

North Area Resources

Children

CPS-Child Protective Services P.O. Box 269057 Sacramento, CA 95826	875-KIDS (5437)
Child Action 9961 Florin Rd. Sacramento, CA 95827	
Childcare Provider lists CalWorks Stage II	369-0191 361-0511 ext.13
Birth and Beyond 6015 Watt Ave. Ste#2 North Highlands, CA 95660 Family supportive services for pregnant and families with 0-3 month old children	679-3925
Parent Support Line	1-888-281-3000 24-hour line
Children's Crisis Nursery 6699 South Land Park Drive Sacramento, CA 95831 Temporary shelter for children whose parents are in crisis	394-2000 24-hour parents stress line
SETA Headstart 925 Del Paso Blvd. Sacramento, CA 95815	263-3804
Healthy Start San Juan Schools 400 Bell Street Ste#G4 Sacramento, CA 95838	566-2164
Beanstalk 3325 Myrtle Ave. North Highlands, CA 95660 Subsidized Child Care Program for Low income families and special needs children	344-6259
Immunization Assistance	

4600 Broadway Sacramento, CA 95820	874-9670
7171 Bowling Drive Ste.#300 Sacramento, CA 95823	875-0802
California Children's Services Services for children with physical disabilities	875-9900
Children's Receiving Home of Sacramento 3555 Auburn Blvd. Sacramento, CA 95821	482-2370
Clothing	
Lily Pad Boutique 4755 Manzanita Ave. Sacramento, CA 95621 Used clothing for plus size women	484-3000
Clothes Closets	
San Juan High School 7551 Greenback Lane. Sacramento, CA 95841	In trailer behind school; for SJSD families only . Must pick up referral form from any school in the SJUSD first. Tues./Wed 9am-Noon
St. Vincent DePaul Thrift Stores 139 Riverside Ave. Roseville, CA 95678	781-3303
6105 Sunrise Vista Ave. Sacramento, CA 95610 Call Tue./Thurs. 10am-3pm For clothing voucher(good for one outfit at thrift store)	972-1212
Hillsdale Career Center 5655 Hillsdale Blvd. Ste.#8 Sacramento, CA 95842	263-4100 Job interview/work clothing only. Call for appointment

Counseling

Access Must be on Calworks/Medi-Cal except Kaiser and Western Health providers. 2150 Stockton Blvd. Sacramento, CA 95820	875-1055 Opt.2 (Adult Referrals) Opt.3 (Child Referrals)
White House Counseling Center 6147 Sutter Ave. Carmichael, CA 95608	971-7640 For families of SJUSD sliding scale
New Horizons Counseling Center 3300 Walnut Ave. Carmichael, CA 95608	485-1211 Sliding scale
CSUS Psychological Center 6000 J St. Sacramento, CA 95819	278-6887
Catholic Social Services New Pathways 5890 Newman Crt. 2 nd floor Sacramento, CA 95819	452-7481 Counseling for adults, children & families
Domestic Violence/Anger Control/Rape	
Domestic Violence Intervention Center of Citrus Heights 7250 Auburn Blvd. Citrus Heights, CA 95610	728-7210 24-hour crisis line
WEAVE 1900 K st. Sacramento, CA 95816	920-2952 24-hour crisis line
Restraining Orders 3341 Power Inn Rd Sacramento, CA 95826	875-3400
Victim Witness 901 G st. Sacramento, CA 95814	874-5701

Peace for Families-Placer County
P.O. 4208
Auburn, CA 95604
1-800-575-5352 24-hour
crisis line

Employment Services

Sacramento Works One-Stop Career Centers
5655 Hillsdale Blvd.
Sacramento, CA 95842
263-4100

7640 Greenback Lane
Citrus Heights, CA 95610
676-2540

10665 Coloma Rd. Ste#200
Rancho Cordova, CA 95670
942-2165

3725 Marysville Blvd.
Sacramento, CA 95838
286-8600

Unemployment Insurance
1-800-300-5616

CalJobs
www.caljobs.ca.gov

Food

Del Paso Heights Food Locker
411 Hayes Ave.
Sacramento, CA 95838
927-6981
USDA food/commodities
1x/month. Serves:95815 &
95833-95838. 3-5 day food
supply bag:95626,95660 &
95673

WIC-Women, Infants and Children Nutrition
7636 Greenback Lane
Citrus Heights, CA 95601
326-5830 Call for all
locations in Sacramento

5655 Hillsdale Blvd.
Sacramento, CA 95660

St. Philomene Parish
2428 Bell St.
Sacramento, CA 95825
481-6757
Dinner served Tuesdays
6-7pm

Wellspring Women's Center
2414 Fourth Avenue
Sacramento, CA 95817
454-9688
Breakfast
M – F: 7:30am – 11:30am

St. Vincent DePaul
781-3303

139 Riverside Ave.
Roseville, CA 95678

Free meals Sundays 2:30-
4:00pm Tues.-Thurs. & Sat.
12pm-1:30pm

Food Closets

Sunrise Christian Food Ministry
5901 San Juan Ave.
Citrus Heights, CA 95610

965-5431
M-F 11:30-3:00pm
Serves: 95610, 95621 &
95628

Carmichael Presbyterian Church
5645 Marconi Ave.
Carmichael, CA 95608

483-9232
Serves:95608, 95610, 95621,
95660,95821, 95825, 95841
& 95842

Carmichael Adventist Community Services
4600 Winding Way
Sacramento, CA 95841

Weds. 9am-Noon Food &
clothing services. Serves:
95608, 95609, 95610, 95621,
95840, 95841, 95821

North Highlands Food Ministry
6125 Watt Ave.
North Highlands, CA 95660

331-1510
Serves:95660, 95842 &
95843. Mon.-Wedn. 9:30am-
Noon

Orangevale Seventh-Day Adventist Church
5810 Pecan Ave.
Orangevale, CA 95662

967-2838
Tuesdays 9am-Noon
Serves:95662 Clothes also
avail.

Rio Linda Community United
Methodist Church
6800 6th St.
Rio Linda, CA 95673

991-1638
Mon & Thurs. 10am-Noon
Serves:95673 & 95626

Sacramento Food Bank Services
3333 Third Ave.
Sacramento, CA 95817

456-1980
Walk-in Mon.-Thurs.
10am-2pm Formula/Food for
Infants. Free clothes 1x/mon.

Furniture

Our Lady of Lourdes
1951 North Ave.
Sacramento, CA 95838

925-5313
Call for furniture vouchers

Health Clinics

Capitol Health Clinic 1500 C st. Sacramento, CA 95814	874-5302
Chest Clinic 4600 Broadway Sacramento, CA 95820	874-9823
Del Paso Health Clinic 3950 Research Dr. Sacramento, CA 95838	648-0970
Dental Clinic 1500 C st. Sacramento, CA 95814	874-8300
Hope Well Child Clinic 4401 44 th st. Sacramento, CA 95820	874-1455
Mary House Well Child Clinic 4401 Power Inn Rd. Sacramento, CA 95814	874-1455
Mercy/Loaves and Fishes Clinic 1321 North C st. Sacramento, CA 95814	446-3345
Northeast Health Clinic 7508 Auburn Blvd. Citrus Heights, CA 95610	969-2724
Oak Park Health Clinic 3415 Martin Luther King Jr. Blvd. Sacramento, CA 95817	875-2995
Primary Care Clinic 4600 Broadway Sacramento, CA 95820	874-9670
Sacramento Life Center 930 Alhambra Blvd, Suite 210 Sacramento, CA 95816	451-4357 M: 9-6pm T-F: 9-5pm

Homeless Shelters/Transitional Programs

Sacramento Emergency Housing Center	
Family Shelter Program	455-2160
Women's Refuge Program	455-0415
Transitional Housing Program	453-2900
Mather Community Campus	
10626 Schirra Ave.	
Mather, CA 95655	
Singles	228-3107
Families	455-2194
Travelers Aid-Emergency Assistance Agency	399-9646
2251 Florin Rd.	Assist with rent payment
Sacramento, CA 95822	
Salvation Army, Social Services	442-0331
1200 North B st.	Mon.-Fri. 1pm Sign up for
Sacramento, CA 95814	housing-waiting list
St.John's Shelter for Women and Children	453-1482
4410 Power Inn Rd.	Walk-in or referral for
Sacramento, CA 95826	housing
Department of Human Assistance	874-2012
1725 28 th st.	Housing situations & shelters
Sacramento, CA 95816	
Loaves & Fishes	446-0874
1321 North C st.	Housing assistance and food
Sacramento, CA 95814	
Home Start	782-6667
410 Riverside Ave.	One-year transitional
Roseville, CA 95678	program for families
Powerhouse Ministries	983-0658
705 Wales Drive	
Folsom, CA 95630	
New Beginnings Shelter	781-3303
(through St. Vincent de Paul Social	
Services)	
Housing	
HUD-Department of Housing and Human	440-1319
Development	listings for apartments and

630 I st. Sacramento, CA 95814	affordable homes
Human Rights/Fair Housing Commission Citrus Heights Fair Housing Commission 6237 Fountain Square Dr. Citrus Heights, CA 95621	444-0178 725-2448
Sacramento Housing and Redevelopment Agency Conventional Housing Program & Housing Choice Voucher Program 701 12 th st. Sacramento, CA 95814	440-1390 www.shra.org
Roseville Economic and Community Services 311 Vernon St. Roseville, CA 95678	774-5270 Listings for lower income housing in Roseville & Rocklin area
Sacramento Self Help Housing 1321 C st. Sacramento, CA 95814	341-0593 Walk-ins: Mon.-Fri. 9am- Noon. Assist homeless people find housing
City of Citrus Heights SHRA First Time Home Buyer Assistance	452-5361 ext.27
In-Home Supportive Services 4875 Broadway Sacramento, CA 95820	874-9471
Tenant/Landlord Issues	
California Department of Fair Employment And Housing	1-800-700-2320
Mental Health/Drug/Alcohol	
County Mental Health Treatment Center Alcohol and Drug Services Health Officer Mental Health Services Senior and Adult Services	875-2050 875-5881 875-7070 874-9598
County Drug and Alcohol Treatment Center 4875 Broadway Sacramento, CA 95820	874-9754 Walk-ins welcome

Alcoholics Anonymous	454-1100 24-hour line
Narcotics Anonymous	732-2299 24-hour line
Strategies for Change-Chemical Dependency Center for Women 1507 21 st st. Sacramento, CA 95814	448-2591
The Effort-Woman's Counseling Center 1820 J st. Sacramento, CA 95814	325-5556
Options for Recovery-Alcohol and Drug treatment center for pregnant or Parenting women 7001 East Parkway Ste.#500 Sacramento, CA 95823	875-2040
Suicide Prevention Crisis Line Sacramento Roseville Auburn	368-3111 773-3111 530-885-2300
Health Rights Hotline 319 12 th st. Sacramento, CA 95814	1-888-354-4474
Pregnancy/Women's health	
Sacramento Life Center 3701 J st. Ste. #220 Sacramento, CA 95816	451-4357
Crisis Pregnancy Center of Sacramento 2628 El Camino Ave. Ste.# B-1 Sacramento, CA 95821	972-0220
Women's Health Specialists 1750 Wright St. Ste.#1 Sacramento, CA 95825	451-0621 Spanish:1-800-714-8151

Mother's Support Network
2460 Avalon Dr.
Sacramento, CA 95864

971-4860

Sacramento-Fruitridge Health Center
5385 Franklin Blvd. Ste.#A-D
Sacramento, CA 95820

452-7305
walk-ins welcome

Social Security

Social Security Office
2444 Marconi Ave.
Sacramento, CA 95821

979-2019

Transportation

Regional Transit

321-BUSS (2877)

Roseville Transit

774-5757

Consumer Assistance Program
Smog Check Repair Assistance
Vehicle Retirement

1-866-272-9642

Utilities/Phone

Home Energy Assistance Program (HEAP)
250 Harris Ave. Ste.A
Sacramento, CA 95838

567-5200

Salvation Army
1225 North B st.
Sacramento, CA 95814

442-0303
assistance with PG&E and
SMUD

Reduced Rate Utility Programs

SMUD Energy Assistance Program
6301 S st.
Sacramento, CA 95817

1-866-675-6624

AT&T/SBC Helpline

1-800-310-2355

PG&E Care Program

1-800-743-2273

Youth Services/Parent Support

Neighborhood Alternative Center 3201 Florin-Perkins Rd. Sacramento, CA 95826	876-5352 Juvenile drop-off for minor infractions
Diogenes Youth and Family Services Center Youth Counseling 9837 Folsom Blvd Ste. L Sacramento, CA 95827	363-9943 363-0063 24-hour hotline
Youth Crisis Line	1-800-843-5200
Parent Support Line	1-888-281-3000
North Area Teen Center 6320 Fair Oaks Blvd. Carmichael, CA 95608	486-9893
Sacramento Crisis Nursery North 4533 Pasadena Ave. Sacramento, CA 95821	679-3600