

LIST OF LOCAL RESOURCES

SELF-HELP CENTER

If you do not have a lawyer, you can obtain assistance at the Court's Self-Help Center located on the first floor of the Monterey courthouse. The Self-Help Center offers workshops, forms, and general assistance on family law cases. Services are available in Spanish. You can come in person or go to their website to schedule an appointment at: <http://www.monterey.courts.ca.gov/SelfHelp/Default.aspx>

LOW COST LEGAL ADVICE AND FAMILY LAW LAWYERS

The Lawyer Referral Service (LRS) of the Monterey County Bar Association provides low-cost consultation referral to a pre-screened local attorney. LRS can recommend qualified lawyers who may be able to help you with your legal issues. You can have a 30 minute consultation with an attorney for \$40. Services are available in Spanish. You can contact LRS at: (831) 582-3600 or <http://www.montereycountybar.org/lrs.htm>

THE YWCA OF MONTEREY COUNTY

The YWCA of Monterey County is an agency with offices in Monterey and Salinas that helps with domestic violence education, prevention, and intervention services. They also provide assistance with filing restraining orders and in-court support. Services are available in Spanish. In Seaside: (831)655-9222; in Salinas (831) 422-8602; *24-hour crisis line: (831) 372-6300 for Monterey and (831) 757-1001 in Salinas.*

THE MONTEREY COLLEGE OF LAW

The Monterey College of Law (MCL) offers workshops where you can get help finishing your divorce or filing a restraining order against an intimate partner, spouse, family member, neighbor or co-worker. Services are available in Spanish. You can contact the college at (831) 582-5235 or schedule an appointment on-line at: <http://www.montereylaw.edu/services>.

FREE INTERNET HELP

There are many web sites where you can find assistance in completing forms and information about how to process your case. Here are some helpful sites:

California's Self-Help Center
www.courts.ca.gov/selfhelp

Department of Child Support Services
<http://mcdcss.org/>

Further Information
<http://www.lawhelp.org/>

Forms
www.courts.ca.gov/forms
<http://basic.cc-courthelp.org/index.cfm?pageid=5605&noheader=1>