

- **Army Community Service: 831-242-5501; [www.monterey.army.mil](http://www.monterey.army.mil)**
  - Emergency financial assistance through interest-free loans and grants for rent, utilities, food, emergency travel, medical and funeral expenses for active duty soldiers and their dependents, as well as retirees.
  
- **Cash Aid: CalWORKS, General Assistance Program: Salinas, Seaside, King City 1-866-323-1953; [www.mcdss.co.monterey.ca.us](http://www.mcdss.co.monterey.ca.us) and [www.c4yourself.com](http://www.c4yourself.com)**
  - Limited cash aid is provided to low-income families with minor children under the CalWORKS program. Clients apply at the above sites for Cash Aid, Healthcare, and CalFresh (food stamps). Under the county's General Assistance Program, very limited financial assistance is provided to single adults and couples who have no dependent children, scant income and resources, and who do not qualify for state and federal cash assistance programs. Clients receiving county financial assistance must meet specific eligibility requirements and may be required to reimburse the county for aid received. Clients may also apply for CalWORKS and CalFresh benefits online at the C4Yourself website noted above. Website is in both English and Spanish.
  
- **Catholic Charities: Salinas 831-753-5314, Seaside 831-393-3110; [www.catholiccharitiescentralcoast.org](http://www.catholiccharitiescentralcoast.org)**
  - Limited financial assistance for rent and utilities provided through the client support services program, depending on available funds.
  
- **Central Coast Energy Services: 1-888-728-3637; [www.energyservices.org](http://www.energyservices.org)**
  - Two energy bill assistance programs for low-income Monterey County residents: HEAP (Home Energy Assistance Program) provides payment assistance with home energy bills. One time per calendar year. HEAP applicants may also be eligible for free home weatherization services to reduce energy costs. This agency accepts applications for CARE (California Alternate Rates for Energy), offered by PG&E, which gives eligible low-income households a 20% discount off their monthly energy bill.
  
- **Good Samaritan Center: 831-899-4988; [www.tsamonterey.com](http://www.tsamonterey.com)**
  - Provides assistance with rent, food, and utility bills for Monterey Peninsula residents, as well as case management services.
  
- **Housing Resource Center: 831-424-9186; [www.hrcmc.org](http://www.hrcmc.org)**
  - Provides emergency rent assistance, assistance with security deposits and move-in assistance for low income households. Also provides first-time homebuyer's workshops, foreclosure education and counseling, and financial literacy/credit

education. Services are in both English and Spanish. All of these programs are dependent upon available funds.

- **The Salvation Army: 831-443-9655; [www.salvationarmyusa.org](http://www.salvationarmyusa.org)**
  - Assistance with energy bills may be provided. Individuals are pre-screened by phone to see if they qualify. No walk-ins. Services by appointment only.
- **Volunteer Income Tax Assistance Program (VITA): 831-372-8026; call 2-1-1 for information on sites, dates, and times of service; [www.unitedwaymcca.org](http://www.unitedwaymcca.org)**
  - This program helps low-income individuals and families prepare their income tax returns at various locations throughout the county. Volunteers help ensure that eligible people receive all income tax credits. Services, in both English and Spanish, are offered from February to mid-April. No fees charged.