



# Need Assistance?

If you need assistance, the following programs may be able to help:



# Apply for \* BENEFITS

CalWORKs • CalFresh • Medi-Cal • General Assistance

**CalWORKs** offers temporary cash assistance to low income families with children. Eligible parents/caretakers may also participate in education, training and other support services.


**CalFresh** is Santa Cruz County's biggest food assistance program. CalFresh helps people to buy nutritious food, stretch food budgets and prevent food insecurity for families and individuals.

**Medi-Cal** provides free or low cost health coverage to children and adults with limited income and resources.

**General Assistance** provides temporary cash assistance to adults with very little to no income and who do not qualify for other cash assistance programs.

For more information and to apply:

 **PHONE**  
1-888-421-8080

 **IN PERSON**  
1020 Emeline Ave., Santa Cruz  
18 West Beach St., Watsonville

 **ON LINE**  
[www.getcalfresh.org](http://www.getcalfresh.org)  
[www.benefitscal.com](http://www.benefitscal.com)

