



### UTILITY ASSISTANCE

Gas OR Electricity bill assistance once a year. Eligibility: Must not exceed monthly income guidelines & SSN required. Contact: **714.839.6199** or apply online at [www.caliheapapply.com](http://www.caliheapapply.com)



### WEATHERIZATION/HEALTHY HOMES

No-cost home improvements to save energy and money. E.g. heater/AC repair, insulation, etc. Eligibility: Must not exceed monthly income guidelines & SSN required. Contact: **714.839.6199 ext. 6208** or [energy@capoc.org](mailto:energy@capoc.org)



### ENVIRONMENTAL ACCESSIBILITY ADAPTATIONS

Physical adaptations to a home to help member function with greater independence & safety. E.g. ramps, grab-bars, etc. Eligibility: Must be a CalOptima Health member & have a medical diagnosis that affects mobility. Contact: **714.839.6199 ext. 6315** or [calaimsupport@capoc.org](mailto:calaimsupport@capoc.org)

### ASTHMA REMEDIATION

Products & physical modifications to a home to remove or reduce asthma triggers. E.g. mold/carpet removal, air purifier, ventilation improvements, etc. Eligibility: Must be a CalOptima Health member & have an asthma diagnosis. Contact: **714.839.6199 ext. 6315** or [calaimsupport@capoc.org](mailto:calaimsupport@capoc.org)



### ENHANCED CARE MANAGEMENT (ECM)

A new statewide Medi-Cal benefit available to eligible members with complex needs, including access to a single Lead Care Coordinator who provides comprehensive care management and coordinates their health and health-related care and services. ECM services are available at no cost. Contact: [along@capoc.org](mailto:along@capoc.org)

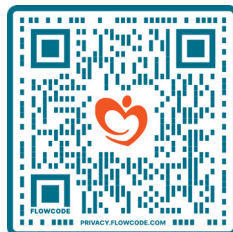


### HOUSING NAVIGATION

Housing Navigation services are available to individuals currently experiencing homelessness. Contact: [housinginfo@capoc.org](mailto:housinginfo@capoc.org)



## THIS IS WHERE POVERTY ENDS



Learn more at [www.capoc.org](http://www.capoc.org)  
**714.897.6670 | [info@capoc.org](mailto:info@capoc.org)**



# SERVICES & PROGRAMS

11870 Monarch St. Garden Grove, CA 92841

## ANAHEIM INDEPENDENCIA FAMILY RESOURCE CENTER

Located in Anaheim. Information & Referrals, Case Management, Counseling, Parenting Classes, Food/Diaper Distribution, Youth Programs, Senior Program, Adult/Youth Leadership Program, Wellness Mobile Clinics, Medi-Cal/CalFresh Applications.

Contact: **714.826.9070** or  
[AnaheimIndependenciaFRC@factoc.org](mailto:AnaheimIndependenciaFRC@factoc.org)



## EL MODENA FAMILY RESOURCE CENTER

Located in Orange. Information & Referrals, Case Management, Counseling, Parenting Classes, Food/Diaper Distribution, Youth Programs, Senior Program, Wellness Mobile Clinics, Medi-Cal/CalFresh Applications.

Contact: **714.532.3595** or [elmofrc@capoc.org](mailto:elmofrc@capoc.org)



## SOUTHWEST COMMUNITY CENTER

Located in Santa Ana. Daily Hot Lunch 7 Days a Week, Weekend Breakfast, Food/Diaper Distribution, Youth Programs, Community/Cultural Events, VITA FREE Tax Preparation/ITIN Applications, Information and Referral.

Contact: **714.547.4073** or [swcc1@capoc.org](mailto:swcc1@capoc.org)



## EMPOWERED TO THRIVE

A trauma-informed and culturally empowering 1-year program for youth ages 7-11 and teens ages 12-17. Programming takes place at all 3 of CAP OC's centers after school on varying days.  
Contact: **714.698.9253** or [dramos@capoc.org](mailto:dramos@capoc.org)  
You may also contact a center directly to enroll your child or teenager.

## OC FOOD BANK

Unites communities to end hunger and malnutrition by partnering with a network of 250 local organizations.

Contact: **714-897-6670 ext. 3147**



## NUTRITION EDUCATION

Nutrition education to empower youth, families, and seniors to improve healthy behaviors.

Contact: [ggregg@capoc.org](mailto:ggregg@capoc.org)



## SENIOR FOOD BOX

Receive a monthly food box. Participants must be 60 years or older and meet monthly income requirements. Photo I.D. required.

Contact: **714.667.0717**



## CALFRESH

Apply for a debit card to obtain free food at grocery stores. Eligibility: At least 1 participant with SSN in same household and meet monthly income requirements.

Contact: **714.733.8679** or [ddiaz@capoc.org](mailto:ddiaz@capoc.org)



## MEDI-CAL ENROLLMENT

Designated Medi-Cal Enrollers are available at CAP OC Family Resource Centers to support individuals with the Medi-Cal application process and accessing health benefits.

Contact: **714.907.1883** or [yfp@capoc.org](mailto:yfp@capoc.org)



## DIAPER BANK

Families with children can pick up diapers from our network of partner organizations delivered by Tom Tom the Diaper Bank truck. Visit [capoc.org/diaperbank](http://capoc.org/diaperbank) for our list of partners.



## EMPOWERED2WORK

A workforce development and job readiness coaching program with a focus on self-empowerment, career exploration, and interpersonal skill development. For young professionals, 17+.

Contact: **714.312.6182** or [yfp@capoc.org](mailto:yfp@capoc.org)



## FINANCIAL EMPOWERMENT

Workshops and one-on-one financial coaching on budgeting, saving, and debt management. Helping participants build and improve their credit to achieve long-term financial stability and prosperity.

Contact: **714.897.6670 ext. 2500** or [fe@capoc.org](mailto:fe@capoc.org)