

# 2017—2018 FAMILY RESOURCE



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 **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 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**

<b>Name</b>	<b>Phone Number</b>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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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

566-2777

Adult Protective Services

874-9377

Child Abuse Bureau (Sac County Sheriff)

874-5191

Child Find Hotline

(800) IAMLOST (426-5678)

Child Protective Services (CPS)

875-KIDS (5437)

County Mental Health Crisis Line (24 hour)

732-3637

Crisis Nursery (Help for Parents/Families in Crisis)

394-2000 South/ 679-3600 North

National Runaway Switchboard

(800) RUNAWAY (786-2929)

Poison Control Center

(800) 222-1222

Pregnancy Hotline

451-2273

Safely Surrendered Baby Info Line

(877) 222-9723

Speech to Speech (Assistive Communication Service)

711

Suicide Prevention Crisis Line

368-3111

WEAVE Hotline (Domestic abuse)

920-2952

Well Space - Parent Support Line (Crisis)

(888) 281-3000

Wind Youth Services (Teenagers)

(800) 339-7177

Youth Crisis Hotline

(800) 843-5200

# NON-EMERGENCY PHONE NUMBERS

## INFOLINE SACRAMENTO

498-1000

Alcoholics Anonymous

454-1100

Al-Anon / Alateen (Family/friend of alcoholic) Info Line

334-2970

California Smokers' Helpline Want to Quit Smoking?

(800) NOBUTTS (662-8887)

Child Abuse Prevention Council

244-1900

Nar-Anon (Family/friend of substance abuser) Info Line

(800) 477-6291 (nar-anon.org)

Narcotics Anonymous

(877) 623-6363

Sheriff's Community Service Center

876-5700

5229 Madison Ave., Ste. B 95841

Sheriff Non-emergency

874-5115

Victim / Witness Center

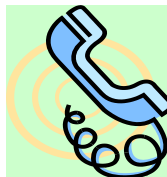
874-5701

WEAVE (Domestic Violence)

448-2321

Wind Youth Services

369-5447



# FOOD RESOURCES

**Cal Fresh**  
 Dept. of Human Assistance  
 1725 28th St.  
 Sacramento

**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



**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—95608, 95610, 95621, 95864, 95841, 95821, 95628, 95825

**Closed Holidays**

**Family Services**  
 3213 Orange Grove Ave.  
 North Highlands CA

**678-4010** One food basket per month. Proof of residence (SMUD or PGE bill) & ID required. T/W/Th 9 am—3 pm  
 Must provide proof of income for household.

**Friendship Park**  
 1351 North C St.  
 Sacramento

**443-7378** Free breakfast for women and children at 8 am Monday-Friday.

**Loaves & Fishes**  
 Dinning Room  
 1321 North C St.  
 Sacramento

**446-0874** Lunch is served 7 days a week, 11:30 am- 12:30 pm

**North Highlands Christian Food**  
 3429 Freedom Park Dr.  
 North Highlands 95660

**771-0963** Food give away on Mon., Tues. & Wed. from 9:30 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

**331-0345**

**Our Lady of Lourdes**  
 1951 North Ave.  
 Sacramento 95838

**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**    **530-228-5526**    One food basket per month. ID & proof of residency and income are required. Thursday 10 am—12 pm. Serves residents of Rio Linda & Elverta

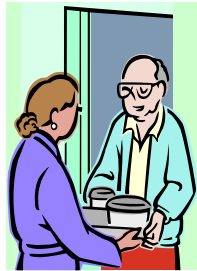
Southern Baptist Church  
6420 Rio Linda Blvd.  
Rio Linda 95673

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

1800 28th St.  
Sacramento

**Sacramento Food Bank & Family Services**    **456-1980**    Call for hours & locations Provides 3 to 5 days of take home groceries. Must provide photo ID & proof of address.

3308 Third Ave.  
Sacramento 95817



**The Grace Network**    **850-0846**    Serving the Dixieanne, North Sacramento and Del Paso Heights communities. Ages 13-30 years old. Call resource line for days, times and locations of meals served.

**GraceCity Center**    **952-7880**    **Office**

701 Dixieanne Ave.  
Sacramento 95815

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

**The Way Ministries**    **470-0408**    Call for information and details

5501 Dewey Dr.  
Fair Oaks 95628

**WIC**    **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

811 Grand Ave., #1  
Sacramento 95838



## CLOTHES CLOSETS

**First Baptist Church of  
North Sacramento**  
2601 Del Paso Blvd.  
Sacramento 95815

**922-9365**

Call for Information and Details  
Friday 9:30 am -12 pm

**New Testament Baptist Church**  
6746 34th St.  
North Highlands 95660

**344-0440**

Call for Information and Details

**Sacramento Clothes Closet**  
3333 Third Ave.  
Sacramento 95817

**456-1980**

T/Th/F - 10 am to 1:30 pm  
Wed.—4 pm to 7 pm  
Limited to once, monthly. Free.

**Union Gospel Mission**  
400 North Bannon St.  
Sacramento 95815

**447-3268**

Call for Information and Details



## THRIFT SHOPS

**Deseret Industries**  
3000 Auburn Blvd.  
Sacramento

**482-1480**

**Goodwill Industries**  
4401 Elkhorn Blvd. Sac 95842

**332-2294**

2502 Watt Ave. @ El Camino

**480-9002**

4207 Norwood Ave., Sac 95838

**649-2531**

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

**514-0154**

**Thrift Town**  
410 El Camino Ave.  
Sacramento 95815

**922-9942**



**LOW INCOME  
HOUSING**

<p><b>CHOC (Community Housing Opportunities Corporation)</b>  <i>Danbury Park Apartments</i>          7840 Walerga Rd.          Antelope 95843  <a href="http://www.chochousing.org">www.chochousing.org</a></p>	<p><b>725-7385</b></p>	<p>Affordable apartments through CHOC.</p>
<p><b>Family Promise</b>   <a href="http://Sacfamilypromise.org">Sacfamilypromise.org</a></p>	<p><b>443-3107</b></p>	<p>Provides assistance in seeking affordable or income based housing.</p>
<p><b>Mercy Housing of Sacramento</b>  <a href="http://www.mercyhousing.org">www.mercyhousing.org</a></p>	<p><b>414-4400</b></p>	<p>Call for availability status and information about the program.</p>
<p><b>Mutual Housing California</b>          8001 Fruitridge Rd.          Sacramento 95820   <a href="http://www.mutualhousing.com">www.mutualhousing.com</a></p>	<p><b>453-8400</b></p>	<p>Provides assistance in seeking affordable or income based housing.</p>
<p><b>Sacramento Self Help Housing</b>  <a href="http://www.sacselfhelp.org">www.sacselfhelp.org</a></p>	<p><b>341-0593</b></p>	<p>Call to complete in-take process. Housing counseling and Referrals for the homeless. No fee. Hours 9 am - 5 pm</p>
<p><b>Salvation Army</b>  <u>Rental Assistance Program</u></p>	<p><b>678-4050</b></p>	<p>Must have a 3 day pay or quit notice &amp; be on rental agreement. Monday 9-11 am. &amp; 1-4 pm.</p>
<p><b>SHRA</b>          (Sacramento Housing &amp; Redevelopment)  <a href="http://www.shra.org">www.shra.org</a></p>	<p><b>444-9210</b></p>	<p>Housing Choice Vouchers (formerly Section 8). Call for information.</p>
<p><b>YWCA</b>          1122 17th St.          Sacramento 95811  <a href="http://www.ywcacc.org">www.ywcacc.org</a></p>	<p><b>264-8066</b></p>	<p>Low-income women's residency program. Rooms for rent. No children. Walk-in to apply. Possible waiting list.</p>





**EMERGENCY HOUSING / SHELTERS**

**Family Shelter—VOA**  
470 Bannon St.  
Sacramento CA 95811

[www.voa-sac.org](http://www.voa-sac.org)

**Francis House**  
1422 C St.  
Sacramento 95814

**Friendship Park**  
1321 North C Street  
Sacramento

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

**Lutheran Social Services**  
4390 47th Ave.  
Sacramento 95824

[Lssnorcal.org](http://Lssnorcal.org)

**Maryhouse**  
1321 North C St.  
Sacramento

**My Sister's House**  
  
[www.my-sisters-house.org](http://www.my-sisters-house.org)

**Next Move**

**Next Move**

**443-4688**

Shelter for couples, single fathers, and families with children and teenage boys. Meals, support services, education and job search Info.

Intakes on Wed 10 am -12 pm

**443-2646**

Counseling, IDs, bus tokens, employment assistance, etc.  
Call for Details

**443-7378**

Breakfast, recreation activities, phones, library, showers, laundry, and more.

**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

**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

**446-4961**

A hospitality center for homeless women and children only. Hot breakfast program.  
Hours: M-T-TH-F 8 - 2 \ W: 8-12

**428-3271**  
*24 hr line*

A safe haven for Asian and Pacific Islander women and children escaping domestic violence. A 6-bed Safe Haven and 6 bed transitional house for women and children for up to 90 days.

**455-2160**  
*Family Shelter*

30 day shelter that accepts 2 parent families, single fathers & sons over age 14. Phone interviews only. Possible waiting list.

**454-2120**  
*Women's Refuge*

30 day housing, meals and transportation for single women. Phone interviews only. Possible waiting list.

**EMERGENCY HOUSING /  
SHELTERS**  
(continued)



**Overcomers Program**  
671 Plaza Ave.  
Sacramento CA 95815

**Program for  
Women**  
924-3113

Call for Details about residential programs.

**Salvation Army Shelter**  
1200 N. B St.  
Sacramento 95814  
[www.salvationarmysacramento.org](http://www.salvationarmysacramento.org)

**Program for  
Men**  
920-3082

442-0331 (24-hour line)  
443-1088  
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  
[www.stjohnsshelter.org](http://www.stjohnsshelter.org)

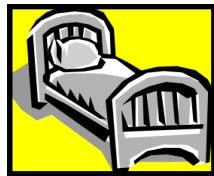
453-1482  
24 hrs/day  
7 days/week

Shelter for homeless women and children; female children up to age 14. (Telephone only, no walk ins.)

**Travelers Aid Emergency  
Assistance Agency**

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.



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

920-2952  
(24-hour line)

Temporary shelter for victims of rape, sexual assault, sex trafficking, domestic abuse and their children. Provides a safe place to stay, food, clothing, emergency transportation, and social service advocacy. Phone the 24-hour hotline for help.

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

**WIND Youth Services**  
3671 5th Ave.  
Sacramento 95817

**Office:**  
369-5447  
**Hotline:**  
800-339-7177  
(24 hour)

Emergency housing for youth ages 12 to 17 who have run away, been pushed out of their homes, or simply need time to "cool off" for a few days.

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

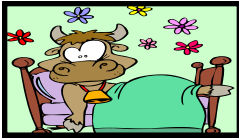
**Center**  
561-4900

**YWCA**  
1122 17th St.  
Sacramento

264-8066

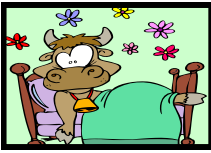
Low-income women's residency program. Rooms for rent. Walk in. No children. Possible waiting list. M—Th 8:00am—4:30pm  
Fri 8:00am—2:00pm  
Closed 12-12:30pm daily

# HEALTH CLINICS



- |   |   |   |
|---|---|---|
| <p><b>CHDP</b><br/>9616 Micron Ave.<br/>Ste. 950<br/>Sacramento 95827</p>   | <p><b>875-7151</b></p>                                | <p>Free physicals &amp; dental for low income children without Medi-Cal.<br/>Phone interviews recommended<br/>Monday - Friday<br/>8 am—5 pm</p> |
| <p><b>Dental Clinic</b><br/>4600 Broadway, Ste. 2100<br/>(2nd Floor)<br/>Sacramento, CA 95820</p>   | <p><b>874-8300</b></p>                                | <p>Does not except Medi-Cal<br/>CMISP eligible patients only<br/>Monday - Friday<br/>Walk ins only—beginning at 8 am</p>                        |
| <p><b>Elica Del Paso Heights</b><br/>1281 North Ave.<br/>Sacramento 95838</p>   | <p><b>855-354-2242</b></p>                            | <p>Mon—Thur<br/>9 am - noon &amp; 1 - 5:30 pm</p>   |
| <p><b>Eye 2 Eye Optometry</b><br/><b>Dr. Karrin Vallin &amp; Dr. Mark Waldmire</b><br/>Optometrist<br/>4633 Whitney Ave., Ste. A<br/>Sacramento, CA 95821</p> | <p><b>487-1717</b></p>                                | <p>Accepts Medi-Cal<br/>Se Habla Español<br/>Saturday appointments available by request<br/>Monday - Friday<br/>9 am—5:30 pm</p>                |
| <p><b>Medi-Cal</b></p>  | <p><b>874-2215</b></p>                                | <p><b>Call for information and qualifications.</b></p>  |
| <p><b>Mercy Clinic</b><br/>1321 North C St.<br/>Sacramento</p> <p>(Healthcare for the Homeless Program)</p>   | <p><b>874-2811</b></p>                                | <p>TB testing only. Call for appt.<br/>Hours: 7:30 am - 2:20 pm</p>   |
| <p><b>Molina Medical Center</b><br/>3946 Norwood Ave.<br/>&amp;<br/>7777 Sunrise Blvd.<br/>Ste. 2500<br/>Citrus Heights 95610</p>                             | <p><b>564-0521</b><br/><br/><b>(877) 665-4623</b></p> | <p>Centers are open:<br/>Monday - Friday<br/>8:30 am—5:30 pm</p>  |
| <p><b>Peach Tree Health</b><br/>3810 Rosin Ct., Ste. 100<br/>Sacramento, CA 95834</p>   | <p><b>779-7656</b></p>                                | <p>Monday thru Thursday<br/>8 am—5 pm</p>   |





# HEALTH CLINICS

**Planned Parenthood**  
5700 Watt Ave.  
North Highlands 95660

**332-5715** Monday - Friday  
8 am—(closing times vary)  
**(800) 230-PLAN** Open every 4th & 5th Saturday  
of the month

**Planned Parenthood**  
201 29th St.  
Ste. B  
Sacramento 95816

**446-6921**  
Monday - Friday  
Hours vary  
Open Saturday 9am to 1pm by  
appointment

**Primary Care Center**  
4600 Broadway., Ste. 1100  
Sacramento 95820

**874-8300** Monday - Friday  
8 am—5 pm

**Sacramento Community Clinic**  
2200 Del Paso Blvd.  
Sacramento, CA 95815

**924-7988** Monday - Friday  
8 am—5 pm

**Sacramento Community Dental Clinic**  
2138 Del Paso Blvd.  
Sacramento 95815

**642-1890** Monday - Friday  
8 am—5 pm

**Sacramento Family Medical Clinic**  
3441 Marysville Blvd.  
Sacramento, CA 95838

**563-7200** Monday - Friday  
8 am—5 pm

5735 Watt Ave.  
North Highlands, CA 95660

**339-2229** 7:30 am—5 pm

**San Lucas Pediatric Clinic**  
4100 E Commerce Way  
Sacramento, CA 95834

**575-9090** Monday-Friday  
830 am—5:30 pm

**Uplift Family Service**  
3951 Performance Dr.,  
Ste. G  
Sacramento 95838

**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

**Watt Ave. Med Clinic**  
5710 Watt Ave.  
North Highlands 95660

**344-8866** M—Thur 8 am —5 pm  
Fri 8:30 am—2 pm

**WellSpace Health North Highlands  
Community Health Center & Birth and  
Beyond**  
6015 Watt Ave., Ste. 2  
North Highlands, CA 95660

**737-5555** Monday-Friday  
8 am—5 pm

**WellSpace Health  
San Juan Community Health Center  
Medical Clinic**  
5959 Greenback Ln., Ste 500  
Citrus Heights, 95621

**737-5555** Monday-Friday  
8 am—5 pm



# MEDI-CAL PROVIDERS

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

Sacramento Co. Dept. of Health & Human Services/CHDP	916-875-7151
Medi-Cal (call for info. and qualifications)	916-874-2215
Medi-Cal/Healthy Families	888-747-1222

## **OTHER LOCAL MEDI-CAL PROVIDERS:**

### **Health Clinics:**

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

### **Counseling:**

ACCESS Team-Children	916-875-9980
ACCESS Team-Adults	916-875-1055

(Info & referrals mental health service. Must be Medi-Cal eligible.)

Child & Family Institute	916-921-0828
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(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
Catholic Social Services of Sacramento - New Pathways	916-452-7481

### **Dental:**

Denti-Cal (referral service for dentists who accept Medi-Cal)	800-423-0507
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**Please remember not all Doctors can accept new patients at all times.**



**Here's the good news...**

**More Children Qualifying for  
No Cost Health Care**

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

Medi-Cal offers many health care advantages:

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

Convenient mail-in application process.

Documents Needed to Apply:

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

Proof of California Residency

See your school Nurse or Health Assistant; they will have applications and information regarding eligibility and documents required for application process. You can also contact Twin Rivers Unified School District, Student Services office at 916-566-1615 for information.

Let's keep our kids healthy and in school!!! Call us, we can help.

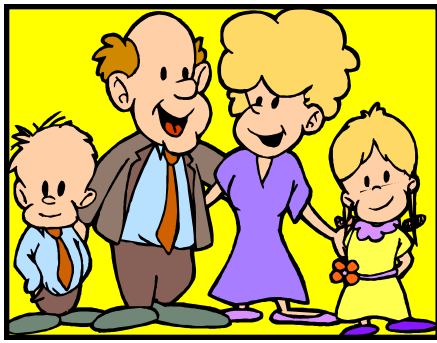


## PARENTING CLASSES / SUPPORT

(Free or Low Cost)

- Area 4 Agency on Aging** 486-1876  
Provides links and information on grandparent support groups. Coordinates and develops senior services for seniors 60 and over [www.a4aa.com](http://www.a4aa.com)
- Center For Fathers and Families** 568-3237  
920 Del Paso Blvd.  
Sacramento 95815
- Changing Courses** 332-5056  
3355 Myrtle Ave., Ste. 265, N.H. 95660  
Offers mediation and parenting classes
- Dept of Human Assistance** 874-3100  
3960 Research Dr.  
Sacramento 95838  
**Or**  
5747 Watt Ave. 876-8000  
North Highlands 95660
- Fathers Resource Center** 739-0894  
**Resources and Support for Fathers**  
Provide fathers with the inner resources to become the kind of father their children need.
- Mutual Assistance Network** 567-9567  
Firehouse Community Center  
810 Grand Ave., Sacto 95838 927-7694—main office  
For parents of pre-school and elementary aged children
- North Sacramento Family Resource Center** 679-3743  
1217 Del Paso Blvd., Ste. B, Sacto 95815
- People Reaching Out** 576-3300  
Parent concerns with children's behavior, especially regarding the use of drugs and alcohol. Free assessment and referral services.
- Sacramento Crisis Nursery** South Nursery 394-2000 or  
Counseling and Support Services 24-hours a day. North Nursery 679-3600
- WellSpace Health** 368-3080  
8912 Volunteer Lane, Ste. 100, Sacto 95826
- WellSpace Health** 679-3925  
6015 Watt Ave., Ste. 2, N.H. 95660  
[www.wellspacehealth.org](http://www.wellspacehealth.org)





**COUNSELING, SUPPORT,  
THERAPY**

<b>ACCESS Team-Children</b>	<b>875-9980</b>	Information and referrals mental health services. Must be Medi-Cal eligible.
<b>ACCESS Team-Adults</b>	<b>875-1055</b>	
<b>Adult Psychiatric Support Services</b> 7171 Bowling Dr., Ste. 700 Sacramento CA 95823	<b>875-0703</b>	<b>**Must go through Adult Access**</b>
<b>Catholic Social Service of Sacramento</b> <b>New Pathways Counseling</b> 5890 Newman Ct. Sacramento 95819 www.newpathways@csssac.org	<b>452-7481</b>	Provides individual, group, couple, family & child counseling; Spanish language counseling. Sliding scale fee.
<b>Child and Family Institute</b>	<b>921-0828</b>	Counseling services for children who have been abused, non-offending parents or caretakers, and siblings of abused children.
<b>La Familia Counseling Center</b> 5523 34th St. Sacramento 95820	<b>452-3601</b>	One to one counseling, crisis intervention, and supportive services to youth (ages birth - 21) and their families. No fee.
<b>Life Practice Counseling Grp.</b> 3650 Auburn Blvd., Bldg.C Ste. 208 Sacramento 95821	<b>300-6576</b>	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.
<b>National Parent Helpline</b> <b>nationalparenthelpline.org</b>	<b>855-427-2736</b> <b>855-4APARENT</b>	24-hour support line providing emotional support, information, and resources.
<b>Overcomers Program</b>	<b>Women</b> <b>924-3113</b>	Drug and Alcohol Recovery Program for women and men.
	<b>Men</b> <b>920-3082</b>	
<b>Pro Youth and Families</b>	<b>576-3300</b>	Addresses the issues of alcohol and drug abuse and violence among youth. Focus on prevention and intervention. No fee.



## COUNSELING, SUPPORT, THERAPY



<p><b>Stanford Settlement</b> 450 W. El Camino Ave. Sacramento, CA 95833</p>	<p><b>927-1303</b></p>	<p>Serves children grades K-6 through socialization recreation and academic activities. <i>Sliding scale fee Teen Center—for delinquency prevention and social development. Youth 7th—12th grade.</i></p>
<p><b>Stanford Settlement Neighborhood Center</b> 450 W. El Camino Ave. Sacramento Ca 95833</p>	<p><b>927-1303</b></p>	<p>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.</p>
<p><b>Terkensha Associates</b> 4320 Auburn Blvd., Ste. 1200 Sacramento 95841</p>	<p><b>418-0829</b></p>	<p>Mental Health &amp; Counseling Support</p>
<p><b>Terra Nova</b> 7844 Madison Ave., Ste. 152 Fair Oaks 95628</p>	<p><b>344-0249</b></p>	<p>Terra Nova offers a broad array of services for children and their families qualifying for these services. Under contract with Sacramento County Children's Mental Health, Terra Nova is one of the largest providers of such services in the County.</p>
<p><b>The Grace Network GraceCity Center</b> 701 Dixie Ave. Sacramento 95815</p> <p>www.thegracenetwork.org</p>	<p><b>Resources 850-0846</b></p> <p><b>Office 952-7880</b></p>	<p>Counseling programs for ages 13-30 years old. Please call Resource line for details.</p>
<p><b>WellSpace Health</b> 6015 Watt Ave., Ste. 2 North Highlands</p> <p><b>Or</b> 8233 E. Stockton Blvd., Ste. D Sacramento</p>	<p><b>679-3925</b></p> <p><b>368-3080</b></p>	<p>Brief therapy for families, children, couples and individuals.</p>
<p><b>Wind Youth Services</b></p>	<p><b>369-5447 Ext. 207</b></p>	<p>Crisis resolution; individual, group and family counseling for youths 12-17</p>

**LEGAL AID / CLINICS**



<p><b>Better Business Bureau</b> 3075 Beacon Blvd. West Sacramento, CA</p>	<p><b>443-6843</b></p>	<p>Provides information on business practices of firms; offers complaint services for consumers and third party help in disputes. There is no fee.</p>
<p><b>Family Law / Self Help Center</b> Superior Court of California 3341 Power Inn Rd., Sacramento, CA</p>	<p><b>875-3400</b></p>	<p>Free legal help for low-income persons who need assistance in the following areas: child support, divorce, child custody, visitation, paternity. Workshops and clinics are offered in the area of family law and probate.</p>
<p><b>lawhelpca.org</b></p>	<p><b>NA</b></p>	<p>Find legal aid and self help resources.</p>
<p><b>Pacific McGeorge School of Law</b> 3200 Fifth Ave. Sacramento, CA 95817</p>	<p><b>739-7191</b></p>	<p>Provides legal services to low-income people. Assistance in landlord / tenant issues, bankruptcy, immigration, and senior issues. Apply by telephone.</p>
<p><b>Senior Legal Hotline</b></p>	<p><b>551-2140</b> <i>Or</i> <b>(800) 222-1753</b></p>	<p>For seniors age 60+. Free legal advice in civil law matters, including: Social Security / SSI, Medi-cal / Medicare, wills and probate, family law, power of attorney, housing, elder abuse and grandparents' rights.</p>
<p><b>State Bar Association</b></p>	<p><b>(866) 442-2529</b></p>	<p>For information on reduced-fee lawyers or those lawyers who offer their services pro bono.</p>
<p><b>Victim-Witness Assistance Program</b> 901 G St. Sacramento, CA</p>	<p><b>874-5701</b></p>	<p>Assistance in filing a claim, provides crisis counseling, and assists the victims of a crime find emotional, physical, and financial recovery. No charge for services.</p>

**PUBLIC TRANSPORTATION**

<b>AMTRAK</b>	<b>800-268-7252</b>	401 I St., Sacramento 95814 1389 10th St., Sacramento 95815 201 Pacific St., Roseville 95678
<b>Greyhound Bus Lines</b>	<b>444-6858</b> <b>Or</b> <b>783-4101</b>	420 Richards Blvd., Sac 95811 201 Pacific St., Roseville 95678
<b>ParaTransit</b> (for disabled individuals and seniors aged 75+)	<b>429-2009</b>	
<b>Regional Transit (RT)</b>		<b>321-2877</b> 1225 R St., Sacramento Monday thru Friday Lost & Found RT ID Cards
<b>Sacramento International Airport</b>	<b>929-5411</b>	6900 Airport Blvd. Sacramento 95837
<b>Yellow Cab</b>		<b>444-2222</b> 900 Richards Blvd. Sacramento 95811 Service available 24 hours a day 7 days a week.

**UTILITY ASSISTANCE PROGRAMS**

<b>EAPR (Energy Assistance Program Rate)</b>	<b>(888) 742-7683</b>
<b>HEAP (Home Energy Assistance Program)</b>	<b>(866) 675-6623 or 567-5200</b>
<b>Needhelppayingbills.com</b>	<b>NA</b>
<b>Pacific Gas &amp; Electric</b>	<b>(800) 743-5000</b>
<b>REACH Program</b>	<b>(800) 933-9677</b>
<b>Salvation Army Utility Assistance Program</b>	<b>678-4010</b>



## SCHOOL DISTRICTS



<b>TWIN RIVERS UNIFIED SCHOOL DISTRICT</b> 5115 Dudley Blvd., McClellan 95652	<i>District Office</i>	<b>566-1600</b>
<b>CENTER UNIFIED SCHOOL DISTRICT</b> 8408 Watt Ave., Antelope 95843	<i>District Office</i>	<b>338-6400</b>
<b>ELVERTA JOINT SCHOOL DISTRICT</b> 7900 Eloise Ave., Elverta CA 95626	<i>District Office</i>	<b>991-2244</b>
<b>NATOMAS UNIFIED SCHOOL DISTRICT</b> 1901 Arena Blvd., Sacramento 95834	<i>District Office</i>	<b>567-5400</b>
<b>ROBLA SCHOOL DISTRICT</b> 5248 Rose Street, Sacramento CA 95838	<i>District Office</i>	<b>991-1728</b>
<b>SAN JUAN UNIFIED SCHOOL DISTRICT</b> 3738 Walnut Ave., Carmichael 95608	<i>District Office</i>	<b>971-7700</b>
<b>SACRAMENTO CITY UNIFIED SCHOOL DISTRICT</b> 5735 47th Ave., Sacramento 95824	<i>District Office</i>	<b>643-7400</b>

## SUBSIDIZED CHILD CARE / PRESCHOOLS

<b>BEANSTALK</b> <b>344-6259 (For Information)</b>	<b>566-1820</b>	Dry Creek Elem. 1230 G St., Rio Linda CA 95673
<b>CHILD CARE</b>	<b>566-1930</b>	Orchard Elem. 1040 Q St., Rio Linda
<b>CENTERS</b>	<b>566-1660</b>	Regency Park Elem. 5901 Bridgecross Dr. Sacramento, CA 95835
	<b>566-1950</b>	Ridgepoint Elem. 4680 Monument Dr. Sacramento, CA 95842
<b>HEAD START</b> (SETA)	<b>563-5125</b>	6015 Watt Ave. # 5, North Highlands
	<b>563-5383</b>	3829 Stephen Dr., North Highlands
	<b>563-5360</b>	5665 Hillside Blvd. # 4, Sacramento
	<b>563-5350</b>	5249 Elkhorn Blvd.
<b>STATE &amp; FIRST 5</b> <b>SACRAMENTO</b>	<b>566-3420</b>	Castori Elem. 1801 South Ave., Sacto CA 95839
<b>PRESCHOOL a.m. or p.m.</b> <b>566-1616</b>	<b>566-3425</b>	Del Paso Elem 590 Morey Ave., Sacto CA 95838
	<b>566-3435</b>	Fairbanks Elem. 277 Fairbanks Ave., Sacto 95838
	<b>566-3460</b>	Garden Valley Elem. 3601 Larchwood Dr., Sacto 95834
	<b>566-3475</b>	Hagginwood Elem. 1418 Palo Verde Ave., Sacto CA 95815
	<b>566-1880</b>	F.C. Joyce Elem. 6050 Watt Ave., N.H. CA 95660

## SUBSIDIZED CHILD CARE / PRESCHOOLS

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

## CHILD CARE REFERRALS

### **CHILD ACTION**

**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***

**498-1000** Sacramento Area Community Referrals



## TUTORING SERVICES

### **California Learning Center**

**486-2646** 3400 Cottage Way, Ste. C, Sacramento

### **Huntington Learning Center**

**728-2981** 8091 Greenback Lane, Citrus Heights

**564-8383** 2216 Fair Oaks Blvd., Sacramento

### **Kumon Math and Reading Center**

**574-9810** 4321 Truxel Rd., Ste. F3, Sacramento

## MENTORING PROGRAMS



### **Big Brothers/Big Sisters**

**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**

**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

**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.

### **The Grace Network GraceCity Center**

701 Dixie Ave  
Sacramento 95815  
[www.thegracenet.org](http://www.thegracenet.org)


**850-0846** Serving the Dixieanne, North Sacramento and Del Paso Heights communities.  
Ages 13-30 years old.

**952-7880** Call resource line for details.  
**Office**

**EMPLOYMENT  
ASSISTANCE AND TRAINING**

<b>Center for Employment Training</b> 8376 Fruitridge Rd. Sacramento 95828	<b>393-7401</b>	Job training and basic skills assistance for low-income job seekers.
<b>Greater Sacramento Urban League</b> 3725 Marysville Blvd., Sacramento	<b>286-8600</b>	Job training, computer training, and GED preparation.
<b>Mutual Assistance Network of Del Paso Heights</b> 811 Grand Ave., Suite A-3 Sacramento CA 95838	<b>927-7694</b>	Employment Assistance , Career Development and pre-employment training, and parenting classes.
<b>Pride Industries</b> 10030 Foothills Blvd. Roseville, CA 95747	<b>788-2100</b>  <b>Or</b>  <b>(800) 550-6005</b>	Behavior management adult day program for people with disabilities. Job Readiness/Employment.
<b>Sacramento Works One-Stop Career Center</b> 5655 Hillsdale Blvd., Ste. 8 Sacramento, 95842	<b>263-4100</b>	Unemployment benefits; Job training, job hunting assistance; CAL-JOBS
<b>The Grace Network GraceCity Center</b> 701 Dixieanne Ave. Sacramento 95815  <a href="http://www.thegracenetwork.org">www.thegracenetwork.org</a>	<b>850-0846 Resources</b>  <b>952-7880 Office</b>	Serving the Dixieanne, North Sacramento and Del Paso Heights communities. Ages 13-30 years old. Employment Training/Computer Lab Call resource line for details.
<b>Twin Rivers Adult School</b> 5703 Skvarla Ave. McClellan, CA 95652	<b>566-2785</b>	Low cost or no fee classes in Adult Basic Education, GED preparation and testing, etc.

## RECREATION AND PARKS

- |   |                        |  |
|---|------------------------|--|
| <p><b>Arcade Creek Recreation &amp; Park Dist</b><br/>4855 Hamilton St.<br/>Sacramento, CA</p>  | <p><b>482-8377</b></p> | <p>Offers classes, workshops and programs</p>  |
| <p><b>City of Sacramento Park &amp; Recreation</b><br/>915 I St., 5th Floor, Sacramento CA</p>  | <p><b>808-5200</b></p> | <p>Offer hundreds of classes, workshops and programs at sites throughout the city.</p>   |
| <div style="display: flex; align-items: center;">  <p><b>Gibson Ranch</b><br/>8556 Gibson Ranch Rd.<br/>Elverta, CA</p> </div> | <p><b>806-3868</b></p> | <p>A spacious ranch setting in a County park. Children see horses, llamas, ducks, geese, goats and many other animals.</p>           |
| <p>Mutual Assistance Network<br/>811 Grand Ave.<br/>Sacramento 95838</p>  | <p><b>696-6689</b></p> | <p>Serves the Del Paso Heights community. A safe place with many programs geared to meet the needs of the surrounding community.</p> |
| <p><b>No. Highlands Recreation &amp; Park Dist</b><br/>6040 Watt Ave.<br/>North Highlands, CA</p>   | <p><b>332-7440</b></p> | <p>Offers classes, workshops and programs</p>  |
| <p><b>Rio Linda/Elverta Recreation &amp; Park Dist</b><br/>810 Oak Ln.<br/>Rio Linda, CA</p>  | <p><b>991-5929</b></p> | <p>Offers classes, workshops and programs</p>  |
| <p><b>Sunrise Recreation &amp; Park Dist</b><br/>7801 Auburn Blvd.<br/>Citrus Heights, CA</p>   | <p><b>725-1585</b></p> | <p>Offers classes, workshops and programs</p>  |

## LIBRARIES

- |  |                        |  |
|--|------------------------|--|
| <p><b>Del Paso Heights</b><br/>920 Grand Ave.<br/>Sacramento, CA</p>                   | <p><b>264-2700</b></p> | <p>Call for hours of operation</p>   |
| <p><b>No. Highlands-Antelope Library</b><br/>4235 Antelope Rd.<br/>Antelope, CA</p>    | <p><b>264-2700</b></p> | <p>Call for hours of operation</p>   |
| <p><b>No. Sacramento Hagginwood Library</b><br/>2109 Del Paso Blvd., Sacramento CA</p> | <p><b>264-2700</b></p> | <p>Call for hours of operation</p>   |
| <p><b>Rio Linda Neighborhood Library</b><br/>631 L St.<br/>Rio Linda, CA</p>           | <p><b>264-2700</b></p> | <p>Call for hours of operation</p>   |
| <p><b>Dial-A-Story</b>                      (English)</p>                              | <p><b>441-1234</b></p> | <p>Recorded short stories for children. Ages 3-6.<br/>24-hour access line.</p> |

