

	Telephone	Website or Address
Caregiving & Caregiver Support		
Alzheimer's Association (24 hour helpline)	(800) 272-3900	alzncorcal.org
Del Mar Caregiver Resource Ctr.	(831) 424-4359	delmarcaregiver.org
Elder Care Locator	(800) 677-1116	eldercare.gov
Visiting Nurse Association (VNA)	(831) 643-0278	ccvna.com
Clothing and Household Items		
American Cancer Society Discovery Shop	(831) 443-8879	1534 N. Main St, Salinas
Animal Welfare Benefit Shop	(831) 372-1650	206 17th St. Pacific Grove
Church Mouse Thrift Shop	(831) 375-0838	204 17th St. Pacific Grove
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 N. Main St., Salinas
Goodwill Industries -Salinas	(831) 424-5346	708 E. Alisal St., Salinas
Goodwill Industries - Seaside	(831) 394-1212	726 Broadway Ave., Seaside
Joining Hands Benefit Shop	(831) 293-8140	26358 Carmel Rancho Ln, Carmel
Monterey Peninsula Volunteer Services Thrift Shop	(831) 394-5028	655 Broadway Ave., Seaside
St. Vincent de Paul Thrift Store	(831) 899-2211	1269 Fremont Blvd., Seaside
Salvation Army Thrift Store	(831) 443-9655	2460 Main St., Salinas
Savers Thrift Store	(831) 444-9551	1924 N. Main St., Salinas
SPCA Benefit Shop	(831) 624-4211	26364 Carmel Rancho Ln, Carmel
Spirals Benefit Shop	(831) 383-5030	570 Lighthouse Ave, Pacific Grove
Yellow Brick Road Benefit Shop	(831) 626-8480	26388 Carmel Rancho Ln, Carmel
Computers/Classes		
Loaves, Fishes & Computers	(831) 393-9260	loavesfishescomputers.org
Monterey Adult School	(831) 392-3517	200 Coe Ave., Seaside, CA
Marina Senior Center	(831) 884-1256	ci.marina.ca.us
Crisis Intervention		
AoA Ombudsman (in long-term care setting)	(831) 655-1334	alliance on aging.org
Adult Protective Services	(800) 510-2020	mcdses.co,monterey.ca.us/aging
	Salinas (831) 755-4466	
	King City (831) 385-7400	
	Marina (831) 883-7565	
Monterey County Rape Crisis Center (24 hour hotline)		mtryrapecrisis.org
	Monterey (831) 375-4357	
	Salinas (831) 424-4347	
Ombudsman State Crisis Line	(800) 231-4024	aging.ca.gov/programs/ltpcop/
Suicide Prevention Services of the Central Coast	(877) 663-5433	fsa-cc.org
YWCA (Domestic Violence)	(831) 757-1001	ymcamc.org
EMERGENCY: 911		
Disabilities		
Blind and Visually Impaired Center (BVIC)	(800) 404-3505	blindandlowvision.org
California Telephone Access Program (CTAP)	(800) 806-4474	ddtp.org

	Telephone	Website or Address
Disabilities, cont.		
Central Coast Center for Independent Living (CCCIL)	(831) 757-2968	cccil.org
Deaf and Hard of Hearing Center (DHHSC)	(831) 753-6540	dhhsc.org
Valley Hearing Center	(831) 422-4427	920 Park Row, Salinas
Employment		
Goodwill Central Coast	(831) 287-2358	ccgoodwill.org
One Stop Career Center		onestopmonterey.org
	Salinas (831) 755-4452	
	Seaside (831) 899-8250	
	King City (831) 386-6801	
Financial Assistance		
AoA Benefits Check-up	(831) 655-1334	allianceonaging.org
AoA Tax Counseling Program	(831) 655-1334	allianceonaging.org
Central Coast Energy Services	(888) 728-3637	energyservices.org
Catholic Charities (rent, food, utility assistance)	(831) 393-3110	dioceseofmonterey.org
Consumer Credit Counseling Services	(800) 431-8157	credit.org/cccs/
Hands to Help Seniors	(831) 204-0402	h2hs.org
Monterey County Department of Social Services (Cash Aid)	(866) 323-1953 (877) 410-8823	mcdss.con.monterey.ca.us
Senior Resources	(831) 424-0911	lmedina@jtm_esc.org
Salvation Army		tsamonterey.com
	Salinas (831) 443-9655	
	Sand City (831) 899-4911	
Food/Home Delivered Meals		
AoA Food Pantry List (available upon request)	(831) 655-1334	allianceonaging.org
Episcopal Senior Communities (wholesale produce markets)	(831) 424-0311	egrays@jtm-esc.org
Food Bank of 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
Monterey County Social & Employment Services - CalFresh (Food Stamps)	(866) 323-1953	co.monterey.ca.us/departments.htm
Government		
California Department of Consumer Affairs	(800) 952-5210	dca.ca.gov
California Department of Public Health	(916) 558-1784	cdph.gov
Department of Health and Human Services		
	U.S. (San Francisco Office) (415) 437-8090	hhs.gov
	California (916) 654-3454	chhs.ca.gov
Monterey Department of Public Health	(831) 755-4500	mtyhd.org
Social Security Administration (SSA)	(877) 600-2857	ssa.gov/reach.htm
Social Security Administration - Field Office (questions/start claim)	(800) 772-1213	928 E. Blanco Rd., Salinas
Mental Health		
AoA Senior Peer Counseling	(831) 655-1334	allianceonaging.org

	Telephone	Website or Address
Mental Health, cont.		
Interim, Inc.	(831) 649-4522	interiminc.org
Monterey County Behavioral Health	(831) 784-2150	951 Blanco Rd Ste B, Salinas
Health (Physical)		
Alisal Health Center	(831) 769-8800	559 E. Alisal, #201, Salinas
American Cancer Society	(831) 442-2992	cancer.org
Cancer Detection Program		dhcs.ca.gov
Every Woman Counts- Breast Cancer Screening Info.	(800) 511-2300	
Prostate Cancer Screening Info.	(800) 409-8252	
Clinica de Salud		csvs.org
Administration	(831) 757-8689	
Dental	(831) 444-9722	
Optometry	(831) 757-1264	
Moblie Clinic (medical & dental)	(831) 970-1972	
Monterey County Health Clinic at Marina	(831) 384-1445	3155 De Forest Rd., Marina
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
Housing/Homeless		
Coalition of Homeless Service Providers	(831) 883-3080	chspmontereycounty.org
Community Housing Imporvement Systems & Planning Assoc (CHISPSA)	(831) 757-6251	chispahousing.org
Gathering for Women	(831) 241-6154	gatheringforwomen.org
Good Samaritan Center/Salvation Army		tsamonterey.com
Salinas	(831) 443-9655	
Sand City	(831) 899-4988	
Housing Authority of the County of Monterey	(831) 775-5000	hamonterey.org
Housing Resource Center	(831) 424-9186	hrcmc.org
MCHOME - Interim, Inc. (Homeless adults w/mental illness)	(831) 649-4522	interiminc.org
Shelter Outreach Plus (24 Hour Family Helpline & Shelters)	(831) 384-3388	shelteroutreachplus.org
Hospice		
Heartland Hospice Services of Monterey	(831) 373-8442	heartlandhospice.com
Hospice of the Central Coast	(831) 649-7750	chomp.org/what-we-
Visiting Nurse Association (VNA) Hospice Office	(831) 975-2341	ccvna.com
In Home Care		
Hands to Help Seniors	(831) 204-0402	h2hs.org

	Telephone	Website or Address
In Home Care, cont.		
In Home Supportive Services (IHSS)		mcdss.ca.monterey.ca.us/aging
	Salinas (831) 755-4466	
	Monterey (831) 883-7565	
Visiting Nurse Association (VNA)	(831) 372-6668	ccvna.com
Legal		
California Rural Legal Assistance		crla.org
	Salinas (831) 757-5221	
	Monterey (831) 375-0505	
Catholic Charities - Immigration Services	(831) 422-0602	dioceseofmonterey.org/ministries
Legal Services for Seniors (age 60+)		legalservicesforseniors.org
	Salinas (831) 442-7700	
	Seaside (831) 899-0492	
Monterey County District Attorney	(831) 755-5070	co.monterey.ca.us/da
Mandell Gisnet Center for Conflict Management	(831) 582-5234	mandellgisnetcenter.org
U.S. Citizenship and Immigration Services	(800) 375-5283	uscis.gov
Medicare/Medi-Cal		
AoA HICAP Program - Medicare Counseling	(831) 655-1334	allianceonaging.org
Central Coast Alliance for Health - Medi-Cal	(831) 755-6000	
	(800) 700-3874	ccah-alliance.org
Monterey Cty Dept. of Social Services - Medi-Cal	(866) 323-1953	950 E. Blanco St. Suite 101, Salinas
	(877) 410-8823	mcdss.co.monterey.ca.us
Nursing Homes/Assisted Living Facilities Information & Advocacy		
AoA Ombudsman Program		allianceonaging.org
	Monterey (831) 655-1334	
	Salinas (831) 758-4011	
Safety		
Salinas Valley Memorial Healthcare Lifeline	(831) 755-0788	svmh.com
Senior Centers (Activities & Luncheons)		
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 required)	(831) 624-1588	carmelfoundation.org
Episcopal Senior Communities (monthly senior luncheons)	(831) 424-0911	301 Corral de Tierra, Salinas
La Casa Adult Day Health Center	(831) 222-6122	909 Blanco Cir., Salinas 93901
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, CA 93955
Prunedale Senior Center	(831) 663-5023	8300 Prunedale Rd. N., Prunedale
Salinas Firehouse Recreation Center	(831) 755-4288	1330 E. Alisal, Salinas 93905

	Telephone	Website or Address
Senior Centers (Activities & Luncheons), cont.		
Salinas Senior Center	(831) 757-6030	salinasseniorcenter.org
Sally Griffin Active Living Center	(831) 375-4454	700 Jewel Ave., Pacific Grove
Salvation Army	(831) 443-9655	2460 Main St., Salinas 93906
Senior Center Without Walls	(877) 797-7299	scww@jtm-esc.org
Social Services		
Catholic Charities	(831) 393-3110	dioceseofmonterey.org
Dorothy's Place - Salinas	(831) 757-3838	dorothysplace.org
Salvation Army		tsamonterey.com
	Salinas (831) 443-9655	
	Monterey Peninsula (831) 899-4911	
Monterey Cty Dept. of Social Services (MCDSS)		mcdses.ca.monterey.ca.us
	Community Benefits (866) 323-1953	
	CalFresh (Food Stamps) (866) 323-1953	
	Salinas (866) 323-1953	
	Seaside (866) 323-1953	
	Cash Aid (866) 323-1953	
	Family & Children's Services (831) 755-4473	mcdss.co.monterey.ca.us/families
	CalWORKS Employment Services (831) 755-4475	mcdss.co.monterey.ca.us/careers
Aging & Adult Services	(831) 755-4452	mcdss.co.monterey.ca.us/aging
	Salinas (831) 755-4466	
	King City (831) 385-7400	
	Marina (831) 883-7565	
	Fraud Prevention Hotline (831) 755-3224	
Substance Use Disorder Treatment		
Community Human Services	(831) 658-3811	chservices.org/substance-abuse
Door to Hope	(831) 758-0181	doortohope.org
Interim, Inc. (Dual Recovery Services)	(831) 649-4522	interiminc.org
Sunset Street Centers	(831) 753-5135	sunsetstreetcenters.org
Transportation		
Central Coast Cab	(831) 626-3333	centralcoastcab.com
Coastal Yellow Cab, Inc	(831) 333-0533	cyctaxi.com
ITN Monterey County		itnmontereycounty.org
	Monterey (831) 233-3447	
	Salinas (831) 240-0850	
Kevin Allhouse (appt. for taxi vouchers/MSTRides)	(831) 241-9994	
Monterey Salinas Transit/Rides Program (MST)	(888) 678-2871	mst.org
Serra Cab	(831) 216-2010	serrayellowcab.com
Utility Assistance		
AoA Benefits Checkup Program	(831) 655-1334	allianceonaging.org
Central Coast Energy Services (CCES)	(888) 728-3637	energyservices.org
PG&E Care Program	(866) 743-2273	pge.com/care

	Telephone	Website or Address
Veterans		
Military and Veterans Affairs Office (VA)		co.monterey.ca.us/va
Monterey (Main Office)	(831) 647-7613	1200 Aguajito Rd., Ste. 003
Salinas	(831) 796-3585	1000 S. Main St., Ste. 209
Seaside	(831) 883-3811	3401 Engineer Ln., Seaside
King City	(831) 386-6801	200 Broadway, Ste. 62
Monterey VA Clinic	(831) 883-3300	3401 Engineer Ln., Seaside
VA Palo Alto Health Care System	(650) 493-5000	paloalto.va.gov
Veterans Benefits Administration (Regional Office -Oakland)	(800) 827-1000	benefits.va.gov/oakland/
Veterans Suicide Prevention Hotline	(800) 273-8255	
Veterans Transition Center	(831) 883-8387	vtcmonterey.org