

Tulare County Diabetes Resource List developed by the Tulare Alliance for the Management & Education of Diabetes (TAME)

Food Access						
Organization/Entity	Description	Cost	Language	Additional Info	Contact Number	Website
Summer Food Programs	List of sites in Tulare County where Summer Meal Programs take place	FREE	English/Spanish	Search by city/zip code		https://www.211tularecounty.org/summer-food-programs
Community Services Employment & Training (CSET)	Home Delivered Meals for homebound Seniors 60 and older	FREE	English/Spanish	Must be a homebound senior or homebound adult in senior housing. 60+	1-800-321-2462	www.cset.org/senior-services
Tulare County HHSa/CalFresh	Provides monthly benefits to help low-income households buy healthy and nutritious food.	FREE	English/Spanish	Must meet eligibility requirements	800-540-6880 Toll free	http://www.mybenefitscalwin.org/
FoodLink for Tulare County	Food Distribution/Food Pantries/Nutrition on the Go	FREE	English/Spanish	Nutrition on the Go Calendar/Food Pantry List	559-685-2100 Toll free	www.foodlinktc.org
FHCN Goshen Food Distribution	Food Distribution/Food Pantry	FREE	English/Spanish	every 3rd Wednesday of the month	559-741-4366	
Free /Low-Cost Online Physical Activity Classes						
Organization/Entity	Description	Cost	Language	Additional Info	Contact Number	Website
Lindsay Family Resource Center/Kaweah Health	Free Latin Rhythm Dance classes with a certified instructor	FREE	Spanish	Mondays, Tuesdays, and Fridays at 8:30 AM	559-667-3439	https://healthyindsay.org
Go4life	Tips on how to fit exercise into your daily life safely and get motivated to get moving!	FREE	English/Spanish			https://www.nia.nih.gov/health/exercise-physical-activity
Self-Directed Walk with Ease	The online walking tool offers a fully private environment where you can record key elements of the Walk With Ease program.	FREE	English			https://oaactionalliance.typeform.com/to/rsRlcf
Walk with a Doc Programs in Visalia (Kaweah) and Tulare (Altura)	Inspires communities through movement and conversation with physician led walking groups. Visalia meets in Blain Park 2ns Sat of the month and Tulare on 3rd Sat of the month	FREE	English	Walk on your own/New topic every Saturday	614-714-0407	www.walkwithadoc.org
Kaweah Health Hospital/Central Valley Network for Dance & Diversity	ZUMBA classes offered by licensed instructors.	FREE	English/Spanish	Classes are offered in Tulare County: Visalia, Dinuba, and soon in Tullare. Other counties: Madera, Fresno, Modesto, and Kern. For more information contact: Eustolia Zamora-Bonilla, Director	(559) 318-4147	ezamorab@kaweahhealth.org
Yoga in the Park Visalia	Free online yoga class on Saturday mornings at 10AM	FREE	English	Free yoga classes temporarily via Facebook		Facebook - Yoga in the Park Visalia
Bailoterapia Classes with FHCN Promotoras	Dance therapy classes with certified instructors in various locations (Farmersville, Visalia, Ivanhoe)	FREE	English/Spanish	for locations and times please contact Veroncia Sanchez	559-909-4202	fhcn.org
Free /Low-Cost Online Cooking Classes						
Organization/Entity	Description	Cost	Language	Additional Info	Contact Number	Website
Diabetes Meal plans	Online classes that include full recipes, cheats, and recipe options	FREE	English	Links to other recipes without videos as well		https://diabetesmealplans.com/7233/5-low-carb-diabetic-virtual-cooking-classes/
American Diabetes Association	No videos available but a wide variety of recipes	FREE	English/Spanish	Many quick meals and commonly used ingredients		https://www.diabetes.org/nutrition/meal-planning/quick-meal-ideas
NEOP with Family HealthCare Network	online cooking classes with easy to make recipes, recipes ingredients shared ahead of time so that you can follow along	FREE	English/Spanish	my plate recipes used for healthy nutritious options	559-967-2101	https://www.facebook.com/groups/579754696002150
Free Diabetes Support Groups						
Organization/Entity	Description	Cost	Language	Additional Info	Contact Number	Website
Kaweah Health Diabetes Support Group	An opportunity to learn more about diabetes self-care, resources and support/encouragement.	FREE	English & Spanish	Call for more information	559-624-2416	www.kaweahdelta.org/diabetes
Lindsay Family Resource Center/Kaweah Health	An opportunity to learn more about diabetes self-care, resources and support/encouragement.	FREE	English & Spanish	Call for more information	559-667-3439	https://healthyindsay.org
Free/Low-Cost Online Diabetes Prevention or Diabetes Self-Management Classes						
Organization/Entity	Description	Cost	Language	Additional Info	Contact Number	Website
CA Healthier Living Coalition	Evidence Based Programs (Chronic Diseases, Diabetes, Pain, etc.)	FREE	English/Spanish	A variety of workshops online to choose from		https://www.cahealthierliving.org/programs/
Lindsay Family Resource Center/Kaweah Health	Diabetes Self-Management Program (For city of Lindsay residents only)	FREE	English/Spanish	A 7 week Program included a visit with a Pharmacist and Physical Activity Opportunities.	559-562-8292	https://healthyindsay.org
Kaweah Health Community Outreach Dept.	Chronic Disease Self-Management Program	FREE	English/Spanish	A 6 week workshop via Zoom or conference call	559-624-2416	www.kaweahdelta.org/diabetes
Kaweah Health Community Outreach Dept.	Diabetes Self-Management Program	FREE	English/Spanish	A 6 week workshop via Zoom or conference call	559-624-2416	www.kaweahdelta.org/diabetes
Kaweah Health Outpatient Diabetes Center	Diabetes Education with a Certified Diabetes Educator. One on one visits with physician referral	Health Insurance	English/Spanish	Call for information on scholarships	559-624-4080	https://www.kaweahhealth.org/our-services/diabetes/
Kaweah Health Outpatient Diabetes Center	Sweet Success Program for gestational diabetes with a Certified Diabetes Educator. One on one visits with physician referral	Health Insurance	English/Spanish	For gestational diabetes	559-624-4080	https://www.kaweahhealth.org/our-services/diabetes/
Family HealthCare Network Diabetic Clinic	all encompassing appointment to address pre diabetic or recently diagnosed diabetes needs. (must be FHCN patient)	Health Insurance	English/Spanish	Available in Visalia and Porterville	1-877-960-3426	fhcn.org
Diabetes Prescription Assistance (Rx)						
Organization/Entity	Description	Cost	Language	Additional Info	Contact Number	Website
RX Outreach	Rx Outreach is a non-profit pharmacy making medications affordable for you and your family	FREE	English/Spanish		1-888-796-1234	https://rxoutreach.org/
Needy Meds	Find help with the cost of medicine	FREE	English/Spanish		HELPLINE (800) 503-6897	https://www.needymeds.org/
The Patient Advocate Foundation	Provides direct services to patients with chronic, life threatening and debilitating diseases to help access care and treatment recommended by their doctor.	FREE	English/Spanish	Help with co-pays and financial aid funds for medically related expenses to those who qualify.	1-800-532-5274	https://www.patientadvocate.org/

Diabetes Device (Glucose monitor) Assistance						
Organization/Entity	Description	Cost	Language	Additional Info	Contact Number	Website
Dexcom	A continuous glucose monitoring system with multimedia resources available	FREE	English/Spanish	A variety of resources to choose from on their website and 24/7 customer support numbers	1-844-607-8398	https://dexcom.custhelp.com/app/callbackform
FreeStyle Libre	A continuous glucose monitoring system with multimedia resources available	FREE	English/Spanish	A variety of resources to choose from on their website and phone assistance 7days/week 8am-8pm EST	1-855-632-8658	https://www.freestylelibre.us/support/overview.html
FreeStyle	Various diabetes management products. Online options to choose your specific system/device	FREE	English/Spanish	A variety of product options to choose from with corresponding support services and contact numbers	Multiple options on website	https://www.myfreestyle.com/customer-support
One Touch	Various meters and monitoring systems with multimedia resources. Online options to choose your specific system/device	FREE	English/Spanish	Phone and website contact information for a variety of devices available 7 days/week 8am-8pm EST	1-800-227-8862	https://www.onetouch.com/support
Accu-Chek	Various diabetes management products and monitoring systems. Online options to choose your specific system/device	FREE	English/Spanish	Phone, online chat, and email options. Various support phone numbers for issues listed on support page	Multiple options on website	https://www.accu-chek.com/support?category=746
Omnipod	Insulin management system with online and call support	FREE	English/Spanish	24/7 online and telephone Customer Care support	1-800-591-3455	https://na.myomnipod.com/contact
Free/Low-Cost Mental Health Resources						
Organization/Entity	Description	Cost	Language	Additional Info	Contact Number	Website
Tulare County Warm Line	We are ready to listen when you are ready to talk. The line is available 24/7.	FREE	English/Spanish	The Warm Line is a number you can call when you need to speak with someone who will listen to your concerns without judgment or criticism.	1 (877) 306-2413 (Toll-free)	https://tchsa.org/eng/mental-health/community-warm-line/
National Suicide Prevention Lifeline	Suicide prevention crisis line. There is no physical address.	FREE	English/Spanish		1-800-273-8255	https://tchsa.org/eng/mental-health/suicide-prevention/
FHCN Behavioral Health Services	Psychiatrist, licensed psychologists and licensed clinical social workers available		English/Spanish	Teaching, promoting and supporting behaviors that will have a positive impact on a person's health (emotional, physical, social, spiritual, psychological)	1-877-960-3426	fncn.org
General Assistance or Information						
Organization/Entity	Description	Cost	Language	Additional Info	Contact Number	Website
CSET (Community Services & Employment Svs)	CSET is a community action agency working to reduce the causes of poverty.	FREE	English/Spanish	Rental, Mortgage, energy assistance, Senior Meals, Tax Preparation, workforce development and much more.	Tel. (559) 732-4194	https://www.cset.org/covid-19
Proteus Inc. Visalia	Provides education, job training, job placement, and other support services to farm working families and other program participants.	FREE	English/Spanish	Comprised of six (6) divisions that include Education, Farmworker, Youth, Adult, Energy, and Foster Family Agency.	Toll Free: (888) 776-9998	http://2018.proteusinc.org/
United Way of Tulare County	Provides assistance with rent, utilities, food, college and census. Their 211 line connects people to local resources.	FREE	English/Spanish	Must meet eligibility requirements	(559) 685-1766	https://www.unitedwaytc.org/
Tulare County Family Resource Network	Case Management, parenting, mental health, resource and referral, linkages and more	FREE	English/Spanish			https://tcfrcn.org
Tulare County Library Branches	Books, online resources, ebooks, blood pressure kits, and more for information and learning about healthy living.	FREE	English/Spanish	Must have a free library card to borrow material or use online resources.	559 713-2700	https://www.tularecountylibrary.org
Community Health Department at Family HealthCare Network	Staff available to assist with enrollment into programs such as Covered CA, Medical, CalFresh, and other application assistance.	FREE	English/Spanish	Knowledgeable in resources offered by other organizations and can refer to services such as food, housing, clothing and more	559-741-4366	