


RESOURCE DIRECTORY

PASADENA, ALTADENA, SGV



TABLE OF CONTEXT

CATEGORY	PAGES	REMINDERS
<ul style="list-style-type: none">• FOOD	PAGE 1-5	<p>During these difficult times, we bring to you this extensive resource directory which includes community partners throughout the San Gabriel Valley. As a community partner, Day One serves as a changing agent to enhance and build healthy communities. With pre-existing racial inequality and COVID-19 targeting predominately communities of color, it is crucial that we unite stronger than before. For more information, do not hseistate to reach out to Day One or any of the listed community partners. Stay safe and healthy!</p> 
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PARENT DIRECTORY

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FOOD

AGENCY	DESCRIPTION	DETAILS
<p>First United Methodist Church, Pasadena</p>	<ul style="list-style-type: none"> • Food distribution, buss passes (15th of each month when available), clothes, hygiene kits. • Services are provided in person. • Serves the low-income and homeless individuals. 	<ul style="list-style-type: none"> • Address: 500 E. Colorado Blvd, Pasadena • Hours: Tuesdays from 10am-12pm • Email: office@fumcpasadena.org • Phone: (626) 796-0157
<p>Foothill Unity Center</p>	<ul style="list-style-type: none"> • Food distribution services and case management services via phone and email. • Two locations (Pasadena and Monrovia) 	<p>Pasadena Location: 191 N. Oak Ave Tuesday: 9am-11:30 am Wed. & Fri.: 9-11:30am</p> <ul style="list-style-type: none"> • Homeless Services: M-F 9am-4:00pm (bag lunches) • Hygiene Kits: Fridays : 9am-4:00pm • (626) 584-7420 <p>Monrovia Location: 790 W. Chestnut Ave. Monday: 1-3:30pm Wed. & Fri.: 9-11:30am</p> <ul style="list-style-type: none"> • (626) 358-3486 • Web: foothillunitycenter.org • Email: info@foothillunitycenter.org
<p>JWCH Wesley Health Center- Pasadena</p>	<ul style="list-style-type: none"> • This food pantry serves LA County Residents with HIV/AIDS. 	<ul style="list-style-type: none"> • Address: 1845 N. Fair Oaks Ave. G-122, Pasadena, CA. • Hours: Friday: 9am-2pm • Phone: (323)234-3030 x 152 (Food Bank) • Email: mhernandezelafoodbank.org

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AGENCY	DESCRIPTION	DETAILS
<p>PHEF WIC Program (Women, Infants and Children)</p>	<ul style="list-style-type: none"> Free food and nutrition resources for eligible families. WIC serves pregnant, breastfeeding and postpartum women, infants, and children under five with low-income; dads and foster families with eligible children. Services provided via phone or text. 	<ul style="list-style-type: none"> Hours: Mon.-Fri: 9:15-5:30pm Email: office@fumcpasadena.org Phone: (888)924-2229 Breastfeeding Assistance Phone: (888)278-6455 Web: www.phfewic.org Email: PHFEWIC@WICEmail.org Text: 91997
<p>Catholic Charities of Los Angeles Inc. - San Gabriel Region</p>	<ul style="list-style-type: none"> Food distribution, social services (CalFresh application, rental and utility assistance) Services, provided via telephone and in person. Contact for eligibility screening. 	<ul style="list-style-type: none"> Address: Food Pantry at 4171 N. Tyler Ave. , El Monte Hours: 9am-12pm Phone: (626)575-7652 Email: mcortez@charities.org for El Monte and neighboring cities Email: nalcala@charities.org (Pomona and neighboring cities)
<p>El Monte/South El Monte Emergency Resources Association</p>	<ul style="list-style-type: none"> El Monte/South El Monte Emergency Resources Association serves the low-income community. Grocery deliveries or pick up, baby supplies (diapers, etc.), basic family needs (clothing, shelter assistance, etc.) Services, provided via telephone, in-person. Must call for intake. 	<ul style="list-style-type: none"> Hours: M-Friday: 8am-5:00pm Phone: (626)444-7269

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<p>Mission Community United Methodist Church</p>	<ul style="list-style-type: none"> • Food donation trucks (\$4 all-you-can-take) and food bank on a first come, first served basis. • Food bank: Seniors age 60+ require valid proof of ID and Income of \$1,354/month or less for 1 person or \$1,832/month or less for 2 persons. • Services are provided in person. 	<ul style="list-style-type: none"> • Address: 9032 Mission Dr, Rosemead, CA • Hours: -Food Donation Truck: Wed. Fri 3-5pm -Food Bank: Every 3rd Wed. of the month 8-11am. • (323) 234-3030 x 152 (Food Bank) • Web: mhernandez@lafoodbank.org
<p>Our Saviour Center</p>	<ul style="list-style-type: none"> • Our Saviour Center is a pantry that serves low-income individuals. 	<ul style="list-style-type: none"> • Address: 4368 Santa Anita Ave., El Monte • Hours: Tue/Thur. 10am-1:00pm • Phone: (626) 579-2190 • Website: www.our-center.org • Email: diane@our-center.org
<p>Helping Hands Caring Hearts Ministry</p>	<ul style="list-style-type: none"> • Helping Hands Caring Hearts Ministry food pantry provides services to all. 	<ul style="list-style-type: none"> • Address: 480 W. Monterey Ave, Pomona (rear parking lot) • Hours: Sunday 1:00pm-3:00pm • Phone: (909) 214-8747 • Website: www.hhchpomona.org
<p>Holy Family Giving Bank</p>	<ul style="list-style-type: none"> • This food bank provides services to the low income from the local community. • Services provided online and in-person. 	<ul style="list-style-type: none"> • Zip codes Served: 91030, 90032, 91801, 9180) and homeless. • Website: holyfamily.org • Phone: (626) 403-6140 • Hours: 9am-3:00pm

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God's Pantry	<ul style="list-style-type: none"> • Food donation services provided to all. • Services provided at Pomona warehouse (Drive-thru). • Register for appointment on website. 	<ul style="list-style-type: none"> • Location: Pomona Warehouse • Hours: Tue/Thur 2-6pm • Phone: (909) 766-8038 • Website: www.gods-pantry.org • Email: info@gods-pantry.org • Facebook and Instagram: www.facebook.com/godspantryca www.instagram.com/godspantry_.org
Redeemed Life Church	<ul style="list-style-type: none"> • Food Bank assists families in need (contact via email). 	<ul style="list-style-type: none"> • Food Pantry Address: 405 N. Azusa Ave, Azusa (parking lot). Please fill out form at redeemedlife.church • Hours: Sat. 10-11am/ Sun. 1:30-2:30pm • Phone: (626) 210-1245 • Email: info@redeemedlife.church
San Gabriel Valley Service Center	<ul style="list-style-type: none"> • Provide emergency food assistance program to seniors. • Call to make an appointment. 	<ul style="list-style-type: none"> • Phone: (626) 575-5431 • Hours: Mon.-Friday: 8:00am-5pm • Website: www.ywcasgv.org
Sowing Seeds for Life	<ul style="list-style-type: none"> • Food pantry at the Fairplex that provides services to all. • Drive-thru is accessible by vehicle only. 	<ul style="list-style-type: none"> • Hours: 1st and 3rd Wed of each month from 9am-1:00pm • (909) 623-3111
St. Louis de Marillac	<ul style="list-style-type: none"> • Food distribution for residents in the parish boundaries (Covina/Charter Oak) • By appointment only. 	<ul style="list-style-type: none"> • Hours: Mon.-Friday 8am-5pm • Phone: (626) 915-7126

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<p>St. John the Baptist Social Services</p>	<ul style="list-style-type: none"> Provides limited food bank services to Baldwin Park residents Services are provided via telephone and in-person. Consider calling ahead for availability. 	<ul style="list-style-type: none"> Address: 3912 Stewart Ave, Baldwin Park Hours: Mon.-Friday 9am-5pm Phone: (626) 552-7126
<p>Urban Mission</p>	<ul style="list-style-type: none"> Urban Mission provides food pantry services and Sunday dinner for all. Services include: food pantry, veggie giveaway, and Sunday boxed dinner. 	<ul style="list-style-type: none"> Hours: Food Pantry: Th 9:30-3:30pm, Sun 4-6pm Veggie Giveaway: M-F 12-3pm, Sat. 9-12pm, Sun. 4-6pm. Sunday Boxed Dinner: 5pm Website: www.umpomona.org Email: stephen@theurbanmission.org
<p>YWCA-SGV</p>	<ul style="list-style-type: none"> Provides services and meals to seniors. 	<ul style="list-style-type: none"> Hours: M-F 8am-5pm and 24/7 message line. Phone: (626) 214-9465 (24-hour message line) (636) 960-2995 (main office) Website: www.ywcasgv.org Email: info@ywcasgv.org
<p>Pasaden/ Altadena Coalition of Transformative Leaders (P.A.C.T.L.)</p>	<ul style="list-style-type: none"> Provide life services, food pantry via Champions for Healthy Families, services for professionals, and services for youth. 	<ul style="list-style-type: none"> Website: http://pactl.org/programs/ Email: info@pactl.org Phone: (626)765-91590 236 West Mountain, Suite #201 Pasadena, Ca 91103

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HOUSING/HOMELESS SERVICES

AGENCY	DESCRIPTION	DETAILS
<p>Union Station Homeless Services- Family Services</p>	<ul style="list-style-type: none"> • Provides housing services for families. • Provides services via telephone or email. 	<ul style="list-style-type: none"> • Phone: (626) 337-0140 • Hours: 8am-5pm • Website: unionstationhs.org • Email: FSCreferral@unionstationhs.org
<p>East San Gabriel Valley Coalition for the Homeless</p>	<ul style="list-style-type: none"> • Provides services to homeless individuals. • Provide meal to go, mail pick-up, TAP cards with subsidy. 	<ul style="list-style-type: none"> • Address: 1345 Turnbull Canyon Rd, Hacienda Heights • Phone: (626) 333-7204 • Website: www.esgvh.org • Hours: M-Friday 8:30am-1:30pm
<p>Foothill AIDS Project</p>	<ul style="list-style-type: none"> • Provides services for individuals and families who have HIV/AIDS. • Provide services for housing case management, short term rental and mortgage assistance, food bank. • Services by appointment only (call or email) 	<ul style="list-style-type: none"> • Hours: M-F 9am-5:30pm • Phone: (909) 482-2066 x 301 (909) 827-9148 • Website: fapinfo.org • Email: nancyefapino.org
<p>Azusa City Library- Neighborhood Connections Program</p>	<ul style="list-style-type: none"> • Provide services for all. • Provide information and referrals for housing evictions, tenants rights, legal advocacy, employment, social services. • Services provided via phone or email. 	<ul style="list-style-type: none"> • Hours: M-F 8:30am-5pm • Phone: (626)812-5100 • Website: www.ci.azusa.ca.us/1495/Neighborhood-Connections • Email: Ssernae@AzusaCA.gov

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HEALTH

AGENCY	DESCRIPTION	DETAILS
<p>Young and Healthy Pasadena</p>	<ul style="list-style-type: none"> • Provide medical, dental, and mental health treatment and services to low-income families. • They also provide enrollment assistance for Covered CA or Medi-Cal and navigation and education by providing support while identifying the type of services people have depending on their insurance. • Y&H advocates for their clients and tries to get the best type of care for their clients. • Prevention and education Services are also available for dental programs, trauma informed care, referral references, and community partner outreach. 	<ul style="list-style-type: none"> • Website: https://yhpasadena.org/who-we-are/our-services/ • Phone: (626)795-5166
<p>JWCH Wesley Health Center- Pasadena, Michael Antonovich Dental Clinic</p>	<ul style="list-style-type: none"> • Provide healthcare services via telehealth and in-person. • Provide services to people from the San Gabriel Valley residents (including homeless, HIV+) • Accept Medicare, LA County HMO Plans, and sliding cash discount. • Call for an appointment. 	<ul style="list-style-type: none"> • Hours: Primary Care: M 8am-12pm Mental Health: M/W 8:30am-1:30pm Behavioral Health: M/Tue 8am-5pm HIV/PeEP: M-W 8am-5pm/ Th 8am-2pm/ Fri (PrEP Only) 8am-1pm Emergency Dental: Tue/Th 8am-5pm • Phone: (626)744-6140 x 5220 (626) 733-5924 (Call Center) • Website: jwchinstitutue.org/primary-medical-care/wesley-health-centers-pasadena/
<p>A Plus ADHC</p>	<ul style="list-style-type: none"> • Provide adult health care and deliver meals. • Communicate via telephone and web. • Services are limited to existing participants. 	<ul style="list-style-type: none"> • Phone: (626)579-6588

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HEALTH

AGENCY	DESCRIPTION	DETAILS
<p>Planned Parenthood- Pasadena and San Gabriel Valley</p>	<ul style="list-style-type: none"> • Provide reproductive and medical health care. • Services are provided via telehealth and telephone. • Limited on-site services for urgent visits (STI treatment, emergency contraception, abortion services). • Call to schedule appointment or schedule online. 	<ul style="list-style-type: none"> • Hours: Monday-Saturday • Phone: (626)798-0706 • Website: www.plannedparenthood.org/planned-parenthood-pasadena-san-gabriel-valley/online-health-services/telehealth
<p>Cleaver Family Wellness Clinic (Our Saviour Center)</p>	<ul style="list-style-type: none"> • Provide healthcare services via telehealth and in-person to individuals with Medi-Cal and MediMedi 	<ul style="list-style-type: none"> • Hours: M,Tue,Wed 8am-5pm Thur. 10am-7pm • Phone: (626)597-2190 • Website: www.our-center.org
<p>El Proyecto del Barrio- Baldwin Park Community Clinic</p>	<ul style="list-style-type: none"> • Provide primary care services, OB/GYN prenatal care services via telephone or in-person. 	<ul style="list-style-type: none"> • Hours: Mon.-Friday 8am-5pm • Phone: (626) 678-9296 • Website: www.elproyecto.us
<p>Herald Christian Health Center</p>	<ul style="list-style-type: none"> • Provide emergency dental services via telehealth and in-person at Rosemead site. • Provide services to people from the San Gabriel Valley residents (including Chinese and Vietnamese-speaking individuals) • Call for an appointment. 	<ul style="list-style-type: none"> • Hours: M-F 8:30am-5pm, Sat 8am-4pm • Phone: (626)286-8700 • Website: http://hchcla.org

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HEALTH

AGENCY	DESCRIPTION	DETAILS
<p>Parktree Community Health Center</p>	<ul style="list-style-type: none"> • Provide emergency dental services via telephone, telehealth and in-person. • Provide services with Medi-Cal, Medi-Cal managed care, Medicare, sliding fee and MHLA. • Call for appointments. 	<ul style="list-style-type: none"> • Hours: Medical: M-Sat. 8am-9pm Behavioral Health: M-F 9am-5pm Dental: Tue-Sat. 8am-4:30pm (Holt Ave. Site Only) • Website: parktreechc.org • Phone: (909)630-7927
<p>Joyful Adult Day Health Care</p>	<ul style="list-style-type: none"> • Provide adult day helthcare. • Limited services for existing participatns via telephone. 	<ul style="list-style-type: none"> • Hours: 24/7 • Phone: (626) 333-2222
<p>Mikkon ADHC</p>	<ul style="list-style-type: none"> • Provide adult day helthcare. • Services limited to existing emergency phone calls only from existing participants via telephone. 	<ul style="list-style-type: none"> • Hours: Limited • Phone: (626) 967-0812
<p>Pomona CBAS ADHC</p>	<ul style="list-style-type: none"> • Provide adult day helthcare. • Limited services for existing participatns via telephone. 	<ul style="list-style-type: none"> • Hours: Limited • Phone: (909)623-7000
<p>Spring CBAS ADHC</p>	<ul style="list-style-type: none"> • Provide adult day helthcare. • Services limited to telehealth and meal services for entolled and priority clients only. 	<ul style="list-style-type: none"> • Hours: M-Friday 9am-1:30pm • Phone: (626) 965-7833
<p>Well and Fit Adult Day Health Care</p>	<ul style="list-style-type: none"> • Provide adult day helthcare. • Limited services (care coordination, triage) for existing participants via telephone and email. 	<ul style="list-style-type: none"> • Hours: Limited • Phone: (909)860-0061

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DENTAL HEALTH

AGENCY	DESCRIPTION	DETAILS
<p>Young and Healthy Pasadena</p>	<ul style="list-style-type: none"> • Provide medical, dental, and mental health treatment and services to low-income families. • They also provide enrollment assistance for Covered CA or Medi-Cal and navigation and education by providing support while identifying the type of services people have depending on their insurance. • Y&H advocates for their clients and tries to get the best type of care for their clients. • Prevention and education Services are also available for dental programs, trauma informed care, referral references, and community partner outreach. 	<ul style="list-style-type: none"> • Website: https://yhpasadena.org/who-we-are/our-services/ • Phone: (626)795-5166
<p>Herald Christian Health Center</p>	<ul style="list-style-type: none"> • Provide emergency dental services via telehealth and in-person at Rosemead site. • Provide services to people from the San Gabriel Valley residents (including Chinese and Vietnamese-speaking individuals) • Call for an appointment. 	<ul style="list-style-type: none"> • Hours: M-F 8:30am-5pm, Sat 8am-4pm • Phone: (626)286-8700 • Website: http://hchcla.org
<p>JWCH Wesley Health Center- Pasadena, Michael Antonovich Dental Clinic</p>	<ul style="list-style-type: none"> • Provide emergency dental services via telehealth and in-person at Rosemead site. • Provide services to people from the San Gabriel Valley residents (including homeless, HIV+) • Accept Medicare, LA County HMO Plans, and sliding cash discount. • Call for an appointment. 	<ul style="list-style-type: none"> • Hours for dental emergency: Tue/Thu 8am-5pm • Phone: (626)744-6140 (626) 733-5924 (Call Center) • Website: jwchinstitutue.org/primary-medical-care/wesley-health-centers-pasadena/

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DENTAL HEALTH

AGENCY	DESCRIPTION	DETAILS
<p>Parktree Community Health Center</p>	<ul style="list-style-type: none">• Provide emergency dental services via telephone, telehealth and in-person.• Provide services with Medi-Cal, Medi-Cal managed care, Medicare, sliding fee and MHLA.• Call for appointments.	<ul style="list-style-type: none">• Hours for Dental Emergencies Only: Tue-Sat 8am-4:30pm (Holt Ave. site only)• Website: parktreechc.org• Phone: (909)630-7927

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MENTAL HEALTH/BEHAVIORAL HEALTH

AGENCY	DESCRIPTION	DETAILS
<p>Trejo's Clinical Solutions Inc.</p>	<ul style="list-style-type: none"> • Bilingual (English & Spanish) • Serves undocumented and other disadvantaged populations. • Psychotherapeutic Services : Mental Health Therapy, Victims of Crime, Trauma Based Psychological Evaluations, and Family/Marital Therapy. 	<ul style="list-style-type: none"> • Appointment only, including weekends. • Email: david.trejo.lcsw@icloud.com • Phone: (323)333-5749
<p>BRIDGES</p>	<ul style="list-style-type: none"> • Provide mental health and supportive services to children, transitional age youth, and families who are Medi-Cal eligible in Los Angeles County. • Services provide via phone, telehealth, and other as determined necessary. 	<ul style="list-style-type: none"> • Email: sdminguez@bridgesrehab.org (intake coordinator) • Phone: (909)623-6651 x110 (corporate) • (626) 350-5304 x510 or x523 • Hours: M-F 9am-5pm, some Sat.
<p>CIFHS-The Family Center</p>	<ul style="list-style-type: none"> • Provide mental health and behavioral health services (individual and group therapy, psychiatry, case management, evaluations, anger management, parenting, domestic violence classes) to children and families with Medi-Cal. • Services are provided via phone or in-person. 	<ul style="list-style-type: none"> • Phone: (626) 966-1577 • Hours: M-W 9am-9pm, Thru. 9am-7pm, Friday 9am-5pm • Website: www.cifhs.org
<p>David & Margaret Youth and Family Services</p>	<ul style="list-style-type: none"> • Provide mental health services: assessments, therapy, case management linkage, and psychiatric medication to children, adolescents, young adults (Thru age 20) who are medical eligible in areas like Azusa, Claremont, Covina, Dimond Ranch, Glendora, LaVerne, Pomona, San Dimas, W. Covina. • Services are provided via phone or teletherapy. 	<ul style="list-style-type: none"> • Phone: (909)596-5921 • Hours: M-F 8:30am-5pm • Website: www.davidandmarget.org

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MENTAL HEALTH/BEHAVIORAL HEALTH

AGENCY	DESCRIPTION	DETAILS
<p>DMH- Arcadia Mental Health Center</p>	<ul style="list-style-type: none"> • Provide mental health services (5150, medications, phone evaluations, hospital and jail discharges) • Provide services to people who are discharged from hospitals and crisis/5150. 	<ul style="list-style-type: none"> • Hours: M-F 8am-5pm • Phone: (6626) 254-1400
<p>DMH-East San Gabriel Valley Mental Health</p>	<ul style="list-style-type: none"> • Provide mental health services to discharged individuals from hospitals and crisis/5150. • On-site services are limited to emergency (5150), hospital and jail discharges. 	<ul style="list-style-type: none"> • Hours: M-F 8am-5pm • Phone: (626) 430-2900
<p>DMH-Women's Re-Entry Program</p>	<ul style="list-style-type: none"> • Provide mental health services to women who have been incarcerated or involved in the justice system. • The services provided include mental health, case management, and medication support services. 	<ul style="list-style-type: none"> • Phone: (323)525-6400 • Hours: Mon-Friday 8am-5pm
<p>ENKI Youth & Family Services</p>	<ul style="list-style-type: none"> • Provide mental health services to children and adults (up to age 21) with Medi-Cal and individuals with no insurance on a case-by-case basis. • Services include: therapy, collateral services, case management and medication services. • Services are provided via telephone or telehealth, only crisis or high risk or clinically needed services are provided in person. 	<ul style="list-style-type: none"> • Phone: (866) 227-1302 (626)227-7012 (Hospital Discharges) • Hours: M-F 8am-5pm • Website: www.ehrs.com

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MENTAL HEALTH/BEHAVIORAL HEALTH

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<p>ENKI La Puente Valley Mental Health Center</p>	<ul style="list-style-type: none"> • Provide outpatient mental health services to adults with Medi-Cal. • Some services are provided via phone or telehealth. 	<ul style="list-style-type: none"> • Hours: M-F 8am-5pm • Phone: (866)227-1302 • Website: www.ehrs.com
<p>Feel Well Empowerment Center</p>	<ul style="list-style-type: none"> • Provide mental health services and mental health services to pregnant women and families. • Services are provided via phone, web, and telehealth. 	<ul style="list-style-type: none"> • Hours: M-F 9:30am-7:30pm • Phone: (800)488-3414 • Website: www.thefeelwell.com • Email: hello@thefeelwell.com • Social Media: @thefeelwell
<p>Foothill Family</p>	<ul style="list-style-type: none"> • Provide mental health services like to children 0-21, families and seniors. • The services provided include: case management, early childhood development, youth and family services. • Services provided via phone(some limited field/office services). 	<ul style="list-style-type: none"> • Phone: (626) 993-3000 Option 4 • Hours: Mon-Friday 8:30am-4:45pm • Website: www.foothillfamily.org
<p>Herald Christian Health Center</p>	<ul style="list-style-type: none"> • Provide mental health services residents of the San Gabriel Valley including Chine and Vietnamese-speaking individuals. • Services are provided via telehealth and in-person at Rosemead site. • Call for appointment 	<ul style="list-style-type: none"> • Phone: (626)286-8700 • Hours: M-F 8:30am-5pm • Website: www://hchcla.org/

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MENTAL HEALTH/BEHAVIORAL HEALTH

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<p>Heritage Clinic</p>	<ul style="list-style-type: none"> • Provide outpatient mental health services, behavioral health services and dementia care to adults age 55+ and their families. 	<ul style="list-style-type: none"> • Hours: M-F 8:30am-5pm • Phone: (626)577-8480 Option "0" • Website: www.heritageclinic.org
<p>JWCH Wesley Health Center- Pasadena</p>	<ul style="list-style-type: none"> • Provide mental health and behavioral health services via telehealth and in-person. • Provide services to people from the San Gabriel Valley residents (including homeless, HIV+) • Accept Medicare, LA County HMO Plans, and sliding cash discount. • Call for an appointment. 	<ul style="list-style-type: none"> • Hours: • Mental Health: M/W 8:30am-1:30pm • Behavioral Health: M/Tue 8am-5pm • Phone: (626)744-6140 x 5220 (866)733-5924 (Call Center) • Website: jwchinstitute.org/primary-medical-care/wesley-health-centers-pasadena/
<p>Maxim Healthcare Services</p>	<ul style="list-style-type: none"> • Provide behavioral health services to children with developmental and other needs with autism and ADHD via telehealth and in-person. 	<ul style="list-style-type: none"> • Phone: (909)618-0974 • Hours: Mon-Friday 8am-5pm • Website: www.maximhealthcare.com
<p>Pacific Clinics</p>	<ul style="list-style-type: none"> • Provide mental health services for existing clients and psychiatric hospital discharges (including Drop-in Center) provided via telephone and telehealth. • On-site services for crisis, emergency intakes, medication support, hospital discharge intakes, by appointment only. 	<ul style="list-style-type: none"> • Phone: (877) PC-CARES (877) 722-2727 (626)337-3828 (Drop-in Center) • Hours: 9am-5pm (telehealth and telephone) 9am-4pm (on-site at limited locations or by appointment only) 5-9pm (after hours on-call for existing clients) • Website: www.pacificclinics.org

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MENTAL HEALTH/BEHAVIORAL HEALTH

AGENCY	DESCRIPTION	DETAILS
<p>Parktree Community Health Center</p>	<ul style="list-style-type: none"> • Provide behavioral health services to individuals with medi-Cal, Medi-Cal managed care, Medicare, sliding fee and MHLA via telephone, telehealth and in-person visits. 	<ul style="list-style-type: none"> • Hours for Behavioral Health: M-F 9am-5pm • Phone: (909)630-7927 • Website: parktreechc.org
<p>Prototypes-Prevention and Aftercare</p>	<ul style="list-style-type: none"> • Provide mental health, substance use disorder and FSP services to parents and guardians of minor children in the San Gabriel Valley. • Some services provided in-person, web. or phone, and Prevention and Aftercare services only via phone. 	<ul style="list-style-type: none"> • Hours: M-F 8:30am-5pm • Phone: (909)873-9911 • Website: www.prototypes.org • Email: Sporter@prototypes.org
<p>Redeemed Life Church- Celebrate Recovery</p>	<ul style="list-style-type: none"> • Provide services to anyone struggling with hurt, pain or addiction. • Services provided included Christ-Centered, 12 Step Recovery Program via online, and email. 	<ul style="list-style-type: none"> • Phone: (909)618-0974 • Hours: • Weekly Encouragements Thr. 7pm (FB Live) and Small Group Meeting Thr. 8pm (via Zoom) • Email: CR@RedeemedLife.Church • Facebook: Redeemedlife.church/LIVE
<p>Social Model Recovery Systems</p>	<ul style="list-style-type: none"> • Provide Residential and Outpatient treatment services for substance use disorders and co-occurring disorders to adults (including women who may be pregnant and women with children) • Outpatient El Monte (MVO): (626)636-2370 • Outpatient Covina(RCC): (626)974-8123 • Pasadena (PCADD): (626)733-4364 • Women Residential (Stepping Stones): (626)858-4920 • Men Residential (Omni Center): (626) 453-3406 • Co-occurring Residential (River Community): (626)974-8123 	<ul style="list-style-type: none"> • Phone: (626)332-3145 (main) • Hours: M-F 8am-5pm (24 hour Services for residential treatment) • Website: www.socialmodel.com

PARENT DIRECTORY

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MENTAL HEALTH/BEHAVIORAL HEALTH

AGENCY	DESCRIPTION	DETAILS
<p>SPIRITT Family Services</p>	<ul style="list-style-type: none"> • Provide behavioral health services, mental health services, substance use treatment and family services to infants, children, youth, young adults, and their families via telephone, text, zoom, and email. Limited in-person services. • Call to schedule an appointment. 	<ul style="list-style-type: none"> • Hours: M-F 9am-5pm • Phone: (626)442-1400 • Website: www.spiritt.org
<p>Teenline</p>	<ul style="list-style-type: none"> • Hotline staffed by trained teen and supervised by mental health professional, virtual presentations, and resources for parents. • Services are provided to teens and parents via text, email, and web. 	<ul style="list-style-type: none"> • Hours: 6pm-9pm • Phone: Text 'TEEN' to 839863 • Website: teenlineonline.org • Email: sara@teenlineonline.org • Message boards: teenlineonline.org/board
<p>Tri-City Mental Health-Wellness Center</p>	<ul style="list-style-type: none"> • Provide mental health and wellness services to the residents of Pomona, La Verne and Claremont. • Services are provided via telehealth, telephone, and in-person counseling (limited). Support groups available remotely soon. 	<ul style="list-style-type: none"> • Phone: (909)618-0974 • Hours: 8am-5pm • Phone: (888) 436-3246 (Community Navigators) (909) 623-6131 (24-hours crisis; 8am-5pm non-crisis- Chris Anzalone). • Website: www.tricitymhs.org

PARENT DIRECTORY

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MENTAL HEALTH/BEHAVIORAL HEALTH

AGENCY	DESCRIPTION	DETAILS
<p>The Whole Child Home Visiting Program</p>	<ul style="list-style-type: none"> • Provide mental health, family housing, parent enrichment and nutrition education services via phone or virtually to parents with children from prenatal to 3 years old. 	<ul style="list-style-type: none"> • Hours: M-F 8am-6pm • Phone: (626) 204-6175 • Website: www.thewholechild.org • Email: twchomevisiting@thewholechild.org • Social Media: @TheWholeChild
<p>Uplift Family Services</p>	<ul style="list-style-type: none"> • Provide comprehensive behavioral and mental health intake and services via phone or telehealth to children ages 0-20 who have full scope LA County Medi-Cal and reside in San Bernardino County. 	<ul style="list-style-type: none"> • Hours: 8am-5pm • Phone: (909)226-2807 • Website: upliftfs.org
<p>West Covina Mental Health Services-Children's Bureau</p>	<ul style="list-style-type: none"> • Provide mental health services (therapy, collateral, psychiatric support, case management) to children and adolescents age 0-21 via telephone, telehealth and video chatting. 	<ul style="list-style-type: none"> • Phone: (213)442-4547 • Hours: M/Thr. 8:30am-7pm, Tue/Wed 8:30am- 9pm, Fri. 8:30am-4pm • Email: katherineperez@all4kids.org

PARENT DIRECTORY

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EDUCATIONAL RESOURCES

AGENCY	DESCRIPTION	DETAILS
<p>College Access Plan (CAP)</p>	<ul style="list-style-type: none"> • CAP offers a Drop-In programs where students in four PUSD high schools can have a one-to-one college advising. • Some key focused services involve providing support to students before they apply to college and during the process of applying to college. • The support involves helping students submit a financial aid application, identifying scholarships, college application assistance, review of scholarship essays or personal statements, housing assistance, and anything college related. • CAP also helps identify alternative educational option for students, provide workshops and test preparations. 	<ul style="list-style-type: none"> • Phone: (626) 398-8500 • Website: https://collegeaccessplan.org
<p>Pasadena Public Library</p>	<ul style="list-style-type: none"> • Provide resources to anyone intrested. • Provide workshops online, instrument rental, e-books, burbside pick up option available. 	<ul style="list-style-type: none"> • Phone: (626)81744-4066 • Website: https://www.cityofpasadena.net/library/ • Address: 285 East Walnut Street Pasadena, CA 91101 • Curbside Hours: M/W/F/Sat 9am-1pm, Tu/Thur. 1pm-5pm, Sun. Closed
<p>Azusa City Library</p>	<ul style="list-style-type: none"> • Provides information assistance, electronic databases (VetNow, Mango Language Learning, Local Newspaper Archives, reasearch), ebooks and audiobooks. • Services are provided via telephone, email, or web. 	<ul style="list-style-type: none"> • Phone: (626)812-5232 • Website: www.ci.azusa.ca.us/Library • Email: NCeazusaca.gov

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FAITH-BASED SERVICES

AGENCY	DESCRIPTION	DETAILS
<p>Holy Family Giving Bank</p>	<ul style="list-style-type: none"> • Provides services to low income from local communities (Zip Codes: 91030, 90032, 91801, 91803) and homeless. • Provide food bank, live stream of masses, and other services. • Services are provided online and in person. 	<ul style="list-style-type: none"> • Hours: 9am-3pm • Phone: (626) 403-6140 • Website: holyfamily.org
<p>Hope Unlimited</p>	<ul style="list-style-type: none"> • Provides online services including a kids curriculum and digital life groups. 	<ul style="list-style-type: none"> • Hours: English: Sun. 9am, 10:30am, 12pm, 2pm Spanish: Tue/Thur 7pm • Phone: (626) 372-2330 • Website: hopeuc.com/la • Online Services: hopeucla.online.chrch
<p>Glenkirk Church</p>	<ul style="list-style-type: none"> • Provides livestream services to anyone via website. 	<ul style="list-style-type: none"> • Hours: Sun. 9am, 10:45am • Website: www.glenkirkchurch.org
<p>Redem Life Church</p>	<ul style="list-style-type: none"> • Provide services to all families in need via livestream services on social media, email, web, phone. 	<ul style="list-style-type: none"> • Hours for Online Services: Sun 11am/ Thur. 7pm • Website: www.glenkirkchurch.org
<p>The Santa Anita Church</p>	<ul style="list-style-type: none"> • Provide individual telephone prayer services for anyone. 	<ul style="list-style-type: none"> • Hours: Mon-Fri. 9:30am-2:30pm (626) 446-8206 x 16 Mon-Fri. 3-8pm, Sat./Sun. 10am-8pm (626) 324-0253

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LEGAL

AGENCY	DESCRIPTION	DETAILS
<p>Trejo's Clinical Solutions Inc.</p>	<ul style="list-style-type: none"> • Bilingual (English & Spanish) • Psychological Evaluation Services and Expert Testimony, assistance with CA Victim Compensation applications. • Serves undocumented and other disadvantaged populations. 	<ul style="list-style-type: none"> • Appointment only, including weekends. • Email: david.trejo.lcsweicloud.com • Phone: (323)333-5749
<p>LA District Attorney's Office-Victim Services</p>	<ul style="list-style-type: none"> • Provide services to victims of violent crimes or any person needing information or resources. • Provide legal services (including referrals, assistance with CA Victim Compensation applications. • Services are provided via telephone. 	<ul style="list-style-type: none"> • Adriana Garcia-Pomona • Phone: (909)620-3373 • Maria Foster- El Monte, Temple City, Rosemead, Baldwin Park • Phone: (626)575-5565
<p>Neighborhood Legal Services of LA County (NLSLA)</p>	<ul style="list-style-type: none"> • Provide legal services (housing, domestic violence, family law, immigration, public benefits assistance, health care access) to low income individuals via telephone. 	<ul style="list-style-type: none"> • Hours: 9am-5pm • Phone General Helpline: (808) 433-6251 • Health Helpline: (808)896-3202 • Pomona Self-Help Center: (818) 485-0572 • Web: www.nlsla.org • Email: PSHpublic@nlsla.org
<p>Pasaden/ Altadena Coalition of Transformative Leaders (P.A.C.T.L.)</p>	<ul style="list-style-type: none"> • Provide life services, food pantry via Champions for Healthy Families, services for professionals, and services for youth. 	<ul style="list-style-type: none"> • Website: http://pactl.org/programs/ • Email: info@pactl.org • Phone: (626)765-91590 • 236 West Mountain, Suite #201 Pasadena, Ca 91103

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Social Services

AGENCY	DESCRIPTION	DETAILS
<p>Alzheimer's Association CA Southland Chapter</p>	<ul style="list-style-type: none"> • Provide educational programs, support groups, care consultations, information and referrals to individuals with Alzheimer's and dementia, including their families and caregivers. • Services are provided via phone and web. 	<ul style="list-style-type: none"> • Hours: 24/7 • Phone: (800)272-3900 • Web: alz.org
<p>Azusa City Library-Neighborhood Connections Program</p>	<ul style="list-style-type: none"> • Provide information and referrals for housing evictions, tenants rights, legal advocacy, employment, and social services provided via phone or email. 	<ul style="list-style-type: none"> • Phone: (626) 812-5100 • Hours: M-F 8:30am-5pm • Web: www.ci.azusa.ca.us/1495/Neighborhood-Connections • Email: Sserna@AzusaCA.gov
<p>Catholic Charities of Los Angeles Inc.-San Gabriel Region</p>	<ul style="list-style-type: none"> • Provide social services (CalFresh application, rental and utility assistance) via telephone and email. • Contact for eligibility screening. 	<ul style="list-style-type: none"> • Hours: M-F 8:30am-5pm • Phone: (626)575-7652 • Email: mcortez@ccharities.org (El Monte and Neighboring cities) nalcala@ccharities.org (pomona and neighboring cities)
<p>Child Development Center at Fairplex</p>	<ul style="list-style-type: none"> • Provide free childcare services for first responders and essential workers to children age 1-12 year old (first responders and essential worker families). • Services provided at 1101 W. Mckinley Ave, Pomona (Gate 1). • Please call or email to request application. 	<ul style="list-style-type: none"> • Hours: M-F 6am-6pm • Phone: (909)796-0157 • Email: office@fumcpasadena.org

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Social Services

AGENCY	DESCRIPTION	DETAILS
<p>First United Methodist Church, Pasadena</p>	<ul style="list-style-type: none"> • Provide educational programs, support groups, care consultations, information and referrals to individuals with Alzheimer's and dementia, including their families and caregivers. • Services are provided via phone and web. 	<ul style="list-style-type: none"> • Hours: 24/7 • Phone: (800)272-3900 • Web: alz.org
<p>Herald Christian Health Center</p>	<ul style="list-style-type: none"> • Provide information and referrals for housing evictions, tenants rights, legal advocacy, employment, and social services provided via phone or email. 	<ul style="list-style-type: none"> • Phone: (626) 812-5100 • Hours: M-F 8:30am-5pm • Web: www.ci.azusa.ca.us/1495/Neighborhood-Connections • Email: Sserna@AzusaCA.gov
<p>Herald Community Center</p>	<ul style="list-style-type: none"> • Provide social services (CalFresh application, rental and utility assistance) via telephone and email. • Contact for eligibility screening. 	<ul style="list-style-type: none"> • Hours: M-F 8:30am-5pm • Phone: (626)575-7652 • Email: mcortez@eccharities.org (El Monte and Neighboring cities) nalcala@eccharities.org (pomona and neighboring cities)
<p>Huntington Senior Care Network</p>	<ul style="list-style-type: none"> • Provide free childcare services for first responders and essential workers to children age 1-12 year old (first responders and essential worker families). • Services provided at 1101 W. Mckinley Ave, Pomona (Gate 1). • Please call or email to request application. 	<ul style="list-style-type: none"> • Hours: M-F 6am-6pm • Phone: (909)796-0157 • Email: office@fumcpasadena.org

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Social Services

AGENCY	DESCRIPTION	DETAILS
<p>Just US 4 Youth</p>	<ul style="list-style-type: none"> • Provide educational programs, support groups, care consultations, information and referrals to individuals with Alzheimer's and dementia, including their families and caregivers. • Services are provided via phone and web. 	<ul style="list-style-type: none"> • Hours: 24/7 • Phone: (800)272-3900 • Web: alz.org
<p>Options for Learning</p>	<ul style="list-style-type: none"> • Provide information and referrals for housing evictions, tenants rights, legal advocacy, employment, and social services provided via phone or email. 	<ul style="list-style-type: none"> • Phone: (626) 812-5100 • Hours: M-F 8:30am-5pm • Web: www.ci.azusa.ca.us/1495/Neighborhood-Connections • Email: Sserna@AzusaCA.gov
<p>Parents in Partnership-Pomona</p>	<ul style="list-style-type: none"> • Provide social services (CalFresh application, rental and utility assistance) via telephone and email. • Contact for eligibility screening. 	<ul style="list-style-type: none"> • Hours: M-F 8:30am-5pm • Phone: (626)575-7652 • Email: mcortez@charities.org (El Monte and Neighboring cities) nalcala@charities.org (pomona and neighboring cities)

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Social Services

AGENCY	DESCRIPTION	DETAILS
<p>Services Center for Independent Life (SCIL)</p>	<ul style="list-style-type: none"> • Provide educational programs, support groups, care consultations, information and referrals to individuals with Alzheimer's and dementia, including their families and caregivers. • Services are provided via phone and web. 	<ul style="list-style-type: none"> • Hours: 24/7 • Phone: (800)272-3900 • Web: alz.org
<p>The Whole Child Home Visiting Program</p>	<ul style="list-style-type: none"> • Provide information and referrals for housing evictions, tenants rights, legal advocacy, employment, and social services provided via phone or email. 	<ul style="list-style-type: none"> • Phone: (626) 812-5100 • Hours: M-F 8:30am-5pm • Web: www.ci.azusa.ca.us/1495/Neighborhood-Connections • Email: Sserna@AzusaCA.gov
<p>PCS Family Services</p>	<ul style="list-style-type: none"> • Provide free childcare services for first responders and essential workers to children age 1-12 year old (first responders and essential worker families). • Services provided at 1101 W. Mckinley Ave, Pomona (Gate 1). • Please call or email to request application. 	<ul style="list-style-type: none"> • Hours: M-F 6am-6pm • Phone: (909)796-0157 • Email: office@fumcpasadena.org

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SUBSTANCE USE TREATMENT

AGENCY	DESCRIPTION	DETAILS
<p>Prototypes- Prevention and Aftercare</p>	<ul style="list-style-type: none"> • Provide services to parents and guardians of minor children in SPA 3 • Provide mental health, substance use disorders and FSP services. • Some service provided in-person, web or phone; Prevention and Aftercare services only via phone. 	<ul style="list-style-type: none"> • Hours: M-F: 8:30am-5pm • Phone: (909) 837-9922 • Website: www.prototypes.org • Email: sporter@prototypes.org
<p>Social Model Recovery Systems</p>	<ul style="list-style-type: none"> • Provide services to adults (men and women (women who may not be pregnant and women w/ children). • Residential and outpatient treatment services for substance use disorders and co-occurring disorders. • Services are provided via telephone, telehealth, and in person. • 24 hour service for residential treatment. 	<ul style="list-style-type: none"> • Hours: M-F: 8:00am-5pm • Phone: (626)323-3145 (main) • Outpatient El Monte (MVO): (626) 636-2370 • Outpatient Covina (RCC) (626)733-4364 • Outpatient Pasadena (PCADD) (626) 733-4364 • Women residential (Stepping Stones) (626) 858-4920 • Men residential (Omni Center) (626) 453-3406 • Co-occurring residential (River Community) (626)974-8123 • Website: www.socialmodel.com
<p>SPIRITT Family Services</p>	<ul style="list-style-type: none"> • Provide services to infants, children, youth, young adults, adults, and their families. • Mental health, behavioral health, substance use treatment, family services. • Services are provided via telephoe, text, zoom, and email, limited in-person services. 	<ul style="list-style-type: none"> • Hours: M-F: 9am-5pm • Phone: (626)442-1400 • Website: www.spiritt.org • Call to schedule an appointment.

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OTHER SERVICES

AGENCY	DESCRIPTION	DETAILS
<p>Inland Valley Volunteer Resource Center</p>	<ul style="list-style-type: none"> • Provide volunteer opportunities, court order community service programs via web, email and telephone. 	<ul style="list-style-type: none"> • Hours: Online registration only. • Phone: (909) 973-6713 • Website: www.socialservicecorps.org
<p>Shaolin Temple Cultural Center USA</p>	<ul style="list-style-type: none"> • Provide free online, livestreaming, QiGong, Kung Fu and meditation classes via social media. 	<ul style="list-style-type: none"> • Hours: Sat. 10am (Health/Qi Gong) Sat. 11am (Kung Fu) • Phone: (626)283-0011 • Website: www.socialmodel.com • Email: info@shaolinus.com • Facebook: www.facebook.com/ShaoLinUS • Youtube: www.youtube.com/c/ShaoLinUS
<p>YWCA_SGV WINGS Domestic Violence Service</p>	<ul style="list-style-type: none"> • Provide counseling support groups, intakes, helplines to domestic violence victims. • Provides 45-day emergency shelter. • Services are provided via telephone. 	<ul style="list-style-type: none"> • Hours: M-F: 8am-5pm/ 24/7 helpline • Phone: (626) 967-0658 (24-hour crisis helpline) (626) 960-2995 (main office) • Website: www.ywcasgv.org • Email: info@ywcasgv.org
<p>Black Lives Matter Resources</p>	<ul style="list-style-type: none"> • This resources includes donations, petitions, and resources to discover more ways to be involved are listed. This sheet will be updated as new opportunities and updates are discovered. Thank you for your support! 	<ul style="list-style-type: none"> • Website: https://docs.google.com/spreadsheets/d/11KaGvvDqOYfkSdmtBbstlc5s27HbXFtSC80ahnHUBzQ/edit#gid=0

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APPLYING FOR RESOURCES

AGENCY	DESCRIPTION	DETAILS
<p>Apply for Pandemic EBT (P-EBT)</p>	<ul style="list-style-type: none"> • Due to coronavirus (COVID 19), children who are eligible for free or reduced-price meals at school will get extra food benefits. These food benefits are called Pandemic EBT or P-EBT benefits. P-EBT benefits help families in California buy food when school is closed. • Children are eligible for P-EBT benefits if: their school is closed due to coronavirus (COVID 19); and they are eligible for free or reduced-price school meals. • If you do not get a P-EBT card in the mail, you must apply online by July 15, 2020 to get P-EBT benefits. P-EBT benefits are only available while schools are closed due to coronavirus (COVID 19). If you did not get a P-EBT card in the mail and do not apply by July 15, 2020 you will not be able to get P-EBT benefits. • Most families with children who receive CalFresh, Medi-Cal or Foster Care benefits do not need to apply online. They will get their P-EBT card in the mail during the month of May. P-EBT cards will begin arriving around May 11, 2020 through May 22, 2020. Families with children who applied for CalFresh, Medi-Cal or Foster Care benefits after their school closed will get their P-EBT card in the mail before July 15, 2020. Families with children who are eligible for free or reduced-price meals and who do NOT get CalFresh, Medi-Cal or Foster Care benefits must apply online before July 15, 2020. 	<ul style="list-style-type: none"> • Website: https://ca.p-ebt.org/en/info

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APPLYING FOR RESOURCES

AGENCY	DESCRIPTION	DETAILS
Apply for CalFresh	<ul style="list-style-type: none">• CalFresh is California's food stamps (SNAP) program. Apply to get up to \$194 a month per household member on an EBT card.• You can qualify for 3 day Expedited Service if: your household makes less than \$150 in monthly income and has less than \$100 on hand right now; or your household's combined monthly income and money on hand are less than your household's combined monthly rent and utilities; or you are a migrant or seasonal farm worker and have less than \$100 on hand right now.	<ul style="list-style-type: none">• Website: https://www.getcalfresh.org/en