

**Ask WIC for**

# Referrals



## **Family Services**

- CalFresh
- CalWORKs
- Child Support
- Immunizations
- Medi-Cal
- Child Health & Disability Prevention

## **Prevention and Treatment Programs**

- Drug, Alcohol, or Tobacco Use
- Domestic Violence Help





## CalFresh (formerly called Food Stamps)

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CalFresh can add to your food budget to help you put healthy and nutritious food on the table.

If you qualify for CalFresh, you get monthly electronic benefits on a card. Use the benefits card to buy most foods at your local markets and food stores.

### **For more information about CalFresh:**

Call 1-877-847-FOOD (1-877-847-3663), or visit [www.cdss.ca.gov/inforesources/calfresh](http://www.cdss.ca.gov/inforesources/calfresh), or apply online at [www.getcalfresh.org](http://www.getcalfresh.org), or [www.benefitscal.com](http://www.benefitscal.com), or contact your **county social services agency**.



# California Work Opportunity and Responsibility to Kids (CalWORKs)

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CalWORKs is a monthly temporary cash aid program and offers a wide range of services for low income families with a child(ren) in the home.

Cash aid can help pay for:

- rent or housing,
- food, and
- other expenses.

## For more information about CalWORKs:

Visit [www.cdss.ca.gov/calworks](http://www.cdss.ca.gov/calworks), or apply online at [www.benefitscal.com](http://www.benefitscal.com), or contact your **county social services agency**.



# Child Support

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If you think you should be getting child support and are not receiving CalWORKs, call your local child support agency or California Department of Child Support Services.

## **For more information about Child Support Services:**

Call 1-866-901-3212, or  
visit [www.childsupport.ca.gov](http://www.childsupport.ca.gov), or  
contact your [county social services agency](#).

# Immunizations

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## **Love them, immunize them!**

Vaccines (shots) help protect children from serious and sometimes deadly diseases. Make sure your child(ren) get shots when they need them.

Anyone who comes in close contact with your baby may also need some shots to help protect your baby. These people could include parents, grandparents, or babysitters.

WIC families may be eligible for free or low cost vaccines through:

- Child Health and Disability Prevention (CHDP) providers,
- Vaccines for Children (VFC) providers, or
- Your local public health department.

## **For more information about immunizations:**

Visit [www.cdph.ca.gov/Programs/CID/DCDC/Pages/immunize.aspx](http://www.cdph.ca.gov/Programs/CID/DCDC/Pages/immunize.aspx).





## Medi-Cal

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Medi-Cal pays for a variety of medical services for children and adults with limited income and resources. People in many different situations qualify for Medi-Cal, including people who are working, own a house, or are married.

Medi-Cal will pay for your:

- prenatal care,
- delivery, and
- check-up after your baby is born.



### **For more information about Medi-Cal:**

Call toll free 1-800-880-5305, or visit [www.dhcs.ca.gov/services/medi-cal](http://www.dhcs.ca.gov/services/medi-cal), or apply online at [www.benefitscal.com](http://www.benefitscal.com), or contact your **county social services agency**.

# Child Health and Disability Prevention Program (CHDP)

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The Child Health and Disability Prevention program (CHDP) is a preventative program to prevent and detect early diseases and disabilities. It provides periodic health assessments, services, and referrals for low income children and youth in California.

CHDP helps families with:

- medical appointment scheduling,
- transportation, and
- access to diagnostic and treatment services.

Children of WIC families may be eligible for CHDP services.



**To find your local CHDP provider,**  
visit [www.dhcs.ca.gov/services/chdp](http://www.dhcs.ca.gov/services/chdp).

## Substance Abuse & Mental Health

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Protect yourself and your family from harmful substances. Misuse and abuse of alcohol and prescription medications can have immediate and long-term health effects. There is no safe time to use tobacco, e-cigarettes, or illicit drugs. Ask a WIC staff about a program that can help you.

**For drug or alcohol abuse help,**  
call toll free 1-800-879-2772 or 1-916-327-3728.



Kick It California is a free program. It helps Californians kick smoking, vaping, and smokeless tobacco with the help of proven strategies. Take the first step toward quitting.

**For more information to help quit smoking:**

Call toll free 1-800-300-8086, or visit [www.kickitca.org](http://www.kickitca.org).



**Substance Abuse and Mental Health Services Administration (SAMHSA):**

The SAMHSA's National Helpline is a free, confidential, 24-hour a day, 365-day-a-year treatment referral and information service. It is available in English and Spanish for people facing mental and/or substance use disorders.

**For more information about substance abuse and mental health services treatment:**

Call toll free 1-800-662-HELP (4357), or visit [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov).

**988 Suicide and Crisis Lifeline:**

The Lifeline provides 24 hours a day, 7 days a week, free and confidential support for people in distress. The Lifeline has prevention and crisis resources for you and your loved ones.

**For more information about the Lifeline:**

Visit [www.988lifeline.org](http://www.988lifeline.org), or call the hotline 1-800-273-TALK (8255).

# Domestic Violence Help

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Everyone deserves relationships free of abuse. Domestic violence (also referred to as intimate partner violence (IPV), dating abuse, or relationship abuse) includes violence between spouses, individuals in dating relationships, and former partners or spouses. Confidential support is available 24 hours a day, 7 days a week.

## **For more information about family violence or shelter assistance:**

Call 1-800-799-7233 (SAFE), or  
1-800-787-3224 (TTY), or  
text "START" to 88788, or  
visit the National Domestic Violence Hotline  
[www.thehotline.org](http://www.thehotline.org).

**Don't be afraid to ask for support. Your WIC staff can connect you with other programs or services you may need.**



**California Department of Public Health, California WIC program**

*This institution is an equal opportunity provider.*

**1-800-852-5770 | MyFamily.WIC.ca.gov**

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