

2011–2012 FAMILY RESOURCE GUIDE



Organized by:

**Twin Rivers Unified School District
Special Education, Student Services &
Early Childhood Education Division**

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** 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

286-4971

Adult Protective Services

874-9377

Child Abuse Bureau (Sac County Sheriff)

874-5191

Child Find Hotline

1-800-426-5678

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

Diogenes Youth Crisis Hotline (Teenagers)

363-0063

National Runaway Switchboard

1-800-786-2929

Parent Support Line (Crisis)

1-888-281-3000

Poison Control Center

1-800-222-1222

Pregnancy Hotline

451-2273

Speech to Speech (Assistive Communication Service)

711

Suicide Prevention Crisis Line

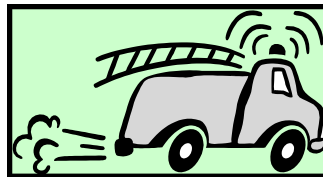
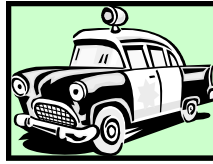
368-3111

Youth Crisis Hotline

1-800-843-5200

WEAVE Hotline (Domestic abuse)

920-2952



NON-EMERGENCY PHONE NUMBERS

INFOLINE SACRAMENTO

498-1000

For referrals to: low cost housing, food programs, senior programs, children's services, health care, financial assistance, education, employment & job training.

Alcoholics Anonymous

454-1100

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

334-2970

Child Abuse Prevention Council

244-1900

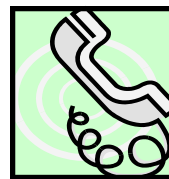
Diogenes Youth Services

369-5447

District One Northwest Division (Non emergency reports)

332-7794

(Neighborhood Watch, Apartment Watch, Operation Identification, drug awareness, child safety, home security)



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

646-6534

Narcotics Anonymous

1-800-600-4673

California Smokers' Helpline Want to Quit Smoking?

1-800-662-8887

Free services: self-help materials, a referral list of other programs, and one-on-one counseling over the phone.

Sheriff Non-emergency

874-5115

Sheriff's Community Service Center

332-7794

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.

HillHaven Community Outreach Ministries
5811 Westfield Ct
Carmichael 95608

338-5946

Monday—Friday 9 am to 12 pm
Serves zip codes 95608, 95610, 95660, 95841. Call to confirm hours and services.

Liberty Towers The Way Ministries
5132 Elkhorn Blvd.
Sacramento

838-2080

Food give away.
Tuesdays 11:00 am to 12:00 pm
Sundays 12:00 pm to 1:00 pm
No income requirement or address verification needed.

Loaves & Fishes
Dinning Room
1321 North C Street
Sacramento

446-0874

Free hot lunch with lunch ticket obtained at the Service Center in Friendship Park. Lunch is served 7 days a week, 11:30 am- 12:30 pm

Sacramento Food Bank & Family Services
3333 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. Serves zip codes: 95815, 95817, 95818, 95820, 95833, 95834, 95835, 95836, 95837, 95838.

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 NA One food basket per month. ID & proof of residency are required.
6800 Sixth St. Thursday 10 am—12 pm
Rio Linda 95673

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.
1319 27th St. Until October 2011
Sacramento Hours 11:30 am - 3 pm M-F

1800 28th St. As of October 2011
Sacramento

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
1200 North B St.
Sacramento 95814

Saint Lawrence Church 332-4777 Thursday evening free dinner. Doors open at 5 pm. Open to anyone. No income requirements, address verification, or age limitations.
4325 Don Julio Blvd.
North Highlands



WIC 326-5830 Women, Infants and Children Program provides food for pregnant and nursing mothers. Infants and children under 5 by appointment only.
5655 Hillside Blvd.
North Highlands M—F 8 am—4:30 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, 95660, 95825, 95841, 95842, 95843

Closed Holidays



CLOTHES CLOSETS

First Baptist Church 2601 Del Paso Blvd. Sacramento 95815	922-9365	Provides clothes to people in need. M/W 9 am—11:30 am
New Testament Baptist Church 6746 34th Street North Highlands 95660	344-0440	Clothes closet; call for details. 9 am every 2nd Saturday
Sacramento Clothes Closet 3333 Third Avenue, Sacramento	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 5705 Hillsdale Blvd & 2502 Watt Ave @ El Camino	339-2137 480-9002
8031 Watt Ave., Antelope	723-0137
Salvation Army Thrift 6510 Antelope Road	729-8399



LOW IN-
COMEHOUSING

<p>CHOC (Community Housing Opportunities Corporation) <i>Danbury Park Apartments</i> 7840 Walerga Road Antelope 95843</p>	<p>725-7385</p>	<p>Low income, affordable Apartments through CHOC.. Families need to contact the Arlington Creek Apartments directly for more information.</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>Sacramento Mutual Housing Association 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>Shelter Plus Care</p>	<p>874-4304</p>	<p>Provides referrals to housing programs for homeless and disabled individuals and families in Sacramento County.</p>
<p>SHRA (Sacramento Housing & Redevelopment) www.shra.org</p>	<p>440-1317</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>



**EMERGENCY HOUSING /
SHELTERS**

Diogenes Youth Services
9719 Lincoln Village Dr. Ste 110
Sacramento 95827

Office: 369-5447
Hotline: 1-800-339-7177
(24 hour)
Emergency housing up to 30 days 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. Also have Transitional Living Program for 16 to 18 yr olds.

Francis House
1422 C Street
Sacramento 95814

443-2646
Counseling, referrals, bus tokens, employment assistance, etc.
M/T/W 9:30 am—11:30 pm &
1:00 pm—3:00 pm
Th/F 1:00 pm—3:00 pm

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
1321 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.

Sacramento Area Housing

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

Sacramento Area Housing

455-0415
Women's Shelter
Temporary housing, meals and transportation for single women for up to 30 days. Phone interviews only. Possible waiting list.

EMERGENCY HOUSING /
SHELTERS
 (continued)



Salvation Army Shelter

1200 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.

St. John's Shelter

4410 Power Inn Rd.
 Sacramento
www.stjohnsshelter.org

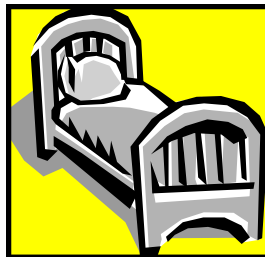
453-1482
 24 hrs/day
 7 days/week

Shelter for homeless women and children; male children up to age 14. Telephone or walk-in at shelter daily. Opens at 3 pm.

Travelers Aid

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. 9-5 Monday thru Friday.



WEAVE

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.

Wind Youth Center

701 Dixie Ave
 Sacramento, CA 95815

561-4900

Outreach for homeless and runaway youth living on the streets.

628-1492
Emergency
After hours #

Overnight shelter, hot meals, shower, laundry facilities, clothing and mail. On-site case management; assessment; counseling, and referrals for medical and dental needs. Mon—Fri from 8:30 am to 4:30 pm (ages 11 –22)

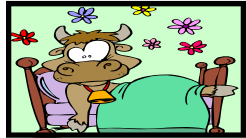
YWCA

1122 17th Street
 Sacramento

264-8066


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

HEALTH CLINICS

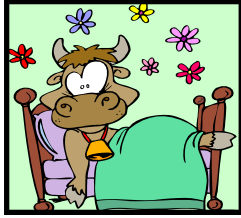


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|---|--|---|
| Child & Family Institute | 736-1720 | Offers free counseling services to children who may have witnessed or have experienced bullying, emotional/physical/sexual abuse, domestic violence, alcohol//drug issues within family, or other traumas. |
| CHDP | 875-7151 | Free physicals & dental for low income children without Medi-Cal. |
| Del Paso Health Center
(Sacramento County) | 648-0970 | 3950 Research Drive, Sacramento
Hours: Tuesday 8 am-5 pm
(closed during lunch 12pm—1pm) |
| Medi-Cal | 874-2215 | Call for information and qualifications. |
| Mercy Clinic
(Healthcare for the Homeless Program) | 446-3345 | 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 |
| MercyClinic North Highlands

*Free Family Clinic | 349-1568

Must have an appointment | 6060 Watt Ave. (FC Joyce Elementary School)
North Highlands, CA 95660
MercyClinic serves those in need of primary healthcare, without health insurance, and who are low income and live in North Highlands and surrounding areas. |
| Planned Parenthood | 332-5715 | 5700 Watt Ave., North Highlands
Open Mon—Thur 8:00 am-6 pm;
Fri. 8:15 am-4:30 pm Sat. 8:15 am-12:30 pm
& |
|  | 446-6921 | 201 29th St., Ste. B, Sacramento 95816
Mon—Th 7:00 am - 6:30 pm
Fri 7 am—4:30pm Sat 8 am—1 pm |
| Primary Care Center
(Sacramento County) | 874-9670 | 4600 Broadway Ste. 1100
Sacramento 95820
Clinic hours: M-F 8 am-5 pm |
| Sacramento Family Medical Clinic Inc. | 339-2229 | 5735 Watt Ave., North Highlands
Hours: 8 am—5:30 pm |
| Watt Ave Med Clinic | 344-8866 | 5710 Watt Ave., North Highlands
Hours Mon—Thurs 9 am-4 pm /Friday 9 am-2 pm |

COVER THE KIDS
SACRAMENTO CHILDREN’S HEALTH INITIATIVE
CTK believes ALL children deserve access to affordable comprehensive health coverage.



HEALTH CLINICS

Las Palmas Clinic
577 Las Palmas Ave.
Sacramento, CA 95815

924-6703 Health for All

Mercy Del Paso Clinic
3911 Norwood Ave.
Sacramento CA 95838

929-8575

Molina Medical Center
4215 Norwood Ave.

564-0521

&
3234 Marysville Blvd
Sacramento, CA 95838

646-1200

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

563-7200

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

924-7092

Dental Clinic
4600 Broadway, Ste. 210
Sacramento, CA 95820

874-8300

Dr. Karrin Vallin
Optometrist

349-2006 5732 Watt Avenue, North Highlands
Excepts Medi-Cal
Se Habla Español

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

487-1717



THE HEALTHY FAMILIES PROGRAM / MEDI-CAL FOR CHILDREN
Health coverage for KIDS. California now offers complete health insurance for your children and teenagers (ages birth through 18) at a price you can afford.
Call toll free 1-888-747-1222

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	916-736-0828
(Counseling services for abused children, non-offending parents/caretakers, and siblings of abused children.)	

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

Adult Outpatient Clinic	916-875-0599
The Effort	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.

Revised on 8/24/10

THE HEALTHY FAMILIES PROGRAM / MEDI-CAL FOR CHILDREN

Health coverage for KIDS. California now offers complete health insurance for your children and teenagers (ages birth through 18) at a price you can afford.
Call toll free 1-888-747-1222



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.

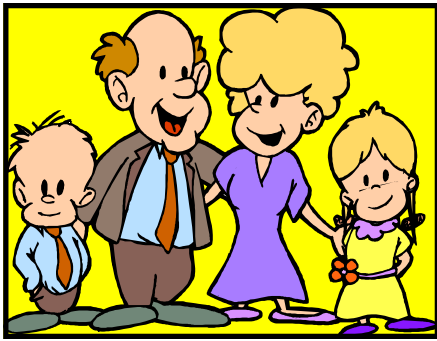


PARENTING CLASSES / SUPPORT

(Free or Low Cost)



- The Effort/Family Services Agency** 368-3080
8912 Volunteer Lane, #100 Sacto 95826
- The Effort/Birth & Beyond** 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
- Child Action** 369-0191
(Court ordered parenting classes)
- Changing Courses** 332-5056
3355 Myrtle Ave., #265, N.H. 95660
- Child Protective Services Parenting Classes** 875-6140
- Area 4 Agency on Aging** 486-1876
Provides links and information on grandparent support groups. www.a4aa.com
- Sacramento Crisis Nursery** 394-2000 or 679-3600
Counseling and Support Services 24-hours a day.
- Mutual Assistance Network** 567-9567
Firehouse Community Center
810 Grand Ave., Sacto 95838
For parents of pre-school and elementary aged children
- 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 Outpatient Clinic
Sacramento County

875-0599 Counseling for Medi-Cal recipients.

PSYCHIATRIC CRISIS LINE:
732-3637

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

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

Child and Family Institute

736-0828 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.

YOUTH CRISIS HOTLINE:
1-800-339-7177

The Effort
6015 Watt Avenue, Ste 2
North Highlands

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

368-3080

8233 E. Stockton Blvd., Ste. D
Sacramento

COUNSELING, SUPPORT, THERAPY

Family Study Center	452-3008	Play therapy for children; art therapy, parent training, communications workshops, individual counseling, couple and family counseling. Some reduced fee services, depending upon income.
La Familia Counseling Center	452-3601	One to one counseling, crisis intervention, and supportive services to youth (ages birth - 21) and their families. No fee.
Parent Support Line	1-888-281-3000	24-hour support line providing emotional support, information, and resources.
People Reaching Out	576-3300	Addresses the issues of alcohol and drug abuse and violence among youth. Focus on prevention and intervention. No fee.
Speech-to-Speech An Assistive Communication Service Available 24/7	711	A free telephone assistance service for people with speech disabilities.
Stanford Settlement Neighborhood Center 450 West El Camino Ave. Sacramento Ca 95833	927-1303	Programs for elderly, emergency assistance, crisis intervention, neighborhood and community development activities, Christmas baskets for individuals, free income tax preparation.
Stanford Settlement Neighborhood Center—Children and Youth Program 450 West El Camino Ave. Sacramento Ca 95833	927-1303	Social group work methods to promote social adjustment, self-esteem, school attendance, and delinquency prevention. Supportive services to families and local schools.



LEGAL AID / CLINICS



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|--|--|--|
| <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>Pacific McGeorge School of Law
3200 Fifth Avenue
Sacramento, CA 95817</p> | <p>340-6080</p> | <p>Provides legal services to low-income people. Assistance in domestic, violence, landlord / tenant issues, bankruptcy, family law, 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>(415)
538-2219</p> | <p>For information on reduced-fee lawyers or those lawyers who offer their services pro bono.</p> |
| <p>Superior California Legal Clinics
3220 El Camino Avenue
Sacramento, CA</p> | <p>972-1188</p> | <p>Legal help in divorce, separation, child custody, bankruptcy, wills, restraining orders and other family law issues. Sliding scale fees.</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> |

SCHOOL DISTRICTS



TWIN RIVERS UNIFIED SCHOOL DISTRICT 5115 Dudley Blvd., McClellan	<i>District Office:</i>	566-1600
CENTER UNIFIED SCHOOL DISTRICT 8408 Watt Ave., Antelope	<i>District Office</i>	338-6330
ELVERTA JOINT SCHOOL DISTRICT 8920 Elwyn Ave., Elverta CA	<i>District Office</i>	991-4726
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	<i>District Office</i>	971-7700
SACRAMENTO CITY UNIFIED SCHOOL DISTRICT 5735 47th Ave., Sacramento	<i>District Office</i>	643-7400

SUBSIDIZED CHILD CARE / PRESCHOOLS

BEANSTALK 344-6259 (For Information) CHILD CARE CENTERS	566-1820 566-1930 566-1660 566-1950	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
HEAD START (SETA)	274-6196 263-5333 263-1031 263-0266	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
STATE & FIRST 5 SACRAMENTO PRE- SCHOOL a.m. or p.m. 566-1600	566-3415 566-3420 566-3425 566-1840 566-3475 566-1880	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 Frontier Elem 6691 Silverthorne Cr., Sacto 95842 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

566-3435 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

566-1910 Oakdale Elem.
3708 Myrtle Ave., N.H. CA 95660

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

566-1600

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

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

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

CHILD CARE REFERRALS

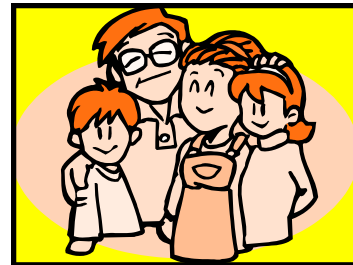
- CHILD ACTION** **369-0191** Free child care information and referrals to child care centers, family day care homes, nursery schools, and before and after-school programs.
- FAMILY CHILD CARE PROVIDERS, INC.** **362-4453** Free referrals to the public for licensed family child care providers.
- InfoLine Sacramento* **498-1000** Pre-School / Child Care Center information by location.



TUTORING SERVICES

- Huntington Learning Center** **728-2981** 8091 Greenback Lane, Citrus Heights
- 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



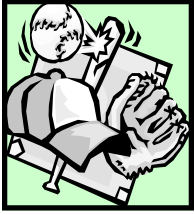
- Big Brothers/Big Sisters** **646-9300** A preventive service providing children from one-parent families with individualized and continuing friendship of a mature, trained adult volunteer.
- People Reaching Out** **576-3300** Matches volunteer mentors from business and community organizations with at-risk high school students to encourage them in their academic, personal and career development.

EMPLOYMENT
ASSISTANCE AND TRAINING

<p>Center for Employment Training 6853 65th Street Sacramento</p>	<p>393-7401</p>	<p>Job training and basic skills assistance (including GED preparation) for low-income job seekers.</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.</p>
<p>Pride Industries 3608 Madison Ave., Ste. 43 North Highlands, 95660</p>	<p>334-5415</p>	<p>Vocational rehabilitation and employment services.</p>
<p>Sacramento Works One-Stop Career Center 5655 Hillsdale 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 3222 Winona Way North Highlands, CA 95660</p>	<p>566-2785</p>	<p>Low cost or no fee classes in Adult Basic Education, GED preparation and testing, etc.</p>
<p>Winterstein Adult Center 900 Morse Ave Sacramento, CA 95864</p>	<p>971-7414</p>	<p>Adult Basic Ed., ESL classes, GED preparation, vocational/job training & computer classes</p>

RECREATION AND PARKS

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| <p>Arcade Creek Recreation & Park Dist
4855 Hamilton Street
Sacramento, CA</p> | <p>482-8377</p> | <p><i>Near:</i> Madison and Oakdale elementary schools.</p> |
| <p>Gibson Ranch
8552 Gibson Ranch Road,
Elverta, CA</p> | <p>991-7592</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><i>Near:</i> Allison, Hillsdale, Joyce, Kohler, Larchmont, Ridgepoint, Sierra View, and Village elementary schools.</p> |
| <p>Rio Linda Elverta Recreation & Park Dist
810 Oak Lane
Rio Linda, CA</p> | <p>991-5929</p> | <p><i>Near:</i> Dry Creek, Orchard, Vineland and Westside elementary schools.</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><i>Near:</i> Foothill Oaks, Frontier, Pioneer and Woodridge elementary schools.</p> |



LIBRARIES

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| <p>Del Paso Hieghts
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
(M & 10th Streets)
902 Oak Lane
Rio Linda, CA</p> | <p>264-2700</p> | <p>Call for hours of operation</p> |
| <p>Books-by-Mail</p> | <p>575-3450</p> | <p>For the homebound person, library books are mailed.</p> |
| <p>Dial-A-Story</p> | <p>(English) 441-1234
(Spanish) 264-2987</p> | <p>Recorded short stories for children. Ages 3-6. 24-hour access line.</p> |
| <p>Dial-A-Book</p> | <p>264-2726</p> | <p>Recorded short chapters for children. Ages 7 to 12. 24-hour access line.</p> |

