

State Resources 101

*Resources are provided through local county public service offices.

There are state resources available to help individuals meet their needs. Here are a few 101's to get you started.

Monetary Aid → CalWorks



- Primarily Cash/Monetary and Employment aid.
- Additional services
 - Housing support aid
 - Child care aid
 - Education aid
 - Transportation aid
 - Mental health, Substance use, and Domestic abuse support.
- Eligibility:
 - Individuals with children or pregnancies
 - GR- General Relief is available for single individuals
 - [Low income](#)
 - Proof of Identity
 - **Immigration status NOT required.
 - Individuals are eligible if the CHILD is eligible
- [Talk to an expert.](#)

CalWorks

Medical Aid → Medical




- **Medical**
- Free OR low cost health insurance
- Eligibility:
 - CA address
 - [Low income](#)
 - Proof of Identity
 - **Immigration status NOT required.

CalFresh

Food Aide → CalFresh



- Food aid in the form of monetary assistance. (EBT card)
- Includes [WIC](#)- Specific program for women, infants and children.
- Includes free and reduced lunch at schools.
- Eligibility:
 - CA address
 - [Low income](#)

Need help finding the nearest Public Service office? Scan Here  & search by county.



Monetary aid for phone/cell Service

Internet Access, Educational resources & MORE! Visit your local LIBRARY!

Additional Resources

