



2025-2026 MONTEREY COUNTY SENIOR RESOURCE LIST

	Telephone	Website or Address
Caregiving & Caregiver Support		
Alzheimer's Association (24 hour helpline)	(800) 272-3900	alzncorcal.org
Local	(831) 647-9890	
Central Coast Senior Services (sliding scale based on income)	(831) 649-3363	centralcoastseniorservices.com
Del Mar Caregiver Resource Ctr.	(831) 424-4359	delmarcaregiver.org
Elder Care Locator	(800) 677-1116	eldercare.gov
La Casa Adult Day Care Center	(831) 998-8130	909 Blanco Circle B, Salinas
Visiting Nurse Association (VNA)	(831) 643-0278	ccvna.com
Visiting Nurse Association (VNA) - Home Health Care	(831) 372-6668	ccvna.com
Clothing and Household Items		
Spirals Benefit Shop (Benefits Alliance on Aging)	(831) 383-5030	570 Lighthouse Ave, Pacific Grove
Spirals By The Arch (Benefits Alliance on Aging)	(831) 646-5052	247-A Main St., Salinas
Computers/Classes		
Loaves, Fishes and Computers	(831) 393-9260	830 Park Row, Salinas
Monterey Adult School	(831) 392-3517	200 Coe Avenue, Seaside
Marina Senior Center	(831) 884-1258	ci.marina.ca.us
Crisis Intervention		
AOA Ombudsman (in long-term care setting)	(831) 655-1334	allianceonging.org
Salinas	(831) 758-4011	
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/litcop/
Suicide Prevention Services of the Central Coast	(877) 663-5433	suicide.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
Central Coast Center for Independent Living (CCCIL)	(831) 757-2968	cccil.org
Deaf and Hard of Hearing Center	(831) 240-4020	
Employment Development Department (EDD - State Disability)	(831) 464-6886	928 E. Blanco Rd., Ste. 280, Salinas
Valley Hearing Center (Accepts Medicare and MediCal)	Salinas (831) 422-4427	920 Park Row, Salinas
Monterey	(831) 373-4427	880 Cass Street #101, Monterey

***Senior Helpline: 1-800-510-2020**

Revised 01/2026

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Employment		
Senior Community Services Employment Program (SCSEP) Goodwill Central Coast	(831) 423-8611	ccgoodwill.org
Financial Assistance		
AOA Benefits Check-up	(831) 655-1334	allianceonging.org
Salinas	(831) 758-4011	
AOA Tax Counseling Program (Tax Prep)	(831) 655-1334	allianceonging.org
Salinas	(831) 758-4011	
Central Coast Energy Services	(888) 728-3637	energyservices.org
Catholic Charities (financial education, food, immigration assistance)		
Seaside	(831) 393-3110	catholiccharitiesdom.org
Salinas	(831) 422-0602	
Consumer Credit Counseling	(800) 431-8157	credit.org/cccs
Salinas	(831) 424-0606	
Monterey County Dept. of Social Services (Cash Aid)	(866) 323-1953 (877) 410-8823	mcdss.co.monterey.ca.us
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 (877) 410-8823	800 Scott St., Sand City
Food/Home Delivered Meals		
AOA -Food Pantry List (available upon request)	(831) 655-1334	allianceonging.org
Salinas	(831) 758-4011	
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
Monterey County Dept. of Social Services (CalFresh)	(866) 323-1953	co.monterey.ca.us
Government		
California Dept. of Consumer Affairs	(800) 952-5210	dca.ca.gov
California Dept. of Public Health	(916) 558-1784	cdhp.gove
Dept. of Health and Human Service)		hhs.gov
U.S. (San Francisco Office	(415) 437-8090	
California	(916) 654-3454	chhs.ca.gov
Monterey Dept. of Public Health	(831) 755-4500	mttyhd.org
Social Security Administration (SSA)	(800) 772-1213	ssa.gov/reach.htm
Local Field Office	(877) 600-2857	928 E. Blanco Rd., Salinas
Health (Mental)		
AOA Senior Peer Counseling	(831) 655-1334	allianceonging.org
Salinas	(831) 758-4011	
Interim, Inc.	(831) 649-4522	interiminc.org
Interim, Inc.	(831) 649-4522	interiminc.org
Monterey County Behavioral Health	(831) 784-2150	951 Blanco Rd., Ste B, Salinas

	Telephone	Website or Address
Health (Physical)		
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
Administration	(831) 757-8689	
Dental	(831) 444-9722	
Optometry	(831) 757-1264	
Moblle Clinic (medical & dental)	(831) 970-1972	
		1150 Fremont Blvd., Seaside
Hospitals		
Community Hospital of the Monterey Peninsula	(831) 624-5311	chomp.org
Mee Memorial Hospital	(831) 385-6000	meememorial.com
Natividad Medical Center	(831) 755-4111	natividad.com
Salinas Valley Health Medical Center	(831) 757-4333	salinasvalleyhealth.com
Housing/Homeless		
Central Coast Builder's Association	(831) 758-1624	
Coalition of Homeless Service Providers	(831) 883-3080	chsp.org
Community Homeless Solutions	(831) 384-3388	communityhomelessssolutions.org
Community Housing Improvement Systems & Planning Assoc. (CHISPA)	(831) 757-6251	chispahousing.org
Echo Housing	(831) 566-0824	echfairhousing.org
Gathering for Women	(831) 241-6154	gatheringforwomen.org
Good Samaritan Center/Salvation Army	(831) 899-4988	300 Scott St., Sand City, CA
Housing Authority of Monterey County	(831) 755-5000	hamonterey.org
Housing Resource Center	(831) 424-9186	hrcmc.org
MCHOME - Interim, Inc. (Homeless adults with mental illness)	(831) 649-4522	interiminc.org
Hospice		
Heartland Hospice	(831) 373-8442	hcai.ca.gov
Hospice of the Central Coast	(800) 364-7001	montagehealth.org
Universal Health Net Monterey, Inc.	(831) 920-3740	uhnospicemonterey.com
Visiting Nurses Association (VNA) Hospice Office	(831) 975-2341	ccvna.com

	Telephone	Website or Address
In Home Care		
Hands to Help Seniors	(831) 204-0402	h2hs.org
In Home Supportive Services (IHSS)	(831) 755-4466	mcdss.ca.monterey.ca.us/aging
Monterey	(831) 883-7565	
Visiting Nurses Associaton (VNA)	(831) 372-6668	ccvna.com
Legal		
California Advocates for Nursing Home Reform (CANHR)	(800) 474-1116	
Catholic Charities (immigration assistance)	(831) 422-0602	catholiccharitiesdom.org
Legal Services for Seniors	(831) 899-0492	legalservicesforseniors.org
Monterey County Bar Association (for paid attorney referral)	(831) 582-5400	
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/MediCal		
AOA HICAP Program - Medicare Counseling	(831) 655-1334	allianceonging.org
Salinas	(831) 758-4011	
Central Coast Alliance for Health - MediCal	(831) 755-6000	ccah-alliance.org
Monterey Dept. of Social Services - MediCal	(866) 232-1953	msdss.co.monterey.ca.us
	(877) 410-8823	
Nursing Home/Assisted Living Facilities Information and Advocacy		
AOA Ombudsman Program	(831) 655-1334	allianceonging.org
Salinas	(831) 758-4011	
Safety		
Salinas Valley Heath - Lifeline Program	(831) 755-0788	salinasvalleyhealth.com
Senior Centers (Activities & Luncheons)		
AOA - The HUB (Activities & Educational Workshops/Presentations)	(831) 646-5050	236 Monterey St., Salinas
AOA Senior Luncheon - First Tuesday of the month	(831) 646-5050	allianceonging.org
Active Seniors, Inc. (membership)	(831) 624-1588	100 Harvest St., Salinas
Carnel Foundation (membership required)	(831) 624-1588	carmelfoundation.org
Leo Meyer Senior Center	(831) 385-1381	415 Queen St., King City
Los Ositos Community Center	(831) 674-2974	1083 Elm Ave., Greenfield, 93927
Marina Community Center	(831) 884-1258	211 Hillcrest Ave., Marina 93933
Meals on Wheels of the Monterey Peninsula Community Center	(831) 375-4454	700 Jewel Ave., Pacific Grove
Monterey Senior Center at Scholze Park	(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
Salvation Army	(831) 443-9655	2460 Main St., Salinas 93906
Well Connected (Front Porch)	(877) 797-7299	covia.org/programs/well-connected
Social Services		
Alisal Family Resource Center	(831) 755-4500	alisalfrc.org
Dorothy's Place	(831) 757-3838	30 Soledad St., Salinas

		Telephone	Website or Address
Social Services, cont.			
Monterey Department of Social Services - Community Benefits			co.monterey.ca.us/government
	Temporary Cash Assistance	(877) 410-8823	
	General Assistance	(877) 410-8823	
	Medi-Cal	(877) 410-8823	
	CalFresh	(877) 410-8823	
	CalWORKS	(877) 410-8823	
Aging & Adult Services	Salinas	(831) 755-4466	mcdss.co.monterey.ca.us/aging
	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	inteiminc.org
Recovery Center of Community Hospital of the Monterey Peninsula		(831) 625-4608	montagehealth.org
Sun Street Centers		(831) 753-5135	sunstreetcenters.org
Valley Health Associates		(831) 424-6655	valleyhealthassociates.com
Transportation			
Call the Car - Central California Alliance for Health		(831) 430-5577	
Central Coast Cab		(831) 626-3333	centralcoastcoab.com
Yellow Cab, Inc.		(831) 333-1234	yellowcab1234.com
Marina Taxi		(831) 384-3894	379 Reindollar Ave., Marina 93933
ITN Monterey County		(831) 233-3447	itnmontereycounty.org
Monterey Salinas Transit (MST)			mst.org
	Customer Service	(888) 678-2871	
	RIDES Paratransit Program	(831) 264-5869	
	Taxi Voucher Program	(831) 241-9031	
	TRIPs Program	(831) 264-5888	
	Travel Training Program	(831) 264-5886	
	Navigator Program	(831) 264-9803	
Utility Assistance			
AOA Benefits Check-up Program	Monterey	(831) 655-1334	allianceonaging.org
	Salinas	(831) 758-4011	
Central Coast Energy Services (CCES)		(888) 728-3637	energyservices.org
PG&E Care Program		(866) 743-2273	pge.com/care
Veterans			
Military and Veterans Affairs Office (VA)		(831) 647-7613	1200 Aguajito Rd., Ste 003
Monterey VA Clinic		(831) 884-1000	201 9th St., Marina 93933
VA Palo Alto Health Care System		(650) 493-5000	paloalto.va.gov
Veterans Benefits Administration - Regional Office		(800) 827-1000	benefits.va.gov/oakland/
Veterans Suicide Prevention Hotline		(800) 273-8255	
Veterans Transition Center		(831) 883-8387	vtcmonterey.org