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

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# TABLE OF CONTENTS

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

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) IAMLOST (426-5678)
Child Protective Services (CPS) (916) 875-KIDS (5437)
County Mental Health Crisis Line (24 hour) (888) 881-4881
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
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) (916) 628-1492

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) 561-4900
# FOOD RESOURCES

| **Asian Community Services (ARI)** | (916) 745-4313 | Call for details. | Asianresources.com |
| 5720 Sunrise Blvd., Suite 100 | Citrus Heights 95610 | |
| **Cal Fresh** | (916) 874-3100 | Low income families, most languages, CALWORKS, general assistance, and non-assistance food stamp continuation services. | |
| Dept. of Human Assistance | 1725 28th St. | | |
| Sacramento 958516 | | | |
| **Carmichael Food Closet** | (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 in Sacramento County. Photo ID and proof of address required. | |
| 5645 Marconi Ave. | | Closed Holidays | |
| Carmichael, CA 95608 | | | |
| **Family Services** | (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. | |
| 3213 Orange Grove Ave. | | | |
| North Highlands 95660 | | | |
| **Friendship Park** | (916) 443-7378 | Free breakfast for Adults only at 8-9 am Monday-Friday. | |
| 1351 North C St. | | | |
| Sacramento 95811 | | | |
| **Loaves & Fishes** | (916) 446-0874 | Lunch is served 7 days a week, 11:30 am- 12:30 pm | |
| Dinning Room | 1321 North C St. | | |
| Sacramento 95811 | | | |
| **Mary’s House** | (916) 446-4961 | Free Breakfast for Women and Children only from 8-9 am Monday—Friday | |
| 1351 North C St. | | | |
| Sacramento 95811 | | | |
| **North Highlands Christian Food Ministry** | (916) 955-1010 | 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 | |
| 6007 Watt Ave. | (916) 771-0963 | | |
| North Highlands 95660 | | | |
| **Our Lady of Lourdes** | (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. | |
| 1951 North Ave. | | | |
| Sacramento 95838 | | |
Rio Linda/Elverta Food Closet  
151 Delano Ave.  
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. Produce for all.

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. Food donations:
Pick up order on T/TH.
Call on M/W for scheduling details.
Must provide photo ID & proof of address.

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 - Thu 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

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 95821

(916) 482-1480

Goodwill Industries
5400 Date Ave., Sac 95841

(916) 678-5700

4401 Elkhorn Blvd. Sac 95842

(916) 332-2294

2040 Alta Arden Expy., Sac 95825

(916) 779-7468

2502 Watt Ave. @ El Camino

(916) 480-9002

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
LOW INCOME HOUSING

CPP (Community Preservation Partners)
Danbury Park Apartments
7840 Walerga Rd.
Antelope 95843
www.cpp-housing.com
(916) 725-7385
Affordable apartments through CPP.

Family Promise
www.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
www.sacwaitlist.com
(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.
| **Family Shelter**—VOA              | (916) 443-4688 | Shelter for families with children under 18. Meals, support services, education and job search Info. |
| 470 Bannon St.                    |               | dhaservices.saccounty.net | |
| Sacramento 95811                  |               |                           | |

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

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

| **Loaves & Fishes**               | (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 |
| 1351 North C St.                  |               |                           | |
| Sacramento                         |               |                           | |

| **Lutheran Social Services**      | (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 |
| 4390 47th Ave.                    |               |                           | |
| Sacramento 95824                  |               |                           | |
| www.lssnorcal.org                 |               |                           | |

| **Maryhouse**                     | (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 |
| 1321 North C St.                  |               |                           | |
| Sacramento                         |               |                           | |

| **My Sister’s House**             | (916) 428-3271 | A safe haven for people escaping domestic violence, sexual assault and human trafficking. Call for details. |
|                                  | 24 hr line     |                           | |
| www.my-sisters-house.org         |               |                           | |
|                                  | Multi-lingual  |                           | |

| **Next Move**                     | (916) 455-2160 | 30 day shelter that accepts 2 parent families, single fathers & sons over age 14. Phone interviews only. Possible waiting list. |
|                                  | Family Shelter |                           | |
| dhaservices.saccounty.net        |               |                           | |
Overcomers Program
671 Plaza Ave.
Sacramento 95815
2731 Branch St.
Sacramento 95815
Salvation Army Shelter
1200 N. B St.
Sacramento 95814
www.salvationarmysacramento.org

Program for Women
(916) 924-3113
Call for Details about residential programs.

Program for Men
(916) 920-3082
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 Safe house
4410 Power Inn Rd.
Sacramento 95826
www.stjohnsshelter.org

(916) 453-1482
24 hrs/day
7 days/week
Shelter for homeless women and children; female children up to age 17. Vocational Shelter (Telephone only, no walk ins.)

Travelers Aid Emergency Assistance Agency
(916) 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.

Union Gospel Mission
400 North Bannon St.
Sacramento 95811
(916) 447-3268
Housing for Men only.

WEAVE’s Safehouse
(916) 920-2952
(24-hour line)
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
815 S St.
Sacramento 95811
www.windyouth.org
(916) 561-4900
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
1122 17th St.
Sacramento 95811
(916) 264-8066
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
<table>
<thead>
<tr>
<th><strong>Health Clinics</strong></th>
<th><strong>Contact Information</strong></th>
<th><strong>Services</strong></th>
<th><strong>Hours</strong></th>
<th><strong>Notes</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHDP</strong>&lt;br&gt;9616 Micron Ave.&lt;br&gt;Ste. 670&lt;br&gt;Sacramento 95827</td>
<td><strong>(916) 875-7151</strong></td>
<td>Free physicals &amp; dental for low income children without Medi-Cal.&lt;br&gt;Phone interviews only&lt;br&gt;Monday - Friday&lt;br&gt;8 am - 5 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Eye 2 Eye Optometry</strong>&lt;br&gt;Dr. Karrin Vallin &amp; Dr. Mark Waldmire&lt;br&gt;Optometrist&lt;br&gt;4633 Whitney Ave., Ste. A&lt;br&gt;Sacramento 95821</td>
<td><strong>(916) 487-1717</strong></td>
<td>Se Habla Español&lt;br&gt;Monday - Friday&lt;br&gt;9 am — 5:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Medi-Cal</strong></td>
<td><strong>(916) 874-2215</strong></td>
<td>Call for information and qualifications.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mercy Clinic</strong>&lt;br&gt;1321 North C St.&lt;br&gt;Sacramento 95811</td>
<td><strong>(916) 874-2811</strong></td>
<td>TB testing only. Call for appt.&lt;br&gt;Hours: 7:30 am - 3 pm&lt;br&gt;CLOSED for lunch 11:30 am - 12 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>(Healthcare for the Homeless Program)</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Norwood Community Health</strong>&lt;br&gt;3946 Norwood Ave.&lt;br&gt;Sacramento 95838</td>
<td><strong>(916) 564-0521</strong></td>
<td>Monday - Friday&lt;br&gt;8:30 am — 5 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Primary Health Services</strong>&lt;br&gt;4600 Broadway, Ste. 1100&lt;br&gt;Sacramento 95820</td>
<td><strong>(916) 874-9670</strong></td>
<td>Medi-Cal excepted&lt;br&gt;Monday - Friday&lt;br&gt;8 am — 4:30 pm&lt;br&gt;Appointments only</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dental Health</strong>&lt;br&gt;4600 Broadway, Ste. 2100&lt;br&gt;(2nd Floor)</td>
<td><strong>916) 874-8300</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sacramento Community Dental Clinic</strong>&lt;br&gt;2138 Del Paso Blvd.&lt;br&gt;Sacramento 95815</td>
<td><strong>(916) 642-1890</strong></td>
<td>Monday - Friday&lt;br&gt;8 am — 5 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sacramento Family Medical Clinic</strong>&lt;br&gt;3441 Marysville Blvd.&lt;br&gt;Sacramento 95838</td>
<td><strong>(916) 563-7200</strong></td>
<td>Monday - Friday&lt;br&gt;8 am — 5 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5735 Watt Ave.&lt;br&gt;North Highlands 95660</td>
<td><strong>(916) 339-2229</strong></td>
<td>8 am — 5 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Uplift Family Service</strong>&lt;br&gt;3951 Performance Dr., Ste. G&lt;br&gt;Sacramento 95838</td>
<td><strong>(916) 921-0828</strong></td>
<td>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.&lt;br&gt;Medi-Cal excepted</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The first and best resource for childhood immunizations and all health care is your primary care physician (PCP). If you need immediate immunizations to enroll in school, contact your PCP to ask for a same day or drop-in appt. If you do not have a PCP, see the list below for more resources. Please do not hesitate to contact the school nurse if you need further assistance.

Need Health Insurance? Contact Sacramento Covered - a guide to connect people in the Sacramento region to the medical/dental care and coverage they need (916) 414-8333 or (866) 850-4321.

<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Website</th>
<th>Accepts Insurance and Sliding Scale Options</th>
<th>Appointments Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elica Health Centers</td>
<td><a href="http://www.elicahealth.org">www.elicahealth.org</a></td>
<td>Accepts private insurance, straight Medi-Cal, income based sliding scale (uninsured).</td>
<td>Appointments. Walk-ins 8:00 am – 3:00 pm. The Health on Wheels (HOW) van sees patients on a drop in basis. Van schedule: 1-6pm as follows: Monday: Howe Avenue School, Tuesday: Thomas Edison School, Wednesday: Dyer Kelly School, Thursday: Greer School.</td>
</tr>
<tr>
<td>Peach Tree Health</td>
<td><a href="http://www.pickpeach.org">www.pickpeach.org</a></td>
<td>Accepts private insurance, Medi-Cal, income based scale (uninsured).</td>
<td>Appointments only.</td>
</tr>
<tr>
<td>Sacramento Community Clinic</td>
<td><a href="http://www.halocares.org">www.halocares.org</a></td>
<td>Accepts private insurance, Medi-Cal, uninsured.</td>
<td>Appointments preferred. Walk-ins from 8:30-10:30 am, 1:30-3:30 pm (walk-ins are not guaranteed to be seen).</td>
</tr>
<tr>
<td>Sacramento County Immunization Clinic</td>
<td>4600 Broadway Suite 1500, Sacramento, CA 95820</td>
<td>Accepts Medi-Cal and uninsured.</td>
<td>Appointments only. No walk-Ins. Appointments available every other Friday.</td>
</tr>
<tr>
<td>San Lucas Pediatric Clinic</td>
<td><a href="http://www.sanlucaspeds.com">www.sanlucaspeds.com</a></td>
<td>Accepts Medi-Cal, private insurance, sliding scale</td>
<td>Appointments only.</td>
</tr>
<tr>
<td>WellSpace Health</td>
<td><a href="http://www.wellspacehealth.org(916)">www.wellspacehealth.org(916)</a> 737-5555 (all clinics)</td>
<td>Accepts Medi-Cal, private and no insurance (sliding scale).</td>
<td>Appointments preferred.</td>
</tr>
<tr>
<td>Local Pharmacies</td>
<td></td>
<td>Costs vary- usually $50-$70 for an individual immunization. Call pharmacy for more information.</td>
<td></td>
</tr>
</tbody>
</table>
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.

Revised on 8/24/10
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)*

**Area 4 Agency on Aging**
Provides links and information on grandparent support groups. Coordinates and develops senior services for seniors 60 and over

**Black Child Legacy Campaign**
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.

**Center For Fathers and Families**
920 Del Paso Blvd.
Sacramento 95815

**Dept of Human Assistance**
3960 Research Dr.
Sacramento 95838

**Mutual Assistance Network**
Firehouse Community Center
810 Grand Ave., Sacramento 95838
For parents of pre-school and elementary aged children

**North Sacramento Family Resource Center**
1217 Del Paso Blvd., Ste. B,
Sacramento 95815

**Pro Youth and Families**
Parent concerns with children’s behavior, especially regarding the use of drugs and alcohol. Free assessment and referral services.
Proyouthandfamilies.org

**Sacramento Crisis Nursery**
Counseling and Support Services 24-hours a day.

**WellSpace Health**

www.wellspacehealth.org

**Women’s Empowerment**
1590 North A St.
Sacramento, 95811

Job readiness and empowerment program for women experiencing homelessness or at-risk of homelessness.

---

**Foothill Farms & North Highlands**
Liberty Towers / Impact Sac
5132 Elkhorn Blvd., Sacto 95842
(916) 339-3515

**Del Paso Heights & North Sacramento**
Roberts Fam. Dev. Ctr.—
Greater Sac. Urban League
3725 Marysville Blvd., # 203 Sacto 95838
(916) 646-6631 or (916) 286-8600

---

**Center For Fathers and Families**
920 Del Paso Blvd.
Sacramento 95815

(916) 568-3237

---

**Dept of Human Assistance**
3960 Research Dr.
Sacramento 95838

(916) 876-4484

---

**Mutual Assistance Network**
Firehouse Community Center
810 Grand Ave., Sacramento 95838

(916) 567-9567

---

**North Sacramento Family Resource Center**
1217 Del Paso Blvd., Ste. B,
Sacramento 95815

(916) 679-3743

---

**Pro Youth and Families**

(916) 576-3300

---

**Sacramento Crisis Nursery**
Counseling and Support Services 24-hours a day.

South Nursery (916) 394-2000 or
North Nursery (916) 679-3600

---

**WellSpace Health**

(916) 737-5555

---

**Women’s Empowerment**

(916) 669-2307
ACCESS Team-Children
ACCESS Team-Adults

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

La Familia Counseling Center
5523 34th St.
Sacramento 95820

Mental Health Services
3301 37th Ave.
Sacramento 95824

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

National Parent Helpline
nationalparenthelpline.org

Overcomers Program

Pro Youth and Families

Sacramento LGBT Community Center
1927 L Street
Sacramento 95811
Info@saccenter.org

Uplift Family Services

COUNSELING, SUPPORT, THERAPY

(916) 875-1055 Information and referrals mental health services. Must be Medi-Cal eligible.
(916) 875-1055
(916) 875-0701 **Must go through Adult Access**
(916) 452-3601 One to one counseling, crisis intervention, and supportive services to youth (ages birth - 21) and their families. No fee.
(916) 210-8773
(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.
855-427-2736 24-hour support line providing emotional support, information, and resources.
855-4APARENT
Women
Drug and Alcohol Recovery Program for women and men.
(916) 924-3113
(916) 920-3082
Men
(916) 576-3300
Addressed the issues of alcohol and drug abuse and violence among youth. Focus on prevention and intervention. No fee.
(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.
(916) 921-0828 Counseling services for children who have been abused, non-offending parents or caretakers, and siblings of abused children.
COUNSELING, SUPPORT, THERAPY

Stanford Settlement
450 W. El Camino Ave.
Sacramento 95833
(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.*

Stanford Settlement Neighborhood Center
450 W. El Camino Ave.
Sacramento 95833
(916) 927-1303
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.

Terkensha Associates
4320 Auburn Blvd., Ste. 1200
Sacramento 95841
(916) 418-0829
Mental Health & Counseling Support

Terra Nova
7844 Madison Ave., Ste. 152
Fair Oaks 95628
(916) 344-0249
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.

WellSpace Health
6015 Watt Ave., Ste. 2
North Highlands 95660
Or
8233 E. Stockton Blvd., Ste. D
Sacramento 95828
(916) 679-3925
(916) 737-5555
Brief therapy for families, children, couples and individuals. Call for further details

Wind Youth Services
(916) 561-4900
Crisis resolution; individual, group and family counseling for youths 12-17

Women’s Empowerment
1590 North A St.
Sacramento 95811
(916) 669-2307
Job readiness and empowerment program for women experiencing homelessness or at-risk of homelessness.
<table>
<thead>
<tr>
<th><strong>Better Business Bureau</strong></th>
<th>(916) 443-6843</th>
</tr>
</thead>
<tbody>
<tr>
<td>10399 Old Placerville Rd.</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>Sacramento 95827</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Family Justice Center</strong></th>
<th>(916) 875-4673</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call for details</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>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Family Law / Self Help Center</strong></th>
<th>(916) 875-3400</th>
</tr>
</thead>
<tbody>
<tr>
<td>Superior Court of California</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>3341 Power Inn Rd.</td>
<td></td>
</tr>
<tr>
<td>Sacramento 95826</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Family Law / Self Help Center</strong></th>
<th>(916) 875-3400</th>
</tr>
</thead>
<tbody>
<tr>
<td>Superior Court of California</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>3341 Power Inn Rd.</td>
<td></td>
</tr>
<tr>
<td>Sacramento 95826</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>lawhelpca.org</strong></th>
<th>NA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Find legal aid and self help resources.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Pacific McGeorge School of Law</strong></th>
<th>(916) 739-7191</th>
</tr>
</thead>
<tbody>
<tr>
<td>3200 Fifth Ave.</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>Sacramento 95817</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Senior Legal Hotline</strong></th>
<th>(916) 551-2140</th>
</tr>
</thead>
<tbody>
<tr>
<td>Or</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.</td>
</tr>
<tr>
<td>(800) 222-1753</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>State Bar Association</strong></th>
<th>(866) 442-2529</th>
</tr>
</thead>
<tbody>
<tr>
<td>For information on reduced-fee lawyers or those lawyers who offer their services pro bono.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Victim-Witness Assistance Program</strong></th>
<th>(916) 874-5701</th>
</tr>
</thead>
<tbody>
<tr>
<td>901 G St.</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>
<tr>
<td>Sacramento 95814</td>
<td></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  (916) 429-2009
(for disabled individuals
and seniors aged 75+)

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

Asian Community Center (ARI)  (916) 745-4313
Asianresources.com

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
5115 Dudley Blvd., McClellan 95652
District Office (916) 566-1600

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

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

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

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

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

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

SUBSIDIZED CHILD CARE / PRESCHOOLS

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

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

STATE & FIRST 5 SACRAMENTO PRESCHOOL a.m. or p.m.
(916) 566-3420
(916) 566-3425
(916) 566-3435
(916) 566-3460
(916) 566-1880
(916) 566-1850
(916) 566-2700
Castori Elem.
1801 South Ave., Sacto CA 95838
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
**STATE PRESCHOOL**

<table>
<thead>
<tr>
<th>School</th>
<th>Phone</th>
<th>Address</th>
<th>City</th>
<th>Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northwood Elem.</td>
<td>(916) 566-2705</td>
<td>2630 Taft. St., Sacramento 95815</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orchard Elem.</td>
<td>(916) 566-1910</td>
<td>1040 Q St., Rio Linda 95673</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sierra View Elem.</td>
<td>(916) 566-1960</td>
<td>3638 Bainbridge Dr., N.H. 95660</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smythe Elem.</td>
<td>(916) 566-2740</td>
<td>2781 Northgate Blvd., Sacto 95833</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strauch Elem.</td>
<td>(916) 566-2745</td>
<td>3141 Northstead Dr., Sacto 95833</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Woodlake Elem.</td>
<td>(916) 566-2755</td>
<td>700 Southgate Rd., Sacto 95815</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Woodbridge Elem.</td>
<td>(916) 566-1670</td>
<td>5761 Brett Dr., Sacto 95842</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**FULL-DAY PRESCHOOL**

<table>
<thead>
<tr>
<th>School</th>
<th>Phone</th>
<th>Address</th>
<th>City</th>
<th>Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td>Babcock Elem.</td>
<td>(916) 566-3415</td>
<td>2400 Cormorant Way, Sacto 95815</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hagginwood Elem.</td>
<td>(916) 566-3475</td>
<td>1418 Palo Verde Ave., Sacto 95815</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kohler School</td>
<td>(916) 566-1850</td>
<td>4004 Bruce Way, N.H. CA 95660</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Madison Elem.</td>
<td>(916) 566-1900</td>
<td>5241 Harrison St., N.H. CA 95660</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Noralto Elem.</td>
<td>(916) 566-2700</td>
<td>477 Las Palmas Ave., Sacto 95815</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Northwood Elem.</td>
<td>(916) 566-2705</td>
<td>2630 Taft. St., Sacto 95815</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pacific High</td>
<td>(916) 566-2715</td>
<td>6560 Melrose Dr., N.H. 95660</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smythe Elem.</td>
<td>(916) 566-2740</td>
<td>2781 Northgate Blvd., Sacto 95833</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strauch Elem.</td>
<td>(916) 566-2745</td>
<td>3141 Northstead Dr., Sacto 95833</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vineland Preschool</td>
<td>(916) 566-1980</td>
<td>6450 20th St., Rio Linda 95673</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Woodridge Elem.</td>
<td>(916) 566-1670</td>
<td>5761 Brett Dr., Sacto 95842</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TRUSD HEADSTART**

<table>
<thead>
<tr>
<th>School</th>
<th>Phone</th>
<th>Address</th>
<th>City</th>
<th>Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morey Ave. Elem.</td>
<td>(916) 566-3485</td>
<td>155 Morey Ave., Sacto 95838</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rio Linda Pre School</td>
<td>(916) 566-3485</td>
<td>631 L St., Rio Linda 95673</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oakdale Elem</td>
<td>(916) 566-1910</td>
<td>3708 Myrtle Ave., N.H. 95660</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Village Elem.</td>
<td>(916) 566-1970</td>
<td>6845 Larchmont Dr., N.H. 95660</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**STATE SCHOOL AGE CHILD CARE**

<table>
<thead>
<tr>
<th>School</th>
<th>Phone</th>
<th>Address</th>
<th>City</th>
<th>Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northwood Elementary</td>
<td>(916) 566-2705</td>
<td>2630 Taft St., Sacto 95815</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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

Asian Community Center (ARI)  (916) 745-4313  5750 Sunrise Blvd., Ste. 100
Citrus Heights

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  2054 Arena Blvd., #130, Sacramento

MENTORING PROGRAMS

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  
*Teen Intern Program
*After-School Program
*Kinder Prep Program  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.
<table>
<thead>
<tr>
<th>Organization</th>
<th>Location</th>
<th>Contact Details</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian Community Services (ARI)</td>
<td>5720 Sunrise Blvd., Suite 100</td>
<td>(916) 745-4313</td>
<td>Programs that provide a wide range of benefits to the community. From pre-employment skills training to job placement services. Call for details.</td>
</tr>
<tr>
<td>Black Child Legacy Campaign</td>
<td></td>
<td></td>
<td>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.</td>
</tr>
<tr>
<td>Foothill Farms &amp; North Highlands</td>
<td>Liberty Towers / Impact Sac</td>
<td>(916) 339-3515</td>
<td></td>
</tr>
<tr>
<td>Del Paso Heights &amp; North Sacramento</td>
<td>Roberts Fam. Dev. Ctr.—</td>
<td>(916) 646-6631 or</td>
<td></td>
</tr>
<tr>
<td>Greater Sacramento Urban League</td>
<td></td>
<td>(916) 286-8600</td>
<td>Job training, computer training, and GED preparation.</td>
</tr>
<tr>
<td>Pride Industries</td>
<td>10030 Foothills Blvd.</td>
<td>(916) 788-2100 Or</td>
<td>Behavior management adult day program for people with disabilities. Job Readiness/Employment.</td>
</tr>
<tr>
<td>Sacramento Works One-Stop Career Center</td>
<td>5655 Hillsdale Blvd., Ste. 8</td>
<td>(800) 550-6005</td>
<td>Unemployment benefits; Job training, job hunting assistance; CAL-JOBS</td>
</tr>
<tr>
<td>Twin Rivers Adult School</td>
<td>5703 Skvarla Ave.</td>
<td>(916) 566-2785</td>
<td>Low cost or no fee classes in Adult Basic Education, GED preparation and testing, etc.</td>
</tr>
</tbody>
</table>
## RECREATION AND PARKS

<table>
<thead>
<tr>
<th>Recreation &amp; Park Dist</th>
<th>Phone Number</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arcade Creek Recreation &amp; Park Dist</td>
<td>(916) 482-8377</td>
<td>Offers classes, workshops and programs</td>
</tr>
<tr>
<td>City of Sacramento Park &amp; Recreation</td>
<td>(916) 808-5200</td>
<td>Offer hundreds of classes, workshops and programs at sites throughout the city.</td>
</tr>
<tr>
<td>Gibson Ranch</td>
<td>(916) 806-3868</td>
<td>A spacious ranch setting in a County park. Children see horses, llamas, ducks, geese, goats and many other animals.</td>
</tr>
<tr>
<td>Mutual Assistance Network</td>
<td>(916) 696-6689</td>
<td>Serves the Del Paso Heights community. A safe place with many programs geared to meet the needs of the surrounding community.</td>
</tr>
<tr>
<td>No. Highlands Recreation &amp; Park Dist</td>
<td>(916) 332-7440</td>
<td>Offers classes, workshops and programs</td>
</tr>
<tr>
<td>Rio Linda/Elverta Recreation &amp; Park Dist</td>
<td>(916) 991-5929</td>
<td>Offers classes, workshops and programs</td>
</tr>
<tr>
<td>Sunrise Recreation &amp; Park Dist</td>
<td>(916) 725-1585</td>
<td>Offers classes, workshops and programs</td>
</tr>
</tbody>
</table>

### LIBRARIES

<table>
<thead>
<tr>
<th>Library</th>
<th>Phone Number</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Del Paso Heights</td>
<td>(916) 264-2700</td>
<td>Call for hours of operation</td>
</tr>
<tr>
<td>No. Highlands-Antelope Library</td>
<td>(916) 264-2700</td>
<td>Call for hours of operation</td>
</tr>
<tr>
<td>No. Sacramento Hagginwood Library</td>
<td>(916) 264-2700</td>
<td>Call for hours of operation</td>
</tr>
<tr>
<td>Rio Linda Neighborhood Library</td>
<td>(916) 264-2700</td>
<td>Call for hours of operation</td>
</tr>
<tr>
<td>Dial-A-Story</td>
<td>(English) (916) 441-1234</td>
<td>Recorded short stories for children. Ages 3-6. 24-hour access line.</td>
</tr>
</tbody>
</table>