

HELP NAVIGATING
COMPLEX SYSTEMS



IDENTIFICATION



ACCESS TO
TECHNOLOGY



HEALTHCARE



SAFETY



SHELTER



UTILITIES



FOOD

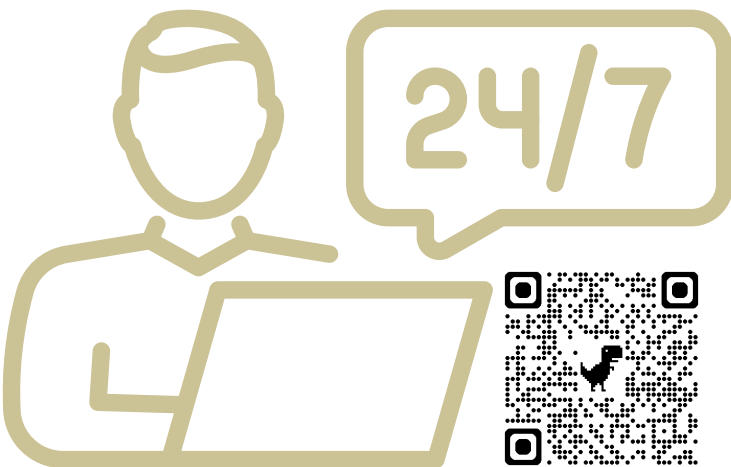


Whether finding housing, accessing benefits, or rebuilding careers—leveraging cutting-edge technology, offering personalized coaching, and one-on-one support.

WE GUIDE INDIVIDUALS THROUGH LIFE'S CHALLENGES

- **Help Is Hope Education Evaluation & Information:** (209) 241-1625, 140 Calaveras Ave, Modesto, CA 95354, helpishope.org/services (45-minute sessions to align interests with education options)
- **Modesto Junior College - Justice Impacted Program:** (209) 575-6873, 435 College Ave, Modesto, CA 95350, mjcc.edu (academic guidance for formerly incarcerated individuals)
- **MJC Adult Education/GED Program:** (209) 575-6301, 435 College Ave, Modesto, CA 95350, Stanislaus County Office of Education: (209) 238-1500, 1100 H Street, Modesto, CA 95354, stancoe.org (GED, ESL, digital skills)

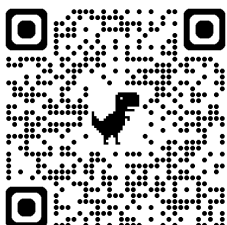
EDUCATION SUPPORT



VIRTUAL PEER SUPPORT



Download
the app



SCAN
ME!



- **Help Is Hope Career & Job Readiness Coaching:** (209) 241-1625, 140 Calaveras Ave, Modesto, CA 95354, helpishope.org/services (45-minute personalized coaching sessions available online)
- **Stanislaus County Workforce Development:** (209) 558-9675, 629 12th Street, Modesto, CA 95354, www.stanworkforce.com (job search, resume building, skills training, interview prep for formerly homeless/incarcerated individuals)
- **Modesto Job Center:** (209) 558-8556, 629 12th Street, Modesto, CA 95354 (Monday-Friday 8:30 AM - 4:30 PM)
- **Turlock Job Center:** (209) 342-1860, 1310 W. Main St., Turlock, CA 95380

CAREER & JOB READINESS



LIFE NAVIGATION RESOURCES

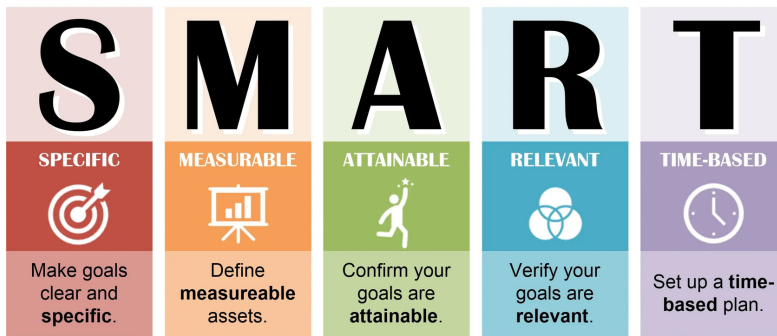


EVERY JOURNEY
BEGINS WITH A SINGLE STEP

140 CALAVERAS AVE. MODESTO, CA
209-241-1625 HELPISHOPE.ORG

LONG-TERM GOALS

- **Help Is Hope Long & Short Term Goal Setting Session:** (209) 241-1625, 140 Calaveras Ave, Modesto, CA 95354, helpishope.org/services (45-minute sessions with roadmap for what's next using SMART goals framework)
- **Help Is Hope Life Navigation Launchpad:** (209) 241-1625, 140 Calaveras Ave, Modesto, CA 95354, helpishope.org/services (1-hour personalized priority plan with self-paced support sessions)
- **Goal Setting Framework:** SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound)
- **Progress Tracking:** Regular accountability check-ins and milestone celebrations



LEGAL RIGHTS & RESOURCES

- **Help Is Hope Legal Rights & Resource Guidance:** (209) 241-1625, 140 Calaveras Ave, Modesto, CA 95354, helpishope.org/services (30-minute sessions for local resource navigation)
- **Senior Law Project:** (209) 577-3814, 821 13th Street, Suite A, Modesto, CA 95354, senioradvocacynetwork.org (free legal services for adults 60+)
- **California Rural Legal Assistance:** (209) 577-3811, 1020 15th Street, Suite 20, Modesto, CA 95354, crla.org (housing, employment, immigration, public benefits)
- **Stanislaus County Self-Help Center:** (209) 548-6237, 800 11th Street, Room 220, Modesto, CA 95354, stanislaus.courts.ca.gov/self-help (family law, restraining orders, expungement)
- **Beyond Bars - Re-Integration Resources:** Help Is Hope offers specialized 1-hour sessions for "Post Incarceration Pathways To Progress" - helping overcome barriers, build bridges, and finally be free. 140 Calaveras Ave. Modesto, CA.

FINANCIAL NAVIGATION

- **Help Is Hope Legal Rights & Resource Guidance:** (209) 241-1625, 140 Calaveras Ave, Modesto, CA 95354, helpishope.org/services (30-minute sessions for local resource navigation)
- **Stanislaus County Library:** Free financial literacy workshops covering budgeting, saving, investing, debt management (209) 558-7800, 1500 I Street, Modesto, CA 95354
- **CSU Stanislaus Financial Wellness Program:** (209) 667-3264
- **California Rural Legal Assistance:** (209) 577-3811, 1020 15th Street, Suite 20, Modesto - legal assistance with credit disputes
- **Community Services Agency:** (877) 652-0734, 251 E. Hackett Rd, Modesto
- **General Assistance:** Temporary financial relief for indigent adults
- **CalWORKs Emergency Assistance:** Housing and utility assistance
- **Stanislaus Senior Foundation:** (209) 340-3436 - grants up to \$300 for seniors 60+
- **Home Energy Assistance Program (HEAP):** One-time energy bill assistance

LIFE SKILLS DEVELOPMENT

- **Help Is Hope Life Skills & Personal Management:** (209) 241-1625, 140 Calaveras Ave, Modesto, CA helpishope.org/services "Adulting Upgrade Toolkit" sessions available online) **VOLUNTEER & LEARN A TRADE**
- **Pacific Clinics Life Skills Connect:** (877) 722-2737, statewide program with local workshops, pacificclinics.org/service/life-skills-connect (weekly 1-hour workshops on financial management, job skills, communication)1920
- **Center for Human Services:** (209) 526-1440, 2000 W. Briggsmore Ave, Suite I, Modesto, CA 95350, centerforhumanservices.org (life skills training for all ages)



Free, 24/7, confidential service connecting Stanislaus County residents to over local resources by phone, text, or online.

