

2020–2021 FAMILY RESOURCE GUIDE



Organized by:

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

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

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

(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)
5720 Sunrise Blvd., Suite 100
Citrus Heights 95610

(916) 745-4313 Call for details.

Asianresources.com

Cal Fresh
Dept. of Human Assistance
1725 28th St.
Sacramento 98516
piar@dss.ca.gov

(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

Carmichaelpres.org



(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.

Closed Holidays

Salvation Army Family Services
3213 Orange Grove Ave.
North Highlands 95660

Sacramento.salvationarmy.org

(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 8-9 am Monday-Friday.

Sac.loaves.org

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

Sac.loaves.org

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

Sac.loaves.org

North Highlands Christian Food Ministry

6007 Watt Ave.
North Highlands 95660

Networks.whyhunger.org

(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

(916) 771-0963

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.



FOOD RESOURCES *Continued...*

Rio Linda/Elverta Food Closet (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
151 Delano Ave.
Elverta 95626

River City Food Bank (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
1800 28th St.
Sacramento 95816
Rivercityfoodbank.org

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



Sacramentofoodbank.org

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

Union Gospel Mission (916) 447-3268 Dinner served nightly starting at 7 pm.
400 North Bannon St.
Sacramento 95811
Ugmsac.com
Food donations:
Pick up order on T/TH.
Call on M/W for scheduling details.
Must provide photo ID & proof of address

WIC (916) 876-5000 Women, Infants and Children Program provides food for pregnant and nursing mothers. Infants and children under 5
811 Grand Ave., #1
Sacramento 95838
Dhs.saccounty.net
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

Food Bank & Family Services
3333 Third Ave.
Sacramento 95817
Sacramentofoodbank.org

(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
Ugmsac.org

(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

Goodwillsacto.org

Pacific Thrift Store
6101 Watt Ave.
North Highlands, 95660
Watt & Don Julio
Pacificthriftstore.com

(916) 514-0154



LOW INCOME HOUSING

- FPI Management**
Danbury Park Apartments
7840 Walerga Rd.
Antelope 95843
Fpimgt.com (916) 725-7385 Affordable apartments through [FPI Management](#).
- Family Promise** (916) 443-3107 Provides assistance in seeking affordable or income based housing.
Familypromisesacramento.org
- Mercy Housing of Sacramento** (916) 414-4400 Call for availability status and information about the program.
www.mercyhousing.org
- Mutual Housing California** (916) 453-8400 Provides assistance in seeking affordable or income based housing.
8001 Fruitridge Rd.
Sacramento 95820
www.mutualhousing.com
- Sacramento Self Help Housing** (916) 341-0593 Call to complete in-take process. Housing counseling and Referrals for the homeless. No fee. Hours 9 am - 5 pm
www.sacselfhelp.org
- Salvation Army** (916) 678-4010 Must have a 3 day pay or quit notice & be on rental agreement. Monday 9-11 am. & 1-4 pm.
Rental Assistance Program
Www.financialhelpresources.com
- SHRA** (916) 444-9210 Housing Choice Vouchers (formerly Section 8). Call for information.
(Sacramento Housing & Redevelopment)
www.shra.org
www.sacwaitlist.com
- YWCA** (916) 264-8066 Low-income women's residency program. Rooms for rent. No children. Walk-in to apply. Possible waiting list.
1122 17th St.
Sacramento 95811
www.ywcacc.org



EMERGENCY HOUSING / SHELTERS

Family Shelter—VOA
470 Bannon St.
Sacramento 95811

dhaservices.saccounty.net

Francis House/Next Move
1422 C St.
Sacramento 95814
info@francishousecenter.org

Friendship Park
1321 North C Street
Sacramento

Loaves & Fishes
1351 North C St.
Sacramento
Sacloaves.org

Lutheran Social Services
4390 47th Ave.
Sacramento 95824

www.lssnorcal.org

Maryhouse
1321 North C St.
Sacramento
Sacloaves.org

My Sister's House

www.my-sisters-house.org

Next Move

dhaservices.saccounty.net
Nextmovesacramento.org

(916) 443-4688 Shelter for families with children under 18. Meals, support services, education and job search Info.

(916) 443-2646 Counseling, IDs, bus tokens, employment assistance, etc. Call for Details

(916) 443-7378 Breakfast, recreation activities, phones, library, showers, laundry, and more.

(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

(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

(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

(916) 428-3271 A safe haven for people escaping domestic violence, sexual assault and human trafficking. Call for details.
24 hr line
Multi-lingual

(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

**EMERGENCY HOUSING /
SHELTERS**
(continued)



Overcomers Program
671 Plaza Ave.
Sacramento 95815

**Program for
Women**
(916) 924-3113

Call for Details about residential programs.

Overcomersprogram.org

2731 Branch St.
Sacramento 95815

Program for Men
(916) 920-3082

Salvation Army Shelter
1200 N. B St.
Sacramento 95814

(916) 442-0331
(24-hour line)

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

Sacramento.salvationarmy.org

Women's Safe house

St. John's Shelter
4410 Power Inn Rd.
Sacramento 95826
www.stjohnsshelter.org

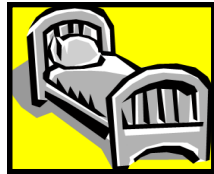
(916) 453-1482
24 hrs/day
7 days/week

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.
Ugmsac.com

**WEAVE's
Safehouse**
Services for men,
women, trans, teens and
children.

(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.

www.weaveinc.org

WIND Youth Services
815 S St.
Sacramento 95811

(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.

www.windyouth.org

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

Ywcaccc.org

HEALTH CLINICS



- | | | |
|--|------------------------------|--|
| <p>CHDP
9616 Micron Ave.
Ste. 670
Sacramento 95827
Saccounty.net</p> | <p>(916) 875-7151</p> | <p>Free physicals & dental for low income children without Medi-Cal.
Phone interviews only
Monday - Friday
8 am -5 pm</p> |
| <p>Eye 2 Eye Optometry
Dr. Karrin Vallin &
Dr. Mark Waldmire
Optometrist
4633 Whitney Ave., Ste. A
Sacramento 95821</p> | <p>(916) 487-1717</p> | <p>Se Habla Español
Monday - Friday
9 am—5:30 pm</p> <p style="text-align: center;">Www.eye2eyeoptometry.com</p> |
| <p>Medi-Cal
Medi-cal.ca.gov</p> | <p>(916) 874-2215</p> | <p>Call for information and qualifications.</p> |
| <p>Mercy Clinic
1321 North C St.
Sacramento 95811</p> <p>(Healthcare for the Homeless Program)</p> | <p>(916) 874-2811</p> | <p>TB testing only. Call for appt.
Hours: 7:30 am - 3 pm</p> <p>CLOSED for lunch 11:30 am - 12 pm</p> <p style="text-align: center;">Sacloaves.org</p> |
| <p>Norwood Community Health
3946 Norwood Ave.
Sacramento 95838
Wellspacehealth.org</p> | <p>(916) 564-0521</p> | <p>Monday - Friday
8:30 am—5 pm</p> |
| <p>Primary Health Services
4600 Broadway., Ste. 1100
Sacramento 95820
Dhs.saccounty.net</p> | <p>(916) 874-9670</p> | <p>Medi-Cal excepted
Monday - Friday
8 am—4:30 pm
Appointments only</p> |
| <p>Dental Health
4600 Broadway, Ste. 2100
(2nd Floor)
Dentalclinicdirectory.com</p> | <p>916) 874-8300</p> | |
| <p>Sacramento Community Dental Clinic
2138 Del Paso Blvd.
Sacramento 95815</p> | <p>(916) 642-1890</p> | <p>Monday - Friday
8 am—5 pm
Freeclinicdirectory.com</p> |
| <p>Sacramento Family Medical Clinic
3441 Marysville Blvd.
Sacramento 95838</p> | <p>(916) 563-7200</p> | <p>Monday - Friday
8 am—5 pm
Healthgrades.com</p> |
| <p>5735 Watt Ave.
North Highlands 95660</p> | <p>(916) 339-2229</p> | <p>8 am—5 pm
Healthgrades.com</p> |
| <p>Uplift Family Service
3951 Performance Dr.,
Ste. G
Sacramento 95838
Uplift.org</p> | <p>(916) 921-0828</p> | <p>Offers free counseling services to children who may have witnessed or have experienced bullying, emotional/physical/sexual abuse, domestic violence, alcohol/drug issues within family, or other traumas.
Medi-Cal excepted</p> |





Clinics Serving the Twin Rivers USD Area

Updated June 2020 – be sure to call clinics for most current information.

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.

<p>Elica Health Centers www.elicahealth.org (855) 354-2242 (all clinics) 1750 Wright Street, Sacramento, CA 95825 (includes dental) 5708 Watt Ave, North Highlands, CA 95660 3234 Marysville Blvd, Sacramento, CA 95815 (includes dental) 3701 J Street #201, Sacramento, CA 95816 (includes dental)</p>	<p>Accepts private insurance, straight Medi-Cal, income based sliding scale (uninsured) Appointments Walk-ins 8:00 am – 3:00 pm Clinic hours Mon – Fri 8:00 am – 5:00 pm The Health on Wheels (HOW) van sees patients on a drop in basis. See www.elicahealth.org for current schedule and locations .</p>
<p>Peach Tree Health www.pickpeach.org 3810 Rosin Ct. Suite 100, Sacramento, CA 95834 (916) 779-7656</p>	<p>Accepts private insurance, Medi-Cal, income based scale (uninsured) Appointments only, no walk-in services available Clinic hours Mon – Fri 8:00 am – 5:00 pm</p>
<p>Planned Parenthood www.plannedparenthood.org (877) 855-7526 (main) 5700 Watt Ave., North Highlands, CA 95660 (916) 332-5715 201 29th St. Suite B, Sacramento, CA 95816 (916) 446-6921</p>	<p>Accepts private insurance, Medi-Cal, special programs for uninsured Appointments preferred Walk-ins Clinic hours 8:00 am – 4:00 pm</p>
<p>Sacramento Community Clinic www.halocares.org 2200 Del Paso Blvd., Sacramento, CA 95815 (916) 924-7988 (includes dental) 7275 E. Southgate Dr. Suite 204 Sacramento, CA 95823 (916) 428-3788 (includes dental)</p>	<p>Accepts private insurance, Medi-Cal, uninsured Appointments preferred Walk-ins from 8:30-10:30 am, 1:30-3:30 pm (walk-ins are not guaranteed to be seen) Clinic hours Mon – Fri 8:00 am – 5:00 pm</p>
<p>Sacramento County Immunization Clinic 4600 Broadway Suite 1500, Sacramento, CA 95820 (916) 875-7468</p>	<p>Accepts Medi-Cal and uninsured. Appointments only. No walk-Ins. Appointments available every other Friday. Clinic hours Mon – Fri 8:00 am – 5:00 pm</p>
<p>Sacramento Native American Health Center (SNAHC) www.SNAHC.org 2020 J street, Sacramento ,CA 95841 (916) 341-0575</p>	<p>Accepts Medi-Cal and uninsured. Medi-Cal: needs an appointment. No insurance: Walk-Ins only M-F: 9:30-10:45 am, 12:45-2:45pm.</p>
<p>San Lucas Pediatric Clinic www.sanlucaspeds.com 4100 E. Commerce Way Suite 100, Sacramento, CA 95834 (916) 575-9090</p>	<p>Accepts Medi-Cal, private insurance, sliding scale for “uninsured” Appointments only Mon.-Fri. 8:30 am – 5:30 pm</p>
<p>WellSpace Health www.wellspacehealth.org (916) 737- 5555 (all clinics) 2433 Marconi Avenue, Sacramento, CA 95821 3441 Marysville Blvd., Sacramento, CA, 95838 6015 Watt Ave., Suite 2, North Highlands, CA 95660 5959 Greenback Ln. Suite 500, Citrus Heights, CA 95621 3946 Norwood Ave, Sacramento, CA 95823</p>	<p>Accepts Medi-Cal, private and no insurance (sliding scale). Appointments preferred. Clinic hours Mon. – Fri. 8:00 am – 5:00 pm (closed for lunch 1-2)</p>
<p>Local Pharmacies including: Rite Aid, Walmart, CVS...etc.</p>	<p>Costs vary- usually \$50-\$70 for an individual immunization. Call pharmacy for more information.</p>

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 Saccounty.net	916-875-7151
Medi-Cal (call for info. and qualifications) Medi-cal.ca.gov	916-874-2215
Medi-Cal/Healthy Families Dhcs.ca.gov	888-747-1222

OTHER LOCAL MEDI-CAL PROVIDERS:

Health Clinics:

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

Counseling:

ACCESS Team-Children	916-875-1055
ACCESS Team-Adults (Info & referrals mental health service. Must be Medi-Cal eligible.) https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx	916-875-1055

Child & Family Institute (Counseling services for abused children, non-offending parents/caretakers, and siblings of abused children.) http://www.child-familyinstitute.org/home.htm	916-921-0828
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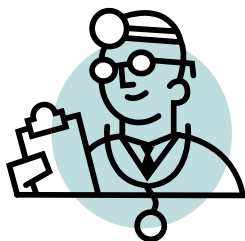
Counseling Services that accept Medi-Cal thru an ACCESS referral:

WellSpace Health https://www.wellspacehealth.org/	916-368-3080
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Dental:

Denti-Cal (referral service for dentists who accept Medi-Cal) https://dental.dhcs.ca.gov/	800-423-0507
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Please remember not all Doctors can accept new patients at all times.



Here's the good news...

More Children Qualifying for No Cost Health Care

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

Medi-Cal offers many health care advantages:

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

Convenient mail-in application process.

Documents Needed to Apply:

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

Proof of California Residency

See your school Nurse or Health Assistant; they will have applications and information regarding eligibility and documents required for application process. You can also contact Twin Rivers Unified School District, Student Services office at 916-566-1787 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

(916) 486-1876

Agencyonaging4.org

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.

Blackchildlegacy.org

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

(916) 568-3237

www.cffsacramento.org

Center For Fathers and Families

920 Del Paso Blvd.
Sacramento 95815

(916) 876-4484

Ha.saccounty.net

Dept of Human Assistance

3960 Research Dr.
Sacramento 95838

Or

5747 Watt Ave.
North Highlands 95660

(916) 874-3100 (self help line)

(916) 567-9567

(916) 927-7694—main office

Mutual Assistance Network

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

Mutualassistance.org

North Sacramento Family Resource Center

1217 Del Paso Blvd., Ste. B,
Sacramento 95815

(916) 679-3743

Kidshom.org

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

(916) 576-3300

Sacramento Crisis Nursery

Counseling and Support Services 24-hours a day.

Kidshom.org

South Nursery (916) 394-2000 or

North Nursery (916) 679-3600

WellSpace Health

www.wellspacehealth.org

(916) 737-5555

Women's Empowerment

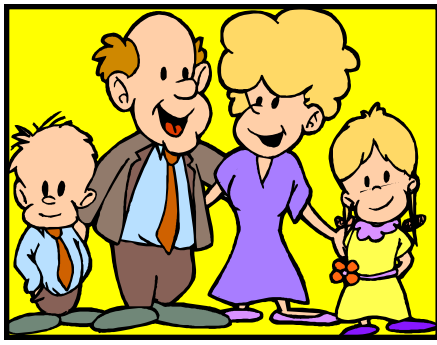
1590 North A St.
Sacramento, 95811

(916) 669-2307

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

Womens-empowerment.org





**COUNSELING, SUPPORT,
THERAPY**

ACCESS Team-Children & Adults

<https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx>

(916) 875-1055 Information and referrals mental health services. Must be Medi-Cal eligible.

Adult Psychiatric Support Services

2130 Stockton Blvd., Bld.100
Sacramento 95817

<https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx>

(916) 875-0701 **Must go through Adult Access**

La Familia Counseling Center

5523 34th St.
Sacramento 95820

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

3301 37th Ave.
Sacramento 95824

(916) 210-8773

<https://lafcc.org/>

Life Practice Counseling Grp.

3650 Auburn Blvd., Bld. C
Ste. 208
Sacramento 95821

(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.

<https://lifeppractice.org/>

National Parent Helpline

<https://www.nationalparenthelpline.org/>

855-427-2736 24-hour support line providing emotional support, information, and

855-4APARENT resources.

Overcomers Program

<https://overcomersprogram.org/>

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

Men
(916) 920-3082

Pro Youth and Families

<http://proyouthandfamilies.org/>

(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@saccenter.org
<https://saccenter.org/>

(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.

Uplift Family Services

<https://upliftfs.org/>

(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
<https://www.stanfordsettlement.org/childrens-program.html>
- (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
<https://www.stanfordsettlement.org/>
- (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.
- Heartland Child and Family Services**
4320 Auburn Blvd., Ste. 1200
Sacramento 95841
- (916) 418-0829** Mental Health & Counseling Support
- 2829 Watt Ave. Ste. 200
Sacramento 95821
- (916) 418-0838**
- 811 Grand Ave. Ste. D
Sacramento 95839
- (916) 922-9868**
- <https://doingwhateverittakes.org/>
- WellSpace Health**
6015 Watt Ave., Ste. 2
North Highlands 95660
- (916) 679-3925** Brief therapy for families, children, couples and individuals.
- Or**
- Or**
- 8233 E. Stockton Blvd., Ste. D
Sacramento 95828
<https://www.wellspacehealth.org/>
- (916) 737-5555** Call for further details
- Wind Youth Services**
<https://www.windyouth.org/>
- (916) 504-1313** Crisis resolution; individual, group and family counseling for youths 12-17
- Women’s Empowerment**
1590 North A St.
Sacramento 95811
<https://womens-empowerment.org/>
- (916) 669-2307** Job readiness and empowerment program for women experiencing homelessness or at-risk of homelessness.

LEGAL AID / CLINICS



<p>Better Business Bureau 10399 Old Placerville Rd. Sacramento 95827 https://www.bbb.org/us/ca/sacramento</p>	<p>(916) 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 Justice Center Call for details http://www.hopethriveshere.org/</p>	<p>(916) 875-4673</p>	<p>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</p>
<p>Family Law / Self Help Center Superior Court of California 3341 Power Inn Rd. Sacramento 95826 https://www.saccourt.ca.gov/family/self-help-center.aspx</p>	<p>(916) 875-3400</p>	<p>Free legal help for low-income persons who need assistance in the following areas: child support, divorce, child custody, visitation, paternity. Workshops and clinics are offered in the area of family law and probate.</p>
<p>lawhelpca.org https://lawhelpca.org/</p>	<p>NA</p>	<p>Find legal aid and self help resources.</p>
<p>Pacific McGeorge School of Law 3200 Fifth Ave. Sacramento 95817 https://www.mcgeorge.edu/</p>	<p>(916) 739-7191</p>	<p>Provides legal services to low-income people. Assistance in landlord / tenant issues, bankruptcy, immigration, and senior issues. Apply by telephone.</p>
<p>Senior Legal Hotline Lsnc.net</p>	<p>(916) 551-2140 <i>Or</i> (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 http://www.calbar.ca.gov/</p>	<p>(866) 442-2529</p>	<p>For information on reduced-fee lawyers or those lawyers who offer their services pro bono.</p>
<p>Victim-Witness Assistance Program 901 G St. Sacramento 95814 https://www.sacda.org/victim-services/victim-witness-assistance-program/</p>	<p>(916) 874-5701</p>	<p>Assistance in filing a claim, provides crisis counseling, and assists the victims of a crime find emotional, physical, and financial recovery. No charge for services.</p>

PUBLIC TRANSPORTATION

- | | | |
|---|--|---|
| <p>AMTRAK
 https://www.amtrak.com/stations/sac

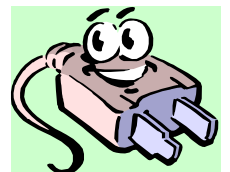
 https://www.amtrak.com/stations/rsv</p> | <p>800-268-7252</p> | <p>401 I St., Sacramento 95814
 1389 10th St., Sacramento 95815
 201 Pacific St., Roseville 95678</p> |
| <p>Greyhound Bus Lines
 https://www.greyhound.com/en-us/bus-station-893189
 https://www.greyhound.com/en-us/bus-station-893156</p> | <p>(916) 444-6858
 Or
 (916) 783-4101</p> | <p>420 Richards Blvd., Sac 95811

 201 Pacific St., Roseville 95678</p> |
| <p>ParaTransit
 (for disabled individuals and seniors aged 75+)
 http://paratransit.org/</p> | <p>(916) 429-2009</p> | <div style="display: flex; align-items: center;">  <div style="flex-grow: 1;"> <p>(916) 321-2877</p> <p>1225 R St., Sacramento
 Monday thru Friday
 Lost & Found
 RT ID Cards</p> </div> </div> |
| <p>Regional Transit (RT)
 http://www.sacrt.com/</p> | <p>(916) 929-5411</p> | <p>6900 Airport Blvd.
 Sacramento 95837</p> |
| <p>Yellow Cab
 https://www.sacramentoyellowcabco.com/</p> | <p>(916) 444-2222</p> | <p>900 Richards Blvd.
 Sacramento 95811
 Service available 24 hours a day
 7 days a week.</p> |



UTILITY ASSISTANCE PROGRAMS

- | | |
|--|--|
| <p>Asian Community Center (ARI)
 https://asianresources.org/</p> | <p>(916) 745-4313</p> |
| <p>EAPR (Energy Assistance Program Rate)
 Smud.org</p> | <p>(888) 742-7683</p> |
| <p>HEAP (Home Energy Assistance Program)
 Benefits.gov or
 Communityresourceproject.org</p> | <p>(866) 675-6623 or
 (916) 567-5200</p> |
| <p>Needhelppayingbills.com</p> | <p>NA</p> |
| <p>Pacific Gas & Electric
 https://www.pge.com/</p> | <p>(800) 743-5000</p> |
| <p>REACH Program
 Pge.com</p> | <p>(800) 933-9677</p> |
| <p>Salvation Army Utility Assistance Program
 Sacramento.salvationarmy.org</p> | <p>(916) 678-4010</p> |



SCHOOL DISTRICTS



<p>TWIN RIVERS UNIFIED SCHOOL DISTRICT 5115 Dudley Blvd., McClellan 95652 https://www.twinriversusd.org/</p>	<p><i>District Office</i></p>	<p>(916) 566-1600</p>
<p>CENTER UNIFIED SCHOOL DISTRICT 8408 Watt Ave., Antelope 95843 https://www.centerusd.org/</p>	<p><i>District Office</i></p>	<p>(916) 338-6400</p>
<p>ELVERTA JOINT SCHOOL DISTRICT 7900 Eloise Ave., Elverta 95626 https://www.ejesd.net/</p>	<p><i>District Office</i></p>	<p>(916) 991-2244</p>
<p>NATOMAS UNIFIED SCHOOL DISTRICT 1901 Arena Blvd., Sacramento 95834 https://natomasunified.org/</p>	<p><i>District Office</i></p>	<p>(916) 567-5400</p>
<p>ROBLA SCHOOL DISTRICT 5248 Rose Street, Sacramento CA 95838 https://www.robla.k12.ca.us/</p>	<p><i>District Office</i></p>	<p>(916) 649-5248</p>
<p>SACRAMENTO CITY UNIFIED SCHOOL DISTRICT 5735 47th Ave., Sacramento 95824 https://www.scusd.edu/</p>	<p><i>District Office</i></p>	<p>(916) 643-7400</p>

SUBSIDIZED CHILD CARE / PRESCHOOLS

<p>BEANSTALK (916) 344-6259 (For Information) CHILD CARE CENTERS</p> <p>Beanstalk.ws</p>	<p>(916) 566-1820</p> <p>(916) 566-1660</p> <p>(916) 566-1950</p>	<p>Dry Creek Elem. 1230 G St. Rio Linda 95673</p> <p>Regency Park Elem. 5901 Bridgecross Dr. Sacramento 95835</p> <p>Ridgepoint Elem. 4680 Monument Dr. Sacramento 95842</p>
<p>HEAD START (SETA)</p> <p>Headstart.seta.net</p>	<p>(916) 563-5125</p> <p>(916) 563-5383</p> <p>(916) 563-5360</p> <p>(916) 563-5350</p>	<p>6015 Watt Ave. #5, North Highlands</p> <p>3829 Stephen Dr., North Highlands</p> <p>5665 Hillsdale Blvd. # 4, Sacramento</p> <p>5249 Elkhorn Blvd., Sacto CA 95842</p>
<p>STATE & FIRST 5 SACRAMENTO PRESCHOOL a.m. or p.m. (916) 566-1616</p>	<p>(916) 566-3420</p> <p>(916) 566-3425</p> <p>(916) 566-3435</p> <p>(916) 566-3460</p> <p>(916) 566-3475</p> <p>(916) 566-1880</p> <p>(916) 566-1850</p> <p>(916) 566-2700</p>	<p>Castori Elem. 1801 South Ave., Sacto CA 95838</p> <p>Del Paso Elem 590 Morey Ave., Sacto CA 95838</p> <p>Fairbanks Elem. 277 Fairbanks Ave., Sacto 95838</p> <p>Garden Valley Elem. 3601 Larchwood Dr., Sacto 95834</p> <p>Hagginwood Elem. 1418 Palo Verde Ave., Sacto 95815</p> <p>F.C. Joyce Elem. 6050 Watt Ave., N.H. CA 95660</p> <p>Kohler Elem. 4004 Bruce Way, N.H. CA 95660</p> <p>Las Palmas West/ Noralto Elem. 477 Las Palmas Ave., Sacto CA 95815</p>

SUBSIDIZED CHILD CARE / PRESCHOOLS

STATE PRESCHOOL 566-1616	(916) 566-2705	Northwood Elem. 2630 Taft. St., Sacramento 95815
	(916) 566-1910	Orchard Elem. 1040 Q St., Rio Linda 95673
	(916) 566-1960	Sierra View Elem. 3638 Bainbridge Dr., N.H. 95660
	(916) 566-2740	Smythe Elem. 2781 Northgate Blvd., Sacto 95833
	(916) 566-2745	Strauch Elem. 3141 Northstead Dr., Sacto 95833
	(916) 566-2755	Woodlake Elem. 700 Southgate Rd., Sacto 95815
	(916) 566-1670	Woodridge Elem. 5761 Brett Dr., Sacto 95842
FULL-DAY PRESCHOOL 566-1616	(916) 566-3415	Babcock Elem. 2400 Cormorant Way, Sacto 95815
	(916) 566-1850	Kohler School 4004 Bruce Way, N.H. CA 95660
	(916) 566-1900	Madison Elem. 5241 Harrison St., N.H. CA 95660
	(916) 566-2700	Las Palmas West / Noralto Elem. 477 Las Palmas Ave., Sacto 95815
	(916) 566-2705	Northwood Elem. 2630 Taft. St., Sacto 95815
Pacific (Infant \Toddler Only)	(916) 566-2715	Pacific High 6560 Melrose Dr., N.H. 95660
	(916) 566-2740	Smythe Elem. 2781 Northgate Blvd., Sacto 95833
	(916) 566-2745	Strauch Elem. 3141 Northstead Dr., Sacto 95833
	(916) 566-1980	Vineland Preschool 6450 20th St., Rio Linda 95673
	(916) 566-1670	Woodridge Elem. 5761 Brett Dr., Sacto 95842
TRUSD HEADSTART	(916) 566-3485	Morey Ave. Elem. 155 Morey Ave., Sacto 95838
	(916) 566-3485	Rio Linda Pre School 631 L St., Rio Linda 95673
	(916) 566-1910	Oakdale Elem 3708 Myrtle Ave., N.H. 95660
	(916) 566-1970	Village Elem. 6845 Larchmont Dr., N.H. 95660
STATE SCHOOL AGE CHILD CARE	(916) 566-2705	Northwood Elementary 2630 Taft St., Sacto 95815

CHILD CARE REFERRALS

CHILD ACTION

<https://wp.childaction.org/>

(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

<http://www.211sacramento.org/211/>

(916) 498-1000 Sacramento Area Community Referrals



TUTORING SERVICES

Asian Community Center (ARI)

<https://asianresources.org/>

(916) 745-4313 5750 Sunrise Blvd., Ste. 100
Citrus Heights

California Learning Center

<https://www.californialearningcenter.com/>

(916) 486-2646 3400 Cottage Way, Ste. C, Sacramento

Huntington Learning Center

<https://huntingtonhelps.com/center/citrus-heights>

(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

<https://www.kumon.com/NATOMAS>

MENTORING PROGRAMS



Big Brothers/Big Sisters

<https://bbbs-sac.org/>

(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

<http://proyouthandfamilies.org/>

(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

*Teen Intern Program

*After-School Program

*Kinder Prep Program

<https://www.robertsfdc.org/>

(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.

EMPLOYMENT ASSISTANCE AND TRAINING

<p>Asian Community Services (ARI) 5720 Sunrise Blvd., Suite 100 Citrus Heights 95610</p> <p>https://asianresources.org/</p>	<p>(916) 745-4313</p>	<p>Programs that provide a wide range of benefits to the community. From pre-employment skills training to job placement services. Call for details.</p>
Black Child Legacy Campaign		
<p>Foothill Farms & North Highlands Liberty Towers / Impact Sac 5132 Elkhorn Blvd. Sacramento 95842</p> <p>https://blackchildlegacy.org/neighborhoods/foothillfarms-northhighlands/</p>	<p>(916) 339-3515</p>	<p>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.</p>
Del Paso Heights & North Sacramento		
<p>Roberts Fam. Dev. Ctr.— Greater Sac. Urban League 7325 Marysville Blvd., RM 203 Sacramento 95838</p> <p>https://blackchildlegacy.org/neighborhoods/delpaso-northsac/</p>	<p>(916) 646-6631</p>	
<p>Greater Sacramento Urban League 3725 Marysville Blvd. Sacramento 95838</p> <p>http://www.gsul.org/</p>	<p>(916) 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 95838</p> <p>https://www.mutualassistance.org/</p>	<p>(916) 927-7694</p>	<p>Employment Assistance , Career Development and pre-employment training, and parenting classes.</p>
<p>Pride Industries 10030 Foothills Blvd. Roseville 95747</p> <p>https://prideindustries.com/</p>	<p>(916) 788-2100 Or (800) 550-6005</p>	<p>Behavior management adult day program for people with disabilities. Job Readiness/Employment.</p>
<p>Sacramento Works One-Stop Career Center 5655 Hillsdale Blvd., Ste. 8 Sacramento, 95842</p> <p>https://sacramentoworks.org/</p>	<p>(916) 263-4100</p>	<p>Unemployment benefits; Job training, job hunting assistance; CAL-JOBS</p>
<p>Twin Rivers Adult School 5703 Skvarla Ave. McClellan 95652</p> <p>http://www.tras.edu/</p>	<p>(916) 566-2785</p>	<p>Low cost or no fee classes in Adult Basic Education, GED preparation and testing, etc.</p>

RECREATION AND PARKS

- Arcade Creek Recreation & Park Dist** (916) 482-8377 Offers classes, workshops and programs
4855 Hamilton St.
Sacramento 95841
<https://www.acrpd.com/>
- City of Sacramento Park & Recreation** (916) 808-5200 Offer hundreds of classes, workshops and programs at sites throughout the city.
915 I St., 5th Floor
Sacramento 95814
<https://www.cityofsacramento.org/ParksandRec>
- Gibson Ranch** (916) 806-3868 A spacious ranch setting in a County park. Children see horses, llamas, ducks, geese, goats and many other animals.
8556 Gibson Ranch Rd.
Elverta 95626
<https://regionalparks.saccounty.net/Parks/RegionalParksDetails/Pages/GibsonRanch.aspx>
- Mutual Assistance Network (916) 696-6689 Serves the Del Paso Heights community. A safe place with many programs geared to meet the needs of the surrounding community.
3525 Norwood Ave.
Sacramento 95838
<https://www.mutualassistance.org/pages/contact-us/>
- No. Highlands Recreation & Park Dist** (916) 332-7440 Offers classes, workshops and programs
6040 Watt Ave.
North Highlands 95660
<http://www.nhrpd.org/>
- Rio Linda/Elverta Recreation & Park Dist** (916) 991-5929 Offers classes, workshops and programs
810 Oak Ln.
Rio Linda, 95673
<https://www.rleparks.com/>
- Sunrise Recreation & Park Dist** (916) 725-1585 Offers classes, workshops and

LIBRARIES

- Del Paso Heights** (916) 264-2920 Call for hours of operation
920 Grand Ave.
Sacramento 95838
<https://www.saclibrary.org/Locations/Del-Paso-Heights>
- No. Highlands-Antelope Library** (916) 264-2920 Call for hours of operation
4235 Antelope Rd.
Antelope 95843
<https://www.saclibrary.org/Locations/North-Highlands-Antelop>
- No. Sacramento Hagginwood Library** (916) 264-2920 Call for hours of operation
2109 Del Paso Blvd., Sacramento 95815
<https://www.saclibrary.org/Locations/North-Sacramento-Hagginwood>
- Rio Linda Neighborhood Library** (916) 264-2920 Call for hours of operation
6724 6th St.
Rio Linda 95673
<https://www.saclibrary.org/Locations/Rio-Linda>
- Dial-A-Story** (English) (916) 441-1234 Recorded short stories for children. Ages 3-6.
24-hour access line.

