

Self-Care for Parents of Special Needs Children

Wednesday, November 5, 2025

12:25 PM

Understanding Stress

- **Definition:** Anything that causes a change in your daily routine or personal life — positive or negative.
- **Examples:**
 - Typical life events or transitions
 - Unexpected events
 - **Individual factors:** e.g., substance use, health challenges
 - **Social factors:** e.g., family or relationship issues
 - **Environmental or community factors:** e.g., poverty, racism, natural disasters

The Stressed Brain

- **Stress vs. Chronic Stress:** Elevated cortisol levels can damage white matter (myelin sheath).
- **Fear Response:**
 - More easily triggered
 - Harder to return to a sense of safety and calm
- **Overactivated Stress System:**
 - Imbalance between the sympathetic (“fight or flight”) and parasympathetic (“rest and digest”) nervous systems

Effects of Stress

- The brain adapts to *survival mode*, limiting higher-level thinking and functioning.
- Usual coping strategies may stop working.
- Narrowed **window of tolerance** — less ability to manage stress effectively.
- Greater risk for impulsive or risky behaviors.
- **Difficult to help children co-regulate when we ourselves are dysregulated.**

Grounding Techniques

- Focused breathing (4–4–4 or 6–6–6 pattern)
- Humming or singing
- Yawning
- Visualization (colors, images, sounds)
- Self-hug or “butterfly tapping”
- Bilateral stimulation
- Picture someone you love

Blocked Care & Blocked Trust

Based on Dr. Dan Hughes & Jonathan Baylin — Book: “Brain-Based Parenting: The Neuroscience of Caregiving for Healthy Attachment”

- Feeling stuck in survival mode
- Emotional disengagement or numbness
- Decreased empathy and compassion
- Apathy toward the child

- Focusing only on behaviors instead of their meaning
- Viewing behaviors as *bad* or *selfish* rather than expressions of need

Responding to Stress

- **How we respond matters most.**
- **Resilience:** The ability to manage stress and function well when faced with adversity, trauma, or change.
- **Parental Resilience Includes:**
 - Effective problem-solving
 - Healthy coping strategies
 - Consistent self-care
 - Willingness to seek support
 - Accessing mental health or substance-use services when needed
 - Preventing stress from negatively impacting parenting

Minimizing the Chaos

Reduce Decision Fatigue

- Use meal kits or grocery delivery
- Plan meals ahead of time
- Create consistent morning and bedtime routines
- Delegate non-essential decisions
- Make tough decisions earlier in the day
- Turn off unnecessary notifications
- Ask others for input when needed

Keep Schedules Visible

- Coordinate multiple family schedules
- Consider who needs access and how to keep updates current
- Choose the right format: paper planner, family whiteboard, or digital calendar

Organizing Paperwork

Common Documents:

- Placement or court paperwork
- School/daycare forms
- Medical records
- Contact and visitation logs
- Service provider information
- Reimbursement forms and blank templates

Organization Options:

- **Binder system (for medically complex children):**
 - Keep forms and a monthly visit calendar in front pocket
 - Tabs for: Placement, Legal, School, Medical (Primary, Specialists, RCOC, Hospital), and Blank Forms
- **Digital system:**
 - Google Docs for contact logs
 - Google Calendar for appointments

Self-Care Strategies

- Do what brings you joy and calm:

- Window shopping
- Reading or journaling
- Listening to music or podcasts
- Spending time outdoors
- Cooking a favorite meal
- Yoga, stretching, or meditation (try YouTube sessions)
- Writing a “*ta-da*” list (accomplishments, not tasks)
- Napping
- Dancing or singing
- Dressing in a way that feels good
- Acts of kindness for others
- Talking with a friend
- Enjoying a warm drink
- Rewatching a favorite show or movie
- Hugging a loved one
- Planning a pretend or future vacation

Remember: Not Everything Has to Get Done

- Chores and errands can wait.
- **Your relationship with your child is more important than a perfect to-do list.**
- Focus on what’s truly necessary or urgent.
- It’s okay to ask for help.
- Prioritize rest — sleep is a form of self-care.

Celebrate the Good

- Be present to notice moments of joy and connection.
- Laugh, smile, and share small moments — music, meals, cuddles.
- Celebrate your child’s accomplishments, milestones, and interests.
- Create new “firsts” and family traditions.
- **Start small** — plan simple family activities or game nights.

Food

Wednesday, November 5, 2025 2:23 PM

2-1-1 Orange County

☎ 2-1-1 or (888) 600-4357 | 🌐 211oc.org

🕒 24/7 Phone Support | Text ZIP code to 898211 (Mon – Fri: 9 a.m. – 6 p.m.)

- Additional Food Assistance Programs
- CalFresh and Farmers Markets

Abrazar Inc.– Midway City Community Center

📍 14900 Park Lane, Midway City, CA 92655

☎ 714-893-3581 | 🌐 <https://www.abrazarinc.com/programs-services/food-donation-program.html>

🕒 Varies

Anaheim United Methodist Church

📍 1000 S. State College Blvd. Anaheim, CA, 92806

☎ 714-409-3075 | 🌐 <https://www.anaheimumc.org/pantry>

🕒 Tuesday Nights @ 6 PM - 7 PM

🕒 Thursday Mornings @ 8:45 AM - 1:15 PM

🕒 3rd Thursday Nights @ 6:30 PM - 7:30 PM

- By appointment only
- All are welcome - No income margin, no location requirement, no affiliation to a religious organization

Catholic Charities of Orange County

📍 2020 W. Chestnut Ave., Santa Ana, CA 92703

🕒 Food Distribution Hours: Tues, Wed, & Thurs @ 7:30 AM – 12:00 PM

🕒 Children's Diaper Distribution Hours: Tues, Wed, & Thurs @ 1:00 PM – 3:00 PM

☎ (714) 347-9602 | 🌐 <https://ccoc.org/programs/life-sustaining-services/cantlay-food-distribution-center>

- Photo ID & proof of OC residence required
- Food & diapers (ages 0-5)

Coast Hills Church Food Pantry – Aliso Viejo

📍 5 Pursuit, Aliso Viejo, CA 92656

☎ 949-362-0079

🌐 coasthills.church/local-outreach

🕒 Varies

- Emergency pantry open to all
- Photo ID required

Community Action Partnership

☎ (714) 897-6670

🌐 ocfoodbank.org

- Emergency Food Assistance Program
- Food Boxes for Adults Aged 60 and Older
- Diapers

Crossline Community Church – Laguna Hills

📍 23331 Moulton Parkway, Laguna Hills, CA 92653

☎ 949-916-0250

🌐 crosslinechurch.com/food-pantry

🕒 Weds & Fri: 7 – 11 a.m.

- Local pantry—easy access
- No ID required; open to all OC residents

Delhi Center Food Pantry

📍 505 E. Central Ave., Santa Ana, CA 92707

🕒 Food distribution is every Monday and starts promptly at 10:00 AM until 11:30 AM.

🕒 Mobile Health Clinic: every 1st Wednesday of the month from 11:00 AM to 6:00 PM, and 3rd Wednesday from 9:00 AM to 3:00 PM

☎ (714) 481-9600

☎ Mobile Health Clinic, 714.309.5046

🌐 <https://delhicercenter.org/basic-needs/>

- Photo ID may be required (call ahead)
- Food, diapers & mobile medical care

Families Forward – Irvine

📍 8 Thomas, Irvine, CA 92618

☎ 949-552-2727 | 🌐 <https://www.families-forward.org/food-pantry/>

🕒 Mondays 9 am – 2 pm and Tuesday -Thursday, 10 am -3 pm

- Food & diapers
- First-time visitors must register in person and show photo ID; eligible every two weeks by appointment for food & diapers once a month

Family Assistance Ministries (FAM)

📍 1000 Calle Cordillera, San Clemente, CA 92673

☎ 949-492-8477 | 🌐 <https://lovefam.org/foodinterest>

- Local Pantry - easy access
- Must become FAM client (income and residency verification)

Family Resource Centers

📍 Varies

🌐 [FRC Services – factoc.org](http://FRC%20Services%20-%20factoc.org)

- Food, diapers & basic needs assistance
- Homeless prevention & rapid rehousing

Friendly Mart Food Pantry Peak Park

📍 7189 El Dorado Dr., Buena Park, CA 90620

📍 147 W. Rose Ave, Orange, CA 92867

☎ (714) 771-5300

🌐 <https://friendlycenter.org/help/>

🌐 <https://friendlycenter.org/food-relief/>

🕒 Varies

- Must register by calling
- Please bring your own bags
- Fresh produce & other food
- Grocery shopping

Higher Ground Youth and Family Services

📍 Lincoln Park , 1535 E. Broadway, Anaheim, CA 92805

☎️ (714) 833-5087

🌐 highergroundoc.org

- Food pantry, monthly family dinners, household goods, and special events with giveaways such as car seats, bike helmets, pillows and blankets, and hygiene essentials

Hope Lutheran Church

📍 13841 Milton Ave., Westminster, CA 92683

☎️ 714-895-3838 | 🌐 <https://www.hopelutheranchurch.us/events/food-pantry/>

🕒 Fri: 9 – 11 a.m.

- Food to meet basic nutritional needs
- A photo I.D. showing current residence or Hope Food Pantry ID card

ICNA Relief

📍 Varied

☎️ 714-399-4571 ext. 2 | 🌐 <https://icnarelief.org/socal/>

🕒 Varied

📍 9752 13th St., Garden Grove, CA 92844

- Food, diapers, laundry, counseling, health, social services

King of Glory Lutheran Church

📍 10280 Slater Ave., Fountain Valley, CA 92708

☎️ 714-963-5649 | 🌐 <https://www.kogchurch.org/community/kings-kitchen-meals/>

🕒 3rd & 5th Thurs: 5:30 – 7:30 p.m.

- Hot meals to-go, clothing, and food pantry
- No ID required; open to all OC residents

Laguna Food Pantry – Laguna Beach

📍 20652 Laguna Canyon Road, Unit B, Laguna Beach, CA 92651

☎️ 949-497-7121 | 🌐 <https://www.lagunafoodpantry.org/about-us>

🕒 Mon – Fri: 8 – 10:30 a.m.

- Morning pantry service, allow to receive once a week
- No appointment or proof of need is required.

Mariners Church – (Irvine) Community Center

📍 5001 Newport Coast Drive, Irvine, CA 92603

☎️ 949-769-8131

🌐 marinerschurch.org/food-pantry-thrift-store/

🕒 Tues – Fri: 9:30 a.m. – 12:30 p.m.

- Pantry plus thrift store services

- Photo ID required

Mary's Kitchen Pantry

📍 Locations vary week to week

☎ 714-633-0444 | 🌐 <https://maryskitchenpantry.org/mobilepop-up/>

🕒 Varies

- Farmer's market style "Mobile Pop-Up"
- Check website for date, time & location

Mission Viejo Church of Christ – Mission Viejo

📍 26558 Marguerite Parkway., Mission Viejo, CA 92692

☎ 949-582-2650

🌐 mvchurch.org/community-outreach

🕒 1st & 3rd Thurs: 5 – 6 p.m.

- Community-based food distribution + Hot meals
- Photo ID required

Mobile Food Trolley - Clementine (by CAPOC)

📍 11870 Monarch St., Garden Grove, CA 92841

☎ 714-897-6670 ext. 3491 | 🌐 capoc.org

🕒 Mon - Fri: 8 a.m. – 5 p.m.

- Families must have minor children in the household to access this program

Office on Aging

🌐 officeonaging.ocgov.com

☎ (800) 510-2020 / 714-480-6450

- Group Meals for Adults Aged 60 and Older
- Home Delivered Meals
- Senior Farmers Market Nutrition Program

Pathways of Hope

📍 The HUB of Hope, 611 S. Ford Ave., Fullerton, CA 92832

☎ 657-500-8771 | 🌐 <https://www.pohoc.org/appointment-guide/>

🕒 Mon - Fri: 1 – 4 p.m.

- To visit the food pantry, you must now schedule an appointment

Saddleback Church – PEACE Center (Lake Forest)

📍 1 Saddleback Parkway, Lake Forest, CA 92630

☎ 949-609-8111 | 🌐 welcome.saddleback.com

🕒 Mon - Fri: 9 a.m. - 4 p.m.

- Food Pantry, Legal Aid, Counseling Services
- No ID required; open to all OC residents

Second Harvest Food Bank

🌐 feedoc.org/need-food

- Kids Cafe and Summer Meals
- Child and Adult Care Food Program

- School Pantry and College Pantry
- Senior Grocery Program
- Emergency Food Assistance Program

Serve the People Community Health Center – Santa Ana

📍 1206 E. 17th St., Santa Ana, CA 92701

🕒 1st & 3rd Sat: 4 – 7 a.m.

☎️ (714) 352-2911 | 🌐 servethepeople.org

- Bring photo ID
- Free food & groceries
- Free clothing & household items

Share Ourselves (SOS) – Food Pantry

📍 1550 Superior Ave., Costa Mesa, CA 92627

🕒 Mon – Fri: 8 a.m. – 4:30 p.m.

☎️ (949) 270-2100 | 🌐 <https://shareourselves.org/services/social-services/food-services/>

- Food distribution
- Photo ID & registration required

South County Outreach – Irvine

📍 7 Whatney, Ste. B, Irvine, CA 92618

☎️ 949-380-8144 ext. 207 | 🌐 sco-oc.org/get-help

🕒 Mon – Thurs: 9 a.m. – 2 p.m.

- Food Market where clients pick their own groceries
- Photo ID and Application required
- Homeless prevention
- Rapid rehousing
- Financial education

St. Justin Martyr - Society of Saint Vincent de Paul

📍 2050 W. Ball Road, Anaheim, 92804

☎️ (714) 774-2595 | 🌐 <https://www.saintjustin.org/saint-vincent-de-paul>

🕒 2nd and 4th Sat 7:30 a.m. - 9:30 a.m.

The Men With Vision Foundation

📍 13552 Goldenwest St., Westminster, CA 92683

☎️ 714-746-0371 | 🌐 themenwithvisionfoundation.org

🕒 1st, 2nd, 3rd & 4th Thurs: 2 p.m. – 4 p.m.

- Food & clothing
- For veterans, seniors, low income families and the homeless
- Open to all OC residents

Trinity Guild of La Purisima Catholic Church

📍 11712 N. Hewes St., Orange, CA 92869

☎️ 714-633-5800 | 🌐 <https://lapurisimachurch.org/ministries/trinity-guild/>

🕒 Mon, Weds, and Fri: 10 a.m. – 12 p.m. | Sat: 8:30 - 10:30 a.m.

WIC (Women, Infants & Children)

 (800) 852-5770 |  myfamily.wic.ca.gov

- For those pregnant, breastfeeding or families with a child under age of 5

Vietnamese American Cancer Foundation (VACF)

 17150 Newhope St., #201-203, Fountain Valley, CA 92708

 714-751-5805 |  vacf.org

 Varied

- Serves all OC residents

Hot Meals

Wednesday, November 5, 2025 2:33 PM

King of Glory Lutheran Church

📍 10280 Slater Ave., Fountain Valley, CA 92708

☎ 714-963-5649 | 🌐 <https://www.kogchurch.org/community/kings-kitchen-meals/>

🕒 3rd & 5th Thurs: 5:30 – 7:30 p.m.

- Hot meals to-go, clothing, and food pantry
- No ID required; open to all OC residents

Mariners Church – Huntington Beach

📍 7822 Warner Ave., Huntington Beach, CA 92647

🕒 1st & 3rd Sat: 9 – 11 a.m.

☎ 949-769-8100 | 🌐 marinerschurch.org

- Free hot meals served Saturday mornings to the community

Mariners Church – Santa Ana Campus

📍 120 W. 5th St., Santa Ana, CA 92701

🕒 Sat: 9 – 11 a.m.

☎ (949) 769-8100 | 🌐 marinerschurch.org

- Free hot meals served Saturday mornings to the community

Mission Viejo Church of Christ – Mission Viejo

📍 26558 Marguerite Parkway., Mission Viejo, CA 92692

☎ 949-582-2650

🌐 mvchurch.org/community-outreach

🕒 1st & 3rd Thurs: 5 – 6 p.m.

- Community-based food distribution + Hot meals
- Photo ID required

Orangewood Foundation – Youth Meal Assistance

📍 1575 E. 17th St., Santa Ana, CA 92701

🕒 Mon – Fri: 10 a.m. – 2 p.m.

☎ (714) 619-0200 | 🌐 welcome.saddleback.com

- Hot meals, groceries, and hygiene products for youth ages 18–24 (foster care history not required)

Saint Columban Catholic Church

📍 12671 Nelson St., Garden Grove, CA 92840

🕒 Mon - Fri: 10:30 a.m. – 12 p.m.

☎ 714-867-1516 | 🌐 saintcolumbanchurch.org

- Homeless women, men and children of the Garden Grove and surrounding areas. Other items we provide at that time may include toiletries and some clothing.

Sikh Center of Orange County

📍 2530 W. Warner Ave., Santa Ana, CA 92704

🕒 Daily meal service

☎ (714) 679-0384 | 🌐 sikhcenteroc.org

- Free hot meals served daily to anyone in need

Southwest Community Center

📍 1601 W. 2nd St., Santa Ana, CA 92703

🕒 Breakfast & lunch daily; dinner on weekends

☎ (714) 547-4073 | 🌐 capoc.org/swcc

- Hot meals served multiple times per day, plus support services (showers, clothing, job referrals, health screenings)

The Society of St. Vincent de Paul , St. Joseph's Church

📍 1505 17th St. Ste. 109, Santa Ana, CA 92705

🕒 Times vary (call for hours)

☎ (714) 597-1849 | 🌐 sgvc.org/places/st-josephschurch

Legal Services

Wednesday, November 5, 2025 2:37 PM

Associates in Counseling and Mediation

📍 5 Pursuit, Aliso Viejo, CA 92656

☎ 714-547-1404 | 🌐 ocacminc.com

🕒 Mon - Fri: 9 a.m. - 5 p.m.

- Legal Awareness, Family Counseling, Individual Counseling
- Appointment Only

Camino Immigration Services

📍 849 N. Bradford Ave., Placentia, CA 92870

☎ 657-217-2365 | 🌐 caminoimmigrationservices.org

🕒 Mon - Fri: 8 a.m. – 5 p.m.

Catholic Charities of Orange County – Citizenship & Immigration Services

📍 1800 E. 17th St., Santa Ana, CA 92705

🕒 Citizenship prep: Tue & Thurs, 5 – 8:30 p.m.; Info sessions: Wed 10 a.m. & 4 p.m.

☎ (714) 347-9610 | 🌐 ccoc.org

- Accredited services: naturalization, DACA, family visas, removal of conditional residence, and more
- All services require in-person immigration consultation– beware of fraudsters

CHEC Family Resource Center

📍 27412 Calle Arroyo, San Juan Capistrano, CA 92675

☎ 949-489-7422 | 🌐 factoc.org/frc/chec

🕒 Mon, Thurs, Fri: 8:30 a.m. - 5 p.m., Tues, Weds: 10:30 a.m. - 7 p.m.

- Parenting Support, Case Management, Counseling
- Walk-ins welcome

CHIRLA - The Coalition for Humane Immigrant Rights

📍 32118 Paseo Adelanto #9A, San Juan Capistrano, CA 92675

☎ 213-353-1333 | 🌐 chirla.org

🕒 Tues: 9 a.m. - 5 p.m.

- Immigrant Rights, Legal Services, Advocacy
- Appointment Preferred

Community Legal Aid SoCal – Immigration Unit

📍 2101 N. Tustin Ave., Santa Ana, CA 92705

🕒 Hotline available during business hours; walk-in lobby phone

☎ (714) 571-5200 | 🌐 communitylegalsocal.org

- Helps with Violence Against Women Act (VAWA) petitions, Victims of Human Trafficking (T) and Criminal Activity (U) visas, naturalization, asylum, Special Immigrant Juvenile Status (SIJS), removal defense, adjustment of status, and more
- First-come, first-serve for walk-in lobby phone access

Council on American Islamic Relations

📍 2180 W. Crescent Ave., Ste. F, Anaheim, CA 92801

☎ 714-776-1177 | 🌐 ca.cair.com/legal-services/

🕒 Mon - Fri: 9 a.m. – 6 p.m.

Hermanidad Mexicana Nacional

📍 1759 W. La Palma Ave., Anaheim, CA 92801

☎ 714-991-9100 | 🌐 hermandadmexicananacional.com

🕒 Mon - Fri: 9 a.m. – 6 p.m. | Sat: 9 a.m. - 2 p.m.

Human Options/Legal Advocacy Services

📍 122541 Aspan St., Lake Forest, CA 92630

☎ 949-737-5242 | 🌐 humanoptions.org

🕒 Mon - Fri: 9 a.m. - 4 p.m.

- Domestic Violence Support, Legal Advocacy, Counseling
- Appointment Only

Korean Community Services

📍 7212 Orangethorpe Ave., Ste. 9A, Buena Park, CA 90621

☎ 714-409-3075 | 🌐 koreancommunity.org

🕒 Mon - Fri: 9 a.m. – 5 p.m.

Korean Resource Center

📍 620 N. Harbor Blvd., Fullerton, CA 92832

☎ 714-869-7264 | 🌐 krcla.org

🕒 Mon - Fri: 9 a.m. – 5 p.m.

Laura's House

📍 33 Journey, Aliso Viejo, CA 92656

☎ 949-361-3775 | 🌐 laurashouse.org

🕒 Mon - Fri: 9 a.m. - 6 p.m.

- Referral to legal services, Restraining order preparation
- Appointment Only

Manzanita Park Family Resource Center

📍 1260 N. Riviera St., Anaheim, CA 92801

☎ 714-491-7205 | 🌐 theraisefoundation.org

🕒 Mon - Fri: 8 a.m. – 5 p.m.

Public Law Center – Immigration Clinics

📍 601 W. Civic Center Drive, Santa Ana, CA 92701

🕒 Mon – Fri: 8:30 a.m. – 4:30 p.m. (closed Noon–1:30 pm)

☎ (714) 541-1010 | 🌐 publiclawcenter.org

- Offers free clinics: asylum, Deferred Action for Childhood Arrivals (DACA), green cards, family/deportation defense, housing, and foreclosure aid

- Non-profit legal aid through volunteer attorneys

Saddleback Church – PEACE Center (Lake Forest)

📍 1 Saddleback Parkway, Lake Forest, CA 92630

☎ 949-609-8111 | 🌐 welcome.saddleback.com

🕒 Mon - Fri: 9 a.m. - 4 p.m.

- Food Pantry, Legal Aid, Counseling Services
- No ID required; open to all OC residents

Santa Ana Ayuda Sin Fronteras (City Program)

📍 801 W. Civic Center Drive, Ste. 200, Santa Ana, CA 92701

🕒 Mon. – Thu. 8 a.m. – 5 p.m.; alternating Fri same hours

☎ (714) 565-2655 | 🌐 santa-ana.org/departments/ayudasin-fronteras

- Emergency housing grants for families impacted by ICE enforcement
- Support with application assistance
- Apply only through trusted partners: Public Law Center, VietRISE, El Centro Cultural de México

Health Services

Wednesday, November 5, 2025

2:39 PM

Age Well Senior Services

📍 23101 Lake Center Drive, Suite 325, Lake Forest, CA 92630

☎ 949-855-8033 | 🌐 agewellseniorservices.org

🕒 Mon - Fri: 8:30 a.m. - 5 p.m.

- Senior Meals, Transportation, Health & Wellness services for adults 60+
- Appointment Preferred

Assistance League of Santa Ana – Dental Center

📍 1028 W. 2nd St., Santa Ana, CA 92703

🕒 Call to schedule appointment (closed weekends)

☎ (714) 664-0547 | 🌐 assistanceleague.org

- Low-cost dental care for low-income children, adults, and seniors
- Services include exams, cleanings, X-rays, crowns, fillings, extractions, sealants
- Accepts CalOptima, Medi-Cal, and Denti-Cal
- Appointment required

Camino Health Center

📍 22581 Aspan St., Ste. A, Lake Forest, CA 92630

☎ 949-488-7688 | 🌐 caminohealthcenter.org

🕒 Mon - Fri: 8 a.m. - 5 p.m.

- Primary Care, Dental, Behavioral Health
- Appointment Only

Delhi Center Food Pantry

📍 505 E. Central Ave., Santa Ana, CA 92707

🕒 Food distribution is every Monday and starts promptly at 10:00 AM until 11:30 AM.

🕒 Mobile Health Clinic: every 1st Wednesday of the month from 11:00 AM to 6:00 PM, and 3rd Wednesday from 9:00 AM to 3:00 PM

☎ (714) 481-9600

☎ Mobile Health Clinic, 714.309.5046

🌐 <https://delhicenter.org/basic-needs/>

- Photo ID may be required (call ahead)
- Food, diapers & mobile medical care

Family Health Matters Community Health Center

📍 1182 N. Euclid St., Anaheim, CA 92801

☎ 714-441-0411 | 🌐 fhm-chc.org

🕒 Mon - Sat: 8 a.m. - 5 p.m.

- Primary care for routine medical attention and treatment
- Walk-ins and appointments

Hurt Family Health Clinic

📍 947 S. Anaheim Blvd., Ste. 260, Anaheim, CA 92805

 714-247-7300 |  hurtclinic.org

 Mon - Fri: 8 a.m. - 5 p.m.

- Primary Care, Dental, Behavioral Health & Counseling,
- Vision, Specialty Services, Immunizations & Vaccines
- Walk-ins and appointments

 1100B N. Tustin Ave., Ste. A, Santa Ana, CA 92705

 Mon – Fri: 8:00 am–5:00 pm (call for Saturday hours)

 (714) 247-0300 |  hurtclinic.org

- Comprehensive low-cost care: medical, dental, vision, mental health, immunizations
- Sliding fee scale; uninsured welcome
- Insurance enrollment assistance, free pharmacy services, and mobile clinics
- Call ahead for sliding-fee details and appointment

 1 Hope Dr., Tustin, CA 92782

 714-247-7300 |  hurtclinic.org

 Mon - Fri: 8 a.m. - 5 p.m.

- Primary Care, Dental, Behavioral Health & Counseling, Vision, Specialty Services, Immunizations & Vaccines
- Walk-Ins & Appointments

ICNA Relief

 Varied

 714-399-4571 ext. 2 |  <https://icnarelief.org/socal/>

 Varied

 9752 13th St., Garden Grove, CA 92844

- Food, diapers, laundry, counseling, health, social services

Laguna Beach Community Clinic

 362 3rd St., Laguna Beach, CA 92651

 949-494-0761 |  lbclinic.org

 Mon - Fri: 8 a.m. - 5 p.m.

- Medical Services, Behavioral Health, Walk-In Clinic
- Walk-Ins & Appointments

Manzanita Park Family Resource Center

 1260 N. Riviera St., Anaheim, CA 92801

 714-871-5646 |  factoc.org/about/core-services

 Mon, Tues, and Fri: 9 a.m. – 6 p.m.

Weds - Thurs: 9 a.m. - 8 p.m.

- Child and Family therapy
- Referral required, child under age 18

Mariposa Women and Family Center

 1845 W. Orangewood Ave., Ste. 300, Orange, CA 92868

 714-547-6494 |  mariposacenter.org

 Mon - Fri: 8 a.m. - 5 p.m.

- Family Counseling

Orange County Health Care Agency

📍 1725 W. 17th St., Santa Ana, CA 92706

🕒 Mon – Fri: 8 a.m. – 5 p.m. (Closed weekends and holidays); schedule by appointment

☎️ (800) 914-4887 | 🌐 ochealthinfo.com

- Free vaccines for children 2 months –18 years without insurance
- Limited free adult immunizations; travel vaccines available (fee applies)
- Appointments required; bring immunization records if available

Serve the People Community Health Center

📍 1206 E. 17th St., Ste. 101, Santa Ana, CA 92701

🕒 Tue – Fri: 8 a.m. –5 p.m.; Sat: 8 a.m. – 4:30 p.m.

☎️ (714) 352-2911 | 🌐 servethepeople.org

- Low-cost medical, dental, vision, behavioral health, healthcare enrollment, pharmacy, legal aid, mobile outreach, and more
- Integrated services with supportive care and outreach

Share Our Selves (SOS) - Mission Viejo

📍 27725 Santa Margarita Pkwy., Ste. 101, Mission Viejo, CA 92691

☎️ 949-270-2100 | 🌐 shareourselves.org

🕒 Mon - Fri: 8 a.m. - 5 p.m.

- Primary Care, Dental Care, Behavioral Health, Pharmacy, Specialty Referrals
- Walk-Ins & Appointments

Southwest Community Center

📍 1601 W. 2nd St., Santa Ana, CA 92703

🕒 Breakfast & lunch daily; dinner on weekends

☎️ (714) 547-4073 | 🌐 capoc.org/swcc

- Hot meals served multiple times per day, plus support services (showers, clothing, job referrals, health screenings)

Western Youth Services

📍 222 S. Harbor Blvd., Ste. 650, Anaheim, CA 92805

☎️ 714-871-5646 | 🌐 westernyouthservices.org

🕒 Mon - Fri: 8 a.m. – 5 p.m.

- Child and Family therapy
- Walk-in available

Transportation

Wednesday, November 5, 2025

2:51 PM

2-1-1 Orange County – Transportation Assistance

📍 1505 E. 17th St., Suite 108, Santa Ana, CA 92705

☎ 2-1-1 or (888) 600-4357

🌐 211oc.org/transportation.html

🕒 24/7 Phone Support | Text ZIP code to 898211 (Mon – Fri: 9 a.m. – 6 p.m.)

- Services: Bus passes for medical appointments, job interviews, or employment-related travel
- Requirements: Verification of appointment or employment; ID may be required

Access California

📍 300 W. Carl Karcher Way, Anaheim, CA 92801

☎ 714-917-0440 | 🌐 accesscal.org

🕒 Mon - Fri: 8 a.m. – 3 p.m.

- Transportation available for clients over 60 and/or with disability

Age Well Senior Services

📍 23101 Lake Center Drive, Ste. 325, Lake Forest, CA 92630

☎ 949-837-7280 | 🌐 agewellseniorservices.org

🕒 Mon – Fri: 8:30 a.m. – 5 p.m.

- Low-cost transportation for individuals over 60 years old
- No ID required; open to all OC residents

Abrazar Inc.

📍 7101 Wyoming St., Westminster, CA 92683

☎ 714-702-1433 | 🌐 abrazarinc.com

🕒 Mon - Fri: 8 a.m. – 4:30 p.m.

- Transportation to medical appointments, groceries and community centers

County of Orange Office on Aging

☎ 800-510-2020 | 🌐 officeonaging.ocgov.com

🕒 Mon – Fri: 8 a.m. – 5 p.m.

- Low cost transportation to medical appointments
- Open to all OC residents

Micah's Way – Resource Center

📍 1517 E. 4th St., Santa Ana, CA 92701

☎ (714) 667-7110 | 🌐 micahsway.org

🕒 Mon – Fri: 8 a.m. – 4 p.m.

- Services: Support for individuals experiencing homelessness, including transportation assistance, books, and referrals
- Requirements: Varies by service; ID and verification may be requested

Orange County Transportation Authority

📍 550 S. Main Street, Orange, CA 92868

☎ 714-560-6282 | 🌐 octa.net

🕒 Mon - Fri: 8 a.m. – 5 p.m.

- Reduced fares for seniors, disabled riders, youth and students

Share Our Selves (SOS) – Costa Mesa

📍 1550 Superior Ave., Costa Mesa, CA 92627

☎ 949-722-7863 | 🌐 shareourselves.org

🕒 Mon – Fri: 8 a.m. - 5 p.m.

- Emergency financial aid for rent, utilities, transportation; also food and other basic needs
- ID required; open to all OC residents

Housing/Shelters

Wednesday, November 5, 2025

2:59 PM

1736 Family Crisis Center

 (714) 620-7303 |  1736fcc.org

- For U.S Veterans

Affordable Housing Rental List

 1501 E. St. Andrew Place, Santa Ana, CA 92705

 714-480-2700

 ochcd.org/page/affordable-housing-rental-list

 Mon – Fri: 8 a.m. - 5 p.m.

- Rental assistance, Homebuyer program
- Documentation required, by appointment

Anaheim Housing Authority

 201 S. Anaheim Blvd., Unit 201, Anaheim, CA 92805

 714-765-4320 |  anaheim.net/668/housing-authority

 Mon - Thurs: 7:30 a.m. – 5 p.m.

- Help clients with locating affordable housing OC residence required

CalOptima Health (CalAIM Programs)

 (888) 587-8088 |  caloptima.org

City of Buena Park

 8150 Knott Ave., Buena Park, CA 90620

 714-236-3877 |  buenapark.com

 Mon - Thurs: 7:30 a.m. – 5 p.m.

- Emergency shelter, housing
- OC residence required

City Net

 Various locations – Call for assistance

 24/7

 (714) 820-9090 |  citynet.org

- Emergency & bridge housing, case management & coordinated entry services
- Photo ID may be required

Dayle McIntosh Center for the Disabled

 501 N. Brookhurst St., #102, Anaheim, CA 92801

 714-621-3300 |  daylemc.org

 Mon – Fri: 8 a.m. - 5 p.m.

- Housing & shelter relocation, tenants rights education for disabled clients

 24031 El Toro Road, Laguna Hills, CA 92653

 714-621-3300 |  daylemc.org

 Mon – Fri: 8 a.m. - 5 p.m.

- Housing & shelter relocation, tenants rights education for disabled clients
- Documentation required (ID, income, bills)*

Fair Housing Council of Orange County

📍 1516 Brookhollow Drive, Santa Ana, CA 92705

🕒 Call for office hours

☎️ 714-569-0823 | 🌐 fairhousingoc.org

- Tenant-landlord counseling, eviction prevention, fair housing education & mediation
- Photo ID may be required

Families Forward – Irvine

📍 8 Thomas, Irvine, CA 92618

☎️ 949-552-2727 | 🌐 families-forward.org

🕒 Mon – Fri: 9 a.m. - 5 p.m.

- Short-term housing, Affordable Housing, Family Support Services, Food Assistance
- Open to all Orange County residents with minor-aged children. Walk-ins welcome; appointments recommended for housing assistance. No ID required for food pantry; bring ID for housing services

Family Assistance Ministries (FAM)

📍 1000 Calle Cordillera, San Clemente, CA 92673

☎️ 949-492-8477 | 🌐 lovefam.org

🕒 Mon – Fri: 10 a.m. - 3 p.m.

- Shelter, food pantry, transitional housing, plus utility, rental, and transportation assistance
- Documentation required (ID, income, bills, etc.)

Family Promise of OC

☎️ (657) 482-3798 | 🌐 familypromiseorangecounty.org

Family Solutions Collaborative

📍 Call 2-1-1 Orange County for the nearest entry point

🕒 Hours vary

☎️ 2-1-1 | 🌐 familysolutionscollaborative.org

- Housing support for families experiencing
- homelessness; coordinated entry & case management
- Photo ID may be required

Illumination Foundation

📍 Multiple locations across Orange County – call or visit website for mobile unit schedule

☎️ 714-507-2459 | 🌐 ifhomeless.org

🕒 Mon – Fri: 9 a.m. – 5 p.m.

- Hygiene kits, mobile showers, health services
- Emergency housing
- Walk-ins welcome

Interval House

 (562) 594-4555 / (714) 891-8121 |  intervalhouse.org

Lutheran Social Services of Southern California

 (714) 685-1800 |  Lsssc.org

OC Housing & Community Development

 ochcd.org/page/affordable-housing-rental-list

Orange County Housing Authority (OCHA)

 Countywide service (serves Santa Ana)

 Hours vary

 (714) 480-2700 |  ochousing.org

- Federal rental assistance administration – Section 8, VASH, Mainstream, & other housing vouchers

Orange County Rescue Mission

 1 Hope Drive, Tustin, CA 92782

 714-483-0100 / (714) 247-4300

 rescuemission.org/strong-beginnings

 Mon – Thurs: 8 a.m. - 4 p.m.

 Bus: Route 90 (~60 min. via bus from Laguna Hills SSA)

- 90-day emergency shelter for female victims of human trafficking
- Victim/Survivor of human trafficking

Public Law Center – Immigration Clinics

 601 W. Civic Center Drive, Santa Ana, CA 92701

 Mon – Fri: 8:30 a.m. – 4:30 p.m. (closed Noon–1:30 pm)

 (714) 541-1010 |  publiclawcenter.org

- Offers free clinics: asylum, Deferred Action for Childhood Arrivals (DACA), green cards, family/deportation defense, housing, and foreclosure aid
- Non-profit legal aid through volunteer attorneys

Radiant Futures

 877-531-5522 |  radiantfutures.org/residential

 Mon – Fri: 8 a.m. - 5 p.m.

- Housing and shelter options, including emergency motel stays and long-term housing placements

Santa Ana Ayuda Sin Fronteras (City Program)

 801 W. Civic Center Drive, Ste. 200, Santa Ana, CA 92701

 Mon. – Thu. 8 a.m. – 5 p.m.; alternating Fri same hours

 (714) 565-2655 |  santa-ana.org/departments/ayudasin-fronteras

- Emergency housing grants for families impacted by ICE enforcement
- Support with application assistance
- Apply only through trusted partners: Public Law Center, VietRISE, El Centro Cultural de México

Santa Ana Housing Authority

📍 20 Civic Center Plaza, Santa Ana, CA 92701

🕒 Mon. – Thu.: 8 a.m. – 5 p.m.; alternating Fri 8 a.m. –5 p.m.; closed weekends

☎️ (714) 667-2284 | 🌐 santa-ana.org

- Section 8, affordable housing waiting lists, and project-based vouchers

Share Our Selves (SOS) – Costa Mesa

📍 1550 Superior Ave., Costa Mesa, CA 92627

☎️ 949-722-7863 | 🌐 shareourselves.org

🕒 Mon – Fri: 8 a.m. - 5 p.m.

- Emergency financial aid for rent, utilities, transportation; also food and other basic needs
- ID required; open to all OC residents

South County Outreach – Irvine

📍 7 Whatney, Ste. B, Irvine, CA 92618

☎️ 949-552-2727 | 🌐 families-forward.org

🕒 Mon – Fri: 9 a.m. - 2 p.m.

- Rental & utility assistance; Rapid Rehousing
- Documentation required (ID, income, bills)*

The Salvation Army - Anaheim Emergency Shelter

📍 1455 S. Salvation Place, Anaheim, CA 92805

☎️ 657-999-2430

🕒 Mon – Fri: 8 a.m. - 5 p.m.

- Emergency shelter
- Initial screening and referrals are completed by CityNet or Anaheim Police Department

Pet Food

Wednesday, November 5, 2025 3:10 PM

Christ Cathedral Community Outreach

📍 13280 Chapman Ave., Garden Grove, CA 92840

☎ 714-282-3097 | 🌐 christcathedralcalifornia.org

🕒 1st Sat: 10 a.m. – 12 p.m.

- No ID required; open to all OC residents
- Call ahead to confirm availability on a specific day

Pet Pantry – Orange County Animal Allies

📍 Call ahead or visit website for location and availability

☎ 714-964-4445 | 🌐 ocanimalallies.org

🕒 Mon - Fri: 10 a.m. – 5 p.m.

- Referrals to local pet food distribution sites
- Open to all OC residents

Employment

Wednesday, November 5, 2025

3:17 PM

Youth Employment Opportunity Program (YEOP)

📍 7077 Orangewood Ave., #200, Garden Grove, CA 92841

☎ 657-400-1396 | 🌐 edd.ca.gov/en/Jobs_and_Training/

🕒 Mon – Fri: 9 a.m. – 6 p.m.

- Youth between the ages of 15 and 25

OC Workforce Solutions

📍 675 Placentia Ave., Ste. 330, Brea, CA 92821

☎ 866-500-6587 | 🌐 ocworkforcesolutions.com

🕒 Mon – Fri: 9 a.m. – 6 p.m. & Sat: 9 a.m. – 1 p.m.

- Career counseling, job search assistance, training programs, workshops for resume building and interview skills.
- Walk-ins welcome; services open to all Orange County residents

Working Wardrobes – Orange County

📍 2000 E. McFadden Ave., Ste. 100, Santa Ana CA 92705

☎ 714-210-2460 | 🌐 workingwardrobes.org

🕒 Mon – Fri: 9 a.m. – 5 p.m.

- Professional clothing, career workshops, career counseling & coaching, job placement assistance, skills training programs.
- Appointments recommended for workshops; walk-ins accepted for clothing distribution (limited supply)

Mental/Behavioral Health

Wednesday, November 5, 2025

3:19 PM

Associates in Counseling and Mediation

📍 5 Pursuit, Aliso Viejo, CA 92656

☎ 714-547-1404 | 🌐 ocacminc.com

🕒 Mon - Fri: 9 a.m. - 5 p.m.

- Legal Awareness, Family Counseling, Individual Counseling
- Appointment Only

Central City Community Health Center

📍 12511 Brookhurst St. 2 Floor, Garden nd Grove, CA 92840

🕒 Mon, Wed, Fri: 8 a.m.-5 p.m., Tues, Thurs: 9 a.m.- 5 p.m.

☎ 714- 643- 7176 | 🌐 centralcityhealth.org

- Comprehensive low-cost care: medical, dental, vision

CHEC Family Resource Center

📍 27412 Calle Arroyo, San Juan Capistrano, CA 92675

☎ 949-489-7422 | 🌐 factoc.org/frc/chec

🕒 Mon, Thurs, Fri: 8:30 a.m. - 5 p.m., Tues, Weds: 10:30 a.m. - 7 p.m.

- Parenting Support, Case Management, Counseling
- Walk-ins welcome

Fair Housing Council of Orange County

📍 1516 Brookhollow Drive, Santa Ana, CA 92705

🕒 Call for office hours

☎ 714-569-0823 | 🌐 fairhousingoc.org

- Tenant-landlord counseling, eviction prevention, fair housing education & mediation
- Photo ID may be required

Human Options/Legal Advocacy Services

📍 122541 Aspan St., Lake Forest, CA 92630

☎ 949-737-5242 | 🌐 humanoptions.org

🕒 Mon - Fri: 9 a.m. - 4 p.m.

- Domestic Violence Support, Legal Advocacy, Counseling
- Appointment Only

Hurt Family Health Clinic

📍 947 S. Anaheim Blvd., Ste. 260, Anaheim, CA 92805

☎ 714-247-7300 | 🌐 hurttclinic.org

🕒 Mon - Fri: 8 a.m. - 5 p.m.

- Primary Care, Dental, Behavioral Health & Counseling,
- Vision, Specialty Services, Immunizations & Vaccines
- Walk-ins and appointments

📍 1100B N. Tustin Ave., Ste. A, Santa Ana, CA 92705

🕒 Mon – Fri: 8:00 am–5:00 pm (call for Saturday hours)

☎️ (714) 247-0300 | 🌐 hurtclinic.org

- Comprehensive low-cost care: medical, dental, vision, mental health, immunizations
- Sliding fee scale; uninsured welcome
- Insurance enrollment assistance, free pharmacy services, and mobile clinics
- Call ahead for sliding-fee details and appointment

📍 1 Hope Dr., Tustin, CA 92782

☎️ 714-247-7300 | 🌐 hurtclinic.org

🕒 Mon - Fri: 8 a.m. - 5 p.m.

- Primary Care, Dental, Behavioral Health & Counseling, Vision, Specialty Services, Immunizations & Vaccines
- Walk-Ins & Appointments

ICNA Relief

📍 Varied

☎️ 714-399-4571 ext. 2 | 🌐 <https://icnarelief.org/socal/>

🕒 Varied

📍 9752 13th St., Garden Grove, CA 92844

- Food, diapers, laundry, counseling, health, social services

Mental Health Association of Orange County

📍 11277 Garden Grove Blvd., #101 A., Garden Grove, CA 92843

☎️ 657-667-6455 | 🌐 wellnesscenterwest.org

🕒 Mon – Fri: 9 a.m. – 5 p.m.

- Mental health support programs

OC Links

☎️ 855-625-4657 (855- OC LINKS) 24/7 line

🌐 ochealthinfo.com/oclinks

- Behavioral Health Information, Referrals, Crisis Response And More

OC Outreach & Engagement Services - OC Care Coordination

📍 Mobile crisis response throughout Orange County

☎️ 1-866-830-6011 (24/7 Crisis Line)

Referral Line (for staff use): 800-364-2221

🌐 <https://ceo.oc.gov/office-care-coordination>

- No walk-in site; services are provided in the field by mobile teams
- Referrals accepted from service providers, law enforcement, and community partners

Saddleback Church – PEACE Center (Lake Forest)

📍 1 Saddleback Parkway, Lake Forest, CA 92630

☎️ 949-609-8111 | 🌐 welcome.saddleback.com

🕒 Mon - Fri: 9 a.m. - 4 p.m.

- Food Pantry, Legal Aid, Counseling Services
- No ID required; open to all OC residents

Southland Integrated Services, Inc.

📍 9862 Chapman Ave., Garden Grove, CA 92841

🕒 Mon – Sat: 8 a.m. – 5 p.m.

☎ 714-620-7001 | 🌐 southlandintegrated.org

- Primary care, dental care and behavioral health services
- Accepts Medi-Cal and has a sliding-fee discount program for those with low income

Clothing

Wednesday, November 5, 2025

3:22 PM

H.O.P.E. – Helping Others Prepare for Eternity

📍 11022 Acacia Parkway Unit C, Garden Grove, CA 92840

☎ 714-539-4357 | 🌐 hopebiz.org

🕒 Mon – Fri: 1 – 3 p.m.

- Clothing, hygiene kits, mentoring, case management, pantry
- Walk-ins welcome; open to all

Journey Evangelical Church

📍 14614 Magnolia St., Westminster, CA 92683

☎ 714-893-5500 | 🌐 journeyec.org/serve-ministry

🕒 3rd Sat: 10 – 11 a.m.

- Men's clothing & food
- Walk-ins welcome

King of Glory Lutheran Church

📍 10280 Slater Ave., Fountain Valley, CA 92708

☎ 714-963-5649 | 🌐 <https://www.kogchurch.org/community/kings-kitchen-meals/>

🕒 3rd & 5th Thurs: 5:30 – 7:30 p.m.

- Hot meals to-go, clothing, and food pantry
- No ID required; open to all OC residents

Serve the People Community Health Center – Santa Ana

📍 1206 E. 17th St., Santa Ana, CA 92701

🕒 1st & 3rd Sat: 4 – 7 a.m.

☎ (714) 352-2911 | 🌐 servethepeople.org

- Bring photo ID
- Free food & groceries
- Free clothing & household items

The Men With Vision Foundation

📍 13552 Goldenwest St., Westminster, CA 92683

☎ 714-746-0371 | 🌐 themenwithvisionfoundation.org

🕒 1st, 2nd, 3rd & 4th Thurs: 2 p.m. – 4 p.m.

- Food & clothing
- For veterans, seniors, low income families and the homeless
- Open to all OC residents

Working Wardrobes – Orange County

📍 2000 E. McFadden Ave., Ste. 100, Santa Ana CA 92705

☎ 714-210-2460 | 🌐 workingwardrobes.org

🕒 Mon – Fri: 9 a.m. – 5 p.m.

- Professional clothing, career workshops, career counseling & coaching, job placement assistance, skills training programs.

- Appointments recommended for workshops; walk-ins accepted for clothing distribution (limited supply)

Diapers

Wednesday, November 5, 2025 4:24 PM

Catholic Charities of Orange County

📍 2020 W. Chestnut Ave., Santa Ana, CA 92703

🕒 Food Distribution Hours: Tues, Wed, & Thurs @ 7:30 AM – 12:00 PM

🕒 Children's Diaper Distribution Hours: Tues, Wed, & Thurs @ 1:00 PM – 3:00 PM

☎ (714) 347-9602 | 🌐 <https://ccoc.org/programs/life-sustaining-services/cantlay-food-distribution-center>

- Photo ID & proof of OC residence required
- Food & diapers (ages 0-5)

Community Action Partnership

☎ (714) 897-6670 | 🌐 ocfoodbank.org

- Emergency Food Assistance Program
- Food Boxes for Adults Aged 60 and Older
- Diapers

Delhi Center Food Pantry

📍 505 E. Central Ave., Santa Ana, CA 92707

🕒 Food distribution is every Monday and starts promptly at 10:00 AM until 11:30 AM.

🕒 Mobile Health Clinic: every 1st Wednesday of the month from 11:00 AM to 6:00 PM, and 3rd Wednesday from 9:00 AM to 3:00 PM

☎ (714) 481-9600

☎ Mobile Health Clinic, 714.309.5046

🌐 <https://delhicenter.org/basic-needs/>

- Photo ID may be required (call ahead)
- Food, diapers & mobile medical care

Families Forward – Irvine

📍 8 Thomas, Irvine, CA 92618

☎ 949-552-2727 | 🌐 <https://www.families-forward.org/food-pantry/>

🕒 Mondays 9 am – 2 pm and Tuesday -Thursday, 10 am -3 pm

- Food & diapers
- First-time visitors must register in person and show photo ID; eligible every two weeks by appointment for food & diapers once a month

Family Resource Centers

📍 Varies

🌐 [FRC Services – factoc.org](http://factoc.org)

- Food, diapers & basic needs assistance
- Homeless prevention & rapid rehousing

ICNA Relief

📍 Varied

 714-399-4571 ext. 2 |  <https://icnarelief.org/socal/>

 Varied

 9752 13th St., Garden Grove, CA 92844

- Food, diapers, laundry, counseling, health, social services