

HELPING YOU HELP YOURSELF IN COURT



Did you know that Superior Courts in California offer free services to people who are handling some types of court cases without lawyers? They are called self-help services because they can help you help yourself. Self-help services won't provide representation for you in a courtroom. But they will help you understand and prepare for all the steps in managing your own case. Look for information in this issue about free self-help services in the Superior Courts of Fresno, Merced, San Joaquin, Stanislaus, and Tulare Counties.

■ Anyone Can Help Anyone Find Basic Help

www.NeedhelpNews.com ■

Needhelp® News



free
GRATIS

Suicide and Crisis

Hotlines/Líneas Directas
Call..... 1-800-784-2433
www.SuicideHotlines.com
Runaway/Jovenes que Huyen su Casa
Call..... 1-800-786-2929
www.1800runaway.org

Veterans/Veteranos
Call..... 1-800-273-8255
then press "1"

Child Abuse/Abuso de Menores
Call..... 1-800-422-4453

Programs that help maintain independence for

SENIORS

Los programas que ayudan a mantener la independencia de las personas de edad

1-800-677-1116
www.eldercare.gov

CHILDCARE

¿Necesita cuidado de niños en su área?

www.ChildCareAware.org

Helping Parents Keep Kids Safe and Off the Street

Ayudamos a los padres mantener a los niños seguros y fuera de la calle



Why not take your Little to lunch? You gotta eat, right?

Grieving?

You're not alone.

No está solo en su duelo

Busque un grupo en su area



www.GriefShare.org
Find a group in your area

Foster Parents

Make a Difference

Yes! Prospective foster parents can specify age and gender of children they want to care for.

Google "Foster Parent" and city or ZIP Code

Los Padres de Crianza Marcan la Diferencia

¡Sí! Los padres adoptivos potenciales puede especificar la edad y el sexo de los niños que quieren cuidar.



**BIG BROTHERS
BIG SISTERS**
Serving since 1904 - www.bbbsa.org



**BOYS & GIRLS CLUBS
OF AMERICA**
Serving since 1889 - www.bgca.org

American Red Cross
Take a course, donate blood, host a blood drive, volunteer
www.RedCross.org
1-866-438-4636

Disabled?

We can help you achieve and maintain your self-sufficiency and independence.

¿Tiene una discapacidad?

Podemos ayudarle a lograr y mantener su autosuficiencia y la independencia.

Centers for Independent Living

www.ilru.org

Click on "IRLU Directory of CILs/SILCs" then click on your state



P.A.L.
Police Activities League
Serving since 1940 - www.NationalPal.org
(561) 745-5535 (national office)

¿Necesita la alimentación?
Food Banks
www.FeedingAmerica.org

Deaf or Hard of Hearing? There is help. ¿Sordos o que no pueden oír bien?

Google "Deaf" or "Hard of Hearing" and city or ZIP Code

COMO ENCONTRAR AYUDA:

Google el nombre de la organización y de la ciudad o código postal

HOW TO FIND HELP:

Google name of the nonprofit organization and city or ZIP Code

Y.M.C.A.

Serving since 1844 - www.ymca.net
1-800-872-9622



Resources for Survivors of Sexual Assault and Family Violence

Recursos para Sobrevivientes del Asalto Sexual y Violencia Familiar

Domestic Violence
Violencia Doméstica

1-800-799-7233
www.ndvh.org

or

Google "domestic violence" and your city or ZIP Code

Rape Crisis
Crisis por Violación

1-800-656-4673
www.rainn.org

or

Google "rape crisis" and your city or ZIP Code

LLAME AHORA.
¡Hay ayuda para usted!

Your kids deserve a safe place.
Sus hijos merecen una lugar seguro.

CALL NOW.
There is help for you!

Unplanned Pregnancy?

All Services are FREE
All Calls Are Confidential

1-800-395-4357 | www.PregnancyCenters.org

¿Embarazo no planeado?

Ofrecemos servicios gratis que le ayudarán. Todas las llamadas son confidenciales.

We Help First-Time Parents Succeed

All services are free to first-time mothers.

Ayudamos a los padres primerizos exito

All services are free to first-time mothers.

www.NurseFamilyPartnership.org



BOY SCOUTS

Character, Citizenship, Fitness.
Caracteres, Ciudadanía, Salud.

www.scouting.org

GIRL SCOUTS

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

Girl Scouts ayuda a las niñas el valor, la confianza, y el carácter, que hacen del mundo un lugar mejor.

www.girlscouts.org



U.S. Conservation Corps for Youth

www.CorpsNetwork.org

Young Adults ages 16 to 24

Job Corps

www.jobcorps.gov | 1-800-733-5627

Workforce Connection

Google "Jobs" and ZIP Code

Needhelp®

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dale@NeedhelpNews.com

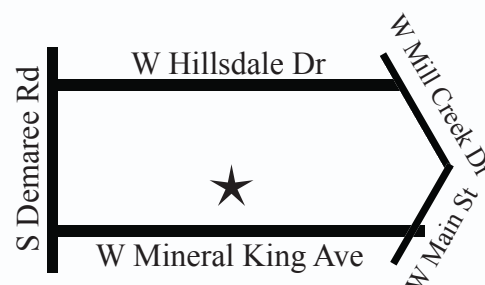
James Carrasco, *Sales/Graphics*
james@NeedhelpNews.com

Questions? Go to www.NeedhelpNews.com

Tulare Superior Court: Self-Help Services


- Family law cases such as divorce, child custody, child and spousal support
- Parentage
- Step-parent adoption
- Name change
- Expungement
- Guardianship and Conservatorship of the Person
- Limited assistance for domestic violence and civil harassment restraining orders

Tulare County Superior Court Self-Help Center
3400 W. Mineral King, Ste. C, Visalia
Mon - Thurs 8:30 a.m. - 4:30 p.m.
Fri 8:30 a.m. - 11:30 a.m.



www.tularesuperiorcourt.ca.gov





Catholic Charities USA
 Serving since 1910
www.CatholicCharitiesUSA.org

We work to support families, reduce poverty, and build communities.

Trabajamos para apoyar a las familias, reducir la pobreza y construir comunidades.



RESCUE MISSIONS
 Serving since 1872
www.agrm.org

When you feel you can't go on, you're not alone. We are here for you.

Cuando usted siente que no puede seguir así, no estás solo. Estamos aquí para usted.



THE SALVATION ARMY
 Serving since 1840
www.SalvationArmyUSA.org

Transforming human lives at the point of greatest need.

La transformación de la vidas humanas en el punto de mayor necesidad.

HOW TO FIND HELP: Google name of the nonprofit organization and city or ZIP Code

COMO ENCONTRAR AYUDA: Google el nombre de la organización y de la ciudad o código postal

Faces of Meth™
www.HIVtest.org | www.FacesOfMeth.us



1.5 years later 3 months later

- Methamphetamine destroys the mind and body. Meth creates psychosis and eats away at brain tissue. The body stops craving food, and only wants the drug.
- La metanfetamina destruye la mente y el cuerpo. La droga crea psicosis y corroe el tejido cerebral. El cuerpo deja de alimentos antojo, y que sólo quiere la droga.

Are you addicted to pornography? There is help for you.

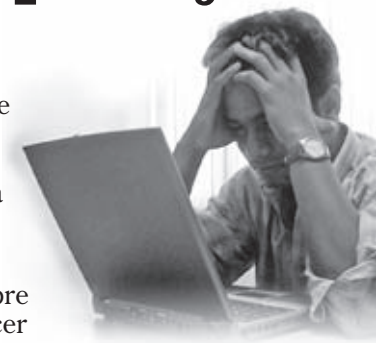
¿Adicto a la pornografía? Hay ayuda para usted.

- Sexual Addiction Test**
- Were you sexually abused as a child or adolescent?
 - Have sexual thoughts interfered with your ability to function at work or at school?
 - Have you failed to meet commitments or fulfill responsibilities because of your involvement with pornography?
 - Have you had sex regardless of the consequences, the threat of being caught, the risk of contracting herpes, gonorrhea, AIDS, etc.?
 - Have you had sex at inappropriate times, in inappropriate places, and/or with inappropriate people?

- Have you had an important relationship end because of your inability to stop looking at pornography and/or outside sexual activity?
 - Have you increased the risk you take online (giving out your name and phone number, meeting people offline, etc.)?
 - Confused about your sexual identity?
 - The spouse or parent of someone who is struggling with these issues?
 - A Christian leader searching for resources?
- Prueba la Adicción Sexual**
- ¿Fue usted sexualmente abusado de niño o adolescente?

- ¿Tienen pensamientos sexuales interferido con su capacidad para funcionar en el trabajo o en la escuela?
- ¿Ha incumplido compromisos o de cumplir con las responsabilidades debido a su implicación con la pornografía?
- ¿Ha tenido relaciones sexuales sin importar las consecuencias, el riesgo de ser detectado, el riesgo de herpes de contratación, la gonorrea, SIDA, etc?
- ¿Ha tenido relaciones sexuales en momentos inadecuados, en lugares inadecuados, y/o con la gente es inapropiado?

- ¿Ha tenido un fin importante relación debido a su incapacidad para dejar de mirar a la pornografía y/o la actividad sexual fuera?
- ¿Ha aumentado el riesgo de tomar en línea (dar su nombre y número de teléfono, conocer gente fuera de línea, etc)?
- ¿Confundido acerca de su identidad sexual?
- El cónyuge, padre o madre de alguien que está luchando con estas cuestiones?
- Un líder cristiano en busca de recursos?



- Recommend Reading**
- *Out of the Shadows* by Patrick Carnes, Ph.D
 - *Breaking Free* by Russell Willingham
 - *Relational Masks* by Russell Willingham

www.ExodusYouth.net
 Google "Celebrate Recovery Church" and ZIP Code

Making decisions about sex can be difficult, but dealing with everything that comes with it can be downright frightening.

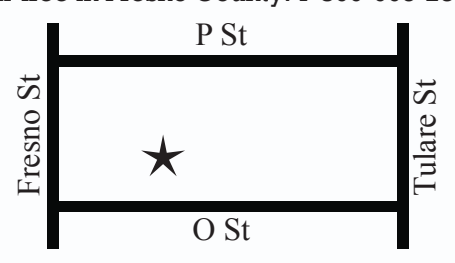
La toma de decisiones sobre el sexo puede ser difícil, pero en relación con todo lo que viene con él puede ser francamente aterrador.



Fresno Superior Court: Self-Help Services

- Family and children cases such as divorce, separation, child custody, visitation, support, and paternity
- Civil cases such as unlawful detainers, name changes, limited matters, and small claims
- Restraining orders for domestic violence, civil harassment, and elder abuse
- Guardianships
- Emancipations
- Step-parent adoptions

Self-Help Center at the B. F. Sisk Courthouse
 1130 O Street, Fresno
 Mon - Fri 8 a.m. - 4 p.m.
 Services provided on a first-come, first-served basis
 (559) 457-2000 or
 Toll-free in Fresno County: 1-866-665-2345



www.fresnosuperiorcourt.org

San Joaquin Superior Court: Self-Help Services

FAMILY LAW ISSUES:

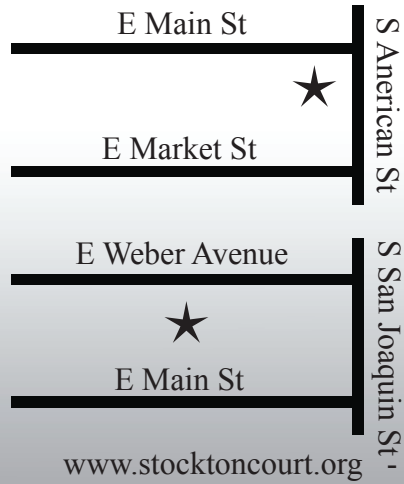
540 E. Main Street, Stockton
M – F, 8 A.M. - 3:30 P.M.

Closed at noon the first
Wednesday of each month.

UNLAWFUL DETAINER AND SMALL CLAIMS:

222 E. Weber Avenue, Stockton
M, T, Th, and F, 8 A.M. – 4 P.M.

Closed all day Wednesday and
one hour at lunch each day.



ASSISTANCE WITH

- All family law issues
- Name and gender changes
- Restraining orders
- Emancipations
- Step-parent adoptions
- Grandparent rights

LIMITED PHONE HELP

PHONE: (209) 468-8280
FAX: (209) 468-9676

ORIENTATIONS

- Guardianship of the Person – Every Thursday, 3 pm
- Conservatorship of the Person – 1st and 3rd Monday of the month, 1 pm

WORKSHOPS IN ENGLISH AND SPANISH (see website for dates and hours)

- Starting New Cases
- Responses
- Disclosures

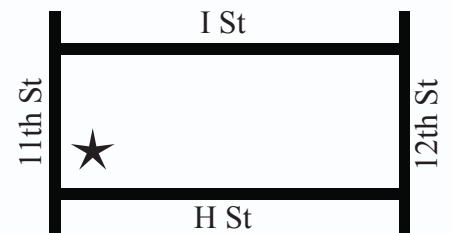
www.stocktoncourt.org

sballin@courts.san-joaquin.ca.us

Stanislaus Superior Court: Self-Help Services

- Family and children cases such as divorce, separation, child custody, visitation, and support
- Civil cases such as debt collection, personal injury, property damage, name change, eviction, and small claims
- Restraining orders
- Conservatorship and Guardianship of the Person
- Adoptions (step-parent & independent)
- Expungement of criminal records

800 11th Street, Room 220,
Modesto
Mon-Thurs 8 am to 3:30 pm
(closed Noon to 1 pm) & Friday
8 am to 12 noon
(209) 530-3299

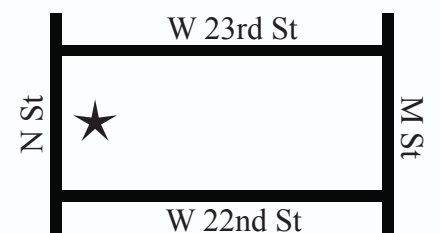


www.stanct.org - Self.Help@StanCt.org & SmallClaims.Advisor@StanCt.org

Merced Superior Court: Self-Help Services

- Family and children cases such as divorce, separation, child custody, visitation, and support
- Preparation of judgments/orders
- Civil cases such as unlawful detainer, general civil litigation inquiries, collection matters, and small claims
- Guardianships
- Step-parent and independent adoptions
- Small estate probates and spousal property confirmation proceedings
- Criminal record expungement

Tulare County Superior Court Self-Help Center
3400 W. Mineral King, Ste. C, Visalia
Mon – Thurs 8:30 a.m. - 4:30 p.m.
Fri 8:30 a.m. - 11:30 a.m.



www.mercedcourt.org

IMPORTANT POINTS ABOUT SELF-HELP SERVICES

- Court staff can only give you general information about case requirements, the legal system and the court process. They cannot give you legal advice. This means that they will not go to court with you, act as your lawyer, or tell you what you should do to win your case.
- Self-help services and information are available to everyone. That means that the other party in your case can also use online, in-person and telephone self-help services.
- There is no charge for using self-help services, but there may be a small fee for copies of instruction packets.
- Court forms are in English but there may be instructions in other languages to help you complete the forms.
- You must fill out your own court forms. Court staff cannot do this for you. But staff will review your completed forms to make sure they contain all the information the court needs to proceed with your case.
- Many courts offer free self-help workshops on a variety of topics. These classes are free and can help you understand the requirements of specific types of cases and how to navigate the court process successfully and confidently. Contact your local court to find workshops available in your area.
- You don't have to visit the court in person to obtain assistance. You can find helpful information and some court forms on the California Judicial Council website, www.courts.ca.gov/selfhelp.