



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 support do you need?	What supportive resources are covered under this topic?	San Diego Resources	Sacramento Resources
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 • South Bay Community Services • YMCA of San Diego • Youth Empowerment San Diego 	<ul style="list-style-type: none"> • Asian Resources (ARI) • Beanstalk • Birth & Beyond – Sacramento Children’s Home • California Endowment • 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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<p>Foster Youth Programs</p>	<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 • Children Receiving Home of Sacramento • Next Move • Our Children’s Keeper • Roberts Family Development Center • Sacramento Countywide Foster Youth Services • Sierra Forever Families
<p>Health Management</p>	<ul style="list-style-type: none"> • Physical health services • Mental and behavioral health counseling and support services • Substance abuse (treatment, AA, support groups, rehab) 	<ul style="list-style-type: none"> • Family Health Centers of San Diego • La Maestra • MAAC Project • McAlister Institute • NAMI San Diego • San Diego County Public Health Office 	<ul style="list-style-type: none"> • Birth & Beyond – Sacramento Children’s Home • Child & Family Institute • Developmental Disabilities Service Organization • Harm Reduction Services • Help Me Grow • Lilliput Children Services



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		<ul style="list-style-type: none"> • 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"> • NAMI Sacramento • Sacramento Children Home • Stanford Youth Solutions • 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"> • Adult & Aging Commission of Sacramento County • Catholic Charities • House of Bread Church • Lutheran Social Services • Mutual Housing • Powerhouse Ministries • Project Sentinel • Retirement Housing Foundation • Sacramento Housing Alliance • Sacramento Self-Help Housing • Sacramento Steps Forward (county program)



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			<ul style="list-style-type: none"> • Volunteers of America
Nutrition & Food Access	<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 • Meals on Wheels of San Diego County • Southeast Alano Club / Community Pride in Action • Turning the Hearts Center 	<ul style="list-style-type: none"> • Adult & Aging Commission of Sacramento County • 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 • Sacramento Food Bank • Twin Lakes Food Bank
Personal hygiene & household goods Legal programs	<ul style="list-style-type: none"> • Hygiene supplies (toothpaste, combs, feminine needs) 	<ul style="list-style-type: none"> • Fresh Start Program San Diego • Goodwill Industries of San Diego • Salvation Army 	<ul style="list-style-type: none"> • Catholic Charities • Goodwill Industries of Sacramento



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	<ul style="list-style-type: none"> • Clothing • Places to shower • Laundry service programs • Legal Assistance 	<ul style="list-style-type: none"> • Southeast Alano Club / Community Pride in Action • Think Dignity 	<ul style="list-style-type: none"> • Sacramento County Court Expungement Program (Criminal Case) • 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 • Diabetes prevention program 	<ul style="list-style-type: none"> • Family Health Centers of San Diego • La Maestra • No Butts • UCSD Health • Union of Pan-Asian Communities San Diego 	<ul style="list-style-type: none"> • Chronic Care Coalition • No Butts • Peach Tree Health • Sacramento Family Clinic • Well Space
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) • MAAC Project 	<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



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		<ul style="list-style-type: none"> • SAY San Diego • Urban league 	<ul style="list-style-type: none"> • Sacramento LGBT Community Center • Sierra Service Project
<p>Other Underserved Populations</p>	<ul style="list-style-type: none"> • LGBTQ services • Refugee services • Re-entry 	<ul style="list-style-type: none"> • Alliance for African Assistance • United Women of East Africa • HealthRight360 - Reentry • International Rescue Committee • 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"> • California Department of Corrections & Rehabilitation • Gender Health Center • Hmong Innovating Politics • Inter-Tribal Council of California • International Rescue Committee • lu-Mien Community Services • Lao Family Community Development • Sacramento Food Bank (refugee resettlement assistance) • Sacramento LGBT Community Center • Servant Hearts • World Relief Sacramento



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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 	<ul style="list-style-type: none"> • American Diabetes Association Risk Screener • Black Child Legacy Campaign • Her Health First • Sacramento Vet Center • Weave, Inc
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