




# Assistance for Unemployed California Residents - Information & Referrals

The State of California and partner organizations provide a wide range of services to help individuals who have exhausted or may soon exhaust their unemployment insurance claim. Unemployed individuals may be eligible for assistance to meet basic needs as well as other services such as health care, counseling, employment and training assistance. You can either call 2-1-1 to learn about a broad range of resources or contact the agencies and organizations listed below to directly inquire about their programs.



**2-1-1**  
Get Connected. Get Answers.

*Dial 2-1-1 any day, 24 hours a day, 7 days a week. You will be greeted by a counselor that can get you the help you need.*

*All calls are free and confidential. Trained counselors can help you find local resources to assist you. They have information to help you with child care needs, mental health issues, food help, or workforce retraining, utility and rental assistance.*

*See if 2-1-1 can help you. Call now!*

2-1-1 is not available everywhere

## **BASIC NECESSITIES ASSISTANCE**

### ***California Work Opportunities & Responsibility to Kids (CalWORKs)***

Cash assistance to families with children and pregnant women in the last 120 days of pregnancy, who have little or no assets or income.

<http://www.csac.counties.org> or <http://www.c4yourself.com>

### ***General Assistance or General Relief***

Loans or grants made to the adults without children in their home who have little or no assets or income. <http://www.csac.counties.org>

## **FOOD ASSISTANCE**

### ***Food Stamp Program***

The Food Stamp Program helps low-income individuals & families buy nutritious food at most grocery stores and some farmer's markets.

<http://www.c4yourself.com> / 1-877-847-3663

### ***Emergency Food Assistance Program (EFAP) & Local Food Banks***

In California, federal, state and local community organizations coordinate to ensure that groceries are available at local food banks.

<http://www.cafoodbanks.org>

### ***Free Summer Lunch Programs***

Free lunches are available to all children under 18, regardless of income, every summer. <http://www.cde.ca.gov/ds/sh/sn/summersites10.asp>

### ***School Meals***

Free and reduced-price breakfast & lunch at all California public schools.

### ***Women Infants and Children (WIC)***

Pregnant women & children under 6 receive nutrition support at WIC.

<http://www.cdph.ca.gov/programs/wicworks> / 1-888-942-9675

## **MEDICAL CARE & HEALTHCARE COVERAGE**

### ***Medi-Cal***

Pays for health care for certain low- and medium-income people.

<http://www.csac.counties.org> or <http://www.c4yourself.com>

### ***County Health Program***

Offers health care for low-income people not eligible for other help.

<http://www.csac.counties.org> or <http://www.c4yourself.com>

### ***Community Health Clinics***

California Primary Care Association can help you find a community clinic.

<http://www.cPCA.org/resources/findclinic>

**CAR INSURANCE*****Department of Motor Vehicle***

Learn about low-cost car insurance.

<http://www.dmv.org/car-insurance.php>

**CHILD SUPPORT ASSISTANCE**

Request changes in your child support orders due to loss in job or UI Benefits.

<http://www.childsup.ca.gov>

**COMMUNITY-BASED RESOURCES*****California Community Action Partnership***

Local services including utility and rental assistance.

<http://www.cal-neva.org>

**CREDIT CARD DEBT RELIEF*****Consumer Credit Counseling Services***

A non-profit organization offering credit counseling.

<http://www.cccsstl.org/debtsolutions/index.asp>

**ELDER SERVICES**

Assist elders and their families to identify services and opportunities.

[http://www.aging.ca.gov/local\\_aaa/AAA\\_listing.asp](http://www.aging.ca.gov/local_aaa/AAA_listing.asp)

**JOB TRAINING*****One Stop Career Centers***

Job search support and technical assistance.

<http://www.edd.ca.gov/ONE-STOP/osfile.pdf>

**MENTAL HEALTH*****Center for Working Life***

Access counseling and peer support for unemployed.

<http://www.workinglife.net>

***The Riley Guide Website***

A guide to coping with job loss.

<http://www.rileyguide.com/cope.html>

**HOUSING RESOURCES*****Housing and Urban Development***

To find local non-profit organizations who can offer housing assistance.

<http://www.hud.gov>

To learn about avoiding foreclosure in California.

<http://www.hud.gov/local/ca/homeownership/foreclosure>

Locate a regional housing authority.

<http://www.hud.gov/local/ca/renting/haweb/sites.cfm>

***Housing California***

Homeless prevention programs found at:

[http://www.housingca.org/nr/resources/housing\\_assistance/](http://www.housingca.org/nr/resources/housing_assistance/)

**UTILITIES ASSISTANCE**

California Alternative Rates for Energy Program (CARE) offers low-income consumers a 20 percent discount energy bills. <http://www.cpuc.ca.gov/PUC/energy/Low+Income/care.htm>

The California Public Utilities Counsel (PUC) provides assistance in negotiating a more affordable payment to utility companies if a customer has trouble paying his/her energy, telephone, or water bill. plan: [http://www.cpuc.ca.gov/puc/cec/b\\_paymentplan.htm](http://www.cpuc.ca.gov/puc/cec/b_paymentplan.htm)

Some utilities have emergency payment assistance programs for their customers.

<http://www.cpuc.ca.gov/PUC/energy/Electric+Rates/billassist.htm>

Family Electric Rate Assistance (FERA) Program provides families with slightly higher incomes. FERA is available for customers of Southern California Edison, San Diego Gas and Electric Company, and Pacific Gas and Electric Company. <http://www.cpuc.ca.gov/PUC/energy/Low+Income/fera.htm>

The Low-Income Energy Efficiency program provides no-cost weatherization for low-income households who meet the **CARE** income guidelines: <http://www.cpuc.ca.gov/PUC/energy/Low+Income/liee.htm>

The Department of Community Services and Development can connect people to home energy assistance, energy crisis intervention, and low-income weatherization programs. <http://www.csd.ca.gov>

Lifeline telecommunications program provides a discount for landline service, unlimited local incoming and outgoing calls. <http://www.cpuc.ca.gov/PUC/Telco/Public+Programs/ultra.htm>