

# Santa Cruz Free Guide

peoplefirstsc.org

## SHELTER

**Housing Matters** 115 Coral St, (831) 458-6020 **AFC Rotating Shelter**

Temporary shelter for families & single adults, (831) 200-3996

**AFC Safe Parking** (831) 753-8555 **Jesus, Mary and Joseph Home**

(temporarily closed) **Siena House Maternity Home** transitional home for pregnant people and their babies (up to 3 months old) (831) 425-2229

**Armory/Overlook Shelter** 1220 River Street, Intake Line: (831) 359-5996, People First Armory/Overlook Staff (831) 431-6321 **RV Safe Parking** (831) 515-8665, call between 9-5 M-F

## RESOURCES

**Santa Cruz Public Library** 24 Hr Free Public Wifi, 224 Church St.

**Downtown Outreach Workers** (831) 713-3088/(831) 818-0166/

(831) 713-7427, 224 Church St. Mon 1-3, Fri 1-3:30, bus passes & referrals

**Downtown Streets Team** Volunteer work experience program with case management. Meetings Thursdays 12pm, The 418 Project (155 S River St), (831) 889-8847

**Homeless Garden Project** employment training program Tues-Fri 10am, Delaware & Shaffer (garden work for lunch)

**SCC Veterans Office** Services for Veterans & Families 842 Front St., (831) 454-7276

**Service Navigation Workshop** 115 Coral St Wed & Fri 2-4pm

**Drop-in hours for help with resource access & housing navigation**

2005 Wharf Rd, Capitola, Tues 1-4pm **Free mail services** 115 Coral St, Mon-Fri 10am-2pm, plus Th 4-6pm) **Wings Free Birth Certificates** Thurs

10:30am-12pm 224 Church St 3rd Th, 9:30-11am, 115 Coral St

**Heather's Pet Food Pantry** (844) 984-0946, 2601 Chanticleer Ave,

Sundays 1-3pm **Santa Cruz SPCA Pet Surrender Line** (831) 465-5000

**Emergency Rental Assistance Program** (831) 316-1822

**Senior Network Services** Case Management (831) 462-1434, information & assistance: (831) 462-1433, [www.seniornetworkservices.org](http://www.seniornetworkservices.org) 1777-A

Capitola Road **Thrive Hive** Showers, laundry, hot meal & other resources for youth ages 15-24, 120 Dubois St, M-F 12-6pm, (831) 226-3536

**Drop-in hours for youth ages 15-24** Fri 10:30am-12pm, downtown

library (224 Church St). **Mental Health Client Action Network**

**(MHCAN)** Showers, laundry, computers, and other necessities, 1051

Cayuga St, Mo, Tu, Th & Fi 9am-2pm, (831) 469-0479 **Warming Center**

**Program's Warming Wednesday** Blankets, clothes, shoes, hygiene

items, limited tents, etc., Nov 1-March 31, Wed 12-3pm, 150 Felker St (gate at levee-side of property), emergency homeless info hotline: (831) 246-1234

**The Bike Church** 703 Pacific Ave, Th-M 12-5pm, Tu 12-8pm

(women, trans, femme only), (831) 425-2453 **Bikes For All** Free bikes for

those in need, [Bikes4All.man@gmail.com](mailto:Bikes4All.man@gmail.com) **Miracle Messages** Helping

people experiencing homelessness reconnect with loved ones (and vice versa), and form new friendships, 1-800-MISS-YOU, [miraclemessages.org](http://miraclemessages.org)

**Department of Rehabilitation** Comprehensive assistance for people with disabilities to become employed, 831-465-7100, apply online at [dor.ca.gov](http://dor.ca.gov).

**CAB/Community Action Board** employment & reentry services, community engagement & leadership activities, housing

evictions, immigration support, rental assistance, day workers assis-

tance, 406 Main St. #207 (2nd Floor), Watsonville (831) 763-2147

**Housing for Health** Connection to resources and services, [homelessactionpartnership.org/GetHelp.aspx](http://homelessactionpartnership.org/GetHelp.aspx)

**Arukah Project** Caseworkers for survivors of human trafficking, [www.arukahproject.org/survivor-aftercare](http://www.arukahproject.org/survivor-aftercare), [info@arukahproject.org](mailto:info@arukahproject.org)

**Project SCOUT** Free tax assistance & help with CalFresh applications to qualifying individuals, [seniorscouncil.org/project-scout/](http://seniorscouncil.org/project-scout/)

**Senior Companion Program** Connects seniors with other seniors for visits, (831) 688-0400 ext.112, [programassistant@seniorscouncil.org](mailto:programassistant@seniorscouncil.org)

**Capitola Career Center** Free career services, Mon-Fri 8am-5pm, 2045 40th Avenue, Suite B, Capitola, (831) 464-6286 **Nueva Vista Community**

**Resources** Mon-Fri, 9am-5pm 711 East Cliff Drive, (831) 423-5747

## DOMESTIC VIOLENCE

**Walnut Ave. Family & Women's Center** Domestic violence support for families & people of all genders, 303 Walnut Ave.,

(831) 426-3062, 24 hr (866) 269-2559 **Monarch Services** 24hr.

Domestic Violence & Rape Hotline (888) 900-4232

## LEGAL

**Tenant Sanctuary** Info/counseling about tenant rights. 703 Pacific Ave: Mon 2-6pm, Tues 2:30-5:30pm, Wed 2-6pm 1740 17th Ave (Live Oak

Community Resource Center): Mondays, 9:30am-1:30pm (831) 200-0740 **Main Jail** (831) 454-7800 **Public Defender** (831) 429-1311

**SCPD non-emer** (831) 471-1131 **Homeless Persons Legal Assistance**

**Project** 10am-12:30pm, 903 Pacific Ave, (831) 466-6078

**Court Date Textline** (831) 208-5170 (text case number) **California Rural**

**Legal Assistance** (831) 724-2253 **Senior Legal Services** (831)

426-8824 **Clean Slate Project** Help with dismissals, sealing of arrest

records, reduction of felony to misdemeanor, & termination of PC 290 registration, 420 May Ave, 2nd Th every month 4-6pm, (831) 454-5300

## MEALS/FOOD

**Barrios Unidos** 1817 Soquel Ave, Fri & Sat, 12-1pm **Food Not Bombs**

Town Clock (location may change) Sa & Su 12-3pm 800-884-1136

**Second Harvest** Hotline to free food locations, (831) 662-0991, free food locator: [www.thefoodbank.org/find-foodcomida](http://www.thefoodbank.org/find-foodcomida) **St Francis Soup**

**Kitchen** Mon-Fri 12-1pm, 205 Mora St. (off River St., behind San Lorenzo Garden Ctr) **Grey Bears** Thu & Fri 7am, 2710 Chanticleer Ave. (work for

groceries & lunch) **Community Connection** Food pantry and sometimes pet food, M-Th 9am-3pm, 300 Harvey West Blvd

**Manna Ministries** Sat Noon, 7600 Soquel Dr. Apts, Resurrection Church

**Meals on Wheels** Meal delivery for older adults (60+), 831-464-3180 ext. 100, [communitybridges.org/mealsonwheels/](http://communitybridges.org/mealsonwheels/)

**Holy Cross Food Pantry** 210 High St (one time gas card & groceries) (831) 469-0631 **Santa Cruz**

**Bible Church Food Pantry** 440 Frederick St Tu 10-12pm, Th 12-1pm **Teen**

**Kitchen Project** Meal delivery for persons with serious illness, call for eligibility 316-4540 ext. 1, [teenkitchenproject.org](http://teenkitchenproject.org) **London Nelson** Lunch

These resources change often, so please check our website for the most up-to-date information.



for adults 60+, 301 Center St, M-F 11am-1pm **Salvation Army Food Pantry** 721 Laurel St, M-Th 9-11:30am

## STUDENT RESOURCES

**Cabrillo Students** momenden@cabrillo.edu **UCSC Students** (831) 459-4446, deanofstudents@ucsc.edu, crisis line (831) 459-2628  
**UCSC The Cove** (above OPERS East Field next to Cowell's Provost's House) Harm reduction, recovery meetings & peer-to-peer support, M-F 10am-5pm, jbru@ucsc.edu **UCSC CARE** Domestic violence, sexual harassment, etc. support, (831) 502-2273, care@ucsc.edu **Campus Mobile Crisis Team** Non-police mental health crisis support, M & Tu 2pm-12am & W-Su 12pm-12am, (831) 502-9988 **Cabrillo Veterans Information Center** (831) 479-6110, vetcenter@cabrillo.edu

## SHOWERS

**Housing Matters** 7am-2:30pm every day, 115 Coral St.  
**Resurrection Church** 7600 Soquel Dr, Aptos Tues 3-5:15pm & Sat 11:30am-1:30pm **Trinity Presbyterian** 420 Melrose Ave (behind Safeway, off Morrissey) Wed 3-6pm

## RESTROOMS & PORTABLE TOILETS

**Housing Matters 24/7 Restrooms**, 115 D Coral St  
**Cedar & Center Depot Park Restrooms, drinking fountain** Sunrise-Sunset, 119 Center St **DeLaveaga Park Restrooms, drinking fountain, Phone** Sunrise-Sunset **Harvey West Park** Bathrooms & drinking fountain, 7am-sunset, 326 Evergreen St **Book Shop Santa Cruz Restrooms** 9am-9pm every day **Natural Bridges Public Restroom and Changing Rooms** 2531 W Cliff Dr, Santa Cruz, 8am-8pm **Public Restroom West Cliff Drive near the Lighthouse**, Santa Cruz **Public Restroom Cowell State Beach** parking lot by Wharf **Public Restroom** 106 Beach St, Santa Cruz **Public restrooms open every day** (closed 2am-4am) on Santa Cruz Municipal Wharf **Locust-Cedar Garage Restrooms** open 8am-11pm, 124 Locust St **Soquel-Front Garage Restrooms** open 8am-11pm, 601 Front St **Santa Cruz Public Library Restrooms** open M-Th 10am-6pm, F & Sa 10am-5pm, Su 1pm-5pm.

## MEDICAL

**Live Oak Health Center** Primary care, behavioral health, NARCAN M-Th 8am-8pm, F 8am-5pm, Sa 8am-1pm 1510 Capitola Rd (831) 427-3500 **Women's Health Center** Primary Care, behavioral health, NARCAN M-F 8am-5pm 250 Locust St (831) 427-3500 **Homeless Persons Health Project** Free Medical Care, 1080 Emeline Ave., (831) 454-2080, Mon-Thur 8am-5pm (closed 12-1pm), Fri 8am-3pm (closed 12-1pm), After hours for ESTABLISHED PATIENTS ONLY (831) 454-5146 **HPHP Community Acupuncture Clinic** 1080 Emeline Ave, Tuesdays at

10:20am, 831-454-2080, walk-ins welcome **Emeline Primary Care/ Urgent Care** 1080 Emeline Ave M-F 9-5 (831) 454-4100 **Doctors on Duty** 615 Ocean St: M-F 8am-6pm, Sa-Su 8am-2pm, (831) 425-7991. 6800 Soquel Dr, Aptos: M 8am-4pm, Tu 8am-3pm, W-F 8am-4pm, (831) 662-3611 **COVID Vaccine appts** 833-422-4255 **Rides to Medi-Cal appts** (831) 430-5577 **Dientes Dental** 1830 Commercial Way: (831) 464-5409, 302 Riverside Ave: (831) 464-5411, 1500 Capitola Rd: (831) 276-7010, 100 Pioneer Street Suite D: (831) 464-5411 **Planned Parenthood SCZ** (831) 426-5550 119 Pacific Ave Ste 200 **Dominican Hospital** (831) 462-7700 **SC Veterinary Street Outreach** (check facebook page) scanimalshelter.org/healthy-pets-for-all **HIV/HCV testing** Fri 10am-1pm at 1060 Emeline Ave. Rm 105 (Use north entrance Bldg F) **Mobile Wellness Clinic** 515 Frederick St (Our Lady of the Star and Sea Catholic Church), Mon 9am-3pm **Santa Cruz Host Lions Club** Vision and hearing, (831) 423-2352, santacruzhostlionsclub.org **RC Doula Network** Birth and postpartum support, Medi-Cal accepted, Doulanetwork@rcfam.org (831) 288-3105

## MENTAL HEALTH & SUBSTANCE USE

**Mental Health Client Action Network (MHCAN)** Peer Support, Classes & Counseling, 1051 Cayuga St., (831) 469-0479 **Shine a Light** Therapy & counseling, Medi-Cal or sliding scale, 700 Frederick St, Ste. 103, (831) 996-1222, www.shinealight.info **Emeline MAT** MAT accepts first 4 clients on Monday morning (have ID), 1080 Emeline Ave, call for consultation (831) 454-4808, after hours (831) 763-8227 **Encompass MAT** Free, outpatient low-barrier treatment of substance use disorders, same-day services available, M-F 9am-5pm, (831) 226-3728, option 2, 716 Ocean St **HPHP MAT Groups** Tu & Th 1-3pm, 115 Coral St **New Life Recovery** (831) 427-1007, 707 Fair Ave. Intakes Wed & Thu 4-6 **Janus of Santa Cruz** Detox services—Call from 11-4 pm M-F for the possibility of next-day services, must have active Medi-Cal for Santa Cruz or San Benito County (866) 526-8772, 200 7th Ave., #150 **Free Syringe Exchange** Mon & Fri 10-11 Tues 5-7pm, Th 4-6, 1060 Emeline Ave. Rm 105 (Use north entrance Bldg F) **Mobile Exchange W** 11am-1pm, Coral St. neighborhood & levy river walk between Water St. and Soquel Ave., (831) 454-2437 **Harm Reduction Coalition** (831) 769-4700 text or call anytime **Suicide Prevention Talkline** 1-877-ONE-LIFE, 1-877-663-5433 Crisis Textline 741-741 **LGBTQ+ Youth Crisis Line** (866) 488-7386, or text "start" to 678-678 **NAMI** (831) 427-8020/(831) 205-7074 (español) **Mobile Emergency Response Team** M-F 8am-5pm, (800) 952-2335 **ACCESS Team & Mobile Crisis Response** Assessments and referrals to mental health services, (831) 454-4710/ 1-800-952-2335, Available 24/7 **Never Use Alone** Overdose prevention lifeline for people using drugs alone, (800) 484-3731 **Crisis Stabilization Program (CSP)** Walk-in assessments, inpatient & outpatient services, 2250 Soquel Ave. Suite 150, (831) 600-2800 **ACCESS Walk-In Clinic** Crisis resources and mental health referrals, Mon-Fri, 8am-4pm, 1400 Emeline Ave. Bldg. K 2nd Floor, (800) 952-2335

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