

ValleyBridge Resource Center

Comprehensive Community Resource Guide

Imperial Valley | El Centro, California

Contact: admin@valleybridgeresourcecenter.com

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This guide is provided for informational purposes only. Contact information, eligibility requirements, and services may change. Always verify details with the agency before making decisions. For emergencies, call 911.

Quick Start Contacts

San Diego Regional Center (SDRC) - Imperial Valley Office - Phone: (760) 312-9400 - Website: sdrc.org - Address: 924 Broadway, El Centro, CA 92243 - Developmental disability intake, eligibility, service coordination, IPP planning, Early Start, respite, transportation, and adult services.

211 Imperial County - Phone: Dial 211 - Website: 211.org - 24/7 information and referral for food, housing, healthcare, mental health, child care, senior services, disability services, employment, legal aid, and transportation.

988 Suicide & Crisis Lifeline - Phone: Dial 988 - Website: 988lifeline.org - Immediate mental health crisis support. Free, confidential, 24/7.

Imperial County Behavioral Health Services - Phone: (442) 265-1525 - Website: co.imperial.ca.us/behavioralhealth - Address: 202 N 8th St, El Centro, CA 92243 - Adult, children, older adult mental health, crisis intervention, medication support, case management, and substance use disorder services.

Imperial County Human Services / DSS - Phone: (442) 265-1400 - Website: co.imperial.ca.us/hhsa - Address: 2995 S. 4th St, El Centro, CA 92243 - Medi-Cal, CalFresh, CalWORKs, General Relief, IHSS, and related benefit programs.

Clinicas de Salud del Pueblo - Phone: (760) 339-6800 - Website: cdsdp.org - Address: Multiple Imperial Valley locations - Primary care, pediatrics, women's health, lab, pharmacy, dental, behavioral health, and sliding-fee clinic services.

Imperial Valley Transit (IVT) - Phone: (760) 482-2905 - Website: ivtransit.com - Address: 1503 N. Imperial Ave, El Centro, CA 92243 - Fixed-route public transit, accessible buses, reduced fares, and IVT MedTrans ADA paratransit.

Imperial Valley Housing Authority - Phone: (760) 352-8521 - Website: ivhousing.com - Address: 1401 D Street, Brawley, CA 92227 - Section 8 Housing Choice Voucher, project-based vouchers, public housing, and family self-sufficiency support.

California Rural Legal Assistance (CRLA) - Phone: (760) 353-0220 - Address: 488 N Imperial Ave, Suite B, El Centro - Free or low-cost legal help, immigration services, benefits, housing, employment, and civil rights matters.

House of Hope (Imperial Valley) - Phone: (760) 353-8543 - Address: Confidential location - Domestic violence crisis line, emergency shelter, counseling, legal advocacy, children's services, and transitional housing.

Catholic Charities Diocese of San Diego - El Centro - Phone: (760) 353-6822 - Address: 250 S 5th St, El Centro - Emergency assistance, food distribution, rental assistance, immigration services, and counseling.

Salvation Army - El Centro - Phone: (760) 352-4857 - Address: 550 Broadway, El Centro - Food pantry, emergency assistance, utility assistance, holiday assistance, and social services.

Imperial County Veterans Services - Phone: (760) 482-4939 - Address: 778 W State St, El Centro, CA 92243 - Claims assistance, benefits counseling, VA healthcare enrollment, and referrals.

VA Imperial Valley Clinic - Phone: (760) 352-1506 - Website: sandiego.va.gov - Address: 1600 S Imperial Ave, El Centro, CA 92243 - Primary care, mental health, telehealth services, pharmacy, and specialty referrals for veterans.

Trevor Project - Phone: 1-866-488-7386 - Website: thetrevorproject.org - 24/7 crisis intervention and suicide prevention for LGBTQ youth under 25.

Section 1: Regional Center Services

San Diego Regional Center (SDRC) - Imperial Valley Office Address: 924 Broadway, El Centro, CA 92243 Phone: (760) 312-9400 Fax: (760) 312-9410 Website: sdrc.org Hours: Monday-Friday 8:00 AM - 5:00 PM

- San Diego Regional Center (SDRC) - Imperial Valley Office

- Address: 924 Broadway, El Centro, CA 92243

- Phone: (760) 312-9400

- Fax: (760) 312-9410

- Website: sdrc.org

- Hours: Monday-Friday 8:00 AM - 5:00 PM

- After Hours Emergency: (858) 576-2996

- Core Services

- Service coordination and case management

- Individual Program Plans (IPP) development

- Eligibility determination and intake

- Annual reviews and assessments

- Crisis intervention services

- Quality assurance monitoring

- Early Intervention Services (Ages 0-3)

- Early Start Program

- Infant Development Program

- Developmental screenings

- Family Resource Centers

- Home-based services

- Parent-infant groups

- Feeding and nutrition support

- Sensory integration services

- Communication development

- Motor development services

- Children's Services (Ages 3-21)

- Behavioral health services

- Respite care (in-home and out-of-home)

- After-school programs

- Summer programs and camps

- Social skills training

- Therapeutic services

- Specialized child care

- Inclusive recreation programs

- Transition planning (starting at age 14)

- School collaboration services

- Adult Services (Ages 22+)
- Day programs and activity centers
- Supported living services (SLS)
- Independent living services (ILS)
- Supported employment
- Community integration programs
- Social recreation programs
- Health and wellness programs
- Aging and disability services
- Consumer advocacy
- Self-determination program
- Residential Services
- Community Care Facilities
- Intermediate Care Facilities (ICF)
- Specialized residential services
- Adult Residential Facilities (ARF)
- Family home agencies
- Supported living arrangements
- Crisis residential services
- Transitional housing support
- Transportation Services
- Transportation to day programs
- Medical appointment transportation
- Mileage reimbursement
- Public transit training
- Mobility training
- Vehicle modifications funding
- Accessible transportation referrals
- Equipment & Modifications
- Adaptive equipment and supplies
- Home modifications
- Vehicle modifications
- Communication devices
- Mobility equipment
- Sensory equipment
- Computer adaptations
- Environmental controls
- Family Support Services
- Family support grants

- Respite care
- Parent training
- Sibling support
- Family counseling referrals
- Support groups
- Crisis intervention
- Information and referral
- Advocacy training
- SDRC Vendedored Service Categories
- Assessment and Evaluation Services
- Behavior Management Services
- Clinical Services
- Day Services
- Early Intervention Services
- Employment Services
- Health-Related Services
- In-Home Services
- Residential Services
- Respite Services
- Social Recreation Services
- Special Therapies
- Transportation Services
- Support Services
- Other California Regional Centers
- North Los Angeles County Regional Center (NLACRC)
- Address: 15400 Sherman Way, Suite 170, Van Nuys, CA 91406
- Phone: (818) 778-1900
- Antelope Valley Office: (661) 945-6761
- Website: nlacrc.org
- Services San Fernando Valley, Santa Clarita, Antelope Valley
- Frank D. Lanterman Regional Center (FDLRC)
- Address: 3303 Wilshire Blvd, Suite 700, Los Angeles, CA 90010
- Phone: (213) 383-1300
- TTY: (213) 383-1365
- Website: lanterman.org
- Services Central LA, Glendale, Pasadena, Burbank
- South Central Los Angeles Regional Center (SCLARC)
- Address: 2500 S. Western Ave, Los Angeles, CA 90018
- Phone: (213) 744-7000

- Website: sclarc.org
- Services South Central Los Angeles, Compton, Inglewood
- Harbor Regional Center
- Address: 21231 Hawthorne Blvd, Torrance, CA 90503
- Phone: (310) 540-1711
- Website: harborrc.org
- Services South Bay, Long Beach, Harbor area
- Inland Regional Center
- Address: 1365 S. Waterman Ave, San Bernardino, CA 92408
- Phone: (909) 890-3000
- Riverside Office: (951) 826-8350
- Website: inlandrc.org
- Services San Bernardino and Riverside counties
- Regional Center of Orange County (RCOC)
- Address: 1525 N. Tustin Ave, Santa Ana, CA 92705
- Phone: (714) 796-5100
- Website: rcocdd.com
- Services all of Orange County
- Tri-Counties Regional Center
- Address: 520 E. Montecito St, Santa Barbara, CA 93103
- Phone: (805) 962-7881
- Ventura Office: (805) 642-2451
- San Luis Obispo Office: (805) 543-2833
- Website: tri-counties.org
- Kern Regional Center
- Address: 3200 N. Sillect Ave, Bakersfield, CA 93308
- Phone: (661) 327-8531
- Website: kernrc.org
- Central Valley Regional Center
- Address: 4615 N. Marty Ave, Fresno, CA 93722
- Phone: (559) 276-4300
- Website: cvrc.org
- Valley Mountain Regional Center
- Address: 702 N. Aurora St, Stockton, CA 95202
- Phone: (209) 473-0951
- Website: vmrc.net
- Golden Gate Regional Center
- Address: 1355 Market St, Suite 220, San Francisco, CA 94103
- Phone: (415) 546-9222

- Website: ggrc.org
- Regional Center of the East Bay
- Address: 500 Davis St, Suite 100, San Leandro, CA 94577
- Phone: (510) 618-6100
- Website: rceb.org
- San Andreas Regional Center
- Address: 300 Orchard City Drive, Suite 170, Campbell, CA 95008
- Phone: (408) 374-9960
- Website: sanandreasregional.org
- Alta California Regional Center
- Address: 2000 "O" Street, Sacramento, CA 95811
- Phone: (916) 978-6400
- Website: altaregional.org
- Far Northern Regional Center
- Address: 1377 E. Lassen Ave, Suite B, Chico, CA 95973
- Phone: (530) 895-8633
- Website: farnorthernrc.org
- Redwood Coast Regional Center
- Address: 1116 Airport Park Blvd, Ukiah, CA 95482
- Phone: (707) 462-3832
- Website: redwoodcoastrc.org
- North Bay Regional Center
- Address: 610 Airpark Road, Napa, CA 94558
- Phone: (707) 256-1100
- Website: nbrc.net
- Eastern Los Angeles Regional Center (ELARC)
- Address: 1000 S. Fremont Ave, Unit 50, Building A-10, Alhambra, CA 91803
- Phone: (626) 299-4700
- Website: elarc.org
- Westside Regional Center
- Address: 5901 Green Valley Circle, Suite 320, Culver City, CA 90230
- Phone: (310) 258-4000
- Website: westsiderc.org
- San Gabriel/Pomona Regional Center
- Address: 75 Rancho Camino Drive, Suite 160, Pomona, CA 91766
- Phone: (909) 620-7722
- Website: sgprc.org
- Department of Developmental Services (DDS)
- Address: 1600 9th Street, Sacramento, CA 95814

- Phone: (916) 654-1690
- Website: dds.ca.gov
- Consumer Complaint Hotline: 1-877-658-9731
- State oversight of all Regional Centers
- Policy development and guidance
- Funding allocation
- Quality assurance
- Waiver programs administration
- Self-Determination Program
- Information: dds.ca.gov/initiatives/sdp
- Local Contact: SDRC (760) 312-9400
- Consumer-directed services
- Individual budgets
- Independent facilitators
- Financial management services
- Person-centered planning
- Increased choice and control

Section 2: Government Benefits & Financial Assistance

Social Security Administration (SSA) El Centro Office Address: 1699 W Main St, El Centro, CA 92243 Phone: 1-800-772-1213 TTY: 1-800-325-0778 Hours: Monday, Tuesday, Thursday, Friday 9:00 AM - 4:00 PM; Wednesday 9:00 AM - 12:00 PM

- Social Security Administration (SSA)
- El Centro Office
- Address: 1699 W Main St, El Centro, CA 92243
- Phone: 1-800-772-1213
- TTY: 1-800-325-0778
- Hours: Monday, Tuesday, Thursday, Friday 9:00 AM - 4:00 PM; Wednesday 9:00 AM - 12:00 PM
- Website: ssa.gov
- Brawley Office (by appointment)
- Address: 178 Main St, Brawley, CA 92227
- Phone: 1-800-772-1213
- SSI (Supplemental Security Income)
- Monthly cash benefits for disabled individuals
- Income limits apply (varies by living situation)
- Resource limits: \$2,000 individual / \$3,000 couple
- Automatic Medi-Cal eligibility in California
- Representative payee services available
- Retroactive benefits possible
- 2024 Federal Rate: \$943/month individual

- California State Supplement: Additional amount varies
- SSDI (Social Security Disability Insurance)
- Based on work history and earnings
- Must have worked enough quarters
- 5-month waiting period
- Medicare eligibility after 24 months
- No income/resource limits
- Benefits based on lifetime earnings
- Dependent benefits available
- Childhood Disability Benefits
- SSI for children under 18
- Different disability criteria than adults
- Family income considered
- At age 18, redetermined under adult rules
- Continuing Disability Reviews
- Disabled Adult Child (DAC) Benefits
- For adults disabled before age 22
- Based on parent's work record
- Parent must be retired, disabled, or deceased
- Can receive alongside SSI
- May qualify for Medicare
- Other SSA Programs
- Ticket to Work: Employment support program
- PASS (Plan to Achieve Self-Support): Save money for work goal
- IRWE (Impairment-Related Work Expenses): Work expense deductions
- Expedited Reinstatement: Quick benefit restart
- Medicare Savings Programs: Premium assistance
- Extra Help (Low Income Subsidy): Prescription drug assistance
- Representative Payee Program: Benefit management assistance
- SSA Appeals Process
- Reconsideration
- Hearing before Administrative Law Judge
- Appeals Council Review
- Federal Court Review
- Time Limit: 60 days from decision to appeal
- Free legal help: Disability Rights California, CRLA
- Medi-Cal (California Medicaid)
- Imperial County Human Services - Medi-Cal
- Address: 2995 S. 4th St, El Centro, CA 92243

- Phone: (442) 265-1400
- Website: co.imperial.ca.us/hhsa
- Covered California (Health Insurance Marketplace)
- Website: coveredca.com
- Phone: 1-800-300-1506
- TTY: 1-888-889-4500
- Open enrollment and special enrollment periods
- Financial assistance available
- Certified enrollment counselors
- Medi-Cal Programs & Categories
- Full-Scope Medi-Cal: Complete coverage
- Restricted Medi-Cal: Emergency and pregnancy services
- Medi-Cal for Children: Under 19, higher income limits
- Medi-Cal for Pregnant Women: Presumptive eligibility
- Aged & Disabled Medi-Cal: 65+ or disabled
- Working Disabled Program: Higher income limits for workers
- Breast & Cervical Cancer Treatment Program
- Long-Term Care Medi-Cal: Nursing facility coverage
- Home & Community Based Services Waivers
- Medi-Cal Access Program (MCAP): Pregnancy coverage
- Minor Consent Services: Confidential services for minors
- Family Planning, Access, Care & Treatment (Family PACT)
- Medi-Cal Managed Care Plans - Imperial County
- Molina Healthcare: 1-888-665-4621 | molinahealthcare.com
- Health Net: 1-800-675-6110 | healthnet.com
- Plan choice assistance available
- Can change plans during open enrollment
- Medical exempt from managed care available
- Medi-Cal Dental (Denti-Cal)
- Website: denti-cal.ca.gov
- Phone: 1-800-322-6384
- Beneficiary Line: 1-800-322-6384
- Most dental services covered
- Some services require authorization
- Find providers at smile.ca.gov
- Medi-Cal Transportation (NEMT)
- Non-Emergency Medical Transportation
- Mileage reimbursement
- Public transit tickets

- Wheelchair accessible vehicles
- Stretcher transport
- Contact managed care plan for authorization
- Medi-Cal Fair Hearings
- Phone: 1-800-952-5253
- Online: cdss.ca.gov/hearing-requests
- Right to appeal any denial
- 90 days to request hearing
- Aid Paid Pending available
- Free representation available
- CalFresh (SNAP/Food Stamps)
- Apply for CalFresh
- Online: getcalfresh.org or benefitscal.com
- Phone: Imperial County DSS (442) 265-1400
- In Person: 2995 S. 4th St, El Centro, CA 92243
- CalFresh Benefits
- Monthly food assistance on EBT card
- Use at grocery stores, farmers markets
- Cannot buy alcohol, tobacco, hot prepared foods
- Income and resource limits apply
- Expedited benefits for emergencies (within 3 days)
- Restaurant Meals Program for homeless, elderly, disabled
- CalFresh Employment & Training (CFET)
- Job training and education
- Work experience
- Job search assistance
- Support services (transportation, work clothes)
- Voluntary for most recipients
- CalFresh Eligibility
- Gross Income: 200% Federal Poverty Level
- Net Income: 100% Federal Poverty Level
- Resource limits waived in California (BBCE)
- Citizenship/immigration status requirements
- Work requirements (with exemptions)
- Students have additional requirements
- CalWORKs (Cash Assistance)
- Imperial County CalWORKs
- Phone: (442) 265-1400
- Address: 2995 S. 4th St, El Centro, CA 92243

- CalWORKs Benefits
- Monthly cash aid for families with children
- Welfare-to-Work program (employment services)
- Child care assistance
- Transportation assistance
- Domestic violence services
- Mental health services
- Substance abuse treatment
- Housing support
- Diversion payments (one-time assistance)
- CalWORKs Eligibility
- Children under 18 in household
- Low income and resources
- 48-month lifetime limit on cash aid
- Work requirements for adults
- Exempt: disabled, caretaker of infant, etc.
- Welfare-to-Work Services
- Assessment and appraisal
- Job search assistance
- Education and training
- Work experience
- Community service
- Vocational training
- Adult basic education
- Mental health services
- Domestic violence services
- General Relief/General Assistance
- Imperial County General Relief
- Phone: (442) 265-1400
- Cash assistance for indigent adults without children
- Time-limited (typically 3-9 months)
- Lower benefit amounts than CalWORKs
- Work requirements
- Must apply for other benefits (SSI, unemployment)
- IHSS (In-Home Supportive Services)
- Imperial County IHSS
- Phone: (442) 265-1400
- Address: 2995 S. 4th St, El Centro, CA 92243
- Website: cdss.ca.gov/in-home-supportive-services

- IHSS Services Covered
- Domestic Services: Cleaning, laundry, shopping
- Related Services: Accompanying to appointments
- Personal Care: Bathing, dressing, grooming, eating
- Paramedical Services: Under doctor's orders
- Protective Supervision: For cognitively impaired
- Meal Preparation: Cooking, meal planning
- IHSS Eligibility
- Medi-Cal eligible
- Live in own home (not facility)
- Need assistance with daily activities
- Assessment by social worker
- Doctor's verification of need
- IHSS Provider Options
- Family member (except spouse in most cases)
- Friend or neighbor
- Independent provider from registry
- Home care agency
- Consumer directs own care
- IHSS Public Authority
- Phone: (442) 265-1400
- Provider registry
- Provider training
- Backup provider assistance
- Payroll and benefits administration
- IHSS Plus Waiver
- Additional services beyond regular IHSS
- Nursing facility level of care required
- Case management included
- Expanded service hours possible
- Unemployment & Disability Insurance
- Employment Development Department (EDD)
- Website: edd.ca.gov
- Phone: 1-800-300-5616 (UI) / 1-800-480-3287 (SDI)
- TTY: 1-800-815-9387
- Unemployment Insurance (UI)
- Lost job through no fault
- Must have worked and earned enough
- Must be able and available to work

- Weekly certification required
- Benefits last up to 26 weeks
- Extensions during high unemployment
- State Disability Insurance (SDI)
- Cannot work due to illness, injury, pregnancy
- Must have SDI deductions from wages
- 8-day waiting period
- Benefits up to 52 weeks
- Doctor's certification required
- Paid Family Leave (PFL)
- Care for seriously ill family member
- Bond with new child (birth, adoption, foster)
- Up to 8 weeks of benefits
- Partial wage replacement
- Job protection under CFRA for qualifying employers
- Disability Insurance Elective Coverage (DIEC)
- For self-employed individuals
- Voluntary enrollment
- Must enroll before disability
- Veterans Benefits
- VA San Diego Healthcare System
- Main: (858) 552-8585
- Imperial Valley VA Clinic: 1600 S Imperial Ave, El Centro
- El Centro Clinic Phone: (760) 352-1506
- Primary care, mental health, pharmacy
- Specialty care referrals
- Telehealth services
- VA Benefits Overview
- Disability Compensation: Monthly payments for service-connected conditions
- VA Pension: For wartime veterans with limited income
- Healthcare: Hospital, outpatient, pharmacy, mental health
- Education (GI Bill): Tuition, housing, books
- Vocational Rehabilitation (VR&E): Job training, education
- Home Loans: VA-guaranteed mortgages, no down payment
- Life Insurance: SGLI, VGLI, S-DVI
- Burial Benefits: Cemetery, headstones, allowances
- Survivors Benefits: DIC, pension, CHAMPVA
- CalVet (California Veterans)
- Website: calvet.ca.gov

- Phone: 1-844-732-5838
- Veterans Homes: Yountville, Barstow, Chula Vista, etc.
- CalVet Loans: Home and farm loans
- College Fee Waiver: For dependents of disabled/deceased veterans
- License Plates: Special veteran plates
- Property Tax Exemption: For disabled veterans
- Imperial County Veterans Services
- Address: 778 W State St, El Centro, CA 92243
- Phone: (760) 482-4939
- Claims assistance
- Benefits counseling
- VA healthcare enrollment
- Referrals to services
- Veterans Crisis Line
- Phone: Dial 988, Press 1
- Text: 838255
- Chat: veteranscrisisline.net
- 24/7 support for veterans in crisis
- Confidential
- Disabled American Veterans (DAV)
- National: dav.org
- Claims assistance
- Transportation to VA
- Advocacy
- American Legion
- Website: legion.org
- Service officer assistance
- Community programs
- Youth programs
- Veterans of Foreign Wars (VFW)
- Website: vfw.org
- Claims assistance
- Community service
- Advocacy
- Wounded Warrior Project
- Website: woundedwarriorproject.org
- Phone: 1-888-997-2586
- Mental health support
- Physical health programs

- Career counseling
- Long-term support

Section 3: Healthcare Services

Community Health Centers - Imperial Valley Clinicas de Salud del Pueblo Website: cdsdp.org Main Phone: (760) 339-6800 Federally Qualified Health Center (FQHC) Sliding fee scale based on income

- Community Health Centers - Imperial Valley
- Clinicas de Salud del Pueblo
- Website: cdsdp.org
- Main Phone: (760) 339-6800
- Federally Qualified Health Center (FQHC)
- Sliding fee scale based on income
- Accepts Medi-Cal, Medicare, uninsured
- El Centro Health Center - Address: 1166 K Street, El Centro, CA 92243 - Phone: (760) 339-6800 - Services: Primary care, pediatrics, women's health, lab, pharmacy
- Brawley Health Center - Address: 506 South Imperial Ave, Brawley, CA 92227 - Phone: (760) 344-9951 - Services: Primary care, pediatrics, lab
- Calexico Health Center - Address: 731 Paulin Ave, Calexico, CA 92231 - Phone: (760) 357-3333 - Services: Primary care, pediatrics, women's health
- Heber Health Center - Address: 349 E Main St, Heber, CA 92249 - Phone: (760) 353-0402 - Services: Primary care
- Niland Health Center - Address: 8028 Luxor Ave, Niland, CA 92257 - Phone: (760) 359-0800 - Services: Primary care
- Winterhaven Health Center - Address: 258 N. Picacho Road, Winterhaven, CA 92283 - Phone: (760) 572-0048 - Services: Primary care
- San Luis Health Center - Address: 1896 E Main St, San Luis, AZ 85349 - Phone: (928) 627-9222 - Services: Primary care
- Dental Services - El Centro Dental: (760) 339-6830 - Comprehensive dental care - Pediatric dentistry - Emergency dental
- Behavioral Health Services - Integrated mental health - Substance use treatment - Psychiatric services
- Vo Neighborhood Medical Clinic
- Address: 704 State St, El Centro, CA 92243
- Phone: (760) 352-9331
- Primary care
- Walk-in services
- Lab services
- Imperial County Public Health Department
- Address: 935 Broadway, El Centro, CA 92243
- Phone: (442) 265-1444
- Website: co.imperial.ca.us/publichealth
- Public Health Services: - Immunizations - TB testing and treatment - STI testing and treatment - Family planning - WIC

- program - Maternal and child health - Health education - Disease prevention - Environmental health - Vital records
- (birth/death certificates)
- Hospitals
- El Centro Regional Medical Center
- Address: 1415 Ross Ave, El Centro, CA 92243
- Main Phone: (760) 339-7100
- Emergency: (760) 339-7200
- Website: ecrmc.org
- 165-bed acute care hospital
- 24/7 Emergency Department
- Surgery (inpatient and outpatient)
- ICU/CCU
- Labor and Delivery
- Pediatrics
- Imaging and radiology
- Laboratory
- Rehabilitation services
- Wound care center
- Dialysis
- Pioneers Memorial Hospital
- Address: 207 W Legion Road, Brawley, CA 92227
- Main Phone: (760) 351-3333
- Emergency: (760) 351-3333
- Website: pmhdistrict.org
- 107-bed acute care hospital
- Emergency services
- Surgery
- ICU
- Obstetrics
- Orthopedics
- Imaging
- Laboratory
- Rehabilitation
- Skilled nursing facility
- Calexico Hospital (Clinica Sierra Vista)
- Address: 201 West Legion Road, Calexico, CA 92231
- Phone: (760) 357-1911
- Emergency services
- Primary care clinic

- Specialty services
- Specialty Healthcare Services
- California Children's Services (CCS)
- Imperial County CCS: (442) 265-1477
- Address: 935 Broadway, El Centro, CA 92243
- Website: dhcs.ca.gov/services/ccs
- CCS Covered Conditions: - Cerebral palsy - Cystic fibrosis - Heart defects - Cancer - Hemophilia - Cleft lip/palate -
- Scoliosis - Chronic kidney disease - Many other conditions
- CCS Services: - Medical case management - Physical therapy - Occupational therapy - Speech therapy - Medical
- equipment - Diagnostic services - Surgical services - Specialty care - Nursing services
- CHDP (Child Health and Disability Prevention)
- Phone: (442) 265-1477
- Address: 935 Broadway, El Centro, CA 92243
- Free health assessments for children
- Medi-Cal and uninsured children
- Immunizations
- Vision screening
- Hearing screening
- Developmental screening
- Lead testing
- Referrals for treatment
- Health education
- Dialysis Centers
- Fresenius Kidney Care - El Centro - Address: 2041 N Imperial Ave, El Centro, CA 92243 - Phone: (760) 353-7717
- DaVita El Centro Dialysis - Address: 1099 N Imperial Ave, El Centro, CA 92243 - Phone: (760) 353-7170
- DaVita Brawley Dialysis - Address: 1085 East St, Brawley, CA 92227 - Phone: (760) 344-1116
- Home Health Agencies
- Imperial Valley Home Health - Phone: (760) 352-3377 - Skilled nursing - Physical therapy - Occupational therapy -
- Speech therapy - Medical social work - Home health aide
- Maxim Healthcare Services - Phone: (760) 352-8700 - Skilled nursing - Pediatric nursing - Companion services
- Comfort Keepers - Phone: (760) 337-0123 - Personal care - Companionship - Light housekeeping
- Home Instead Senior Care - Phone: (760) 352-4450 - Alzheimer's care - Personal care - Companionship
- Hospice Services
- Hospice of Imperial Valley - Phone: (760) 352-6565 - End-of-life care - Pain management - Family support -
- Bereavement services - Spiritual care - Volunteer services
- VITAS Healthcare - Phone: 1-800-938-4827 - Hospice care - Palliative care - Telecare support
- Physical Therapy & Rehabilitation
- El Centro Regional Medical Center Rehab - Phone: (760) 339-7270 - Inpatient rehabilitation - Outpatient therapy -
- Physical therapy - Occupational therapy - Speech therapy

- Action Physical Therapy - Phone: (760) 352-0021 - Orthopedic PT - Sports injuries - Post-surgical rehab
- Desert Physical Therapy - Phone: (760) 352-1988 - Physical therapy - Work injury rehab - Pain management
- Specialty Clinics & Physicians
- Imperial Valley Family Care Medical Group - Phone: (760) 353-8300 - Primary care - Pediatrics - Geriatrics
- Desert Cardiology Consultants - Phone: (760) 352-2201 - Cardiology - Echocardiography - Stress testing
- Imperial Valley Orthopedic Surgery - Phone: (760) 352-2111 - Orthopedic surgery - Sports medicine - Joint replacement
- Neurology Associates - Phone: (760) 339-7345 - Neurology - EMG/NCS - EEG
- Imperial Valley Urology - Phone: (760) 353-3120 - Urology - Incontinence - Kidney stones
- Imperial Ear, Nose & Throat - Phone: (760) 352-0300 - ENT services - Hearing tests - Allergy treatment
- Imaging & Radiology
- El Centro Regional Medical Center Imaging - Phone: (760) 339-7205 - X-ray - CT scan - MRI - Ultrasound -
- Mammography - Nuclear medicine - PET scan
- Radiology Associates - Phone: (760) 352-3121 - Full imaging services - Same-day appointments
- Laboratory Services
- Quest Diagnostics - El Centro: 2094 N Imperial Ave, (760) 352-2122 - Brawley: 120 S. Plaza St, (760) 344-5111 -
- Walk-in services - Most insurance accepted
- LabCorp - El Centro: 1680 W Main St, (760) 339-5000 - Comprehensive testing - Drug testing
- Pharmacies
- Walmart Pharmacy - El Centro - Address: 2150 N Imperial Ave - Phone: (760) 312-2078 - \$4 generics - Medi-Cal
- accepted
- CVS Pharmacy - El Centro: 500 Broadway, (760) 352-2266 - Brawley: 175 S Plaza St, (760) 344-0135 - 24-hour
- locations available
- Walgreens - El Centro: 1090 N Imperial Ave, (760) 337-1234 - Brawley: 100 N Imperial Ave, (760) 344-4444
- Clinicas de Salud del Pueblo Pharmacy - Phone: (760) 339-6820 - 340B pricing (reduced cost) - Medi-Cal and
- uninsured
- Costco Pharmacy - Phone: (760) 370-5088 - No membership required for pharmacy - Low prices

Section 4: Mental Health & Behavioral Health

Imperial County Behavioral Health Services Address: 202 N 8th St, El Centro, CA 92243 Phone: (442) 265-1525 Crisis Line: (800) 817-5292 (24/7) Website: co.imperial.ca.us/behavioralhealth Adult Mental Health Services

- Imperial County Behavioral Health Services
- Address: 202 N 8th St, El Centro, CA 92243
- Phone: (442) 265-1525
- Crisis Line: (800) 817-5292 (24/7)
- Website: co.imperial.ca.us/behavioralhealth
- Adult Mental Health Services
- Assessment and evaluation
- Individual therapy
- Group therapy

- Psychiatric services
- Medication management
- Case management
- Crisis intervention
- Intensive outpatient
- Full-service partnership
- Wellness and recovery programs
- Children's Mental Health Services
- Assessment and evaluation
- Individual therapy
- Family therapy
- Play therapy
- School-based services
- Wraparound services
- Therapeutic behavioral services
- Intensive care coordination
- Early childhood mental health
- Foster care mental health
- Older Adult Mental Health
- Assessment
- Treatment
- Memory screening
- Caregiver support
- Home-based services
- Crisis Services
- 24/7 Crisis Line: (800) 817-5292
- Mobile crisis team
- Crisis stabilization unit
- Psychiatric emergency services
- 5150/5250 evaluations
- Crisis residential treatment
- Safety planning
- Mental Health Urgent Care
- Address: 202 N 8th St, El Centro
- Hours: Monday-Friday 8:00 AM - 5:00 PM
- Walk-in services
- Same-day appointments
- Assessment
- Referrals

- Substance Use Disorder (SUD) Services
- Assessment
- Outpatient treatment
- Intensive outpatient
- Residential treatment referrals
- Detoxification referrals
- Medication-assisted treatment (MAT)
- Recovery support services
- Drug Medi-Cal services
- Perinatal services
- Private Mental Health Providers
- Desert Counseling Clinic
- Address: 601 State St, El Centro, CA 92243
- Phone: (760) 352-5558
- Individual counseling
- Couples and family therapy
- Child and adolescent services
- Psychiatric services
- Substance abuse treatment
- Imperial Valley Behavioral Medical Center
- Phone: (760) 352-1800
- Psychiatric services
- Therapy services
- Medication management
- Clinicas de Salud del Pueblo Behavioral Health
- Phone: (760) 339-6800
- Integrated behavioral health
- Depression/anxiety treatment
- Substance use services
- Psychiatric services
- Crisis Resources - National
- 988 Suicide & Crisis Lifeline
- Phone: Dial 988
- Chat: 988lifeline.org
- 24/7 support
- Spanish available
- Deaf/Hard of Hearing: 711 then 988
- Crisis Text Line
- Text: HOME to 741741

- 24/7 text-based crisis support
- Free and confidential
- SAMHSA National Helpline
- Phone: 1-800-662-4357
- Website: [samhsa.gov/find-help](https://www.samhsa.gov/find-help)
- 24/7 treatment referrals
- English and Spanish
- Free and confidential
- Trevor Project (LGBTQ Youth)
- Phone: 1-866-488-7386
- Text: START to 678-678
- Chat: [thetrevorproject.org](https://www.thetrevorproject.org)
- 24/7 crisis intervention
- Trans Lifeline
- Phone: 1-877-565-8860
- Peer support for trans community
- Operated by trans people
- Veterans Crisis Line
- Phone: Dial 988, Press 1
- Text: 838255
- Chat: [veteranscrisisline.net](https://www.veteranscrisisline.net)
- Postpartum Support International
- Phone: 1-800-944-4773
- Text: Help to 988
- Perinatal mental health support
- Helpline in English and Spanish
- NAMI (National Alliance on Mental Illness)
- Website: [nami.org](https://www.nami.org)
- Helpline: 1-800-950-6264
- Text: HOME to 741741
- Education programs
- Support groups
- Advocacy
- Mental Health America
- Website: [mhanational.org](https://www.mhanational.org)
- Phone: 1-800-273-8255
- Screening tools
- Education
- Advocacy

Section 5: Dental Services

Medi-Cal Dental (Denti-Cal) Website: denti-cal.ca.gov Beneficiary Services: 1-800-322-6384 Provider Search: smile.ca.gov Covered Services for Adults Exams and cleanings (2x per year)

- Medi-Cal Dental (Denti-Cal)
- Website: denti-cal.ca.gov
- Beneficiary Services: 1-800-322-6384
- Provider Search: smile.ca.gov
- Covered Services for Adults
- Exams and cleanings (2x per year)
- X-rays
- Fillings
- Extractions
- Root canals (anterior teeth)
- Crowns (with authorization)
- Dentures and partials
- Emergency services
- Covered Services for Children
- All preventive services
- Sealants
- Fluoride treatments
- Fillings
- Crowns
- Extractions
- Root canals
- Orthodontics (severe cases)
- Space maintainers
- Dental Providers - Imperial Valley
- Clinicas de Salud del Pueblo Dental
- Address: 1166 K Street, El Centro, CA 92243
- Phone: (760) 339-6830
- Comprehensive dental care
- Pediatric dentistry
- Emergency services
- Sliding fee scale
- Medi-Cal accepted
- Imperial Valley College Dental Hygiene Clinic
- Address: 380 E Aten Rd, Imperial, CA 92251
- Phone: (760) 355-6350
- Low-cost cleanings

- X-rays
- Student clinicians supervised by faculty
- Appointment required
- Western Dental
- El Centro: 583 Broadway, (760) 370-5300
- Brawley: 240 S Imperial Ave, (760) 344-0071
- General dentistry
- Orthodontics
- Pediatric dentistry
- Medi-Cal accepted
- Aspen Dental
- El Centro: 2150 N Imperial Ave #A
- Phone: (760) 592-0014
- General dentistry
- Dentures specialty
- Emergency services
- Local Private Dentists (Medi-Cal Accepting)
- Contact Denti-Cal provider search at smile.ca.gov
- Many private dentists accept Denti-Cal
- New patient availability varies
- Dental Resources for Low-Income/Uninsured
- California Dental Association Foundation - Website: cda.org/foundation - Free clinic days - Donated Dental Services
- Dentistry From the Heart - Annual free dental events - Check for local events
- Remote Area Medical - Periodic free clinics - Comprehensive dental services
- Emergency Dental Care
- El Centro Regional Medical Center ER for trauma
- Western Dental emergency services
- Clinicas de Salud emergency dental line
- After-hours: Denti-Cal emergency authorization

Section 6: Vision Services

Medi-Cal Vision Services Covered Services: Eye exams, glasses Managed Care Plans: Vision benefits through plan Fee-for-Service: VSP network Children: Comprehensive vision under EPSDT Medi-Cal Vision Providers

- Medi-Cal Vision Services
- Covered Services: Eye exams, glasses
- Managed Care Plans: Vision benefits through plan
- Fee-for-Service: VSP network
- Children: Comprehensive vision under EPSDT
- Medi-Cal Vision Providers

- VSP: vsp.com/eye-doctor
- Managed Care: Contact your health plan
- Vision Providers - Imperial Valley
- Walmart Vision Center
- El Centro: 2150 N Imperial Ave, (760) 312-0054
- Brawley: 170 W Main St
- Exams starting at \$79
- Affordable glasses
- Contact lenses
- Medi-Cal accepted
- Costco Optical
- El Centro: 2020 N Imperial Ave, (760) 370-5089
- No membership required for optical
- Eye exams
- Glasses and contacts
- Competitive prices
- America's Best Contacts & Eyeglasses
- El Centro: 583 Broadway, (760) 337-5437
- \$69 eye exam with glasses purchase
- 2 pairs for \$69.95
- Medi-Cal accepted
- LensCrafters
- Eye exams
- Designer frames
- Contact lenses
- Some vision insurance accepted
- Local Optometrists
- Dr. Patel Optometry: (760) 352-8855
- Desert Eye Center: (760) 352-4200
- Imperial Valley Eye Care: (760) 353-6300
- Low-Cost Vision Resources
- Lions Club International - Website: lionsclubs.org - Free eyeglasses program - Contact local Lions Club - Income guidelines apply
- OneSight - Website: onesight.org - Free eye exams and glasses - Periodic clinics
- New Eyes - Website: new-eyes.org - Vouchers for glasses - Application required
- SEVA Foundation - Website: seva.org - Global and US programs - Free eye care
- EyeCare America - Website: aao.org/eyecare-america - Seniors 65+ - Free eye care
- InfantSEE - Website: infantsee.org - Free exams for infants 6-12 months - No cost to families
- Assistive Technology for Vision

- California Telephone Access Program (CTAP) - Website: ddtp.cpuc.ca.gov/CTAP - Phone: 1-800-806-1191 - Free
- specialized phones for vision impaired - Large button phones - Voice-activated devices
- Department of Rehabilitation - Blind Services - Website: dor.ca.gov - Vocational rehabilitation - Assistive technology -
- Orientation and mobility - Independent living skills
- Braille Institute - Website: brailleinstitute.org - Phone: 1-800-272-4553 - Free programs and services - Youth programs -
- Adult programs - Assistive technology training
- National Federation of the Blind - Website: nfb.org - Advocacy - Training programs - Technology assistance
- American Foundation for the Blind - Website: afb.org - Resources and information - Technology reviews - Advocacy

Section 7: Housing Assistance

Public Housing & Section 8 Imperial Valley Housing Authority Address: 1401 D Street, Brawley, CA 92227 Phone: (760) 352-8521
 Website: ivhousing.com Hours: Monday-Friday 8:00 AM - 5:00 PM

- Public Housing & Section 8
- Imperial Valley Housing Authority
- Address: 1401 D Street, Brawley, CA 92227
- Phone: (760) 352-8521
- Website: ivhousing.com
- Hours: Monday-Friday 8:00 AM - 5:00 PM
- Section 8 Housing Choice Voucher Program - Tenant-based rental assistance - Pays portion of rent to private landlords
- - Waiting list (may be closed) - Income limits apply - Annual recertification - Portability to other areas
- Project-Based Vouchers - Vouchers tied to specific properties - Shorter wait times possible - Apply directly to properties
- Public Housing - Housing Authority-owned units - Affordable rent based on income - Various locations in Imperial Valley
- - Waiting list
- Family Self-Sufficiency Program - 5-year program - Escrow savings account - Employment services - Financial coaching
- - Goal: Self-sufficiency and homeownership
- HUD Programs
- HUD Website: hud.gov
- HUD Hotline: 1-800-569-4287
- Fair Housing: 1-800-669-9777
- FHA Loans - Low down payment (3.5%) - Lower credit score requirements - For primary residence - Mortgage
- insurance required
- HUD Homeownership Programs - First-time homebuyer programs - Down payment assistance - Closing cost assistance
- - Counseling services
- HOME Investment Partnership - Rental assistance - Homebuyer assistance - New construction - Rehabilitation
- Community Development Block Grants (CDBG) - Housing rehabilitation - Public improvements - Economic development
- - Public services
- Emergency & Transitional Housing
- House of Hope
- Phone: (760) 353-8543

- Crisis Line: (800) 799-7233
- Domestic violence shelter
- Confidential location
- Emergency shelter
- Transitional housing
- Children's services
- Counseling
- Legal advocacy
- Salvation Army - El Centro
- Address: 550 Broadway, El Centro, CA 92243
- Phone: (760) 352-4857
- Emergency assistance
- Rental assistance (limited)
- Utility assistance
- Food pantry
- Case management
- Catholic Charities
- Address: 250 S 5th St, El Centro, CA 92243
- Phone: (760) 353-6822
- Emergency assistance
- Rental assistance
- Immigration services
- Counseling
- St. Vincent de Paul
- Phone: (760) 353-7133
- Emergency assistance
- Food assistance
- Clothing assistance
- Furniture assistance
- Rent assistance (limited)
- 211 Imperial County
- Dial: 211
- Website: 211.org
- Emergency housing referrals
- Shelter listings
- Homeless services
- Utility assistance referrals
- Rental Assistance Programs
- Emergency Rental Assistance Program (ERAP)

- Website: housing.ca.gov
- Pandemic-related assistance
- Past due rent
- Past due utilities
- Application periods vary
- LIHEAP (Low Income Home Energy Assistance)
- Imperial County DSS: (442) 265-1400
- Utility bill assistance
- Heating/cooling assistance
- Weatherization referrals
- Income limits apply
- CARE Program (IID)
- Website: iid.com
- Phone: (760) 339-9461
- Electric bill discount
- Low-income households
- Medical baseline available
- SoCalGas CARE Program
- Website: socialgas.com
- Phone: 1-800-427-2200
- Gas bill discount (20%)
- Income-qualified households
- FERA (Family Electric Rate Assistance)
- For families of 3+
- Higher income limits than CARE
- 18% electric discount
- Homeownership Programs
- CalHFA (California Housing Finance Agency)
- Website: calhfa.ca.gov
- Phone: 1-877-922-5432
- MyHome Assistance Program - Deferred-payment second mortgage - Up to 3.5% of purchase price - First-time homebuyers - Income limits apply
- CalHFA Zero Interest Program (ZIP) - Zero interest loan - Closing cost assistance - Combined with MyHome
- CalPLUS Loan Programs - Conventional and FHA options - Combined with assistance programs - Competitive rates
- USDA Rural Development
- Website: rd.usda.gov
- Phone: (530) 792-5825
- Section 502 Direct Loan - Very low-income homebuyers - Rural areas (includes Imperial Valley) - Subsidized interest rates - No down payment required

- Section 502 Guaranteed Loan - Low to moderate income - Rural areas - No down payment - Lower PMI
- Down Payment Assistance Programs
- First-time homebuyer programs: Various lenders
- Employer assistance programs: Check with employer
- GSFA Platinum: gsfahome.org
- CHDAP: County down payment assistance
- Habitat for Humanity
- Website: habitat.org
- Imperial Valley: Contact locally
- Affordable homeownership
- Sweat equity required
- Low-income families
- Interest-free mortgages
- Fair Housing
- California Department of Fair Employment & Housing
- Website: dfeh.ca.gov
- Phone: 1-800-884-1684
- Housing discrimination complaints
- Disability accommodations
- Familial status protection
- Source of income protection
- HUD Fair Housing
- Phone: 1-800-669-9777
- TTY: 1-800-927-9275
- Website: hud.gov/fairhousing
- Federal fair housing enforcement
- Discrimination complaints
- Education and outreach
- Disability Rights California - Housing
- Website: disabilityrightscalifornia.org
- Phone: 1-800-776-5746
- Reasonable accommodations
- Accessibility modifications
- Service/assistance animals
- Disability discrimination
- Fair Housing Rights
- Cannot discriminate based on:
 - Race or color
 - National origin

- Religion
- Sex/gender
- Familial status
- Disability
- Source of income (California)
- Citizenship/immigration status (California)
- Reasonable Accommodations
- Changes to rules or policies
- For people with disabilities
- Examples: Service animals, parking, assistance devices
- Landlord must provide unless undue burden
- Request in writing recommended
- Reasonable Modifications
- Physical changes to unit/common areas
- For people with disabilities
- Examples: Grab bars, ramps, lowered counters
- Tenant may pay for modifications
- Must restore if required
- Homeless Services
- Imperial County Homeless Services
- Phone: (442) 265-1400
- Address: 2995 S. 4th St, El Centro
- Coordinated entry system
- Housing navigation
- Rapid re-housing
- Homeless prevention
- Continuum of Care (CoC)
- Contact: 211
- Coordinates homeless services
- Funding for homeless programs
- Annual point-in-time count
- System coordination
- PATH (People Assisting the Homeless)
- Website: epath.org
- Street outreach
- Housing navigation
- Case management
- Homeless Veterans
- HUD-VASH: VA and Housing Authority partnership

- SSVF (Supportive Services for Veteran Families): Rapid re-housing
- GPD (Grant and Per Diem): Transitional housing
- Contact: VA El Centro Clinic or 211
- Homeless Youth
- Covenant House: covenanthouse.org
- StandUp for Kids: standupforkids.org
- LGBTQ Youth: Ali Forney Center model programs
- Foster youth services: Contact county

Section 8: Food & Nutrition Assistance

Food Banks & Pantries Imperial Valley Food Bank Address: 939 W Main St, El Centro, CA 92243 Phone: (760) 370-0966 Website: ivfoodbank.org Distribution Days: Check website for schedule

- Food Banks & Pantries
- Imperial Valley Food Bank
- Address: 939 W Main St, El Centro, CA 92243
- Phone: (760) 370-0966
- Website: ivfoodbank.org
- Distribution Days: Check website for schedule
- No documentation required
- Partner distribution sites throughout valley
- Senior Box Program
- Kids Café
- Mobile distributions
- Partner Sites: - Various churches throughout Imperial Valley - Community centers - School sites - Senior centers -
- Housing sites
- Salvation Army Food Pantry
- Address: 550 Broadway, El Centro, CA 92243
- Phone: (760) 352-4857
- Food distribution days vary
- Bring ID and proof of address
- Holiday food boxes
- Catholic Charities Food Distribution
- Address: 250 S 5th St, El Centro, CA 92243
- Phone: (760) 353-6822
- Weekly distributions
- Emergency food assistance
- St. Vincent de Paul Society
- Phone: (760) 353-7133
- Emergency food assistance

- Partner with parishes
- Home delivery for homebound
- Our Lady of Guadalupe Church Food Pantry
- Various parish locations
- Weekly distributions
- Check local church schedules
- Feeding America
- Website: feedingamerica.org
- Find Food Bank: feedingamerica.org/find-your-local-foodbank
- National network
- SNAP assistance
- Child hunger programs
- Government Food Programs
- CalFresh (SNAP/Food Stamps)
- Apply: getcalfresh.org or (442) 265-1400
- Monthly food benefits on EBT card
- Grocery stores and farmers markets
- Income limits apply
- Expedited services available
- CalFresh Income Limits (2024): - 1 person: \$2,510/month gross - 2 persons: \$3,407/month gross - 3 persons: \$4,303/month gross - 4 persons: \$5,200/month gross - Add \$897 for each additional person
- CalFresh Maximum Benefits: - 1 person: \$291/month - 2 persons: \$535/month - 3 persons: \$766/month - 4 persons: \$973/month
- WIC (Women, Infants, and Children)
- Imperial County WIC: (442) 265-1485
- Address: 935 Broadway, El Centro
- Website: wicworks.ca.gov
- WIC Eligibility: - Pregnant women - Breastfeeding women (up to 1 year) - Postpartum women (up to 6 months) - Infants (birth to age 1) - Children (ages 1-5) - Income at or below 185% FPL
- WIC Benefits: - Supplemental foods via EBT card - Nutrition education - Breastfeeding support - Referrals to health and social services - Foods include: milk, cheese, eggs, cereal, juice, fruits, vegetables, beans, peanut butter, infant formula, baby food
- National School Lunch Program
- Free and reduced-price meals
- All Imperial Valley school districts
- Apply through school district
- Direct certification for CalFresh families
- Community Eligibility Provision at some schools
- School Breakfast Program

- Free and reduced-price breakfast
- All school districts
- Same application as lunch
- Served before school starts
- Summer Food Service Program
- Website: fns.usda.gov/sfsp
- Free meals for children under 18
- Summer months when school is out
- Various community sites
- No registration required
- Text FOOD to 304-304 to find sites
- Afterschool Meal Program
- Free snacks and meals
- After-school programs
- Various community sites
- Child and Adult Care Food Program (CACFP)
- Meals at child care centers
- Adult day care centers
- Head Start programs
- Homeless shelters
- CSFP (Commodity Supplemental Food Program)
- For seniors 60 and older
- Monthly food package
- USDA foods
- Contact Imperial Valley Food Bank
- TEFAP (The Emergency Food Assistance Program)
- Distributed through food banks
- USDA commodity foods
- Income guidelines
- No SNAP requirement
- FDPIR (Food Distribution Program on Indian Reservations)
- Alternative to SNAP
- For tribal members
- Monthly food package
- Contact local tribal office
- Senior Nutrition
- Meals on Wheels Imperial Valley
- Area Agency on Aging: (442) 265-7000
- Home-delivered meals

- Seniors 60+
- Hot meals
- Frozen meals available
- Special diets accommodated
- Wellness checks
- Senior Center Congregate Meals
- El Centro Senior Center: Contact Area Agency on Aging
- Brawley Senior Center: Contact Area Agency on Aging
- Calexico Senior Center: Contact Area Agency on Aging
- Hot lunch served
- Social environment
- Nutrition education
- Suggested donation
- Brown Bag Program
- Monthly groceries for seniors
- Through food banks
- Supplemental foods
- Special Diet Resources
- Medically Tailored Meals
- Available through some Medi-Cal managed care plans
- For chronic conditions
- Home delivery
- Doctor's prescription required
- Diabetes Food Programs
- Contact local health department
- Diabetes education classes
- Healthy eating programs
- Cooking demonstrations
- Food Allergies Resources
- FARE (Food Allergy Research & Education): foodallergy.org
- Food Allergy & Anaphylaxis Network
- Education and resources
- Safe eating guides
- Emergency planning
- Celiac Disease Resources
- Celiac Disease Foundation: celiac.org
- Gluten-free resources
- Restaurant guides
- Support groups

- Renal Diet Resources
- Dialysis center nutrition education
- Kidney-friendly recipes
- Sodium/potassium/phosphorus guidance
- Farmers Markets Accepting EBT
- Imperial Valley Farmers Markets
- El Centro Certified Farmers Market: Check schedule
- CalFresh EBT accepted
- Market Match program (double your dollars)
- Fresh local produce
- WIC checks accepted
- Market Match Program
- Double your CalFresh dollars
- Up to \$10 or \$20 match
- Fresh fruits and vegetables only
- Participating farmers markets

Section 9: Education Services - Early Childhood

Head Start & Early Head Start Imperial County Head Start Address: 1398 Sperber Rd, El Centro, CA 92243 Phone: (760) 312-6440
 Website: icoe.org/headstart Head Start (Ages 3-5) - Free preschool program - Income-eligible families - Children with disabilities - Foster children -

- Head Start & Early Head Start
- Imperial County Head Start
- Address: 1398 Sperber Rd, El Centro, CA 92243
- Phone: (760) 312-6440
- Website: icoe.org/headstart
- Head Start (Ages 3-5) - Free preschool program - Income-eligible families - Children with disabilities - Foster children -
- Homeless children - Full-day and part-day options - Nutritious meals - Health services - Family services - Developmental
- screenings - Transition to kindergarten
- Early Head Start (Ages 0-3) - Home-based services - Center-based services - Pregnant women - Family support - Child
- development - Health and nutrition
- Eligibility: - Income at or below 100% Federal Poverty Level - Receiving public assistance (TANF, SSI) - Foster children
- - Homeless families - Families above income may qualify if slots available
- Head Start Services: - Education (school readiness) - Health (medical, dental, mental health) - Nutrition - Parent
- involvement - Family partnerships - Disability services
- California State Preschool Program (CSPP)
- Contact: Local school district
- Free preschool for income-eligible families
- Ages 3-5
- Part-day and full-day options

- Focus on school readiness
- Developmental activities
- El Centro Elementary: (760) 352-5712 Brawley Elementary: (760) 344-2330 Calexico Unified: (760) 768-3888 Imperial Unified: (760) 355-3200
- First 5 Imperial
- Website: first5imperial.org
- Phone: Contact locally
- Early childhood programs
- Parent education
- Developmental screenings
- Kindergarten readiness
- Health services
- Family strengthening
- First 5 Programs: - First 5 California home visiting - Quality early learning - Oral health - Special needs services - Family literacy
- Early Start (Ages 0-3)
- SDRC Early Start: (760) 312-9400
- Imperial County Early Start: Contact above
- For infants and toddlers with:
- Developmental delays
- Established risk conditions
- High risk factors
- Individualized Family Service Plan (IFSP)
- Home-based services
- Center-based services
- Therapies (PT, OT, Speech)
- Family training
- Service coordination
- Child Care Resources
- Child Care Resource Connection - Phone: 1-800-733-7999 - Website: rnetwork.org - Referrals to child care - Financial assistance information - Provider listings - Quality ratings
- CalWORKs Child Care - Phone: (442) 265-1400 - For CalWORKs participants - Stage 1, 2, and 3 child care - Income-based co-pay - Licensed providers
- Alternative Payment Programs - Child care subsidies - Income-eligible families - Licensed and license-exempt providers
- - Voucher-based
- Quality Counts California - Website: qualitycountsca.net - Child care quality ratings - Provider improvement - Parent information
- Home Visiting Programs
- Nurse-Family Partnership - First-time, low-income mothers - Nurse home visits - Pregnancy through age 2 - Child

- development - Parenting skills
- Parents as Teachers - Parent education - Home visits - Group connections - Developmental screenings - Birth through kindergarten
- Healthy Families America - Home visiting for at-risk families - Child abuse prevention - Parent support - Child development
- Developmental Screening
- Ages and Stages Questionnaire (ASQ) - Free developmental screening - First 5 programs - Pediatric offices - Early childhood programs - Online at asqonline.com
- Help Me Grow - Phone: Contact 211 - Developmental screenings - Care coordination - Family resources

Section 10: Education Services - K-12 & Special Education

School Districts - Imperial Valley El Centro Elementary School District Address: 1256 Broadway, El Centro, CA 92243 Phone: (760) 352-5712 Website: ecesd.org Grades K-8

- School Districts - Imperial Valley
- El Centro Elementary School District
- Address: 1256 Broadway, El Centro, CA 92243
- Phone: (760) 352-5712
- Website: ecesd.org
- Grades K-8
- Multiple elementary schools
- Special education services
- Central Union High School District
- Address: 351 Ross Ave, El Centro, CA 92243
- Phone: (760) 336-4500
- Website: cuhsd.net
- Grades 9-12
- Central Union High School
- Southwest High School
- Desert Oasis High School
- Special education services
- Career technical education
- Brawley Elementary School District
- Address: 220 Main St, Brawley, CA 92227
- Phone: (760) 344-2330
- Website: besd.net
- Grades K-8
- Brawley Union High School District
- Address: 480 N Imperial Ave, Brawley, CA 92227
- Phone: (760) 312-5800

- Website: brawleyhigh.org
- Grades 9-12
- Calexico Unified School District
- Address: 901 Andrade Ave, Calexico, CA 92231
- Phone: (760) 768-3888
- Website: cusdk12.org
- Grades K-12
- Holtville Unified School District
- Address: 621 E 6th St, Holtville, CA 92250
- Phone: (760) 356-2974
- Website: holtvilleusd.com
- Grades K-12
- Imperial Unified School District
- Address: 219 N L St, Imperial, CA 92251
- Phone: (760) 355-3200
- Website: imperialusd.com
- Grades K-12
- Calipatria Unified School District
- Address: 501 W Main St, Calipatria, CA 92233
- Phone: (760) 348-2892
- Website: cusdk8.com
- Grades K-12
- Westmorland Union Elementary School District
- Address: 350 S Center St, Westmorland, CA 92281
- Phone: (760) 344-4430
- Grades K-8
- McCabe Union Elementary School District
- Address: 1025 McCabe Rd, El Centro, CA 92243
- Phone: (760) 352-1561
- Grades K-8
- Meadows Union Elementary School District
- Phone: (760) 352-7512
- Grades K-8
- Seeley Union Elementary School District
- Address: 1912 W Rio Vista Rd, Seeley, CA 92273
- Phone: (760) 352-1441
- Grades K-8
- San Pasqual Valley Unified School District
- Address: 676 Baseline Rd, Winterhaven, CA 92283

- Phone: (760) 572-0222
- Grades K-12
- Special Education
- Imperial County SELPA (Special Education Local Plan Area)
- Address: 1398 Sperber Rd, El Centro, CA 92243
- Phone: (760) 312-6464
- Website: icoe.org/selpa
- Coordinates special education services
- Training for staff and families
- Program monitoring
- Dispute resolution
- Special Education Rights & Process
- Child Find - Obligation to identify all children with disabilities - Ages 0-21 - Request evaluation in writing - 60-day timeline for evaluation
- Evaluation - Comprehensive assessment - All areas of suspected disability - Written consent required - No cost to parents - Results shared in IEP meeting
- IEP (Individualized Education Program) - Written plan for each student with disability - Annual review minimum - Parent participation required - Team decision-making - Goals and services documented
- IEP Team Members: - Parent(s) - General education teacher - Special education teacher - School administrator - Specialist(s) as needed - Student (when appropriate) - Others at parent's request
- Disability Categories (IDEA): - Autism - Deaf-Blindness - Deafness - Emotional Disturbance - Hearing Impairment - Intellectual Disability - Multiple Disabilities - Orthopedic Impairment - Other Health Impairment - Specific Learning Disability - Speech or Language Impairment - Traumatic Brain Injury - Visual Impairment
- Special Education Services: - Specialized academic instruction - Speech and language therapy - Occupational therapy - Physical therapy - Counseling - Adaptive PE - Assistive technology - Behavior intervention - Transportation - Health services - Transition services
- Related Services: - Transportation - Speech-language pathology - Psychological services - Physical therapy - Occupational therapy - Recreation - Counseling - Social work - Parent counseling/training - School health services - Assistive technology
- 504 Plans
- For students with disabilities not needing IEP
- Section 504 of Rehabilitation Act
- Accommodations in general education
- Less formal than IEP
- Examples: Extended time, preferential seating, breaks
- Least Restrictive Environment (LRE)
- Education with non-disabled peers to maximum extent appropriate
- Continuum of placement options
- General education with supports preferred

- More restrictive only when necessary
- Transition Services (Ages 14-22)
- Begin by age 16 (or earlier)
- Post-secondary goals
- Training
- Education
- Employment
- Independent living skills
- Agency linkages (DOR, SDRC)
- Age of majority at 18
- Discipline & Special Education
- Manifestation determination
- Functional behavior assessment
- Behavior intervention plan
- Limitations on suspensions
- IDEA protections
- Parent Rights in Special Education
- Notice of procedural safeguards
- Prior written notice
- Consent requirements
- Access to records
- Independent Educational Evaluation
- Mediation
- Due process hearing
- State compliance complaints
- Resolution sessions
- Special Education Resources
- California Department of Education - Special Ed - Website: cde.ca.gov/sp/se - Regulations and guidance - Parent resources - Data and reports
- Parent Training and Information Center - Rowell Family Empowerment: rowellfamilyempowerment.org - Free parent training - IEP assistance - Rights information - Advocacy training
- Community Advisory Committee (CAC) - Parent advisory to SELPA - Training opportunities - Advocacy - Contact SELPA for information
- Disability Rights California - Special Education - Website: disabilityrightscalifornia.org - Phone: 1-800-776-5746 - Legal advocacy - Publications - Complaint assistance
- TASK (Team of Advocates for Special Kids) - Website: taskca.org - Parent training - IEP assistance - Advocacy

Section 11: Education Services - Higher Education & Adult

Community College Imperial Valley College Address: 380 E Aten Rd, Imperial, CA 92251 Phone: (760) 352-8320 Website: imperial.edu
Programs: - Associate degrees - Transfer programs - Career technical education - Adult education - English as a

- Community College
- Imperial Valley College
- Address: 380 E Aten Rd, Imperial, CA 92251
- Phone: (760) 352-8320
- Website: imperial.edu
- Programs: - Associate degrees - Transfer programs - Career technical education - Adult education - English as a
- Second Language - GED preparation - Basic skills - Continuing education
- Student Services: - Financial aid - Counseling - Tutoring - EOPS (Extended Opportunity Programs) - TRIO programs -
- Veterans services - CalWORKs support - Job placement
- DSPS (Disabled Students Programs & Services) - Phone: (760) 355-6312 - Address: Building 1000 - Academic
- accommodations - Priority registration - Assistive technology - Counseling - Note-taking services - Alternative media -
- Testing accommodations - Learning disability assessment
- DSPS Accommodations: - Extended time on tests - Reduced course load - Note takers - Sign language interpreters -
- Real-time captioning - Accessible formats - Assistive technology - Adaptive furniture
- Four-Year Universities
- San Diego State University - Imperial Valley Campus
- Address: 720 Heber Ave, Calexico, CA 92231
- Phone: (760) 768-5500
- Website: ivcampus.sdsu.edu
- Programs: - Criminal Justice - Liberal Studies - Psychology - Social Work - Border studies - Teacher credentialing -
- Graduate programs
- Student Services: - Counseling - Financial aid - Tutoring - Student accessibility services - Veterans services
- UC San Diego Extension
- Website: extension.ucsd.edu
- Online and in-person courses
- Professional development
- Certificate programs
- Cal State Online
- Website: calstateonline.net
- Online degree programs
- Multiple CSU campuses
- Flexible scheduling
- University of Phoenix
- Online programs
- Local campus options
- Flexible scheduling
- National University

- Website: nu.edu
- Online and regional campuses
- Adult-friendly schedules
- Military-friendly
- Adult Education
- Imperial Valley College Adult Education
- Phone: (760) 352-8320
- GED preparation
- High school diploma
- English as a Second Language
- Citizenship preparation
- Basic skills
- Career training
- Imperial Valley Regional Occupation Program (ROP)
- Career technical education
- High school and adult students
- Hands-on training
- Industry certifications
- Contact local school district
- GED Testing
- Website: ged.com
- Computer-based testing
- Four subject areas
- Testing centers in region
- Spanish GED available (GED en Español)
- English as a Second Language (ESL)
- Imperial Valley College
- Adult schools
- Community organizations
- Libraries
- Online programs
- Citizenship Preparation
- Civics education
- English skills
- N-400 preparation
- Community programs
- Legal assistance referrals
- Vocational & Career Training
- Department of Rehabilitation (DOR)

- El Centro Office: (760) 339-2701
- Address: 2895 S. Imperial Ave, El Centro
- Website: dor.ca.gov
- DOR Services: - Vocational counseling - Assessment services - Training and education - Assistive technology - Job placement - Post-employment services - Self-employment support - Supported employment - Transition services for students
- DOR Eligibility: - Physical or mental disability - Disability creates barrier to employment - Requires VR services to work - Can benefit from services - Intends to work
- America's Job Center of California
- Imperial County: (760) 336-3700
- Address: 2799 S. 4th St, El Centro
- Website: americasjobcenter.ca.gov
- Services: - Job search assistance - Resume writing - Interview skills - Career counseling - Job listings (CalJOBS) - Training referrals - Workshops - Computer access - WIOA programs
- Job Corps
- Website: jobcorps.gov
- Phone: 1-800-733-5627
- Ages 16-24
- Free education and training
- Residential and non-residential
- Career training
- High school diploma/GED
- Job placement
- Job Corps Centers (nearest): - San Diego Job Corps - Los Angeles area centers - Career training in various fields
- Conservation Corps
- California Conservation Corps: ccc.ca.gov
- Phone: 1-800-952-5627
- Ages 18-25
- Environmental work
- Emergency response
- Education opportunities
- AmeriCorps benefits
- AmeriCorps
- Website: americorps.gov
- National service opportunities
- Education award
- Living stipend
- Various programs and placements
- Financial Aid

- FAFSA (Free Application for Federal Student Aid)
- Website: fafsa.gov
- Federal financial aid
- Grants, loans, work-study
- Required for most aid
- Apply each year
- Deadline: March 2 for Cal Grant
- California Dream Act Application
- Website: dream.csac.ca.gov
- For undocumented students
- California state aid
- Similar to FAFSA
- AB540 eligible students
- Cal Grant
- Website: csac.ca.gov
- California state grant
- For college expenses
- Based on GPA and income
- Various Cal Grant types
- Board of Governors Fee Waiver (BOGW) / California Promise Grant
- Waives community college enrollment fees
- For California residents
- Income-based
- Automatic with FAFSA
- Scholarships
- Local scholarships: Check high school counselors
- College scholarships: Check college financial aid
- National scholarships: Fastweb, Scholarships.com
- Specialized scholarships: Disability, career field, ethnicity
- Work-Study
- Federal Work-Study Program
- Part-time campus employment
- Based on financial need
- Listed on FAFSA
- [Continuing in additional sections...]

Section 12: Employment Services

Department of Rehabilitation (DOR) El Centro DOR Office Address: 2895 S. Imperial Ave, El Centro, CA 92243 Phone: (760) 339-2701
 Fax: (760) 339-6411 Website: dor.ca.gov

- Department of Rehabilitation (DOR)
- El Centro DOR Office
- Address: 2895 S. Imperial Ave, El Centro, CA 92243
- Phone: (760) 339-2701
- Fax: (760) 339-6411
- Website: dor.ca.gov
- Hours: Monday-Friday 8:00 AM - 5:00 PM
- DOR Services
- Assessment Services: - Vocational evaluation - Situational assessment - Career exploration - Transferable skills analysis - Labor market information
- Training & Education: - College tuition assistance - Vocational training - On-the-job training - Apprenticeships - Certifications and licenses - Books and supplies
- Assistive Technology: - Worksite accommodations - Assistive devices - Vehicle modifications - Computer equipment and software - Communication devices
- Job Placement: - Job development - Job coaching - Supported employment - Customized employment - Job retention services
- Self-Employment: - Business plan development - Start-up costs - Equipment - Training - Technical assistance
- Transition Services (Students): - Pre-Employment Transition Services - Work experience - Career exploration - Self-advocacy training - Workplace readiness
- DOR Eligibility
- Physical or mental disability
- Disability creates substantial barrier to employment
- Requires VR services to prepare for, get, or keep a job
- Can benefit from services
- Intends to work in competitive integrated employment
- Employment Development Department (EDD)
- EDD Services
- Website: edd.ca.gov
- Phone: 1-800-300-5616 (UI claims)
- CalJOBS: CalJOBS.ca.gov
- Unemployment Insurance: - Weekly benefit payments - Job search requirements - Work sharing programs - Training extensions
- Disability Insurance: - State Disability Insurance (SDI) - Paid Family Leave (PFL) - Short-term disability coverage
- Labor Market Information: - Occupational guides - Wage data - Employment projections - Economic analysis
- America's Job Center of California
- Imperial County Job Center
- Address: 2799 S. 4th St, El Centro, CA 92243
- Phone: (760) 336-3700
- Website: americasjobcenter.ca.gov

- Job Center Services
- Job Search Assistance: - Job listings access - Computer and internet - Fax, phone, copier - Job search workshops -
- Career counseling
- Resume & Application Help: - Resume writing workshops - One-on-one resume review - Application assistance - Cover letter writing
- Interview Skills: - Mock interviews - Interview workshops - Professional dress resources - Employer expectations
- Training Services (WIOA): - On-the-Job Training - Individual Training Accounts - Customized training - Incumbent worker training - Work experience - Youth programs
- Supported Employment
- SDRC Supported Employment
- Phone: (760) 312-9400
- Competitive integrated employment
- Job development
- Job coaching
- Long-term support
- Customized employment
- DOR Supported Employment
- Phone: (760) 339-2701
- Time-limited intensive services
- Partnership with SDRC for ongoing support
- Individual placement and support model
- Youth Employment Programs
- Workability Programs
- Workability I: - For high school students with IEPs - Work experience - Career exploration - Job training - Contact school district
- Workability II: - For community college students with disabilities - DSPS partnership - Work experience - Training - Job placement - Contact IVC DSPS
- Workability III: - DOR partnership - Transition-age youth - Supported employment - Contact DOR
- Workability IV: - For adults with most significant disabilities - SDRC partnership - Supported employment - Long-term support
- Pre-Employment Transition Services (Pre-ETS)
- For students 14-22 with disabilities
- Job exploration counseling
- Work-based learning
- Counseling on enrollment opportunities
- Workplace readiness training
- Self-advocacy instruction
- Contact DOR or school district
- Youth Build

- Ages 16-24
- Low-income youth
- Construction training
- GED/diploma
- Leadership development
- Contact local programs
- California Conservation Corps
- Website: ccc.ca.gov
- Phone: 1-800-952-5627
- Ages 18-25
- Paid work experience
- Environmental projects
- Emergency response
- Education benefits
- AmeriCorps award
- AmeriCorps Programs
- Website: americorps.gov
- Various programs
- Living stipend
- Education award
- Health insurance
- Student loan forbearance
- Job Training Programs
- On-the-Job Training (OJT)
- Employer-based training
- Wage reimbursement to employer
- Learn while you earn
- Available through Job Center, DOR
- Apprenticeship Programs
- DIR Division of Apprenticeship Standards: dir.ca.gov/das
- Registered apprenticeships
- Earn while you learn
- Journeyman certification
- Various trades and occupations
- Trade Adjustment Assistance (TAA)
- For workers displaced by foreign trade
- Training benefits
- Job search allowances
- Relocation allowances

- Contact EDD
- Self-Employment Resources
- Small Business Administration (SBA)
- Website: sba.gov
- Phone: 1-800-827-5722
- Business loans
- Counseling
- Training
- Government contracting
- Disaster assistance
- SCORE
- Website: score.org
- Phone: 1-800-634-0245
- Free business mentoring
- Workshops
- Online resources
- Retired executives
- Find local chapter
- Small Business Development Center (SBDC)
- Website: californiasbdc.org
- Free consulting
- Business planning
- Market research
- Financial projections
- Access to capital
- Various locations
- DOR Self-Employment
- For people with disabilities
- Business plan development
- Start-up costs
- Equipment
- Technical assistance
- Marketing
- Contact local DOR
- Work Incentives (SSI/SSDI)
- Work Incentives Planning and Assistance (WIPA)
- National number: 1-866-968-7842
- Free benefits counseling
- Work incentives planning

- For SSI/SSDI recipients
- Ticket to Work
- Website: choosework.ssa.gov
- Phone: 1-866-968-7842
- Free employment services
- Keep benefits while working
- Employment networks
- Protection from medical reviews
- Work Incentives - SSI
- Earned Income Exclusion: - First \$65 + 1/2 remaining excluded - Reduces SSI gradually
- Student Earned Income Exclusion: - Under 22, in school - Additional earnings exclusion
- PASS (Plan to Achieve Self-Support): - Set aside income/resources - For work goal - Approval required
- IRWE (Impairment-Related Work Expenses): - Disability-related work costs deducted - Examples: Medications, transportation, attendant care
- Continued Medi-Cal (1619b): - Keep Medi-Cal even if SSI stops - Due to earnings
- Work Incentives - SSDI
- Trial Work Period: - 9 months (not consecutive) to test ability to work - Keep full benefits
- Extended Period of Eligibility: - 36 months after TWP - Benefits paid in months below SGA
- Expedited Reinstatement: - Quick restart of benefits - Within 5 years of stopping
- Continuation of Medicare: - At least 93 months after TWP

Section 13: Disability Rights & Advocacy

Disability Rights California Website: disabilityrightsca.org Phone: 1-800-776-5746 TTY: 1-800-719-5798 DRC Programs Office of Clients' Rights Advocacy (OCRA) - For Regional Center consumers - Rights violations - Service denials - Fair

- Disability Rights California
- Website: disabilityrightsca.org
- Phone: 1-800-776-5746
- TTY: 1-800-719-5798
- DRC Programs
- Office of Clients' Rights Advocacy (OCRA) - For Regional Center consumers - Rights violations - Service denials - Fair hearing assistance - Abuse and neglect
- Office of Patients' Rights - For mental health consumers - Rights in treatment facilities - Involuntary treatment issues - Complaint assistance
- Community Integration Program - Nursing facility to community - Olmstead implementation - Community living advocacy
- Education Advocacy - Special education rights - IEP assistance - Discipline issues - Restraint and seclusion - School access
- Employment Rights - Workplace discrimination - Reasonable accommodations - ADA compliance
- Housing Rights - Fair housing - Reasonable accommodations - Accessibility - Discrimination
- State Council on Developmental Disabilities (SCDD)

- Website: scdd.ca.gov
- Phone: (916) 322-8481
- SCDD Programs
- Self-Advocacy: - Self-advocacy training - People First support - Leadership development - Policy input
- Community Education: - Training and workshops - Resource development - Awareness campaigns - Employment initiatives
- Systems Change: - Policy advocacy - Legislative monitoring - Interagency collaboration - Quality improvement
- Protection & Advocacy
- Adult Protective Services
- Imperial County: (442) 265-1400
- 24/7 Hotline: 1-833-401-0832
- Abuse or neglect of vulnerable adults
- Self-neglect
- Financial exploitation
- Investigation and intervention
- Referrals to services
- Child Protective Services
- Imperial County: (442) 265-1400
- 24/7 Hotline: 1-833-401-0832
- Child abuse or neglect
- Investigation
- Family preservation
- Foster care
- Referrals
- Long-Term Care Ombudsman
- California: 1-800-231-4024
- Local: (800) 640-4661
- Advocate for nursing home residents
- Investigate complaints
- Resolve problems
- Rights education
- Fair Hearing & Appeals
- Medi-Cal Fair Hearings
- Phone: 1-800-952-5253
- Online: cdss.ca.gov/hearing-requests
- Appeal denials or reductions
- 90 days to request
- Aid Paid Pending
- Free representation available

- Regional Center Fair Hearings
- Contact: SDRC (760) 312-9400
- Appeal service denials
- 30 days to request mediation
- 60 days for fair hearing
- OCRA assistance available
- SSA Appeals
- Website: ssa.gov
- Phone: 1-800-772-1213
- Reconsideration
- ALJ hearing
- Appeals Council
- Federal Court
- Civil Rights
- California Department of Civil Rights
- Website: calcivilrights.ca.gov
- Phone: 1-800-884-1684
- Employment discrimination
- Housing discrimination
- Public accommodations
- Hate violence
- U.S. Department of Justice - ADA
- Website: ada.gov
- ADA Information Line: 1-800-514-0301
- ADA compliance
- Technical assistance
- Complaint filing
- Mediation
- Equal Employment Opportunity Commission (EEOC)
- Website: eeoc.gov
- Phone: 1-800-669-4000
- Federal employment discrimination
- ADA Title I
- Reasonable accommodations
- Complaint filing
- HUD (Housing Discrimination)
- Website: hud.gov
- Phone: 1-800-669-9777
- Fair Housing Act

- Disability discrimination
- Reasonable accommodations
- Accessibility
- Self-Advocacy Organizations
- People First of California
- Website: peoplefirstca.org
- Self-advocacy organization
- Run by and for people with developmental disabilities
- Chapters throughout California
- Leadership training
- Policy advocacy
- Peer support
- Autistic Self Advocacy Network (ASAN)
- Website: autisticadvocacy.org
- Run by autistic people
- Policy advocacy
- Resource development
- Nothing About Us Without Us
- National Down Syndrome Society
- Website: ndss.org
- Phone: 1-800-221-4602
- Advocacy
- Resources
- Research
- Support
- The Arc
- National: thearc.org
- California: thearca.org
- Advocacy organization
- Local chapters
- Policy
- Resources

Section 14: Transportation Services

Public Transportation Imperial Valley Transit (IVT) Address: 1503 N. Imperial Ave, El Centro, CA 92243 Phone: (760) 482-2905 Website: ivtransit.com Fixed Routes: - Route 1: El Centro - Calexico - Route 2: El Centro - Imperial - Brawley - Route 3: El Centro circulator -

- Public Transportation
- Imperial Valley Transit (IVT)
- Address: 1503 N. Imperial Ave, El Centro, CA 92243

- Phone: (760) 482-2905
- Website: ivtransit.com
- Fixed Routes: - Route 1: El Centro - Calexico - Route 2: El Centro - Imperial - Brawley - Route 3: El Centro circulator -
- Route 4: Brawley circulator - Route 5: Calexico circulator - Additional routes serving valley communities
- Fares: - Regular: Check current rates - Seniors 65+: Reduced fare - Persons with disabilities: Reduced fare - Youth:
- Reduced fare - Day passes available - Monthly passes available
- Accessibility: - All buses wheelchair accessible - Ramps and lifts - Priority seating - Audio announcements - ADA
- compliant
- Paratransit Services
- IVT MedTrans (ADA Paratransit)
- Phone: (760) 482-2905
- Scheduling: Call in advance
- Origin-to-destination service
- For people unable to use fixed route
- ADA eligibility certification required
- Same fare as fixed route
- Advance reservations (1-7 days)
- ADA Paratransit Eligibility: - Unable to board, ride, or disembark from fixed route - Unable to navigate to or from bus
- stop - Disability prevents travel to/from stop - Temporary or permanent eligibility - Application and interview required
- Medi-Cal Non-Emergency Medical Transportation (NEMT)
- Contact: Your Medi-Cal managed care plan
- Transportation to Medi-Cal covered services
- Prior authorization may be required
- NEMT Providers: - ModivCare: 1-866-796-9113 - MTM: 1-877-497-4669 - Contact your managed care plan
- NEMT Services: - Public transit - Mileage reimbursement - Paratransit - Wheelchair van - Stretcher transport
- Regional Center Transportation
- SDRC Transportation Services
- Phone: (760) 312-9400
- Transportation to day programs
- Transportation to medical appointments
- Transportation to Regional Center activities
- Part of Individual Program Plan (IPP)
- SDRC Transportation Options: - Fixed route bus training - Mileage reimbursement - Specialized transportation providers
- - Day program transportation - Travel training
- Vehicle Modification Programs
- SDRC Vehicle Modifications
- Phone: (760) 312-9400
- Wheelchair lifts/ramps
- Hand controls

- Adaptive equipment
- Part of IPP
- Vendor assessment
- DOR Vehicle Modifications
- Phone: (760) 339-2701
- For employment purposes
- Hand controls
- Wheelchair lifts
- Adaptive equipment
- Assessment required
- Vehicle Modification Vendors
- Mobility Works - Website: mobilityworks.com - Wheelchair accessible vehicles - Lifts and ramps - Hand controls - Sales, service, rentals
- BraunAbility - Website: braunability.com - Wheelchair accessible vehicles - Lifts and ramps - Find local dealers
- Other Transportation Resources
- Volunteer Driver Programs
- Contact: 211
- Volunteer drivers
- Medical appointments
- Essential trips
- Various community organizations
- American Cancer Society - Road to Recovery
- Website: cancer.org
- Phone: 1-800-227-2345
- Free rides to cancer treatment
- Volunteer drivers
- Veterans Transportation Service
- Contact: VA El Centro Clinic
- Transportation to VA appointments
- DAV transportation
- Volunteer drivers
- Uber and Lyft
- Uber: uber.com
- Lyft: lyft.com
- Accessible vehicle options
- Request accessible vehicles in app
- Wheelchair accessible vehicles (WAV)
- Disabled Parking Placard
- DMV: dmv.ca.gov

- Application: REG 195 form
- Healthcare provider signature
- Temporary (6 months) or permanent
- Placards free; plates nominal fee

Section 15: Legal Services

Free Legal Aid California Rural Legal Assistance (CRLA) El Centro Office: 488 N Imperial Ave, Suite B, El Centro, CA 92243 Phone: (760) 353-0220 Website: crla.org CRLA Practice Areas: - Immigration - Housing/landlord-tenant - Employment - Public benefits - Education - Health -

- Free Legal Aid
- California Rural Legal Assistance (CRLA)
- El Centro Office: 488 N Imperial Ave, Suite B, El Centro, CA 92243
- Phone: (760) 353-0220
- Website: crla.org
- CRLA Practice Areas: - Immigration - Housing/landlord-tenant - Employment - Public benefits - Education - Health -
- Environmental justice - Rural community issues
- CRLA Immigration Services: - DACA renewals - Naturalization - Family petitions - U-visas (crime victims) - T-visas (trafficking victims) - VAWA (domestic violence) - Asylum - Deportation defense
- Legal Aid Society of San Diego
- Website: lassd.org
- Phone: (877) 534-2524
- Serves Imperial County
- Civil legal assistance
- Practice Areas: - Family law - Housing - Consumer protection - Public benefits - Health - Elder law
- Immigration Services
- CRLA Immigration Services
- El Centro: (760) 353-0220
- Full immigration services
- DOJ accredited representatives
- Low or no cost
- Catholic Charities Immigration
- Address: 250 S 5th St, El Centro
- Phone: (760) 353-6822
- Immigration services
- Naturalization
- DACA
- Family petitions
- USCIS (U.S. Citizenship and Immigration Services)
- Website: uscis.gov
- Phone: 1-800-375-5283

- Official immigration agency
- Application information
- Case status
- Know Your Rights
- Immigration: You have rights regardless of status
- At border: Different rules within 100 miles of border
- ICE encounters: Right to remain silent, right to attorney
- Family Law
- Imperial County Family Law Facilitator
- Address: 939 W Main St, El Centro
- Phone: (760) 482-4211
- Free assistance with forms
- Divorce/dissolution
- Child custody
- Child support
- Restraining orders
- Self-help center
- Imperial County Superior Court - Family Law
- Address: 939 W Main St, El Centro, CA 92243
- Phone: (760) 482-4374
- Family Law Matters: - Divorce/dissolution - Legal separation - Annulment - Child custody and visitation - Child support - Spousal support - Domestic violence restraining orders - Paternity - Adoption - Guardianship
- Guardianship & Conservatorship
- Imperial County Superior Court - Probate
- Phone: (760) 482-4374
- Guardianship of minors
- Conservatorship of adults
- Probate matters
- Estate administration
- Guardianship (Minors): - Care of minor child - When parents unable - Court supervision - Various types
- Conservatorship (Adults): - For adults unable to care for themselves - Person (healthcare, placement) - Estate (finances) - Limited or general - Court oversight
- Limited Conservatorship
- For adults with developmental disabilities
- Least restrictive
- Only powers necessary
- Rights retained
- Regional Center input
- Alternatives to Conservatorship

- Supported decision-making
- Power of attorney
- Representative payee
- Trust
- HIPAA authorization
- Advance healthcare directive
- Disability-Specific Legal Issues
- Disability Rights California
- Phone: 1-800-776-5746
- Website: disabilityrightscalifornia.org
- Legal Assistance Areas: - Special education - ADA compliance - Employment discrimination - Housing discrimination -
- Access to services - Abuse and neglect - Voting rights
- Consumer Protection
- California Attorney General
- Website: oag.ca.gov
- Consumer Complaint: (800) 952-5225
- Consumer fraud
- Identity theft
- Charitable trusts
- Privacy
- Consumer Financial Protection Bureau (CFPB)
- Website: consumerfinance.gov
- Phone: (855) 411-2372
- Financial products complaints
- Mortgage issues
- Credit cards
- Student loans
- Collections
- Better Business Bureau
- Website: bbb.org
- Business reliability reports
- Complaint resolution
- Scam tracker
- Federal Trade Commission (FTC)
- Website: ftc.gov
- Report Fraud: reportfraud.ftc.gov
- Consumer protection
- Identity theft
- Scams

- Do Not Call registry
- Tenant Rights
- CRLA Tenant Rights
- Phone: (760) 353-0220
- Landlord-tenant disputes
- Eviction defense
- Habitability issues
- Security deposits
- Discrimination
- Tenant Rights Overview
- Right to habitable premises
- Right to repairs
- Right to privacy
- Right to organize
- Protection from retaliation
- Protection from discrimination
- Proper eviction process required

Section 16: Family Support Services

Parent Training & Support Family Resource Centers Contact: 211 Parenting classes Support groups Resource referrals

- Parent Training & Support
- Family Resource Centers
- Contact: 211
- Parenting classes
- Support groups
- Resource referrals
- Family strengthening
- Parent Training and Information Center
- Rowell Family Empowerment: rowellfamilyempowerment.org
- Phone: (760) 347-3477
- Special education advocacy
- Parent training
- IEP assistance
- Free services
- Parents Helping Parents
- Website: php.com
- Phone: (408) 727-5775
- Parent support
- Workshops

- Information
- Referrals
- Family Voices
- Website: familyvoices.org
- California: familyvoicesofca.org
- Parent health information center
- Health advocacy
- Training
- Respite Care
- SDRC Respite Services
- Phone: (760) 312-9400
- Part of Individual Program Plan
- In-home respite
- Out-of-home respite
- Respite camps
- Emergency respite
- Respite Types: - In-home: Worker comes to home - Out-of-home: Child goes to licensed facility - Camp: Residential camp program - Weekend: Short-term breaks
- IHSS Respite
- Phone: (442) 265-1400
- For IHSS recipients
- Backup care
- Caregiver relief
- Sibling Support
- Sibling Support Project
- Website: siblingsupport.org
- Created Sibshops model
- Resources for siblings
- Training for providers
- Online sibling support
- Sibshops
- Peer support for siblings
- Ages 6-14 typically
- Fun activities
- Discussion
- Contact local organizations
- The Arc - Sibling Support
- Website: thearc.org/siblingsupport
- Sibling resources

- Adult sibling network
- Online community
- Grandparents Raising Grandchildren
- Kinship Care
- Imperial County DSS: (442) 265-1400
- Support for relative caregivers
- Financial assistance possible
- KinGAP program
- CalWORKs for relatives
- Grandparents Resource Center
- Contact: 211
- Support groups
- Resources
- Legal information
- Benefits assistance
- AARP Grandparenting Resources
- Website: aarp.org/grandparenting
- Information
- Legal help
- Support
- State resources
- Support Groups
- Autism Support Groups
- Autism Society - Imperial Valley: Contact locally
- TACA: tacanow.org
- Parent support
- Information sharing
- Networking
- Down Syndrome Support
- NDSS: ndss.org
- Local support groups
- Parent-to-parent
- Education
- Caregiver Support Groups
- Area Agency on Aging: (442) 265-7000
- Alzheimer's Association: alz.org
- Stress management
- Resource sharing
- Peer support

- Mental Health Support Groups
- NAMI: nami.org | 1-800-950-6264
- Family-to-Family
- Peer support
- Education
- Child Care
- Child Care Resource Connection
- Phone: 1-800-733-7999
- Website: rnetwork.org
- Referrals to child care
- Quality information
- Financial assistance info
- CalWORKs Child Care
- Phone: (442) 265-1400
- For CalWORKs participants
- Stages 1, 2, and 3
- Work or training related
- Income-based co-pay
- Head Start
- Phone: (760) 312-6440
- Free preschool
- Income-eligible
- Comprehensive services
- Special Needs Child Care
- Inclusive child care
- Contact R&R for listings
- Regional Center may assist
- Foster Care & Adoption
- Imperial County Child Welfare Services
- Phone: (442) 265-1400
- Foster care licensing
- Adoption services
- Kinship care
- Family reunification
- Independent living
- Adoption Services
- County adoptions
- Licensed adoption agencies
- Interstate adoption

- Post-adoption support
- Kinship Care
- Relatives caring for children
- Support services
- Financial assistance
- Kinship guardianship (KinGAP)

Section 17: Senior Services

Area Agency on Aging Imperial County Area Agency on Aging Address: 778 W State St, El Centro, CA 92243 Phone: (442) 265-7000
 Website: co.imperial.ca.us AAA Programs and Services

- Area Agency on Aging
- Imperial County Area Agency on Aging
- Address: 778 W State St, El Centro, CA 92243
- Phone: (442) 265-7000
- Website: co.imperial.ca.us
- AAA Programs and Services
- Information & Assistance: - Resource referrals - Benefits counseling - Problem-solving - Care options
- Case Management: - Needs assessment - Care coordination - Monitoring - High-risk seniors
- Senior Centers: - Activities and programs - Congregate meals - Health education - Socialization - Exercise classes
- Nutrition Programs: - Meals on Wheels - Congregate meals - Nutrition education - Special diets
- Transportation: - Referrals - Senior bus passes - Paratransit information
- Legal Services: - Free legal assistance - Senior legal matters - Consumer issues - Benefits
- HICAP (Health Insurance Counseling): - Medicare counseling - Medi-Cal information - Long-term care insurance -
- Benefits checkup
- Family Caregiver Support: - Caregiver resources - Respite referrals - Support groups - Training
- Senior Centers
- El Centro Senior Center
- Contact: Area Agency on Aging
- Daily activities
- Congregate meals
- Exercise programs
- Health screenings
- Clubs and groups
- Field trips
- Brawley Senior Center
- Contact: Area Agency on Aging
- Similar services
- Local activities
- Calexico Senior Center

- Contact: Area Agency on Aging
- Similar services
- Spanish-speaking community
- Medicare Assistance
- Medicare
- Website: medicare.gov
- Phone: 1-800-633-4227
- Medicare Parts: - Part A: Hospital insurance - Part B: Medical insurance - Part C: Medicare Advantage plans - Part D:
- Prescription drug coverage
- HICAP (Health Insurance Counseling)
- Imperial County: (442) 265-7000
- State HICAP: 1-800-434-0222
- Free, unbiased counseling
- Medicare questions
- Plan comparisons
- Appeals assistance
- Enrollment help
- Medicare Savings Programs
- QMB: Pays Part A & B premiums, deductibles, coinsurance
- SLMB: Pays Part B premium
- QI: Pays Part B premium
- Apply through Medi-Cal
- Extra Help (Low Income Subsidy)
- Phone: 1-800-772-1213
- Website: ssa.gov/extrahelp
- Help with Part D costs
- Reduced premiums
- Reduced copays
- Apply through SSA or Medi-Cal
- Long-Term Care
- IHSS (In-Home Supportive Services)
- Phone: (442) 265-1400
- Personal care
- Domestic services
- Paramedical
- Stay in own home
- Home Health Care
- Skilled nursing
- Physical therapy

- Occupational therapy
- Speech therapy
- Medical social work
- Medicare-covered (homebound)
- Hospice Care
- End-of-life care
- Comfort focus
- Medicare-covered
- Home or facility
- Family support
- Skilled Nursing Facilities
- 24-hour nursing care
- Short-term rehabilitation
- Long-term care
- Medicare covers short-term
- Medi-Cal for long-term
- Assisted Living / Residential Care
- RCFE (Residential Care Facility for the Elderly)
- Non-medical care
- Meals, activities
- Medication assistance
- Not covered by Medicare
- Private pay or some Medi-Cal waivers
- PACE (Program of All-Inclusive Care for the Elderly)
- Phone: Contact locally
- Comprehensive care
- Day center and home care
- Medical, social, therapy
- For nursing home-eligible adults
- Medicare and Medi-Cal
- Long-Term Care Ombudsman
- Phone: (800) 640-4661
- Advocate for residents
- Investigate complaints
- Resolve problems
- Visit facilities
- Caregiver Support
- Family Caregiver Support Program
- AAA: (442) 265-7000

- Information
- Counseling
- Support groups
- Respite
- Supplemental services
- Caregiver Resource Center
- Website: caregivercalifornia.org
- So Cal: (800) 540-4442
- Family caregivers
- Adult care receivers
- Information and referral
- Counseling
- Support groups
- Respite
- Alzheimer's Association
- 24/7 Helpline: 1-800-272-3900
- Website: alz.org
- Care and support
- Education
- Research
- Advocacy
- Local chapter programs

Section 18: Utility & Bill Assistance

Electric Imperial Irrigation District (IID) Website: iid.com Customer Service: (760) 339-9461 Outage Reporting: 1-800-303-7756 Electric service for Imperial Valley

- Electric
- Imperial Irrigation District (IID)
- Website: iid.com
- Customer Service: (760) 339-9461
- Outage Reporting: 1-800-303-7756
- Electric service for Imperial Valley
- Lowest rates in California
- CARE Program (IID): - Discount for low-income customers - Income-qualified - Automatic enrollment if on CalFresh,
- Medi-Cal, etc. - Application available
- Medical Baseline Allowance: - Extra electricity allocation - For medical equipment users - Doctor's certification required -
- No additional cost
- LIHEAP (Low Income Home Energy Assistance): - Imperial County DSS: (442) 265-1400 - Federal program - One-time
- bill assistance - Income-qualified - Seasonal programs

- Gas
- SoCalGas
- Website: socalgas.com
- Customer Service: 1-800-427-2200
- Emergency: 1-800-427-2200
- Natural gas service
- CARE Program (SoCalGas): - 20% discount on gas bill - Income-qualified - Automatic enrollment available - Combined
- with electric CARE
- Medical Baseline: - Additional gas for medical needs - Life support equipment - Temperature-sensitive conditions -
- Doctor's certification
- Water
- Local Water Districts
- Contact your city
- El Centro, Brawley, Calexico, etc.
- Payment plans available
- Low-income assistance varies
- LIHWAP (Low Income Household Water Assistance): - Contact: DSS (442) 265-1400 - Federal program - Water bill
- assistance - Income-qualified
- Phone & Internet
- California LifeLine
- Website: californialifeline.com
- Phone: 1-866-272-0349
- Discounted home phone or cell
- Income-qualified
- Automatic enrollment if on Medi-Cal, CalFresh, etc.
- \$9.25/month for basic service
- Low-Cost Internet Programs
- AT&T Access: - Website: att.com/internet/access - Low-cost internet - For SNAP recipients - \$10/month
- Spectrum Internet Assist: - Website: spectrum.com/internet/spectrum-internet-assist - Low-cost internet - For SSI,
- NSLP, or community eligibility - \$17.99/month
- California Telephone Access Program (CTAP)
- Website: ddtp.cpuc.ca.gov/CTAP
- Phone: 1-800-806-1191
- Free specialized phones
- For people with disabilities
- Amplified, captioned, large button
- One-Time Bill Assistance
- 211 Imperial County
- Dial: 211

- Referrals to assistance programs
- Emergency assistance
- Utility assistance
- Various needs
- Salvation Army
- El Centro: (760) 352-4857
- Utility assistance
- Rental assistance
- Food assistance
- Emergency help
- Catholic Charities
- Phone: (760) 353-6822
- Emergency assistance
- Utility help
- Rent assistance
- Food
- St. Vincent de Paul
- Phone: (760) 353-7133
- Emergency assistance
- Utility bills
- Rent
- Food

Section 19: Recreation & Socialization

Parks & Recreation Departments El Centro Parks & Recreation Phone: (760) 337-4560 Parks and facilities Sports leagues Classes and programs

- Parks & Recreation Departments
- El Centro Parks & Recreation
- Phone: (760) 337-4560
- Parks and facilities
- Sports leagues
- Classes and programs
- Special events
- Aquatic center
- Brawley Parks & Recreation
- Phone: (760) 344-8101
- Parks
- Youth sports
- Classes

- Events
- Calexico Parks & Recreation
- Phone: (760) 768-2176
- City parks
- Recreation programs
- Youth activities
- Adaptive Sports & Recreation
- Special Olympics Imperial Valley
- Website: specialolympics.org
- Contact: Local area coordinator
- Year-round sports
- Unified sports
- All ability levels
- Special Olympics Sports: - Swimming - Track and field - Basketball - Bowling - Bocce - Golf - Soccer - Softball
- Challenged Athletes Foundation
- Website: challengedathletes.org
- Phone: (858) 866-0959
- Adaptive sports
- Equipment grants
- Events
- Mentorship
- Adaptive Sports USA
- Website: adaptivesportsusa.org
- National programs
- Competition opportunities
- Various sports
- Camps
- SDRC Camp Programs
- Phone: (760) 312-9400
- Summer camps
- Camp ReCreation
- Respite camp
- Day camps
- Overnight camps
- Camp ReCreation
- For people with developmental disabilities
- Week-long sessions
- Various locations
- Swimming, crafts, nature

- Regional Center funded
- Easterseals Camps
- Website: easterseals.com
- Camps for people with disabilities
- Various locations
- Summer programs
- Muscular Dystrophy Association Camps
- Website: mda.org
- Phone: 1-800-572-1717
- Summer camp
- All expenses paid
- Ages 6-17
- Arts & Culture
- VSA (Arts & Disability)
- Website: kennedy-center.org/education/vsa
- Arts programming
- People with disabilities
- Education
- Exhibition
- Adaptive Art Classes
- Contact parks & recreation
- Community centers
- Various mediums
- All abilities
- Social Clubs & Groups
- People First of California
- Website: peoplefirstca.org
- Self-advocacy chapters
- Meetings
- Social activities
- Advocacy
- Best Buddies
- Website: bestbuddies.org
- Phone: 1-800-89-BUDDY
- One-to-one friendships
- People with and without IDD
- Jobs program
- Leadership
- Friendship Clubs

- Contact: SDRC, community organizations
- Social groups
- Activities
- Outings
- Travel & Vacation
- Access-Able Travel Source
- Website: access-able.com
- Accessible travel information
- Destination guides
- Resources
- National Park Access Pass
- Website: nps.gov/planyourvisit/passes
- Free lifetime pass
- For people with permanent disabilities
- Free entry to national parks
- Apply in person at park #

Section 20: Medical Equipment & Assistive Technology

Durable Medical Equipment (DME) Medi-Cal DME Contact: Your managed care plan Prescribed equipment Wheelchairs Hospital beds

- Durable Medical Equipment (DME)
- Medi-Cal DME
- Contact: Your managed care plan
- Prescribed equipment
- Wheelchairs
- Hospital beds
- Oxygen equipment
- Walkers, canes
- Prior authorization often required
- Medicare DME
- Part B covers medically necessary equipment
- Must use Medicare suppliers
- 80% coverage (after deductible)
- Rent-to-own options
- SDRC Adaptive Equipment
- Phone: (760) 312-9400
- Part of Individual Program Plan
- Specialty equipment
- Not covered by insurance
- Communication devices

- Adaptive equipment
- Assistive Technology
- Assistive Technology Network
- Website: atnet.org
- AT information
- Device lending
- Demonstrations
- Training
- California Assistive Technology Reuse Coalition
- Website: atcoalition.org
- Refurbished equipment
- Low-cost options
- Equipment exchange
- Various items
- DOR Assistive Technology
- Phone: (760) 339-2701
- For employment purposes
- Assessment
- Equipment provision
- Training
- School District AT
- Through special education
- For educational purposes
- IEP-driven
- Evaluations available
- Equipment Loan Programs
- United Cerebral Palsy
- Website: ucp.org
- Equipment loans
- Assistive technology
- Various resources
- Muscular Dystrophy Association
- Website: mda.org
- Phone: 1-800-572-1717
- Equipment loans
- Wheelchairs
- Lifts
- Communication devices
- Easterseals

- Website: easterseals.com
- Equipment loans
- Assistive technology
- Various programs
- Hearing & Vision Equipment
- California Telephone Access Program (CTAP)
- Website: ddtp.cpuc.ca.gov/CTAP
- Phone: 1-800-806-1191
- Free specialized phones
- For California residents with disabilities
- CTAP Equipment: - Amplified phones - Captioned phones - TTY devices - Large button phones - Voice-activated phones - Bluetooth-enabled devices - Signaling devices
- Department of Rehabilitation - Blind Services
- Website: dor.ca.gov
- Vocational rehabilitation
- Assistive technology
- Orientation and mobility training
- Independent living skills
- Computer training
- Braille Institute
- Website: brailleinstitute.org
- Phone: 1-800-272-4553
- Free services for blind and visually impaired
- Classes and programs
- Assistive technology training
- Youth programs
- Senior programs
- Guide Dogs for the Blind
- Website: guidedogs.com
- Phone: 1-800-295-4050
- Free guide dogs
- Training provided
- Lifetime support
- Hearing Aid Resources
- Medi-Cal Hearing Aids: - Contact managed care plan - Coverage for children - Limited adult coverage
- Lions Club Hearing Aids: - Contact: Local Lions Club - Recycled hearing aids - Financial assistance
- Communication Devices
- AAC (Augmentative and Alternative Communication)
- Contact: School district, SDRC, speech therapist

- Speech-generating devices
- Communication boards
- Apps and software
- Assessment required
- Speech-Generating Devices
- Medi-Cal coverage with authorization
- Medicare coverage for some
- Regional Center funding
- Various manufacturers
- AAC Device Manufacturers: - Tobii Dynavox - PRC-Salttillo - Forbes AAC - Various apps (Proloquo2Go, TouchChat, etc.)
- Home Modifications
- SDRC Home Modifications
- Phone: (760) 312-9400
- Part of IPP
- Safety modifications
- Accessibility modifications
- Ramps, grab bars, widened doorways
- DOR Home Modifications
- For employment purposes
- Work-from-home accommodations
- Accessibility modifications
- Rebuilding Together
- Website: rebuildingtogether.org
- Home repairs for low-income
- Accessibility modifications
- Safety improvements
- Free services
- VA Grants for Home Modifications
- SAH (Specially Adapted Housing): Up to \$101,754
- SHA (Special Home Adaptation): Up to \$20,387
- HISA: Up to \$6,800
- For service-connected disabilities
- Home Modification Examples
- Wheelchair ramps
- Grab bars
- Roll-in showers
- Stair lifts
- Widened doorways

- Lowered counters
- Accessible sinks
- Door handles
- Non-slip flooring

Section 21: Emergency Services & Crisis Support

Emergency Numbers 911 Police, Fire, Medical Emergency Life-threatening situations Crimes in progress Fires

- Emergency Numbers
- 911
- Police, Fire, Medical Emergency
- Life-threatening situations
- Crimes in progress
- Fires
- Medical emergencies
- Poison Control
- Phone: 1-800-222-1222
- 24/7 poison emergency
- Free and confidential
- Medical professionals
- Non-Emergency Police
- El Centro Police: (760) 352-2111
- Brawley Police: (760) 344-2111
- Calexico Police: (760) 768-2140
- Imperial County Sheriff: (760) 339-6311
- Mental Health Crisis
- 988 Suicide & Crisis Lifeline
- Phone: Dial 988
- Chat: 988lifeline.org
- Text: Text 988
- 24/7 support
- Free and confidential
- Spanish available: Press 2
- Veterans: Press 1
- Imperial County Crisis Line
- Phone: (800) 817-5292
- 24/7 local crisis support
- Mobile crisis team
- Crisis stabilization
- Crisis Text Line

- Text: HOME to 741741
- 24/7 text-based support
- Free and confidential
- Trained crisis counselors
- Trevor Project (LGBTQ Youth)
- Phone: 1-866-488-7386
- Text: START to 678-678
- Chat: thetrevorproject.org
- 24/7 crisis intervention
- For LGBTQ youth
- Trans Lifeline
- Phone: 1-877-565-8860
- Peer support for trans community
- Run by trans people
- Veterans Crisis Line
- Phone: Dial 988, Press 1
- Text: 838255
- Chat: veteranscrisisline.net
- 24/7 support
- Confidential
- Postpartum Support International
- Phone: 1-800-944-4773
- Text: Help to 988
- Perinatal mental health support
- SAMHSA National Helpline
- Phone: 1-800-662-4357
- 24/7 treatment referrals
- Mental health and substance use
- English and Spanish
- Free and confidential
- Domestic Violence
- National Domestic Violence Hotline
- Phone: 1-800-799-7233
- TTY: 1-800-787-3224
- Text: START to 88788
- Chat: thehotline.org
- 24/7 support
- Safety planning
- Resources

- Multiple languages
- House of Hope (Imperial Valley)
- Crisis Line: (760) 353-8543
- Emergency shelter
- Confidential location
- Counseling
- Legal advocacy
- Children's services
- Transitional housing
- Child Abuse
- Child Protective Services (CPS)
- Imperial County: (442) 265-1400
- 24/7 Hotline: 1-833-401-0832
- Report suspected abuse or neglect
- Investigation
- Family services
- Foster care
- Childhelp National Child Abuse Hotline
- Phone: 1-800-422-4453
- Text: Help to 847411
- 24/7 support
- Crisis intervention
- Referrals
- Multiple languages
- Adult/Elder Abuse
- Adult Protective Services (APS)
- Imperial County: (442) 265-1400
- 24/7 Hotline: 1-833-401-0832
- Report abuse of vulnerable adults
- Physical abuse
- Financial exploitation
- Neglect
- Self-neglect
- Long-Term Care Ombudsman
- Phone: (800) 640-4661
- Nursing home complaints
- Assisted living complaints
- Resident rights
- Investigation

- Disaster Preparedness
- Ready.gov
- Website: ready.gov
- Disaster preparedness
- Emergency planning
- Kit checklists
- Family plans
- FEMA
- Website: fema.gov
- Phone: 1-800-621-3362
- Disaster assistance
- Recovery programs
- Flood insurance
- American Red Cross
- Website: redcross.org
- Phone: 1-800-733-2767
- Disaster relief
- Emergency shelter
- First aid training
- Blood donation
- Imperial County Emergency Services
- OES: (442) 265-1386
- Local emergency management
- Alerts and warnings
- Evacuation information
- Special Needs Registry
- Register with local emergency services
- Power-dependent medical equipment
- Mobility limitations
- Communication needs
- Assistance during emergencies
- Homeless Crisis
- 211 Imperial County
- Dial: 211
- 24/7 information and referral
- Emergency shelter
- Homeless services
- Food assistance
- Utility assistance

- Salvation Army Emergency Services
- Phone: (760) 352-4857
- Emergency shelter referrals
- Food assistance
- Emergency financial aid
- Catholic Charities
- Phone: (760) 353-6822
- Emergency assistance
- Food
- Shelter referrals

Section 22: Information & Referral

211 Imperial County Dial: 211 Website: 211.org Text: ZIP code to 898211 24/7 information and referral Connects to local services

- 211 Imperial County
- Dial: 211
- Website: 211.org
- Text: ZIP code to 898211
- 24/7 information and referral
- Connects to local services
- Health and human services
- Crisis support
- Multilingual
- 211 Services
- Emergency food
- Housing assistance
- Utility assistance
- Healthcare
- Mental health
- Substance abuse
- Child care
- Senior services
- Disability services
- Employment
- Legal aid
- Transportation
- California State Information
- State of California
- Website: ca.gov
- State services

- Departments
- Information
- Department of Social Services (CDSS)
- Website: cdss.ca.gov
- CalFresh
- CalWORKs
- IHSS
- Child welfare
- Adult protective services
- Department of Health Care Services (DHCS)
- Website: dhcs.ca.gov
- Medi-Cal
- Mental health
- Substance use
- Health programs
- Department of Developmental Services (DDS)
- Website: dds.ca.gov
- Regional Centers
- Developmental disabilities
- Self-determination
- Early Start
- Department of Rehabilitation (DOR)
- Website: dor.ca.gov
- Vocational rehabilitation
- Disability employment
- Independent living
- Employment Development Department (EDD)
- Website: edd.ca.gov
- Unemployment
- Disability insurance
- Paid family leave
- Jobs
- Federal Information
- USA.gov
- Website: usa.gov
- Federal government information
- Services
- Benefits
- Benefits.gov

- Website: [benefits.gov](https://www.benefits.gov)
- Benefits eligibility screener
- Federal and state programs
- Easy questionnaire
- Social Security Administration
- Website: [ssa.gov](https://www.ssa.gov)
- Phone: 1-800-772-1213
- SSI, SSDI
- Medicare
- Retirement
- Medicare
- Website: [medicare.gov](https://www.medicare.gov)
- Phone: 1-800-633-4227
- Medicare information
- Plan finder
- Coverage decisions
- HUD (Housing & Urban Development)
- Website: [hud.gov](https://www.hud.gov)
- Phone: 1-800-569-4287
- Housing assistance
- Fair housing
- Homeownership

Section 23: Faith-Based Resources

Food & Financial Assistance Catholic Charities Diocese of San Diego El Centro: 250 S 5th St Phone: (760) 353-6822 Emergency assistance Food distribution

- Food & Financial Assistance
- Catholic Charities Diocese of San Diego
- El Centro: 250 S 5th St
- Phone: (760) 353-6822
- Emergency assistance
- Food distribution
- Rental assistance
- Immigration services
- Counseling
- St. Vincent de Paul Society
- Phone: (760) 353-7133
- Emergency assistance
- Food

- Clothing
- Furniture
- Rent assistance
- Partner parishes
- Salvation Army
- El Centro: 550 Broadway
- Phone: (760) 352-4857
- Food pantry
- Emergency assistance
- Utility assistance
- Holiday assistance
- Social services
- Local Church Food Pantries
- Contact: 211 for referrals
- Various congregations
- Weekly distributions
- Emergency food
- Counseling & Support
- Pastoral Counseling
- Contact local churches
- Faith-based counseling
- Crisis support
- Family counseling
- Catholic Charities Counseling
- Phone: (760) 353-6822
- Individual counseling
- Family counseling
- Various issues
- Grief Support Groups
- Various churches
- GriefShare programs
- Peer support
- Faith-based
- Community Services
- Volunteers of America
- Website: voa.org
- Various services
- Veterans services
- Housing programs

- Behavioral health
- Goodwill Industries
- Website: goodwill.org
- Employment services
- Job training
- Thrift stores
- Community programs
- Habitat for Humanity
- Website: habitat.org
- Affordable homeownership
- Home repairs
- Community building
- Disability Ministries
- Joni and Friends
- Website: joniandfriends.org
- Phone: (818) 707-5664
- Disability ministry
- Family retreats
- Wheelchair distribution
- Respite programs

Section 24: Substance Abuse & Recovery

Imperial County Substance Use Disorder Services Imperial County Behavioral Health - SUD Phone: (442) 265-1525 Address: 202 N 8th St, El Centro Assessment Outpatient treatment

- Imperial County Substance Use Disorder Services
- Imperial County Behavioral Health - SUD
- Phone: (442) 265-1525
- Address: 202 N 8th St, El Centro
- Assessment
- Outpatient treatment
- Intensive outpatient
- Referrals to residential
- Medication-assisted treatment (MAT)
- Drug Medi-Cal services
- Perinatal services
- Recovery support
- Drug Medi-Cal Services
- Medi-Cal covers substance use treatment
- Assessment

- Outpatient services
- Intensive outpatient
- Residential treatment
- Narcotic Treatment Program (methadone)
- Recovery support services
- Case management
- Treatment Programs
- Outpatient Treatment
- Individual counseling
- Group counseling
- Evidence-based practices
- Flexible scheduling
- Community-based
- Intensive Outpatient (IOP)
- 9+ hours per week
- Multiple days
- Step down from residential
- Step up from outpatient
- Residential Treatment
- 24-hour care
- 30-90+ days typical
- Structured environment
- Individual and group therapy
- Life skills
- Medication-Assisted Treatment (MAT)
- Methadone (Narcotic Treatment Programs)
- Buprenorphine (Suboxone)
- Naltrexone (Vivitrol)
- Combined with counseling
- Evidence-based
- Support Groups
- Alcoholics Anonymous (AA)
- Website: aa.org
- Meeting Finder: aa.org/find-aa
- 12-step program
- Free meetings
- Peer support
- Sponsor program
- Narcotics Anonymous (NA)

- Website: na.org
- Meeting Finder: na.org/meetingsearch
- 12-step program
- Free meetings
- Peer support
- SMART Recovery
- Website: smartrecovery.org
- Science-based
- Self-empowerment
- Online and in-person meetings
- Alternative to 12-step
- Al-Anon / Nar-Anon
- Al-Anon: al-anon.org
- Nar-Anon: nar-anon.org
- For family members
- Support groups
- Education
- National Resources
- SAMHSA National Helpline
- Phone: 1-800-662-4357
- Website: samhsa.gov
- 24/7 treatment referrals
- Information
- Free and confidential
- SAMHSA Treatment Locator
- Website: findtreatment.gov
- Find local treatment
- Searchable database
- Various services
- Harm Reduction
- Naloxone (Narcan) Distribution
- Opioid overdose reversal
- Free distribution sites
- Pharmacies (no prescription needed in CA)
- Training available
- Syringe Services Programs
- Clean supplies
- HIV/Hepatitis C prevention
- Connection to treatment

- Health services

Section 25: Domestic Violence & Safety

Emergency Resources National Domestic Violence Hotline Phone: 1-800-799-7233 TTY: 1-800-787-3224 Text: START to 88788 Chat: thehotline.org

- Emergency Resources
- National Domestic Violence Hotline
- Phone: 1-800-799-7233
- TTY: 1-800-787-3224
- Text: START to 88788
- Chat: thehotline.org
- 24/7 support
- Safety planning
- Resources
- House of Hope (Imperial Valley)
- Crisis Line: (760) 353-8543
- Emergency shelter
- Confidential location
- 24/7 crisis line
- Bilingual services
- House of Hope Services
- Emergency Shelter
- Confidential location
- 24/7 admission
- Safe housing
- Meals provided
- For survivors and children
- Transitional Housing
- Longer-term housing
- Up to 2 years
- Stability and independence
- Counseling Services
- Individual counseling
- Group therapy
- Trauma-informed care
- Children's counseling
- Legal Advocacy
- Restraining order assistance
- Court accompaniment

- Legal information
- Referrals to attorneys
- Children's Services
- Age-appropriate services
- Play therapy
- Support groups
- School liaison
- Restraining Orders
- Emergency Protective Order (EPO)
- Police can request 24/7
- Issued by judge
- Immediate protection
- Valid 5-7 days
- Temporary Restraining Order (TRO)
- Request at courthouse
- Free to file
- Valid until hearing (21-25 days)
- Self-help assistance available
- Domestic Violence Restraining Order (DVRO)
- Issued after hearing
- Can last up to 5 years
- Protection from abuse
- Stay-away orders
- Move-out orders
- Custody provisions
- How to Get a Restraining Order
- Imperial County Self-Help: (760) 482-4211
- Court Address: 939 W Main St, El Centro
- Free forms available
- No filing fee for DV
- Self-help assistance

Section 26: Immigration Services

Legal Immigration Services California Rural Legal Assistance (CRLA) El Centro: (760) 353-0220 Address: 488 N Imperial Ave, Suite B Full immigration services DOJ accredited

- Legal Immigration Services
- California Rural Legal Assistance (CRLA)
- El Centro: (760) 353-0220
- Address: 488 N Imperial Ave, Suite B

- Full immigration services
- DOJ accredited
- Free or low-cost
- Immigration Services: - DACA renewals - Naturalization (citizenship) - Family petitions - U-visas (crime victims) - T-visas (trafficking victims) - VAWA (domestic violence survivors) - Asylum - Deportation defense - Work permits
- Catholic Charities Immigration
- Phone: (760) 353-6822
- Address: 250 S 5th St, El Centro
- Immigration services
- DOJ accredited
- Naturalization
- Family petitions
- DACA
- USCIS (U.S. Citizenship and Immigration Services)
- Website: uscis.gov
- Phone: 1-800-375-5283
- Official immigration agency
- Application filing
- Case status
- Information
- Know Your Rights
- If ICE Comes to Your Home
- You do not have to open the door
- Ask for a warrant signed by a judge
- Remain silent (you have the right)
- Do not sign anything
- Remember agent names and badge numbers
- Contact an attorney
- If ICE Stops You in Public
- Ask if you are free to leave
- You have the right to remain silent
- Do not provide false documents
- Do not run
- Contact an attorney
- Rights Regardless of Status
- Emergency medical care
- K-12 education for children
- Police protection
- Labor rights

- Some due process protections
- Naturalization (Citizenship)
- Eligibility Requirements
- Lawful permanent resident (green card) for 5 years (or 3 if married to U.S. citizen)
- Continuous residence
- Physical presence
- Good moral character
- English language ability
- Civics knowledge
- Oath of allegiance
- Application Process
- File Form N-400
- Biometrics appointment
- Interview
- English and civics test
- Oath ceremony
- Citizenship Test Preparation
- CRLA classes
- Catholic Charities classes
- Adult schools
- Online resources (uscis.gov/citizenship)
- Additional Immigration Resources
- Immigrant Legal Resource Center (ILRC)
- Website: ilrc.org
- Legal resources
- Training
- Policy advocacy
- National Immigration Law Center (NILC)
- Website: nilc.org
- Policy advocacy
- Know Your Rights
- Resources
- Immigration Advocates Network
- Website: immigrationadvocates.org
- Find legal help
- Resource library
- Provider directory

Section 27: Veteran Services

VA Healthcare VA San Diego Healthcare System Main: (858) 552-8585 Website: sandiego.va.gov Primary care Specialty care

- VA Healthcare
- VA San Diego Healthcare System
- Main: (858) 552-8585
- Website: sandiego.va.gov
- Primary care
- Specialty care
- Mental health
- Pharmacy
- Imperial Valley VA Clinic
- Address: 1600 S Imperial Ave, El Centro, CA 92243
- Phone: (760) 352-1506
- Primary care
- Mental health
- Telehealth services
- Specialty referrals
- VA Enrollment
- Phone: 1-877-222-8387
- Website: va.gov/health-care/how-to-apply
- Healthcare benefits
- Priority groups
- Copays based on income
- VA Benefits
- Disability Compensation
- Monthly payments
- Service-connected conditions
- Ratings 0-100%
- Tax-free
- VA Pension
- Wartime veterans
- Limited income
- 65+ or disabled
- Monthly benefit
- Education Benefits (GI Bill)
- Post-9/11 GI Bill: - Tuition and fees - Housing allowance - Books stipend - Transfer to dependents possible
- Vocational Rehabilitation (VR&E): - Chapter 31 - For veterans with service-connected disabilities - Training and
- employment services
- Home Loan Guaranty
- No down payment

- Competitive rates
- No PMI required
- Certificate of Eligibility (COE) needed
- Veteran Service Organizations
- Imperial County Veterans Services
- Address: 778 W State St, El Centro, CA 92243
- Phone: (760) 482-4939
- Claims assistance
- Benefits counseling
- VA enrollment
- Referrals
- Disabled American Veterans (DAV)
- Website: dav.org
- Claims assistance
- Transportation to VA
- Benefits counseling
- Advocacy
- American Legion
- Website: legion.org
- Service officers
- Community programs
- Youth programs
- Advocacy
- Veterans of Foreign Wars (VFW)
- Website: vfw.org
- Claims assistance
- Community service
- Advocacy
- Programs
- Wounded Warrior Project
- Website: woundedwarriorproject.org
- Phone: 1-888-997-2586
- Post-9/11 veterans
- Mental health
- Physical health
- Career services
- Long-term support
- CalVet (California Department of Veterans Affairs)
- CalVet

- Website: calvet.ca.gov
- Phone: 1-844-732-5838
- State veteran services
- Veterans homes
- Education benefits
- Housing loans
- CalVet Home Loans
- Home purchase loans
- Home improvement loans
- Competitive rates
- California veterans
- College Fee Waiver
- For dependents of disabled/deceased veterans
- Community colleges
- CSU
- UC
- Crisis Resources
- Veterans Crisis Line
- Phone: Dial 988, Press 1
- Text: 838255
- Chat: veteranscrisisline.net
- 24/7 support
- Confidential
- Vet Centers
- Readjustment counseling
- Combat veterans
- MST survivors
- Family members
- San Diego Vet Center: (858) 642-1500

Section 28: Lgbtq+ Resources

Crisis Support Trevor Project Phone: 1-866-488-7386 Text: START to 678-678 Chat: thetrevorproject.org 24/7 crisis intervention

- Crisis Support
- Trevor Project
- Phone: 1-866-488-7386
- Text: START to 678-678
- Chat: thetrevorproject.org
- 24/7 crisis intervention
- LGBTQ youth (under 25)

- Suicide prevention
- Trans Lifeline
- Phone: 1-877-565-8860
- Peer support by trans people
- For trans community
- 988 Suicide & Crisis Lifeline
- Phone: Dial 988
- Press 3 for LGBTQ+ (routed to Trevor Project for youth)
- 24/7 support
- LGBT National Help Center
- Phone: 1-888-843-4564
- Youth Line: 1-800-246-7743
- Peer support
- Information
- Resources
- Healthcare
- LGBTQ-Affirming Healthcare
- Many providers are affirming
- Ask about experience with LGBTQ patients
- Find providers: GLMA.org
- Transgender Healthcare
- Hormone therapy
- Primary care
- Mental health
- Surgical referrals
- HIV/AIDS Services
- Testing (free at many locations)
- PrEP (prevention medication)
- Treatment
- Support services
- Contact local health department
- San Diego LGBT Community Center
- Website: thecentersd.org
- Phone: (619) 692-2077
- Health services
- Mental health
- HIV services
- Community programs
- Legal Resources

- Lambda Legal
- Website: lambdalegal.org
- Phone: 1-866-542-8336
- Legal help
- Discrimination
- Civil rights
- National Center for Lesbian Rights (NCLR)
- Website: nclrights.org
- Phone: (415) 392-6257
- Legal help
- Policy work
- Family law
- Transgender Law Center
- Website: transgenderlawcenter.org
- Phone: (510) 587-9696
- Legal advocacy
- Policy work
- Direct services
- Name and Gender Marker Changes
- California: Simplified process available
- Petition forms at courthouse
- Court order typically required for birth certificate
- Contact local LGBTQ organizations for assistance
- Community Organizations
- San Diego LGBT Community Center
- Website: thecentersd.org
- Nearest large LGBTQ center
- Programs and services
- Health services
- Youth programs
- Senior programs
- PFLAG (Parents and Friends of Lesbians and Gays)
- Website: pflag.org
- Support for families
- Education
- Advocacy
- Local chapters
- GLSEN (Schools)
- Website: glsen.org

- Safe schools for LGBTQ students
- GSA support
- Educator training
- SAGE (Seniors)
- Website: sageusa.org
- LGBTQ elder services
- Support and advocacy

Section 29: Tribal Resources

Local Tribal Communities Quechan Tribe (Fort Yuma Indian Reservation) Address: 350 Picacho Road, Winterhaven, CA 92283 Phone: (760) 572-0213 Website: quechantribe.com Tribal services

- Local Tribal Communities
- Quechan Tribe (Fort Yuma Indian Reservation)
- Address: 350 Picacho Road, Winterhaven, CA 92283
- Phone: (760) 572-0213
- Website: quechantribe.com
- Tribal services
- Health services
- Social services
- Cultural programs
- Torres Martinez Desert Cahuilla Indians
- Address: 66-725 Martinez Road, Thermal, CA 92274
- Phone: (760) 397-0300
- Website: torresmartinez-nsn.gov
- Tribal services
- Healthcare
- Education
- Social services
- Cocopah Indian Tribe
- Address: 14515 S. Veterans Drive, Somerton, AZ 85350
- Phone: (928) 627-2102
- Website: cocopah.com
- Near Imperial Valley
- Various services
- Indian Health Services (IHS)
- IHS California Area
- Website: ihs.gov/california
- Healthcare for American Indians and Alaska Natives
- Tribal health programs

- Urban Indian health
- Tribal Health Clinics
- Contact individual tribes
- Primary care
- Dental
- Mental health
- Pharmacy
- Federal Programs
- Bureau of Indian Affairs (BIA)
- Website: bia.gov
- Pacific Regional Office: (916) 978-6000
- Tribal services
- Land management
- Education
- Social services
- Indian Health Service
- Website: ihs.gov
- Healthcare
- Community health
- Environmental health
- California Specific
- California Tribal TANF
- Cash assistance
- For eligible tribal members
- Contact local tribe
- California Indian Legal Services
- Website: calindian.org
- Phone: (707) 443-8397
- Legal services for Native Americans
- Various practice areas

Section 30: Quick Reference - Key Phone Numbers

Emergency Numbers Information & Referral Imperial County Services Healthcare Employment & Education Housing & Basic Needs

- Emergency Numbers
- Information & Referral
- Imperial County Services
- Healthcare
- Employment & Education
- Housing & Basic Needs

- Legal & Advocacy
- Utilities
- Crisis & Support Lines