



Aetna Better Health® of California

Community Resources for San Diego and Sacramento Counties

If you need help, **211 San Diego and **211 Sacramento** are great places to start. Please also check **AuntBertha.com** for local resources.*

If you're enrolled in our Care Management program, one of our care management team can also help you.

What type of help do you need?	What supportive resources are covered under this topic?	San Diego Resources	Sacramento Resources
COVID-19	<ul style="list-style-type: none"> Resources and programs for those impacted by COVID-19 	<ul style="list-style-type: none"> Catholic Charities of San Diego Feeding San Diego FoodFinder US San Diego Food Bank San Diego Food System Alliance San Diego Hunger Coalition 	<ul style="list-style-type: none"> FoodFinder US FreeFood.Org River City Food Bank Sacramento County Sacramento Food Bank
Education, Employment	<ul style="list-style-type: none"> After school programs Parent education/parenting classes Early childhood education Family Resource Centers Workforce development Mentoring 	<ul style="list-style-type: none"> Barrio Logan College Institute Head Start Programs Joan Kroc Salvation Army Center MAAC Project Reality Changers San Diego County Library San Diego Unified School District San Diego Urban League San Diego Workforce Partnership San Diego Youth Services SAY San Diego 	<ul style="list-style-type: none"> Asian Resources (ARI) Birth & Beyond – Sacramento Children’s Home Community Resource Project First 5 Sacramento Head Start Programs Kindercare La Familia Counseling Center The Impact Foundry Highlands Community Charter School SacramentoWorks



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		<ul style="list-style-type: none"> • South Bay Community Services • YMCA of San Diego • Youth Empowerment San Diego 	<ul style="list-style-type: none"> • Sacramento Employment & Training Agency
Foster Youth Programs	<ul style="list-style-type: none"> • Transitional support • Independent living resources 	<ul style="list-style-type: none"> • Casey Family Programs • Just in Time Foster Youth • Promises 2 Kids • RAFFY – Palomar College program for former foster youth • San Diego Youth Services • South Bay Community Services • Voices for Children 	<ul style="list-style-type: none"> • Alternative Family Services • CASA for Children of Sacramento County (Working remotely emergency line 916-870-9630) • Children Receiving Home of Sacramento • Next Move • Roberts Family Development Center • Sacramento Countywide Foster Youth Services • Sierra Forever Families
Health Management	<ul style="list-style-type: none"> • Physical health services • Mental and behavioral health counseling and support services 	<ul style="list-style-type: none"> • Family Health Centers of San Diego • La Maestra • MAAC Project 	<ul style="list-style-type: none"> • Birth & Beyond – Sacramento Children’s Home • Child & Family Institute



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	<ul style="list-style-type: none"> • Substance abuse (treatment, AA, support groups, rehab) 	<ul style="list-style-type: none"> • McAlister Institute • NAMI San Diego • San Diego County Public Health Office • Southeast Alano Club / Community Pride in Action (AA/NA) • UCSD Center for Community Health • Union of Pan-Asian Communities San Diego 	<ul style="list-style-type: none"> • Developmental Disabilities Service Organization • Harm Reduction Services • Help Me Grow • Lilliput Children Services • NAMI Sacramento • Sacramento Children Home (Essential services only) • Stanford Sierra Youth Solutions (Virtual assistance) • Wellspace
<p>Housing (homelessness)</p>	<ul style="list-style-type: none"> • Emergency shelters • Transitional housing • Health Homes Program 	<ul style="list-style-type: none"> • Alpha Project • Catholic Charities of San Diego • Father Joe's Villages • PATH Greater San Diego • San Diego Housing Commission • San Diego Rescue Mission • St. Vincent DePaul • Think Dignity 	<ul style="list-style-type: none"> • Catholic Charities • Union Gospel Mission • House of Bread Church • Lutheran Social Services • Mutual Housing • Powerhouse Ministries



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			<ul style="list-style-type: none"> • Retirement Housing Foundation • Sacramento Housing Alliance • Sacramento Self-Help Housing • Sacramento Steps Forward (county program) • Volunteers of America • Saint John Program for Real Change • Next Move
<p>Nutrition & Food Access</p>	<ul style="list-style-type: none"> • CalFresh • Food banks • Congregate meals • Food rescue • Home delivery programs • Healthy cooking classes 	<ul style="list-style-type: none"> • CalFresh.org • California WIC Programs • Feeding San Diego • Jewish Family Services • Kitchens for Good • Olivewood Gardens • Produce Good • Salvation Army • San Diego Food Bank 	<ul style="list-style-type: none"> • California WIC Programs • Central Downtown Food Basket • Cordova Food Bank • Elk Grove Food Bank Services • Food Literacy Center • Loaves and Fishes • New Hope Community Church • River City Food Bank • Sacramento Food Bank • Twin Lakes Food Bank



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		<ul style="list-style-type: none"> • Meals on Wheels of San Diego County • Southeast Alano Club / Community Pride in Action 	
Personal hygiene & household goods Legal programs	<ul style="list-style-type: none"> • Hygiene supplies (toothpaste, combs, feminine needs) • Clothing • Places to shower • Laundry service programs • Legal Assistance 	<ul style="list-style-type: none"> • Fresh Start Program San Diego • Duwara Consciousness Foundation • Goodwill Industries of San Diego • Humanity Showers • Salvation Army • Southeast Alano Club / Community Pride in Action • Think Dignity 	<ul style="list-style-type: none"> • Catholic Charities • Goodwill Industries of Sacramento • Salvation Army • Southeast Asian Assistance Center
Primary Care	<ul style="list-style-type: none"> • Health insurance enrollment • Community clinics/health centers • Smoking cessation • Physical activity 	<ul style="list-style-type: none"> • Family Health Centers of San Diego • La Maestra • No Butts • UCSD Health 	<ul style="list-style-type: none"> • Chronic Care Coalition • No Butts • Peach Tree Health • Well Space



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	<ul style="list-style-type: none"> • Diabetes prevention program 	<ul style="list-style-type: none"> • Union of Pan-Asian Communities San Diego 	
Social/Community connection	<ul style="list-style-type: none"> • Volunteer opportunities • Support groups • Clubs 	<ul style="list-style-type: none"> • Boys & Girls Clubs of Greater San Diego • Harmonium • Interfaith Community Services (North County) • Neighborhood House Association • MAAC Project • SAY San Diego • Urban league 	<ul style="list-style-type: none"> • Albie Aware, Inc. • American Red Cross • Asian Pacific Islander American Association • Boys & Girls Clubs • Center for Fathers and Families • Sacramento LGBT Community Center • Sierra Service Project • Folsom Cordova Community Partnership
Other Underserved Populations	<ul style="list-style-type: none"> • LGBTQ services • Refugee services • Re-entry 	<ul style="list-style-type: none"> • Alliance for African Assistance • North County LGBTQ Resource Center • United Women of East Africa • HealthRight360 - Reentry • International Rescue Committee 	<ul style="list-style-type: none"> • California Department of Corrections & Rehabilitation • Gender Health Center • Hmong Innovating Politics • Inter-Tribal Council of California • Iu-Mien Community Services



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		<ul style="list-style-type: none"> • Jewish Family Services • Lighthouse Services - Reentry • Nile Sisters Development Initiative • San Diego Refugee Forum • Second Chance Program • The Center San Diego - LGBT • UCSD LGBT Resource Center 	<ul style="list-style-type: none"> • Lao Family Community Development • Sacramento Food Bank (refugee resettlement assistance) • Sacramento LGBT Community Center • Servant Hearts • World Relief Sacramento
Other Supportive Resources & Programs	<ul style="list-style-type: none"> • Diabetes Education • Women's Health • Cultural Groups & Programs • Crisis Intervention 	<ul style="list-style-type: none"> • American Diabetes Association Risk Screener • La Maestra • Urban league • Women's Resource Center 	<ul style="list-style-type: none"> • American Diabetes Association Risk Screener • Black Child Legacy Campaign • Chicks In Crisis • Her Health First • Sacramento Vet Center • Weave, Inc • Hmong Youth & Parents United