

ACCESS & ABILITY CENTER  
COLLEGE OF THE SEQUOIAS

# COLLEGE & COMMUNITY RESOURCE DIRECTORY

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**FOR ALL EMERGENCY SITUATIONS, DIAL 911**

Many resources included in this document, and additional community resources, can be found online at [211tularecounty.org](http://211tularecounty.org) or [211kingscounty.org](http://211kingscounty.org)

Dial 211 for 24-hour access to available health and human services information, or visit the above websites for details.

*Together, we are stronger!*



# *Introduction*

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It is the goal of the Access & Ability Center at College of the Sequoias to promote the best interests of our students and our community. While there are many on-campus resources available to students, known as Student Support Services, there may also be situations wherein a student/individual may benefit from the referral to an outside agency for resources and/or support. This College & Community Resource Directory is intended to serve as a guide to our students, and/or anyone who chooses to utilize this guide, in navigating these available resources. If additional assistance is needed in selecting an appropriate service, please direct questions to a professional.

At the Access & Ability Center, we are committed to serving the needs of our students. If there are areas in which students are in need of services, we will do our best to get them connected with the appropriate community and/or college resources.

Any questions regarding the content or intention of this guide can be directed to the Access & Ability Center office at (559) 730 – 3805.



#### ALTERNATE FORMATS:

This publication can be made available in an alternative format.

Please contact the Access & Ability Center at 559-730-3805.

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# *Disability – Related Services*

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## **ON-CAMPUS**

Access & Ability Center. Located in North Sequoia, Rm 10 in Visalia, CA. (559) 730 – 3805. Assists students with disabilities to maximize their potential and prepare for productive life after college. Services are individualized to aid each student's independence, productivity, and self-esteem. Services are provided to enhance students' access to and success in all classes and activities offered at COS.

## **OFF-CAMPUS**

Central Valley Regional Center. Office in Visalia covers all surrounding areas. (559) 738 – 2200. Serves individuals with developmental disabilities from infancy through adulthood. Oversees day programs, community CARE facilities, and elderly facilities.

Central Valley Training Center. Office in Visalia, CA. (559) 651 – 2844. CVTC is an organization of service providers committed to working with individuals with intellectual disabilities. CVTC is a private organization, with offices throughout the Valley. All programs offer services in employment training, community integration, and self-advocacy.

Chances Learning Center. Located in Visalia, CA. (559) 636 – 6004. Small organization serving individuals with developmental disabilities through providing opportunities to participate in the community.

Community Advisory Committee. Located in Visalia, CA. (559) 730 – 2910. Seeks to 1) Support and promote a free, appropriate public education for students with special needs; 2) Increase awareness of the needs and abilities of special education students; 3) Advise the SELPA director and the Directors of Special Education Committee on special education issues; 4) Recognize and honor people, agencies, and businesses that support the principles of special education; 5) Become familiar with current trends and issues in special education.

Community Catalysts of California. Located in Visalia, CA. (559) 738 – 5555. Provides vocational counseling, job placement, community-living skills training, residential support, in-home respite care, crisis intervention, and other services to individuals with disabilities. They have the fundamental goal of empowering persons with disabilities to live and work successfully in their communities and to reach their highest level of self-sufficiency and independence.

Creative Center. Located in Visalia, CA. (559) 733 – 9329.

A community arts center for adults with developmental disabilities with the mission of fostering self-expression, self-worth, personal growth, and independence. The center offers a complete program of visual arts, performing arts, and life skills at all levels.

Deaf & Hard of Hearing Service Center. Office located in Visalia, CA. (559) 225 – 3323.

DHHSC provides advocacy, independent living skills, peer counseling, parenting skills, and referral services. This organization is of, by, and for the Deaf.

Driving Specialties. Located in Fresno, CA. (559) 291 – 2563.

Provides products and services that enable persons with disabilities to either be transported or to drive vehicles that allow them complete accessibility, such as hand controls, wheelchair lockdowns, turning/lift seats, wheelchair and scooter lifts, and wheelchair accessible vehicles.

Exeter Adult Activity Center. Located in Exeter, CA. (559) 594 – 4646.

Program for adults with developmental disabilities. Their mission is to offer real-life experiences for all students. EAAC will provide a diverse range of learning activities, including recreation, social skills, health and safety, and community integrations.

National Multiple Sclerosis Society. Office located in Fresno, CA. (559) 439 – 2154.

Programs and services for those living with multiple sclerosis, including referrals and financial aid. We also provide public and professional education around MS.

Social Vocational Skills. Visalia office: (559) 739 – 1416.

Serves adults statewide challenged by disabilities, including intellectual disabilities, cerebral palsy, epilepsy, autism, learning disabilities, traumatic brain injuries, and mental illness.

Talking Book Library for the Blind. Located in Fresno, CA. (559) 600 – 3217.

Provides free books and magazines on cassette tape and in Braille to individuals who are blind, visually impaired, or have physical disabilities that prevent reading.

Valley Center for the Blind. Located in Fresno, CA. (559) 222 – 4447.

The Valley Center for the Blind is committed to helping their clients become more independent. They do this by providing classes and services such as independent living skills, support groups, resources, etc.

Vocation Plus Connections, Inc. Located in Fresno, CA. (559) 221 – 8019.

VPCI is a day program located in Fresno serving individuals with developmental disabilities. At Vocation Plus, persons served have the opportunity to work on independent living skills, academic and life goals, vocational skills, community integration, socialization skills, and have the opportunity to participate in employment training and maintenance.

# *Educational Services*

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## **ON-CAMPUS**

California Mini-Corps. General Grant, room 415 at the Visalia Campus. (559) 730 – 3958.  
Provides services to migrant students, such as class/career tutoring and college awareness.

CalWORKS. Sequoia Building, Room 112 at the Visalia Campus. (559) 730 – 3989.  
Provides academic and financial services and support to students who are receiving TANF.

Extended Opportunity Programs and Services (EOPS). Sequoia, Room 108. (559) 737 – 4860.  
The purpose is to prepare students of educationally and socioeconomically challenged backgrounds to transfer to a university, complete an AA or AS Degree, or vocational certificate to acquire career-related skills to obtain rewarding employment as a result of their education.

Puente Project. (559) 730 – 3853.  
Goal is to increase the number of educationally underserved students who transfer to four-year colleges and universities, earn degrees, and return to the community as leaders.

TRIO/SSS. Located in Learning Resource Center, Lodgepole 209, in Visalia. (559) 737 – 5403.  
Provides services to address academic and non-academic needs of First Generation students, low income students, and students with disabilities. Also offers education and counseling services designed to improve participant financial and economic literacy.

## **OFF-CAMPUS**

Fresno State – Services for Students with Disabilities. Located in Fresno, CA. (559) 278 – 2811.  
Offers academic accommodations and support services for CSUF students with disabilities.

Tulare Adult School. Located in Tulare, CA. (559) 686 – 0225.  
Provides postsecondary education for those who have not completed high school.

Visalia Adult School. Located in Visalia, CA. (559) 730 – 7655.  
Provides an opportunity to complete high school diploma or a GED. Career and technical education in business, nursing/medical office, welding, and auto body repair.

Wayfinder's at Fresno State. Located in Fresno, CA. (559) 278 – 0210.  
Provides a comprehensive program for students with intellectual disabilities at CSU, Fresno.

# *Employment Services*

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## **ON-CAMPUS**

Career Center. Located in the Welcome Center. Sequoia 104 in Visalia, CA. (559) 730 – 3730. Provides personalized services and programs related to career exploration.

Career Coach. Available through the COS.edu website. Designed to help find a good career by providing the most current local data on wages, employment, job postings, and associated education and training.

Workability III. Located in the Access & Ability Center, Sequoia 10 in Visalia. (559) 730 – 3805. WorkAbility III (WA III) is a collaboration between California Department of Rehabilitation and College of the Sequoias which provides career preparation services to students with disabilities leading to gainful employment.

Work Experience. Sycamore IM112, Visalia campus. (559) 730 – 3742. Cooperative Education (work experience) is designed to allow students the opportunity to use job-site learning to earn elective college credit. The Cooperative Education may be in the private sector, or in public agencies, and may be paid or volunteer.

## **OFF-CAMPUS**

Able Industries. Located in Visalia, CA. (559) 651 – 8150. Provides opportunities for individuals with disabilities to build vocational, social, & interpersonal skills.

Department of Rehabilitation. Located in Visalia, CA. (559) 735 – 3838. DOR's vocational rehabilitation services program assists Californians with disabilities to obtain and retain employment and maximize their ability to live independently in their communities.

Employment Development Department (EDD). Located in Visalia, CA. (559) 713 – 5150. Can assist persons with disabilities to take advantage of available training and employment opportunities, as well as navigate through the complex provisions of the many programs in which they may be participating.

Kings County Job Training. Located in Hanford, CA. (559) 585 – 3532. Individuals may be able to obtain short term training to prepare for one of more than 70

demand occupations. Training is available at both public and private schools where individuals may attend evening or daytime classes, depending on goals and the availability of classes.

Porterville Sheltered Workshop. Located in Porterville, CA. (559) 784 – 1399.

Services are designed to develop or improve basic work skills/behaviors and other individually identified critical life skills, allowing the individual the opportunity to progress to the fullest potential of which he/she is capable. PSW also operates a full range of wheelchair accessible vans and buses to meet individual transportation needs to and from PSW programs.

Proteus, Inc. Located in Visalia, CA. (559) 627 – 0100.

Specializing in employment, training, education, and community service. Since 1967 Proteus has proudly served special-needs populations throughout the Central San Joaquin Valley. Proteus strives for quality and performance excellence in all areas of business; from assisting job seekers to providing employers with educated and well-trained applicants.

Ticket to Work, TCOE. (559) 730 – 2737 or [tcoe.org/tickettowork](http://tcoe.org/tickettowork).

The goal of the Ticket Program is to give disability beneficiaries the opportunity to achieve steady, long-term employment by providing them greater choices and opportunities to go to work if they choose to do so. The legislation also removes barriers that previously influenced people's choices between healthcare coverage and work. Additionally, this program provides job services to those with disabilities, assists clients with work incentives and other resource information, and assists employers with tax credit information to hire those w/ disabilities.

Tulare County Employment Connection. Located in Visalia, CA. (559) 713 – 5000.

Assistance in finding employment, job interests, training, and/or schooling.



# *Financial Services*

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## **ON-CAMPUS**

Financial Aid. Visalia: (559) 730 – 3747. Hanford: (559) 583 – 2511. Tulare: (559) 688 – 3013.  
Helps current students and families apply for federal and state financial aid.

Scholarship Office. Sequoia 3, Visalia campus. (559) 730 – 3878.  
Provides information on how to apply for scholarships, funds that do not require payback.

## **OFF-CAMPUS**

California CalWORKS (TANF). Visit <http://www.benefits.gov>.  
CalWORKs is a welfare program that gives cash aid and services to eligible needy California families. The program serves all 58 counties in the state and is operated locally by county welfare departments. If a family has little or no cash and needs housing, food, utilities, clothing or medical care, it may be eligible to receive immediate short-term help. Families that apply and qualify for ongoing assistance receive money each month to help pay for housing, food and other necessary expenses.

California Low Income Home Energy Assistance Program. Visit <http://www.benefits.gov>.  
Eligible low-income persons, via local governmental and nonprofit organizations, can receive financial assistance to offset the costs of heating and/or cooling dwellings, and/or have their dwellings weatherized to make them more energy efficient.

Cashcourse. A free, online program that teaches financial literacy through lessons and quizzes.  
To access, go to <http://cashcourse.org>.

Social Security Administration. Visalia office: (800) 772 – 1213.  
Assists people in filing claims for retirement, disability, and survivor benefits, assists beneficiaries in filing social security, SSI and Medicare claims, and issues social security numbers and informs the public and employers of their responsibilities for accurate reporting of wages.

Social Security Disability Insurance Benefits. Visit <http://benefits.gov>.  
This benefit is paid to people who have earned enough Social Security credits and are unable to work because of a disability that has lasted or will last for at least 12 months or end in death.

# *Food, Clothing, and Personal Items*

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## **ON-CAMPUS**

Giant Pantry. COS Health Center (all campuses).

Must go during Health Center hours.

Nutrition on the Go! Ask the Health Center for more information.

Provides free fresh produce to all COS staff, students, and community members.

Snack Stations. Stop by the COS health station and ask for a snack! (all campuses).

## **OFF-CAMPUS**

CalFresh. Visit <http://benefits.gov>.

CalFresh (formerly known as Food Stamps) is a program that provides monthly benefits to assist low-income households in purchasing the food they need to maintain nutritional levels. In general, these benefits are for any food only.

Food & Clothing, St. Vincent de Paul. Located in Hanford, CA. (559) 772 – 8213.

Helps provide food, clothing, and household items to those who qualify. A furniture provision may also be available for some as a one-time only assistance.

Food & Clothing Provision, Lemoore Christian Aid. Located in Lemoore, CA. (559) 924 – 2229.

Provides food and clothing to those in need. Amount depends on family need.

Food Boxes, Hanford Salvation Army. Located in Hanford, CA. (559) 582 – 4434.

Salvation Army provides Food Boxes to those in need.

Food Closet. Located in Exeter, CA. (559) 802 – 7883.

Provides food for individuals and families that are in need.

Tulare Emergency Aid. Located in Tulare, CA. (559) 686 – 3693.

Provides emergency food for Tulare families that may be facing a hard time making ends meet.

Visalia Emergency Aid. Located in Visalia, CA. (559) 732 – 0101.

Provides emergency food, clothing, and shelter to the homeless and at risk low-income families, putting special emphasis on case management to promote self-sufficiency.

# *Foster Care Services*

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## **ON-CAMPUS**

Foster and Kinship Care Education (FKCE). (559) 737 – 4842.

Program provides quality education and support activities to the caregivers of children and youth in out-of-home care so that these providers may meet the educational, emotional, behavioral, and developmental needs of children and youth. FKCE provides free classes, workshops, and conferences in Tulare and Kings Counties in Central California. Our programs are designed with providers in mind, helping to bridge the gap between questions and answers. Most classes are open to the general public, and are free of charge, unless otherwise noted.

Youth Empowerment Strategies for Success (YESS). Visalia campus. (559) 737 – 4842.

Provides services for youth who are currently in foster care or who were previously in foster care and are under the age of 21. Provides independent living skills training to foster youth, with a focus on Employment, Education, Financial Literacy, and Daily Living Skills, as well as helping the youth to identify and nurture life-long connections for ongoing support once they age out of foster care.

## **OFF-CAMPUS**

Aspiranet. Offices throughout the State. Visalia office: (559) 741 – 7358.

A social services agency that provides foster care and adoption services throughout the state.

Family Builders Foster Care, Inc. Located in Visalia, CA. (559) 685 – 1200.

Provides support and training for foster parents.

Golden State Family Services. Tulare office: (559) 687 – 1173.

Provides case management services, advocacy/independent living training, and more to youth in foster care. Also offers training and education for care takers interested in foster care and adoption.

Legacy Family Services. Visalia office: (559) 334 – 0000.

Provides behavioral health, foster care, and other services to children and their families, which assist in the building of strong individuals and family units.

# Health Services

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## **ON-CAMPUS**

### COS Health Center.

Visalia: (559) 730 – 3880. Monday through Thursday 8am to 4:45pm, Friday 8am to 1pm.

Hanford: (559) 583 – 2530. Mondays and Wednesdays 10am to 3pm.

Tulare: (559) 688 – 3060. Tuesdays and Thursdays 9:30am to 2:30pm.

Provides health support, services, and information. Services include: Workout with the Nurse, Giant Pantry, basic life support training, Nutrition on the Go, Over the counter medication, nursing assessment, treatment of minor/acute illnesses/injuries, Glucose testing, Blood Pressure monitoring, Hearing screening, Vision screening, TB tests, smoking cessation assistance, pregnancy testing, contraceptive services, and mental health counseling/referrals.

## **OFF-CAMPUS**

### California Medicaid. Visit <http://benefits.gov>.

This program pays for medical services for children and adults with limited income/resources.

### Children's Medical Services (CHDP). Located in Tulare, CA. (550) 685 – 2533.

Provides free health checkups for people birth to age 21 who are on Medi-Cal. Assistance for families with large medical bills and children with severe disabilities.

### Family Healthcare Network. Located in Visalia, CA. (559) 960 – 3426.

Provides comprehensive, patient-oriented healthcare services. Also provides primary care services, which include pediatrics, obstetrics, gynecology, adult medicine, and dental services.

### Hanger Prosthetics & Orthotics. Located in Visalia, CA. (559) 732 – 3957.

Hanger Orthopedic Group, Inc. is a provider of orthotic and prosthetic (O&P) services and products for individuals with amputations and various muscular and orthopedic conditions.

### Health Insurance, Counseling, & Advocacy Program. Located in Visalia, CA. (559) 623 – 0199 or (800) 321 – 2462. Health insurance advocacy with Medicare/Medi-Cal supplemental insurance.

### In-Home Supportive Services. Call (559) 623 – 0600 or (800) 571 – 9555.

Provides in-home supportive services care for elderly and disabled individuals who would otherwise be placed in a level of care outside their home. Patients must be Medi-Cal eligible.

# *Homeless & Domestic Violence Shelters and Services*

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## **ON-CAMPUS**

Visalia COS Police Department. Non-emergency: (559) 730 – 3999. Emergency: 911.

Can produce Police Reports and offer various referrals, such as for Restraining Orders.

Tip Now – Send an anonymous text to (559) 715 – 2918 to report a crime, and police will investigate.

## **OFF-CAMPUS**

### *Crisis Numbers*

Family Services Domestic Violence Hotline: (559) 732 – 5941.

Gay & Lesbian Domestic Violence Hotline: (800) 799 – 7233.

### *Tulare County*

Karen’s House. Family Services of Tulare County located in Visalia, CA. (559) 732 – 5941.

Offers women and their children confidential shelter, meals, and services at no charge while they work to reestablish their lives. Call the 24-hour hotline for more information.

Women’s Shelter of Hope. Visalia Rescue Mission in Visalia, CA. (559) 734 – 7921.

Houses homeless, single women, and women with children. Men are not allowed to stay here.

Men’s Shelter. Visalia Rescue Mission in Visalia, CA. (559) 740 – 4178.

Provides a shelter and three meals per day. Residents must be willing to comply with mission rules.

Women and Children’s Shelter. Lighthouse Rescue Mission in Tulare, CA. (559) 687 – 8317.

Provides shelter for homeless women or women and children in a home-like setting. No men allowed.

Central California Family Crisis Center. Porterville, CA. (559) 784 – 0192.

CCFCC supports victims of domestic violence and homeless persons. Call their 24-hour line for info.

Open Gate Ministries. Dinuba, CA. (559) 591 – 1241.

Houses and supports hungry and homeless, single women, and women with children.

Men's Home. Transitional Christian Outreach located in Tulare County. (559) 723 – 6013.

Provides a transitional home for men who are victims of domestic violence and/or substance abusers.

Women's Home. Transitional Christian Outreach located in Tulare County. (559) 723 – 6013.

Provides a transitional home for women victims of domestic violence and/or substance abusers.

#### *Fresno County*

Marjorie Mason Center. Fresno, CA. (559) 233 – 4357. Call their 24-hour hotline for help.

Houses and supports domestic violence, homeless, single women, and women with children.

Poverello House. Fresno, CA. (559) 498 – 6988.

Provides meals, temporary shelter, and services to homeless men and women.

#### *Kings County*

Emergency Men's Shelter. Kings Gospel Mission located in Hanford, CA. (559) 415 – 6700.

Provides 10 beds to men with no place to stay for the night. Operates on a first-come first-serve basis.

Hannah's House. Champions Recovery Alternative Programs. Hanford, CA. (559) 583 – 7800.

Provides transitional housing and inpatient substance abuse treatment for women.

Barbara Saville Shelter. Kings Community Action Organization. Hanford, CA.

Provides an environment for women and children seeking refuge from domestic violence and/or who are homeless due to unforeseen circumstances.

Crisis Hotline: 1 – 877 – 727 – 3225.

# *Housing Services*

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## **ON-CAMPUS**

### Rooms for Rent.

A housing board is located in the breezeway between the Sequoia North and Sequoia South buildings on the Visalia campus. Community members and students are able to advertise a room for rent in their house. Housing information cards are posted on the housing board.

## **OFF-CAMPUS**

Community Services Employment Training. Main office in Visalia, CA: (559) 732 – 4194.

Offers energy assistance programs, foreclosure counseling, home weatherization, and first time home buyer assistance. CSET also has many other services in addition to housing services. Visit them at <http://www.cset.org>.

Giant Sequoia Village. Apartment Complex approximately 1 mile from COS in Visalia.

Offers dorm-style housing and an affordable rent. GSV is not an affiliation of COS. Please visit their web site at <http://www.giantsequoiavillage.com> for more information.

Homeless Rental Assistance, Hanford Salvation Army. Located in Hanford, CA. (559) 582 – 4434.

Provides rental assistance for those who are homeless and on the street.

Self-Help Enterprises. (559) 651 – 1000.

Self-Help Enterprises is a low-income housing program. They provide ownership opportunities for first-time home buyers. They have a self-help housing program for first time home buyers.

Tulare County Housing Authority. Visalia: (559) 738 – 8450. Tulare: (559) 686 – 1350.

Offers affordable housing facilities for low- and moderate-income families, senior citizens, and people with disabilities. <http://hatc.net>.

# *Independent Living Services*

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## **ON-CAMPUS**

Student Success Program. Various locations, all campuses. Main office: (559) 730 – 3926.

By promoting access, success, and retention, the Student Success Program desires to help first-year students at College of the Sequoias.

## **OFF-CAMPUS**

California Telephone Access Program (CTAP). Located in Fresno, CA. (800) 806 – 1191.

Connects individuals with disabilities to the community through providing access to phones.

Individuals with disabilities can receive a free and specialized telephone.

Future Transitions, Inc. Located in Visalia, CA. (559) 636 – 2911.

A vendor company for CVRC that provides in-home, one-on-one independent living skills education to adults and children to improve their quality of life. Also provides transportation for doctor appointments.

Resources for Independence, Central Valley (RICV). Visalia office: (559) 622 – 9276.

RICV is dedicated to serving, educating, representing, and empowering persons with disabilities in pursuit of independent living. Services provided include peer support, housing resources, advocacy, community education, financial benefits counseling, assistive technology, independent living skills training, and client assistance programs (CAP).



# *Mental Health Services*

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## **ON-CAMPUS**

Non-Emergency District Police. Visalia campus: (559) 730 – 3999.

COS Health Center.

Visalia: Mental Health counseling Monday through Friday. Call (559) 730 – 3880.

Hanford: Mental Health counseling by appointment only. Call (559) 583 – 2530.

Tulare: Mental Health counseling by appointment only. Call (559) 688 – 3060.

## **OFF-CAMPUS**

*CRISIS Numbers and 24-Hour Hotlines*

Tulare County Crisis/Suicide Prevention: (800) 320 – 1616.

Kings County Crisis/Suicide Prevention: (800) 655 – 2553.

Tulare County Domestic Violence Shelter/Resources: (559) 732 – 5941.

Tulare County Rape Crisis Hotline: (559) 732 – 7273.

Hanford Rape Crisis Hotline: (877) 727 – 3225.

Porterville Rape Crisis Hotline: (559) 784 – 7273.

Tulare County Sexual Assault Hotline: (559) 732 – 7371.

Suicide Prevention Hotline: 1 – 800 – 273 – 8255.

Suicide Prevention Task Force: (559) 624 – 7471.

Resource for suicide prevention & resources. Additionally, they assess for 5150 hospitalization.

*Community Mental Health Services*

Tulare County Visalia Adult Integrated Clinic (outpatient services): (559) 623 – 0900.

Kaweah Delta Mental Health Hospital (inpatient services): (559) 624 – 3300.

Family Services of Tulare County: (559) 741 – 7310.

Tulare/Kings County Warm Line: 1 – 877 – 306 – 2413.

If you are experiencing mental health symptoms.

Kings View Behavioral Health Systems. Located in Hanford, CA. (559) 582 – 4481.

Provides services for underserved individuals with mental illness.

National Alliance on Mental Illness (NAMI). Office located in Visalia, CA. (559) 732 – 6264.

A support and advocacy organization for individuals, family members, and friends of persons with a mental illness.

Synchrony of Visalia, Inc. Visalia office: (559) 635 – 4252.

Synchrony is a mental health counseling and education center providing individual, marital, child, adolescent, adult, and group therapeutic services. Synchrony also provides parenting and parent leadership training.

Trinity Ministries Group, Inc. Located in Visalia, CA. (559) 738 – 0700.

A Christian-based mental health organization providing counseling and therapy.

### *Internet Resources*

ULifeline – Your online resource for college mental health: [ulifeline.org](http://ulifeline.org).

The Jed Foundation – Promoting emotional health and preventing suicide: [jedfoundation.org](http://jedfoundation.org).

National Alliance on Mental Illness (NAMI): [nami.org](http://nami.org).

The Trevor Project (for LGBTQ aged 13-24): [thetrevorproject.org](http://thetrevorproject.org).

Trevor Hotline for 24-hour help: (866) – 488 – 7386.

Family Services, Tulare County (domestic violence, mental health, housing, etc): [fstc.net](http://fstc.net).

# *Substance Abuse Programs & Services*

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## **ON-CAMPUS**

Student Health Center. COS campus.

Visalia. (559) 730 – 3880. Hanford: (559) 583 – 2530. Tulare: (559) 688 – 3060.

## **OFF-CAMPUS**

Alternative Services, Inc. Located in Visalia, CA. (559) 651 – 8090.

Provides substance abuse treatment outpatient services to persons with mental health and substance abuse disorders, women, DUI / DWI offenders, and criminal justice clients.

Kings View. Behavioral Health Systems. Tulare: (559) 688 – 7531. Hanford: (559) 582 – 9307.

Provides private outpatient alcohol/drug counseling services, court ordered alcohol/drug counseling services, dual diagnosed programs, DUI services, and intervention services.

Recovery Resources. Located in Visalia, CA. (559) 625 – 8176.

Provides alcoholism and drug addiction outpatient treatment services for individuals, families, and adolescents.

Tulare County Alcoholism Council, Inc. Located in Visalia, CA. (559) 625 – 2995.

Residential alcohol/drug recovery services to men and women, residential treatment for men and women, prenatal residential for women and their infants up to 24 months, sustained recovery for men and family support, family orientation and family group for family members of individuals in recovery. Safe zones support group for children of alcoholic/addict parents.

# *Transportation Services*

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## **ON-CAMPUS**

Discounted bus pass, available for \$9 if enrolled in 5 units or less, \$10 if six units or more. Available through Student Activities & Affairs. Unlimited bus rides in and around Tulare and Kings Counties. Stickers available on all COS campuses  
Visalia – Giant Forest 123 (Student Activities & Affairs Office)  
Hanford – HUB  
Tulare – Bldg. A Student Services

## **OFF-CAMPUS**

Kings Area Rural Transit (KART). Located in Hanford, CA. (559) 852 – 2717.

Provides public transportation throughout Kings County.

Paratransit Service: (559) 584 – 0101. Provides rides for persons with disabilities.

Tulare Transit. Located in Tulare, CA. (559) 685 – 2322.

Operates 7 bus routes that serve Tulare and Visalia.

Dial-a-Ride: (559) 688 – 5706. Provides rides for seniors and persons with disabilities.

Visalia Transit. Station in Visalia, CA. (559) 713 – 4100.

Operates 12 bus routes that serve Visalia, Farmersville, Exeter, Goshen, and Tulare.

Dial-a-Ride: (559) 713 – 4100 or (559) 713 – 4750. Provides rides for persons with disabilities.

# Other Services

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## ON-CAMPUS

International Students. Office located in Sequoia Building, Room 103. (559) 730 – 3970. Information regarding admissions, F-1 Visa, transcripts, transfer info, English proficiency, transportation, government agencies, and things to do in our community.

Veterans Resource Center. Office located in Sequoia 106, Visalia campus. (559) 730 – 3854. Committed to assisting student veterans in their transition to college by providing services that address their academic, social and physical needs as well as supporting retention and student success. In addition the VRC is committed to assisting active duty personnel and dependents in reaching their educational goals.

## OFF-CAMPUS

Adult Protective Services. Tulare County Health & Human Services. Call (559) 623 – 0651 or (877) 657 – 3092.

Adult protective services assist dependent adults and/or elderly who are in danger and in need of protective service to prevent physical abuse, neglect, or exploitation by others or from self-neglect.

Child Protective Services, Kings County Health & Human Services. Call (559) 582 – 8776. Investigates reports of child abuse, neglect, or abandonment.

Emergency Response, Child Welfare Services Administration. Call (800) 331 – 1585. Takes reports of suspected child abuse or neglect. Investigates reports and provides crisis intervention services.

Veteran's Services Office. Tulare office: (559) 684 – 4960.

The Veteran's Service program provides assistance and services to veterans and their family members, which include outreach, counseling, and referrals to ensure that veterans are aware of and able to obtain entitlements and benefits for which they are eligible.