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 (916) 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 (916) 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**

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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  (916) 566-2777
Adult Protective Services  (916) 874-9377
Child Abuse Bureau (Sac County Sheriff)  (916) 874-5191
Child Find Hotline  (800) 1AMLOST (426-5678)
Child Protective Services (CPS)  (916) 875-KIDS (5437)
County Mental Health Crisis Line (24 hour)  (916) 732-3637
Crisis Nursery (Help for Parents/Families in Crisis)  (916) 394-2000 South
   (916) 679-3600 North
National Runaway Switchboard  (800) RUNAWAY (786-2929)
Poison Control Center  (800) 222-1222
Pregnancy Hotline  (916) 451-2273
Safely Surrendered Baby Info Line  (877) 222-9723
Speech to Speech (Assistive Communication Service)  711
Suicide Prevention Crisis Line  (916) 368-3111
WEAVE Hotline (Domestic abuse)  (916) 920-2952
Well Space - Parent Support Line (Crisis)  (888) 281-3000
Wind Youth Services (Teenagers)  (800) 339-7177
Youth Crisis Hotline  (800) 843-5200

NON-EMERGENCY PHONE NUMBERS

INFOline Sacramento  (916) 498-1000
Access Child and Adult  (916) 875-1055
Alcoholics Anonymous  (916) 454-1100
Al-Anon / Alateen (Family/friend of alcoholic) Info Line  (916) 334-2970
California Smokers’ Helpline_Want to Quit Smoking?  (800) NOBUTTS (662-8887)
Child Abuse Prevention Council  (916) 244-1900
Nar-Anon (Family/friend of substance abuser) Info Line  (800) 477-6291 (nar-anon.org)
Narcotics Anonymous  (877) 623-6363
Sheriff Non-emergency  (916) 874-5115
Victim / Witness Center  (916) 874-5701
WEAVE (Domestic Violence)  (916) 448-2321
Wind Youth Services  (916) 369-5447
FOOD RESOURCES

Cal Fresh
Dept. of Human Assistance
1725 28th St.
Sacramento
(916) 874-3100
Low income families, most languages, CALWORKS, general assistance, and non-assistance food stamp continuation services.

Carmichael Food Closet
5645 Marconi Ave.
Carmichael, CA 95608
(916) 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

Family Services
3213 Orange Grove Ave.
North Highlands 95660
(916) 678-4010
One food basket per month. Proof of residence (SMUD or PGE bill) & ID required. T/Th 9 am—4 pm and Fri 9—11:30 am. Must provide proof of household income.

Friendship Park
1351 North C St.
Sacramento 95811
(916) 443-7378
Free breakfast for Adults only at 7:30-9 am Monday-Friday.

Loaves & Fishes
Dinning Room
1321 North C St.
Sacramento 95811
(916) 446-0874
Lunch is served 7 days a week, 11:30 am-12:30 pm

Mary’s House
1351 North C St.
Sacramento 95811
(916) 446-4961
Free Breakfast for Women and Children only from 8-9 am Monday—Friday

North Highlands Christian Food Ministry
6007 Watt Ave.
North Highlands 95660
(916) 955-1010
(916) 771-0963
Food give away on Mon., Tues. & Wed. from 9 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
(916) 925-5313
You must register Tuesday at 10:30 am for food pick up between 11 am & 1 pm. Proof of address & ID are required. Must bring your own bags. Serves zip codes 95673, 95626, 95838.
Rio Linda/Elverta Food Closet
151 Delano St.
Elverta 95626
(916) 991-1638
One food basket per month. ID & proof of residency and income are required. Thursday 9:30 — 11:30 am.
Serves residents of Rio Linda & Elverta

River City Food Bank
1800 28th St.
Sacramento 95816
(916) 446-2627
A three-day supply of emergency food, offered once a month. This includes baby food and formula, if needed. ID required. Monday—Friday 11:30 am - 3 pm

Sacramento Food Bank & Family Services
(916) 456-1980
Call for hours & locations. Must provide photo ID & proof of address.

The Grace Network
GraceCity Center
701 Dixieanne Ave.
Sacramento 95815
www.thegracenetwork.org

The Way Ministries
5501 Dewey Dr.
Fair Oaks 95628
(916) 470-0408
Call for information and details

Union Gospel Mission
400 North Bannon St.
Sacramento 95811
(916) 447-3268
Dinner served nightly starting at 7 pm.

WIC
811 Grand Ave., #1
Sacramento 95838
(916) 876-5000
Women, Infants and Children Program provides food for pregnant and nursing mothers. Infants and children under 5
Call for details
M - Thur 8:15 am - 5:00 pm.
Fri 8:15 am - 4:30 pm
CLOTHES CLOSETS

First Baptist Church of North Sacramento
2601 Del Paso Blvd.
Sacramento 95815
(916) 922-9365 Call for Information and Details
Friday 9:30 am - 12 pm

New Testament Baptist Church
6746 34th St.
North Highlands 95660
(916) 344-0440 Call for Information and Details

Food Bank & Family Services
3333 Third Ave.
Sacramento 95817
(916) 456-1980 T/F - 10 am to 1 pm
Wed.—4 pm to 7 pm
Limited to once, monthly. Free.

Union Gospel Mission
400 North Bannon St.
Sacramento 95815
(916) 447-3268 Call for Information and Details
Women and Children's clothing
T/TH @ 9 am.

THRIFT SHOPS

Deseret Industries
3000 Auburn Blvd.
Sacramento
(916) 482-1480

Goodwill Industries
4401 Elkhorn Blvd. Sac 95842
(916) 332-2294

2502 Watt Ave. @ El Camino
(916) 480-9002

4207 Norwood Ave., Sac 95838
(916) 649-2531

Pacific Thrift Store
6101 Watt Ave.
North Highlands, 95660
Watt & Don Julio
(916) 514-0154

Thrift Town
410 El Camino Ave.
Sacramento 95815
(916) 922-9942
CHOC (Community Housing Opportunities Corporation)  
*Danbury Park Apartments*  
7840 Walerga Rd.  
Antelope 95843  
www.chochousing.org  
(916) 725-7385  
Affordable apartments through CHOC.

**Family Promise**  
Sacfamilypromise.org  
(916) 443-3107  
Provides assistance in seeking affordable or income based housing.

**Mercy Housing of Sacramento**  
www.mercyhousing.org  
(916) 414-4400  
Call for availability status and information about the program.

**Mutual Housing California**  
8001 Fruitridge Rd.  
Sacramento 95820  
www.mutualhousing.com  
(916) 453-8400  
Provides assistance in seeking affordable or income based housing.

**Sacramento Self Help Housing**  
www.sacselfhelp.org  
(916) 341-0593  
Call to complete in-take process. Housing counseling and Referrals for the homeless. No fee. Hours 9 am - 5 pm

**Salvation Army**  
Rental Assistance Program  
(916) 678-4050  
Must have a 3 day pay or quit notice & be on rental agreement. Monday 9-11 am. & 1-4 pm.

**SHRA**  
(Sacramento Housing & Redevelopment)  
www.shra.org  
(916) 444-9210  
Housing Choice Vouchers (formerly Section 8). Call for information.

**YWCA**  
1122 17th St.  
Sacramento 95811  
www.ywcaccc.org  
(916) 264-8066  
Low-income women’s residency program. Rooms for rent. No children. Walk-in to apply. Possible waiting list.
EMERGENCY HOUSING /
SHELTERS

Family Shelter—VOA  
470 Bannon St.  
Sacramento 95811  
(916) 443-4688  
Shelter for families with children under 18. Meals, support services, education and job search info.
dhaservices.saccounty.net/efs

Francis House  
1422 C St.  
Sacramento 95814  
(916) 443-2646  
Counseling, IDs, bus tokens, employment assistance, etc. Call for Details

Friendship Park  
1321 North C Street  
Sacramento  
(916) 443-7378  
Breakfast, recreation activities, phones, library, showers, laundry, and more.

Loaves & Fishes  
1351 North C St.  
Sacramento  
(916) 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  
4390 47th Ave.  
Sacramento 95824  
(916) 453-2900  
Housing & case-management services for homeless families, transitional housing programs, also transitional & supported housing for former foster youth and transition age youth. M-F 8:30-4:30  
Lssnorcal.org

Maryhouse  
1321 North C St.  
Sacramento  
(916) 446-4961  
A hospitality center for homeless women and children only. Hot breakfast program. Hours: M-T-TH-F 8 - 2 \ W: 8-12

My Sister’s House  
www.my-sisters-house.org  
(916) 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  
(916) 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  
(916) 454-2120  
Women’s Refuge  
30 day housing, meals and transportation for single women. Phone interviews only. Possible waiting list.
<table>
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<tr>
<th>Service Provider</th>
<th>Address</th>
<th>Phone Numbers/Website</th>
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<td>Overcomers Program</td>
<td>671 Plaza Ave. Sacramento 95815</td>
<td>(916) 924-3113</td>
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<td>Program for Women</td>
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<td>Program for Men</td>
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<tr>
<td>Salvation Army Shelter</td>
<td>1200 N. B St. Sacramento 95814</td>
<td>(916) 442-0331 (24-hour line)</td>
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<td><a href="http://www.salvationarmysacramento.org">www.salvationarmysacramento.org</a></td>
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<td>St. John’s Shelter</td>
<td>4410 Power Inn Rd. Sacramento</td>
<td>(916) 453-1482 24 hrs/day</td>
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<td>7 days/week</td>
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<td>Travelers Aid Emergency Assistance Agency</td>
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<td>(916) 399-9646 24 hrs/24 hrs</td>
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<tr>
<td>Union Gospel Mission</td>
<td>400 North Bannon St. Sacramento</td>
<td>(916) 447-3268 24 hour</td>
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<tr>
<td>WEAVE’s Safehouse</td>
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<td>(916) 920-2952 (24-hour line)</td>
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<tr>
<td>WIND Youth Services</td>
<td>3671 5th Ave. Sacramento 95817</td>
<td>(916) 369-5447 800-339-7177</td>
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<td><a href="http://www.windyouth.org">www.windyouth.org</a></td>
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<tr>
<td>YWCA</td>
<td>1122 17th St. Sacramento 95811</td>
<td>(916) 264-8066 561-4900</td>
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<td>Office:</td>
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<td>Center</td>
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<td>(916) 264-8066 561-4900</td>
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**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.

**Union Gospel Mission**

- Housing for Men only.

**WEAVE’s Safehouse**

- Temporary shelter for victims of rape, sexual assault, sex trafficking, 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 Services**

- 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.

**YWCA**

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

CHDP
9616 Micron Ave.
Ste. 950
Sacramento 95827
(916) 875-7151
Free physicals & dental for low income children without Medi-Cal.
Phone interviews only
Monday - Friday
8 am—5 pm

Health Clinic
4600 Broadway, Ste. 2100
(2nd Floor)
Sacramento 95820
(916) 874-8300
Except Medi-Cal
Monday - Friday 8 am—4:30 pm
Appointments only

Elica Del Paso Heights
1281 North Ave.
Sacramento 95838
855-354-2242
Mon—Thur
9 am - noon & 1 - 5:30 pm

Eye 2 Eye Optometry
Dr. Karrin Vallin & Dr. Mark Waldmire
Optometrist
4633 Whitney Ave., Ste. A
Sacramento 95821
(916) 487-1717
Se Habla Español
Saturday appointments available by request
Monday - Friday
9 am—5:30 pm

Medi-Cal
(916) 874-2215
Call for information and qualifications.

Mercy Clinic
1321 North C St.
Sacramento 95811
(916) 874-2811
TB testing only. Call for appt.
Hours: 8 am - 2 pm

(Healthcare for the Homeless Program)

Molina Medical Center
3946 Norwood Ave.
Sacramento 95838
&
7777 Sunrise Blvd.
Ste. 2500
Citrus Heights 95610
(916) 564-0521
Centers are open:
Monday - Friday
8:30 am—5:30 pm
(877) 665-4623

Peach Tree Health
3810 Rosin Ct., Ste. 100
Sacramento 95834
(916) 779-7656
Monday thru Thursday
8 am—5 pm
Planned Parenthood
5700 Watt Ave.
North Highlands 95660
(916) 332-5715 Monday - Friday
(800) 230-PLAN 8 am—(closing times vary)
Open every 4th & 5th Saturday of the month

Planned Parenthood
201 29th St.
Ste. B
Sacramento 95816
(916) 446-6921 Monday - Friday
Hours vary
Open Saturday 9am to 1pm by appointment

Primary Health Services
4600 Broadway., Ste. 1100
Sacramento 95820
(916) 874-8300 Medi-Cal excepted
Monday - Friday
8 am—4:30 pm
Appointments only

Sacramento Community Clinic
2200 Del Paso Blvd.
Sacramento 95815
(916) 924-7988 Monday - Friday
8 am—5 pm

Sacramento Community Dental Clinic
2138 Del Paso Blvd.
Sacramento 95815
(916) 642-1890 Monday - Friday
8 am—5 pm

Sacramento Family Medical Clinic
3441 Marysville Blvd.
Sacramento 95838
(916) 563-7200 Monday - Friday
8 am—5 pm

5735 Watt Ave.
North Highlands 95660
(916) 339-2229 8 am—5 pm

San Lucas Pediatric Clinic
4100 E Commerce Way Ste. 100
Sacramento, 95834
(916) 575-9090 Monday-Friday
8 am—5:30 pm

Uplift Family Service
3951 Performance Dr.,
Ste. G
Sacramento 95838
(916) 921-0828 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

Elica Watt Ave. Health Center
5708 Watt Ave.
North Highlands 95660
(916) 344-8866 M—Thu 8 am —4:30 pm
Closed Friday’s

WellSpace Health North Highlands
Community Health Center & Birth and
Beyond
6015 Watt Ave., Ste. 2
North Highlands 95660
(916) 737-5555 Monday-Friday
8 am—5 pm
Wellspacehealth.org

WellSpace Health
San Juan Community Health Center
Medical Clinic
5959 Greenback Ln., Ste 500
Citrus Heights 95621
(916) 737-5555 Monday-Friday
8 am—5 pm
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 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 916-875-1055
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

Dental:
Denti-Cal (referral service for dentists who accept Medi-Cal) 800-423-0507

Please remember not all Doctors can accept new patients at all times.
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 Heath 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 916-566-1615 for information.

Let’s keep our kids healthy and in school!!! Call us, we can help.
**PARENTING CLASSES / SUPPORT**
*(Free or Low Cost)*

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<th>Phone 1</th>
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<tr>
<td>Area 4 Agency on Aging</td>
<td>Provides links and information on grandparent support groups. Coordinates and develops senior services for seniors 60 and over.</td>
<td>(916) 486-1876</td>
<td><a href="http://www.a4aa.com">www.a4aa.com</a></td>
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<tr>
<td>Black Child Legacy Campaign</td>
<td>A range of services including prenatal and infant support resources, family support, advocacy and connections to other agencies. On-site connections to county agencies such as Department of Human Assistance, Child Protective Services and Probation are available.</td>
<td>Foothill Farms &amp; North Highlands</td>
<td>Liberty Towers / Impact Sac</td>
<td>(916) 410-9770 or (916) 889-2390</td>
</tr>
<tr>
<td>Center For Fathers and Families</td>
<td>920 Del Paso Blvd.</td>
<td>Sacramento 95815</td>
<td>(916) 568-3237</td>
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<tr>
<td>Changing Courses</td>
<td>3355 Myrtle Ave., Ste. 265, N.H. 95660</td>
<td>Offers mediation and parenting classes</td>
<td>(916) 332-5056</td>
<td></td>
</tr>
<tr>
<td>Dept of Human Assistance</td>
<td>3960 Research Dr.</td>
<td>Sacramento 95838</td>
<td>(916) 876-4484</td>
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<tr>
<td>Or</td>
<td>5747 Watt Ave.</td>
<td>North Highlands 95660</td>
<td>(916) 876-8000</td>
<td></td>
</tr>
<tr>
<td>Mutual Assistance Network</td>
<td>Firehouse Community Center</td>
<td>810 Grand Ave., Sacramento 95838</td>
<td>(916) 567-9567</td>
<td></td>
</tr>
<tr>
<td>North Sacramento Family Resource Center</td>
<td>For parents of pre-school and elementary aged children</td>
<td>(916) 927-7694—main office</td>
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<tr>
<td>People Reaching Out</td>
<td>Parent concerns with children’s behavior, especially regarding the use of drugs and alcohol. Free assessment and referral services.</td>
<td>(916) 576-3300</td>
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<tr>
<td>Sacramento Crisis Nursery</td>
<td>Counseling and Support Services 24-hours a day.</td>
<td>South Nursery (916) 394-2000 or North Nursery (916) 679-3600</td>
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</tr>
<tr>
<td>WellSpace Health</td>
<td>8912 Volunteer Lane, Ste. 100,</td>
<td>Sacramento 95826</td>
<td>(916) 368-3080</td>
<td></td>
</tr>
<tr>
<td>WellSpace Health</td>
<td>6015 Watt Ave., Ste. 2, N.H. 95660</td>
<td><a href="http://www.wellspacehealth.org">www.wellspacehealth.org</a></td>
<td>(916) 679-3925</td>
<td></td>
</tr>
<tr>
<td>Women’s Empowerment</td>
<td>1590 North A St.</td>
<td>Sacramento, 95811</td>
<td>(916) 669-2307</td>
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</tr>
</tbody>
</table>

Job readiness and empowerment program for women experiencing homelessness or at-risk of homelessness.
COUNSELING, SUPPORT, THERAPY

ACCESS Team-Children
ACCESS Team-Adults

Adult Psychiatric Support Services
2130 Stockton Blvd., Bld. 100
Sacramento 95817

(916) 875-1055 Information and referrals mental health services. Must be Medi-Cal eligible.
(916) 875-1055
(916) 875-0703 **Must go through Adult Access**

Catholic Social Service of Sacramento
New Pathways Counseling
5890 Newman Ct.
Sacramento 95819
www.newpathways@csssac.org

(916) 452-7481 Provides individual, group, couple, family & child counseling; Spanish language counseling. Sliding scale fee.

Uplift Family Services

La Familia Counseling Center
5523 34th St.
Sacramento 95820

(916) 921-0828 Counseling services for children who have been abused, non-offending parents or caretakers, and siblings of abused children.

Life Practice Counseling Grp.
3650 Auburn Blvd., Bld. C Ste. 208
Sacramento 95821

(916) 452-3601 One to one counseling, crisis intervention, and supportive services to youth (ages birth - 21) and their families. No fee.

(916) 300-6576 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.

National Parent Helpline
nationalparenthelpline.org

855-427-2736 24-hour support line providing emotional support, information, and resources.
855-4APARENT

Overcomers Program

Women
(916) 924-3113 Drug and Alcohol Recovery Program for women and men.

Men
(916) 920-3082

Pro Youth and Families
(916) 576-3300 Addresses the issues of alcohol and drug abuse and violence among youth. Focus on prevention and intervention. No fee.

Sacramento LGBT Community Center
1927 L Street
Sacramento 95811
Info@saccen.jpg

(916) 442-0185 Drop In Services for Youth ages 13-24. Calls and Service times 12 pm—6 pm Open 7 days per week. Call for details.
### COUNSELING, SUPPORT, THERAPY

| Stanford Settlement | (916) 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. |
<table>
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<tbody>
<tr>
<td>Stanford Settlement Neighborhood Center</td>
<td>(916) 927-1303</td>
<td>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.</td>
</tr>
<tr>
<td>Terkensha Associates</td>
<td>(916) 418-0829</td>
<td>Mental Health &amp; Counseling Support</td>
</tr>
<tr>
<td>Terra Nova</td>
<td>(916) 344-0249</td>
<td>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.</td>
</tr>
<tr>
<td>The Grace Network</td>
<td>Resources (916) 850-0846</td>
<td>Counseling programs for ages 13-30 years old. Please call Resource line for details.</td>
</tr>
<tr>
<td>GraceCity Center</td>
<td>Office (916) 952-7880</td>
<td></td>
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<tr>
<td><a href="http://www.thegracenetwork.org">www.thegracenetwork.org</a></td>
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</tr>
<tr>
<td>WellSpace Health</td>
<td>(916) 679-3925</td>
<td>Brief therapy for families, children, couples and individuals.</td>
</tr>
<tr>
<td>6015 Watt Ave., Ste. 2</td>
<td>Or (916) 426-6140</td>
<td>Call for further details</td>
</tr>
<tr>
<td>North Highlands 95660</td>
<td>Or (916) 368-3080</td>
<td></td>
</tr>
<tr>
<td>8233 E. Stockton Blvd., Ste. D</td>
<td></td>
<td></td>
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<tr>
<td>Sacramento 95828</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wind Youth Services</td>
<td>(916) 369-5447</td>
<td>Crisis resolution; individual, group and family counseling for youths 12-17</td>
</tr>
<tr>
<td>1590 North A St.</td>
<td>Ext. 207 (916) 669-2307</td>
<td>Job readiness and empowerment program for women experiencing homelessness or at-risk of homelessness.</td>
</tr>
<tr>
<td>Sacramento 95811</td>
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<td></td>
</tr>
<tr>
<td>Service</td>
<td>Phone Number</td>
<td>Description</td>
</tr>
<tr>
<td>------------------------------------------------------------</td>
<td>--------------</td>
<td>-------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Better Business Bureau</td>
<td>(916) 443-6843</td>
<td>Provides information on business practices of firms; offers complaint services for consumers and third party help in disputes. There is no fee.</td>
</tr>
<tr>
<td>Family Justice Center</td>
<td>(916) 426-6140</td>
<td>Civil Legal Clinic can provide assistance with preparation of temporary restraining orders and other related family law matters, to victims of domestic violence, elder abuse, sexual assault and human trafficking. Every other Wed. from 9 am—12 pm</td>
</tr>
<tr>
<td>Family Law / Self Help Center</td>
<td>(916) 875-3400</td>
<td>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.</td>
</tr>
<tr>
<td>lawhelpca.org</td>
<td>NA</td>
<td>Find legal aid and self help resources.</td>
</tr>
<tr>
<td>Pacific McGeorge School of Law</td>
<td>(916) 739-7191</td>
<td>Provides legal services to low-income people. Assistance in landlord / tenant issues, bankruptcy, immigration, and senior issues. Apply by telephone.</td>
</tr>
<tr>
<td>Senior Legal Hotline</td>
<td>(916) 551-2140</td>
<td>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. Or (800) 222-1753</td>
</tr>
<tr>
<td>State Bar Association</td>
<td>(866) 442-2529</td>
<td>For information on reduced-fee lawyers or those lawyers who offer their services pro bono.</td>
</tr>
<tr>
<td>Victim-Witness Assistance Program</td>
<td>(916) 874-5701</td>
<td>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.</td>
</tr>
</tbody>
</table>
PUBLIC TRANSPORTATION

AMTRAK 800-268-7252 401 I St., Sacramento 95814
1389 10th St., Sacramento 95815
201 Pacific St., Roseville 95678

Greyhound Bus Lines (916) 444-6858 420 Richards Blvd., Sac 95811
Or (916) 783-4101 201 Pacific St., Roseville 95678

ParaTransit (for disabled individuals and seniors aged 75+)
(916) 429-2009

Regional Transit (RT) (916) 321-2877 1225 R St., Sacramento
Monday thru Friday
Lost & Found
RT ID Cards

Sacramento International Airport (916) 929-5411 6900 Airport Blvd.
Sacramento 95837

Yellow Cab (916) 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
(916) 567-5200

Needhelppayingbills.com NA

Pacific Gas & Electric (800) 743-5000

REACH Program (800) 933-9677

Salvation Army Utility Assistance Program (916) 678-4010
SCHOOL DISTRICTS

TWIN RIVERS UNIFIED SCHOOL DISTRICT District Office (916) 566-1600
5115 Dudley Blvd., McClellan 95652

CENTER UNIFIED SCHOOL DISTRICT District Office (916) 338-6400
8408 Watt Ave., Antelope 95843

ELVERTA JOINT SCHOOL DISTRICT District Office (916) 991-2244
7900 Eloise Ave., Elverta 95626

NATOMAS UNIFIED SCHOOL DISTRICT District Office (916) 567-5400
1901 Arena Blvd., Sacramento 95834

ROBLA SCHOOL DISTRICT District Office (916) 649-5248
5248 Rose Street, Sacramento CA 95838

SACRAMENTO CITY UNIFIED SCHOOL DISTRICT District Office (916) 643-7400
5735 47th Ave., Sacramento 95824

SAN JUAN UNIFIED SCHOOL DISTRICT District Office (916) 971-7700
3738 Walnut Ave., Carmichael 95608

SUBSIDIZED CHILD CARE / PRESCHOOLS

BEANSTALK
344-6259 (For Information)
CHILD CARE CENTERS
(916) 566-1820 Dry Creek Elem.
1230 G St., Rio Linda 95673
(916) 566-1660 Regency Park Elem.
5901 Bridgecross Dr.
Sacramento 95835
(916) 566-1950 Ridgepoint Elem.
4680 Monument Dr.
Sacramento 95842

HEAD START (SETA)
(916) 563-5125 6015 Watt Ave. # 5, North Highlands
(916) 563-5383 3829 Stephen Dr., North Highlands
(916) 563-5360 5665 Hillsdale Blvd. # 4, Sacramento
(916) 563-5350 5249 Elkhorn Blvd., Sacto CA 95842

STATE & FIRST 5 SACRAMENTO PRESCHOOL a.m. or p.m.
566-1616
(916) 566-3420 Castori Elem.
1801 South Ave., Sacto CA 95839
Del Paso Elem
590 Morey Ave., Sacto CA 95838
Fairbanks Elem.
277 Fairbanks Ave., Sacto 95838
Garden Valley Elem.
3601 Larchwood Dr., Sacto 95834
F.C. Joyce Elem.
6050 Watt Ave., N.H. CA 95660
Kohler Elem.
4004 Bruce Way, N.H. CA 95660
Noralto Elem.
477 Las Palmas Ave., Sacto CA 95815
<table>
<thead>
<tr>
<th>Subsidized Child Care / Preschools</th>
<th>Phone Number</th>
<th>Address</th>
<th>City, State Zip Code</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STATE PRESCHOOL</strong></td>
<td>(916) 566-2705</td>
<td>Northwood Elem. 2630 Taft. St., Sacramento 95815</td>
<td></td>
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<tr>
<td>566-1616</td>
<td>(916) 566-1910</td>
<td>Orchard Elem. 1040 Q St., Rio Linda 95673</td>
<td></td>
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<tr>
<td></td>
<td>(916) 566-1960</td>
<td>Sierra View Elem. 3638 Bainbridge Dr., N.H. 95660</td>
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<tr>
<td></td>
<td>(916) 566-2740</td>
<td>Smythe Elem. 2781 Northgate Blvd., Sacto 95833</td>
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<tr>
<td></td>
<td>(916) 566-2745</td>
<td>Strauch Elem. 3141 Northstead Dr., Sacto 95833</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(916) 566-2755</td>
<td>Woodlake Elem. 700 Southgate Rd., Sacto 95815</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(916) 566-1670</td>
<td>Woodridge Elem. 5761 Brett Dr., Sacto 95842</td>
<td></td>
</tr>
<tr>
<td><strong>FULL-DAY PRESCHOOL</strong></td>
<td>(916) 566-3415</td>
<td>Babcock Elem. 2400 Cormorant Way, Sacto 95815</td>
<td></td>
</tr>
<tr>
<td>566-1616</td>
<td>(916) 566-3475</td>
<td>Hagginwood Elem. 1418 Palo Verde Ave., Sacto 95815</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(916) 566-1850</td>
<td>Kohler School 4004 Bruce Way, N.H. CA 95660</td>
<td></td>
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<tr>
<td></td>
<td>(916) 566-1900</td>
<td>Madison Elem. 5241 Harrison St., N.H. CA 95660</td>
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<tr>
<td></td>
<td>(916) 566-2700</td>
<td>Noralto Elem. 477 Las Palmas Ave., Sacto 95815</td>
<td></td>
</tr>
<tr>
<td>Pacific (Infant \Toddler Only)</td>
<td>(916) 566-2705</td>
<td>Northwood Elem. 2630 Taft. St., Sacto 95815</td>
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<tr>
<td></td>
<td>(916) 566-2715</td>
<td>Pacific High 6560 Melrose Dr., N.H. 95660</td>
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<tr>
<td></td>
<td>(916) 566-2740</td>
<td>Smythe Elem. 2781 Northgate Blvd., Sacto 95833</td>
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<td></td>
<td>(916) 566-2745</td>
<td>Strauch Elem. 3141 Northstead Dr., Sacto 95833</td>
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<tr>
<td></td>
<td>(916) 566-1980</td>
<td>Vineland Preschool 6450 20th St., Rio Linda 95673</td>
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<tr>
<td></td>
<td>(916) 566-1670</td>
<td>Woodridge Elem. 5761 Brett Dr., Sacto 95842</td>
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<tr>
<td><strong>TRUSD HEADSTART</strong></td>
<td>(916) 566-3485</td>
<td>Morey Ave. Elem. 155 Morey Ave., Sacto 95838</td>
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<td></td>
<td>(916) 566-3485</td>
<td>Rio Linda Pre School 631 L St., Rio Linda 95673</td>
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<td></td>
<td>(916) 566-1910</td>
<td>Oakdale Elem 3708 Myrtle Ave., N.H. 95660</td>
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<tr>
<td></td>
<td>(916) 566-1970</td>
<td>Villaga Elem. 6845 Larchmont Dr., N.H. 95660</td>
<td></td>
</tr>
<tr>
<td><strong>STATE SCHOOL AGE CHILD CARE</strong></td>
<td>(916) 566-2705</td>
<td>Northwood Elementary 2630 Taft St., Sacto 95815</td>
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</tr>
</tbody>
</table>
California Learning Center  (916) 486-2646  3400 Cottage Way, Ste. C, Sacramento

Huntington Learning Center  (916) 728-2981  8091 Greenback Lane Ste., B
                                 Citrus Heights
(916) 564-8383  69 University Ave., Sacramento

Kumon Math and Reading Center  (916) 574-9810  4321 Truxel Rd., Ste. F3, Sacramento

**Big Brothers/Big Sisters**  (916) 646-9300  A preventive service providing children from one-parent families with individualized and continuing friendship of a mature, trained adult volunteer.

**Pro Youth and Families**  (916) 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**  (916) 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.

**The Grace Network**
**GraceCity Center**  701 Dixieanne Ave
Sacramento 95815
www.thegracenetwork.org

**Child Care Referrals**
**Child Action**  (916) 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**  (916) 498-1000  Sacramento Area Community Referrals

**Tutoring Services**

**Mentoring Programs**

**The Grace Network**
**Resources**  (916) 850-0846  Serving the Dixieanne, North Sacramento and Del Paso Heights communities.
Ages 13-30 years old.
Call resource line for details.

**Office**  (916) 952-7880
EMPLOYMENT ASSISTANCE AND TRAINING

Black Child Legacy Campaign
Foothill Farms & North Highlands 916-410-9770 or 916-889-2390
Liberty Towers / Impact Sac
5132 Elkhorn Blvd.
Sacramento 95842

Del Paso Heights & North Sacramento 916-646-6631 or 916-286-8600
Roberts Fam. Dev. Ctr.—
Greater Sac. Urban League
7325 Marysville Blvd., RM 203
Sacramento 95838

Center for Employment Training (916) 393-7401
8376 Fruitridge Rd.
Sacramento 95828

Greater Sacramento Urban League (916) 286-8600
3725 Marysville Blvd.
Sacramento 95838

Mutual Assistance Network of Del Paso Heights (916) 927-7694
811 Grand Ave., Suite A-3
Sacramento 95838

Pride Industries (916) 788-2100
10030 Foothills Blvd.
Roseville 95747
Or (800) 550-6005

Sacramento Works One-Stop Career Center (916) 263-4100
5655 Hillsdale Blvd., Ste. 8
Sacramento, 95842

The Grace Network (916) 850-0846 Resources
GraceCity Center
701 Dixieanne Ave.
Sacramento 95815
www.thegracenetwork.org

Office (916) 952-7880

Twin Rivers Adult School (916) 566-2785
5703 Skvarla Ave.
McClellan 95652

A range of services including prenatal and infant support resources, family support and advocacy, employment readiness and connections to other agencies. On-site connections to county agencies such as Department of Human Assistance, Child Protective Services and Probation are available.

Job training and basic skills assistance for low-income job seekers.

Job training, computer training, and GED preparation.

Employment Assistance, Career Development and pre-employment training, and parenting classes.

Behavior management adult day program for people with disabilities. Job Readiness/Employment.

Unemployment benefits; Job training, job hunting assistance; CAL-JOBS


Employment Training/Computer Lab Call resource line for details.

Low cost or no fee classes in Adult Basic Education, GED preparation and testing, etc.
**Arcade Creek Recreation & Park Dist**  
4855 Hamilton St.  
Sacramento 95841  
(916) 482-8377  
Offers classes, workshops and programs

**City of Sacramento Park & Recreation**  
915 I St., 5th Floor, Sacramento 95814  
(916) 808-5200  
Offer hundreds of classes, workshops and programs at sites throughout the city.

**Gibson Ranch**  
8556 Gibson Ranch Rd.  
Elverta 95626  
(916) 806-3868  
A spacious ranch setting in a County park. Children see horses, llamas, ducks, geese, goats and many other animals.

**Mutual Assistance Network**  
811 Grand Ave.  
Sacramento 95838  
(916) 696-6689  
Serves the Del Paso Heights community. A safe place with many programs geared to meet the needs of the surrounding community.

**No. Highlands Recreation & Park Dist**  
6040 Watt Ave.  
North Highlands 95660  
(916) 332-7440  
Offers classes, workshops and programs

**Rio Linda/Elverta Recreation & Park Dist**  
810 Oak Ln.  
Rio Linda, 95673  
(916) 991-5929  
Offers classes, workshops and programs

**Sunrise Recreation & Park Dist**  
7801 Auburn Blvd.  
Citrus Heights 95610  
(916) 725-1585  
Offers classes, workshops and programs

**Del Paso Heights**  
920 Grand Ave.  
Sacramento 95838  
(916) 264-2700  
Call for hours of operation

**No. Highlands-Antelope Library**  
4235 Antelope Rd.  
Antelope 95643  
(916) 264-2700  
Call for hours of operation

**No. Sacramento Hagginwood Library**  
2109 Del Paso Blvd., Sacramento 95815  
(916) 264-2700  
Call for hours of operation

**Rio Linda Neighborhood Library**  
6724 6th St.  
Rio Linda 95673  
(916) 264-2700  
Call for hours of operation

**Dial-A-Story**  
(916) 441-1234  
24-hour access line.