

LOCAL UNION 831

TRADESHOW & SIGNCRAFTS
I.U.P.A.T.- A.F.L.- C.I.O.



Need Assistance?

Do you feel like you're on a roller coaster? You are not sure what is around the next turn or beyond the next peak?

WE ARE HERE TO HELP YOU!!

Call Local Union 831 for:

- *United Way-SAN DIEGO RESIDENTS ONLY-* unionsunited@uwsd.org or 858/636-4116
- *God Provides/Pomona Valley Food Bank* - ed. They are located at 284 E. Holt., Pomona, CA. Phone: 626-200-0356. Hours: 8:00 am to 4:00 p.m., Monday – Saturday, Email:gpmfoodbank@yahoo.com
Cost: \$30.00 per base package (base package=100 lbs of food)

LU831 Health Trust – Level Changes Cobra, Buy-up

Please call the Trust Office at 877-572-7005 or 626-279-3080.

Dial 2-1-1 or use internet: Each county has assistance, on the internet address bar, type in “211 and the County name”

-- Basic Needs (Food, Shelter, Clothing)

-- Financial Assistance

-- Childcare Services Government Programs

-- Crisis Intervention

-- Health Care Referrals

-- Elderly Care Services Volunteer Information

...and more!

Federal Housing Program:

For Mortgage Information - http://makinghomeaffordable.gov/hardship_affidavit

Local City Community Center:

On the Internet, in the address bar, click and type in: city of (enter your city), and choose the link(s) you would like more information on.

Local Utility companies:

They have programs for assistance if you qualify. Give them a call.

For Assistance in Applying for Unemployment Benefits please visit:

www.edd.ca.gov

Unionplus.org

Union Plus Assistance Programs may help you:
Hardship Help +Benefits + Discounts

Catholic Charities

On the internet, type in your city for the nearest location.