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**Free Career Assessment**

To help you identify the best job choices for you!

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**Free Job Search Assistance**

To help you find, and keep, your dream job!

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**Free Job Coaching**

We are with you every step of the way to help you through challenges and to celebrate your successes!

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**Free Vital Services Presentations**

We provide you access to free workshops from experts in the following areas:

- Legal & Financial Counseling
  - Parenting Skills
  - Interviewing Skills
  - Life Skills
  - High School Equivalency
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## Employment & Training Services Office Locations

There are two locations within Monterey County to serve you:



**Salinas/ Peninsula/ North County**  
Employment & Training Services  
730 La Guardia  
Salinas, CA 93905

**For Information in North County Call:**  
**CFET Case Manager**  
**831-755-4452**

**South Monterey County**  
Employment & Training Services  
200 Broadway, Ste. 62  
King City, CA 93930

**For Information in South County Call:**  
**CFET Case Manager**  
**Call: 831-386-6801**

<http://mcdss.co.monterey.ca.us>

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**MONTEREY COUNTY**  
**MCDSS**  
DEPARTMENT OF SOCIAL SERVICES

WORKING TOGETHER  
FOR OUR COMMUNITY

## CalFresh Employment & Training Services (CFET)



**"Building Better Futures!"**

## Eligibility

CalFresh Employment & Training is a voluntary program available to some Monterey County residents that currently receive CalFresh benefits.



## Program Services

CalFresh Employment & Training may be able to help pay for some of the following expenses to make it easier to go to school or training:

- **Dependent Care**
- **Transportation Assistance**
- **School textbooks, parking permits, etc.**
- **Work Tools, Résumés, and Clothing / Uniforms**
- **Learning Needs Testing and Accommodations**
- **Advancement Tutoring**
- **Background Checks**



## Employment & Training Services Workshops and Opportunities



- **Steps to Economic and Personal Success (STEPS) Workshop**
  - o Boost your confidence
  - o Increase your motivation
  - o Enhance your goal setting skills
  - o Increase your employment opportunities
- **Job Search Workshop**
  - o Free computer and Internet access
  - o Create a Resume
  - o Master Applications
  - o Interview Skills
- **Income Improvement Workshop**
  - o Learn how to stretch your dollar
  - o Balance your checkbook
  - o Build your credit score
  - o Save for your future
- **Free High School Equivalency Classes**
- **Access to Free Online Courses**
- **Educational Tuition & Fees Assistance**

## Free Help

CFET provides free referrals and access to services to help you learn and cope with the stresses and challenges of daily life, attending school, and working.



- **Behavioral Health Counseling** - Referrals to individual and group sessions to help you and your family navigate life's stresses and help you reach your full potential.
- **Legal Services** - Information and referrals to help you with criminal record expungement, identity theft and credit repair, background checks, and driver's license issues.
- **Learning Needs Evaluations** - Testing and individualized assistance to help you successfully reach your educational goals.
- **Individualized Tutoring Assistance**
- **Free Coaching and Mentoring**

