**LOCAL UNION 831**

TRADESHOW & SIGN CRAFTS

I.U.P.A.T.- A.F.L.- C.I.0.

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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:**

* *United Way*-SAN DIEGO RESIDENTS ONLY- unionsunited@uwsd.org or 858/636-4116
* *God Provides/Pomona Valley Food Bank -* ed. They are located at 284 E. Holt., Pomona, CA. Phone: 626-200-0356. Hours: 8:00 am to 4:00 p.m., Monday – Saturday, Email:gpmfoodbank@yahoo.com

Cost: $30.00 per base package (base package=100 lbs of food)

**LU831 Health Trust – Level Changes Cobra, Buy-up**

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

**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/hardship> affidavit

**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.

**For Assistance in Applying for Unemployment Benefits please visit:**

[www.edd.ca.gov](http://www.edd.ca.gov)

**Unionplus.org**

 Union Plus Assistance Programs may help you:

Hardship Help +Benefits + Discounts

**Catholic Charities**

 On the internet, type in your city for the nearest location.