



## Help starts here.

### Call 2-1-1 to get information on:

After school programs  
Alzheimer resources  
Childcare services  
Crisis intervention  
Disability services  
Domestic violence programs  
Drug & alcohol counseling  
ESL classes  
Family counseling  
Food & clothing assistance  
Gang prevention & intervention  
Health & dental clinics  
HIV/AIDS programs  
Home health care  
Housing & shelters  
Job training  
Legal assistance  
Literacy services  
Mental health counseling  
Mentoring programs  
Parenting classes  
Senior services  
Suicide prevention  
Transportation services  
Utility & rental assistance  
Volunteer opportunities  
Where to donate furniture, vehicles, etc.

### Connecting people to services they need

*It's fast, free, confidential and available  
24 hours a day in more than 150 languages.  
Trained specialists will help match your  
needs to local services.*

**www.211mc.org**  
**TTY/TDD 877-211-3233**  
**For emergencies call 9-1-1**