

2016–2017 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 CWA office 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
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

TABLE OF CONTENTS

Emergency Phone Numbers	Page 4
Non-Emergency Phone Numbers	Page 4
Food Resources	Page 5, 6
Clothes Closets	Page 7
Thrift Shops	Page 7
Affordable Housing	Page 8
Emergency Housing / Shelters	Page 9, 10
Health Clinics	Page 11,12
Medi-Cal Providers, Continued	Page 13
More Medi-Cal Information	Page 14
Parenting Classes	Page 15
Counseling / Support / Therapy	Page 16, 17
Legal Aid / Clinics	Page 18
Public Transportation	Page 19
Emergency Utility Assistance	Page 19
School Districts	Page 20
Subsidized Child Care / Preschools	Page 20, 21
Child Care Referrals	Page 22
Tutoring Programs	Page 22
Mentoring Programs	Page 22
Employment Assistance and Training	Page 23
Recreation and Parks	Page 24
Libraries	Page 24

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

EMERGENCY PHONE NUMBERS



<u>POLICE, SHERIFF, FIRE, AMBULANCE</u>	<u>911</u>
<u>TWIN RIVERS USD POLICE</u>	<u>566-2770</u>
<u>Adult Protective Services</u>	<u>874-9377</u>
<u>Child Abuse Bureau (Sac County Sheriff)</u>	<u>874-5191</u>
<u>Child Find Hotline</u>	<u>(800) IAMLOST (426-5678)</u>
<u>Child Protective Services (CPS)</u>	<u>875-KIDS (5437)</u>
<u>County Mental Health Crisis Line (24 hour)</u>	<u>732-3637</u>
<u>Crisis Nursery (Help for Parents/Families in Crisis)</u>	<u>394-2000 South/ 679-3600 North</u>
<u>Wind Youth Services (Teenagers)</u>	<u>(800) 339-7177</u>
<u>National Runaway Switchboard</u>	<u>(800) RUNAWAY (786-2929)</u>
<u>Parent Support Line (Crisis)</u>	<u>(888) 281-3000</u>
<u>Poison Control Center</u>	<u>(800) 222-1222</u>
<u>Pregnancy Hotline</u>	<u>451-2273</u>
<u>Speech to Speech (Assistive Communication Service)</u>	<u>711</u>
<u>Suicide Prevention Crisis Line</u>	<u>368-3111</u>
<u>Safely Surrendered Baby Info Line</u>	<u>((877) 222-9723</u>
<u>Youth Crisis Hotline</u>	<u>(800) 843-5200</u>
<u>WEAVE Hotline (Domestic abuse)</u>	<u>920-2952</u>

NON-EMERGENCY PHONE NUMBERS

<u>INFOLINE SACRAMENTO</u>	<u>498-1000</u>
<u>Alcoholics Anonymous</u>	<u>454-1771</u>
<u>Alanon / Alateen (Family/friend of alcoholic) Info Line</u>	<u>334-2970</u>
<u>Child Abuse Prevention Council</u>	<u>244-1900</u>
<u>Diogenes Youth Services</u>	<u>369-5447</u>
<u>Nar-Anon (Family/friend of substance abuser) Info Line</u>	<u>(800) 477-6291</u>
<u>Narcotics Anonymous</u>	<u>(877) 623-6363</u>
<u>California Smokers' Helpline Want to Quit Smoking?</u>	<u>(800) NOBUTTS (662-8887)</u>
<u>Sheriff Non-emergency</u>	<u>874-5115</u>
<u>Sheriff's Community Service Center</u> 5229 Madison Ave., Ste. B 95841	<u>876-5700</u>
<u>Victim / Witness Center</u>	<u>874-5701</u>
<u>WEAVE (Domestic Violence)</u>	<u>448-2321</u>



FOOD RESOURCES

Cal Fresh
 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
 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

332-1711

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. Must bring your own bags. 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 and income are required. 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. ID required. Hours 11:30 am - 3 pm M-F

Family Services **678-4010** One food basket per month. Proof of residence (SMUD or PGE bill) & ID required. T/W/Th 9 am—3 pm. Must provide proof of income for household.



WIC **876-5000** 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.

Grove Ave. Church **927-3663** Call for details. Serving families in the Del Paso Heights community.

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
Closed Holidays



CLOTHES CLOSETS

- Union Gospel Mission** 447-3268 Call for Information and Details
400 North Bannon Street
Sacramento CA 95815
- New Testament Baptist Church** 344-0440 Call for Information and Details
6746 34th Street
North Highlands 95660
- Sacramento Clothes Closet** 456-1980 M/T/Th/F - 10 am to 1:30 pm
3333 Third Avenue, Wed.—4 pm to 7 pm
Sacramento 95817 Limited to once, monthly. Free.
CLOSED UNTIL JAN. 2016
- First Baptist Church of North Sacramento** 922-9365 Call for Information and Details
2601 Del Paso Blvd.
Sacramento 95815



THRIFT SHOPS

- Atkinson Family Services Thrift Store** 489-5316
1904 El Camino Ave.
Sacramento 95815
- Deseret Industries** 482-1480
3000 Auburn Blvd.
Sacramento
- Goodwill Industries** 332-2294
4401 Elkhorn Blvd. Sac 95842
- 2502 Watt Ave @ El Camino 480-9002
- 4207 Norwood Ave., Sac 95838 649-2518
- Pacific Thrift Store** 514-0154
6101 Watt Ave.
Sacramento 95826
Watt & Don Julio
- Thrift Town** 922-9942
410 El Camino Ave.
Sacramento 95815



**LOW INCOME
HOUSING**

<p>CHOC (Community Housing Opportunities Corporation) <i>Danbury Park Apartments</i> 7840 Walerga Road Antelope 95843 www.chochousing.net</p>	<p>725-7385 Or (530) 757-4444</p>	<p>Affordable apartments through CHOC.. .</p>
<p>Mercy Housing of Sacramento www.mercyhousing.org</p>	<p>414-4400</p>	<p>Call for availability status and information about the program.</p>
<p>Sacramento Self Help Housing www.sacselfhelp.org</p>	<p>341-0593</p>	<p>Call to complete in-take process. Housing counseling and Referrals for the homeless. No fee. Hours 9 am - 5 pm</p>
<p>Mutual Housing California 8001 Fruitridge Rd. Sacramento 95820</p>	<p>453-8400</p>	<p>Provides assistance in seeking affordable or income based housing.</p>
<p>Salvation Army <u>Rental Assistance Program</u></p>	<p>678-4050</p>	<p>Must have a 3 day pay or quit notice & be on rental agreement.</p>
<p>SHRA (Sacramento Housing & Redevelopment) www.shra.org</p>	<p>444-9210</p>	<p>Housing Choice Vouchers (formerly Section 8). Call for information.</p>
<p>YWCA 1122 17th Street Sacramento 95811</p>	<p>264-8066</p>	<p>Low-income women's residency program. Rooms for rent. No children. Walk-in to apply. Possible waiting list.</p>
<p>Family Promise</p>	<p>443-3107</p>	<p>Provides assistance in seeking affordable or income based housing.</p>



EMERGENCY HOUSING / SHELTERS

WIND Youth Services
3671 5th Ave.
Sacramento 95817

Office: 369-5447 Emergency housing for youth ages 12 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

Family Shelter—VOA
470 Bannon Str.
Sacramento CA 95811

443-4688 Shelter for couples, single fathers, and families with children and teenage boys. Meals, support services, education and job search info.
Www.voa-sac.org

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.

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

My Sister’s House

428-3271
24 hr line A safe haven for Asian and Pacific Islander women and children escaping domestic violence.
A 6-bed Safe Haven and 6 bed transitional house for women and children for up to 90 days.

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.

**EMERGENCY HOUSING /
SHELTERS**
(continued)



Next Move

454-2120
*Women's
Refuge*

30 day housing, meals and transportation for single women. Phone interviews only. Possible waiting list.

Salvation Army Shelter

1200 N. B Street
Sacramento 95814
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.

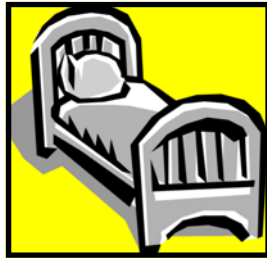
St. John's Shelter

4410 Power Inn Rd.
Sacramento
www.stjohnsshelter.org

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

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.

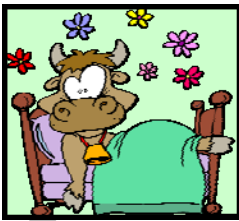
**Program for
Men**
920-3082

HEALTH CLINICS



- | | | |
|--|------------------------|---|
| <p>Child & Family Institute
3951 Performance Dr.,
Ste. G
Sacramento 95838</p> | <p>921-0828</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>CHDP
9616 Micron Ave.
Ste. 950
Sacramento 95827</p> | <p>875-7151</p> | <p>Free physicals & dental for low income children without Medi-Cal.
Phone interviews recommended</p> |
| <p>Medi-Cal</p> | <p>874-2215</p> | <p>Call for information and qualifications.</p> |
| <p>Mercy Clinic
(Healthcare for the Homeless Program)</p> | <p>446-3345</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>Planned Parenthood
5700 Watt Ave.
North Highlands 95660</p> | <p>332-5715</p> | <p>Open Monday thru Friday.
Open every 4th & 5th Saturday of the month</p> |
| <p>(800) 230-PLAN</p> | | |
| <p>Planned Parenthood
201 29th St.
Ste. B
Sacramento 95816</p> | <p>446-6921</p> | <p>Open Monday thru Friday.
Open Saturday 9am to 1pm by appointment</p> |
| <p>Primary Care Center
4600 Broadway., Ste. 1100
Sacramento 95820</p> | <p>874-8300</p> | <p>Clinic hours: M-F 8 am-5 pm</p> |
| <p>Sacramento Family Medical Clinic Inc.
5735 Watt Ave.,
North Highlands 95660</p> | <p>339-2229</p> | <p>Open Monday thru Friday</p> |
| <p>Watt Ave Med Clinic
5710 Watt Ave.,
North Highlands 95660</p> | <p>344-8866</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.

564-0521

Centers are open Monday thru Friday

&
3234 Marysville Blvd
Sacramento, CA 95838

646-1200

&
7400 Sunrise Blvd.
Citrus Heights 95610

(877)665-4623

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

563-7200

Monday thru Friday

5735 Watt Ave.
North Highlands, CA 95660

339-2229

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

Eye 2 Eye Optometry
Dr. Karrin Vallin & Dr. Mark Waldmire
Optometrist
4633 Whitney Ave., Ste. A
Sacramento, CA 95821

487-1717

Excepts Medi-Cal
Se Habla Español
Saturday appointments 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.)	

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

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
---	----------------

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.

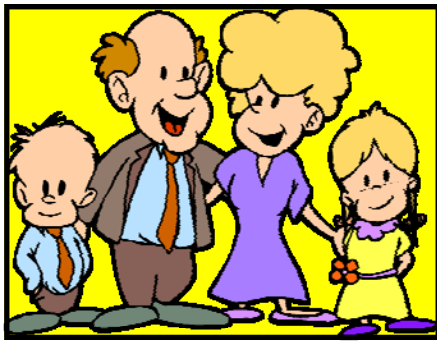


PARENTING CLASSES / SUPPORT

(Free or Low Cost)

Dept of Human Assistance 3960 Research Dr. Sacramento 95838	874-3100
Or 5747 Watt Ave. North Highlands 95660	876-8000
WellSpace Health 8912 Volunteer Lane, #100 Sacto 95826	368-3080
WellSpace Health 6015 Watt Ave., Suite 2, N.H. 95660	679-3925
North Sacramento Family Resource Center 1217 Del Paso Blvd., Suite B, Sacto 95815	679-3743
Changing Courses 3355 Myrtle Ave., #265, N.H. 95660 Offers mediation and parenting classes	332-5056
Area 4 Agency on Aging Provides links and information on grandparent support groups. Coordinates and develops senior services for seniors 60 and over	486-1876 www.a4aa.com
Fathers and Families 920 Del Paso Blvd. Sacramento 95815	568-3237
Sacramento Crisis Nursery Counseling and Support Services 24-hours a day.	South Nursery 394-2000 or North Nursery 679-3600
Mutual Assistance Network Firehouse Community Center 810 Grand Ave., Sacto 95838 For parents of pre-school and elementary aged children	567-9567 927-7694—main office
Fathers Resource Center Resources and Support for Fathers Provide fathers with the inner resources to become the kind of father their children need.	739-0894
People Reaching Out Parent concerns with children's behavior, especially regarding the use of drugs and alcohol. Free assessment and referral services.	576-3300





COUNSELING, SUPPORT,
THERAPY

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

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.

Terkensha Associates
4320 Auburn Blvd., Ste 1200

418-0829 Mental Health & Counseling Support

Wind Youth Services

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

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>Family Study Center 2716 X St. Sacramento 95818</p>	<p>456-4412</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>La Familia Counseling Center 5523 34th St. Sacramento 95820</p>	<p>452-3601</p>	<p>One to one counseling, crisis intervention, and supportive services to youth (ages birth - 21) and their families. No fee.</p>
<p>Life Practice Counseling Grp. 3650 Auburn Blvd., Bldg.C Suite 208 Sacramento 95821</p>	<p>300-6576</p>	<p>Non profit counseling offering affordable and low cost counseling. All are based on monthly income or your ability to pay. We currently have English speaking, Spanish speaking counselors, Punjabi speaking counselors, Hindi speaking counselors (not 100% fluent), and Mandarin Chinese speaking counselors.</p>
<p>National Parent Helpline nationalparenthelpline.org</p>	<p>1-855-427-2736</p>	<p>24-hour support line providing emotional support, information, and resources.</p>
<p>People Reaching Out</p>	<p>576-3300</p>	<p>Addresses the issues of alcohol and drug abuse and violence among youth. Focus on prevention and intervention. No fee.</p>
<p>Stanford Settlement Neighborhood Center 450 West El Camino Ave. Sacramento Ca 95833</p>	<p>927-1303</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>Terra Nova 5750 Sunrise Blvd. Citrus Heights 95610</p>	<p>344-0249</p>	<p>Terra Nova offers a broad array of services for children and their families qualifying for these services. Under contract with Sacramento County Children's Mental Health, Terra Nova is one of the largest providers of such services in the County.</p>

LEGAL AID / CLINICS



<p>Better Business Bureau 3075 Beacon Blvd. West Sacramento, CA</p>	<p>443-6843</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>Family Law / Self Help Center Superior Court of California 3341 Power Inn Road, Sacramento, CA</p>	<p>875-3400</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>lawhelpca.org</p>	<p>NA</p>	<p>Find legal aid and self help resources.</p>
<p>Pacific McGeorge School of Law 3200 Fifth Avenue Sacramento, CA 95817</p>	<p>739-7191</p>	<p>Provides legal services to low-income people. Assistance in landlord / tenant issues, bankruptcy, immigration, and senior issues. Apply by telephone.</p>
<p>Senior Legal Hotline</p>	<p>551-2140 <i>Or</i> 1(800) 222-1753</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>State Bar Association</p>	<p>((866) 442-2529</p>	<p>For information on reduced-fee lawyers or those lawyers who offer their services pro bono.</p>
<p>Victim-Witness Assistance Program 901 G Street Sacramento, CA</p>	<p>874-5701</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

AMTRAK	1-800-268-7252	401 I Street, Sacramento 95814 1389 10th St., Sacramento 95815 201 Pacific St., Roseville 95678
Greyhound Bus Lines	444-6858 Or 783-4101	420 Richards Blvd., Sac 95811 201 Pacific St., Roseville 95678
ParaTransit (for disabled individuals and seniors aged 75+)	429-2009	
Regional Transit (RT)	 321-2877	1225 R St., Sacramento Monday thru Friday Lost & Found RT ID Cards
Sacramento International Airport	929-5411	6900 Airport Blvd. Sacramento 95837
Yellow Cab	 444-2222	900 Richards Blvd. Sacramento 95811 Service available 24 hours a day 7 days a week.

UTILITY ASSISTANCE PROGRAMS

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



SCHOOL DISTRICTS



TWIN RIVERS UNIFIED SCHOOL DISTRICT 5115 Dudley Blvd., McClellan 95652	<i>District Office:</i>	566-1600
CENTER UNIFIED SCHOOL DISTRICT 8408 Watt Ave., Antelope 95843	<i>District Office</i>	338-6400
ELVERTA JOINT SCHOOL DISTRICT 7900 Eloise Ave., Elverta CA 95626	<i>District Office</i>	991-2244
NATOMAS UNIFIED SCHOOL DISTRICT 1901 Arena Blvd., Sacramento 95834	<i>District Office</i>	567-5400
ROBLA SCHOOL DISTRICT 5248 Rose Street, Sacramento CA 95838	<i>District Office</i>	991-1728
SAN JUAN UNIFIED SCHOOL DISTRICT 3738 Walnut Ave., Carmichael 95608	<i>District Office</i>	971-7700
SACRAMENTO CITY UNIFIED SCHOOL DISTRICT 5735 47th Ave., Sacramento 95824	<i>District Office</i>	643-7400

SUBSIDIZED CHILD CARE / PRESCHOOLS

BEANSTALK 344-6259 (For Information)	566-1820	Dry Creek Elem. 1230 G St., Rio Linda CA 95673
CHILD CARE	566-1930	Orchard Elem. 1040 Q St., Rio Linda
CENTERS	566-1660	Regency Park Elem. 5901 Bridgecross Dr. Sacramento, CA 95835
	566-1950	Ridgepoint Elem. 4680 Monument Dr. Sacramento, CA 95842
HEAD START (SETA)	563-5125	6015 Watt Ave. # 5, North Highlands
	563-5383	3829 Stephen Dr., North Highlands
	563-5360	5665 Hillsdale Blvd. # 4, Sacramento
	563-5387	Vineland Elem 6450 20th St., Rio Linda CA 95673
	563-5350	5249 Elkhorn Blvd.
STATE & FIRST 5	566-3415	Babcock Elem. 2400 Cormorant Way, Sacto CA 95815
SACRAMENTO	566-3420	Castori Elem. 1801 South Ave., Sacto CA 95839
PRESCHOOL a.m. or p.m.	566-3425	Del Paso Elem 590 Morey Ave., Sacto CA 95838
566-1616	566-3475	Hagginwood Elem. 1418 Palo Verde Ave., Sacto CA 95815
	566-1880	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>Center for Employment Training 8376 Fruitridge Rd. Sacramento 95828</p>	<p>393-7401</p>	<p>Job training and basic skills assistance (including GED preparation) for low-income job seekers. ESL Classes</p>
<p>Greater Sacramento Urban League 3725 Marysville Blvd., Sacramento</p>	<p>286-8600</p>	<p>Job training, computer training, and GED preparation.</p>
<p>Mutual Assistance Network of Del Paso Heights 811 Grand Ave., Suite A-3 Sacramento CA 95838</p>	<p>927-7694</p>	<p>Employment Assistance , Career Development and pre-employment training, and parenting classes.</p>
<p>Pride Industries 10030 Foothills Blvd. Roseville, CA 95747</p>	<p>788-2100 Or (800) 550-6005</p>	<p>Behavior management adult day program for people with disabilities.</p>
<p>Sacramento Works One-Stop Career Center 5655 Hillside Blvd., Ste. 8 Sacramento, 95842</p>	<p>263-4100</p>	<p>Unemployment benefits; Job training, job hunting assistance; CAL-JOBS</p>
<p>Twin Rivers Adult School 5703 Skvarla Ave. McClellan, CA 95652</p>	<p>566-2785</p>	<p>Low cost or no fee classes in Adult Basic Education, GED preparation and testing, etc.</p>

RECREATION AND PARKS

<p>Arcade Creek Recreation & Park Dist 4855 Hamilton Street Sacramento, CA</p>	<p>482-8377</p>	<p>Offers classes, workshops and programs</p>
<p>Gibson Ranch 8556 Gibson Ranch Road, Elverta, CA</p>	<p>806-3868</p>	<p>A spacious ranch setting in a County park. Children see horses, llamas, ducks, geese, goats and many other animals.</p>
<p>No. Highlands Recreation & Park Dist 6040 Watt Avenue North Highlands, CA</p>	<p>332-7440</p>	<p>Offers classes, workshops and programs</p>
<p>Rio Linda Elverta Recreation & Park Dist 810 Oak Lane Rio Linda, CA</p>	<p>991-5929</p>	<p>Offers classes, workshops and programs</p>
<p>Robertson Community Center 3525 Norwood Ave. Sacramento, CA</p>	<p>550-2262</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>City of Sacramento Park & Recreation 915 I Street., 5th Floor, Sacramento CA</p>	<p>808-5200</p>	<p>Offer hundreds of classes, workshops and programs at sites throughout the city.</p>
<p>Sunrise Recreation & Park Dist 7801 Auburn Blvd. Citrus Heights, CA</p>	<p>725-1585</p>	<p>Offers classes, workshops and programs</p>



LIBRARIES

<p>Del Paso Heights 920 Grand Ave. Sacramento, CA</p>	<p>264-2700</p>	<p>Call for hours of operation</p>
<p>No. Highlands-Antelope Library 4235 Antelope Road Antelope, CA</p>	<p>264-2700</p>	<p>Call for hours of operation</p>
<p>No. Sacramento Hagginwood Library 2109 Del Paso Blvd., Sacramento CA</p>	<p>264-2700</p>	<p>Call for hours of operation</p>
<p>Rio Linda Neighborhood Library 631 L Street Rio Linda, CA</p>	<p>264-2700</p>	<p>Call for hours of operation</p>
<p>Dial-A-Story (English)</p>	<p>441-1234</p>	<p>Recorded short stories for children. Ages 3-6. 24-hour access line.</p>

