resources

Our communities are often rich in services we don't know exist, so we have to be proactive about asking for what we need and keep asking many different ways until we find someone who understands our need and can help us or refer us for help. If you ask for help and you don't get what you need, TRY AGAIN! No one is an all knowing "THEY", not even the computer. The internet is also a sea of amazing resources to aid you as you seek information to empower yourself. As you gather information to change your situation, be sure to share the resources you find with others who may also need this information. Withholding information is one of the greatest tragedies; it is free to share and has the power to change lives! We only become what we know exists! This is only a partial listing of resources out there. Also call 211 on your phone or visit <http://www.unitedwaymcca.org/2-1-1-search> for more resources.

HEALTH

MEDICAL

- <http://www.montereycountyclinicservices.org>
- <https://www.co.monterey.ca.us/government/departments-a-h/health>
- <https://www.dorothysplace.org/chinatown-health-services-center/>
- <http://www.csvs.org/>
- <https://www.coveredca.com/>
- <https://www.c4yourself.com/>
- <http://freeclinicdirectory.org>

DENTAL

- <http://freeclinicdirectory.org>
- <http://www.csvs.org/>

DRUG AND ALCOHOL TREATMENT/ COUNSELING

- <http://www.co.monterey.ca.us/government/departments-a-h/health/behavioral-health/alcohol-drug-services>
- <https://www.victorymissionsalinas.com/services>
- <http://doortohope.org/programs/residential/>
- <http://www.aa.org/>
- <https://www.na.org/>

DUI CLASSES

- <http://sunstreetcenters.org/driving-under-the-influence/>

DISABILITIES

- See what services you might be eligible for through Department of Rehabilitation
 - <http://www.dor.ca.gov/DOR-Locations/code/branch.asp?branch=250-04>
- Some high schools and colleges have a program called Workability. These programs are operated through Department of Rehabilitation and people who have been injured or hurt and can no longer perform their previous profession can often get money, resources, and accommodations to "retrain".
 - <https://www.cde.ca.gov/sp/se/sr/wrkabtyl.asp>
- Most colleges have a student service office for students with disabilities. Those offices can help students with the entire college process, testing, accommodations, financial aid, etc. Below are some examples at local colleges.
 - <http://www.hartnell.edu/department-supportive-programs-services-dsps>

- <https://csumb.edu/sdr>
- Independent Living Center Programs
 - <https://www.blindandlowvision.org/services/independent-living-program/>
 - <http://www.gatewaycenter.org/programs/>

HOUSING

HOMELESS RESOURCE GUIDE FOR MONTEREY COUNTY

- http://mcdss.co.monterey.ca.us/cap/download/CAP_HSRG_2013_update.pdf

HOMELESS RESOURCES/ EMERGENCY SHELTER/ SAFE PARKING

- shelterlistings.org
- homelessinamerica.com
- <https://www.ihelpmontereybay.org/>
- <https://www.dorothysplace.org/>
- <https://www.interiminc.org/programs/#homeless>
- <https://www.victorymissionsalinas.com/services>
- <https://www.communityhomelessolutions.org/>
- www.chservices.org
- www.IHELPMontereyBay.org
- Safe Nightly Parking safeparkingprogram@gmail.com (831) 204-0230
- www.interiminc.org
- www.onestarfishsafeparking.org

HOUSING PROGRAMS

- <https://www.interiminc.org/programs/#affordable>
- https://montereypeninsula.salvationarmy.org/monterey_peninsula_corps/overcome-poverty
- <https://www.communityhomelessolutions.org/>
- www.sunstreetcenters.org
- <http://www.hamonterey.org>
- https://www.suntopia.org/salinas/ca/utility_and_rental_assistance.php
- <http://www.chispahousing.org/>

WORK EXCHANGE HOUSING PROGRAMS

- <https://www.workaway.info/>
- <https://www.helpx.net/>
- <https://wwofinternational.org/>
- <https://www.volunteer.gov/>

BILL PAYING ASSISTANCE/ UTILITY DISCOUNT PROGRAMS

- <http://www.needhelppayingbills.com>
- https://salinas.salvationarmy.org/salinas_corps/overcome-poverty/
- <https://www.energyservices.org/index-srv.html>
- <https://www.csd.ca.gov/Pages/LIHEAPProgram.aspx>

FREE/ LOW COST TECHNOLOGY

CELL PHONES

- <https://www.lifewireless.com/>
- <https://www.accesswireless.com/lifeline>
- <https://www.safelinkwireless.com>

LAND LINES

- <http://www.cpuc.ca.gov/lifeline/>

COMPUTERS

- <https://www.loavesfishescomputers.org>

INTERNET

- <https://www.cox.com/aboutus/connect2compete/low-cost-internet.htm>

FREE CLOTHING AND HOUSEHOLD SUPPLIES

- <http://www.victorymissionsalinas.com/>
- <http://www.salvationarmysalinas.org>
- <http://www.salinasfirst.org/>
- <https://www.gatheringforwomen.com/clothes-closet--personal-care-products.html>
- <http://www.tsamonterey.com>

FOOD

- <https://www.foodbankformontereycounty.org/food-assistance/>
- <https://www.mowmp.org/>

VETERANS

County Veteran's Office

- <http://www.co.monterey.ca.us/government/departments-i-z/military-veterans>

Job Assistance and Links just for Veterans

- <http://www.showyourstripes.org/>
- Military.com
- <http://www.acp?usa.or>
- www.vtcmonterey.org
- <https://www.mpc.edu/student-services/specialized-programs/veteran-s-resource-center>

Collection of resources from the library

- <http://www.montereycountyfreelibraries.org/veterans/index.html>

Goodwill

- <https://www.ccgoodwill.org/work/senior-community-service-employment-program/>

Post Incarceration Resources

- <https://www.benefits.va.gov/persona/veteran-incarcerated.asp>

Elderly Veteran Benefits

- <https://www.benefits.va.gov/persona/veteran-elderly.asp>

TEENS

Youth Resource Guide

- <https://fsa-cc.org/wp-content/uploads/2012/06/Youth-Brochure-English.pdf>

Job Training

- <http://www.tpocc.org/programs/employment/silver-star-youth-employment-program/>
- <https://www.ranchocieloyc.org/programs>
- <https://www.jobcorps.gov/home.aspx>

Youth Shelter

- <https://chservices.org/youth/>

Foster Care Support

- <https://www.montereycoe.org/programs-services/foster-youth-services/index>
- <https://www.montereycoe.org/programs-services/foster-youth-services/resources-partners/index>

TRAINING PROVIDERS

- Apprenticeship Programs pay you while you learn. They have cosmetology, construction, plumbing, welding, social media, and so much more. Check out all their programs so you can start working and getting paid right away and learn as you go! Many apprentices join the union after and have a long and stable career. Compare and contrast this option with your local community college programs and technical schools and decide what is best for you.
 - <https://www.dir.ca.gov/databases/das/aigstart.asp>
- WIA approved training provider offering some employment training services.
 - <http://www.tpocc.org/programs/employment/monterey-county-adult-employment-program/>

- Computer Classes
 - <https://www.salinasuhd.org/Page/841>
 - <https://svaec.org/gonzales-adult-school/>
 - <https://mas.mpusd.net/>
- Adult School Classes
 - <https://www.salinasuhd.org/domain/683>
 - <https://svaec.org/gonzales-adult-school/>

CERTIFICATIONS

Food Handling

- <https://montereycofoodhandlerclasses.com/-voc/servsafe.php>

CPR/ FIRST AID/ BABYSITTING/ WATER SAFETY/ LIFE GUARDING

- <https://www.redcross.org/take-a-class/>
- <https://www.svmh.com/Events-Classes/Classes.aspx>
- <https://www.mcrfd.org/cpr-classes>
- <http://www.salinaymca.org/programs/lifeguard-training/>
- <https://www.monterey.org/sportscenter/Aquatics>
- <https://www.ci.seaside.ca.us/235/CPR-Training>
- <https://csumb.edu/police/cpr-aed-training>
- <https://www.chomp.org/your-health/classes-events/#.XSZcgjNKhQI>
- <https://www.teamunify.com/SubTabGeneric.jsp?team=cmincsc&stabid=137836>
- <https://www.ci.seaside.ca.us/583/Lifeguard-Certification>
- https://www.parks.ca.gov/?page_id=26971
- <https://www.westcoastlifeguard.com/index.html>

ESL/ LITERACY PROGRAMS

- <https://www.salinasuhd.org/domain/472>
- <https://www.mpc.edu/academics/academic-divisions/humanities/english-as-a-second-language-ensl>
- <https://mas.mpusd.net/>
- <https://peacecentral.wordpress.com/projects/esl-classes/>
- <https://www.mpc.edu/academics/campus-centers/education-center-at-marina/english-study-skills-center>
- <https://svaec.org/gonzales-adult-school/>
- <https://www.nmcusd.org/AdultEducation>

CITIZENSHIP CLASSES

- <https://www.salinasuhd.org/domain/736>
- <https://catholiccharitiescentralcoast.org/immigration-citizenship/>
- <https://mas.mpusd.net/>
- <https://svaec.org/gonzales-adult-school/>
- <https://www.nmcusd.org/AdultEducation>

GED/ HIGH SCHOOL EQUIVALANCY

- If you need your GED, check several programs as costs vary widely but you should be able to find help preparing for it and taking it for free or very low cost.
 - <https://www.salinasuhd.org/Page/838>
 - <https://www.salinasuhd.org/Page/840>
 - <https://www.salinasuhd.org/Page/839>
 - <https://svaec.org/gonzales-adult-school/>
 - <https://www.nmcusd.org/AdultEducation>
 - <https://mas.mpusd.net/>

COLLEGE/ FINANCIAL AID/ FEE WAIVERS

- Learning Express can be accessed through the library with your library card
 - <https://www.learningexpresshub.com/productengine/LELIndex.html#/learningexpresslibrary/libraryhome?AuthToken=8392B79F-1BD8-4F68-BD1E-55E592D8B43F>
- College Applications, Test Prep, Financial Aid Assistance
 - <https://www.cfmco.org/scholarships/college-futures-monterey-county/>
- College does not have to be expensive. You have to find the right program and the right person and the right application and you should be able to achieve your goals. Everyone should apply for the FASA through this website if they plan to access training via an educational institution. <https://fafsa.ed.gov/> There are many scam sites out there, be sure you only access the one ending in gov.
- Be sure to apply for all of the scholarships on campus and sign up for programs like EOPS, EOP, SAIL, etc. which offer additional support and aid for low income first generation students. Here are some local examples of these programs. Check your colleges for like programs.
 - <http://www.hartnell.edu/eopscare>
 - <https://csumb.edu/eop>

- <https://www.mpc.edu/student-services/specialized-programs/extended-opportunity-programs-services-eops/apply-to-eops>
- Check with various programs on campus that also cater to adult re-entry students, women, students with disabilities, foster care youth, students with children, etc. as there are additional financial programs and support systems for these populations.
- At some colleges if you are over 60, you can obtain a fee waiver to attend school. You can also get fee waivers if your parents died in the line of service, if you are a victim of a terrorist attack or human trafficking, etc. Check with financial aid for a fee waiver list to see if you qualify.
 - <https://www2.calstate.edu/attend/paying-for-college/csu-costs/tuition-and-fees/fee-waivers/Documents/Fee-waivers-Guide.pdf>
- Many employers offer tuition reimbursement including places like colleges and universities themselves. At colleges and universities you can often even transfer your tuition reimbursement to family members. Some employers will only offer tuition reimbursement if you agree to sign a contract that you will stay with them for a certain length of time; otherwise you repay the loan.

FREE ONLINE LEARNING

- <https://www.coursera.org/>
- <https://www.edx.org>
- <https://www.canvas.net/>
- www.openculture.com
- <http://www.khanacademy.org>
- <http://www.gcflearnfree.org/>
- <https://www.udacity.com>
- <https://www.instructables.com/>
- <https://www.skillshare.com/>

FINANCES

- STUDENT LOAN CONSOLIDATION
 - <http://www.loanconsolidation.ed.gov/>
- Financial Literacy Programs
 - <https://catholiccharitiescentralcoast.org/family-supportive-services/pathways/>
 - https://www.suntopia.org/salinas/ca/utility_and_rental_assistance.php
 - <http://www.ci.seaside.ca.us/Calendar.aspx?EID=828>

UNEMPLOYMENT RESOURCES/ EMPLOYMENT ASSISTANCE CENTERS

- <http://mcdss.co.monterey.ca.us/careers/>
- <http://www.tpocc.org/programs/employment/monterey-county-adult-employment-program/>
- <https://www.interiminc.org/programs/#employment>
- <https://www.caljobs.ca.gov/vosnet/Default.aspx>
- Learning Express can be accessed through the library with your library card
 - <https://www.learningexpresshub.com/productengine/LELIndex.html#/learningexpresslibrary/libraryhome?AuthToken=8392B79F-1BD8-4F68-BD1E-55E592D8B43F>

CHILD CARE

- <http://montereycountychildcare.org/resource-referral.html>

CRIMINAL RECORDS

- Tattoo removal
 - <https://www.guidestar.org/profile/77-0249486>
 - <https://catholiccharitiescentralcoast.org/tattoo-removal-program/>
- REENTRY PROGRAMS/ RESOURCES
 - <http://www.unitedwaymcca.org/reentry>
 - <https://www.victorymissionsalinas.com/services>
- Felon Friendly Employers
 - <http://www.jailtojob.com/companies-hire-felons.html>
 - <https://helpforfelons.org/jobs-for-felons-california/>

LEGAL AID

- <https://www.monterey.courts.ca.gov/self-help>

SENIOR RESOURCES

- <http://www.salinasseniorcenter.org/>
- <http://www.h2hs.org/>
- <https://www.ccgoodwill.org/work/senior-community-service-employment-program/>

INTEREST SPECIFIC ONLINE JOB SEARCH SITES

- A-Z Databases is available at the library for identifying local employers.
<https://www.atozdatabases.com/librarysignin?fromHttps=22AEA1F1B03DDCB2AC4B23C58D0ED387>
- idealists.org NON PROFITS
- edjoin.org CALIFORNIA PUBLIC EDUCATION
- hercjobs.org CALIFORNIA COLLEGES AND UNIVERSITIES
- ccregistry.org CALIFORNIA COMMUNITY COLLEGES
- dice.com TECHNOLOGY BASED COMPANIES
- hcareers.com HOSPITALITY
- workinsports.com SPORTS

SPEAKING PRACTICE

- www.toastmasters.org

FLEXIBLE/ WORK FROM HOME / TELECOMMUTE SITES (always do your research and go through the whole list to find the best fit for yourself)

- <http://www.flexjobs.com>
- <https://www.hurdlr.com/blog/on-demand-economy-gigs>

SELF EMPLOYMENT RESOURCES

- <http://www.calgold.ca.gov/>
- <https://www.sos.ca.gov/business-programs/business-entities/starting-business/>
- <https://www.monterey.org/Businesses/Starting-your-Business>
- <https://www.monterey.org/Businesses/Business-Associations>
- <https://montereybay.score.org/>
- <http://businessinsalinas.com/Business-Assistance/Entrepreneurs.aspx>
- <http://businessinsalinas.com/Business-Assistance/Small-Business-Assistance.aspx>
- <https://fasttrac.org/>
- <http://steinbeckinnovation.org/about/>
- <http://calcoastalsbdc.com/>
- <https://www.santacruzsbdc.org/>
- <https://csumb.edu/business/entrepreneurship>
- <https://csumb.edu/iied>
- <https://cied.ucsc.edu/>

ADDITIONAL INCOME IDEAS

- Make things to sell on www.Teacherspayteachers.com
- If you enjoy learning about other cultures, check with your local universities and high schools to see if you can host an exchange student, monthly stipends can be up to \$1500 per student.
- Most all cities offer classes through parks and recreation. You don't have to be a professional or credentialed, just skilled in what you are teaching to the population you are serving. You can look at the parks and recreation site below for ideas of classes that are taught and approach various cities with your ideas and proposals. Remember to get proposals in months in advance as they print the catalogues early for preregistration.

Join Facebook page CAREER VISION MINUTE for more resources