



831-675-5000



cityofgonzales



147 Fourth Street



cityofgonzales



www.gonzalesca.gov



teamsideline.com/gonzales



CITY OF GONZALES

RECREATION & COMMUNITY ENGAGEMENT DEPARTMENT



MAY 2026

CITY COUNCIL MEETINGS

MAY
04

TIME: @ 6PM

MAY
18

LOCATION: GONZALES COUNCIL CHAMBER
117 4TH STREET GONZALES CA 93926



SCAN QR CODE
TO VIEW
AGENDA PACKET

Join via Zoom:

<https://us06web.zoom.us/j/87020263943>

View our Agenda Packet:

<https://gonzalesca.iqm2.com/Citizens/Default.aspx>



MAYO 2026

JUNTAS DEL CONCEJO MUNICIPAL

MAYO
04

HORA: @ 6PM

MAYO
18

LUGAR: GONZALES COUNCIL CHAMBER
117 4TH STREET GONZALES CA 93926



ESCANEE EL
CÓDIGO QR
PARA VER EL
PAQUETE DE LA
AGENDA

Participa a partir de Zoom:

<https://us06web.zoom.us/j/87020263943>

Vea nuestro paquete de agenda:

<https://gonzalesca.iqm2.com/Citizens/Default.aspx>



SUBSCRIBE

Newsletter



SCAN ME

and

**KEEP UP WITH
WHAT IS
HAPPENING IN
GONZALES!**

-  News
-  Events announcements
-  Updates





SUSCRÍBETE

Boletín Informativo



ESCANÉAME

Y

**MANTENTE AL
DÍA CON LO QUE
ESTÁ PASANDO
EN GONZALES!**

-  Noticias
-  Anuncios de eventos
-  Actualizaciones





MAY COMMUNITY CALENDAR

Be sure to mark your calendars and participate in a range of activities and gatherings suitable for all! Please refer to the information below for events & reminders.

For questions please call 831-675-5000.



Kid Power After School Program

- **KP After School Program:** We are still accepting registrations for our After School Program for the months of May/June. | Cost: \$276/\$345 nonresident



Senior Programming

- **Chair Yoga:** First and Third Tuesday of the month at 9:00AM @ The Taylor Farms Health & Wellness Center | Cost: FREE
- **Benefits Checkups & Outreach:** Hosted by Alliance on Aging, Tuesdays from 9AM-12PM @ The Taylor Farms Health & Wellness Center | Cost: FREE



Events

- **South County Youth Summit:** Join us for the 3rd Annual South County Youth Summit, Saturday, May 2nd @ the Gonzales Community Center @ 9:30AM- 2:00PM. | Cost: FREE | Registration required.
- **Walk for Health:** Hosted by Salinas Valley Health & The Live Well Project, Friday, May 22 @ 10AM-11AM @ Central Park.
- **Zumba:** Hosted by Salinas Valley Health Monday, May 4th & May 11th from 6PM-7PM @ Taylor Farms Health and Family Wellness Center. | Cost: FREE
- **Yoga:** Hosted by Salinas Valley Health Saturday, May 2nd & May 16th @ 9AM-10AM @ Taylor Farms Family Health & Wellness Center. | Cost: FREE
- **Take Care of Yourself You Deserve It:** Peer counseling, Thursdays @ 5:30PM- 7:30PM @ 133 4th St Suite C, Gonzales, CA



City Sports

- **Summer Youth Volleyball Clinic:** Boys & Girls ages 10-14 from June 15th - July 17th @ Fairview Middle School Gym | Cost: \$60/\$70 non-residents.
- **Youth Summer Flag Football League:** Ages: 5-14, June 1st- July 24th. Game Days: Ages: 5-7 Wed or Thurs TBD & Sat. Ages 8-14: Friday Nights & Saturday morning. | Cost: \$70/\$87.50 Non-Resident.
- **Adult Co-Ed Summer Slow Pitch Softball League:** Season starts June 8th-July 30th. Games: Monday-Thursday Evenings. | Cost: Team Registration: \$50 | Player Registration: \$50



Aquatics

- **Community Pool:** The community pool opens in June! Do not miss out on our exciting programs for all ages: To register please stop by the Community Pool Mon- Fri 2-9PM or Saturday 10:30AM-3PM or for question please call (831)675-3629.
- **Private pool party reservations** are also available. Sign up now at <https://www.teamsideline.com/gonzales>



Community Center Programming

- **Boys & Girls Club:** Mondays & Wednesdays: 2-6PM & Thursdays: 1-6PM | Cost: FREE
- **Wing of Knowledge STEAM Services:** Tuesdays 2PM-6 PM | Cost: FREE
- **City Drop in Services for Teens:** Fridays: 3-6PM | Cost: FREE



Food Distributions

- **Food Bank for Monterey County:** Every 3rd Wednesday from 9:30AM to 10:30AM at St. Theodore's Church.
- **Gonzales Community Pantry:** 9AM every 3rd and 4th Friday of each month at the Mission Annex on 4th & Day Streets.



City Council Meetings

- Monday, May 4, 2026 @ 6PM and Monday, May 18, 2026 @ 6PM in the Council Chambers.



Utility Due Date

- May Utility Bill is due on Tuesday, May 25.



CALENDARIO COMUNITARIO DE MAYO

¡Asegúrese de marcar sus calendarios y participar en una variedad de actividades y eventos para todos! Consulte la información a continuación para conocer los eventos y recordatorios. Si tiene alguna pregunta, llame al 831-675-5000.



Programa Kid Power Después De La Escuela

- **Registros KP de Mayo/ Junio:** Todavía estamos aceptando inscripciones para nuestro programa de después de la escuela para el mes de Mayo y Junio. | Precio: \$276/ \$345 para no residentes.



Programas Para Personas Mayores

- **Yoga en silla:** Cada primero y tercer Martes del mes a las 9:00 AM en el Centro de Salud y Bienestar de Taylor Farms | Costo: GRATIS
- **Revisión de Beneficios y Servicios de Extensión:** Organizado por Alliance on Aging, los Martes de 9 AM a 12 PM en el Centro de Salud y Bienestar de Taylor Farms | Costo: GRATIS



Eventos

- **Cumbre Juvenil del Condado del Sur:** Acompáñenos en la 3.ª Cumbre Anual Juvenil del Condado del Sur, el Sábado 2 de Mayo en el Centro Comunitario de Gonzales, de 9:30 AM a 2:00 PM. | Costo: GRATIS
- **Caminata Por La Salud:** Organizada por Salinas Valley Health y El Proyecto Vive Bien Viernes, 22 de Mayo @ 10AM-11AM @ Central Park. | Costo: GRATIS
- **Zumba:** Organizado por Salinas Valley Health. Lunes 4 y 11 de Mayo, de 6 PM a 7 PM, en el Centro de Salud y Bienestar de Taylor Farms. | Costo: GRATIS
- **Yoga:** Organizado por Salinas Valley Health. Los Sábados 2 y 16 de Mayo, de 9 AM a 10 AM, en el Centro de Salud y Bienestar de Taylor Farms. | Costo: GRATIS
- **Cuidate Te Lo Mereces:** Grupo de apoyo los Jueves a las 5:30PM-7:30PM en el 133 Calle 4 Suite C, Gonzales, CA



Deportes De La Ciudad

- **Clinica de Voleibol de Verano para Jóvenes:** Niños y niñas de 10 a 14 años del 15 de Junio- 17 de Julio en el gimnasio de la Escuela Secundaria Fairview. | Costo: \$60/ \$70 para no residentes.
- **Liga Juvenil de Flag Football de Verano:** Edades: 5 a 14 años. Del 1 de Junio al 24 de Julio. Días de juego: Edades de 5 a 7 años: Miércoles o Jueves (por confirmar) y Sábados. Edades de 8 a 14 años: Viernes por la noche y Sábados por la mañana. | Costo: \$70 / \$87.50 para no residentes.
- **Liga de Sóftbol Mixta de Lanzamiento Lento para Adultos:** La temporada se extiende del 8 de Junio al 30 de Julio. Partidos: De Lunes a Jueves por la noche. | Costo: Inscripción por equipo: \$50 | Inscripción por jugador: \$50



Deportes Acuáticos

- La piscina comunitaria se abre en Junio! No se pierda de nuestros programas para todas las edades: Para inscribirse, por favor visite la piscina comunitaria de Lunes a Viernes, de 2PM a 9PM, o los Sábados, de 10:30AM a 3PM; si tiene alguna pregunta, por favor llame al (831)675-3629.
- También se pueden reservar fiestas privadas en la piscina. Regístrese ahora en <https://www.teamsideline.com/gonzales>



Programación del Centro Comunitario

- **Programa de Boys & Girls Club:** Lunes y Miércoles: 2 PM-6 PM y Jueves: 1-6p.m | Costo: GRATIS
- **Servicios STEAM de Wings of Knowledge:** Martes de 2 PM a 6 PM | Costo: GRATIS
- **Servicios Para Adolescentes:** Viernes: 3 PM- 6 PM | Costo: GRATIS



Distribución de Comida

- **Banco de Alimentos del Condado de Monterey:** Cada tercer Miércoles de 9:30AM a 10:30AM en la iglesia St. Theodore's.
- **Dispensa comunitaria de Gonzales:** A las 9 AM cada tercer y cuarto viernes de cada mes en Mission Annex, en las calles 4th y Day.



Sesiones del Concejo Municipal

- Lunes, 4 de Mayo, a las 6PM y Lunes, 18 de Mayo, a las 6PM, en la Sala del Consejo.



Fecha de Pago de Servicios Públicos

- La factura de servicios públicos de Mayo vence el Martes 25 de Mayo.

CITY OF GONZALES 2026
ADULT CO-ED SUMMER SLOW PITCH

SOFTBALL
LEAGUE

Team
Registration
\$50

Register Now!

Player
Registration
\$50

COACHES!!

GET YOUR ROSTERS READY & REGISTER ONLINE
www.teamsideline.com/gonzales

Team Registration Deadline: May 24th

Player Registration Deadline: June 21st

Season June 8th - July 30th

Games: Monday - Thursday Evenings

Questions contact Sports Coordinator Isabel Navarro @ 831-675-4215
or inavarro@ci.gonzales.ca.us

●●● CITY OF GONZALES 831-675-5000 ●●●

SUMMER YOUTH

VOLLEYBALL CLINIC

2026

Boys & Girls Ages 10-14



**JUNE 15TH TO
JULY 17TH**

CLINIC LOCATION

Fairview Middle School Gym
560 Fifth St. Gonzales, CA 93926

**Gonzales Resident \$60
Non Resident \$70**

For More info. & to Register online Visit:

www.teamsideline.com/gonzales

or contact Isabel Navarro at 831-675-4215 or Inavarro@ci.gonzales.ca.us



City of Gonzales Youth Summer Flag Football League

Ages 5-14

June 1st - July 24th, 2026

Game Days: Ages 5-7 Weds or Thurs TBD & Sat.

Ages 8-14 Friday Nights & Saturday Mornings

\$70.00 Gonzales Resident

\$87.50 Non Resident

Register online at:

www.teamsideline.com/gonzales

COACHES AND OFFICIALS NEEDED

OFFICIALS ARE A PAID POSITION

Head Coaches will receive a small stipend at the end of the season.

MUST complete coaches requirements and background.

Register online as Volunteer

**For more Information Contact Isabel Navarro at 831-675-4215 or
Email: Inavarro@ci.gonzales.ca.us**



WE ARE

Hiring!

POSITION: FINANCE MANAGER

Summary of Job Description: The City of Gonzales is seeking to fill a Finance Manager position. The Exempt Finance Manager reports to the City Manager and works collaboratively to provide oversight and leadership for all the finance functions of the City including payroll, budget preparation, monitoring and control, utility billing, accounts payable and receivables. The Finance Manager also provides direct supervision to the Senior Accounting Technician.

Salary: \$7,500 - \$10,206/month

Education: Equivalent to completion of a bachelor's degree in Public or Business administration, Economics, Accounting, Finance or a related field with course work in accounting, finance and business administration.

Experience: Five years of increasingly responsible experience performing a wide variety of duties related to fiscal resource management, including at least two years of significant administrative experience in public finance and accounting.

For the job announcement and application materials, please visit the City's website at:

<https://gonzalesca.gov/services/human-resources/job-opportunities>

2026

GONZALES COMMUNITY POOL SCHEDULE

THE GONZALES COMMUNITY POOL WILL OFFICIALLY OPEN TO THE PUBLIC STARTING TUESDAY, JUNE 10

WEEKDAY SWIM LESSONS

1st session starts June 16

SESSION 1&2 \$60 TUE-FRI FOR 2 WEEKS.

SESSION 3 \$60

MORNING:

- DAYS: Tuesday-Friday
- HOURS:
 - 10AM-10:30AM
 - 10:30AM-11AM

AFTERNOON:

- DAYS: Tuesday-Friday
- HOURS:
 - 4:30PM-5PM
 - 5PM-5:30PM
 - 5:30PM-6PM

REC SWIM

Monday:

- HOURS:
 - 7PM-9:00PM

\$3- YOUTH
\$5- ADULTS

TUESDAY-FRIDAY:

- HOURS:
 - 2PM-4:30PM
 - 7PM-9:00PM

SATURDAY:

- HOURS:
 - 1PM-3PM



PRIVATE SWIM LESSONS FOR YOUTH & ADULTS:

\$45/PER SESSION

SATURDAY:

- HOURS:
 - 12:00PM-12:30PM

To inquire about additional times, please contact the Pool Manager at: 831-675-3629

H2O BLAST (AQUA FITNESS)

AFTERNOON:

- DAYS: Tuesday- Friday
- HOURS:
 - 6PM-6:30PM
 - 6:30PM-7PM

PARENT-CHILD SWIM

1st session starts June 14

\$40 EVERY SAT. 4 WEEKS.

- DAYS: Saturday
- HOURS:
 - 9:30AM-10AM



SATURDAY SWIM LESSONS

1st session starts June 14

\$40 EVERY SAT. 4 WEEKS.

MORNING:

- HOURS:
 - 10:30AM-11AM
 - 11AM-11:30AM



POOL PARTIES

- SATURDAY'S
 - 4PM-7PM
- SUNDAY'S
 - 12PM-3PM
 - 4PM-7PM



For Summer Pool Passes and Pool Party registrations- scan the QR code or visit:

<https://www.teamsideline.com/gonzales>

To register for Swim Lessons, Parent-Child Swim, & Private Swim please stop by the Community Pool Mon-Fri 2-9PM or Sat 10:30AM-3PM or for questions call 831-675-3629.

City of Gonzales

COMMUNITY CENTER PROGRAMMING



NOW OPEN FOR GRADES 6-12!

BOYS & GIRLS CLUB:

Mondays & Wednesdays: 2-6PM &
Thursdays: 1-6PM | Cost: FREE

CITY DROP IN SERVICES FOR TEENS:

Fridays: 3-6PM
| Cost: FREE

WINGS OF KNOWLEDGE STEAM SERVICES:

Tuesdays: 2-6PM
| Cost: FREE



 620 5TH STREET,
GONZALES, CA

FOR MORE INFORMATION CALL: 831-776-2283

Ciudad de Gonzales

PROGRAMACIÓN DEL CENTRO COMUNITARIO



¡AHORA ABIERTO PARA LOS GRADOS 6-12!

PROGRAMA DE BOYS & GIRLS CLUB:

Lunes y Miércoles: 2-6 PM y
Jueves: 1-6 PM | Precio: GRATIS

SERVICIOS PARA ADOLESCENTES:

Viernes: 3-6 PM
| Precio: GRATIS

SERVICIOS STEAM DE WINGS OF KNOWLEDGE:

Martes: 2PM- 6PM
| Precio: GRATIS



 620 CALLE S,
GONZALES, CA

PARA MÁS INFORMACIÓN LLAME AL
831-776-2283

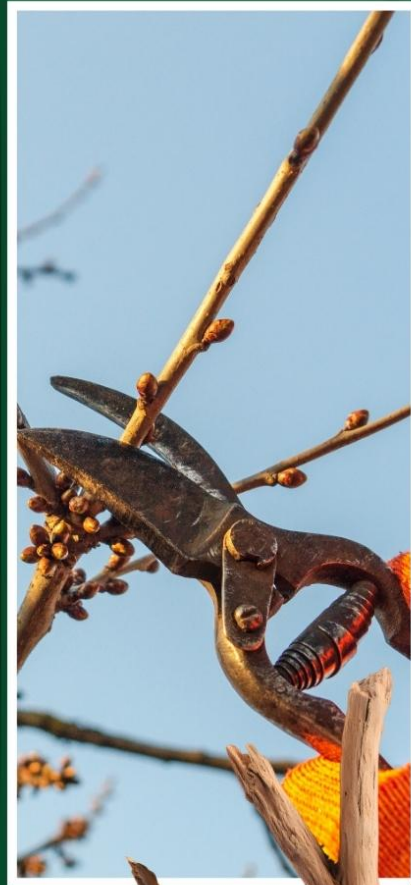
DID YOU KNOW KNOW YOU CAN CALL CITY HALL TO HAVE STREET TREE TRIMMINGS PICKED UP?



Please follow the steps below to ensure your tree trimmings get picked up.

REQUEST PROCESS:

- ✓ Ensure trimmings are from Street Trees. Unsure? Call us and we can help!
- ✓ Branches need to be a **maximum** of 4ft long.
- ✓ Branches need to be placed next to the curb on the street.
- ✓ Call 831-675-5000, option 5 for Public Works Department & we will ask for address, name, & phone number.
- ✓ Turn around for pick up depends on Public Works availability, but typically is 1-2 days on Monday-Friday.



¿SABÍAS QUE PUEDES LLAMAR A LA OFICINA DE LA CIUDAD PARA QUE RECOJAN LOS RESTOS DE LA PODA DE LOS ÁRBOLES DE LA CALLE?



Siga los pasos que se indican a continuación para asegurarse de que recojan los restos de poda de su árbol.

PROCESO DE SOLICITUD:

- ✓ Asegúrese de que los recortes sean de árboles de la calle. ¿No está seguro? ¡Llámenos y le ayudaremos!
- ✓ Las ramas deben tener una longitud **máxima** de 4 pies.
- ✓ Las ramas deben colocarse junto al bordillo de la calle.
- ✓ Llame al 831-675-5000, opción 5, para comunicarse con el Departamento de Obras Públicas, y le pediremos su dirección, nombre y número de teléfono.
- ✓ El tiempo de recogida depende de la disponibilidad de obras públicas, pero normalmente es de 1 a 2 días de lunes a viernes.



**INTERNET IS FOR
EVERYONE!**

To apply
scan QR
code



**INTERNET ES PARA
TODOS!**

Escanee el
código QR
para aplicar





Gonzales Community Church Clothing Closet

OPEN

TUESDAY - WEDNESDAY 2PM TO 4PM
THURSDAY 1-3PM

LOCATED AT THE MISSION ANNEX ON
4TH AND DAY STREET



Armario de Ropa de la Iglesia Comunitaria de Gonzales

ABIERTO
MARTES - MIÉRCOLES 2PM A 4PM
Jueves 1-3PM

UBICADA EN EL ANEXO DE LA MISIÓN
EN LA CALLE 4 Y DÍA



Weekly

**FOOD
DISTRIBUTIONS**



Semanalmente

**DISTRIBUCIONES
DE ALIMENTOS**



EVERY 3rd THURSDAY OF THE MONTH

At Saint Theodore's Church
9:30 AM TO 10:30AM



**EVERY 3rd & 4th FRIDAY
OF THE MONTH**

at the Mission Annex on 4th & Day Street
9:00 AM



CADA TERCER JUEVES DEL MES

En la iglesia de San Teodoro
9:30 AM TO 10:30AM



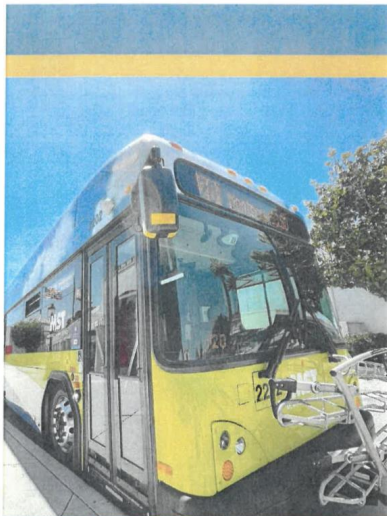
**CADA TERCERA y CUATRO VIERNES
DEL MES**

en el anexo Misson en 4th & Day Street
9:00 AM



THANK YOU TO EVERYONE
THAT JOINED US FOR OUR
FIRE DEDICATION CEREMONY!





CUSTOMER SERVICE LOCATIONS



SALINAS TRANSIT CENTER

110 Salinas St., Salinas



MARINA TRANSIT EXCHANGE

280 Reservation Rd., Marina



BUS STOP SHOP

201 Pearl St., Monterey



GROUP DISCOUNT PROGRAM

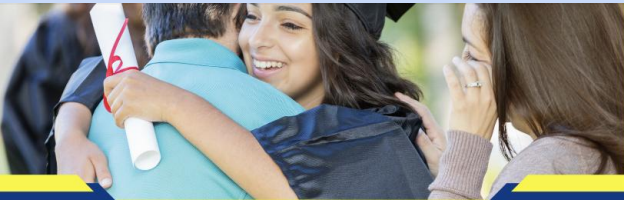
The Monterey-Salinas Transit Group Discount Program provides 31 Day MST GoPasses at reduced costs. Based on the number of GoPasses your organization orders, participants can enjoy substantially reduced costs – making riding the bus an outstanding benefit. For more information, or to enroll, please, visit www.mst.org/fares/passes/group-discounts/ or call 1-888-MST-BUS1 (1-888-678-2871).

SAVE UP TO

- 5-20 GoPasses – 25% Discount
Monthly GoPass – \$52.00
- 21+ GoPasses – 35% Discount
Monthly GoPass – \$45.00



www.mst.org/fares/passes/group-discounts



SSRC

Silver Star Resource Center (SSRC) is a multiagency collaborative of prevention and early intervention services designed to promote positive youth developments by reducing risk factors that lead to gang involvement and delinquency of youth in Monterey County ages 6-21. The collaborative provides a "ONE-STOP" location of caring connection for youth and family services. SSRC employs an innovative, multi-agency approach that combines probation supervision, educational, vocational and job training, counseling and mediation services, anger management, truancy abatement, mentoring outreach to the community, substance abuse programs a family support service to at-risk or gang involved youth.

Our Services

Partners For Peace
Building strong families!

PARTNERS FOR PEACE (P4P) FAMILY EDUCATION
754-3888

Providing a continuum of family education services:

- **Strengthening Family Program (SFP)** for caregivers and their youth ages 7-17.
- **Parent Project, Sr. (PP)** for parents/caregivers only of youth with difficult or out-of-control behaviors 11-17.
- **Parent Project, Jr. - Loving Solutions (LS)** prevention program for parents and caregivers only of youth 5-10.
- **Familia Adelante** for caregivers and their youth 9-16. Program gives families new techniques for identifying stressors and risk factors and reduces the effects of acculturation stress.

STEP UP GROUP MENTORING AND THE FAMILY ACCEPTANCE PROJECT
754-3888

- **Step Up Mentoring** serves youth in Salinas and Soledad and provides group mentoring for youth with one or more risk factors. Youth Step-Up an out of life circumstances that limit their options. Youth learn modern life skills for success and earn reward field trips. 7th and 8th graders only.
- **Family Acceptance Project** provides support groups for families of LGBTQ+ youth.

MONTEREY COUNTY PROBATION DEPARTMENT
755-8917

Acts as the lead agency and provides referral processing family assessments, case management and truancy supervision in collaboration with the Monterey County DA's office.

CHILDREN'S BEHAVIORAL HEALTH
796-1378

MONTEREY COUNTY BEHAVIORAL HEALTH
Avanzando Junto
Forward Together

Provides counseling for youth, ages 7-18, with mental health or substance abuse needs.

community human services
hope. help. here.

COMMUNITY HUMAN SERVICES DAISY/YATV
747-0717

- **DAISY, Drug and Alcohol Intervention Services for Youth** and family support for youth abusing substances ages 13-18.
- **YATV, Youth Alternatives to Violence** incorporate diverse education anger management resources and techniques for youth 13-18.

MONTEREY COUNTY WORKS
796-1352

MONTEREY COUNTY WORKFORCE DEVELOPMENT BOARD

- Provides youth with employment services, job skills training, and encouragement to stay in school or help to find jobs.

RESTORATIVE JUSTICE PARTNERS (RJP)
796-6896

- Provides a Victim Impact Program for youth to gain a deeper understanding of the impact crime has on victims, their families and the community. Enhances empathy skills and sensitivity to victims' perspectives. Additional case services/support on various campuses.



Families and youth can be referred by community agencies or self-referred for services.

Additional Collaborative Partners

HARMONY AT HOME
Building Strong Relationships

California Youth Outreach

Sun Street Centers

- **Harmony At Home** provides counselling that promotes alternatives to violence and healthy ways to communicate in relationships. 625-5260
- **California Youth Outreach** provides reentry programs for determined youth and young adults. (559) 445-2680
- **Sun Street Centers** provides life skills training and parenting classes for at-risk youth and their families. 753-5150



Silver Star Resource Center

How SSRC Works?

Scan QR code to complete a referral form in English or Spanish

Assigned partner contacts family to enroll them in services

SSRC Multidisciplinary Team (MDT) Reviews Requests

More Information

[www.co.monterey.ca.us
Type in Probation Silver Star Resource Center](http://www.co.monterey.ca.us>Type in Probation Silver Star Resource Center)

Silver Star Resource Center

855 E. Laurel Drive, Bldg. H, Salinas, CA 93905



Silver Star Resource Center

Services for families and at-risk (at-promise) youth.

YOU CAN MAKE A DIFFERENCE IN A CHILD'S LIFE!



Court Appointed Special Advocates (CASAs) are community volunteers trained to advocate for the best interest of abused and neglected children in the foster care system.

*CASA volunteers must be 21 or older

For more information, visit us at
www.casaofmonterey.org
or email at
info@casaofmongerey.org

SIGN UP FOR AN INFO MEETING:



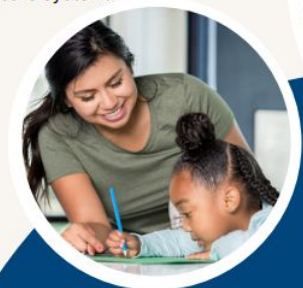
Info Meetings Are Held Mondays and Thursdays

Call the office to schedule a 1-on-1
Info Meeting
(831) 222-3965



Be the Change Be the Voice of Hope Be a **CASA**

Court Appointed Special Advocates (CASAs) are community volunteers trained to advocate for the best interest of abused and neglected children in the foster care system.



Sign up for an
**INFO
MEETING**



EMPOWER A CHILD IN FOSTER CARE.

CASA NEEDS YOUR SUPPORT!

For more information please visit
www.casaofmonterey.org or
Call us 831-222-3965



THANK YOU TO EVERYONE THAT
JOINED US FOR OUR
COMMUNITY GARDENING DAY!





NO PLASTIC IN THE GREEN CART!



¡NADA DE PLÁSTICO EN EL BOTE VERDE!



Remember that plastic and trash don't go in your green organics cart. Food scraps & yard waste become compost for our fields, and lettuce won't grow from plastic. To learn more about food scraps and yard waste recycling, visit <https://svswa.org/residential/green-curb-side-cart/>



ties Disposal & Recy
(888) 678-6798



Recuerde que el plástico y la basura no van en su bote verde. Las sobras de comida y los desperdicios del jardín se convierten en abono para nuestros campos, y la lechuga no crecerá en el plástico. Para obtener más información sobre el reciclaje de sobras de comida y desperdicios de jardín, visite <https://svswa.org/residential/green-curb-side-cart/>



ties Disposal & Recy
(888) 678-6798



Loaves, Fishes & Computers

Fortaleciendo la comunidad a través de la tecnología

LFC se dedica a la inclusión digital en los condados de Monterey, San Benito y Santa Cruz proporcionando recursos gratuitos y de bajo costo que apoyan el acceso a nuestra creciente sociedad digital.

830 Park Row
Salinas CA, 93901

Abierto martes a sábado
10:00 am - 4:00 pm

831-393-9260

Nuestros Servicios



Computadoras Renovadas
Computadoras y accesorios renovados
Las computadoras de escritorio empiezan en \$50



Reparación y asistencia técnica
Obtenga ayuda con preguntas y problemas técnicos o deje su computadora para su reparación con nuestros técnicos



Alfabetización Digital
Clases gratuitas de alfabetización digital e información sobre una variedad de habilidades y aplicaciones tecnológicas. ¡Contáctanos para más información!



Apoyo para personas mayores
Servicios tecnológicos gratuitos para adultos de 60 años. En asociación con la Agencia del Área del Condado de Monterey sobre el Envejecimiento. (No incluye reparaciones)

A quién servimos

Cualquier persona puede acceder a nuestros servicios. Se proporcionan recursos gratuitos y de bajo costo para las siguientes personas:

- Bajos ingresos (Pautas de HUD)
- Personas mayores de 60
- Veteranos
- Desempleados
- Beneficiarios de Medi-Cal/Medicare
- Beneficiarios de SNAP
- Personas discapacitadas
- Estudiantes que reciben almuerzo gratis / reducido
- Beneficiarios de CARES/Lifeline

¡Visitenos para averiguar si califica!

www.LFCTech.org

Tax ID: 27-0187805



Loaves, Fishes & Computers

Strengthening Community Through Technology

LFC is dedicated to digital inclusion by serving the Monterey, San Benito & Santa Cruz counties by providing free and low-cost resources that support access to our ever increasing digital society

830 Park Row
Salinas CA, 93901

Open Tuesday - Saturday
10:00 am - 4:00 pm

831-393-9260

Our Services



Refurbished Computers
Refurbished computers & accessories for sale. Desktops start at \$50



Repair & Tech Support
Get help with basic tech questions and issues or leave your computer for repair to our expert technicians



Digital Literacy
Free digital literacy classes and information on a variety of tech skills and applications. Contact us for more information!



Support for Seniors
Free tech services for adults 60+ years old. In partnership with the Monterey County Area Agency on Aging. (Repairs not included)

Who we serve

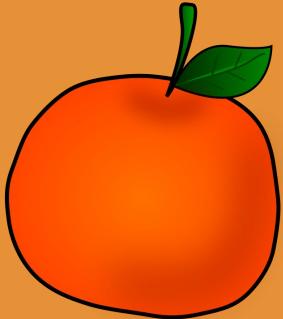
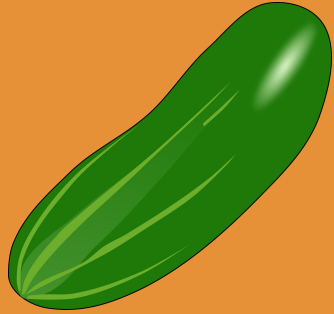
Anyone can access our services. Low-cost and free resources are provided for the following individuals:

- Low-income (HUD Guidelines)
- Seniors 60+
- Veterans
- Unemployed
- Medi-Cal/Medicare Recipients
- SNAP Recipients
- Disabled
- Students receiving free/reduced lunch
- CARES/Lifeline Beneficiaries

Visit us to find out if you qualify!

www.LFCTech.org

Tax ID: 27-0187805



LA PRINCESA MARKET

614 Williams Road, Salinas, CA
516 East Alisal Street, Salinas, CA
401 El Camino Real, Greenfield, CA
620 Broadway Street, King City, CA

UTILICE
su tarjeta de
CalFresh/EBT card

1

USE
your CalFresh/EBT
card

COMPRE
frutas y verduras
cultivados en California

2

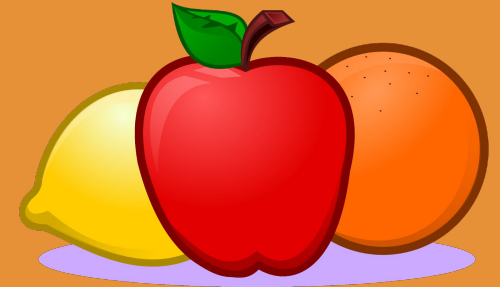
BUY
California grown
fruits & vegetables

GANE
un 50% de descuento
en su compra de productos
cultivados en California

3

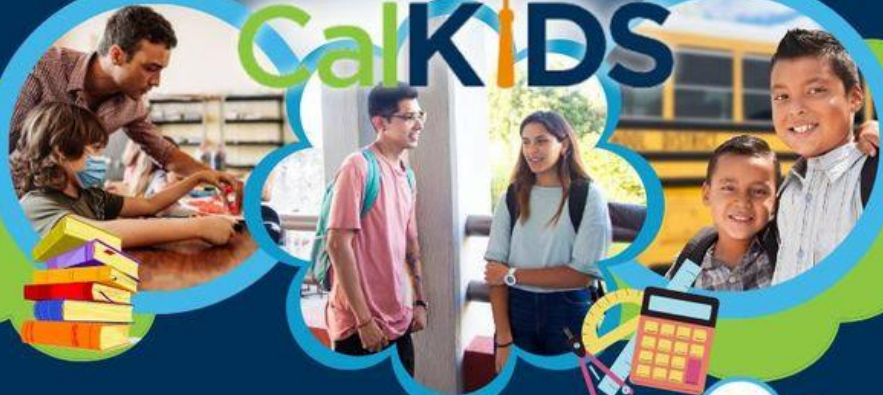
EARN
a 50% discount
on your California grown
produce purchase

HASTA \$15
POR DIA
UP TO \$15 PER DAY





CalkIDS



**OUR KIDS HAVE A FUTURE WORTH
SAVING FOR. CLAIM YOUR CHILD'S
SAVINGS ACCOUNT TODAY!**

**Up to \$1,500
per child**

FREE funded college savings accounts
for kids in Monterey County!

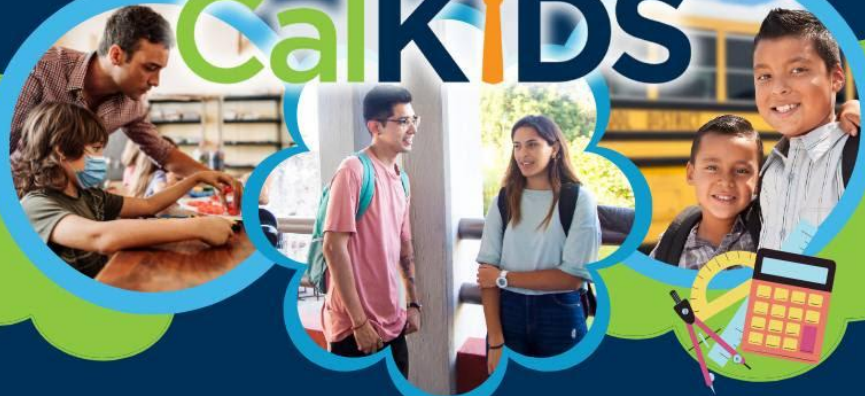
Over 64,000 eligible children in Monterey County



 <https://calkids.org>



CalkIDS



**NUESTROS HIJOS TIENEN UN FUTURO
QUE VALE LA PENA AHORRAR.
¡RECLAMA LA CUENTA DE AHORROS DE
TU HIJO HOY MISMO!**



**Hasta \$1,500
por niño**

¡Cuentas de ahorro universitario financiadas GRATIS
para niños en el Condado de Monterey!

EN ESPAÑOL



 <https://calkids.org>



community
human services
hope. help. here.



OUR MISSION

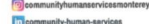
Community Human Services is a nonprofit agency dedicated to providing high quality mental health, substance abuse and homeless services to Monterey County residents to help them reach their full potential.

ADMINISTRATION

2511 Garden Rd., Ste. A160
Monterey, CA 93940
(831) 658-3811
www.chservices.org

JOINT POWERS MEMBERS

City of Carmel
City of Del Rey Oaks
City of Marina
City of Monterey
City of Pacific Grove
City of Salinas
City of Sand City
City of Seaside
Carmel Unified School District
Monterey County Office of Education
Monterey Peninsula Unified School Dist.
Monterey Peninsula College
No. Monterey County Unified School Dist.
Pacific Grove Unified School District
Salinas Union High School District
Santa Rita Union School District



DIRECTORY OF PROGRAMS AND SERVICES

ABOUT CHS

Community Human Services (CHS) offers free and low-cost services to youth, adults and families experiencing difficulties with mental and emotional health, drugs and alcohol, children's behavior and parenting, domestic violence and homelessness.

MENTAL HEALTH SERVICES

Family Service Centers in Salinas & Seaside – (831) 757-7915; (831) 394-4622

- Outpatient mental health counseling on a variety of issues, from depression and anxiety to relationship, family life, and more
- Parenting education classes
- Domestic violence & anger management group counseling
- Supervised visitation and neutral exchanges for non-custodial parents and children

SUBSTANCE ABUSE SERVICES

Genesis House in Seaside – (831) 899-2436

- Residential drug treatment for adults
- Special program for pregnant and parenting women and their children up to age 5
- Medication-assisted treatment options

Outpatient Treatment Centers in Salinas & Monterey – (831) 237-7222; (831) 383-7800

- Outpatient drug treatment for adults
- Medication-assisted treatment options
- Assessments for all levels of care

Off Main Clinic in Salinas – (831) 424-4828

- Medication-assisted treatment and counseling support for opioid dependent adults
- Medication options include methadone, buprenorphine, disulfiram, and naloxone

Elm House & Sonoma House in Seaside – (831) 899-2436

- Transitional sober housing for single men and women in recovery

Drug & Alcohol Intervention Services for Youth (DAISY) in Salinas – (831) 424-4828 x609

- Substance abuse intervention program for youth ages 12-18
- Parent support group

Substance Use Prevention Program (SUPP) – (831) 424-4828 x609

- School-based substance use prevention/intervention program for youth

HOMELESS SERVICES

Safe Place in Monterey and Salinas – (831) 373-4421; (831) 800-2688

- Youth Navigation and drop-in center for runaway and homeless youth up to age 24
- Overnight emergency shelter for homeless youth ages 18-24 (Monterey only)

Safe Passage in Monterey – (831) 717-4126

- Transitional supportive housing program for homeless youth ages 18-24

Monterey Peninsula and Salinas Valley Street Outreach Programs – (831) 373-4421; 753-8553

- Street outreach, survival aid, crisis counseling and case management for homeless youth up to age 24 throughout Monterey County

Casa de Noche Buena in Seaside – (831) 867-8200

- Emergency shelter and case management for single women and families with children

Shuman HeartHouse – (831) 200-1440

- Emergency shelter and case management for single women and families with children

SHARE Center – (831) 382-6582

- Emergency shelter and case management for women, men, and families

community
human services
hope. help. here.



NUUESTRA MISIÓN

Community Human Services es una agencia sin fines de lucro dedicada a brindando servicios de salud mental, abuso de sustancias y personas sin hogar de alta calidad a los residentes del condado de Monterey para ayudarlos a alcanzar su máximo potencial.

ADMINISTRACIÓN

2511 Garden Rd., Ste. A160
Monterey, CA 93940
(831) 658-3811
www.chservices.org

JOINT POWERS MEMBERS

City of Carmel
City of Del Rey Oaks
City of Marina
City of Monterey
City of Pacific Grove
City of Salinas
City of Sand City
City of Seaside
Carmel Unified School District
Monterey County Office of Education
Monterey Peninsula Unified School Dist.
Monterey Peninsula College
No. Monterey County Unified School Dist.
Pacific Grove Unified School District
Salinas Union High School District
Santa Rita Union School District



DIRECTORIO DE PROGRAMAS Y SERVICIOS

ACERCA DE CHS

Community Human Services (CHS) ofrece servicios gratuitos y de bajo costo a jóvenes y familias que experimentan dificultades con la salud mental y emocional, las drogas y el alcohol, el comportamiento de los niños, la crianza de los hijos, la violencia doméstica y la falta de vivienda.

SERVICIOS DE SALUD MENTAL

Centro Para Servicios de Familia en Salinas y Seaside – (831) 757-7915; (831) 394-4622

- Orientación de salud mental en una variedad de temas, desde la depresión, la ansiedad, relaciones sociales, vida doméstica y más
- Talleres educativos para la crianza de los niños
- Programa de Consejería de violencia doméstica y consejería en grupo sobre cómo controlar el enojo
- Visitas supervisada y Programa de intercambio para padres sin custodia y sus niños

SERVICIOS DE ABUSO DE SUSTANCIAS

Casa Génesis en Seaside – (831) 899-2436

- Tratamiento residencial para adultos en la recuperación del abuso de las drogas
- Programa especial de tratamiento para madres de familia y mujeres embarazadas
- Opciones de tratamiento asistido por medicamentos

Elm House y Sonoma House en Seaside – (831) 899-2436

- Vivienda sobria de transición para hombres y mujeres solteros en recuperación

Outpatient Treatment Centers in Salinas y Monterey – (831) 237-7222; (831) 383-7800

- Tratamiento ambulatorio para adultos en la recuperación del abuso de las drogas
- Opciones de tratamiento asistido por medicamentos
- Evaluaciones para todos los niveles de atención

Clinica Off Main en Salinas – (831) 424-4828

- Tratamiento Medicamento Asistido, consejería para adultos dependientes de opioides
- Las opciones de medicamentos incluyen metadona, buprenorfina, disulfiram, y naloxona

Intervenciones para Jóvenes contra las Drogas y Alcohol (DAISY) en Salinas – (831) 424-4828

- Programa de intervención de abuso de sustancias para jóvenes de 12 a 18 años
- Grupos de apoyo para padres de familia

Programa de Prevención del Uso de Sustancias (SUPP) – (831) 424-4828 x609

- Programa de intervención/prevención del uso de sustancias basado en la escuela para jóvenes

SERVICIOS PARA PERSONAS SIN HOGAR

Safe Place en Monterey y Salinas – (831) 373-4421; (831) 800-2688

- Centro de refugio y navegación para jóvenes viviendo en la calle y sin hogar hasta los 24 años
- Refugio de emergencia durante la noche para jóvenes sin hogar de 18 a 24 años (solo en Monterey)

Safe Passage en Monterey – (831) 717-4126

- Programa de vivienda de apoyo de transición para jóvenes sin hogar de 18 a 24 años

Programas de Alcance en las Calles de la Península de Monterey y el Valle de Salinas – (831) 373-4421; (831) 753-8553

- Alcance en las calles, ayuda para la supervivencia, asesoramiento en caso de crisis y administración de casos para jóvenes sin hogar de hasta 24 años en todo el condado de Monterey

Casa de Noche Buena en Seaside – (831) 867-8200

- Refugio de emergencia y manejo de casos para mujeres solteras y familias con niños

Shuman HeartHouse – (831) 200-1440

- Refugio de emergencia y manejo de casos para mujeres solteras y familias con niños

SHARE Center – (831) 382-6582

- Refugio de emergencia y manejo de casos para mujeres, hombres, y familias

OUR MISSION

The Epicenter exists to empower at-risk and systems involved youth ages 16-24 to flourish by connecting them to community resources that provide opportunities for equality and hope in order to improve youth outcomes in Monterey County.

OUR FOUNDERS



OUR HISTORY

The Epicenter was founded on September 4, 2014 with the support of the VOICES Center in Napa, CA. Eight young people worked together to identify the core needs of youth in Monterey County. Since then we have expanded to provide an array of services to reach the diverse needs of community.

PROGRAMS HOURS & LOCATION

THE EPICENTER

737 S. Main St.
Salinas, CA 93901

Spring / Summer Hours
Monday - Thursday
12:00 p.m. - 6:00 p.m.

Fall / Winter Hours
Monday - Thursday
11:00 a.m. - 5:00 p.m.

CONTACT US

(831)988-7291

INFO@EPICENTERMONTEREY.ORG
WWW.EPICENTERMONTEREY.ORG

 @THEEPICENTER831

 EPICENTER MONTEREY

 @THEEPICENTER831

DONATE



WEBSITE



**MONTEREY
COUNTY'S FIRST
YOUTH-LED
COMMUNITY
RESOURCE CENTER
THAT SUPPORTS
YOUNG PEOPLE AS
THEY TRANSITION
INTO ADULTHOOD.**

THE ONLINE PAYMENT PORTAL IS NOW OPEN



MANAGE ACCOUNT AND GO PAPERLESS

- Scan QR Code
- Click on “Sign in or Sign up”
- **ONCE YOU ARE REGISTERED**
 - Choose the way you pay: one-time payment or autopay (set day)
 - Input card information
 - Receive payment confirmation
- **GO PAPERLESS**
 - Go to “Contact Preferences” tab
 - Click on “Email”
 - Enter Email and confirm it
 - Check on any reminders you want
 - Click on “Update” at the bottom of the page

OR

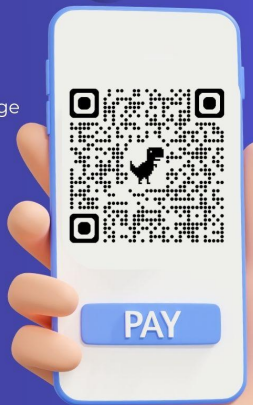
MAKE A QUICK PAYMENT

- Scan QR code
- Click on “Quick Pay”
- Enter your account number
- Verify your Address
- Enter the amount
- Click on Continue and make your payment

OR

MAKE A PAYMENT OVER THE PHONE

- call 833-511-8076 (Toll free, 24/7)
- will need account # and street number
- (Discover, Mastercard and Visa only)



EL PORTAL DE PAGOS EN LÍNEA YA ESTÁ ABIERTO



ADMINISTRA CUENTA Y FACTURAS ELECTRÓNICAS

- Escanea el código QR
- Haga clic en “Iniciar sesión o Registrarse”
- **DESPUES DE REGISTRARSE**
 - Elige la forma de pago: pago único o pago automático (elija el día de pago)
 - Ingresa Información de la tarjeta
 - Recibira una confirmación
- **Configurar Factura Electrónica**
 - Vaya a “Preferencias”
 - Haga clic en “correo electrónico”
 - Ingresa el correo electrónico y confírmelo
 - Aplica los recordatorios a su gusto
 - Haga clic en “Actualizar”

OR

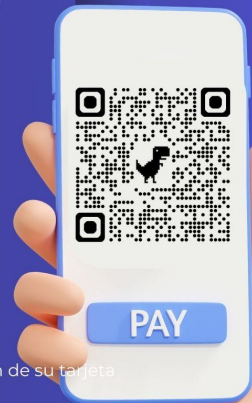
Haga un pago rápido

- Escanea el código QR
- Haga clic en “Pago rápido”
- Ingresa tu numer de cuenta
- Verifica tu dirección
- Ingresa la cantidad
- haga clic en “Continuar” y ingrese la información de su tarjeta

OR

Use la opción de pagar por teléfono

- Llama al 833-511-8076 (24 horas al día, 7 días a la semana)
- Necesitará el número de cuenta y el número de calle.
- (Aceptamos Discover, Mastercard y Visa)





SENECA

FAMILY OF AGENCIES | UNCONDITIONAL CARE

ENHANCED CARE MANAGEMENT

WHAT IS ECM?

A Medi-Cal benefit that addresses clinical and non-clinical needs through highly coordinated care management.



Increase Health Promotion



Engage Family Members

ECM SERVES YOUTH WHO ARE:

At risk of/or experiencing homelessness



Provide Coordination of Care

Transitioning from incarceration



Support with Transitional Care

At risk for Avoidable Hospitalization or ED Utilization



Connect to Community and Social Resources

Stepping down from intensive mental health services

Experiencing serious mental health and/or SUD needs

Involved in Child Welfare



SENECA

FAMILY OF AGENCIES | UNCONDITIONAL CARE

ECM CAN SUPPORT YOUTH WITH:



Accessing medical, dental, and eye care



Connecting with mental health services



Addressing academic-related needs



Scheduling appointments



Arranging transportation to/from appointments



Finding and receiving housing resources



Identifying interests & participating in community activities



Building stronger family and community connections

TO REFER TO SENECA ECM:



(833) 773 - 6322



ECM_Info@senecacenter.org

ADMINISTRACIÓN DE LA ATENCIÓN MEJORADA (ECM, POR SUS SIGLAS EN INGLÉS)

¿QUÉ SON LOS SERVICIOS DE ECM?

Un beneficio de Medi-Cal que aborda las necesidades clínicas y no clínicas a través de la administración de la atención altamente coordinada.



Aumentar la autonomía en la salud

ECM ATIENDE A JÓVENES QUE:

Están en riesgo de o ya sufren la falta de vivienda



Buscar la participación de los miembros de la familia

Están haciendo la transición del encarcelamiento



Proporcionar coordinación de la atención

Están en riesgo de hospitalización evitable o uso de la sala de emergencias



Brindar apoyo con la atención de transición

Están haciendo la transición de servicios intensivos de salud mental



Conectar con los recursos comunitarios y sociales

Presentan necesidades graves de salud mental o trastorno por consumo de sustancias

Están involucrados con los servicios de bienestar infantil

ECM PUEDE AYUDAR A LOS JÓVENES A:



Acceder a atención médica, dental y oftalmológica



Conectarlos con servicios de salud mental



Abordar las necesidades escolares



Programar citas



Organizar el transporte hacia y desde las citas



Encontrar y recibir recursos de vivienda



Identificar intereses y participar en actividades comunitarias



Construir conexiones familiares y comunitarias más sólidas

PARA REMITIR A LOS SERVICIOS DE ECM DE SENECA:



(833) 773 - 6322



ECM_Info@senecacenter.org



¿Por qué CASA?

Los niños y jóvenes en cuidado de crianza que cuentan con CASAs tienen mejores resultados:

- Pasan un promedio de 7.5 meses menos en el sistema de cuidado de crianza.
- Experimentan menos cambios de hogar.
- Mejoran su desempeño educativo.
 - 83% de aumento en la asistencia escolar.
 - 74% de mejora en las calificaciones.
 - 70% de aumento en los créditos hacia la graduación de la preparatoria.

Como CASA, serás un defensor de un niño en el tribunal, el aula y la comunidad.

Los CASAs empoderan a los jóvenes para imaginar un futuro más brillante y hacer que sus voces sean escuchadas.



Contáctenos

Teléfono
831-222-3965

Correo Electrónico
info@casaofterrey.org
Sitio Web
www.casaofterrey.org

Dirección
945 S. Main St. Suite 107
Salinas, CA 93901

NUESTRA MISIÓN

Reclutar, capacitar y apoyar a voluntarios de la comunidad que abogan por niños y jóvenes en el sistema de cuidado de crianza y en la justicia juvenil. Defender los derechos de los niños y jóvenes y buscar un hogar seguro y permanente, brindando el apoyo, el empoderamiento y los recursos necesarios para sanar y prosperar en la adultez.



CASA
Court Appointed Special Advocates
FOR CHILDREN

CASA OF MONTEREY COUNTY

Abogando, Apoyando y
Empoderando a los Niños
y Jóvenes del Condado de
Monterey
en el Sistema de Cuidado
de Crianza
y Justicia Juvenil.



COURT APPOINTED SPECIAL ADVOCATES

Establecida en 1995, CASA del Condado de Monterey es la única agencia que ofrece defensa basada en los derechos para los niños en cuidado de crianza en el Condado de Monterey. En 2023, comenzamos a servir a jóvenes en el sistema de justicia juvenil. Somos uno de los más de 950 miembros del programa nacional CASA.

Con el apoyo del personal de CASA, los voluntarios aumentan el sentido de autoestima de un niño, abordan sus necesidades educativas, abogan por un hogar permanente y brindan orientación. Los defensores deben tener al menos 21 años de edad y se les pide hacer un compromiso mínimo de 18 meses, de 12 a 18 horas al mes, para asegurar la estabilidad y consistencia para los niños y jóvenes a los que servimos.

¿Quiénes son los CASAs?

CASAs son personas comunes con corazones extraordinarios que quieren hacer la diferencia.



Nuestros Voluntarios:

- Abogan por un niño o joven en cuidado de crianza o en justicia juvenil en la escuela, en la comunidad y ante el juez de dependencia o de justicia juvenil.
- Se convierten en un adulto estable para el niño o joven.
- Introducen al niño o joven a un mundo de oportunidades y recursos.

Los voluntarios deben tener al menos 21 años de edad y se les pide hacer un compromiso mínimo de 18 meses, de 12 a 18 horas por mes, para asegurar la estabilidad y consistencia para los niños y jóvenes a los que servimos.

Únete a nosotros hoy

¿Estás listo para embarcarte en un viaje gratificante lleno de aprendizaje, conexiones significativas y la oportunidad de marcar la diferencia?

Te invitamos a unirse a nuestra misión y convertirte en un defensor de los niños y jóvenes abusados y descuidados.

Regístrate para una sesión informativa usando el código QR o llamando al

831-222-3965
¡y comienza hoy!



¡... y descubre
tu superpoder!



10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



Visit alz.org/10ways to learn more.

alzheimer's  association

THE BRAINS BEHIND SAVING YOURS.



Monterey County Free Libraries

LIBRARY BY MAIL

Library materials are mailed to residents in Monterey County with a valid library card.

Postage for delivery and pick up is prepaid – **no cost to you!**

Adult, young adult, and children's materials, large print books, talking books, Playaways, DVDs, and more – sent right to your mailbox!



Contact Us:

831-883-7544 or 1-800-322-6884

www.eMCFL.org

Library-by-mail@countyofmonterey.gov



When you borrow through **Library by Mail**, you have several ways to select your materials!

TO USE LIBRARY BY MAIL YOU CAN....

- Go online to www.eMCFL.org, login to your account and place your materials on hold. Select "**Library by Mail**" as your pick-up location. Materials will be sent to you by mail.
- Call **Library by Mail** staff and let them know what you would like to order and they will put your selections on hold for you.
- Ask the **Library by Mail** staff to choose items for you. Simply provide the names of authors or subjects that interest you.

Once items are received they will be mailed to you in reusable shipping bags. Return postage is pre-stamped on the mailing label. Please return all items borrowed in the same shipping bag you received them in or return the complete bag to any Monterey County Free Library.



powered by
ITN Monterey County

Serving Rural South Monterey County
For Veterans, Seniors and Visually Impaired Adults

RIDE

Become a member of ITNMontereyCounty.

- Trips for Medical, Grocery or Pharmacy needs M-F 7a-7p
- Rides provided in private autos, insured and inspected
- Sponsored \$25 Annual Membership Fee
- Flat rate cost based on mileage
- More affordable and reliable than a Taxi, Uber/Lyft
- Low income rates available



"Arm through arm, door through door service."

VOLUNTEER

Become a volunteer driver for a member in need.

- Drive at your own convenience
- Most rides less than 30 minutes
- Meet interesting people while helping others
- Earn credits for yourself or a loved one, or get mileage reimbursement

DONATE

Help make it possible for services to continue and grow.

SHARE

Tell others about the wonderful work of ITNMontereyCounty!

ITNMontereyCounty
Dignified transportation for seniors

A Nonprofit Organization

Call us at (831) 233-3447

236 Monterey Street, Salinas CA 93901

info@ITNMontereyCounty.org | ITNMontereyCounty.org



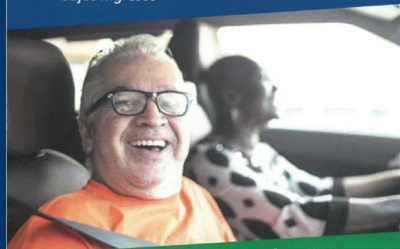
powered by
ITN Monterey County

Sirviendo zonas sur rurales del condado de Monterey
Para veteranos, personas mayores y adultos con discapacidad visual

VIAJE CON NOSOTROS

Sea miembro de ITNMontereyCounty.

- Transportación a citas médicas, compras o farmacia de lunes a viernes de 7am – 7pm
- Transporte por autos particulares, asegurados e inspeccionados
- Cuota anual de afiliación patrocinada de \$25 dólares
- Costo en base a la tarifa fija de millaje total
- Más seguro y económico que un taxi, Uber o Lyft
- Tarifas especiales para personas de bajos ingresos



"Asistencia de brazo a brazo y puerta a través de puerta"

VOLUNTARIO

Sea un chofer voluntario para un miembro necesitado.

- Done su tiempo a su conveniencia
- Viajes son de 30 minutos o menos
- Conozca a personas interesantes mientras ayuda a los demás
- Gane créditos para sí mismo o para un ser querido, o reciba reembolso de millaje

CONTRIBUYE

Ayude a hacer posible que nuestros servicios continúen expandiendo.

COMPARTA

¡Diga a otros de la importante obra de ITNMontereyCounty!

ITNMontereyCounty
Dignified transportation for seniors

Transportación digna para personas mayores
Organización sin fines de lucro

Llame a (831) 233-3447

236 Monterey Street, Salinas CA 93901

info@ITNMontereyCounty.org | ITNMontereyCounty.org

GONZALES ADULT SCHOOL



GROWING TALENT • SUPPORTING BUSINESS

**ARE YOU 18+ AND LOOKING FOR A JOB?
MONTEREY COUNTY WORKS CAN HELP!**



Mondays



08:00 AM - 4:00 PM



**Gonzales Adult School
650 Elko St.
Gonzales, Ca 93926**



(831) 675-1081



<https://ae.gonzalesusd.net/>



<https://montereycountyworks.com/>



CONNECTING SENIORS WITH TECHNOLOGY

FREE Computer and Technology Skills
Classes for Seniors

Clases **GRATUITAS** de Computación
y Tecnología para Adultos Mayores

Learn about:

- Smartphones/Tablets
- Chromebooks/Computers
- Email
- Online Safety Tips
- Online Shopping
- Web search for Locals Resources



CONECTANDO ADULTOS MAYORES CON TECNOLOGÍA



**SENIORS AGES 60 &
OVER -
ADULTOS MAYORES,
EADAES 60 Y MÁS**

Aprenda como usar:

- Celulares inteligentes/Tabletas
- Chromebooks/Computadoras
- Correo Electronico
- Consejos de Seguridad en Línea
- Compras en Línea
- Búsqueda de Recursos Locales en la Web

Call us for more information - Llámenos para más información



(831) 393-9260 Ext. # 302

THE PROGRAM IS **FREE**. DONATIONS ARE APPRECIATED BUT NOT REQUIRED.
EL PROGRAMA ES **GRATIS**. LAS DONACIONES SON APRECIADAS PERO NO REQUERIDAS.





YOGA IS FOR EVERYBODY

Healthy Aging
Program



PLAYGROUPS

FOR NON-LICENSED
CHILDCARE
PROVIDERS WITH
CHILDREN 0-5



Gonzales
Contact Denise Jaime
831-525-5057

Greenfield
1350 Oak Ave
Greenfield Community Center
Mondays 9-11am

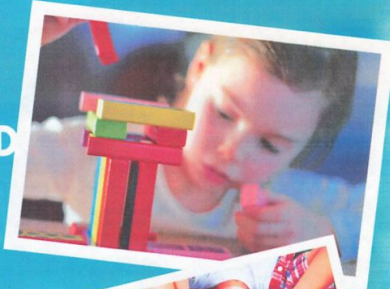


King City
200 Broadway St #76
Second Floor
Wednesdays 9-11am



* Free Services

* For more information call
831-525-5057 or attend
playgroup to register



GRUPOS DE JUEGO

PARA
PROVEEDORAS DE
CUIDADO CON
NIÑOS DE 0-5



Gonzales
Contacte a Denise Jaime
831-525-5057

Greenfield
1350 Oak Ave
Centro de Comunidad
Lunes 9-11am



King City
200 Broadway St #76
Segundo Piso
Miercoles 9-11am



* Servicios Gratis

* Para mas informacion
llame al 831-525-5057 o
asista para registrarse



SUN STREET CENTERS

DRESS FOR SUCCESS

Dress for the life you want!

Dress for Success is a community resource offering teens and adults free access to stylish, professional, and school-appropriate clothing. Whether you're preparing for a job interview, starting a new job, attending school, or need everyday essentials, our closet helps you show up with confidence. We believe everyone deserves the opportunity to look and feel their best—no matter their circumstances.



FEATURES:

- Professional & school-appropriate clothing
- Teens & adults welcome
- Look confident. Feel confident. Be confident.

FOR MORE INFORMATION:

Candido Marquez
(831) 525-8101 | cmarquez@sunstreet.org
Darlene Acosta Youth Center
641 Broadway Street, King City, CA 93930

HOURS OF OPERATION:

Monday - Friday
9:00AM-4:00PM

**NEED CLOTHES FOR A JOB INTERVIEW,
NEW JOB, SCHOOL, OR DAILY LIFE?**

**WE'VE GOT YOU
COVERED, FOR FREE!**

**New and gently used donations fully supported by generous donations from our community members.*

Everyone deserves a fresh start – let us help you dress for success!
www.SunStreetCenters.org

SUN STREET CENTERS

VESTIRSE PARA EL ÉXITO

¡Vestete para la vida que quieres!

Vestirse Para el Exito es un recurso comunitario que ofrece a adolescentes y adultos acceso gratuito a ropa elegante, profesional y apropiada para la escuela. Ya sea que te estés preparando para una entrevista de trabajo, comiences un nuevo trabajo, asistas a la escuela o necesites artículos esenciales para el día a día, nuestro armario te ayuda a presentarte con confianza. Creemos que todos merecen la oportunidad de verse y sentirse lo mejor posible, sin importar sus circunstancias.



OFRECE:

- Ropa profesional y apropiada para la escuela.
- Adolescentes y adultos bienvenidos.
- Luce seguro. Siéntete seguro.

PARA MÁS INFORMACIÓN:

Candido Marquez
(831) 525-8101 | cmarquez@sunstreet.org
Darlene Acosta Youth Center
641 Broadway Street, King City, CA 93930

HORAS DE OPERACIÓN:

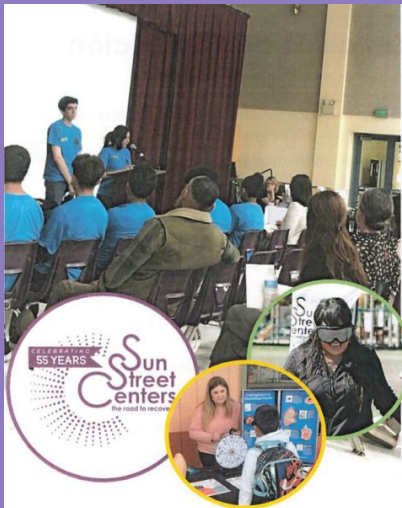
Lunes a Viernes
9:00AM-4:00PM

**¿NECESITAS ROPA PARA UNA ENTREVISTA DE
TRABAJO, UN NUEVO TRABAJO, LA ESCUELA O
PARA EL DÍA A DÍA?**

¡LO TENEMOS TODO GRATIS!

**Donaciones nuevas y usadas en buen estado totalmente respaldadas por generosas donaciones de los miembros de nuestra comunidad.*

Todos merecen un nuevo comienzo: ¡permítanos ayudarle a vestirse para el éxito!
www.SunStreetCenters.org



Sun Street Centers' Prevention Department

Dedicated to building healthy and safe communities, the Prevention Department provides a variety of services to youth, adults and families, in order to build awareness and promote action toward resolving community health problems relating to drug and alcohol abuse in Monterey County.

Interested in scheduling a presentation or training?

Contact us today:

South County: Maria Camacho, Manager
(831) 401-5252 | mcamacho@sunstreet.org

Salinas: Gina Marin, Program Manager
(831) 753-5150 | gmarin@sunstreet.org

Peninsula: Katia Gutierrez, Program Manager
(831) 401-5505 | kgutierrez@sunstreet.org

Prevention Services:

Vaping and Cannabis Presentation

Elementary/6th Grade Students
Informs students about the effects of vaping tobacco and marijuana products.

Gateway Drug Presentation

Youth and Parents
Highlights the risks associated with underage use of alcohol, tobacco/e-cigarettes, marijuana, and prescription medication.

Drugged Driving Presentation

High School Students
Informs high school students about the dangers of both: underage use and driving under the influence of cannabis.

Substance Abuse and Bullying Presentation

Youth and Adults
Information about bullying prevention and its correlation with substance use.

Bolvin's Life Skills Training

Youth and Parents
Interactive evidence-based 8-10 week program for students and parents designed to help promote a positive health style and the personal development of youth, parents, and their children.

Cannabis Decoded

Parents
Equips parents with the tools necessary to start the conversation about cannabis use by gaining knowledge regarding the dangers of underage use and legalities.

Safe Teens Empowerment Project (STEPS)

High School Students
STEPS aims to reduce alcohol-related traffic injuries and deaths by using peer-to-peer approach. Community services hours and job opportunities are available.

P.A.R.T.S. Coalition

A county-wide coalition focused on preventing alcohol related trauma and substance use among youth and adults. Meetings are open to community groups and individuals.

Darlene Acosta Youth Center

King City, CA
The Youth Center provides a computer room, a teen clothes closet, a food pantry, and a student lounge equipped for meetings, group trainings and activities.



Servicios de Prevención:

Presentación de Vapeo y Cannabis

Estudiantes de Primaria/6to Grado
Informa a estudiantes sobre los efectos de los productos de vapeo de marihuana y tabaco.

Presentación de Drogas de Iniciación

Jóvenes y Padres
Destaca los riesgos asociados con el consumo de alcohol, tabaco/cigarrillos electrónicos, marihuana y medicamentos recetados por parte de menores.

Presentación de Conducir Bajo la Influencia de Drogas

Estudiantes de Secundaria
Informa a estudiantes de secundaria sobre los peligros del uso de menores y conducir bajo la influencia del cannabis.

Presentación de Abuso de Sustancias y Acoso

Jóvenes y Adultos
Información sobre la prevención del bullying y su correlación con el consumo de sustancias.

Entrenamiento Destrezas de La Vida de Bolvin

Jóvenes y Padres
Programa interactivo de 8-10 semanas basado en evidencia para estudiantes y padres diseñado para ayudar a promover un estilo de salud positiva y el desarrollo personal de los jóvenes, los padres y sus hijos.

Cannabis Decodificado

Padres
Equipa a los padres con las herramientas necesarias para iniciar la conversación sobre el consumo de cannabis adquiriendo conocimientos sobre los peligros del consumo y la legalidad por parte de menores.

Programa de STEPS

Estudiantes de Secundaria
STEPS tiene como objetivo reducir las lesiones y muertes de tráfico relacionadas con el alcohol. Oportunidades de horas de servicio comunitarias y trabajos están disponibles.

Coalición PARTS

Una coalición de todo el condado enfocada en prevenir el trauma relacionado con el alcohol y el uso de sustancias entre jóvenes y adultos. Las reuniones están abiertas a grupos comunitarios e individuos.

Centro Darlene Acosta para Jóvenes

King City, CA
El centro de jóvenes ofrece una sala de computadoras, un armario de ropa para adolescentes, una despensa de alimentos y un salón para estudiantes equipado para reuniones, capacitaciones grupales y actividades.

Departamento de Prevención

Sun Street Centers

Dedicado a construir comunidades saludables y seguras, el Departamento de Prevención brinda una variedad de servicios a jóvenes, adultos y familias, con el fin de crear conciencia y promover acciones para resolver los problemas de salud de la comunidad relacionados con el abuso de drogas y alcohol en el condado de Monterey.

¿Le interesa programar una presentación o capacitación?

Contáctenos hoy:

Sur del Condado María Camacho, Gerente
(831) 401-5252 | mcamacho@sunstreet.org

Salinas: Gina Marin, Gerente del Programa
(831) 753-5150 | gmarin@sunstreet.org

Peninsula: Katia Gutierrez, Gerente del Programa
(831) 401-5505 | kgutierrez@sunstreet.org



Need Food?

Scan these QR Codes for these resources!

Food Bank for Monterey County

Receive bilingual referrals to food distributions and meal programs at your neighborhood Food Bank.



Farmers' Market & EBT

Use your CalFresh benefits at Farmers Markets that accept EBT. If you spend \$30 using your EBT card at Everyone's Harvest Farmers markets you get an additional \$30 through Market Match Program.



WIC

The Women, Infants and Children (WIC) Nutrition Program provides healthy foods, nutrition tips, breastfeeding support, health care referral and community information



2-1-1 Need Food

Are you struggling to access nutritious food? Text "FOOD" to 831-215-3342 and unlock resources



Meals on Wheels

Meals for individuals over 60 years of age. In the Salinas area, call (831)758-6325. For the Peninsula, Call (831)375-4454.



Medically Tailored Food Boxes for Medi-Cal Recipients Fast, Direct Delivery Telephone 1949 673-0783 Fax: 1949- 996 - 7125



¿Necesita Comida?

¡Escanee estos códigos de QR para obtener estos recursos!

El Banco de Comida

Personas que necesitan comida reciben referencias bilingües de despensas de comida y programas de comida en su vecindario. El calendario del programa del banco de comida está en la página web.



Mercados Agrícolas y EBT

Use sus beneficios de CalFresh en los Mercados de Agricultores que aceptan EBT. Si gasta \$30 usando su tarjeta de EBT en los Mercados Agricultores de Everone's Harvest, obtiene \$30 adicionales a través del programa Market Match.

Everyone's Harvest



WIC

El Programa de Nutrición para Mujeres, Bebés y Niños (WIC) proporciona alimentos saludables, consejos de nutrición, apoyo para la lactancia materna, referencias de atención médica e información comunitaria.



2-1-1

Necesita Comida

¿Esta teniendo dificultades para acceder a alimentos nutritivos? Envía un mensaje con la palabra "Comida" al 831 215-3342 y accede a recursos.



Meals on Wheels

Comidas para individuales mayores de 60 años En el area de Salinas, llame al (831) 758-6325. Para la Peninsula, llame al (831)375-4454.



Nutrición médicamente personalizada Las cajas son seleccionadas por dietistas registrados para apoyar una variedad de condiciones crónicas como diabetes, enfermedades cardiacas e hipertensión.



Central California Alliance for Health (CCAH)

STAY COVERED WITH MEDI-CAL!

What You Need To Know:

- Watch for your Medi-Cal renewal in the mail. Complete and return (the yellow envelope) by the deadline specified in your notice. Call us if you need help.
- Make sure your contact information (such as your phone number and address) is up to date.
- **You could lose your Medi-Cal if renewal is not completed on time.**
- Starting January 1, 2026, some adults will no longer be able to sign up for full Medi-Cal if their immigration status does not meet the new rules.

For assistance completing the renewal packet:

- Call our bilingual (English/Spanish) help line at 831-257-4835 **OR**
- Stop by PrimeCare North Salinas, located at 1328 Natividad Road, Salinas, CA 93906 Monday-Friday, 8:00am-5:00pm



Scan the QR code
for more information

Central California Alliance for Health (CCAH)

Manténgase Cubierto Con Medi-Cal

Lo Que Necesita Saber:

- Esté atento a la renovación de su Medi-Cal que le llegara por correo. Complete y devuelva (el sobre amarillo) antes de la fecha limite indicada en su notificación. Llámenos si necesita ayuda.
- Asegúrese de que su información de contacto (como su número de teléfono y dirección) este actualizada.
- **Podría perder su Medi-Cal si la renovación no se completa a tiempo.**
- A partir del 1 de enero de 2026, algunos adultos ya no podrán inscribirse en Medi-Cal completo si su estatus migratorio no cumple con las nuevas reglas.

Para obtener ayuda para completar el paquete de renovación:

- Llame a nuestra línea de ayuda bilingüe (ingles/español) al 831-257-4835 **O**
- Visite nuestra clínica PrimeCare North Salinas, ubicada en 1328 Natividad Road, Salinas, CA 93906 / Lunes-Viernes, de 8:00am a 5:00pm



Para más información,
escanee el código QR

CLINICAL MEDICAL ASSISTANT

REGISTER NOW FOR SPRING 2026!!!

ARE YOU READY TO TAKE THE NEXT STEP IN YOUR HEALTHCARE CAREER?

REGISTER TO OUR CLINICAL MEDICAL ASSISTANT PROGRAM!
YOU WILL LEARN VALUABLE SKILLS AND BECOME A CERTIFIED
CMA AND START WORKING IN THE MEDICAL FIELD.

**COHORT 3:
MORNING CLASS:
MONDAYS & WEDNESDAYS
10:30AM-1:30PM**

**COHORT 4:
EVENING CLASS:
MONDAYS & WEDNESDAYS
5:30PM-8:30PM**

REGISTER TODAY TO TAKE ADVANTAGE OF THE EARLY REGISTRATION RATE OF \$350, AVAILABLE THROUGH DECEMBER 18. AFTER THIS DATE, THE STANDARD REGISTRATION FEE WILL BE \$450

HIGH SCHOOL SENIORS, IF YOU ARE TURNING 18 BY APRIL, YOU ARE WELCOME TO REGISTER!



**CONTACT US FOR MORE INFORMATION AT:
GONZALES ADULT SCHOOL
831-675-1081**

