



Medi-Cal Member Resource Guide

Your guide to work, school, and volunteer
resources in Los Angeles and San Diego Counties.



Getting started with 3 simple steps

1

Verify: Confirm whether the requirement applies and what action may be needed.
Ask: "Do I need to take action to keep my Medi-Cal coverage?"

2

Connect: Choose a practical pathway: school, job training, workforce support, or another approved option.
Ask: "Can you help me enroll today?"

3

Track: Keep records of applications, enrollment, attendance, appointments, referrals, or participation.
Ask: "What proof should I keep?"

Need Help? Contact Us



Call Blue Shield Promise at the number on your member ID card to ask questions about your coverage.



Los Angeles County benefits
dpss.lacounty.gov/en/keep-benefits.html



San Diego County benefits
sandiegocounty.gov/content/sdc/hhsa/programs/ssp/calfresh-medical-work-requirements.html



Need more help?
Scan the QR code or visit
blueshieldpromise.findhelp.com



Tips for success: Finding a job

Take one step at a time

Small steps can make things feel easier. You do not have to do everything at once.

Examples: Visit a job center, apply for one job, go to a workshop.

Ask for help with your resume or interviews

Job counselors can help you get ready for work. Many services are free at your local career center.

Examples: Resume help, practice interviews, job readiness classes.

Look for jobs that fit your schedule

Some jobs offer part-time hours or training. It is okay to start small and work your way up.

Examples: Part-time jobs, training programs, learning a trade.

Keep track of the jobs you apply for

Staying organized can help you follow up and feel more in control of your job search.

Examples: Write down names, dates, and phone numbers. Keep notes on your phone or in a notebook.

Helpful work resources

Los Angeles County organizations and programs	Website
America's Job Career Center of California, LA County	ajcc.lacounty.gov
Chrysalis	changelives.org
HIRE LA Youth	hirelayouth.com
LA Economic & Workforce Development Dept (EWDD)	ewdd.lacity.gov
San Diego County organizations and programs	Website
San Diego Workforce Partnership	workforce.org
Goodwill — San Diego County	sdgoodwill.org
Lucky Duck Foundation	luckyduckfoundation.org
Episcopal Community Services	ecscalifornia.org
MAAC	maacproject.org
Chicano Federation	chicanofederation.org

Call 2-1-1

211 is a free, 24/7 phone service available in Los Angeles and San Diego Counties that connects individuals to local resources, including food, housing, and health care, based on needs.

Los Angeles County: 211la.org

San Diego County: 211sandiego.org

Tips for success: Going to school

Find a school or training program near you

Look for a school, adult education program, or training program that is close to home and works with your schedule.

Community College: icangotocollege.com

Los Angeles Unified and San Diego Adult Schools: myadulthood.org

Pick classes that match your goals

Classes can help you learn new skills or prepare for a new career. Many programs are free or low cost.

Examples: ESL classes, GED classes, job training, college classes.

Choose a schedule you can manage

Look for classes that fit your work, family, or other responsibilities.

Examples: Evening classes, weekend classes, online classes, or part-time programs.

Talk to a school counselor or advisor

They can help you understand your options and find the right program for you. You do not have to figure it out alone.

Examples: Class schedules, student support services, financial aid help.

Start with one class if you feel nervous

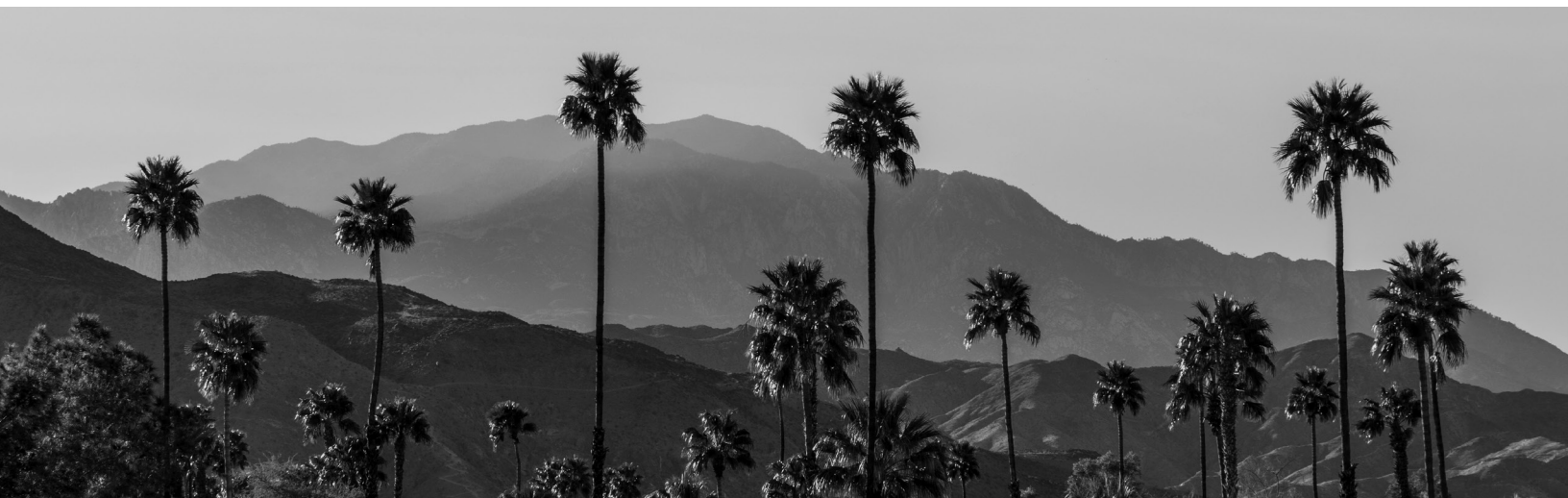
Taking small steps can help you feel more comfortable. Go at your own pace and build from there.

Examples: Evening classes, online classes, part-time programs.

Keep your school papers and records

You may need them later to show proof of enrollment or attendance. Save copies on your phone or at home.

Examples: Class schedules, school emails, attendance papers.



Education and training programs

Los Angeles County Community Colleges	Website
Antelope Valley College	avc.edu
East Los Angeles College	elac.edu
Long Beach City College	lbcc.edu
Los Angeles City College	lacitycollege.edu
Los Angeles Southwest College	lasc.edu
Los Angeles Trade-Technical College	lattc.edu
Los Angeles Valley College	lavc.edu
Rio Hondo College	rioondo.edu
Los Angeles County Adult Schools	Website
Antelope Valley Adult Education	www.avadulted.org
Compton Adult School	comptonadult.compton.k12.ca.us
El Monte-Rosemead Adult School	emras.emuhsd.org
Inglewood Adult School	icaas.inglewoodusd.com
LAUSD Adult and Career Education	adulted.lausd.org/apps/pages/Campuses
Los Angeles Harbor College Adult Education	ahc.edu/academics/adulted
LA Mission College Adult Education	lamission.edu/academics/arcc
Norwalk-La Mirada Adult School	nlmas.nlmusd.org
San Diego County Community Colleges	Website
Cuyamaca College	cuyamaca.edu
Grossmont College	grossmont.edu
MiraCosta College	miracosta.edu
Palomar College	palomar.edu
San Diego City College	sdcity.edu
San Diego Mesa College	sdmesa.edu
San Diego Miramar College	sdmiramar.edu
Southwestern College	swccd.edu
San Diego County Adult Schools	Website
Escondido Adult School	wescondidoadultschool.org
Grossmont Adult School	adultschool.guhsd.net
Sweetwater Union High School District (Chula Vista Adult School, Montgomery Adult School, National City Adult School, and San Ysidro Adult School)	adulteducation.sweetwaterschools.org/schools
Ramona Adult School	ramonausd.net/en-US/ramona-adult-school-16b6f199
San Diego College of Continuing Education	sdcce.edu
Vista Adult School	vistaadultschool.org

Tips for success: Volunteering

Start with something you care about

Volunteering is easier when it connects to something meaningful to you. Think about causes or communities that matter to you.

Examples: Food banks, animal shelters, youth mentoring, community clean-ups.

Look for flexible volunteer opportunities

Many organizations offer volunteer shifts that fit around your schedule. You can start with just a few hours a week.

Examples: Weekend events, one-time projects, virtual volunteering.

Ask the organization what you need to get started

Some volunteer programs have simple sign-up steps. Others may require an orientation or background check. It is okay to ask questions.

Examples: Online applications, orientation sessions, reference forms.

Keep a record of your volunteer hours

Tracking your hours can help you meet requirements and build your resume. Ask your volunteer coordinator for documentation.

Examples: Sign-in sheets, hour logs, supervisor contact information.

Volunteer opportunities

Los Angeles County organizations	Website
L.A. Works	laworks.com
Los Angeles Regional Food Bank	lafoodbank.org/volunteer
Project Angel Food	angelfood.org/delivery/volunteers
Volunteers of America Los Angeles	voala.org/volunteer
Union Station Homeless Services	unionstationhs.org/volunteer
San Diego County organizations	Website
Feeding San Diego	feedingsandiego.org/get-involved
Chicano Federation	chicanofederation.org
MAAC	maacproject.org
Father Joe's Villages	my.neighbor.org/take-action
YMCA of San Diego County	ymcasd.org/give/volunteer
Lifeline Community Services	lifelinecs.org/volunteer
Mama's Kitchen	mamaskitchen.org/volunteer





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Enclosures: Language Assistance Notice, Nondiscrimination Notice.

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