



Centros de Dia para Adultos

Alzheimer's Association (24 hour helpline)	(800) 272-3900	alzncorcal.org
	Local (831) 647-9890	
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
Visiting Nurse Association (VNA) - Home Health Care	(831) 372-6668	ccvna.com

Ropa y Articulos de Hogar

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
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

Computadora/Clases de Computacion

Loaves, Fishes & Computers	(831) 393-9260	loavesfishescomputers.org
Monterey Adult School	(831) 392-3517	200 Coe Ave., Seaside, CA
Marina Senior Center	(831) 884-1258	ci.marina.ca.us

Intervencion de Crisis

AoA Ombudsman (in long-term care setting)	Monterey (831) 655-1334	
	Salinas (831) 758-4011	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 Line (24 hour hotline)	(831) 375-4357	mtryrapecrisis.org
	Salinas (831) 424-4347	
Ombudsman State Crisis Line	(800) 231-4024	aging.ca.gov/programs/lrcop/
Suicide Prevention Services of the Central Coast	(877) 663-5433	suicide.org
YWCA (Domestic Violence)	(831) 757-1001	ymcamc.org
EMERGENCY: 911		

	teléfono	sitio web o dirección
Tecnologías de Adaptacion y Discapacidad		
Blind and Visually Impaired Center (BVIC)	(800) 404-3505	blindandlowvision.org
California Telephone Access Program (CTAP)	(800) 806-4474	ddtp.org
Central Coast Center for Independent Living (CCCIL)	(831) 757-2968	cccil.org
Deaf and Hard of Hearing Service Center	VP (831) 240-4020	
Valley Hearing Center	(831) 422-4427	920 Park Row, Salinas
Empleo		
Senior Community Services Employment Program (SCSEP)		
Goodwill Central Coast	(831) 287-2350	
One Stop Career Center		onestopmonterey.org
	Salinas (831) 755-4452	730 La Guardia St., Salinas
	King City (831) 386-6801	200 Broadway Ste. 62, King City
Alfabetizacion y Asistencia Financiera		
AoA Benefits Check-up	Monterey (831) 655-1334	
	Salinas (831) 758-4011	allianceonaging.org
AoA Tax Counseling Program	Monterey (831) 655-1334	
	Salinas (831) 758-4011	allianceonaging.org
Central Coast Energy Services	(888) 728-3637	energyservices.org
Catholic Charities (rent, food, utility assistance,	(831) 422-0602	dioceseofmonterey.org
	Seaside (831) 393-3110	dioceseofmonterey.org
Consumer Credit Counseling Services	(800) 431-8157	credit.org/cccs/
	Salinas (831) 424-0606	
Hands to Help Seniors	(831) 204-0402	h2hs.org
Monterey County Dept. of Social Services (Cash Aid)	(866) 323-1953	mcdss.con.monterey.ca.us
	(877) 410-8823	
Salvation Army		tsamonterey.com
	Salinas (831) 443-9655	2460 N. Main St., Salinas
	Seaside (831) 899-4911	1491 Contra Costa, Seaside
Good Samaritan - Sand City	(831) 899-4988	800 Scott St., Sand City
Alimentos y Comidas Entregadas al Hogar		
AoA Food Pantry List (available upon request)	Monterey (831) 655-1334	
	Salinas (831) 758-4011	allianceonaging.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 Services - CalFresh		co.monterey.ca.us/departments.htm
(Food Stamps)	(866) 323-1953	
Gobierno		
California Department of Consumer Affairs	(800) 952-5210	dca.ca.gov
California Department of Public Health	(916) 558-1784	cdph.gov

	teléfono	sitio web o dirección
Gobierno		
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	mtyhhd.org
Social Security Administration (SSA)	(800) 772-1213	ssa.gov/reach.htm
Social Security Administration - Field Office	(877) 600-2857	928 E. Blanco Rd., Salinas
Questions/Claims		
Servicios de Salud Mental/Apoyo Emocional		
AoA Senior Peer Counseling	Monterey (831) 655-1334	
	Salinas (831) 758-4011	allianceonaging.org
Interim, Inc.	(831) 649-4522	interiminc.org
Monterey County Behavioral Health	(831) 784-2150	951 Blanco Rd., Ste B, Salinas
Salud		
Alisal Health Center	(831) 769-8800	559 E. Alisal, #201, Salinas
American Cancer Society	(800) 227-2345	cancer.org
	Local (831) 442-2992	
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	
	Moblle Clinic (medical & dental) (831) 970-1972	
Monterey County Health Clinic at Marina	(831) 883-7558	3155 De Forest Rd., Marina
Rota Care Monterey Peninsula (free medical clinic)	(831) 333-6495	
Seaside Family Health Center	(831) 899-8100	1150 Fremont Blvd., Seaside
Hospitales		
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		
Coalition of Homeless Service Providers	(831) 883-3080	chspmontereycounty.org
Community Housing Improvement Systems & Planning Association (CHISPA)	(831) 757-6251	chispahousing.org
	(831) 757-6251	chispahousing.org
Gathering for Women	(831) 241-6154	gatheringforwomen.org
Good Samaritan Center/Salvation Army	Salinas (831) 443-9655	tsamonterey.com
	Sand City (831) 899-4988	
Home Match	(831) 760-5529	covia.org/programs/home-match

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Viviendas y Personas sin Hogar		
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
Centros para Enfermos Terminales/Recursos para el Fin De Vida		
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
Cuidado en el Hogar		
Hands to Help Seniors	(831) 204-0402	h2hs.org
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
Legales y Gubernamentales		
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	Monterey (831) 655-1334	
	Salinas (831) 758-4011	allianceonaging.org
Central Coast Alliance for Health - Medi-Cal	(831) 755-6000	ccah-alliance.org
	(800) 700-3874	950 E. Blanco St. Suite 101, Salinas
Monterey Cty Dept. of Social Services - Medi-Cal	(866) 323-1953	mcdss.co.monterey.ca.us
	(877) 410-8823	
Centros de Convalecencia/Instalaciones de Asistencia de Vida - Infomacion y Apoyo		
AoA Ombudsman Program	Monterey (831) 655-1334	
	Salinas (831) 758-4011	allianceonaging.org
La Seguridad		
Salinas Valley Memorial Healthcare Lifeline	(831) 755-0788	svmh.com
Centro para Personas do 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 required)	(831) 624-1588	carmelfoundation.org

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Centro para Personas de la Tercera Edad Actividades y Almuerzo		
Episcopal Senior Communities (monthly senior luncheons)	(831) 484-2153	301 Corral di Tierra, Salinas
La Casa Adult Day Health Center	(831) 222-6122	909 Blanco Cir., Salinas 93901
Leo Meyer Senior Center	(831) 385-1381	415 Queen St., King City 93930
Los Ositos Community Center	(831) 674-2974	1083 Elm Ave., Greenfield, 93927
Marina Community Center	(831) 884-1258	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) 775-4288	1330 E. Alisal, Salinas 93905
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	(831) 443-9655	scww.jtm-esc.org
Servicios Sociales e Intervencion de Crisis		
Alisal Family Resource Center	(831) 775-4500	alisalfrc.org
Catholic Charities		dioceseofmonterey.org
	Salinas (831) 422-0602	
	Seaside (831) 393-3110	
Dorothy's Place - Salinas	(831) 757-3838	dorothisplace.org
Salvation Army		tsamonterey.com
	Salinas (831) 443-9655	
	Monterey Peninsula (831) 899-4911	
Montrey Cty Dept. of Social Services (MCDSS)		mcdss.co.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	
	Medi-Cal (877) 410-8823	
	Family & Children's Services (831) 755-4475	mcdss.co.monterey.ca.us/families
	CalWORKS Employment Services (831) 755-4452	mcdss.co.monterey.ca.us/careers
Servicios Sociales e Intervencion de Crisis		
Aging & Adult Services		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	
Trastorno por Uso de Sustancias		
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	sunstreetcenters.org

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Transportacion		
Call the Car - Central California Alliance for Health	(831) 430-5577	
Central Coast Cab	(831) 626-3333	centralcoastcab.com
Yellow Cab, Inc	(831) 333-1234	yellowcab1234.com
Marina Taxi	(831) 384-3894	379 Reindollar Ave., Marina 93933
ITN Monterey County	Monterey (831) 233-3447	itnmontereycounty.org
	Salinas (831) 240-0850	
Monterey Salinas Transit/Rides Program (MST)	(888) 678-2871	mst.org
Monterey Salinas Transit (On Call)		
	Marina (866) 663-3278	
	South County (866) 663-3278	
Taxi Vouchers	(831) 241-9031	
Utilidad Programa de Beneficios de la Engeria		
AoA Benefits Checkup Program	Monterey (831) 655-1334	
	Salinas (831) 758-4011	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)		co.monterey.ca.us/va
	Monterey County (831) 647-7613	1200 Aguajito Rd., Ste. 003
	San Benito County (831) 637-4846	649 San Benito St., Hollister
	Santa Cruz County (831) 454-7276	842 Front St., Santa Cruz 95060
Monterey VA Clinic	(800) 455-0057	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