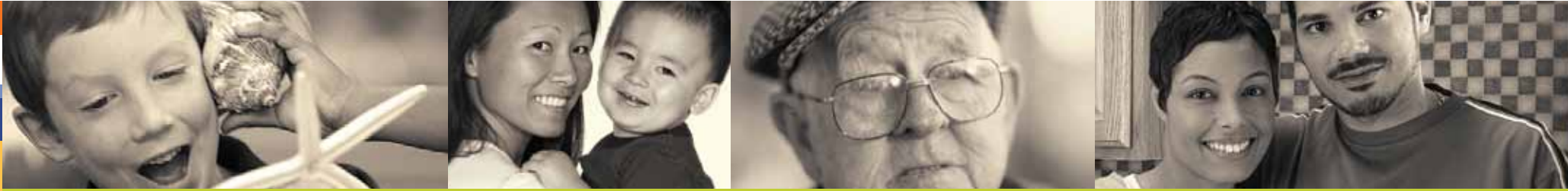


Help starts here.



Call 2-1-1 to get information about services you need, including:

- After school programs
- Crisis intervention
- Disability services
- Domestic violence programs
- Drug & alcohol counseling
- ESL classes
- Family counseling
- Food & clothing assistance
- Gang prevention & intervention
- Health & dental clinics
- Housing & shelters
- Immigration assistance
- Job training
- Legal assistance
- Mental health counseling
- Senior services
- Transportation services
- Utility & rental assistance
- Volunteer opportunities
- Where to donate furniture, vehicles, etc.
- And so much more...

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 services near you.

United Way Monterey County
www.211mc.org
TTY/TDD 877-211-3233
For emergencies call 9-1-1

