How can we help?

Our Community Resource Specialists can personally walk you through food assistance applications, health insurance enrollment, tax preparation, and more!

All services and assistance we offer are FREE to you and your family. Our services are offered in English, Spanish, Russian, & Farsi.

Health

Medi-Cal | Covered California
Our staff can help you decide which health coverage fits your family & budget.

Food

CalFresh
A program that assists you when buying food for your family!

Friday Food Distributions
Every Friday we host a free food distribution at our Family Resource Center.

Resource Referral

- Food & Housing
- Legal Services
- Foster Care
- Social Services
- Domestic Violence
- Childcare
- Employment Services
- Education & Parenting Classes
- Mental / Behavioral Health
- Social Security / Disability
- Voluntary Income Tax Assistance (VITA)
- Hospitals / Community Clinics

Call for more information & make an appointment!

916-572-0560

1200 Anna Street, West Sacramento, CA
IN NEED OF FOOD FOR YOURSELF OR YOUR FAMILY? CalFresh Can Help!

What is CalFresh?
The CalFresh Program, also known as the Supplemental Nutrition Assistance Program (SNAP), will stretch your food dollars so you can buy more fruit, vegetables and other healthy foods for yourself and your family.

Que es CalFresh?
El programa de CalFresh, también conocido como el Programa de Asistencia de Nutrición Suplementaria (SNAP), ayuda que su dinero rinda para que pueda comprar más frutas, verduras y otros alimentos saludables para usted y su familia.

How Do I Get CalFresh for Myself or My Family?
Call or visit the Yolo County Children’s Alliance for CalFresh application assistance

Para asistencia con la solicitud de CalFresh, llame o visite el siguiente lugar:

YCCA West Sacramento Family Resource Center
1200 Anna Street West Sacramento, CA 95605
Monday-Friday
8:30 am – 4:30 p.m.
West Sacramento: (916) 572-0560
A Non-Profit Organization Una organización es no lucrativo

More people qualify for CalFresh due to new income guidelines!
Más personas califican para CalFresh debido a las nuevas guías de ingresos!

<table>
<thead>
<tr>
<th>HOUSEHOLD SIZE</th>
<th>MAXIMUM GROSS MONTHLY INCOME</th>
<th>MAXIMUM MONTHLY CALFRESH BENEFIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO. DE PERSONAS EN EL HOGAR</td>
<td>INGRESOS MENSUALES EN BRUTO</td>
<td>MÁXIMO BENEFICIO MENSUAL</td>
</tr>
<tr>
<td>1</td>
<td>$2,128</td>
<td>$204</td>
</tr>
<tr>
<td>2</td>
<td>$2,874</td>
<td>$374</td>
</tr>
<tr>
<td>3</td>
<td>$3,620</td>
<td>$535</td>
</tr>
<tr>
<td>4</td>
<td>$4,368</td>
<td>$680</td>
</tr>
<tr>
<td>5</td>
<td>$5,114</td>
<td>$807</td>
</tr>
<tr>
<td>6</td>
<td>$5,860</td>
<td>$969</td>
</tr>
<tr>
<td>7</td>
<td>$6,608</td>
<td>$1,071</td>
</tr>
<tr>
<td>8</td>
<td>$7,354</td>
<td>$1,224</td>
</tr>
</tbody>
</table>

A few exceptions to these guidelines apply however; don’t let this discourage you from applying! Algunas excepciones a esta guia se aplican sin embargo; no dejes que esto te desanime a aplicar.
ENROLL TODAY WITH YCCA’S HELP!

THE YOLO COUNTY CHILDREN’S ALLIANCE IS HERE TO HELP YOU ENROLL/RE-ENROLL!

- MEDI-CAL
- COVERED CALIFORNIA

Medi-Cal is a program that pays medical expenses for people with low income. This includes people who are seniors, disabled, or have high medical costs. Medi-Cal will help pay for doctor visits, hospital stays, prescription drugs, and other medical services.

YOLO COUNTY
CALL ONLY:
(916) 572-0560
Monday - Friday 8:30 - 4:30pm

For other YCCA inquires including housing, employment, playschool experience, home visitation please call (916) 572-0560

THIS IS A YOLO COUNTY CHILDREN’S ALLIANCE PROGRAM.
LEARN MORE ABOUT US AT YOLOKIDS.ORG OR SCAN THE QR CODE.
EViction PREvention

YCCA Housing Navigators can refer and/or help clients apply to financial assistance for rent past due. YCCA can also provide referrals for legal services.

MOVE IN-COSTS

YCCA understands that move-in costs can be a barrier to obtaining housing. YCCA can refer and/or help clients apply to financial assistance for first month’s rent and/or deposit.

APPLICATION FEES

YCCA can help clients apply for financial assistance for application fees when applying to rental units.

UTILITY ASSISTANCE

YCCA can help connect clients to various utility assistance programs.

LONG-TERM CASE MANAGEMENT

YCCA offers a one-year case management program for households that include at least one child who is enrolled in school. The Siemer Family Stability at YCCA supports households with working on the following goals: increasing income, gaining employment, maintaining, or obtaining housing, paying rent on-time, enrolling in adult education classes, and school stability. The case manager will connect with the household on a weekly basis.

HOMELESS SERVICES

YCCA Housing Navigators are happy to provide available resources and referrals for individualized needs. Housing navigators are available to discuss your situation with you to see how either YCCA or another community partner can help!

*ALL SERVICES HAVE THEIR OWN QUALIFICATIONS AND LIMITATIONS. ELIGIBILITY CRITERIA VERY DEPENDING ON AVAILABLE RESOURCES AT ANY GIVEN TIME.*
Youth Employment Program

Are you a high school senior on track to graduate by June 2023? OR Not enrolled in college up to age 24?

*Must have a barrier to employment to qualify*

- Foster Youth
- Homeless
- Pregnant or Parenting
- High School Drop out

You

How we can Help you Succeed!

- Work Toward Career Goals
- Explore Education and Training Opportunities
- Resume building and Interview prep
- Paid work experience up to 300 hours

$15/HR

What You need

* Current CA Photo ID or School ID
  (Vouchers available for free or low cost ID if Low income)
* Social Security Card (Free from Social Security office)
* Income Verification for everyone in your household
  (Paystubs for past 6 months. Not needed with IEP, Foster youth or Homeless)

A Yolo County Resident
(West Sacramento, Davis, Clarksburg)

- Having trouble finding a job

FOR MORE INFO
Call or Text 530-902-6027 or 530-902-0463
Email: Eric.Blair@yolocounty.org

WIOA Youth Employment Program is a program of the Yolo County Children’s Alliance. Learn more at yolokids.org.
Healthy Families Yolo County can help!

Healthy Families Yolo County provides a range of services to help you raise a healthy and happy baby.

- Visits with a Family Support Specialist at your home or a location of your choice
- Support to help you decrease parental stress and meet your family’s goals
- Safety & child development education
- Help connecting with community resources
- Referrals for counseling, support services, and much more!

All Services are Voluntary • Confidential • Free

CALL MARISOL ANDRADE, FAMILY RESOURCE SPECIALIST
(530) 902–5983

Healthy Families Yolo County is a program of the Yolo County Children’s Alliance, funded in part by First 5 Yolo. Our mission is to improve the child-parent relationship by supporting parents’ well-being, enhancing parenting skills, and promoting healthy child development in a safe home environment.
Drowning is the leading cause of death for toddlers 1-4 years old.

**Children under age 5 are at a higher risk of drowning in a pool.**

**Six ways to have a safe summer...**

1. **Swim Skills**
   - Teach your child(ren) to swim at an early age, as backyard swimming pools account for over half of drowning deaths for children 0-5 years old each year.

2. **Install Alarms**
   - Install alarms on house doors and around pool area.

3. **Layers of Protection**
   - Layers of protection include adult supervision, fences, gates, latches, safety pool covers, education, throwing aids, and rescue techniques.

4. **Eye**
   - Adults should keep a constant eye on children in or near any water including bathtubs, buckets, toilets, ponds, spas and pools.

5. **Never Leave a Child Alone**
   - Never leave a child alone near water.
   - Check the pool first if a child is missing.

6. **Touch**
   - Designate an adult to be close enough to reach out and touch the child.

**DID YOU KNOW...**

- In general, boys are two times more likely to drown in a pool than girls.
- 2/3 of fatal drownings occur between May and August for most age groups.

**Immediate Treatment**

- Head Tilted Back
- Can’t Call for Help
- Hair Over Forehead
- Can’t Wave for Help
- ”Climbing Ladder” Motion

Visit: [www.dds.ca.gov/drowning](http://www.dds.ca.gov/drowning) | [www.drowningpreventionfoundation.org](http://www.drowningpreventionfoundation.org) | [www.cdph.ca.gov](http://www.cdph.ca.gov)