

**2014–2015  
FAMILY RESOURCE  
GUIDE**



**Organized by:**

**Twin Rivers Unified School District  
Student Services Department  
Child Welfare & Attendance**

The Family Resource Guide is designed to connect families of our school community with resources that help in times of need. The GUIDE is made possible through the Twin Rivers Unified School District . There are many additional services located throughout Sacramento County and the surrounding areas that residents may want to turn to for help. Please call *InfoLine Sacramento* at **498-1000 or 211** for more options.

Before making your phone call for a particular service, you may want to write down:

- **WHO** do you want to talk to?
- **WHAT** information do you want to know, or
- **WHY** do you need this service
- **REMEMBER** if this particular service is unable to assist you, can they make a referral to someone who can?

**Some programs in this Guide may have limited their services due to budget cuts. If you find that a service is no longer available, or that the phone number has changed, please phone the Student Services Department at 566-1615, so that corrections can be made for the next publication of this Guide.**

**Note: *The resources provided in this guide are referrals only. They are not recommendations.***

### **Frequently Used Numbers**

**Name**

**Phone Number**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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*All phone numbers listed are in the (916) area code  
Unless otherwise indicated.*

# EMERGENCY PHONE NUMBERS



**POLICE, SHERIFF, FIRE, AMBULANCE**

**911**

**TWIN RIVERS USD POLICE**

**566-2770**

Adult Protective Services

874-9377

Child Abuse Bureau (Sac County Sheriff)

874-5191

Child Find Hotline

(800) IAMLOST (426-5678)

Child Protective Services (CPS)

875-KIDS (5437)

County Mental Health Crisis Line (24 hour)

732-3637

Crisis Nursery (Help for Parents/Families in Crisis)

394-2000 South/ 979-9400 North

Diogenes Youth Crisis Hotline (Teenagers)

(800) 339-7177

National Runaway Switchboard

(800) RUNAWAY (786-2929)

Parent Support Line (Crisis)

(888) 281-3000

Poison Control Center

(800) 876-4766

Pregnancy Hotline

451-2273

Speech to Speech (Assistive Communication Service)

711

Suicide Prevention Crisis Line

368-3111

Safely Surrendered Baby Info Line

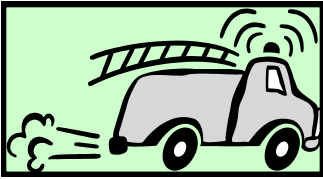
(866) 856-BABY (2229)

Youth Crisis Hotline

(800) 843-5200

WEAVE Hotline (Domestic abuse)

920-2952



# NON-EMERGENCY PHONE NUMBERS

**INFOLINE SACRAMENTO**

**498-1000**

Alcoholics Anonymous

454-1100

Alanon / Alateen (Family/friend of alcoholic) Info Line

334-2970

Child Abuse Prevention Council

244-1900

Diogenes Youth Services

369-5447

Nar-Anon (Family/friend of substance abuser) Info Line

(800) 477-6291

Narcotics Anonymous

(877) 623-6363

California Smokers' Helpline Want to Quit Smoking?

(800) NOBUTTS (662-8887)

Sheriff Non-emergency

874-5115

Sheriff's Community Service Center  
2500 Marconi Ave., Sac, 95821

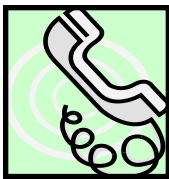
876-5700

Victim / Witness Center

874-5701

WEAVE (Domestic Violence)

448-2321



# FOOD RESOURCES

**Food Stamps/Asst.**  
 Dept. of Human Assistance  
 1725 28th St  
 Sacramento

**874-2072**

Low income families, most languages, CALWORKS, general assistance, and non-assistance food stamp continuation services.

**Friendship Park**  
 1300 North C Street  
 Sacramento

**443-7378**

Free breakfast for women and children at 8 am Monday-Friday.



**The Way Ministries**  
 5132 Elkhorn Blvd.  
 Sacramento

**470-0408**

Call for information and details

**Loaves & Fishes**  
 Dinning Room  
 1321 North C Street  
 Sacramento

**446-0874**

Lunch is served 7 days a week, 11:30 am- 12:30 pm

**Sacramento Food Bank & Family Services**  
 3308 Third Avenue  
 Sacramento 95817

**456-1980**

Call for hours & locations  
 Provides 3 to 5 days of take home groceries. Must provide photo ID & proof of address.

**North Highlands Food Ministry**  
 First Baptist Church  
 6125 Watt Avenue  
 North Highlands

**331-1510**

Food give away on Mon., Tues. & Wed. from 9:30 am—Noon. One food basket per month. ID & proof of address (utility or telephone bill) is needed each time you come. Serving zip codes: 95660, 95842, 95843

**Our Lady of Lourdes**  
 1951 North Ave.  
 Sacramento 95838

**925-5313**

You must register Tuesday at 10:30 am for food pick up between 11 am & 12 pm. Proof of address & ID are required. Serves zip codes 95673, 95626, 95838.



## FOOD RESOURCES *Continued...*

**Rio Linda/Elverta Food Closet**      **991-1638**      One food basket per month. ID & proof of residency are required.  
6800 Sixth St.  
Rio Linda 95673      Thursday 10 am—12 pm.  
Serves residents of Rio Linda & Elverta

**River City Food Bank**      **446-2627**      A three-day supply of emergency food, offered once a month. This includes baby food and formula, if needed.  
1322 27th St.  
Sacramento      Hours 11:30 am - 3 pm M-F

**Salvation Army**      **678-4010**      One food basket per month. Proof of residence (SMUD or PGE bill) & ID required. T/W/Th 9 am—3 pm  
4350 Raley Blvd., Ste. 200  
Sacramento 95838      Must provide proof of income for household.



**WIC**      **876-5000**  
811 Grand Ave., #1  
Sacramento 95838

Women, Infants and Children Program provides food for pregnant and nursing mothers. Infants and children under 5  
Call for details  
M—F 8:15 am—5:00 pm.

**Carmichael Food Closet**      **483-9232**      Open Monday thru Friday. Call in food orders between 10:00 am and 12:00 pm. Pick up food orders between 2:00 pm and 3:30 pm. Serving zip codes—95608, 95610, 95621, 95864, 95841, 95821, 95628, 95825  
5645 Marconi Ave  
Carmichael, CA 95608      **Closed Holidays**



## CLOTHES CLOSETS

**Union Gospel Mission**  
400 North Bannon Street  
Sacramento CA 95815

**447-3268**

Call for Information and Details

**New Testament Baptist Church**  
6746 34th Street  
North Highlands 95660

**344-0440**

Call for Information and Details

**Sacramento Clothes Closet**  
3333 Third Avenue,  
Sacramento 95817

**456-1980**

M/T/Th/F - 10 am to 1:30 pm  
Wed.—4 pm to 7 pm  
Limited to once, monthly. Free.



## THRIFT SHOPS

**Deseret Industries**  
3000 Auburn Blvd.  
Sacramento

**482-1480**

**Goodwill Industries**  
4401 Elkhorn Blvd. Sac 95842

**332-2294**

2502 Watt Ave @ El Camino

**480-9002**

4207 Norwood Ave., Sac 95838

**649-2518**

**Thrift N More**  
3000 Northgate Blvd. Ste C  
Sacramento 95833

**459-7666**

**Thrift Town**  
410 El Camino Ave.  
Sacramento 95815

**922-9942**



LOW IN-  
COMEHOUSING

**CHOC (Community Housing Opportunities Corporation)**

*Danbury Park Apartments*  
7840 Walerga Road  
Antelope 95843  
[www.chochousing.net](http://www.chochousing.net)

**725-7385**  
**Or**  
**(530) 757-4444**

Affordable apartments through CHOC.. .

**Lowincomehousing.com**

**NA**

Listing of low income housing in all areas.

**Mercy Housing of Sacramento**  
[www.mercyhousing.org](http://www.mercyhousing.org)

**414-4400**

Call for availability status and information about the program.

**Sacramento Self Help Housing**  
[www.sacselfhelp.org](http://www.sacselfhelp.org)

**341-0593**

Call to complete in-take process. Housing counseling and Referrals for the homeless. No fee. Hours 9 am - 5 pm

**Sacramento Yolo Mutual Housing Association**  
8001 Fruitridge Rd.  
Sacramento 95820

**453-8400**

Provides assistance in seeking affordable or income based housing.

**Salvation Army**  
Rental Assistance Program

**678-4050**

Must have a 3 day pay or quit notice & be on rental agreement.

**SHRA**  
(Sacramento Housing & Redevelopment)  
[www.shra.org](http://www.shra.org)

**444-9210**

Housing Choice Vouchers (formerly Section 8). Call for information.

**YWCA**  
1122 17th Street  
Sacramento 95811

**264-8066**

Low-income women's residency program. Rooms for rent. No children. Walk-in to apply. Possible waiting list.





**EMERGENCY HOUSING / SHELTERS**

**WIND Youth Services**  
701 Dixie Ave.  
Sacramento 95815

**Office: 369-5447** Emergency housing for youth ages 14 to 17 who have run away, been pushed out of their homes, or simply need time to “cool off” for a few days.  
**Hotline: 1-800-339-7177**  
(24 hour)  
**Center**  
561-4900

**Francis House**  
1422 C Street  
Sacramento 95814

**443-2646** Counseling, IDs, bus tokens, employment assistance, etc.  
Call for Details

**Friendship Park**  
1321 North C Street  
Sacramento

**443-7378** Breakfast, recreation activities, phones, library, showers, laundry, and more.

**INFOLINE SACRAMENTO**

**498-1000** For referrals to housing programs in the Sacramento area.

**Loaves & Fishes**  
1351 North C Street  
Sacramento

**446-0874** Help to the homeless in finding shelter, food and health care. Walk-in service. Near bus line; light rail; has parking.  
Hours: 7 am-2:30 pm

**Lutheran Social Services**  
3734 Broadway Ave  
Sacramento 95817

**453-2900** Housing & case-management services for homeless families, transitional housing programs, also transitional & supported housing for former foster youth and transition age youth.

**Maryhouse**  
1321 North C Street  
Sacramento

**446-4961** A hospitality center for homeless women and children only. Hot breakfast program.  
Hours: M-F 8 to 2

**Next Move**

**455-2160**  
*Family Shelter* 30 day shelter that accepts 2 parent families, single fathers & sons over age 14. Phone interviews only. Possible waiting list.

**Next Move**

**455-2190**  
*Women's Refuge* 30 day housing, meals and transportation for single women. Phone interviews only. Possible waiting list.

**EMERGENCY HOUSING /  
SHELTERS**  
(continued)



**Salvation Army Shelter**

1200 N. B Street  
Sacramento 95814  
[www.salvationarmysacramento.org](http://www.salvationarmysacramento.org)

**442-0331**  
(24-hour line)

Services include shelter, food and other services for homeless men and women (18 and over). Telephone or walk-in. M-F 8 to 1. TB Card Required.

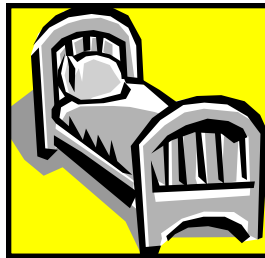
**St. John's Shelter**

4410 Power Inn Rd.  
Sacramento  
[www.stjohnsshelter.org](http://www.stjohnsshelter.org)

**453-1482**  
24 hrs/day  
7 days/week

Shelter for homeless women and children; female children up to age 14. (Telephone only, no walk ins.)

**Travelers Aid Emergency Assistance Agency**



**399-9646**

Provides daytime and after-hours emergency assistance to homeless families through motel, food vouchers, rental assistance, SMUD assistance, and case management services. Call for interview; no outside referral needed. 9-4 Monday thru Friday.

**WEAVE's Safehouse**

Services for men, Women, teens and Children.

[www.weaveinc.org](http://www.weaveinc.org)

**920-2952**  
(24-hour line)

Temporary shelter for victims of domestic abuse and their children. Provides a safe place to stay, food, clothing, emergency transportation, and social service advocacy. Phone the 24-hour hotline for help.

**YWCA**

1122 17th Street  
Sacramento

**264-8066**

Low-income women's residency program. Rooms for rent. Walk in. No children. Possible waiting list. 8:00am—4:30pm M-Th  
8:00am—2:00pm Friday  
Closed 12-12:30pm daily

**Overcomers Program**

671 Plaza Ave.  
Sacramento CA 95815

**Program for Women**  
**924-3113**

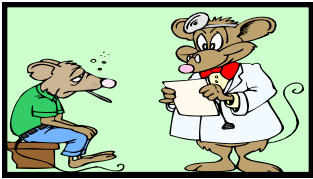
Call for Details about residential programs.

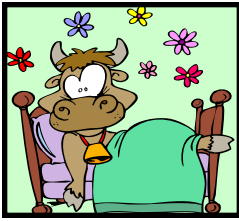
**Program for Men**  
**920-3082**

# HEALTH CLINICS



<p><b>Child &amp; Family Institute</b> 3951 Performance Dr., Ste. G Sacramento 95838</p>	<p><b>921-0828</b></p>	<p>Offers free counseling services to children who may have witnessed or have experienced bullying, emotional/physical/sexual abuse, domestic violence, alcohol//drug issues within family, or other traumas. Medi-Cal excepted</p>
<p><b>CHDP</b> 9333 Tech Center Dr. Ste. 800 Sacramento 95826</p>	<p><b>875-7151</b></p>	<p>Free physicals &amp; dental for low income children without Medi-Cal. Phone interviews recommended</p>
<p><b>Medi-Cal</b></p>	<p><b>874-2215</b></p>	<p><b>Call for information and qualifications.</b></p>
<p><b>Mercy Clinic</b> (Healthcare for the Homeless Program)</p>	<p><b>446-3345</b></p>	<p>1321 North C Street, Sacramento Walk-in acute public health and primary care services for the homeless individuals. Hours: 7:30 am - 2:20 pm</p>
<p><b>Planned Parenthood</b> 5700 Watt Ave. North Highlands 95660</p>	<p><b>332-5715</b></p>	<p>Open Monday thru Friday. Open every 4th &amp; 5th Saturday of the month</p>
<b>(800) 230-PLAN</b>		
<p><b>Planned Parenthood</b> 201 29th St. Ste. B Sacramento 95816</p>	<p><b>446-6921</b></p>	<p>Open Monday thru Friday. Open Saturday 9am to 1pm by appointment</p>
<p><b>Primary Care Center</b> 4600 Broadway., Ste. 1100 Sacramento 95820</p>	<p><b>874-9670</b></p>	<p>Clinic hours: M-F 8 am-5 pm</p>
<p><b>Sacramento Family Medical Clinic Inc.</b> 5735 Watt Ave., North Highlands 95660</p>	<p><b>339-2229</b></p>	<p>Open Monday thru Friday</p>
<p><b>Watt Ave Med Clinic</b> 5710 Watt Ave., North Highlands 95660</p>	<p><b>344-8866</b></p>	<p>Open Monday thru Friday</p>





# HEALTH CLINICS

**Health for All (Las Palmas)**  
1281 North Ave.  
Sacramento, CA 95838

**924-6703** Fees are based on a sliding scale. For those eligible, Medi Cal covers all cost.  
Monday thru Friday

**Mercy Del Paso Clinic**  
3911 Norwood Ave.  
Sacramento CA 95838

**929-8575** Monday thru Friday

**Molina Medical Center**  
3946 Norwood Ave.  
&  
3234 Marysville Blvd  
Sacramento, CA 95838  
&  
7400 Sunrise Blvd.  
Citrus Heights 95610

**564-0521** Centers are open Monday thru Friday

**646-1200**

**722-2227**

**Sacramento Family Medical Clinic**  
3441 Marysville Blvd.  
Sacramento, CA 95838

**563-7200** Monday thru Friday

**Sacramento Community Clinic**  
2200 Del Paso Blvd.  
Sacramento, CA 95815

**924-7988** Monday thru Friday

**Sacramento Community Dental Clinic**  
2138 Del Paso Blvd.  
Sacramento 95815

**642-1890** Monday thru Friday

**Dental Clinic**  
4600 Broadway, Ste. 2100 (2nd Floor)  
Sacramento, CA 95820

**874-8300** Does not except Medi-Cal  
CMISP eligible patients only

**North Highlands Optometry**  
**Dr. Karrin Vallin**  
Optometrist  
5732 Watt Ave.  
North Highlands 95660

**349-2006** Excepts Medi-Cal  
Se Habla Español

**Mark Waldmire, OD**  
Optometrist  
4633 Whitney Ave., Ste. A  
Sacramento, CA 95821

**487-1717** Saturday appointment available by request.



# MEDI-CAL PROVIDERS

If you need assistance in making an appointment with a Medi-Cal Provider, please call the Sacramento County Department of Health and Human Services/Child Health and Disability Prevention Program (CHDP). You will receive personal assistance Monday through Friday between 8:00am and 5:00pm.

Sacramento Co. Dept. of Health & Human Services/CHDP	916-875-7151
Medi-Cal (call for info. and qualifications)	916-874-2215
Medi-Cal/Healthy Families	1-888-747-1222

## **OTHER LOCAL MEDI-CAL PROVIDERS:**

### **Health Clinics:**

Sacramento Family Medical Clinic, Inc.	916-339-2229
Watt Avenue Medi-Cal Clinic	916-344-8866

### **Counseling:**

ACCESS Team-Children	916-875-9980
ACCESS Team-Adults	916-875-1055
(Info & referrals mental health service. Must be Medi-Cal eligible.)	

Child & Family Institute	916-921-0828
(Counseling services for abused children, non-offending parents/caretakers, and siblings of abused children.)	916-736-1720
	Referral Line

### **Counseling Services that accept Medi-Cal thru an ACCESS referral:**

Adult Outpatient Clinic	916-875-0599
WellSpace Health	916-368-3080
Catholic Social Services of Sacramento - New Pathways	916-452-7481

### **-Dental:**

Denti-Cal (referral service for dentists who accept Medi-Cal)	1-800-423-0507
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**Please remember not all Doctors can accept new patients at all times.**



**Here's the good news...**

**More Children Qualifying for  
No Cost Health Care**

Did you know that you or your child might qualify for Medi-Cal if he/she is under the age of 19 or you are an expectant mother? Recently, more children with higher family income levels have been qualifying for no-cost Medi-Cal. Children of one or two parent working families may be eligible.

Medi-Cal offers many health care advantages:

- No-cost comprehensive health, dental, and vision benefits for children.
- No monthly premiums.
- No co-payments for any benefit.
- Choice of health insurance plans in most major population centers.
- Family property (such as cars or savings) does NOT count toward eligibility.

Convenient mail-in application process.

Documents Needed to Apply:

- Proof of Income (pay stub; signed statement from employer; or copy of income tax return).
- Child's birth certificate or proof of immigration status (if pregnant, this is not needed).

Proof of California Residency

See your school Nurse or Health Assistant; they will have applications and information regarding eligibility and documents required for application process. You can also contact Twin Rivers Unified School District, Student Services office at 916-566-1617 for information.

Let's keep our kids healthy and in school!!! Call us, we can help.

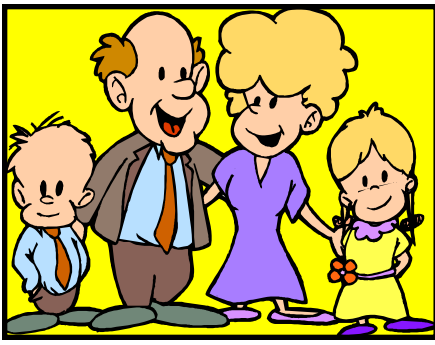


## PARENTING CLASSES / SUPPORT

(Free or Low Cost)

- Dept of Human Assistance** 648-0894  
3960 Research Dr.  
Sacramento 95838
- Or**  
5747 Watt Ave. 876-8000  
North Highlands 95660
- WellSpace Health** 368-3080  
8912 Volunteer Lane, #100 Sacto 95826
- WellSpace Health** 679-3925  
6015 Watt Ave., Suite 2, N.H. 95660
- North Sacramento Family Resource Center** 679-3743  
1217 Del Paso Blvd., Suite B, Sacto 95815
- Changing Courses** 332-5056  
3355 Myrtle Ave., #265, N.H. 95660  
Offers mediation and parenting classes
- Child Protective Services Parenting Classes** 875-6140
- Area 4 Agency on Aging** 486-1876  
Provides links and information on grandparent support groups. Coordinates and develops senior services for seniors 60 and over [www.a4aa.com](http://www.a4aa.com)
- Fathers and Families** 568-3237  
920 Del Paso Blvd.  
Sacramento 95815
- Sacramento Crisis Nursery** South Nursery 394-2000 or  
Counseling and Support Services 24-hours a day. North Nursery 979-9400
- Mutual Assistance Network** 567-9567  
Firehouse Community Center  
810 Grand Ave., Sacto 95838  
For parents of pre-school and elementary aged children 927-7694—main office
- Fathers Resource Center** 739-0894  
**Resources and Support for Fathers**  
Provide fathers with the inner resources to become the kind of father their children need.
- People Reaching Out** 576-3300  
Parent concerns with children's behavior, especially regarding the use of drugs and alcohol. Free assessment and referral services.





COUNSELING, SUPPORT,

**ACCESS Team-Children**

**875-9980** Information and referrals mental health services. Must be Medi-Cal eligible.

**ACCESS Team-Adults**

**875-1055**

**Adult Psychiatric Support Services**  
7171 Bowling Dr., Ste. 700  
Sacramento CA 95823

**875-0703** **\*\*Must go through Adult Access\*\*.**

**Stanford Settlement**  
450 W. El Camino Ave.  
Sacramento, CA 95833

**927-1303** Serves children grades K-6 through socialization recreation and academic activities. *Sliding scale fee*  
**Teen Center—for delinquency prevention and social development. Youth 7th—12th grade.**

**Catholic Social Service of Sacramento**  
**New Pathways Counseling**  
5890 Newman Ct.  
Sacramento 95819  
[www.newpathways@csssac.org](http://www.newpathways@csssac.org)

**452-7481** Provides individual, group, couple, family & child counseling; Spanish language counseling.  
Sliding scale fee..

**Child and Family Institute**

**921-0828** Counseling services for children who have been abused, non-offending parents or caretakers, and siblings of abused children.

**Diogenes Youth Services**

**369-5447** Crisis resolution; individual, group and family counseling for youths 12-17.  
**Ext. 207**

***YOUTH CRISIS HOTLINE:***  
***1-800-339-7177***

**WellSpace Health**  
6015 Watt Avenue, Ste 2  
North Highlands

**679-3925** Brief therapy for families, children, couples and individuals.

**Or**  
8233 E. Stockton Blvd., Ste. D  
Sacramento

**368-3080**

**Overcomers Program**

**Women** Drug and Alcohol Recovery Program  
**924-3113** for women and men.

**Men**  
**920-3082**



## COUNSELING, SUPPORT, THERAPY

- |  |                              |   |
|--|------------------------------|---|
| <p><b>Family Study Center</b><br/>2716 X St.<br/>Sacramento 95818</p>  | <p><b>456-4412</b></p>       | <p>Play therapy for children; art therapy, parent training, communications workshops, individual counseling, couple and family counseling. Some reduced fee services, depending upon income.</p>  |
| <p><b>La Familia Counseling Center</b><br/>5523 34th St.<br/>Sacramento 95820</p>  | <p><b>452-3601</b></p>       | <p>One to one counseling, crisis intervention, and supportive services to youth (ages birth - 21) and their families. No fee.</p>   |
| <p><b>National Parent Helpline</b><br/><br/><a href="http://nationalparenthelpline.org">nationalparenthelpline.org</a></p>   | <p><b>1-855-427-2736</b></p> | <p>24-hour support line providing emotional support, information, and resources.</p>  |
| <p><b>People Reaching Out</b></p>  | <p><b>576-3300</b></p>       | <p>Addresses the issues of alcohol and drug abuse and violence among youth. Focus on prevention and intervention. No fee.</p>   |
| <p><b>Stanford Settlement Neighborhood Center</b><br/>450 West El Camino Ave.<br/>Sacramento Ca 95833</p>  | <p><b>927-1303</b></p>       | <p>Programs for elderly, emergency assistance, crisis intervention, neighborhood and community development activities, Christmas baskets for individuals, free income tax preparation. Youth social group work methods to promote social adjustment, self-esteem, school attendance, and delinquency prevention. Supportive services to families and local schools.</p> |
| <p><b>VIRTIS (Veteran, Immigrant, and Refugee Trauma Institute of Sacramento)</b><br/>2740 Fulton Ave., Ste. 204<br/>Sacramento 95821<br/><a href="http://www.virtis-ptsd.org">www.virtis-ptsd.org</a></p> | <p><b>(916) 877-8515</b></p> | <p>Free information and referral service for traumatized refugees, immigrants and veterans.</p>   |



**LEGAL AID / CLINICS**



<p><b>Better Business Bureau</b> 3075 Beacon Blvd. West Sacramento, CA</p>	<p><b>443-6843</b></p>	<p>Provides information on business practices of firms; offers complaint services for consumers and third party help in disputes. There is no fee.</p>
<p><b>Family Law / Self Help Center</b> Superior Court of California 3341 Power Inn Road, Sacramento, CA</p>	<p><b>875-3400</b></p>	<p>Free legal help for low-income persons who need assistance in the following areas: child support, divorce, child custody, visitation, paternity. Workshops and clinics are offered in the area of family law and probate.</p>
<p><b>lawhelpca.org</b></p>	<p><b>NA</b></p>	<p>Find legal aid and self help resources.</p>
<p><b>Pacific McGeorge School of Law</b> 3200 Fifth Avenue Sacramento, CA 95817</p>	<p><b>739-7191</b></p>	<p>Provides legal services to low-income people. Assistance in landlord / tenant issues, bankruptcy, immigration, and senior issues. Apply by telephone.</p>
<p><b>Senior Legal Hotline</b></p>	<p><b>551-2140</b> <i>Or</i> <b>1(800) 222-1753</b></p>	<p>For seniors age 60+. Free legal advice in civil law matters, including: Social Security / SSI, Medi-cal / Medicare, wills and probate, family law, power of attorney, housing, elder abuse and grandparents' rights.</p>
<p><b>State Bar Association</b></p>	<p><b>((866) 442-2529</b></p>	<p>For information on reduced-fee lawyers or those lawyers who offer their services pro bono.</p>
<p><b>Superior California Legal Clinics</b> 3220 El Camino Avenue Sacramento, CA</p>	<p><b>972-1188</b></p>	<p>Legal help in divorce, separation, child custody, bankruptcy, wills, restraining orders and other family law issues. Sliding scale fees.</p>
<p><b>Victim-Witness Assistance Program</b> 901 G Street Sacramento, CA</p>	<p><b>874-5701</b></p>	<p>Assistance in filing a claim, provides crisis counseling, and assists the victims of a crime find emotional, physical, and financial recovery. No charge for services.</p>

## PUBLIC TRANSPORTATION

<b>AMTRAK</b>	<b>1-800-268-7252</b>	401 I Street, Sacramento 95814 1389 10th St., Sacramento 95815 201 Pacific St., Roseville 95678
<b>Greyhound Bus Lines</b>	<b>1-800-444-6858</b>	420 Richards Blvd., Sac 95811  201 Pacific St., Roseville 95678
<b>Para Transit</b> (for disabled individuals and seniors aged 75+)	<b>429-2009</b>	
<b>Regional Transit (RT)</b>	<b>321-2877</b>	1225 R St., Sacramento Monday thru Friday Lost & Found RT ID Cards (\$3 fee)
<b>Sacramento International Airport</b>	<b>929-5411</b>	6900 Airport Blvd. Sacramento 95837
<b>Yellow Cab</b>	<b>444-2222</b>	900 Richards Blvd. Sacramento 95811 Service available 24 hours a day 7 days a week.



## UTILITY ASSISTANCE PROGRAMS

<b>EAPR (Energy Assistance Program Rate)</b>	<b>(888) 742-7683</b>
<b>HEAP (Home Energy Assistance Program)</b>	<b>(866) 675-6623 or 567-5200</b>
<b>Needhelppayingbills.com</b>	<b>NA</b>
<b>Pacific Gas &amp; Electric</b>	<b>(800) 743-5000</b>
<b>REACH Program</b>	<b>(800) 933-9677</b>
<b>Salvation Army Utility Assistance Program</b>	<b>678-4010</b>



## SCHOOL DISTRICTS



<b>TWIN RIVERS UNIFIED SCHOOL DISTRICT</b> 5115 Dudley Blvd., McClellan 95652	<i>District Office:</i>	<b>566-1600</b>
<b>CENTER UNIFIED SCHOOL DISTRICT</b> 8408 Watt Ave., Antelope 95843	<i>District Office</i>	<b>338-6330</b>
<b>ELVERTA JOINT SCHOOL DISTRICT</b> 7900 Eloise Ave., Elverta CA 95626	<i>District Office</i>	<b>991-2244</b>
<b>NATOMAS UNIFIED SCHOOL DISTRICT</b> 1901 Arena Blvd., Sacramento 95834	<i>District Office</i>	<b>567-5400</b>
<b>ROBLA SCHOOL DISTRICT</b> 5248 Rose Street, Sacramento CA 95838	<i>District Office</i>	<b>991-1728</b>
<b>SAN JUAN UNIFIED SCHOOL DISTRICT</b> 3738 Walnut Ave., Carmichael 95608	<i>District Office</i>	<b>971-7700</b>
<b>SACRAMENTO CITY UNIFIED SCHOOL DISTRICT</b> 5735 47th Ave., Sacramento 95824	<i>District Office</i>	<b>643-7400</b>

## SUBSIDIZED CHILD CARE / PRESCHOOLS

<b>BEANSTALK</b> <b>344-6259 (For Information)</b> CHILD CARE CENTERS	<b>566-1820</b> <b>566-1930</b> <b>566-1660</b> <b>566-1950</b>	Dry Creek Elem. 1230 G St., Rio Linda CA 95673 Orchard Elem. 1040 Q St., Rio Linda Regency Park Elem. 5901 Bridgecross Dr. Sacramento, CA 95835 Ridgepoint Elem. 4680 Monument Dr. Sacramento, CA 95842
<b>HEAD START</b> (SETA)	<b>563-5125</b> <b>563-5360</b> <b>563-5360</b> <b>563-5387</b>	6015 Watt Ave. # 5, North Highlands 3829 Stephen Dr., North Highlands 5665 Hillside Blvd. # 4, Sacramento Vineland Elem 6450 20th St., Rio Linda CA 95673
<b>STATE &amp; FIRST 5</b> <b>SACRAMENTO</b> <b>PRESCHOOL a.m. or p.m.</b> <b>566-1616</b>	<b>566-3415</b> <b>566-3420</b> <b>566-3425</b> <b>566-3475</b> <b>566-1880</b>	Babcock Elem. 2400 Cormorant Way, Sacto CA 95815 Castori Elem. 1801 South Ave., Sacto CA 95839 Del Paso Elem 590 Morey Ave., Sacto CA 95838 Hagginwood Elem. 1418 Palo Verde Ave., Sacto CA 95815 F.C. Joyce Elem. 6050 Watt Ave., N.H. CA 95660

## SUBSIDIZED CHILD CARE / PRESCHOOLS

### **STATE PRESCHOOL 566-1616**

**566-3435** Fairbanks Elem.  
227 Fairbanks Ave., Sacto CA 95838

**566-3460** Garden Valley Elem.  
3601 Larchwood Dr., Sacto CA 95834

**566-1850** Kohler Elem.  
4004 Bruce Way, N.H. CA 95660

**566-3485** Morey Ave. Elem.  
155 Morey Ave., Sacto CA 95838

**566-2700** Noralto Elem.  
477 Las Palmas Ave., Sacto CA 95815

**566-2705** Northwood Elem.  
2630 Taft. St., Sacto CA 95815

**566-1960** Sierra View Elem.  
3638 Bainbridge Dr., N.H. CA 95660

**566-2740** Smythe Elem.  
2781 Northgate Blvd., Sacto CA 95833

**566-2745** Strauch Elem.  
3141 Northstead Dr., Sacto CA 95833

**566-2755** Woodlake Elem.  
700 Southgate, Sacto CA 95815

**566-1670** Woodridge Elem.  
5761 Brett Dr., Sacto CA 95842

### **FULL-DAY PRESCHOOL 566-1616**

**566-3415** Babcock Elem.  
2400 Cormorant Way, Sacto CA 95815

**566-1850** Kohler School  
4004 Bruce Way, N.H. CA 95660

**566-1900** Madison Elem.  
5241 Harrison St., N.H. CA 95660

**566-2700** Noralto Elem.  
477 Las Palmas Ave., Sacto CA 95815

**566-2705** Northwood Elem.  
2630 Taft. St., Sacto CA 95815

### **TRUSD HEADSTART**

**566-3485** Morey Ave. Elem.  
155 Morey Ave., Sacto 95838

**566-3485** Oakdale School  
3708 Myrtle Ave., N.H. CA 95660

### **STATE SCHOOL AGE CHILD CARE**

**566-2705** Northwood Elementary  
2630 Taft St., Sac 95815

## CHILD CARE REFERRALS

### **CHILD ACTION**

**369-0191** Free child care information and referrals to child care centers, family day care homes, nursery schools, and before and after-school programs.

### ***InfoLine Sacramento***

**498-1000** Pre-School / Child Care Center information by location.



## TUTORING SERVICES

### **California Learning Center**

**486-2646** 3400 Cottage Way, Ste. C, Sacramento

### **Huntington Learning Center**

**728-2981** 8091 Greenback Lane, Citrus Heights

**564-8383** 2216 Fair Oaks Blvd., Sacramento

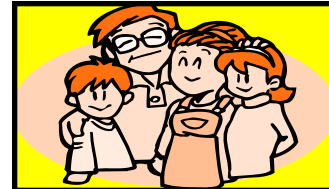
### **Kumon Math and Reading Center**

**574-9810** 4321 Truxel Rd., Ste F3, Sacramento

### **Greater Sacramento Urban League**

**286-8600** 3725 Marysville Blvd., Sac CA 95838

## MENTORING PROGRAMS



### **Big Brothers/Big Sisters**

**646-9300** A preventive service providing children from one-parent families with individualized and continuing friendship of a mature, trained adult volunteer.

### **People Reaching Out**

**576-3300** Matches volunteer mentors from business and community organizations with at-risk high school students to encourage them in their academic, personal and career development.

### **Roberts Family Development Center**

- \*Teen Intern Program
- \*After-School Program
- \*Kinder Prep Program

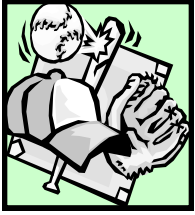
**646-6631** Career Readiness program that matches high school students with an after-school program team leader to assist them in daily activities. Can be utilized for service learning hours, community service hours, or volunteer hours for high school completion.

**EMPLOYMENT  
ASSISTANCE AND TRAINING**

<p><b>Center for Employment Training</b> 8376 Fruitridge Rd. Sacramento 95828</p>	<p><b>393-7401</b></p>	<p>Job training and basic skills assistance (including GED preparation) for low-income job seekers. ESL Classes</p>
<p><b>Greater Sacramento Urban League</b> 3725 Marysville Blvd., Sacramento</p>	<p><b>286-8600</b></p>	<p>Job training, computer training, and GED preparation.</p>
<p><b>Mutual Assistance Network of Del Paso Heights</b> 811 Grand Ave., Suite A-3 Sacramento CA 95838</p>	<p><b>927-7694</b></p>	<p>Employment Assistance , Career Development and pre-employment training, and parenting classes.</p>
<p><b>Pride Industries</b> 10030 Foothills Blvd. Roseville, CA 95747</p>	<p><b>788-2100</b> <b>Or</b> <b>(800) 550-6005</b></p>	<p>Behavior management adult day program for people with disabilities.</p>
<p><b>Sacramento Works One-Stop Career Center</b> 5655 Hillsdale Blvd., Ste. 8 Sacramento, 95842</p>	<p><b>263-4100</b></p>	<p>Unemployment benefits; Job training, job hunting assistance; CAL-JOBS</p>
<p><b>Twin Rivers Adult School</b> 5703 Skvarla Ave. McClellan, CA 95652</p>	<p><b>566-2785</b></p>	<p>Low cost or no fee classes in Adult Basic Education, GED preparation and testing, etc.</p>

## RECREATION AND PARKS

<p><b>Arcade Creek Recreation &amp; Park Dist</b> 4855 Hamilton Street Sacramento, CA</p>	<p><b>482-8377</b></p>	<p>Offers classes, workshops and programs</p>
<p><b>Gibson Ranch</b> 8552 Gibson Ranch Road, Elverta, CA</p>	<p><b>842-1579</b></p>	<p>A spacious ranch setting in a County park. Children see horses, llamas, ducks, geese, goats and many other animals.</p>
<p><b>No. Highlands Recreation &amp; Park Dist</b> 6040 Watt Avenue North Highlands, CA</p>	<p><b>332-7440</b></p>	<p>Offers classes, workshops and programs</p>
<p><b>Rio Linda Elverta Recreation &amp; Park Dist</b> 810 Oak Lane Rio Linda, CA</p>	<p><b>991-5929</b></p>	<p>Offers classes, workshops and programs</p>
<p><b>Robertson Community Center</b> 3525 Norwood Ave. Sacramento, CA</p>	<p><b>808-6419</b></p>	<p>Serves the Del Paso Heights community. A safe place with many programs geared to meet the needs of the surrounding community.</p>
<p><b>City of Sacramento Park &amp; Recreation</b> 915 I Street., 5th Floor, Sacramento CA</p>	<p><b>808-5200</b></p>	<p>Offer hundreds of classes, workshops and programs at sites throughout the city.</p>
<p><b>Sunrise Recreation &amp; Park Dist</b> 7801 Auburn Blvd. Citrus Heights, CA</p>	<p><b>725-1585</b></p>	<p>Offers classes, workshops and programs</p>



## LIBRARIES

<p><b>Del Paso Heights</b> 920 Grand Ave. Sacramento, CA</p>	<p><b>264-2700</b></p>	<p>Call for hours of operation</p>
<p><b>No. Highlands-Antelope Library</b> 4235 Antelope Road Antelope, CA</p>	<p><b>264-2700</b></p>	<p>Call for hours of operation</p>
<p><b>No. Sacramento Hagginwood Library</b> 2109 Del Paso Blvd., Sacramento CA</p>	<p><b>264-2700</b></p>	<p>Call for hours of operation</p>
<p><b>Rio Linda Neighborhood Library</b> (M &amp; 10th Streets) 902 Oak Lane Rio Linda, CA</p>	<p><b>264-2700</b></p>	<p>Call for hours of operation</p>
<p><b>Dial-A-Story</b></p>	<p>(English) <b>441-1234</b> (Spanish) <b>264-2987</b></p>	<p>Recorded short stories for children. Ages 3-6. 24-hour access line.</p>
<p><b>Dial-A-Book</b></p>	<p><b>264-2726</b></p>	<p>Recorded short chapters for children. Ages 7 to 12. 24-hour access line.</p>

