



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
- *United Way.org* - 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.

Community NSW.gov: May have something to assist you here too!

Dial 2-1-1 or use internet: Each county has assistance, on the internet address bar, type in "211 and the County name"

--Basic Needs (Food, Shelter, Clothing)

--Financial Assistance

--Childcare Services Government Programs

--Crisis Intervention

--Health Care Referrals

--Elderly Care Services Volunteer Information

...and more!

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

God Provides will waive the \$10 membership fee for Union members, just show your badge. You will receive a membership card; each visit you get it stamped, then, the 11th trip is free.

Veterans & Native Americans will get the membership fee waived.

No appointment or documentation required.

Only groups can volunteer.

Dairy, juice, and meat items are frozen.

Fruits, vegetables, and breads are available. Rice and beans on availability.

They are very limited on canned goods.

There is no limit as to how many times you can go in a week, month, etc.