



ECONOMIC RESOURCES FOR SAN FRANCISCO FAMILIES

2-1-1, a UNITED WAY PROGRAM

Call for free, confidential community service information and referrals, including food, housing, immigration, employment assistance, substance abuse treatment, senior services and more.

- Call 2-1-1, www.211bayarea.org
Available 24 hours a day in more than 150 languages.

AFFORDABLE HEALTH COVERAGE

Medical Care

Get assistance finding low-cost health insurance for you and your children. Learn how to apply for Medi-Cal, Healthy Families, Healthy Kids & Young Adults, and Healthy San Francisco.

- San Francisco Health Plan: (415) 777-9992 Language line services available Hours: Mon-Fri 8:30am-5:30pm, www.sfhf.org

Vision Care

You may be eligible for a low-cost comprehensive eye exam and glasses.

- California Vision Project: 1(800) 877-5738, www.californiavision.org/patients.html. Available in English or Spanish.

Dental Care

You and your family may also be eligible for free or low-cost dental care.

- Native American Health Center
160 Capp Street
Call for appointment: (415) 621-8056. English & Spanish.
Medi-Cal & private insurance accepted.
- UCSF School of Dentistry
Parnassus Dental Center: 707 Parnassus Ave.
Call for appointment: (415) 476-1891
Buchanan Dental Center (ages 12 & Up): 100 Buchanan
Call for appointment: (415) 476-5608
Medi-Cal (children only) & private insurance accepted. Adults on Medi-Cal receive 20% discount. Available in English & Spanish.
<http://dentistry.ucsf.edu>

FOOD ASSISTANCE & NUTRITIONAL SUPPORT

Food Assistance

Many working families are eligible to receive a card (like an ATM card) to help buy groceries. Get up to several hundred dollars a month in food assistance.

- SF Food Assistance Service Center: (415) 558-1001
Available in English, Spanish, Cantonese, Russian, Vietnamese & Tagalog.
Hours: Mon-Fri 8am-5pm. OR Apply for Food Stamps online at www.benefitsSF.org Available in English, Spanish, Chinese.

Emergency Meals & Food Boxes

- Food pantries, meal programs & emergency food boxes: Call 2-1-1, www.211bayarea.org.
Available 24 hours a day in more than 150 languages.

Nutritional Support

- Women, Infants, & Children Program (WIC):
(415) 575-5788 Available in English, Spanish, Cantonese, Mandarin, Vietnamese.
www.sfdph.org/dph/comupg/oprograms/PHP/WIC/WIC.asp

HELP WITH YOUR FINANCES

Open a Bank Account

Open a checking or savings account at one of fourteen participating banks and credit unions, even if you have had trouble with an account in the past or have never had an account before.

- Bank on San Francisco: Call 2-1-1, www.bankonsf.org

Free Financial Management Classes

Learn how to budget, save, build credit and manage a bank account at a free financial management class. Find out where and when there are classes near your home or work.

- Bank on San Francisco: Call 2-1-1, www.bankonsf.org

Free Financial Guidance on the Web

Find info on credit repair, budgeting and finances at The Beehive.

- www.thebeehive.org Available in English and Spanish.

Help with Money Troubles

If you are experiencing money troubles, need to pay off debt or avoid bankruptcy, Consumer Credit Counseling Service of San Francisco can help put you in control of your financial future.

- Consumer Credit Counseling Service of San Francisco:
1(800) 777-7526 Available in English, Spanish, Cantonese, Mandarin.
www.cccssf.org

HELP WITH UTILITY BILLS

Lower Your PG&E Bill

Most families who receive the Working Families Credit are also eligible for a 20% discount on their monthly gas & electric bill.

- PG&E: 1(866) 743-2273 Language line services available.
<http://www.pge.com/myhome/customerservice/financialassistance>
Available in English, Spanish, Chinese, & Vietnamese.

Lower Your Home Phone Bill

If you currently receive Medi-Cal, SSI, Food Stamps, Healthy Families or WIC, you may qualify for help with up to half the cost of your basic residential phone bill through the California Lifeline Telephone Program.

- California Lifeline Call Center: 1(866) 272-0349 English;
1(866) 272-0350 Spanish;
1(866) 272-0356 Cantonese/Mandarin;
1(866) 272-0355 Vietnamese; 1(866) 272-0353 Tagalog
Hours: Mon-Fri 8am-7pm

Lower your Garbage Bill

Some families who receive the Working Families Credit may also qualify for a 25% discount on their basic garbage collection bill.

- Recology Sunset Scavenger: (415) 330-1300. Language line services available.
<http://sunsetscavenger.com/residentialLifeline.htm>

DISCOUNTED TRANSPORTATION PASSES

Muni Lifeline Pass

For information on eligibility and how to purchase this \$30 monthly Muni pass, visit www.munilifeline.org or call (415) 557-5900.

City CarShare membership

If you receive the Working Families Credit, you are eligible for a 50% discount for convenient access to shared cars.

- Call 415-995-8588 www.workingfamiliescredit.org/carshare.htm

AFFORDABLE AUTO INSURANCE

- California's Low Cost Auto Insurance Program (CLCA): 1(866) 602-8861 Language line services available. www.insurance.ca.gov

HELP WITH CHILD CARE & PRESCHOOL

Find Child Care

Call the child care resource & referral agencies to learn about finding quality child care, child care subsidies, and family eligibility.

- Children's Council (English & Spanish): Call (415) 343-3300 Available in English, Spanish, Cantonese. www.childrenscouncil.org
 - Wu Yee Children's Services (English & Chinese): Call (415) 391-4956 Available in English, Cantonese, Mandarin. www.wuyee.org/rr
- Info about Centralized Eligibility List (CEL) for subsidized child care: www.sfccl.org Available in English, Spanish, & Chinese.

Free Preschool For All

Free part-day high quality preschool is available to all San Francisco's 4-year-old children, regardless of income. Information about availability is available in English, Spanish, & Chinese.

- Parent Phone Line: Call (415) 354-3873, www.first5sf.org/pfa_families.htm

FAMILY SUPPORT SERVICES

Connect to information, resources, family services, and other families at the City's many Family Support programs, such as Family Resource Centers. To find the program nearest you, call 2-1-1 or go to www.211bayarea.org

FREE ASSISTANCE SIGNING UP FOR DISCOUNTS & SAVINGS

Free Services at Single Stop Sites

Get assistance applying for Food Stamps, health insurance, child care & more. Financial counseling & free tax assistance available during tax season.

Service Locations

- **Wu Yee Children's Services**, Chinatown, Contact Simon Thai: (415) 321-3823 ext 3823. Services available in Mandarin, Cantonese, & English.
- **City College - Ocean Campus** (students only), Balboa Park, Contact Murrell Green: (415) 452-5709
- **City College - Mission Campus** Contact Patricia Castillo: (415) 920-6175. Services in Spanish & English.

Help from SF Works

Find out what discounts and community services are available and get assistance signing up; call (415) 217-5180 or go to www.sfworks.org

RENTAL ASSISTANCE

Get help paying overdue rent, avoiding eviction or applying for a security deposit to move in to permanent housing.

- Call 2-1-1, www.211bayarea.org Available 24 hours a day in more than 150 languages.

HOME BUYING ASSISTANCE & FORECLOSURE PREVENTION

- Mayor's Office of Housing: (415) 701-5500 Available in English, Spanish, Cantonese, Mandarin. www.sfgov.org/site/moh

- Consumer Credit Counseling Service of SF (CCSF): 1(800) 777-7526 www.housingeducation.org. Available in English, Spanish, Cantonese, Mandarin & Tagalog.
- Mission Economic Development Agency (MEDA): (415) 282-3334, www.medasf.org. Available in English and Spanish.
- Asian Inc.: (415) 928-5910, www.asianinc.org. Services available in English, Cantonese, & Vietnamese.
- SF Housing Development Corporation.: (415) 822-1022, www.sfhdc.org
- Urban Community Housing Corporation: (415) 252-0949, www.sfurbanhc.org

HELP WITH YOUR CAREER

- **Career Link - Mission:** 3120 Mission Street & Cesar Chavez, (415) 401-4800 Hours: Mon, Tues, Wed, Fri 8am - 5pm; Thu 8am-8pm
- **Career Link - Chinatown:** 601 Jackson Street, (415) 677-7500 Hours: Mon-Fri 9am-5pm
- **Career Link- Civic Center:** 801 Turk Street, (415) 749-7503 Hours: Mon-Fri 8am-5pm
- **Career Link - Goodwill:** 1500 Mission Street, (415) 575-4570. Hours: Mon,Tues,Th,Fri 9am-5pm; Wed 9am-7pm; Sat 9am-3pm
- **Career Link - Southeast:** 1800 Oakdale Avenue, (415) 970-7762. Hours: Mon-Fri 8am-5pm
- **Career Link - Western Addition:** 1449 Webster Street, (415) 655-2620. Hours: Mon-Thu 9am-5pm; Fri 9am-12pm
- **Career Link - Visitacion Valley:** 73 Leland Avenue, (415) 239-8705. Hours: M-F 9am-5pm
- www.onestopsf.org

TAX CREDITS FOR SAN FRANCISCO

WORKING FAMILIES

Working Families Credit

Download an application online at www.workingfamiliescredit.org or pick one up at any FREE tax site or H&R Block office from January through April 18th.

- WFC Information Line: (415) 557-6284. Available in English, Chinese, & Spanish. www.workingfamiliescredit.org
- File your taxes on time (no extensions!) & submit your WFC application by the April tax filing deadline.

Earned Income Tax Credit (EITC)

- www.workingfamiliescredit.org/eitc.htm - Ask about your EITC refund when you file your taxes. Worth up to \$5,600 for some families!

Free Tax Preparation Services

Call 2-1-1 to get connected to a location convenient for you to receive this free help or visit www.earnitkeepitsaveit.org.

SERVICES FOR IMMIGRANT FAMILIES

Free legal assistance available in more than 15 languages.

San Francisco Immigrant Legal & Education Network:

- (415) 282-6209 x15. Spanish, Cantonese, English.
- Asian Law Caucus: (415) 896-1701. Cantonese, Mandarin, Vietnamese, Tagalog
- African Advocacy Network: (415) 503-1032. Amharic, Arabic, Bamara, French, Lingala, Portuguese, Spanish, Swahili, Tigrigna
- Arab Resource & Organizing Center: (415) 861-7444. Arabic, French

San Francisco Immigrant Advice Line: Mon-Fri 9am-5pm

- Spanish: (415) 504-4987 Chinese: (415) 504-4698
- www.sfimmigrantnetwork.org