

	Telefono	Sitio Web o Domicilio
Centros de Dia para Adultos Visiting Nurse Association (VNA)	831-643-0278	ccvna.com
Abuso de Alcol o Drogas Sun Street Center	831-753-5144	sunstreetcenter.org
Ropa y Articulos de Hogar American Cancer Society Discovery Shop	831-443-8879	1534 No. Main St., Salinas 93906
Animal Welfare Benefit Shop	831-372-1650	206 17th St., Pacific Grove 93950
Church Mouse Thrift Shop	831-375-0838	204 17th St., Pacific Grove 93950
Goodwill Industries - Marina	831-233-7767	266 Reservation Rd., Marina
Goodwill Industries - Monterey	831-649-6056	571 Lighthouse Ave., Monterey
Goodwill Industries - Salinas	831-755-8668	1045 No. Main St., Salinas 93906
Goodwill Industries - Salinas	831-424-5346	708 E. Alisal Street, Salinas
Goodwill Industries - Seaside	831-394-1212	726 Broadway Ave., Seaside 93955
Joining Hands Benefit Shop	831-293-8140	26358 Carmel Rancho Ln., Carmel
Monterey Pen. Volunteer Services Thrift Shop	831-394-5028	655 Broadway Ave., Seaside 93955
St. Vincent de Paul Thrift Store	831-899-2211	1269 Fremont Blvd., Seaside 93955
St. Vincent de Paul Thrift Store	831-899-2211	1269 Fremont Blvd., Seaside 93955
Salvation Army	831-443-9655	2460 Main St., Salinas 93906
Savers Thrift Store	831-444-9551	1924 No. Main St., Salinas 93906
SPCA Benefit Shop	831-624-4211	26364 Carmel Rancho Ln., Carmel
Spirals	831-383-5030	570 Lighthouse Ave., Pacific Grove
Yellow Brick Road Benefit Shop	831-626-8480	26388 Carmel Rancho Ln., Carmel
Proteccion del Consumidor California Department of Consumer Affairs	800-952-5210	www.dca.ca.gov
Tecnologias de Adaptacion y Discapacidad Blind and Visually Impaired Center	800-404-3505	blindandlowvision.org
California Telephone Access Program	800-806-1191	ddtp.org
Central Coast Center for Independent Living	831-757-2968	ccil.org
Deaf and Hard of Hearing Service Center	831-753-6540	dhhsc.org
Empleo Shoreline Workforce Development Services	831-287-2350	shorelineworks.org
One Stop Career Center	831-899-8236 Seaside 831-796-3635 Salinas	onestopmonterey.org
Alfabetizacion y Asistencia Financiera AoA Tax Counseling Program	831-655-1334	AllianceOnAging.org
Consumer Credit Counseling Service	800-969-7526	cccsc.org
U.S. Department of Housing and Urban Development (HUD)	800-225-5342	hud.gov
Monterey Cty Social & Employment Services - Cash Aid	831-755-4400 Salinas 831-899-8001 Seaside	co.monterey.ca.us/departments.htm
Catholic Charities - rental, food, utility assistance	831-393-3110 Seaside	dioceseofmonterey.org/ministries
Salvation Army	831-443-9655 Salinas 831-394-6507 Seaside	tsamonterey.com
Alimentos y Comidas Entregadas al Hogar Episcopal Senior Communities	831-424-0911	egray@jtm-esc.org
Food Bank for Monterey County	831-758-1523	food4hungry.org
Meals on Wheels of the Monterey Peninsula	831-375-4454	mowmp.org
Meals on Wheels of the Salinas Valley	831-758-6325	mealsonwheelsofsalinas.org

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Salud		
Alisal Health Center	831-769-8800	559 E. Alisal, #201, Salinas
American Cancer Society	831-442-2992	cancer.org
Clinica de Salud - Administration	831-757-8689	csvs.org
- Dental	831-444-9722	
- Optometry	831-757-1264	
- Mobile Clinic (Medical & Dental)	831-970-1972	
Monterey County Health Clinic at Marina	831-384-1445	3155 De Forest Road, Marina, 93933
Cancer Detection Program	800-511-2300	
Rota Care Monterey Peninsula (free medical clinic)	831-659-8037	
Seaside Family Health Center	831-899-8100	1150 Fremont Blvd., Seaside
Hospitals		
Community Hospital of the Monterey Peninsula (CHOMP)	831-624-5311	chomp.org
Mee Memorial Hospital	831-385-6000	meememorial.com
Natividad Medical Center	831-755-4111	natividad.com
Salinas Valley Memorial Healthcare System (SVMH)	831-757-4333	svmh.com
Viviendas y Personas sin Hogar		
(CHISPA)	831-757-6251	chispahousing.org
Housing Authority of the County of Monterey	831-775-5000	hamonterey.org
Housing Resource Center	800-946-1911	hrcmc.org
Shelter Outreach Plus (24 Hour Family Helpline & Shelters)	831-384-3388	shelteroutreachplus.org
MCHOME - Interim, Inc.(Homeless adults w/mental illness)	831-649-4522	interiminc.org
Centros para Enfermos Terminals/Recursos para el Fin De Vida		
Compassionate Care Alliance (CCA)	831-655-9506	comcarealliance.org
Visiting Nurse Association (VNA) Hospice Office	731-751-5500	ccvna.com
Hospice of the Central Coast	831-649-7750	chomp.org
Heartland Hospice Services of Monterey	831-373-8442	heartlandhospice.com
Cuidado en el Hogar		
In Home Support Services (IHSS) - non-medical	831-755-3403 Salinas 831-883-7565 Monterey	co.monterey.ca.us/aaa/
Visiting Nurse Association (VNA)	831-372-6668	ccvna.com
Legales y Gubernamentales		
American Civil Liberties Union (ACLU)	831-622-9897	acluMontereyCounty.org
California Rural Legal Assistance	831-757-5221 Salinas 831-375-0505 Monterey	
Legal Services for Seniors	831-442-7700 Salinas 831-899-0492 Seaside	legalservicesforseniors.org
Monterey County Bar Association - Lawyer Referral Service	831-663-6955	montereycountybar.org
Monterey County District Attorney	831-755-5070 Salinas	co.monterey.ca.us/da
Social Security Administration	877-600-2857	ssa.gov/reach.htm
U.S. Citizenship and Immigration Services	800-375-5283	uscis.gov
Catholic Charities - Immigration Services	831-422-0602 Salinas	dioceseofmonterey.org/ministries
Medicare/Medi-Cal		
AoA HICAP Program - Medicare Counseling	831-655-1334	AllianceOnAging.org
Central California Alliance for Health - Medi-Cal	800-700-3874	ccah-alliance.org
Monterey County Social & Employment Services - Medi-Cal	831-755-4400	co.monterey.ca.us/departments.html



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Servicios de Salud Mental/Apoyo Emocional AoA Senior Peer Counseling Program Interim, Inc. Monterey County Behavioral Health	831-646-1458 831-649-4522 831-755-4400	AllianceonAging.org interiminc.org co.monterey.ca.us/departments.html
Centros de Convalecencia/Instalaciones de Asistencia de Vida AoA Ombudsman Program	831-655-1334	AllianceOnAging.org
Seguridad Community Hospital Lifeline Salinas Valley Memorial Healthcare Lifeline Senior Helpline	831-625-4516 831-755-0788 800-510-2020	chomp.org svmh.com
Centros para Personas de la Tercera Edad Actividades y Almuerzo AoA Senior Outreach Luncheon-First Tues of every month	831-758-4011	AllianceOnAging.org
Active Seniors, Inc. (membership)	831-424-5066	100 Harvest St., Salinas 93901
Carmel Foundation (membership)	831-624-1588	carmelfoundation.org
Castroville Community Center	831-633-3084	11261 Crane St., Castroville 95012
Episcopal Senior Communities (monthly senior luncheons)	831-424-0911	egray@jtm-esc.org
Leo Meyer Senior Center	831-385-4562	415 Queen St., King City 93930
Los Ositos Community Center	831-674-5100	1083 Elm Ave., Greenfield 93927
Marina Community Center	831-384-6009	211 Hillcrest Ave., Marina 93933
Scholze Park Center (Monterey Senior Center)	831-646-3878	280 Dickman, Monterey 93940
Oldemeyer Center	831-899-6800	986 Hilby Ave., Seaside 93955
Prunedale Senior Center	831-663-5023	8300 Prunedale Rd N., Prunedale
Salinas Firehouse Recreation Center	831-775-4288	1330 E. Alisal St., Salinas 93905
Sally Griffin Active Living Center	831-375-4454	700 Jewel Ave., Pacific Grove 93950
Salvation Army	831-443-9655	2460 Main St., Salinas 93906
Servicios Sociales e Intervencion de Crisis Adult Ptoection Services (APS)	831-883-7565	mcdses.co.monterey.ca.us
Catholic Charities	831-393-3110	dioceseofmonterey.org
Dorothy's Place - Salinas	831-757-3838	dorothysplace.org
Salvation Army - Salinas	831-443-9655	salvationarmy.org
Salvation Army - Monterey Peninsula	831-899-4911	tsamonterey.com
Suicide Prevention Service of the Central Coast	877-663-5433	suicide.org
YMCA/Domestic Violence	831-757-1001	
Grupos de Apoyo AoA Senior Peer Counseling Program	831-646-1458	AllianceonAging.org
Community Hospital of the Monterey Peninsula	888-452-4667	chomp.org
Episcopal Senior Communities (Senior Center Without Walls)	831-424-0911	egray@jtm-esc.org
Salinas Valley Memorial Healthcare System	831-757-4333	svmh.com
VNA & Hospice (Gried & Loss Support Group)	831-758-4200	ccvna.com
Transportacion Coastal Yellow Cab, Inc.	831-333-0533	cyctaxi.com
iTN Monterey County (transportation for seniors)	831-240-0850 Salinas 831-233-3447 Monterey	ITNMontereyCounty.org
Monterey Salinas Transit (MST)/Rides Program	888-678-2871	mst.org



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Utilidad Programa de Beneficios de la Energia		
AoA Benefits Checkup Program	831-646-4922	AllianceOnAging.org
Central Coast Energy Services (CCES)	888-728-3637	energyservices.org
PG&E Care Program	866-743-2273	pge.com/care
Veteranos		
Military and Veterans Affairs Office (VA)	831-647-7610	co.monterey.ca.us/va
Veterans Transition Center	831-883-8387	vtcmonterey.org