The Family Resource Guide is designed to connect families of our school community with resources that help in times of need. The Guide is made possible through the Twin Rivers Unified School District. There are many additional services located throughout Sacramento County and the surrounding areas that residents may want to turn to for help. Please call InfoLine Sacramento at (916) 498-1000 or 211 for more options.

Before making your phone call for a particular service, you may want to write down:

- **WHO** do you want to talk to?
- **WHAT** information do you want to know, or
- **WHY** do you need this service
- **REMEMBER** if this particular service is unable to assist you, can they make a referral to someone who can?

Some programs in this Guide may have limited their services due to budget cuts. If you find that a service is no longer available, or that the phone number has changed, please phone the CWA office at (916) 566-1615, so that corrections can be made for the next publication of this Guide.

**Note:** *The resources provided in this guide are referrals only. They are not recommendations.*

**Frequently Used Numbers**

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

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

**Police, Sheriff, Fire, Ambulance**
- 911

**Twin Rivers USD Police**
- (916) 566-2777

**Adult Protective Services**
- (916) 874-9377

**Child Abuse Bureau (Sac County Sheriff)**
- (916) 874-5191

**Child Find Hotline**
- (800) I AMLOST (426-5678)

**Child Protective Services (CPS)**
- (916) 875-5437

**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
F0OD 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 95816  
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**  
151 Delano Ave.  
Elverta 95626  
(916) 991-1638  
One food basket per month. ID & proof of residency and income are required.  
Thursday 9:30 — 11:30 am.  
Serves residents of Rio Linda & Elverta

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

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

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

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

**WIC**  
811 Grand Ave., #1  
Sacramento 95838  
(916) 876-5000  
Women, Infants and Children Program provides food for pregnant and nursing mothers. Infants and children under 5  
Call for details  
M - 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
FPI Management
Danbury Park Apartments
7840 Walerga Rd.
Antelope 95843
Fpimgt.com
(916) 725-7385
Affordable apartments through FPI Management.

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

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

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

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

Salvation Army
Rental Assistance Program
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.
<table>
<thead>
<tr>
<th><strong>Emergency Housing/Shelters</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family Shelter—VOA</strong></td>
</tr>
<tr>
<td>470 Bannon St.</td>
</tr>
<tr>
<td>Sacramento 95811</td>
</tr>
<tr>
<td>dhaservices.saccounty.net</td>
</tr>
<tr>
<td><strong>Francis House/Next Move</strong></td>
</tr>
<tr>
<td>1422 C St.</td>
</tr>
<tr>
<td>Sacramento 95814</td>
</tr>
<tr>
<td><a href="mailto:info@francishousecenter.org">info@francishousecenter.org</a></td>
</tr>
<tr>
<td><strong>Friendship Park</strong></td>
</tr>
<tr>
<td>1321 North C Street</td>
</tr>
<tr>
<td>Sacramento</td>
</tr>
<tr>
<td><strong>Loaves &amp; Fishes</strong></td>
</tr>
<tr>
<td>1351 North C St.</td>
</tr>
<tr>
<td>Sacramento</td>
</tr>
<tr>
<td>Sacloaves.org</td>
</tr>
<tr>
<td><strong>Lutheran Social Services</strong></td>
</tr>
<tr>
<td>4390 47th Ave.</td>
</tr>
<tr>
<td>Sacramento 95824</td>
</tr>
<tr>
<td><a href="http://www.lssnorcal.org">www.lssnorcal.org</a></td>
</tr>
<tr>
<td><strong>Maryhouse</strong></td>
</tr>
<tr>
<td>1321 North C St.</td>
</tr>
<tr>
<td>Sacramento</td>
</tr>
<tr>
<td>Sacloaves.org</td>
</tr>
<tr>
<td><strong>My Sister’s House</strong></td>
</tr>
<tr>
<td><a href="http://www.my-sisters-house.org">www.my-sisters-house.org</a></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Next Move</strong></td>
</tr>
<tr>
<td>dhaservices.saccounty.net</td>
</tr>
<tr>
<td>Nextmovesacramento.org</td>
</tr>
</tbody>
</table>
Overcomers Program
671 Plaza Ave.
Sacramento 95815

2731 Branch St.
Sacramento 95815

Salvation Army Shelter
1200 N. B St.
Sacramento 95814
Sacramento,salvationarmy.org

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

Program for Men
(916) 920-3082
Services include shelter, food and other services for homeless men and women (18 and over).

Telephone or walk-in. M-F 8 to 1.
TB Card Required.

Overcomersprogram.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.)

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.

Travelers Aid Emergency Assistance Agency

(916) 399-9646

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

(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
<table>
<thead>
<tr>
<th>Healthcare Provider</th>
<th>Phone Number</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHDP</td>
<td>(916) 875-7151</td>
<td>Free physicals &amp; dental for low income children without Medi-Cal. Phone interviews only Monday - Friday 8 am - 5 pm</td>
</tr>
<tr>
<td>Eye 2 Eye Optometry</td>
<td>(916) 487-1717</td>
<td>Se Habla Español Monday - Friday 9 am — 5:30 pm <a href="http://Www.eye2eyeoptometry.com">Www.eye2eyeoptometry.com</a></td>
</tr>
<tr>
<td>Medi-Cal</td>
<td>(916) 874-2215</td>
<td>Call for information and qualifications.</td>
</tr>
<tr>
<td>Mercy Clinic</td>
<td>(916) 874-2811</td>
<td>TB testing only. Call for appt. Hours: 7:30 am - 3 pm CLOSED for lunch 11:30 am - 12 pm <a href="http://Sacloaves.org">Sacloaves.org</a></td>
</tr>
<tr>
<td>Norwood Community Health</td>
<td>(916) 564-0521</td>
<td>Monday - Friday 8:30 am — 5 pm <a href="http://Wellspacehealth.org">Wellspacehealth.org</a></td>
</tr>
<tr>
<td>Primary Health Services</td>
<td>(916) 874-9670</td>
<td>Medi-Cal excepted Monday - Friday 8 am — 4:30 pm Appointments only <a href="http://Dhs.saccounty.net">Dhs.saccounty.net</a></td>
</tr>
<tr>
<td>Dental Health</td>
<td>916) 874-8300</td>
<td></td>
</tr>
<tr>
<td>Sacramento Community Dental Clinic</td>
<td>(916) 642-1890</td>
<td>Monday - Friday 8 am — 5 pm <a href="http://Freeclinicdirectory.com">Freeclinicdirectory.com</a></td>
</tr>
<tr>
<td>Sacramento Family Medical Clinic</td>
<td>(916) 563-7200</td>
<td>Monday - Friday 8 am — 5 pm <a href="http://Healthgrades.com">Healthgrades.com</a></td>
</tr>
<tr>
<td>Sacramento Family Medical Clinic</td>
<td>(916) 339-2229</td>
<td>8 am — 5 pm <a href="http://Healthgrades.com">Healthgrades.com</a></td>
</tr>
<tr>
<td>Uplift Family Service</td>
<td>(916) 921-0828</td>
<td>Offers free counseling services to children who may have witnessed or have experienced bullying, emotional/physical/sexual abuse, domestic violence, alcohol/drug issues within family, or other traumas. Medi-Cal excepted <a href="http://Uplift.org">Uplift.org</a></td>
</tr>
</tbody>
</table>
### 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 apt. If you do not have a PCP, see the list below for more resources. Please do not hesitate to contact the school nurse if you need further assistance.

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

<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Website</th>
<th>Address</th>
<th>Contact Info</th>
<th>Services Provided</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Elica Health Centers</strong></td>
<td><a href="http://www.elicahealth.org">www.elicahealth.org</a></td>
<td>1750 Wright Street, Sacramento, CA 95825</td>
<td>(855) 354-2242 (all clinics)</td>
<td>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 <a href="http://www.elicahealth.org">www.elicahealth.org</a> for current schedule and locations.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5708 Watt Ave, North Highlands, CA 95660</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>3234 Marysville Blvd, Sacramento, CA 95815</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>3701 J Street #201, Sacramento, CA 95816</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Peach Tree Health</strong></td>
<td><a href="http://www.pickpeach.org">www.pickpeach.org</a></td>
<td>3810 Rosin Ct. Suite 100, Sacramento, CA 95834</td>
<td>(916) 779-7656</td>
<td>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</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Planned Parenthood</strong></td>
<td><a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a></td>
<td>5700 Watt Ave., North Highlands, CA 95660</td>
<td>(877) 855-7526 (main)</td>
<td>Accepts private insurance, Medi-Cal, special programs for uninsured\  Appointments preferred\  Walk-ins\  Clinic hours 8:00 am – 4:00 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>201 29th St. Suite B, Sacramento, CA 95816</td>
<td>(916) 332-5715</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>(916) 446-6921</td>
<td></td>
</tr>
<tr>
<td><strong>Sacramento Community Clinic</strong></td>
<td><a href="http://www.halocares.org">www.halocares.org</a></td>
<td>2200 Del Paso Blvd., Sacramento, CA 95815</td>
<td>(916) 924-7988 (includes dental)</td>
<td>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</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7275 E. Southgate Dr. Suite 204 Sacramento, CA 95823</td>
<td>(916) 428-3788 (includes dental)</td>
<td></td>
</tr>
<tr>
<td><strong>Sacramento County Immunization Clinic</strong></td>
<td></td>
<td>4600 Broadway Suite 1500, Sacramento, CA 95820</td>
<td>(916) 875-7468</td>
<td>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</td>
</tr>
<tr>
<td><strong>Sacramento Native American Health Center (SNAHC)</strong></td>
<td><a href="http://www.SNAHC.org">www.SNAHC.org</a></td>
<td>2020 J street, Sacramento, CA 95841</td>
<td>(916) 341-0575</td>
<td>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.</td>
</tr>
<tr>
<td><strong>San Lucas Pediatric Clinic</strong></td>
<td><a href="http://www.sanlucaspeds.com">www.sanlucaspeds.com</a></td>
<td>4100 E. Commerce Way Suite 100, Sacramento, CA 95834</td>
<td>(916) 575-9090</td>
<td>Accepts Medi-Cal, private insurance, sliding scale for “uninsured”\  Appointments only\  Mon.-Fri. 8:30 am – 5:30 pm</td>
</tr>
<tr>
<td><strong>WellSpace Health</strong></td>
<td><a href="http://www.wellspacehealth.org">www.wellspacehealth.org</a></td>
<td>2433 Marconi Avenue, Sacramento, CA 95821</td>
<td>(916) 737-5555 (all clinics)</td>
<td>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)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3441 Marysville Blvd., Sacramento, CA 95838</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>6015 Watt Ave., Suite 2, North Highlands, CA 95660</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>5959 Greenback Ln. Suite 500, Citrus Heights, CA 95621</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>3946 Norwood Ave, Sacramento, CA 95823</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Local Pharmacies</strong></td>
<td>including: Rite Aid, Walmart, CVS...etc.</td>
<td></td>
<td></td>
<td>Costs vary- usually $50-$70 for an individual immunization. Call pharmacy for more information.</td>
</tr>
</tbody>
</table>
MEDI-CAL PROVIDERS

If you need assistance in making an appointment with a Medi-Cal Provider, please call the Sacramento County Department of Health and Human Services/Child Health and Disability Prevention Program (CHDP). You will receive personal assistance Monday through Friday between 8:00am and 5:00pm.

Sacramento Co. Dept. of Health & Human Services/CHDP 916-875-7151
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
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
(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

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

Dept of Human Assistance
3960 Research Dr.
Sacramento 95838
Or
5747 Watt Ave.
North Highlands 95660
(916) 876-4484
Ha.saccounty.net

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

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

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

Dept of Human Assistance
3960 Research Dr.
Sacramento 95838
Or
5747 Watt Ave.
North Highlands 95660
(916) 876-4484
Ha.saccounty.net

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

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

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

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

3301 37th Ave.
Sacramento 95824

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

https://lafcc.org/

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
855-427-2736 24-hour support line providing emotional support, information, and resources.
855-4APARENT Drug and Alcohol Recovery Program for women and men.

Overcomers Program
Women (916) 924-3113
Men (916) 920-3082

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

Pro Youth and Families
https://proyouthandfamilies.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.

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

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

Uplift Family Services
https://upliftfs.org/
Stanford Settlement
450 W. El Camino Ave.
Sacramento 95833
https://www.stanfordsettlement.org/
(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
2829 Watt Ave. Ste. 200
Sacramento 95821
811 Grand Ave. Ste. D
Sacramento 95839
https://doingwhateverittakes.org/
(916) 418-0829 Mental Health & Counseling Support

WellSpace Health
6015 Watt Ave., Ste. 2
North Highlands 95660
Or
8233 E. Stockton Blvd., Ste. D
Sacramento 95828
https://www.wellspacehealth.org/
(916) 679-3925 Brief therapy for families, children, couples and individuals.
Or
(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.
**Better Business Bureau**
10399 Old Placerville Rd.
Sacramento 95827
[https://www.bbb.org/us/ca/sacramento](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
(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
(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/](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/](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**
[https://lawhelpca.org/](https://lawhelpca.org/)
(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/](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-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.sacramentoyellowcabo.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

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

# SUBSIDIZED CHILD CARE / PRESCHOOLS

<table>
<thead>
<tr>
<th>CENTER</th>
<th>Phone</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEANSTALK</td>
<td>(916) 566-1820</td>
<td>Dry Creek Elem.</td>
<td>Sacramento</td>
<td>CA</td>
<td>95824</td>
</tr>
<tr>
<td>(For Information)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHILD CARE CENTERS</td>
<td>(916) 566-1660</td>
<td>Regency Park Elem.</td>
<td>Sacramento</td>
<td>CA</td>
<td>95835</td>
</tr>
<tr>
<td>Beanstalk.ws</td>
<td>(916) 566-1950</td>
<td>Ridgepoint Elem.</td>
<td>Sacramento</td>
<td>CA</td>
<td>95842</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HEAD START (SETA)</td>
<td>(916) 563-5125</td>
<td>6015 Watt Ave. #5, North Highlands</td>
<td>North Highlands</td>
<td>CA</td>
<td>95660</td>
</tr>
<tr>
<td></td>
<td>(916) 563-5383</td>
<td>3829 Stephen Dr., North Highlands</td>
<td>North Highlands</td>
<td>CA</td>
<td>95660</td>
</tr>
<tr>
<td></td>
<td>(916) 563-5360</td>
<td>5665 Hillsdale Blvd. # 4, Sacramento</td>
<td>Sacramento</td>
<td>CA</td>
<td>95834</td>
</tr>
<tr>
<td></td>
<td>(916) 563-5350</td>
<td>5249 Elkhorn Blvd., Sacto CA 95842</td>
<td>Sacto CA</td>
<td>CA</td>
<td>95842</td>
</tr>
<tr>
<td>Headstart.seta.net</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>STATE &amp; FIRST 5 SACRAMENTO</td>
<td>(916) 566-3420</td>
<td>Castori Elem.</td>
<td>Sacto CA</td>
<td>CA</td>
<td>95838</td>
</tr>
<tr>
<td>SACRAMENTO PRESCHOOL a.m. or p.m.</td>
<td>(916) 566-3425</td>
<td>1801 South Ave., Sacto CA 95838</td>
<td>Sacto CA</td>
<td>CA</td>
<td>95838</td>
</tr>
<tr>
<td></td>
<td>(916) 566-3435</td>
<td>Del Paso Elem.</td>
<td>Sacto CA</td>
<td>CA</td>
<td>95838</td>
</tr>
<tr>
<td></td>
<td>(916) 566-3460</td>
<td>590 Morey Ave., Sacto CA 95838</td>
<td>Sacto CA</td>
<td>CA</td>
<td>95838</td>
</tr>
<tr>
<td></td>
<td>(916) 566-3475</td>
<td>Fairbanks Elem.</td>
<td>Sacto CA</td>
<td>CA</td>
<td>95838</td>
</tr>
<tr>
<td></td>
<td>(916) 566-1880</td>
<td>277 Fairbanks Ave., Sacto 95838</td>
<td>Sacto CA</td>
<td>CA</td>
<td>95838</td>
</tr>
<tr>
<td></td>
<td>(916) 566-1850</td>
<td>Garden Valley Elem.</td>
<td>Sacto CA</td>
<td>CA</td>
<td>95834</td>
</tr>
<tr>
<td></td>
<td>(916) 566-2700</td>
<td>Hagginwood Elem.</td>
<td>Sacto CA</td>
<td>CA</td>
<td>95815</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1418 Palo Verde Ave., Sacto 95815</td>
<td>Sacto CA</td>
<td>CA</td>
<td>95815</td>
</tr>
<tr>
<td></td>
<td></td>
<td>F.C. Joyce Elem.</td>
<td>Sacto CA</td>
<td>CA</td>
<td>95815</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6050 Watt Ave., N.H. CA 95660</td>
<td>Sacto CA</td>
<td>CA</td>
<td>95660</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kohler Elem.</td>
<td>Sacto CA</td>
<td>CA</td>
<td>95660</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4004 Bruce Way, N.H. CA 95660</td>
<td>Sacto CA</td>
<td>CA</td>
<td>95660</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Las Palmas West/ Noralto Elem.</td>
<td>Sacto CA</td>
<td>CA</td>
<td>95815</td>
</tr>
<tr>
<td>Subsidized Child Care / Preschools</td>
<td>Phone Numbers</td>
<td>Addresses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>-----------------------------------</td>
<td>--------------</td>
<td>-----------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>STATE PRESCHOOL</strong></td>
<td>(916) 566-2705</td>
<td>Northwood Elem. 2630 Taft. St., Sacramento 95815</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>566-1616</td>
<td>(916) 566-1910</td>
<td>Orchard Elem. 1040 Q St., Rio Linda 95673</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(916) 566-1960</td>
<td>Sierra View Elem. 3638 Bainbridge Dr., N.H. 95660</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(916) 566-2740</td>
<td>Smythe Elem. 2781 Northgate Blvd., Sacto 95833</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(916) 566-2745</td>
<td>Strauch Elem. 3141 Northstead Dr., Sacto 95833</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(916) 566-2755</td>
<td>Woodlake Elem. 700 Southgate Rd., Sacto 95815</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(916) 566-1670</td>
<td>Woodridge Elem. 5761 Brett Dr., Sacto 95842</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>FULL-DAY PRESCHOOL</strong></td>
<td>(916) 566-3415</td>
<td>Babcock Elem. 2400 Cormorant Way, Sacto 95815</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>566-1616</td>
<td>(916) 566-1850</td>
<td>Kohler School 4004 Bruce Way, N.H. CA 95660</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(916) 566-1900</td>
<td>Madison Elem. 5241 Harrison St., N.H. CA 95660</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(916) 566-2700</td>
<td>Las Palmas West / Noralto Elem. 477 Las Palmas Ave., Sacto 95815</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(916) 566-2705</td>
<td>Northwood Elem. 2630 Taft. St., Sacto 95815</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pacific (Infant \Toddler Only)</td>
<td>(916) 566-2715</td>
<td>Pacific High 6560 Melrose Dr., N.H. 95660</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(916) 566-2740</td>
<td>Smythe Elem. 2781 Northgate Blvd., Sacto 95833</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(916) 566-2745</td>
<td>Strauch Elem. 3141 Northstead Dr., Sacto 95833</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(916) 566-1980</td>
<td>Vineland Preschool 6450 20th St., Rio Linda 95673</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(916) 566-1670</td>
<td>Woodridge Elem. 5761 Brett Dr., Sacto 95842</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TRUSD HEADSTART</strong></td>
<td>(916) 566-3485</td>
<td>Morey Ave. Elem. 155 Morey Ave., Sacto 95838</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(916) 566-3485</td>
<td>Rio Linda Pre School 631 L St., Rio Linda 95673</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(916) 566-1910</td>
<td>Oakdale Elem 3708 Myrtle Ave., N.H. 95660</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(916) 566-1970</td>
<td>Village Elem. 6845 Larchmont Dr., N.H. 95660</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>STATE SCHOOL AGE CHILD CARE</strong></td>
<td>(916) 566-2705</td>
<td>Northwood Elementary 2630 Taft St., Sacto 95815</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**CHILD ACTION**  
[https://wp.childaction.org/](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/](http://www.211sacramento.org/211/)  
(916) 498-1000  
Sacramento Area Community Referrals

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

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

**Huntington Learning Center**  
[https://huntingtonhelps.com/center/citrus-heights](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**  
[https://www.kumon.com/NATOMAS](https://www.kumon.com/NATOMAS)  
(916) 574-9810  
2054 Arena Blvd., #130, Sacramento

**Big Brothers/Big Sisters**  
[https://bbbs-sac.org/](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**  
(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/](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.

**MENTORING PROGRAMS**

**CHILD CARE REFERRALS**

**TUTORING SERVICES**
**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) 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/
(916) 286-8600

Job training, computer training, and GED preparation.

**Greater Sacramento Urban League**
3725 Marysville Blvd.
Sacramento 95838
http://www.gsul.org/
(916) 927-7694

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

**Mutual Assistance Network of Del Paso Heights**
811 Grand Ave., Suite A-3
Sacramento 95838
https://www.mutualassistance.org/
(916) 788-2100

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

**Pride Industries**
10030 Foothills Blvd.
Roseville 95747
https://prideindustries.com/
(800) 550-6005

**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.
Arcade Creek Recreation & Park Dist  
4855 Hamilton St.  
Sacramento 95841  
https://www.acrpd.com/  
(916) 482-8377  
Offers classes, workshops and programs

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

Gibson Ranch  
8556 Gibson Ranch Rd.  
Elverta 95626  
https://regionalparks.saccounty.net/Parks/RegionalParksDetails/Pages/GibsonRanch.aspx  
(916) 806-3868  
A spacious ranch setting in a County park. Children see horses, llamas, ducks, geese, goats and many other animals.

Mutual Assistance Network  
3525 Norwood Ave.  
Sacramento 95838  
https://www.mutualassistance.org/pages/contact-us/  
(916) 696-6689  
Serves the Del Paso Heights community. A safe place with many programs geared to meet the needs of the surrounding community.

No. Highlands Recreation & Park Dist  
6040 Watt Ave.  
North Highlands 95660  
http://www.nhrpd.org/  
(916) 332-7440  
Offers classes, workshops and programs

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

Sunrise Recreation & Park Dist  
7801 Auburn Blvd.  
Citrus Heights 95610  
https://www.sunriseparks.com/  
(916) 725-1585  
Offers classes, workshops and programs

Del Paso Heights  
920 Grand Ave.  
Sacramento 95838  
https://www.saclibrary.org/Locations/Del-Paso-Heights  
(916) 264-2920  
Call for hours of operation

No. Highlands-Antelope Library  
4235 Antelope Rd.  
Antelope 95843  
https://www.saclibrary.org/Locations/North-Highlands-Antelope  
(916) 264-2920  
Call for hours of operation

No. Sacramento Hagginwood Library  
2109 Del Paso Blvd., Sacramento 95815  
https://www.saclibrary.org/Locations/North-Sacramento-Hagginwood  
(916) 264-2920  
Call for hours of operation

Rio Linda Neighborhood Library  
6724 6th St.  
Rio Linda 95673  
https://www.saclibrary.org/Locations/Rio-Linda  
(916) 264-2920  
Call for hours of operation

Dial-A-Story (English)  
(916) 441-1234  
Recorded short stories for children. Ages 3-6. 24-hour access line.