

Resources to Access Services

If you are applying for or inquiring about a **CalWORKs, CalFRESH, MediCal, Child Care or General Assistance** case, please use one of the following self-service options:

- To apply for CW, CF and MC access **C4Yourself.com**
- To apply for CF you can also access **GetCalFresh.org**
- To access information about your case, download the mobile application - **C4Yourself**
- For all other services resources visit **dpss.co.riverside.ca.us /Self-Sufficiency** or call **877-410-8827**
- You can also leave requested documents, messages for your worker and applications in the drop box at each of our office locations.

Inland Empire Foothills Area

Virtual Meetings - Narcotic Anonymous

7 days a week

7:00 am - 8:00 am PST

Format: JUST FOR TODAY

7:00 pm - 8:30 pm PST

Format: SPEAKER

Download App: Zoom.com

Join Code 720-905-5854

Or Call in:

1-669-900-6833, 1-346-248-7799

1-312-626-6799, 1-929-205-6099

1-253-215-8782, 1-301-715-8592

Sobriety Support Meetings

LauraMcKowen.com

to get full schedule and meeting info

24 Hour Crisis Line

951-686-HELP

Veteran's Crisis Line

800-273-8255

Option 1

PAUSE A WHILE

Virtual AA/NA Meetings and Conference Calls

Free conference call for AA meetings at:

2 PM every day dial in number

(425) 436 – 6360

Access code: 422932#

<https://virtual-na.org/>

www.nabyphone.org

www.neveraloneclub.org

<http://aa-intergroup.org/directory.php>

<https://www.12step-online.com/meetings/online-aa-meetings/>

In addition, on You Tube there are access to Speaker Archives

https://www.youtube.com/results?search_query=speaker+archives+aa

https://www.youtube.com/results?search_query=speaker+archives+na