

BASIC NEEDS RESOURCE GUIDE



Fullerton College
Hornets Resource Center

Updated May 2025

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CalFresh - California assistance program that helps students buy food. Application takes about 10 minutes to complete. Find out more information here: <https://www.getcalfresh.org/students>

OC Food Help - Find free food in Orange County. click below for more information <https://ocfoodhelp.org/>



FOOD RESOURCES

Second Harvest Food Bank
feedoc.org/need-food

Raymond Elementary
517 North Raymond Avenue
Fullerton, CA 92831
First Wednesday of the month
10 AM - 11 AM

Commonwealth Elementary
2200 East Commonwealth Ave.
Fullerton, CA 92831
Third Tuesday of the month
10 AM - 11 AM

Valencia Park Elementary
3441 West Valencia Drive
Fullerton, CA 92833
Third Tuesday of the month
1:30 PM - 2:30 PM

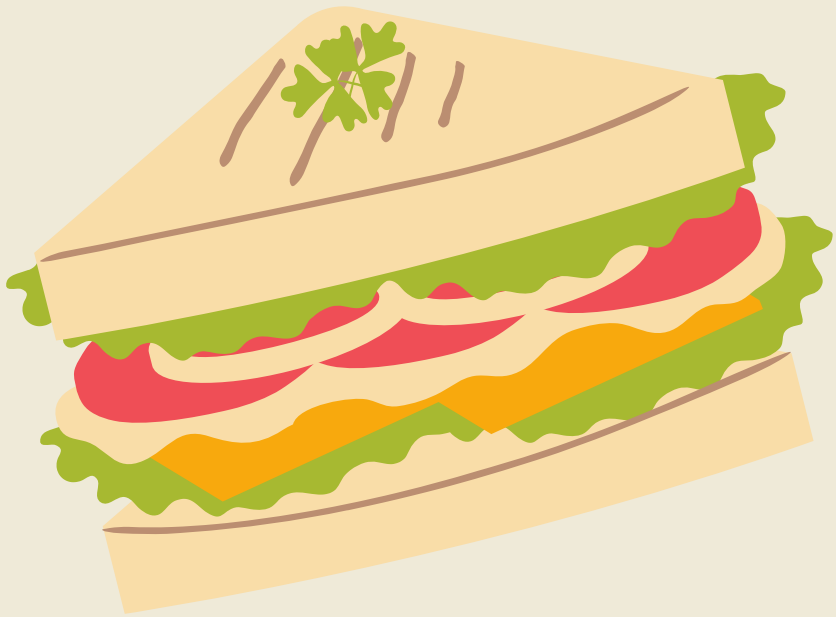
Pathways of Hope- The Hub
661 S Ford Ave. Fullerton, CA 92832
(714) 680 - 3691
Monday - Friday: 1 PM - 4 PM
Appointment required: [Schedule here](#)

The Heart of Downtown Food Co-Op
heartofdowntown.org
223 East Wilshire Avenue
Fullerton, CA 92832
Every other Sunday
12:30 PM - 1:30 PM

Friendly Center
Monday mornings
6688 Beach Blvd. Buena Park, CA 90621
Registration required: Call (714) 771-5300
friendlycenter.org/help/

**Anaheim United Methodist Church
Neighbor's Food Pantry**
Food Pantry Services
Thursdays 11 AM - 1 PM
1000 South State College Blvd.
Anaheim, CA 92806
Registration required: [Register here](#)

New Delhi Center
Mobile Pantry Program
Mondays: 10 AM - 11:30 AM
505 East Central Avenue
Santa Ana, Ca 92707
<https://delhicenter.org/basic-needs/>
LA Tiendita (Food Pantry Program)
Wednesdays 4 PM - 7 PM
Friday 12 PM - 4 PM



Affordable Housing

OC Housing & Community Development Affordable Housing List

Find affordable housing in Orange County

<https://ochcd.org/page/affordable-housing-rental-list>

HomeShare OC

Intergenerational home-sharing program. Homeowners with available rooms to rent are matched with college students.

<https://his-oc.org/our-work/home-share-oc/>

Section 8 Housing

Find Section 8 rental listings

<https://www.affordablehousing.com/>

Shelters

Mercy Housing

Shelters and assistance with permanent housing throughout Orange County

- Locations
 - Bridges at Kraemer Place
Anaheim, CA
 - Buena Park Navigation Center, Buena Park, CA
 - HomeAid Family Care Center Orange, CA
- To access services
 - call 211
 - [mercyhouse.net](https://www.mercyhouse.net)

Anaheim Emergency Shelter

1455 S. Salvation PL, Anaheim, CA 92805

657-999-2430

Family Promise of Orange County

Serve families with children through programs such as prevention services, short term housing, family supportive services, laundry and shower services

Call 657-482-3798 or visit

<https://www.familypromiseorangecounty.org/need-services> for more information

City Net Orange County

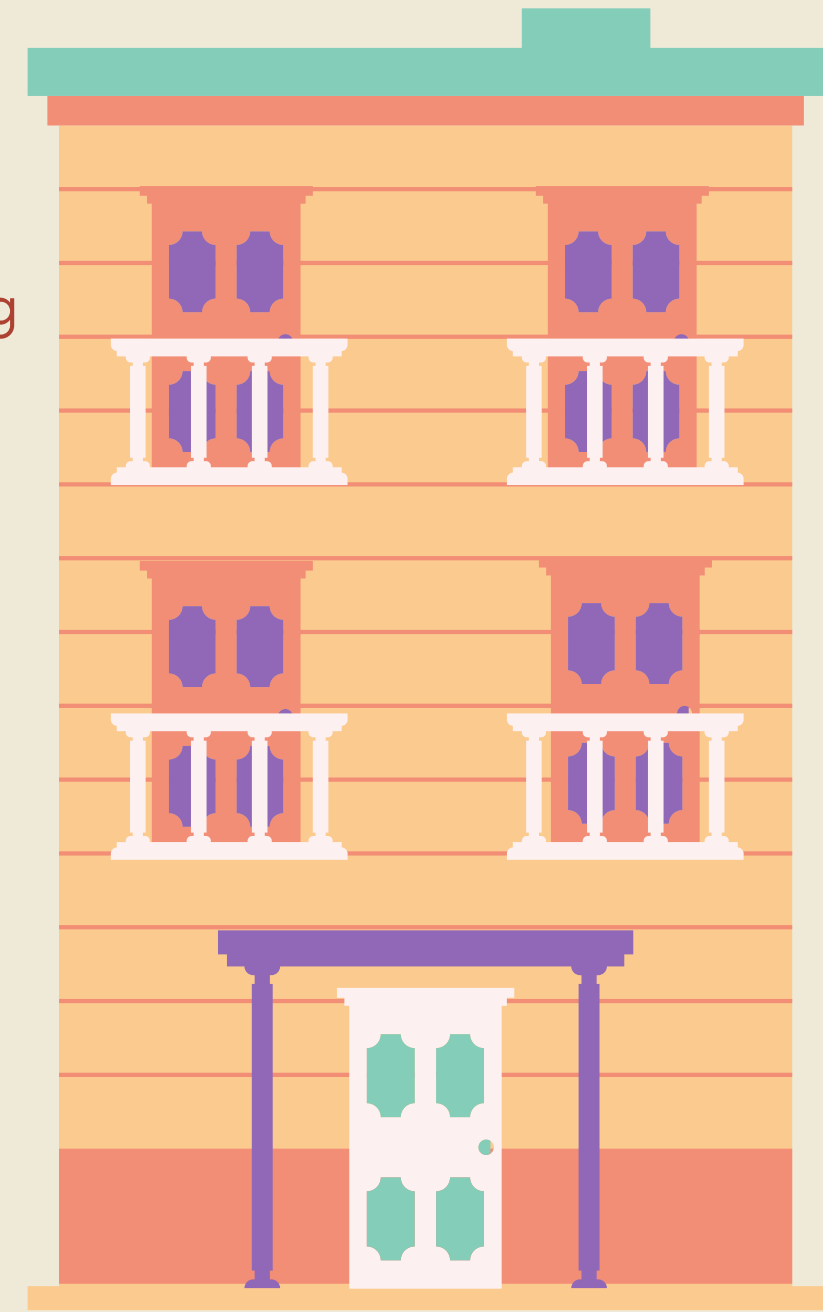
City Net Orange County Outreach Hotline: (714) 702-774

Covenant House of California

Housing programs, shelter services and supportive services.

<https://covenanthousecalifornia.org/services/>

HOUSING RESOURCES



Shelters

Path Orange County

Interim housing for individuals in North Orange County (Placentia, Anaheim, Brea, Buena Park, Cypress, Fullerton, La Habra, Los Alamitos, Orange, Villa Park, Stanton, & Yorba Linda)

- Placentia Navigation Center
 - Email: pathoc@epath.org
 - Phone: (323) 420-8406
- Yale Navigation Center, Santa Ana, Ca
 - Email: pathoc@epath.org
 - Phone: (714) 785-9889

Illumination Foundation

Family Emergency Shelter

Call 888-505-0855

ifhomeless.org

Housing Assistance

Pathways of Hope

Rapid rehousing & rental assistance

<https://www.pohoc.org/>

Illumination Foundation

Permanent supportive housing for individuals and families with disabilities and a history of homelessness

Call 888-505-0855

ifhomeless.org

Grandma's House of Hope

Emergency, transitional, and bridge housing for single men and women.

Call or text: (714) 455-9528

Email: intake@grandmashouseofhope.org

Website:

<https://www.grandmashouseofhope.org/>

HOUSING RESOURCES

Hope Center

Collaboration with the City of Fullerton, Community-based organizations, and law enforcement

- Provide support and resources to those experiencing homelessness. To connect their services, you can call them M - F 7:15 AM - 5:15 PM.
- Phone: (657) 243-1884
- Website: [Home](#) | [OC Hope Center](#)



Housing Assistance

Homeless Intervention Services of OC (HIS OC)

- Transitional Aged Youth (18-24 years old)
 - Provided transitional support program for 12-24 months which includes case management
 - Website: [Transitional Age Youth Shelter \(18-24\) - HIS OC](#)
 - Phone: (714) 993-5774
- **Transitional Housing Program - Families**
 - Provide transitional housing support including case management.
 - Website: [Transitional Housing Program - HIS OC](#)
 - Phone: (714) 993-5774

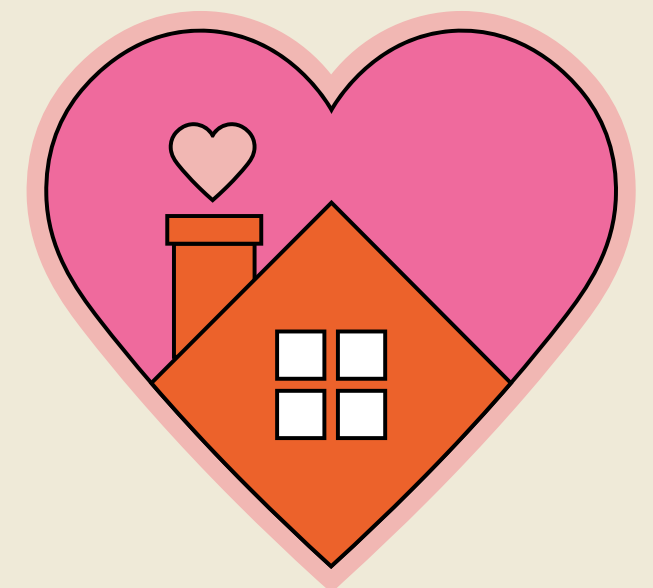
Housing for Health OC

- Provides comprehensive support and resources such as housing navigation, housing deposits, and more for those with CalOptima (Medi-Cal provider for Orange County).
- **Contact information:**
 - Website: [Housing For Health OC | Housing Service Providers](#)
 - Referral form: [FIND HELP NOW | Housing For Health OC](#)

HOUSING RESOURCES

Housing Search Tools

- [HotPads - Go ahead. Rent around. Apartments and Houses for Rent](#)
- [AffordableHousing.com](#)
- [Apartments.com: Apartments and Homes for Rent](#)
- [ApartmentFinder.com: Apartments and Homes for Rent](#)
- [Rent.com](#)



California Low Income Home Energy Assistance Program (LIHEAP)

Provides assistance with paying for heating and cooling. One-time payment

Apply here: <https://www.caliheapapply.com/>

Assistance League of Orange

Financial support for household emergencies such as rental assistance, utility payments, clothing, transportation

* Must be a resident of the City of Orange"

Contact: Help@alorange.org

Friendly Center

Assistance with electric or gas bill

Call (714) 769-8222 on Tuesdays at 1:30 PM to make an appointment, limited appointments available.

More information: <https://friendlycenter.org/help/>



So Cal Edison California Alternative Rates for Energy (CARE) Program and Family Electric Rate Assistance (FERA)

Financial assistance programs for qualifying families and individuals.

[CARE & FERA Discounted Rates \(sce.com\)](https://www.sce.com)

So Cal Gas California Alternative Rates for Energy (CARE) Program

Qualifying households can get 20% off monthly bill

[California Alternate Rates for Energy \(CARE\) | SoCalGas](https://www.socalgas.com)



NAMI OC Warm Line: Text or call (714) 991-6412

The Trevor Project 24/7 crisis counseling: Call: (866)488-7386, Text START to 678-678

Vista Community Center: The Gary Center

Low cost behavioral health services.
Accepts Medi-Cal and other insurance.
201 S. Harbor Boulevard
La Habra, CA 90631
Phone: (844) 308-5003
<https://www.vistacommunityclinic.org>

Friends of Family Health Center

Low cost behavioral health services.
Accepts Medi-Cal and other insurances
La Habra Location
501 S. Idaho St. Suite 250
La Habra CA 90631
Phone: (562) 690-0400
<https://fofhealthcenter.org/>

Child Guidance Center

21 and younger
Individual, family, and group therapy.
Medication consultation and support. Crisis intervention. Parenting training. Social/behavioral skills therapy.
600 West Santa Ana Boulevard, Suite 200
Santa Ana, California 92701
714-953-4455
<https://www.childguidancecenteroc.org/>

Mariposa Center

Provides high quality, low-cost mental health and substance abuse counseling, life skills, and supportive services to women and families
1845 W Orangetown Ave,
Suite 300
Orange CA 92868
Phone: (714) 547-6494



MENTAL HEALTH RESOURCES

Community Counseling and Supportive Services

For individuals, of all age groups, who are at risk for or have developed a mild to moderate behavioral health condition. Services consist of screening & assessment, individual counseling, groups (support & educational), case management, referral and linkages, and community outreach

4000 W Metropolitan, Suite 405, Orange, CA 92868
Email: info@mariposacenter.org
Phone: (714) 645-8000"
OChealthinfo.com

Soluna App

Free peer support and telecoaching. Find more information here: <https://solunaapp.com/>

MENTAL HEALTH RESOURCES

Francis Smith Therapy Center

Affordable mental health services for individuals, couples, families, and children.

501 W. Palm Avenue

Crean Building

Chapman University

Orange, CA 92866

Call (714) 997-6746 to make an appointment

[Frances Smith Center for Individual & Family Therapy.](#)

North Orange County Vet Center

Free counseling primarily for Post Traumatic Stress Disorder and employment counseling for all veterans

12453 Lewis Street, Suite 101

Garden Grove, CA 92840

Phone: (714) 776-0161

<https://www.va.gov/north-orange-county-vet-center/>

Catholic Charities of Orange County

Low-cost therapy for individuals, couples, and teens. Offer services in English and Spanish. 12141 S Lewis St, 12th Floor, Garden Grove, CA 92840

Call (714) 347-9625 to make an

appointment

[Counseling Services – Catholic Charities of Orange County \(ccoc.org\).](#)

National Alliance on Mental Health (NAMI) OC

Provide emotional support, education and resources for individuals and families. Email: INFO@NAMIOC.ORG

Phone: 714-544-8488

<https://www.namioc.org/services/county-services/86-adult-mental-health>

OC Links

Provide "Navigator" that can connect you with mental health resources within Orange County "Available 24/7
Phone: (855) 625-4657"

OChealthinfo.com

Straight Talk

Affordable counseling and prevention services. Offer telehealth services in English and Spanish. Discounts for military members and their families.

La Mirada Resource Center

13710 La Mirada Boulevard

La Mirada, CA 90638

Email: info@StraightTalkCounseling.org

Phone: (562) 943-0195

<https://www.straighttalkcounseling.org/>

Trevor Project

LGBTQ youth support and resources.

Available 24/7

Call: (866)488-7386

Text START to 678-678

<https://www.thetrevorproject.org/>



Covered California

Find medical, dental, and vision insurance.

Apply for Medi-Cal

CalOptima Health

Provides health care coverage for Orange County residents who are eligible for Medi-Cal.

CalOptima Home

211 Orange County

Connects folks in Orange County with local health and human services resources. Call 211 or text your zip code to 898211 2-1-1 Orange County (211oc.org)

UCI Health Family Health Center Anaheim

Affordable health care for the whole family. Services include "2441 W. La Palma Ave., Suite 100
Anaheim, CA 92801

Hours:

Monday - Friday, 7:30 AM - 8 PM

Saturday, 8 AM - 5 PM "

Share Ourselves "Primary Care

Pediatrics

Dental Services " Healthcare organization that provides comprehensive health and support services to those who have insurance or are uninsured. "Share Ourselves at El Sol
1014 N. Broadway

Santa Ana, CA 92701

Hours:

Monday - Friday 8 AM - 5 PM"

Dehli Center

Primary Care

Pediatrics

Health Clinic for Medi-Cal and uninsured patients. Offer health screenings, family planning, physical exams, vaccinations, blood work, PAP smear.

505 East Central Avenue Santa Ana, Ca
92707

Call (714) 309-5046 for appointments

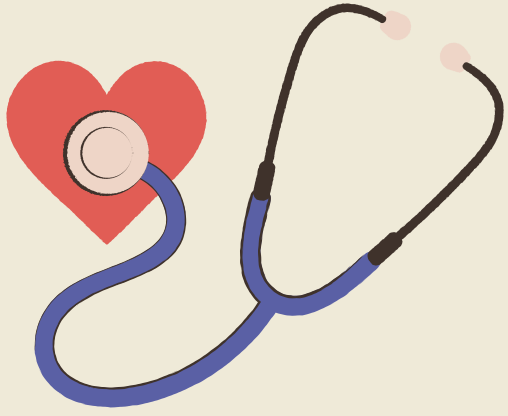
<https://delhicenter.org/> (edit)

Mobile Clinic:

1st Wednesday of the month 11am - 6pm

3rd Wednesday of the month, 9am - 3pm "

Health & Wellness | Delhi Center



HEALTH CARE

Vista Community Center: The Gary Center

- Primary Care
- Pediatrics
- Dental Services
- Reproductive + Sexual Health

Low cost services such as cleanings, exams, emergency care, fillings, etc. services.

Accepts Medi-Cal and other insurance.

201 S. Harbor Boulevard La Habra, CA 90631

Phone: (844) 308-5003

Monday, Wednesday, Thursday and Friday: 8am-5pm

Tuesday: 10am-7pm

One Saturday Per Month

9am-4pm <https://www.vistacommunityclinic.org/>

HEALTH CARE

Friends of Family Health Center

Low cost dental services. Accepts Medi-Cal and other insurance. Can also provide services to uninsured patients for a Sliding Scale Fee. "La Habra Location

501 S. Idaho St. Suite 250

La Habra CA 90631

Phone: (562) 690-0400 "

<https://fofhealthcenter.org/>

Share Ourselves

Services include preventative dental care, pediatric dentistry, and restorative dental care. Can utilize insurance and they offer services to those who are uninsured.

Share Ourselves at El Sol

1014 N. Broadway

Santa Ana, CA 92701

Planned Parenthood

Reproductive + Sexual Health

"Anaheim Health Center

303 W. Lincoln Ave., #105

Anaheim, CA 92805

Orange County locations call (714)

922-4100" Birth Control, STD Testing &

Abortion - Anaheim, CA

plannedparenthood.org



Child Care and Development Fund

Provides assistance to low-income families who need child care due to work, work-related training and/or attending school.

Child Care and Development Division

California Department of Social Services

744 P Street

Sacramento, CA 95814

General phone: 916-651-8848

www.benefits.gov/benefit/615

Child Care Scholarships (For Irvine Residents Only)

Provides scholarships to income-eligible families which to help pay for child to attend an Irvine Child Care Program

www.cityofirvine.org/child-care-development/child-care-scholarships

Child Care Payment Program

- Alternative Payment
- CalWORKs
- Family Child Care Home Education Network programs

Provides subsidized child care services to eligible families

333 South Anita Drive, Suite 350
Orange, CA 92868
(714) 456-9800

www.chs-ca.org/child-care-payment-program/eligibility-list

<https://www.chs-ca.org/child-care-payment-program/eligibility-list-questionnaire>

Orange County Head Start

Preschool program for children 0-3 and 3-5 years old. Programs are free for eligible participants.

<https://ochsinc.org/>

PARENTING RESOURCES

Assistance League of Fullerton Operation School Bell

Provides clothing, books, food, health items, and school supplies for children living in Fullerton, Brea, Buena Park, La Habra, Placentia, and Yorba Linda Contact:
Email: osbealfullerton.org
Phone: (714) 526-5124

California Earned Tax Credit: Young Child Tax Credit

Provides up to \$1,083 per eligible tax return for California families with a qualifying child under 6-years old at the end of the tax year.

<https://www.ftb.ca.gov/file/personal/credits/young-child-tax-credit.html>



Women, Infants, & Children (WIC) Program

Nutrition experts who specialize in nutrition for mothers and their children. Support and information about breastfeeding, including access to breastfeeding experts. Help in finding health care and other valuable community services. Benefits to buy healthy foods

[https://myfamily.wic.ca.gov/Home/WIC Eligibility Assessment](https://myfamily.wic.ca.gov/Home/WIC%20Eligibility%20Assessment)

Collette's Children's Home

Triple P Positive Parenting Program

Provides simple, practical strategies to help parents raise happy, confident children, set family routines and rules that everyone can follow and balance work and family life with less stress.

www.triplep-parenting.com/oc-en/triple-p/

MOMS Orange County

Provides free access to prenatal care, health screenings, infant development screenings, health education and referral services through monthly home visits and group classes.

<http://www.momsorangecounty.org>
[Programs](#)

Help Me Grow Orange County

Connects children and their families to developmental services to enhance the development, behavior and learning of children birth through eight years

866-476-9025

www.helpmegrowoc.org/

PARENTING RESOURCES



Former Foster Youth

Orangewood Foundation Resource Center

Job training, shelter & housing resources, access to technology, food, hygiene items, washer/dryer. Independent Living Program – Workshops, events, support services 1575 E. 17th Street Santa Ana CA 92705
<https://orangewoodfoundation.org/orangewood-resource-center/>

OC United THRIVE

Community for former foster youth, educational support, case management, life skills, safe and affordable housing (when available)
Email: thrive@ocunited.org
<https://ocunited.org/initiatives/foster-care/thrive/>

Legal Services

Community Legal Aid SoCal

Provides legal aid to low-income people throughout Orange and Southeast Los Angeles Counties. Areas: Family, Housing, Consumer Defense, Public Benefits, Health, Immigration, Seniors, Systemic Impact, Domestic Violence "
<https://www.communitylegalsocal.org/>

Public Law Center

Provides pro bono legal services and resources. Areas: Family, Housing, Consumer Law, Health, Immigration, Federal tax, Operation Veterans Re-Entry" [Home - Public Law Center](#)

Tax Credit

California Earned Tax Credit

State-level tax credit that helps low-income workers and families in California.
<https://www.ftb.ca.gov/about-ftb/newsroom/caleitc/index.html>

Free Tax Preparation

Provides free tax prep for anyone that made less than \$67,000 in 2024. File in person or online. Find more information [here](#).

Veterans

U.S. Vets

Housing mental health and wellness, food and clothing assistance, legal aid, and support with military benefits
<https://usvets.org/>



Stay Connected with the HRC

STAY UPDATED WITH OUR PROGRAMS

WORKSHOPS

DROP-IN APPLICATION
ASSISTANCE

FOOD BANK

RESOURCES

EVENTS & MORE!

