

TAD Office

Locations

Adelanto	10875 Rancho Rd. Adelanto
Apple Valley	13886 Central Rd. Apple Valley
Barstow	1900 E. Main St. Barstow
Colton	1900 W. Valley Blvd. Colton
Del Rosa	1895 Del Rosa Ave. San Bernardino
Fontana	7977 Sierra Ave. Fontana
Hesperia	9655 9th Ave. Hesperia
Needles	1090 E. Broadway St. Needles
Ontario	1647 E. Holt Blvd. Ontario
Ontario Medi-Cal Office	1627 E. Holt Blvd. Ontario
Rancho Cucamonga	10825 Arrow Rte. Rancho Cucamonga
Redlands	1811 W. Lugonia Ave. Redlands
Rialto	1175 W. Foothill Blvd. Rialto
San Bernardino	265 E. Fourth St. San Bernardino
San Bernardino	2740 Little Mountain Dr. San Bernardino
Twentynine Palms	73629 Sun Valley Dr. Twentynine Palms
Victorville	15010 Palmdale Rd. Victorville
Yucaipa	32353 Yucaipa Blvd. Yucaipa
Yucca Valley	56357 Pima Trail Yucca Valley



CalFresh

Able-Bodied Adults Without Dependents (ABAWD)

The **Transitional Assistance Department (TAD)** is committed to serving individuals and families in need by helping them access financial, nutritional, and medical assistance while empowering them to achieve self-sufficiency. We strive to create a welcoming and inclusive environment as diverse as the community we serve, where cultural practices are embraced and every individual experiences a sense of belonging, prosperity and opportunity. This pursuit requires openness, humility, and dedication, ensuring services are delivered with integrity, respect and excellence.

For additional CalFresh information, scan the



Transitional Assistance



wp.SBCounty.gov/tad

TAD 411 AB (04/26)



Able-Bodied Adults Without Dependents (ABAWD)



What is the ABAWD Time Limit?

The ABAWD time limit is a federal rule that limits how long ABAWDs can receive CalFresh benefits without meeting certain work and community engagement requirements. ABAWDs are limited to three full months of CalFresh benefits every 36-months (three years). ABAWDs may receive benefits for longer than three months if they:

- Meet work and community engagement requirements, or
- Are exempt from participating

How to meet ABAWD work and community engagement requirements?

An ABAWD is able to meet the work requirement by participating 20 hours a week or 80 hours a month in the following activities:

- Employment
- Qualifying work activities, such as the Employment and Training (E&T) program
- Community service, or
- Volunteer work

Who is considered an ABAWD?

An ABAWD is a person:

- Between the ages of 18 and 64
- Physically and mentally able to work
- Does not reside in a CalFresh household with a child under age 14

Who is not considered an ABAWD?

A person is not considered an ABAWD if:

- Under 18 or over 64
- Resides in a CalFresh household with a child under age 14, or
- Excused from the general CalFresh work rules

Exemptions

An ABAWD is exempt from time limit requirements if meeting one of the following:

- **CalFresh Work Registration (CFWR) exemptions:**
 - Physically/mentally incapacitated
 - Caregiver of dependent child under age six
 - Caring for a mentally/physically impaired person
 - Applied for or receiving unemployment
 - Drug/alcohol program participant
 - Have earnings equal to the federal minimum wage when multiplied by 30 hours
 - Student enrolled half-time or more
 - Welfare-to-Work (WTW) participant

Exemptions continued...

- **ABAWD time limit exemptions:**
 - Pregnant
 - Participating in an Office of Refugee Resettlement (ORR) training program
 - An Indian whether:
 - > Urban Indian
 - > California Indian
 - > Other Indian eligible for Indian Health Services
 - Medically certified as unfit to work
 - Obviously unfit to work



**To ask about your current benefits,
call our Customer Service Center:
877-410-8829**



**To apply for benefits visit:
[BenefitsCal.com](https://www.BenefitsCal.com)**