

## Child Support

Children have the legal right to be supported by and get money from both parents. If you are not receiving CalWORKs and think you should be getting money from your child's father or mother, call the:

### District Attorney's Office

*(Family Support Division)*

**(714) 541-7600 or (888) 594-7600**

*for help or to get a copy of the:*

**California Child Support Information Handbook**

[www.css.ocgov.com](http://www.css.ocgov.com)

## Stop Smoking

Smoking is bad for everyone. The Tobacco Use Prevention Program can help you or a family member stop smoking. To talk to a counselor, get handouts, or find out about stop smoking classes, call:

**(714) 541-1444**

## Stop Using Alcohol & Drugs

Is alcohol or drug use a problem for you or someone you care about? You can get low cost services at many clinics in the county. The clinics will not tell others about your visit. You can see staff by yourself or as part of a group. There are special programs for pregnant women and teens. For more information, call:

**(714) 834-3840**

## Head Start & State Preschools

Help your children get ready for school. Low income children who are 3 and 4 years of age may be able to go to preschool for free.

**To learn more, call your school district or  
Orange County Head Start, Inc. at  
(714) 241-8920**

## CalOptima

CalOptima links Orange County families on Medi-Cal with local doctors. First, you apply for Medi-Cal. If you qualify, your medical care may be paid for through CalOptima. The doctors and hospitals working with CalOptima will take care of your medical needs. Medi-Cal patients who have questions may call CalOptima at:

**(888) 587-8088**

[www.caloptima.org](http://www.caloptima.org)

## Info Link

If you do not know who to call for help, then call Info Link. The staff has phone numbers to over 3,000 places that can help you with food, housing, child care, parenting, and many other problems. For more information call:

**211**

[www.211oc.org](http://www.211oc.org)

## Additional Numbers to Call:

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# Where to find Help



- **Medi-Cal & Healthy Families**
- **CalWORKs (Cash Aid)**
- **Food Stamps**
- **CSFP**
- **WIC**
  
- **Health Exams for Women**
- **Health Exams for Children**
- **Immunizations**
- **Family Planning**
  
- **Child Support**
- **Stop Smoking**
- **Stop Alcohol & Drug Use**
  
- **Head Start & State Preschools**
- **CalOptima**
- **Info Link**



COUNTY OF ORANGE • HEALTH CARE AGENCY  
Nutrition Services



## Medi-Cal

Medi-Cal helps some low-income people pay for doctor visits, prescriptions and other health care. Anyone living in Orange County may apply. Some people, because of their immigration status, are only eligible for emergency and pregnancy care.

## CalWORKs (Cash Aid)

### California Work Opportunity & Responsibility to Kids

CalWORKs gives some families cash aid for limited time periods and helps them become self-supporting. If you qualify for CalWORKs, you may also get Medi-Cal and Food Stamps. Only parents or children with legal status may apply.

## Food Stamps

Food Stamps help some low income people buy extra food each month. Only parents or children who are U.S. citizens or eligible legal immigrants may get Food Stamps.

## Medi-Cal, CalWORKs and Food Stamps

*Aliso Viejo*  
115 Columbia  
(949) 389-8200

*Anaheim*  
3320 E. La Palma  
(714) 575-2400

*Garden Grove*  
12912 Brookhurst  
(714) 741-7100

*Santa Ana*  
1928 S. Grand Ave.  
(714) 435-5800

All Areas - Toll Free

For application and information only  
(800) 281-9799

For free local help with the application, call  
(800) 660-4232

[www.ssa.ocgov.com](http://www.ssa.ocgov.com)

## Healthy Families

Uninsured children, 1 year through 18 years of age, may be able to get health care through the Healthy Families Program. For an application, call:

(888) 747-1222

[www.healthyfamilies.com](http://www.healthyfamilies.com)

## CSFP

### (Commodity Supplemental Food Program)

Boxes of food are given to low-income women who are pregnant or have recently had a baby and children up to 6 years of age. There are 10 food sites throughout the county. For more information call:

(714) 667-0717



## WIC

### (Supplemental Nutrition for Women, Infants and Children)

WIC gives nutrition education and checks for nutritious foods to low-income women who are pregnant or have recently had a baby and children up to 5 years of age. To find the nearest WIC office call:

(888) WIC-Works

(888) 942-9675

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

## Health Exams for Pregnant Women

### (PCG-Prenatal Care Guidance Program)

If you are pregnant and need a doctor, call the Health Referral Line. The staff will give you the names of doctors in your area.

## Health Exams for Children

### Child Health & Disability Prevention (CHDP) Program

Does your child need a health exam for WIC, school or sports? Do you want to make sure your child is growing and healthy? Babies, children, and teens from low-income families can get free regular health check-ups and immunizations. Call the Health Referral Line for the names of doctors in your area.

## Immunizations

Has your child had all of his or her shots? Does your insurance not cover shots? To get immunizations at no cost, call the Health Referral Line for the names and hours of clinics near your home.

## Family Planning

Have a baby when it is best for you and your family. If you need a doctor or a pregnancy test or if you have questions about sex and birth control methods, call the Health Referral Line. The staff will give you the names of doctors in your area. Most services are free or low cost, and the staff will keep information about your visit confidential.

## Health Referral Line

(800) 564-8448 *(se habla español)*

(800) 801-7100 *(for hearing impaired)*