

# Assistance for Parents Losing Child Care

## Information & Referrals

For parents who may be faced with the loss of child care support, this flyer contains information for other child care options as well as basic needs assistance and other services such as health care, counseling, employment and training assistance. In many parts of California, you can call 2-1-1 to learn about resources in your community or contact the agencies & organizations listed below directly to inquire about their programs. Some programs may have eligibility criteria.



*Dial 2-1-1 any day, 24 hours a day, 7 days a week. You will be greeted by counselors that can refer to the local services you need.*

*All calls are free and confidential. They have information on local resources including utility assistance, child care, mental health, food help or workforce retraining.*

*See if 2-1-1 can help you, Call Now!*

### REFERRAL INFORMATION FOR CHILD CARE SERVICES

#### *California Child Care Resource & Referral Network*

Child Care Resource and Referral (R&R) agencies are located in every county in California and assist parents with referrals to services. Link to map <http://www.rrnetwork.org/resources-and-links/california-map.html>

### BASIC NECESSITIES

#### *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.cdss.ca.gov/calworks> or <http://www.c4yourself.com>

#### *General Assistance or General Relief*

Loans or grants are available for adults without children who have little or no assets or income. <http://www.cwda.org/links/chsa.php>

### FOOD ASSISTANCE

#### *Food Stamp Program*

**Note:** If you already receive food stamps, check with your county worker to see if you are eligible for more benefits due to increased child care costs.

The Food Stamp Program helps low-income people 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*

Groceries are available at local food banks. <http://www.cafoodbanks.org>

#### *School Meals*

Free & reduced-price breakfast & lunch at public schools when in session.

#### *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. Apply at: <http://www.cwda.org/links/chsa.php> or <http://www.c4yourself.com>

#### *County Health Program*

Counties offer health care for low-income people not eligible for other help. <http://www.cwda.org/links/chsa.php> or <http://www.c4yourself.com>

## Information & Referrals

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### LOW COST CAR INSURANCE

#### *Department of Insurance*

Learn about low-cost car insurance.

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

### 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

#### *Cal-Neva 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)

### FINDING A JOB

#### *One Stop Career Centers*

Job search support and technical assistance.

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

### FINDING A JOB

#### *Employment Development Department*

Online guides to jobs and job seeker services.

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

### MENTAL HEALTH

#### *The Riley Guide Website*

A guide to coping with job loss.

### HOUSING RESOURCES

#### *Housing and Urban Development*

To find local non-profit organizations who can offer housing assistance. <http://www.hud.gov>

Learn about avoiding foreclosure

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

Locate a regional housing authority.

<http://www.hud.gov/local/ca/renting/hawebsites.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 on energy bills. <http://www.cpuc.ca.gov/PUC/energy/Low+Income/care.htm>

The California Public Utilities Commission (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.

[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 assistance to families with slightly higher incomes. FERA is available for customers of Southern Ca. 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>