



# NEED HELP? CALL 2-1-1



Food Assistance



Housing Assistance & Shelters



Employment Help



Utilities Assistance



Abuse Prevention



Senior/Elderly Support



Mental Health Services



Substance Abuse Help



Transportation Services



Medical/Dental Care Assistance



Child Care Assistance



Call: 2-1-1  
or (800) 436-9997



Text your zip code  
to 898211



Visit:  
[211sj.org](http://211sj.org)



SCAN ME

The local 2-1-1 Service Provider is  
Family Resource Center,  
A member of 211 California.  
3127 Transworld Dr., Suite 100  
Stockton, CA 95206  
209-948-1553  
[www.frscj.org](http://www.frscj.org)



**Free & Confidential**  
24/7, 250+ languages