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>
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</table>
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*All phone numbers listed are in the (916) area code Unless otherwise indicated.*
### EMERGENCY PHONE NUMBERS

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Police, Sheriff, Fire, Ambulance</td>
<td>911</td>
</tr>
<tr>
<td>Twin Rivers USD Police</td>
<td>(916) 566-2777</td>
</tr>
<tr>
<td>Adult Protective Services</td>
<td>(916) 874-9377</td>
</tr>
<tr>
<td>Child Abuse Bureau (Sac County Sheriff)</td>
<td>(916) 874-5191</td>
</tr>
<tr>
<td>Child Find Hotline</td>
<td>(800) IAMLOST (426-5678)</td>
</tr>
<tr>
<td>Child Protective Services (CPS)</td>
<td>(916) 875-KIDS (5437)</td>
</tr>
<tr>
<td>County Mental Health Crisis Line (24 hour)</td>
<td>(888) 881-4881 or (916) 875-1055</td>
</tr>
<tr>
<td>Crisis Nursery (Help for Parents/Families in Crisis)</td>
<td>(916) 394-2000 (Pasadena Ave.)</td>
</tr>
<tr>
<td></td>
<td>(916) 679-3600 (Land Park Dr.)</td>
</tr>
<tr>
<td>National Runaway Switchboard</td>
<td>(800) RUNAWAY (786-2929)</td>
</tr>
<tr>
<td>National Suicide Prevention Lifeline</td>
<td>1-800-273-TALK (8255) [24/7 Hotline]</td>
</tr>
<tr>
<td></td>
<td>1-888-628-9454 (Spanish)</td>
</tr>
<tr>
<td>Poison Control Center</td>
<td>(800) 222-1222</td>
</tr>
<tr>
<td>Pregnancy Hotline</td>
<td>(916) 451-2273</td>
</tr>
<tr>
<td>Speech to Speech (Assistive Communication Service)</td>
<td>711</td>
</tr>
<tr>
<td>Suicide Prevention Crisis Line</td>
<td>(916) 368-3111</td>
</tr>
<tr>
<td>Crisis Text Line</td>
<td>741741</td>
</tr>
<tr>
<td>WEAVE Hotline (Domestic abuse)</td>
<td>(916) 920-2952</td>
</tr>
<tr>
<td>Well Space - Parent Support Line (Crisis)</td>
<td>(888) 281-3000</td>
</tr>
<tr>
<td>Wind Youth Services (Teenagers) 24 hour shelter line</td>
<td>(916) 628-1492</td>
</tr>
</tbody>
</table>

### NON-EMERGENCY PHONE NUMBERS

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>InfoLine Sacramento</td>
<td>(916) 498-1000 or 2-1-1</td>
</tr>
<tr>
<td>Access Child and Adult</td>
<td>(916) 875-1055</td>
</tr>
<tr>
<td>Alcoholics Anonymous</td>
<td>(916) 454-1100</td>
</tr>
<tr>
<td>Al-Anon / Alateen (Family/friend of alcoholic) Info Line</td>
<td>(916) 334-2970</td>
</tr>
<tr>
<td>California Smokers’ Helpline Want to Quit Smoking?</td>
<td>(800) NOBUTTS (662-8887)</td>
</tr>
<tr>
<td>Child Abuse Prevention Council</td>
<td>(916) 244-1900</td>
</tr>
<tr>
<td>Nar-Anon (Family/friend of substance abuser) Info Line</td>
<td>(800) 477-6291 (nar-anon.org)</td>
</tr>
<tr>
<td>Narcotics Anonymous</td>
<td>(877) 623-6363</td>
</tr>
<tr>
<td>Sheriff Non-emergency</td>
<td>(916) 874-5115</td>
</tr>
<tr>
<td>Victim / Witness Center</td>
<td>(916) 874-5701</td>
</tr>
<tr>
<td>WEAVE (Domestic Violence)</td>
<td>(916) 448-2321</td>
</tr>
<tr>
<td>Wind Youth Services</td>
<td>(916) 561-4900</td>
</tr>
</tbody>
</table>
**Cal Fresh**  
Dept. of Human Assistance  
1725 28th St.  
Sacramento 98516  
www.cdss.ca.gov/food-nutrition/calfresh

- **(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  
www.carmichaelpres.org/community-care

- **(916) 483-9232**  
  Open M/T/Th/Fri. Call in food orders between 10:00 am and 12:00 pm. Pick up food orders between 1:30 pm and 2:00 pm. Serving zip codes in Sacramento County. Photo ID and proof of address required.

**Grace House**  
www.gracehousenorcal.com

- **(916) 470-0408**  
  Call for information and details  
  A faith-based recovery program for adult men and women.

**Loaves & Fishes**  
Dinning Room  
1321 North C St. Sacramento 95811  
www.sacloaves.org

- **(916) 446-0874**  
  Monday-Friday 11:30 am—1:00 pm  
  Saturday and Sunday 11:00 am—12:30 pm

**Mary House**  
1351 North C St.  
Sacramento 95811  
www.maryshouse.com

- **(916) 637-2450**  
  Call for details

**Orangevale - Fair Oaks Food Bank**  
6483 Main Avenue  
Orangevale, CA, United States, 95662  
www.ovfofb.org

- **(916) 238-8868**  
  Food Pantry: Any family residing in Sacramento County will be eligible to receive groceries. Call for required documents.
**Rio Linda/Elverta Food Closet**
151 Delano Ave.
Elverta 95626

(916) 836-1037  One food basket per month. ID & proof of residency and income are required. T/Th 9:30—11:30 am. Serves residents of Rio Linda & Elverta

**River City Food Bank**
1800 28th St.
Sacramento 95816 &
2300 Edison Ave.
Sacramento, CA 95821
www.rivercityfoodbank.org

(916) 446-2627  **Food Distribution Hours:** Midtown: T–Th: 10:30a.m.–1:30p.m. Arden Arcade: Fri/Sat 10:30a.m.–1:30p.m.

**Sacramento Food Bank & Family Services**
www.sacramentofoodbank.org

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

**Union Gospel Mission**
400 North Bannon St.
Sacramento 95811
www.ugmsac.com

(916) 447-3268  Dinner served nightly starting at 7:30 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
**First Baptist Church of North Sacramento**
2601 Del Paso Blvd.
Sacramento 95815
(916) 922-9365
Friday 9:30 am -12 pm
Also provides backpacks filled with school supplies, coats and shoes during the winter months.

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

**Francis House Center - A Program of Next Move**
1422 C Street
Sacramento 95814
916-443-2646
Distribution Hours: Monday, Tuesday, Thursday, and Friday 9 am - noon; Must have ID.

**Union Gospel Mission**
400 North Bannon St.
Sacramento 95815
www.ugmsac.com
(916) 447-3268
Call for Information and Details
Men, Women and Children's clothing T/TH at 9 am.

**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
www.goodwillsacto.org

**Pacific Thrift Store**
6101 Watt Ave.
North Highlands, 95660
Watt & Don Julio
www.pacificthriftstore.com
(916) 514-0154
<table>
<thead>
<tr>
<th><strong>Organization</strong></th>
<th><strong>Website/Phone</strong></th>
<th><strong>Description</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Promise</td>
<td><a href="http://www.familypromisesacramentoca.org">www.familypromisesacramentoca.org</a></td>
<td>(916) 443-3107</td>
</tr>
<tr>
<td>Mercy Housing of Sacramento</td>
<td><a href="http://www.mercyhousing.org">www.mercyhousing.org</a></td>
<td>(916) 414-4400</td>
</tr>
<tr>
<td>Mutual Housing California</td>
<td></td>
<td>(916) 453-8400</td>
</tr>
<tr>
<td>3321 Power Inn Rd. Ste. 320, Sacramento 95826</td>
<td><a href="http://www.mutualhousing.com">www.mutualhousing.com</a></td>
<td></td>
</tr>
<tr>
<td>Sacramento Self Help Housing</td>
<td><a href="http://www.sacramentostepsforward.org/partners/sacramento-self-help-housing">www.sacramentostepsforward.org/partners/sacramento-self-help-housing</a></td>
<td>(916) 341-0593</td>
</tr>
<tr>
<td>Salvation Army Rental Assistance Program</td>
<td><a href="http://www.financialhelpresources.com">www.financialhelpresources.com</a></td>
<td>(916) 678-4010</td>
</tr>
<tr>
<td>SHRA (Sacramento Housing &amp; Redevelopment)</td>
<td><a href="http://www.shra.org">www.shra.org</a></td>
<td>(916) 444-9210</td>
</tr>
<tr>
<td><a href="http://www.sacwaitlist.com/dashboard">www.sacwaitlist.com/dashboard</a></td>
<td></td>
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<tr>
<td>1122 17th St, Sacramento 95811</td>
<td>(925) 372-4213</td>
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<tr>
<td><strong>LOW INCOME HOUSING</strong></td>
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</tbody>
</table>
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.

Francis House/Next Move
1422 C St.
Sacramento 95814
https://www.nextmovesacramento.org/francis-house-center/
(916) 443-2646
Call for Details
Email: info@francishousecenter.org

Friendship Park
1321 North C Street
Sacramento
(916) 443-7378
To go breakfast, recreation activities, phones, library, showers, laundry, and more. Please call for details.

Loaves & Fishes
1351 North C St.
Sacramento
www.sacloaves.org
(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: 7am-2:00pm

Lutheran Social Services
4390 47th Ave.
Sacramento 95824
www.lssnorcal.org
(916) 453-2900
Housing & case-management services for homeless families and transitional housing programs. Call for details.

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

Next Move
Family Shelter
www.nextmovesacramento.org
(916) 454-2120
Family Shelter
Call for details.

Overcomers Program
671 Plaza Ave.
Sacramento 95815
Program for Women
(916) 924-3113
Call for Details about residential programs.

Program for Men
(916) 920-3082

2733 Branch St.
Sacramento 95815
www.overcomersprogram.org
# EMERGENCY HOUSING / SHELTERS

<table>
<thead>
<tr>
<th><strong>Sacramento Housing Crisis Line</strong></th>
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<tbody>
<tr>
<td>Dial 211, then press 8</td>
</tr>
<tr>
<td>Assistance to maintain current housing situation, match to available emergency shelters, and personalized support for housing crisis resolution.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Salvation Army Shelter</strong></th>
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<tbody>
<tr>
<td>1200 N. B St.</td>
</tr>
<tr>
<td>Sacramento 95814</td>
</tr>
<tr>
<td><a href="http://www.sacramento.salvationarmy.org">www.sacramento.salvationarmy.org</a></td>
</tr>
<tr>
<td>(916) 442-0331 (24 hr. line)</td>
</tr>
<tr>
<td>Services for homeless veterans, both men and women (18 and over). Must have Kaiser insurance, please call for details.</td>
</tr>
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<thead>
<tr>
<th><strong>St. John’s Shelter</strong></th>
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<tbody>
<tr>
<td>4410 Power Inn Rd.</td>
</tr>
<tr>
<td>Sacramento 95826</td>
</tr>
<tr>
<td><a href="http://www.saintjohnsprogram.org">www.saintjohnsprogram.org</a></td>
</tr>
<tr>
<td>(916) 453-1482 24 hrs./day</td>
</tr>
<tr>
<td>7 days/week</td>
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<tr>
<td>Shelter for homeless women and children; female children up to age 17. Vocational Shelter (Telephone only, no walk ins.)</td>
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<tr>
<th><strong>Travelers Aid Emergency Assistance Agency</strong></th>
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<tbody>
<tr>
<td>2251 Florin Rd. Suite 124</td>
</tr>
<tr>
<td>Sacramento 95822</td>
</tr>
<tr>
<td><a href="http://www.taeaa.org">www.taeaa.org</a></td>
</tr>
<tr>
<td>(916) 399-9646 (24-hour line)</td>
</tr>
<tr>
<td>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.</td>
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<tr>
<th><strong>Union Gospel Mission</strong></th>
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<tr>
<td>400 North Bannon St.</td>
</tr>
<tr>
<td>Sacramento 95811</td>
</tr>
<tr>
<td><a href="http://www.ugmsac.com">www.ugmsac.com</a></td>
</tr>
<tr>
<td>(916) 447-3268</td>
</tr>
<tr>
<td>Housing for Men only.</td>
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</tbody>
</table>

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<tr>
<th><strong>WEAVE Safehouse</strong></th>
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</thead>
<tbody>
<tr>
<td><a href="http://www.weaveinc.org">www.weaveinc.org</a></td>
</tr>
<tr>
<td>(916) 920-2952 (24-hour line)</td>
</tr>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>WIND Youth Services</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>815 S St.</td>
</tr>
<tr>
<td>Sacramento 95811</td>
</tr>
<tr>
<td><a href="http://www.windyouth.org">www.windyouth.org</a></td>
</tr>
<tr>
<td>(916) 561-4900</td>
</tr>
<tr>
<td>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. Serve ages 18-24 experiencing homelessness.</td>
</tr>
<tr>
<td>(916) 628-1492 24 hour shelter line</td>
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<tr>
<td>24 hour shelter line</td>
</tr>
</tbody>
</table>
**Respite Center-North Sacramento HART**  
MT. Calvary Baptist Church  
3407 Altos Ave  
Sacramento 95838  
www.hartstogether.org/north-sacramento

*Wednesdays 9:00am-12:00pm*  
Offers a safe space, coffee, food and supplies for unhoused neighbors in North Sacramento area. Walk in, no documents needed and free.

---

**Sacramento LGBT Community Center-Respite Drop In Center**  
1015 20th Street  
Sacramento 95811  
www.sacccenter.org/mental-health  
(916) 442-0185

*Tues and Thurs 10:00am to 4 pm*  
Respite center for LGBT 25 years and older and provides a safe place to rest. Available to those in crisis and would like to decompress or talk with a peer advocate. Access to clean rest rooms, free WiFi and computers. Walk in, free, vaccination card required.

---

**Sacramento LGBT Community Center– Q Spot**  
1015 20th Street  
Sacramento 95811  
www.sacccenter.org/youth  
(916) 442-0185

*Supports vulnerable and homeless LGBT youth (ages 13-24. Showers, survival supplies, washer/dryer, clothing closet and more. Vaccination card required. Walk in or email for more details.*

---

**The Respite Center-Midtown HART**  
1701 L Street  
Sacramento, Ca 95811  
2620 Capitol Ave.  
Sacramento 95816  
www.hartstogether.org

*Midtown | HARTs Together*  

*Tuesdays 9:30am-12:30pm  
Fridays 9:30am-12:30pm*  
Drop-in center for guests experiencing homelessness to seek refuge from the weather and rest. Provides snacks, phone charging station and resources. Walk in, no documents needed and free.

---

**WIND Youth Drop-In Center**  
815 S Street  
Sacramento 95811  
(916) 561-4900  
(916)628-1492  
24 hour Youth Hotline

*Homeless and runaway youth are given a safe, non-judgmental safe space. Other resources are offered. Ages 12-24 by referral or walk in. No documents needed and free. Call for more details.*
<table>
<thead>
<tr>
<th>HEALTH CLINICS</th>
</tr>
</thead>
<tbody>
<tr>
<td>African American Perinatal Health Program</td>
</tr>
<tr>
<td><a href="https://dhs.saccounty.gov/PUB/Pages/PUB-Home.aspx">https://dhs.saccounty.gov/PUB/Pages/PUB-Home.aspx</a></td>
</tr>
<tr>
<td>CHDP</td>
</tr>
<tr>
<td>9616 Micron Ave. Ste. 670 Sacramento 95827</td>
</tr>
<tr>
<td>Del Paso Heights Community Health Center</td>
</tr>
<tr>
<td>3441 Marysville Blvd. Sacramento 95838 <a href="http://www.wellspacehealth.org">www.wellspacehealth.org</a></td>
</tr>
<tr>
<td>Medi-Cal</td>
</tr>
<tr>
<td><a href="http://www.medi-cal.ca.gov">www.medi-cal.ca.gov</a></td>
</tr>
<tr>
<td>Mercy Clinic</td>
</tr>
<tr>
<td>1321 North C St. Sacramento 95811 <a href="http://www.sacloaves.org">www.sacloaves.org</a></td>
</tr>
<tr>
<td>Nurse Family Partnership</td>
</tr>
<tr>
<td><a href="http://www.nfpmoms.org">www.nfpmoms.org</a></td>
</tr>
<tr>
<td>Primary Health Services</td>
</tr>
<tr>
<td>4600 Broadway., Ste. 1100 Sacramento 95820 <a href="https://dhs.saccounty.gov">https://dhs.saccounty.gov</a></td>
</tr>
<tr>
<td>Sacramento Community Dental Clinic</td>
</tr>
<tr>
<td>2138 Del Paso Blvd. Sacramento 95815</td>
</tr>
<tr>
<td>Sacramento Family Medical Clinic</td>
</tr>
<tr>
<td>3441 Marysville Blvd. Sacramento 95838</td>
</tr>
</tbody>
</table>
Clinics Serving the Twin Rivers USD Area

Updated June 2023 – 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.

<table>
<thead>
<tr>
<th>Elica Health Centers</th>
<th><a href="http://www.elicahealth.org">www.elicahealth.org</a></th>
<th>Accepts private insurance, straight Medi-Cal, income based sliding scale (uninsured)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(855) 354-2242 (all clinics)</td>
<td></td>
<td>Appointments</td>
</tr>
<tr>
<td>• 4815 Watt Ave, North Highlands, CA 95660</td>
<td></td>
<td>Walk-ins 8:00 am – 3:00 pm</td>
</tr>
<tr>
<td>• 3234 Marysville Blvd, Sacramento, CA 95815 (includes dental)</td>
<td></td>
<td>Clinic hours Mon – Fri 8:00 am – 5:00 pm</td>
</tr>
<tr>
<td>• 3701 J Street #201, Sacramento, CA 95816 (includes dental)</td>
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<td></td>
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</tbody>
</table>

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<thead>
<tr>
<th>Peach Tree Health</th>
<th><a href="http://www.pickpeach.org">www.pickpeach.org</a></th>
<th>Accepts private insurance, Medi-Cal, income based scale (uninsured)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(916) 779-7656</td>
<td></td>
<td>Appointments only, no walk-in services available</td>
</tr>
<tr>
<td>• 3810 Rosin Ct. Suite 100, Sacramento, CA 95834</td>
<td></td>
<td>Clinic hours 8:00 am – 4:00 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Planned Parenthood</th>
<th><a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a></th>
<th>Accepts private insurance, Medi-Cal, special programs for uninsured</th>
</tr>
</thead>
<tbody>
<tr>
<td>(877) 855-7526 (main)</td>
<td></td>
<td>Appointments preferred Walk-ins</td>
</tr>
<tr>
<td>• 5700 Watt Ave., North Highlands, CA 95660</td>
<td></td>
<td>Clinic hours Mon – Fri 8:00 am – 5:00 pm</td>
</tr>
<tr>
<td>(916) 332-5715</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 201 29th St. Suite B, Sacramento, CA 95816</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(916) 446-6921</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sacramento Community Clinic</th>
<th><a href="http://www.halocares.org">www.halocares.org</a></th>
<th>Accepts Medi-Cal, uninsured</th>
</tr>
</thead>
<tbody>
<tr>
<td>(916) 924-7988 (includes dental, 2138 Del Paso Blvd)</td>
<td></td>
<td>Appointments preferred</td>
</tr>
<tr>
<td>• 2200 Del Paso Blvd., Sacramento, CA 95815</td>
<td></td>
<td>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>(916) 428-3788 (includes dental, Suite 106)</td>
<td></td>
<td>Clinic hours Mon – Fri 8:00 am – 5:00 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sacramento County Immunization Clinic</th>
<th></th>
<th>Accepts Medi-Cal and uninsured.</th>
</tr>
</thead>
<tbody>
<tr>
<td>(916) 875-7468</td>
<td></td>
<td>Appointments only. No walk-Ins.</td>
</tr>
<tr>
<td>• 4600 Broadway Suite 1300, Sacramento, CA 95820</td>
<td></td>
<td>Appointments available every other Friday.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Clinic hours Mon – Fri 8:00 am – 5:00 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>(916) 341-0575</td>
<td></td>
<td>No insurance: Walk-Ins only</td>
</tr>
<tr>
<td>• 2020 J street, Sacramento ,CA 95841</td>
<td></td>
<td>M-F: 9:30-10:45 am, 12:45- 2:45pm.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>San Lucas Pediatric Clinic</th>
<th><a href="http://www.sanlucaspeds.com">www.sanlucaspeds.com</a></th>
<th>Accepts Medi-Cal, private insurance, sliding scale for “uninsured”</th>
</tr>
</thead>
<tbody>
<tr>
<td>(916) 341-0575</td>
<td></td>
<td>Appointments only</td>
</tr>
<tr>
<td>• 4100 E. Commerce Way Suite 100, Sacramento, CA 95834</td>
<td></td>
<td>Mon.-Fri. 8:30 am – 5:30 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WellSpace Health</th>
<th><a href="http://www.wellspacehealth.org">www.wellspacehealth.org</a></th>
<th>Accepts Medi-Cal, private and no insurance (sliding scale).</th>
</tr>
</thead>
<tbody>
<tr>
<td>(916) 737- 5555 (all clinics)</td>
<td></td>
<td>Appointments preferred.</td>
</tr>
<tr>
<td>• 2433 Marconi Avenue, Sacramento, CA 95821</td>
<td></td>
<td>Clinic hours Mon. – Fri. 8:00 am – 5:00 pm (closed for lunch 1-2)</td>
</tr>
<tr>
<td>• 3441 Marysville Blvd., Sacramento, CA, 95838</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 6015 Watt Ave., Suite 2, North Highlands, CA 95660</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 5959 Greenback Ln. Suite 500, Citrus Heights, CA 95621</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 3946 Norwood Ave, Sacramento, CA 95838</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Local Pharmacies including Rite Aid, Walmart, CVS…etc. | | Costs vary- usually $50-$70 for an individual immunization. Call pharmacy for more information. |


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
www.saccounty.gov
Medi-Cal (call for info. and qualifications) 916-874-2215
www.medi-cal.ca.gov
Medi-Cal/Healthy Families 888-747-1222
www.dhcs.ca.gov

OTHER LOCAL MEDI-CAL PROVIDERS:

Health Clinics:
Sacramento Family Medical Clinic, Inc. 916-339-2229
Watt Avenue Medi-Cal Clinic 916-344-8866
www.healthgrades.com

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

Dental:
Denti-Cal (referral service for dentists who accept Medi-Cal) 800-423-0507
www.dental.dhcs.ca.gov

Please remember not all Doctors can accept new patients at all times.

Revised on 7/13/2023
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 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 916-566-1787 for information.

Let’s keep our kids healthy and in school!!! Call us, we can help.
Area 4 Agency on Aging
Provides links and information on grandparent support groups. Coordinates and develops senior services for seniors 60 and over.
www.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.
www.blackchildlegacy.org

Center For Fathers and Families
920 Del Paso Blvd.
Sacramento 95815
www.cffsacramento.org

Help Me Grow Sacramento
www.helpmegrowsac.org

Foothill Farms & North Highlands
Liberty Towers / Impact Sac
5132 Elkhorn Blvd., Sacto 95842
(916) 339-3515 or (916) 410-9770

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

Provides classes and education to strengthen families.
(916) 568-3237

Help Me Grow Sacramento
Provide screenings to detect developmental and behavioral delays in children and link them to interventions and services for ages birth to 5, no cost. Contact for additional information.
(916) 822-8744

Mutual Assistance Network
Firehouse Community Center
810 Grand Ave., Sacramento 95838
Also has offices in 95821 & 95815
www.mutualassistance.org

North Sacramento Family Resource Center
2469 Rio Linda Blvd., Suite B
Sacramento 95815
www.northsacfcrc.org

Pro Youth and Families
Parent concerns with children’s behavior, especially regarding the use of drugs and alcohol. Call for details.
www.proyouthandfamilies.org

Sacramento Crisis Nursery
Counseling and Support Services 24-hours a day.
www.kidshome.org

Sacramento Food Bank—Parenting Classes
Free parenting classes that allows expectant parents, parent and guardians to earn credits that can be exchanged for infant and toddler supplies.

WellSpace Health
www.wellspacehealth.org
Abiding Hope Respite House  
Turning Point Community Programs  
(916) 287-4860  Offers a 7 to 14-day respite facility for individuals 18 years of age and older with a psychiatric disability. Case management and other supports offered. Call for more details.

www.tpcp.org/programs/abiding-hope

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.

Behavioral Health Care-Elica Health Centers  
Locations in the following zip codes: 95660, 95815, 95816 & 95825  
(916) 454-2345  Federally qualified health care center that provides comprehensive behavioral services and more. Sliding scale fee

www.elicahealth.org/behavioral-health

Care Solace  
www.caresolace.com/site/trusd  
(888) 515-0595  Connecting students with providers that treat mental health and substance use disorders in minutes. Help available 24/7 via phone, email or video chat

Email: WeServe@CareSolace.org

Heartland Child and Family Services  
2829 Watt Ave. Ste. 200  
Sacramento 95821  
(916) 418-0828  Mental Health & Counseling Support

811 Grand Ave. Ste. D  
Sacramento 95838  
www.doingwhateverytittakes.org

La Familia Counseling Center  
5523 34th St.  
Sacramento 95820

3301 37th Ave.  
Sacramento 95824  
https://lafcc.org  
(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
Life Practice Counseling Group  
3820 Auburn Blvd.,
Unit 100
Sacramento, Ca 95821
(916) 300-6576  
Affordable and low cost counseling based on monthly income. Call for more details.

Lilliput  
(a part of Wayfinder Family Services)
8391 Auburn Blvd.
Citrus Heights 95610
(916) 923-5444  
Kinship Support Services, Family Finding Services, Post Adoption Services, Training and Workshops and Youth Empowerment Services offered.

Lilliput Families | Change a Child's Future

MAS-SSF (Mas Social Services)  
3820 Auburn Blvd., #83
Sacramento 95821
www.mas-ssf.org
(916) 486-8626  
Aids families in the Muslim community with social services.

Mental Health Urgent Care Clinic  
2130 Stockton Blvd., Bld.300
Sacramento 95817
(916) 520-2460  
Welcomes anyone experiencing mental health distress regardless of age or ability to pay.

Mental Health Urgent Care Clinic (MHUCC) - Turning Point | Mental Health Services (tpcp.org)

Call for more details

National Domestic Violence Hotline
(800) 799-7233 or text 88788  
24/7 Support Line

National Parent Helpline
(855) 427-2736  
24-hour support line providing emotional support, information, and resources.

www.nationalparenthelpline.org/

National Suicide Prevention Lifeline
(800) 273-8255
Or text 988  
24 hours

If you or someone you know is in crisis or considering suicide, call.

 Suicide Prevention Crisis Line
(916) 368-3111  
24 hours

Crisis Chat By Text Crisis
Text HOPE to (916) 668-4226

Text Line
741741
Overcomers Program
https://overcomersprogram.org/

Women Drug and Alcohol Recovery Program for women and men.
(916) 924-3113
Men (916) 920-3082

Pacific Clinic
www.pacificclinics.org

(877)722-2737 Offers a full range of mental and behavioral health services.

Pro Youth and Families
www.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
1015 20th St.
Sacramento 95811
https://sacccenter.org/

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

Sacramento Youth Center
1901 Del Paso Blvd.
Sacramento, Ca 95815

(916) 248-1081 Youth hangout and study space, free Wi-Fi, mentoring and parent resources.

www.sacyouthcenter.org
Stanford Settlement Neighborhood Center (916) 927-1303

450 W. El Camino Ave.
Sacramento 95833

private, non-profit social service agency
serving residents of zip codes 95815, 95833, 95834, 95835, & 95838

[www.stanfordsettlement.org](http://www.stanfordsettlement.org)

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Wayfinder Family Services (916) 923-5444

Ensure that children, youth and adults facing challenges always have a place to turn. Wide variety of resources offered to support families.

[Call for more details](#)

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WellSpace Health (916) 737-5555

Counseling and mental health services for children, adolescents, adults, couples and families.

[Call for further details](#)

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Wind Youth Services (916) 561-4900

Mental wellness support services offered. Call for more details.

[https://www.windyouth.org](https://www.windyouth.org)

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Women’s Empowerment (916) 669-2307

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

[www.womens-empowerment.org](http://www.womens-empowerment.org)
<table>
<thead>
<tr>
<th>Legal Aid / Clinics</th>
<th>Contact Information</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Justice Center</td>
<td>(916) 875-4673</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.</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>Pacific McGeorge School of Law</td>
<td>(916) 340-6080</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) 551-2150</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>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
www.amtrak.com/stations/sac 800-872-7245 401 I St., Sacramento 95814
www.amtrak.com/stations/rsv 201 Pacific St., Roseville 95678

Greyhound Bus Lines
www.greyhound.com/en-us/bus-station-893189 (916) 444-6858 Or 420 Richards Blvd., Sac 95811
www.greyhound.com/en-us/bus-station-893156 800-231-2222 201 Pacific St., Roseville 95678

ParaTransit (for disabled individuals and seniors aged 75+)
www.paratransit.org (916) 429-2009 2501 Florin Rd, Sacramento, Ca 95822

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

Sacramento International Airport
www.sacramento.aero/smf (916) 929-5411 6900 Airport Blvd. Sacramento 95837

Yellow Cab
www.sacramentoyellowcabco.com (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) 454-1892
(916) 324-6202

EAPR (Energy Assistance Program Rate)
www.smud.org (888) 742-7683

HEAP (Home Energy Assistance Program)
www.communityresourceproject.org (916) 567-5200

Need Help Paying Bills
www.needhelppayingbills.com NA

Pacific Gas & Electric CARE & FERA
www.pge.com (800) 743-5000

REACH Program
(800) 933-9677

Salvation Army Utility Assistance Program
www.sacramento.salvationarmy.org (916) 678-4010


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

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

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

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

ROBLA SCHOOL DISTRICT
5248 Rose Street, Sacramento CA 95838
District Office (916) 649-5248
www.robla.k12.ca.us

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

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

BEANSTALK
(916) 344-6259
(For Information)
CHILD CARE CENTERS
www.beanstalk.ws
(916) 566-1820
Dry Creek Elementary
1230 G St.
Rio Linda 95673
(916) 566-1600
Regency Park Elementary
5901 Bridgecross Dr.
Sacramento 95835
(916) 566-1950
Ridgepoint Elementary
4680 Monument Dr.
Sacramento 95842

HEAD START
(916) 563-5125
(SETA)
(916) 563-5390
(916) 563-5360
(916) 563-5350
www.headstart.seta.net
(916) 566-3420
Castori Elementary
1801 South Ave., Sacto CA 95838
(916) 566-3425
Del Paso Elementary
590 Morey Ave., Sacto CA 95838
(916) 566-3460
Garden Valley Elementary
3601 Larchwood Dr., Sacto 95834
(916) 566-3475
Hagginwood Elementary
1418 Palo Verde Ave., Sacto 95815
(916) 566-1880
F.C. Joyce Elementary
6050 Watt Ave., N.H. CA 95660
(916) 566-1850
Kohler Elementary
4004 Bruce Way, N.H. CA 95660
(916) 566-2700
Las Palmas Elementary
477 Las Palmas Ave., Sacto CA 95815
<table>
<thead>
<tr>
<th>Subsidized Child Care / Preschools</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STATE PRESCHOOL</strong></td>
<td>(916) 566-2705</td>
</tr>
<tr>
<td>566-1616</td>
<td>Northwood Elementary 2630 Taft St., Sacramento 95815</td>
</tr>
<tr>
<td></td>
<td>Orchard Elementary 1040 Q St., Rio Linda 95673</td>
</tr>
<tr>
<td></td>
<td>Sierra View Elementary 3638 Bainbridge Dr., N.H. 95660</td>
</tr>
<tr>
<td></td>
<td>Smythe Elementary 2781 Northgate Blvd., Sacto 95833</td>
</tr>
<tr>
<td></td>
<td>Strauch Elementary 3141 Northstead Dr., Sacto 95833</td>
</tr>
<tr>
<td></td>
<td>Woodlake Elementary 700 Southgate Rd., Sacto 95815</td>
</tr>
<tr>
<td></td>
<td>Woodridge Elementary 5761 Brett Dr., Sacto 95842</td>
</tr>
<tr>
<td><strong>FULL-DAY PRESCHOOL</strong></td>
<td>(916) 566-3415</td>
</tr>
<tr>
<td>566-1616</td>
<td>Babcock Elementary 2400 Cormorant Way, Sacto 95815</td>
</tr>
<tr>
<td></td>
<td>Kohler Elementary 4004 Bruce Way, N.H. CA 95660</td>
</tr>
<tr>
<td></td>
<td>Madison Elementary 5241 Harrison St., N.H. CA 95660</td>
</tr>
<tr>
<td></td>
<td>Las Palmas Elementary 477 Las Palmas Ave., Sacto 95815</td>
</tr>
<tr>
<td></td>
<td>Northwood Elementary 2630 Taft. St., Sacto 95815</td>
</tr>
<tr>
<td></td>
<td>Pacific High 6560 Melrose Dr., N.H. 95660</td>
</tr>
<tr>
<td></td>
<td>Smythe Elementary 2781 Northgate Blvd., Sacto 95833</td>
</tr>
<tr>
<td></td>
<td>Strauch Elementary 3141 Northstead Dr., Sacto 95833</td>
</tr>
<tr>
<td></td>
<td>Vineland Preschool 6450 20th St., Rio Linda 95673</td>
</tr>
<tr>
<td></td>
<td>Woodridge Elementary 5761 Brett Dr., Sacto 95842</td>
</tr>
<tr>
<td><strong>TRUSD HEADSTART</strong></td>
<td>(916) 566-3485</td>
</tr>
<tr>
<td></td>
<td>Morey Ave. 155 Morey Ave., Sacto 95838</td>
</tr>
<tr>
<td></td>
<td>Rio Linda Pre School 631 L St., Rio Linda 95673</td>
</tr>
<tr>
<td></td>
<td>Oakdale Elementary 3708 Myrtle Ave., N.H. 95660</td>
</tr>
<tr>
<td></td>
<td>Village Elementary 6845 Larchmont Dr., N.H. 95660</td>
</tr>
</tbody>
</table>
**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**  
www.211sacramento.org/211  
(916) 498-1000  
Sacramento Area Community Referrals  
Or Dial 2-1-1

**TUTORING SERVICES**

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

**California Learning Center**  
www.californialearningcenter.com  
(916) 486-2646  
3400 Cottage Way, Ste. C, Sacramento

**Huntington Learning Center**  
www.huntingtonhelps.com/center/citrus-heights  
(916) 728-2981  
5739 Sunrise Blvd  
Citrus Heights  
(916) 564-8383  
69 University Ave., Sacramento

**Kumon Math and Reading Center**  
www.kunom.com  
(916) 574-9810  
2057 Arena Blvd., #130, Sacramento  
(916) 426-9898  
7897 Walerga Rd., Antelope  
(916) 866-5515  
1589 W. El Camino, Sacramento

**Paper Tutoring Services**  
https://www.trusd.net/StudentsFamilies/Student-Services/Paper-Tutoring-Service/index.html  
N/A  
Online, on-demand tutoring service that provides students with unlimited, 24/7 academic support

**MENTORING PROGRAMS**

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

**Pro Youth and Families**  
www.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**  
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.
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number(s)</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian Community Services (ARI)</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>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>(916) 339-3515</td>
<td>Job training, computer training, and GED preparation.</td>
</tr>
<tr>
<td>Grotas Farms</td>
<td></td>
<td>Job training, computer training, and GED preparation.</td>
</tr>
<tr>
<td>Del Paso Heights &amp; North Sacramento</td>
<td>(916) 646-6631</td>
<td>Employment assistance, career development and pre-employment training, and parenting classes.</td>
</tr>
<tr>
<td>Greater Sacramento Urban League</td>
<td>(916) 286-8600</td>
<td>Job training, computer training, and GED preparation.</td>
</tr>
<tr>
<td>Mutual Assistance Network of Del Paso Heights</td>
<td>(916) 927-7694</td>
<td>Employment assistance, career development and pre-employment training, and parenting classes.</td>
</tr>
<tr>
<td>Pride Industries</td>
<td>(916) 788-2100</td>
<td>Behavior management adult day program for people with disabilities.</td>
</tr>
<tr>
<td>Sacramento Works One-Stop Career Center</td>
<td>(916) 263-4100</td>
<td>Unemployment benefits; Job training, job hunting assistance; CAL-JOBS</td>
</tr>
<tr>
<td>Twin Rivers Adult School</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>
Arcade Creek Recreation & Park District  
4855 Hamilton St.  
Sacramento 95841  
www.acrpd.com

City of Sacramento Park & Recreation  
915 1St., 5th Floor  
Sacramento 95814  
www.cityofsacramento.org/ParksandRec

Gibson Ranch  
8556 Gibson Ranch Rd.  
Elverta 95626  
https://regionalparks.saccounty.gov/Pages/default.asp

Mutual Assistance Network  
811 Grand Ave #A3  
Sacramento 95838  
www.mutualassistance.org

No. Highlands Recreation & Park District  
6040 Watt Ave.  
North Highlands 95660  
www.nhrpd.org

Rio Linda/Elverta Recreation & Park District  
810 Oak Ln.  
Rio Linda, 95673  
www.rleparks.com

Sunrise Recreation & Park District  
7801 Auburn Blvd.  

Del Paso Heights  
920 Grand Ave.  
Sacramento 95838

No. Highlands-Antelope Library  
4235 Antelope Rd.  
Antelope 95843

No. Sacramento Hagginwood Library  
2109 Del Paso Blvd., Sacramento 95815

Rio Linda Neighborhood Library  
6724 6th St.  
Rio Linda 95673

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