

Monterey County

Monterey County has a 2-1-1 free and confidential information and referral call center. Call 2-1-1 for help with food, housing, employment, health care, counseling and more.

Medication Resources

1. Prescription assistance
 - Partnership for Prescription Assistance
<http://www.pparx.org/>
 - Sam's Guide (p.54)
<http://www.samsresources.com/mcguide.html>

2. Low cost pharmacy programs
 - Costco Member Rx Program-(to receive discount you must be a member)
<http://www.envisionrx.com/costco/cmpp.aspx>
 - CVS Health Savings Pass
<http://www.cvs.com/CVSApp/promoContent/promoLandingTemplate.jsp?promoLandingId=1046>
 - Rite-Aid: Pharmacy Savings Card
http://www.riteaid.com/pharmacy/rx_savings.jsf
 - Target Pharmacy \$4 Dollar Program
<http://www.rxassist.org/providers/documents/TargetGenericsProgramDrugList.pdf>
 - Wal-Mart \$4 Rx Program
<http://www.walmart.com/catalog/catalog.gsp?cat=546834>

Food Resources

1. Food Banks
 - Dorothy's Place
<http://www.dorothysplace.org/>
 - Sam's Guide (p.46-48)
<http://www.samsresources.com/mcguide.html>
 - Food Bank for Monterey County
<http://www.food4hungry.org/>

2. Food Stamps/Supplemental Nutrition Assistance Program (SNAP)
 - Monterey County Department of Social and Employment Services
<http://mcdses.co.monterey.ca.us/benefits/#foodstamps>
 - Sam's Guide (p.47)
<http://www.samsresources.com/mcguide.html>

3. WIC
 - Monterey County Health Department
<http://www.co.monterey.ca.us/health/CommunityHealth/wic.htm>
 - Sam's Guide (p.46)
<http://www.samsresources.com/mcguide.html>

4. Farmers Markets/Fresh Fruit

- Electronic Benefit Transfer
<http://www.co.monterey.ca.us/health/CommunityHealth/nutrition/pdfs/CentralCoastEBTbrochure09Final.pdf>

Free/Low Cost Medical Care

- Monterey County Health Department
<http://www.co.monterey.ca.us/health/ClinicServices/Default.htm>
- Sam's Guide (p.49-53)
<http://www.samsresources.com/mcguide.html>

Medical Insurance

1. Medi-Cal

- MC-Choice
<http://www.mc-choice.co.monterey.ca.us/>
- Monterey County Department of Social and Employment Services
<http://mcdses.co.monterey.ca.us/benefits>
- Sam's Guide (p.56-57)
<http://www.samsresources.com/mcguide.html>

2. Healthy Families

- MC-Choice
<http://www.mc-choice.co.monterey.ca.us/>
- Sam's Guide (p.56-57)
<http://www.samsresources.com/mcguide.html>

3. Medically Indigent Assistance

- <http://www.calpatientcare.org/advanced/results/taxonomy:121>

4. In-home Supportive Services

- Monterey County Department of Social and Employment Services
<http://mcdses.co.monterey.ca.us/aging/>
- Sam's Guide (p.36-38)
<http://www.samsresources.com/mcguide.html>

Financial Assistance

1. Cal Works

- Monterey County Department of Social and Employment Services
<http://mcdses.co.monterey.ca.us/benefits/>
- Monterey County Health Department
<http://www.co.monterey.ca.us/health/BehavioralHealth/calworks.htm>

2. General Assistance

- Monterey County Department of Social and Employment Services
<http://mcdses.co.monterey.ca.us/benefits/#general>
- Sam's Guide (p.44-45)
<http://www.samsresources.com/mcguide.html>

Housing

1. Shelters (Domestic Violence and General)
 - Sam's Guide (p.59-62)
<http://www.samsresources.com/mcguide.html>
 - Shelter Outreach Plus
<http://www.shelteroutreachplus.org/resources.html>
2. Low-income housing/Section 8
 - Housing Authority
http://www.hamonterey.org/housing_programs/02c_HCV.html
 - Sam's Guide (p.59-62)
<http://www.samsresources.com/mcguide.html>
 - Shelter Outreach Plus
<http://www.shelteroutreachplus.org/resources.html>

Mental Health

1. Crisis Support
 - Monterey County Health Department
<http://www.co.monterey.ca.us/health/BehavioralHealth/CIT.htm>
 - Sam's Guide (p.29-30 & 74-76)
<http://www.samsresources.com/mcguide.html>
 - Shelter Outreach Plus
<http://www.shelteroutreachplus.org/>
2. Support Groups (AA, NA, Diabetes, Eating Disorders and Hospice)
 - Alcoholics Anonymous
<http://aamonterey.org/>
 - Monterey County Health Department
<http://www.co.monterey.ca.us/health/BehavioralHealth/adp.htm>
 - Narcotics Anonymous
<http://www.monterey-sbna.org/>
 - Overeaters Anonymous
<http://www.oa.org/pdfs/monthlyigreport.pdf>
 - Sam's Guide- (p.29-32 & 74-76)
<http://www.samsresources.com/mcguide.html>

Chronic Disease Education and Support

- Sam's Guide- (p.23-24)
<http://www.samsresources.com/mcguide.html>
- Asthma
<http://www.breathcentral.org/Programs/Asthma/asthma.htm>
- Cancer
<http://www.cancer.org/docroot/home/index.asp>
- Diabetes Management
CHOMP-
<http://www.chomp.org/what-we-do/diabetes/index.aspx>
Diabetes Care Center
<http://www.diabetescarecenter.com/>

Los Palos Medical Associates

<http://lpmamed.com/>

Monterey County Health Department

<http://www.co.monterey.ca.us/health/ClinicServices/Default.htm>

Natividad Medical Center

<http://www.natividad.com/diabetessupport.htm>

Salinas Valley Memorial Healthcare

<http://www.svmh.com/services/heartcenter/default.aspx>

- Heart Disease/Hypertension/Stroke
American Heart Association
<http://www.americanheart.org/presenter.jhtml?identifier=1200000>
CHOMP
<http://www.chomp.org/what-we-do/cardiac-care/index.aspx>

Physical Activity

- Boys and Girls Club
<http://www.bgcmc.org/>
- Sam's Guide (p.81-85)
<http://www.samsresources.com/samguide.pdf>
- YMCA
<http://www.centralcoastymca.org/default.asp?ID=2>

San Benito County

Medication Resources

1. Prescription assistance
 - Partnership for Prescription Assistance-
<http://www.pparx.org/>
2. Low cost pharmacy programs
 - Costco Member Rx Program-(to receive discount you must be a member)
<http://www.envisionrx.com/costco/cmpp.aspx>
 - CVS Health Savings Pass-
<http://www.cvs.com/CVSAApp/promoContent/promoLandingTemplate.jsp?promoLandingId=1046>
 - Rite-Aid: Pharmacy Savings Card-
http://www.riteaid.com/pharmacy/rx_savings.jsf
 - Target Pharmacy \$4 Dollar Program-
<http://www.rxassist.org/providers/documents/TargetGenericsProgramDrugList.pdf>
 - Wal-Mart \$4 Rx Program-
<http://www.walmart.com/catalog/catalog.gsp?cat=546834>

Food Resources

1. Farmers Markets/Fresh Fruit
 - <http://www.co.monterey.ca.us/health/CommunityHealth/nutrition/pdfs/CentralCoastEBTbrochure09Final.pdf>
2. Food Banks

- <http://www.communitypantry.com/Home.asp>
- 3. Food Stamps/Supplemental Nutrition Assistance Program (SNAP)
 - <http://www.myfoodstamps.org/sanbenito.html>
- 4. WIC
 - <http://www.cdph.ca.gov/programs/wicworks/Pages/default.aspx>

Free/Low Cost Medical Care

- <http://www.hazelhawkins.com/index.htm>

Medical Insurance

1. Healthy Families
 - <http://www.healthyfamilies.com/index.htm>
2. In-home Supportive Services
 - <http://www.ccvna.com/home-health-care.htm>
3. Medi-Cal
 - <http://www.medi-cal.ca.gov/>
4. Medically Indigent Assistance
www.c4yourself.com

Financial Assistance

1. Cal Works
 - www.c4yourself.com
2. General Assistance
 - www.c4yourself.com

Housing

1. Low-income housing/Section 8
 - <http://www.csdcshbc.org/lowincome.html>
2. Shelters (Domestic Violence and General)
 - <http://www.calpatientcare.org/node/1945>

Mental Health

1. Crisis Support
 - <http://sanbenito.networkofcare.org/mh/home/index.cfm>

Chronic Disease Education and Support

- Asthma
<http://www.cdph.ca.gov/HealthInfo/discond/Pages/Asthma.aspx>
- Cancer
<http://www.cdph.ca.gov/programs/cancerdetection/Pages/default.aspx>
- Diabetes Management
<http://www.cdph.ca.gov/HealthInfo/discond/Pages/Diabetes.aspx>
- Heart Disease Hypertension/Stroke
<http://www.cdph.ca.gov/HealthInfo/discond/Pages/HeartDisease.aspx>
<http://www.cdph.ca.gov/HealthInfo/discond/Pages/HighBloodPressure.aspx>
<http://www.cdph.ca.gov/HealthInfo/discond/Pages/Stroke.aspx>

Physical Activity

- Parks and Recreation
<http://www.san-benito.ca.us/departments/dpw/parks%20pages/park-rec/index.htm>
- YMCA
<http://www.centralcoastymca.org/default.asp?ID=22>

Santa Cruz County

Santa Cruz County has a 2-1-1 free and confidential information and referral call center. Call 2-1-1 for help with food, housing, employment, health care, counseling and more.

Medication Resources

1. Low cost pharmacy programs
 - Costco Member Rx Program-(to receive discount you must be a member)
<http://www.envisionrx.com/costco/cmpp.aspx>
 - CVS Health Savings Pass
<http://www.cvs.com/CVSApp/promoContent/promoLandingTemplate.jsp?promoLandingId=1046>
 - Rite-Aid: Pharmacy Savings Card
http://www.riteaid.com/pharmacy/rx_savings.jsf
 - Target Pharmacy \$4 Dollar Program
<http://www.rxassist.org/providers/documents/TargetGenericsProgramDrugList.pdf>
 - Wal-Mart \$4 Rx Program
<http://www.walmart.com/catalog/catalog.gsp?cat=546834>
2. Prescription assistance
 - <http://www.pparx.org/>

Food Resources

- Farmers Markets/Fresh Fruit
<http://www.co.monterey.ca.us/health/CommunityHealth/nutrition/pdfs/CentralCoastEBTbrochure09Final.pdf>
- Food Banks
<http://www2.santacruzpl.org/cid/public/agencies.php?id=19>
- Food Stamps/Supplemental Nutrition Assistance Program (SNAP)
<http://www2.santacruzpl.org/cid/public/quicklists.php?id=80>
- WIC
<http://www.communitybridges.org/wic.htm>

Free/Low Cost Medical Care

- <http://www2.santacruzpl.org/cid/public/quicklists.php?id=88>
- <http://www.hipscc.org/programs/safety-net-clinic-coalition>

Medical Insurance

- Healthy Families
http://www2.santacruzpl.org/cid/public/search.php?page=1&b_query=healthy+families¶m2=0¶m3=0
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- Healthy Kids
<http://www.hipscc.org/programs/healthy-kids-of-santa-cruz-county>
- In-home Supportive Services
<http://www2.santacruzpl.org/cid/public/quicklists.php?id=11>
- Medi-Cal
<http://www2.santacruzpl.org/cid/public/agencies.php?id=2861>
- Medically Indigent Assistance
<http://www2.santacruzpl.org/cid/public/quicklists.php?id=88>

Housing

- Low-income housing/Section 8
<http://www2.santacruzpl.org/cid/public/quicklists.php?id=82>
- Shelters (Domestic Violence and General)
<http://www2.santacruzpl.org/cid/public/quicklists.php?id=85>
<http://www2.santacruzpl.org/cid/public/quicklists.php?id=83>

Mental Health

- Crisis Support
<http://www.santacruzhealth.org/cmhs/2cmhs.htm>
- Support Groups (AA, NA, Diabetes, Eating Disorders and Hospice)
<http://www2.santacruzpl.org/cid/public/quicklists.php?id=92>
<http://www.santacruzhealth.org/cmhs/2alcohol.htm>

Chronic Disease Education and Support

- Asthma
<http://www.breathecentral.org/>
- Cancer
<http://www2.santacruzpl.org/cid/public/quicklists.php?id=90>
- Diabetes Management
<http://www2.santacruzpl.org/cid/public/quicklists.php?id=90>
- Heart Disease/Hypertension/Stroke
<http://www2.santacruzpl.org/cid/public/quicklists.php?id=90>
- Overeaters Anonymous
<http://www.oa.org/pdfs/monthlyigreport.pdf>

Physical Activity

- Parks and Recreation
<http://www.cityofsantacruz.com/index.aspx?page=539>
<http://www.ci.watsonville.ca.us/departments/pcs/index.html>

<http://ci.capitola.ca.us/capcity.nsf/RecIntro.html>
http://www.scottsvally.org/parks/parks_recs.html
<http://www.scparks.com/>

- Boys and Girls Club
<http://www.boysandgirlsclub.info/>
- YMCA
<http://www.centralcoastymca.org/default.asp?ID=2>