



Need Assistance?

Do you feel like you're on a roller coaster? You are not sure what is around the next turn or beyond the next peak?

WE ARE HERE TO HELP YOU!!

Call Local Union 831 for:

- *Health Level Changes* - Your level may be changed to extend your benefits.
- *God Provides Food Bank* - You are able to get their annual fee waived. They are located at 2453 Troy Ave., So. El Monte, CA 91733. Phone: 626-442-4273. Hours: 8:00 a.m to 4:00 p.m, Monday – Friday, 8 - 2 Saturday. Email: godprovidesministry.org or gpmfoodbank@yahoo.com
- *HRN Food Bank* - You are able to get their annual fee waived. You can also volunteer to earn food. (See back.)
- *United Way* - Offers Food and Utility Assistance.

LU831 Health Trust - Cobra, Buy-up, & Dependant Age Coverage Change:

Please call the Trust Office at 626-279-3080 or 877-572-7005.

Dial 2-1-1:

Basic Needs (Food, Shelter, Clothing)	Financial Assistance
Childcare Services	Government Programs
Crisis Intervention	Health Care Referrals
Elderly Care Services	Volunteer Information...and more!

Angel Food Ministry:

A low cost food source at 1-877-FOOD-MINISTRY (1-877-366-3646) or
angelfood@angelfoodministries.com or <https://www.angelfoodministries.com/menu.asp>

Federal Housing Program:

For Mortgage Information - <http://makinghomeaffordable.gov/requestmod.shtml>

Local City Community Center:

On the Internet, in the address bar, click and type in: city of (enter your city), and choose the link(s) you would like more information on.

Local Utility companies:

They have programs for assistance if you qualify. Give them a call.

Vocational Rehabilitation:

If your situation falls under this category, you may be able to get help. You can find this number under State Government Offices in the front of the phone book or apply online: www.dor.ca.gov