How do I apply?

There are three ways to apply for assistance or inquire about our programs:

1. **Online** through the C4Yourself website by going to: www.c4yourself.com on a computer or mobile phone, or by downloading the C4Yourself mobile app (available on Android and Apple platforms). Medi-Cal applicants may also apply through Covered CA at www.coveredca.com.

2. **In person** by visiting the DPSS office near you (see back of this brochure for locations).

3. **By calling** our toll free number 1-877-410-8827

You may need to supply some documents to process application, which may include:

- **Picture identification** of the head of household;
- **Proof of immigration status** if you were not born in the U.S.;
- **Social Security cards** for each person in the household;
- **Proof of income**, including pay stubs, award letters, child support checks, etc.;
- **Proof of housing and utility cost** such as rent receipts, mortgage coupons and utility bills;
- **Proof of disability** for any disabled person in the household;
- **Proof of child support** paid to someone who does not live in your home.

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For more details, please visit us at: www.dpss.co.riverside.ca.us/

Apply Online at:
www.c4yourself.com

Health Care Coverage Information
www.coveredca.com
1-800-300-1506
### Medi-Cal

Medi-Cal is a no-cost or low-cost public health insurance program that provides needed health care services for low-income individuals and families in California. Individuals and families who meet particular eligibility requirements, such as California residency, income, and property (in certain circumstances), are potentially eligible for no-cost or low-cost Medi-Cal benefits.

### CalWORKs

The California Work Opportunity and Responsibility for Kids (CalWORKs) program provides temporary cash assistance to eligible families with low or no income. It also provides education, employment, and training programs to help participants get jobs. Assistance with child care, transportation, work expenses, and counseling are also available for working families.

CalWORKs is designed to give families with children a way to meet their basic living needs during a time of hardship while also helping them to enter or re-enter the workforce and become self-sufficient.

You may be eligible to receive cash assistance if:
- you have a child in the home who has a parent that is:
  - deceased
  - unemployed
  - not living in the home
- you are a relative taking care of a child
- you are a pregnant woman with no other children.

The amount of cash assistance a family can receive depends on the number of people who are eligible, the amount of income they receive and the value of their property (vehicles, checking accounts, etc.).

**Child care assistance** is available to CalWORKs families when the parent or caretaker:
- is receiving cash assistance
- is caring for child(ren) under the age of 13, and
- child care is needed because of work or other approved CalWORKs work activities.

Families with a disabled or special needs child over the age of 12 may also be eligible for CalWORKs child care assistance.

**Employment Services** known as CalWORKs Welfare-to-Work is available to help family members learn the skills needed to obtain employment. With some exceptions, able-bodied adults who receive CalWORKs Temporary Assistance must participate in employment services. More information about this will be provided in the application process.

### CalFresh

CalFresh provides low-income families and individuals assistance in meeting nutritional needs. Through the use of an Electronic Benefit Transfer (EBT) card, qualified families and individuals can purchase most foods at grocery stores and many markets.

**What can I buy with CalFresh?**

You can purchase items such as:
- breads and cereals
- fruits and vegetables
- meats, fish, poultry
- dairy products, and
- seeds or plants that produce food for your household to eat.
- food from certain restaurants if you are elderly, disabled or homeless.

**Expedited services:** If you or your family will run out of food within three (3) days, you may be eligible to receive expedited CalFresh benefits. Be sure to mention you have a food emergency when you apply.

To apply for CalFresh please visit [www.getcalfresh.org](http://www.getcalfresh.org)

### General Assistance

Riverside County’s General Relief Program is a cash program for adults (age 18 and older) without minor children who are low income and/or homeless. General Assistance is intended to provide short-term assistance for basic needs, including: food, housing, utilities, and personal needs.

Eligibility for General Assistance is determined by:
- **Income**
- **assets:** must have a combined value of no more than $500
- **age:** must be age 18 or older. If younger, they must be legally separated from their parents,
- **residency:** must be a resident of Riverside County, and
- **work participation:** individuals with disabilities are exempt from work participation.