2021—2022
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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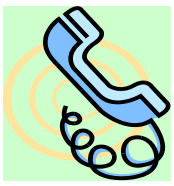
*All phone numbers listed are in the **(916)** area code*
Unless otherwise indicated.

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



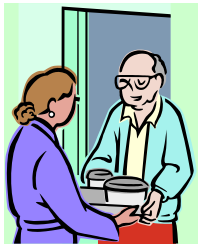
FOOD RESOURCES

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** **(916) 771-0963**	Food give away on Mon., Tues. & Wed. from 9 am—Noon. One food basket per month. ID & proof of address (utility or telephone bill) is needed each time you come. Serving zip codes: 95660, 95842, 95843
Our Lady of Lourdes 1951 North Ave. Sacramento 95838	**(916) 925-5313**	You must register Tuesday at 10:30 am for food pick up between 11 am & 1 pm. Proof of address & ID are required. Must bring your own bags. Serves zip codes 95673, 95626, 95838. Call for details

FOOD RESOURCES Continued...

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.
Thursday 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
Rivercityfoodbank.org
(916) 446-2627
A three-day supply of emergency food, offered once a month. This includes baby food and formula, if needed. ID required.. Call for Details
Tuesday—Saturday
11:30 am - 1:30 pm

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

Thewaytribe.com

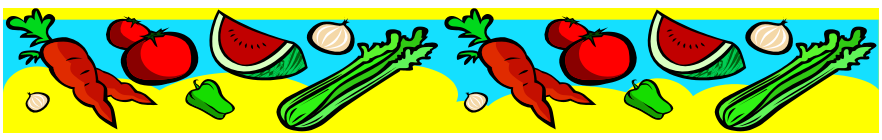
Union Gospel Mission
400 North Bannon St.
Sacramento 95811

Ugmsac.com
(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

Dhs.saccounty.net
(916) 876-5000
Women, Infants and Children Program provides food for pregnant and nursing mothers. Infants and children under 5
Call for details
M - Thur 8:15 am - 5:00 pm.
Fri 8:15 am - 4:30 pm



CLOTHES CLOSETS

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

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

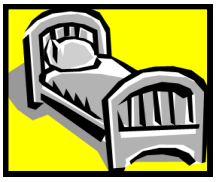
FPI Management *Danbury Park Apartments* 7840 Walerga Rd. Antelope 95843 Fpimgt.com	**(916) 725-7385**	Affordable apartments through FPI Management.
Family Promise Familypromisesacramentoca.org	**(916) 443-3107**	Provides assistance in seeking affordable or income based housing.
Mercy Housing of Sacramento www.mercyhousing.org	**(916) 414-4400**	Call for availability status and information about the program.
Mutual Housing California 3321 Power Inn Rd.. Ste. 320 Sacramento 95826 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 Www.financialhelpresources.com	**(916) 678-4010**	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.

EMERGENCY HOUSING / SHELTERS

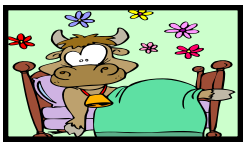
Family Shelter—VOA 470 Bannon St. Sacramento 95811 dhaservices.saccounty.net	**(916) 443-4688**	Shelter for families with children under 18. Meals, support services, education and job search Info.
Francis House/Next Move 1422 C St. Sacramento 95814 info@francishousecenter.org	**(916) 443-2646**	Counseling, IDs, bus tokens, employment assistance, etc. Call for Details
Friendship Park 1321 North C Street Sacramento	**(916) 443-7378**	Breakfast, recreation activities, phones, library, showers, laundry, and more.
Loaves & Fishes 1351 North C St. Sacramento 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: 7 am-2:30 pm
Lutheran Social Services 4390 47th Ave. Sacramento 95824 www.lssnorcal.org	**(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
Maryhouse 1321 North C St. Sacramento Sacloaves.org	**(916) 446-4961**	A hospitality center for homeless women and children only. Hot breakfast program. Hours: M-T-TH-F 8 - 2 \ W: 8-12
My Sister's House www.my-sisters-house.org	**(916) 428-3271** *24 hr line* *Multi-lingual*	A safe haven for people escaping domestic violence, sexual assault and human trafficking. Call for details.
Next Move dhaservices.saccounty.net Nextmovesacramento.org	**(916) 455-2160** *Family Shelter*	30 day shelter that accepts 2 parent families, single fathers & sons over age 14. Phone interviews only. Possible waiting list.

EMERGENCY HOUSING / SHELTERS
(continued)

Overcomers Program 671 Plaza Ave. Sacramento 95815 2731 Branch St. Sacramento 95815	**Program for Women** **(916) 924-3113** **Program for Men** **(916) 920-3082**	Call for Details about residential programs. Overcomersprogram.org
Salvation Army Shelter 1200 N. B St. Sacramento 95814 Sacramento,salvationarmy.org Women's Safe house	**(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.
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. www.weaveinc.org	**(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 Ywcaccc.org	**(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



HEALTH CLINICS



CHDP
9616 Micron Ave.
Ste. 670
Sacramento 95827
Saccounty.net
(916) 875-7151
Free physicals & dental for low income children without Medi-Cal.
Phone interviews only
Monday - Friday
8 am -5 pm

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

Www.eye2eyeoptometry.com

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

Mercy Clinic
1321 North C St.
Sacramento 95811

(Healthcare for the
Homeless Program)
(916) 874-2811
TB testing only. Call for appt.
Hours: 7:30 am - 3 pm

CLOSED for lunch 11:30 am - 12 pm

Sacloaves.org

Norwood Community Health
3946 Norwood Ave.
Sacramento 95838
Wellspacehealth.org
(916) 564-0521
Monday - Friday
8:30 am—5 pm

Primary Health Services
4600 Broadway., Ste. 1100
Sacramento 95820
Dhs.saccounty.net
(916) 874-9670
Medi-Cal excepted
Monday - Friday
8 am—4:30 pm
Appointments only

Dental Health
4600 Broadway, Ste. 2100
(2nd Floor)
Dentalclinicdirectory.com
916) 874-8300

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

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

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

Uplift Family Service
3951 Performance Dr.,
Ste. G
Sacramento 95838
Upliftfs.org
(916) 921-0828
Offers free counseling services to children who may have witnessed or have experienced bullying, emotional/physical/sexual abuse, domestic violence, alcohol/drug issues within family, or other traumas.
Medi-Cal excepted

Clinics Serving the Twin Rivers USD Area

Updated June 2021 – 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.

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)	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 .
Peach Tree Health www.pickpeach.org 3810 Rosin Ct. Suite 100, Sacramento, CA 95834 (916) 779-7656	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
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	Accepts private insurance, Medi-Cal, special programs for uninsured Appointments preferred Walk-ins Clinic hours 8:00 am – 4:00 pm
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)	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
Sacramento County Immunization Clinic 4600 Broadway Suite 1500, Sacramento, CA 95820 (916) 875-7468	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
Sacramento Native American Health Center (SNAHC) www.SNAHC.org 2020 J street, Sacramento ,CA 95841 (916) 341-0575	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.
San Lucas Pediatric Clinic www.sanlucaspeds.com 4100 E. Commerce Way Suite 100, Sacramento, CA 95834 (916) 575-9090	Accepts Medi-Cal, private insurance, sliding scale for "uninsured" Appointments only Mon.-Fri. 8:30 am – 5:30 pm
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	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)
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
Saccounty.net	
Medi-Cal (call for info. and qualifications)	916-874-2215
Medi-cal.ca.gov	
Medi-Cal/Healthy Families	888-747-1222
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
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.)
http://www.child-familyinstitute.org/home.htm

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

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

Dental:

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

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

Revised on 8/14/2020

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.

PARENTING CLASSES / SUPPORT

(Free or Low Cost)

Area 4 Agency on Aging — **(916) 486-1876**
Provides links and information on grandparent support groups. Coordinates and develops senior services for seniors 60 and over
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

Center For Fathers and Families — **(916) 568-3237**
920 Del Paso Blvd.
Sacramento 95815
Www.cffsacramento.org

Dept of Human Assistance — **(916) 876-4484**
3960 Research Dr.
Sacramento 95838
Ha.saccounty.net
Or
5747 Watt Ave.
North Highlands 95660 — **(916) 874-3100 (self help line)**

Mutual Assistance Network — **(916) 567-9567**
Firehouse Community Center
810 Grand Ave., Sacramento 95838 — **(916) 927-7694—main office**
For parents of pre-school and elementary aged children
Mutualassistance.org

North Sacramento Family Resource Center — **(916) 679-3743**
1217 Del Paso Blvd., Ste. B,
Sacramento 95815
Kidshom.org

Pro Youth and Families — **(916) 576-3300**
Parent concerns with children's behavior, especially regarding the use of drugs and alcohol. Free assessment and referral services.
Proyouthandfamilies.org

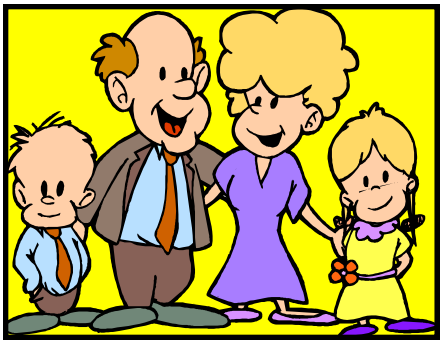
Sacramento Crisis Nursery — **South Nursery (916) 394-2000 or North Nursery (916) 679-3600**
Counseling and Support Services 24-hours a day.
Kidshom.org

WellSpace Health — **(916) 737-5555**

www.wellspacehealth.org

Women's Empowerment — **(916) 669-2307**
1590 North A St.
Sacramento, 95811

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**
Care Solace CARESOLACE.COM/TRUSD Email: WeServe@CareSolace.org	**(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
La Familia Counseling Center 5523 34th St. Sacramento 95820 3301 37th Ave. Sacramento 95824 https://lafcc.org/	**(916) 452-3601** **(916) 210-8773**	One to one counseling, crisis intervention, and supportive services to youth (ages birth - 21) and their families. No fee.
Life Practice Counseling Grp. 3650 Auburn Blvd., Bld. C Ste. 208 Sacramento 95821 https://lifepractice.org/	**(916) 300-6576**	Non profit counseling offering affordable and low cost counseling. All are based on monthly income or your ability to pay. We currently have English speaking, Spanish speaking counselors.
National Parent Helpline https://www.nationalparenthelpline.org/	**855-427-2736** **855-4APARENT**	24-hour support line providing emotional support, information, and re-sources.
Overcomers Program https://overcomersprogram.org/	**Women** **(916) 924-3113** **Men** **(916) 920-3082**	Drug and Alcohol Recovery Program for women and men.
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 1015 20th St. 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.

COUNSELING, SUPPORT, THERAPY

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.
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 2829 Watt Ave. Ste. 200 Sacramento 95821	**(916) 418-0828**	Mental Health & Counseling Support
811 Grand Ave. Ste. D Sacramento 95838 https://doingwhateverittakes.org/	**(916) 922-9868**	
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) 504-3313**	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

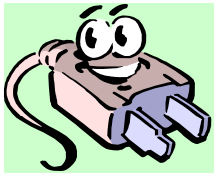
Better Business Bureau 10399 Old Placerville Rd. Sacramento 95827 https://www.bbb.org/us/ca/sacramento	**(916) 443-6843**	Provides information on business practices of firms; offers complaint services for consumers and third party help in disputes. There is no fee.
Family Justice Center **Call for details** http://www.hopethriveshere.org/	**(916) 875-4673**	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
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	**(916) 875-3400**	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.
lawhelpca.org https://lawhelpca.org/	**NA**	Find legal aid and self help resources.
Pacific McGeorge School of Law 3200 Fifth Ave. Sacramento 95817 https://www.mcgeorge.edu/	**(916) 739-7191**	Provides legal services to low-income people. Assistance in landlord / tenant issues, bankruptcy, immigration, and senior issues. Apply by telephone.
Senior Legal Hotline **Lsnc.net**	**(916) 551-2140** *Or* **(800) 222-1753**	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.
State Bar Association http://www.calbar.ca.gov/	**(866) 442-2529**	For information on reduced-fee lawyers or those lawyers who offer their services pro bono.
Victim-Witness Assistance Program 901 G St. Sacramento 95814 https://www.sacda.org/victim-services/victim-witness-assistance-program/	**(916) 874-5701**	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.

PUBLIC TRANSPORTATION

AMTRAK https://www.amtrak.com/stations/sac https://www.amtrak.com/stations/rsv	**800-268-7252**	401 I St., Sacramento 95814 1389 10th St., Sacramento 95815 201 Pacific St., Roseville 95678
Greyhound Bus Lines https://www.greyhound.com/en-us/bus-station-893189 https://www.greyhound.com/en-us/bus-station-893156	**(916) 444-6858** **Or** **(916) 783-4101**	420 Richards Blvd., Sac 95811 201 Pacific St., Roseville 95678
ParaTransit (for disabled individuals and seniors aged 75+) http://paratransit.org/	**(916) 429-2009**	
Regional Transit (RT) http://www.sacrt.com/	**(916) 321-2877**	1225 R St., Sacramento Monday thru Friday Lost & Found RT ID Cards
Sacramento International Airport https://sacramento.aero/smf	**(916) 929-5411**	6900 Airport Blvd. Sacramento 95837
Yellow Cab https://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) https://asianresources.org/	**(916) 745-4313**
EAPR (Energy Assistance Program Rate) **Smud.org**	**(888) 742-7683**
HEAP (Home Energy Assistance Program) **Benefits.gov or** **Communityresourceproject.org**	**(866) 675-6623 or** **(916) 567-5200**
Needhelppayingbills.com	**NA**
Pacific Gas & Electric https://www.pge.com/	**(800) 743-5000**
REACH Program **Pge.com**	**(800) 933-9677**
Salvation Army Utility Assistance Program **Sacramento.salvationarmy.org**	**(916) 678-4010**



SCHOOL DISTRICTS

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

SUBSIDIZED CHILD CARE / PRESCHOOLS

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

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 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 **(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.
https://wp.childaction.org/

InfoLine Sacramento **(916) 498-1000** Sacramento Area Community Referrals
http://www.211sacramento.org/211/

TUTORING SERVICES

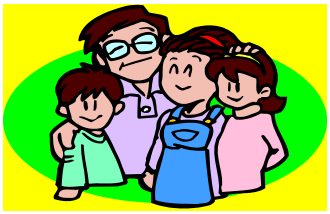
Asian Community Center (ARI) **(916) 745-4313** 5750 Sunrise Blvd., Ste. 100 Citrus Heights
https://asianresources.org/

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

Huntington Learning Center **(916) 728-2981** 8091 Greenback Lane Ste., B Citrus Heights
https://huntingtonhelps.com/center/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 **(916) 646-9300** A preventive service providing children from one-parent families with individualized and continuing friendship of a mature, trained adult volunteer.
https://bbbs-sac.org/

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.
http://proyouthandfamilies.org/

Roberts Family Development Center **(916) 646-6631** Career Readiness program that matches high school students with an after-school program team leader to assist them in daily activities. Can be utilized for service learning hours, community service hours, or volunteer hours for high school completion.
*Teen Intern Program
*After-School Program
*Kinder Prep Program
https://www.robertsfdc.org/

EMPLOYMENT ASSISTANCE AND TRAINING

Asian Community Services (ARI) 5720 Sunrise Blvd., Suite 100 Citrus Heights 95610 https://asianresources.org/	(916) 745-4313	Programs that provide a wide range of benefits to the community. From pre-employment skills training to job placement services. Call for details.
Black Child Legacy Campaign **Foothill Farms & North Highlands** Liberty Towers / Impact Sac 5132 Elkhorn Blvd. Sacramento 95842 https://blackchildlegacy.org/neighborhoods/foothillfarms-northhighlands/	**(916) 339-3515** **(916) 646-6631**	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.
Del Paso Heights & North Sacramento Roberts Fam. Dev. Ctr.— Greater Sac. Urban League 7325 Marysville Blvd., RM 203 Sacramento 95838 https://blackchildlegacy.org/neighborhoods/delpaso-northsac/		
Greater Sacramento Urban League 3725 Marysville Blvd. Sacramento 95838 http://www.gsul.org/	**(916) 286-8600**	Job training, computer training, and GED preparation.
Mutual Assistance Network of Del Paso Heights 811 Grand Ave., Suite A-3 Sacramento 95838 https://www.mutualassistance.org/	**(916) 927-7694**	Employment Assistance , Career Development and pre-employment training, and parenting classes.
Pride Industries 10030 Foothills Blvd. Roseville 95747 https://prideindustries.com/	**(916) 788-2100** **Or** **(800) 550-6005**	Behavior management adult day program for people with disabilities. Job Readiness/Employment.
Sacramento Works One-Stop Career Center 5655 Hillsdale Blvd., Ste. 8 Sacramento, 95842 https://sacramentoworks.org/	**(916) 263-4100**	Unemployment benefits; Job training, job hunting assistance; CAL-JOBS
Twin Rivers Adult School 5703 Skvarla Ave. McClellan 95652 http://www.tras.edu/	**(916) 566-2785**	Low cost or no fee classes in Adult Basic Education, GED preparation and testing, etc.

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
7801 Auburn Blvd.
Citrus Heights 95610
https://www.sunriseparks.com/

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.