



Community Resources for Families

HELPLINE TO FIND LOCAL RESOURCES

Thrive Local Connections (TLC) Call Center

Get assistance connecting to community resources.

Open M-F, 8 a.m. to 5 p.m.

Call: 1-800-443-6328

FOOD and HOUSING

BenefitsCal

Get assistance applying for CalFresh (Food Stamps) or other California benefits.

Website: <http://www.benefitscal.com/>

Call: 1-877-847-3663 (FOOD)

Stockton Food Bank

Stocktonfoodbank.com

7 W. Scotts Ave, Stockton CA 95203

Call: 209-464-7369

Website: info@stocktonfoodbank.org

Main pantry/food distribution hours:

M-F, 9 a.m. to 12 p.m.

Second Harvest of the Greater Valley

Website: <https://www.localfoodbank.org/>

1220 Vanderbilt Cir, Manteca, CA 95337

Call: 209-239-2091

FAMILY VIOLENCE

Women's Center – Youth and Family Services

620 N San Joaquin St, Stockton, CA 95202

Call: 209-941-2611

New Hope Family Shelter

445 S. San Joaquin St. Stockton, CA 95203

Call: 209-466-2138

Haven Women's Center - Stanislaus

Call: 209-524-4331

PARENTING SUPPORT

National Parent Helpline

Emotional support for parents from trained advocates.

M-F, 10 a.m. to 7 p.m.

Website: <https://www.nationalparenthelpline.org>

Call: 1-855-4A-PARENT (1-855-427-2736)

Triple P (Positive Parenting Program)

Evidence-based parenting program designed to help build healthy family relationships and manage child behavior.

Website: www.triplep.net

MENTAL HEALTH and WELLNESS

Kaiser Departments of Psychiatry

You can contact your local Mental Health Department directly. You don't need a referral from your doctor.

Website: www.kp.org/mentalhealth

Call: 1-855-268-4096

Self-Care Tools

As a Kaiser Permanente member you have access to free online self-care tools to help manage stress, depression, and anxiety, improve sleep, and more.

Website: www.kp.org/selfcareapps

CVA Child Mental Health and Wellness Classes Classes offered online through Microsoft Teams to address a variety of areas, including: anxiety, parenting/behavioral problems, ADHD, and general child wellness.

Call: 1-855-268-4096 or ask your child's PCP for a referral to a Behavioral Health Consultant