




FOLSOM LAKE COLLEGE
EL DORADO CENTER | RANCHO CORDOVA CENTER



COMMUNITY RESOURCE GUIDE 2017-2018



This Community Resource Guide was developed to provide faculty and staff additional tools to help students who need extra support and resources outside of Folsom Lake College. Please use this guide to refer students to a variety of programs and services in the Sacramento and El Dorado County area. We hope this will benefit you and improve the quality of life for our students.

Note: All addresses, numbers and websites are subject to change. Please check resource before using. These resources do NOT constitute an endorsement for information, products or services these agencies provide.



Table of Contents

Abuse/Assault Services	1
Animal Control.....	6
Armed Forces Recruiting Offices	8
Bereavement Support	9
Child Care Services	10
City/County Offices	12
Education and Training	13
Emergency Services	15
Family Services	17
Food Banks & Closets	21
Government Services	24
Health Care & Disease Services	26
Housing.....	37
Job Assistance	40
Legal Services	43
Mental Health Services.....	44
Recreational Organizations.....	47
Support Groups/Hotlines.....	49
Transportation.....	57
Utilities	59
Veteran Affairs.....	60
Womens Services	62

Abuse/Assault Services

Adult Protective Services - Sacramento County Department of Health & Human Services

APS is a state mandated program dedicated to maintaining the health and safety of elders and dependent adults subjected to neglect, abuse, or exploitation, or who are unable to protect their own interests.

3701 Branch Center Road, Sacramento, CA 95827

(916) 874-9377

Child Abuse Hotline: (916) 875-5437

www.dhhs.saccounty.net/SAS/pages/SAS-home.aspx

Alcohol and Drug System of Care

Sacramento County Health & Human Services

(916) 874-9754

www.dhhs.saccounty.net

California County Emergency Child Abuse Reporting Numbers

www.childsworld.ca.gov/res/pdf/CPSEmergNumbers.pdf

California Sex Offender Info (Megan's Law)

Website provides information on registered sex offenders so the public can better protect themselves and their families.

4949 Broadway, Sacramento, CA 95820

Info Line (916) 227-4877

www.meganslaw.ca.gov/SexOffenders_SummaryOfLaw.aspx

CASA - Court Appointed Special Advocate Sacramento

CASA volunteers are court-appointed special advocates for children. These trained community volunteers are appointed by a judge as officers of the court to speak up for children in juvenile court. The goal is to help children as they move through the court system due to abuse or neglect or who are in family law custody cases. Training classes required.

Sacramento County Office

301 Bicentennial Circle, Suite 220, Sacramento, CA 95826

(916) 875-6460

www.sacramentocasa.org

El Dorado County Office

347 Main Street, Placerville, CA 95667

(530) 622-9882

www.casaeldorado.org

The Center for Violence Free Relationships

Counseling for domestic violence and sexual assault, advocacy, safe house, workshops, support groups, legal services, and 24 hour hotline. (Note: Formally El Dorado Women's Center)

344 Placerville Drive, Suite 11, Placerville, CA 95667

El Dorado County (530) 626-1450

Sacramento County (916) 939-6616

24 Hour Crisis Line (530) 626-1131

www.thecenternow.org

Child & Family Institute

Service provided to help prevent and treat children 2-18 years old and their families who are dealing with abuse. (Note: Currently being acquired by Uplift Family Services)

Del Paso Office

3951 Performance Drive, Suite G, Sacramento, CA 95820

(916) 921-0828

South Sacramento Office

7880 Alta Valley Drive, Suite 210, Sacramento, CA 95823

(916) 921-0828

www.cfisac.com

Child Protection Services

Provides helpful aid, 24 hours a day, to children reported being abused, neglected, or exploited.

6045 Watt Avenue, North Highlands, CA 95660

Sacramento County (916) 874-9512

El Dorado County (530) 642-7100

www.dhhs.saccounty.net/CPS/Pages/CPS-Home.aspx

Los Rios Police Department

The LRPD provides safety and security services to the Los Rios Community College District community.

District Headquarters

1410 Ethan Way, Sacramento, CA 95825

Dispatch (916) 558-2221, from campus phone: ext. 2221

police.losrios.edu

National Domestic Violence

National Domestic Violence Hotline advocates are available 24/7 to talk confidentially with anyone in the U.S. who is experiencing domestic violence, seeking resources or information, or questioning an unhealthy relationship. Provides tools and support to friends and family members.

(800) 799-7233

(800) 787-3224 (TTY)

(855) 812-1001 (Deaf Hotline by video phone)

www.thehotline.org/help

New Morning Youth & Family Services

New Morning Youth & Family Services provide youths and families aid, like emergency youth shelters, counseling services, etc. Other services provided include Hope Project: Latino outreach, services for children and their families, 24-hour children's shelter, therapy groups, and parenting classes.

Placerville Office

6765 Green Valley Road, Placerville, CA 95667

(530) 622-5551 ext. 6765

Cameron Park Office

3350 Country Club Road, Suite 103, Cameron Park, CA 95682

(530) 622-5551 ext. 3350

Emergency Children's Shelter

211 New Morning Court, Placerville, CA 95667

(530) 626-4190 ext. 211

www.newmorningyfs.org

National Runaway Switchboard

(800) RUNAWAY or (800) 786-2929

www.1800runaway.org

Occupational Safety & Health Administration (OSHA)

OSHA assures safe and healthful working conditions for working men and women by setting and enforcing standards and by providing training, outreach, education and assistance.

Sacramento State Plan Office

2424 Arden Way, Suite 165, Sacramento, CA 95825

(916) 263-2800

(800) 321-6742 (OSHA)

www.osha.gov/html/Feed_Back.html

Progress House Counseling Center

Counseling services for chemically dependent individuals.

2844 Coloma Street, Placerville, CA 95667

(530) 626-9240

www.progresshouseinc.org

Rape Abuse Incest National Network (RAINN)

RAINN is the largest anti-sexual assault organization.

(800) 656-4673

www.rainn.org

Summit View Child and Family Services

Professional counseling services for adults and children. Provides a variety of mental health services to children and families. They offer outpatient mental health, residential treatment, special education services for children and adolescents, as well as a home specializing in working with sex trafficked youth.

670 Placerville Drive, Suite 2, Placerville, CA 95667

(530) 644-2412

www.summitviewtreatment.org/index.php/services

The Victims of Crime Resource Center

Staff provide resources and referral information to victims and their families, victim service providers, and other victim advocates.

(800) 842-8467 – Assistance in over 200 languages

www.1800victims.org/victims-rights-2/victims-services

WEAVE (Women Escaping a Violent Environment) *(See also: Emergency Services)*

This program provides resources for everyone, not only to women escaping violent environments. Most services are free. Every county has services. Also available: 24 hour shelter.

Los Rios WEAVE Confidential Advocate**Erienne Ramos**

Mondays: SCC, Rodda Hall North 125

Tuesdays: FLC, Dogwood Hall FL4-129

Wednesday: ARC, Health Center

Thursdays: CRC, Health Center OPS 137

Direct contact: email WEAVEConfidentialAdvocate@losrios.edu or call (916) 568-3011

Reporting options: Los Rios Police Department (916) 558-2221 or 911

Midtown Counseling Center

1900 K Street, Sacramento, CA 95811

(916) 448-2321

South Counseling Center

7600 Hospital Drive Suite I, Sacramento, CA 95823

Support and Information Line: (916) 920-2952

WEAVE 24/7

Toll Free: (866) 920-295

TDD: (916) 433-3715

www.weaveinc.org

Animal Control

Animal Control

Provides field services, rabies control programs and shelter operations.

El Dorado County

6435 Capitol Avenue, Diamond Springs, CA 95619

(530) 621-5795

www.edcgov.us/animalservices

Sacramento County

3839 Bradshaw Road, Sacramento, CA 95827

(916) 368-7387

www.acr.saccounty.net

Sacramento SPCA Shelter

(916) 383-7387

Animal Outreach of the Mother Lode

Animal Outreach is a low cost non-profit animal rescue group and spay/neuter clinic.

6101 Enterprise Drive, Diamond Springs, CA 95619

(530) 642-2287

www.animaloutreach.net

Center's Safe Pet Program through the Center for Violence Free Relationships

When victims of domestic violence leave their abusers, over half leave their pets behind. They house or find foster homes for animals, provide spay/neutering, health check-ups, vaccinations, and permanent homes should they not be able to return to their owners.

(530) 626-1450

(916) 939-4464

www.thecenternow.org/the-centers-safe-pet-program

El Dorado Humane Society

A collaborative network of animal rescue organizations, health services, media, marketers, and “forever families” for the betterment of animals that become part of the shelter and rescue system.

777 Pleasant Valley Road, Diamond Springs, CA 95619

(530) 642-2738

www.eldoradohumanesociety.org

Folsom City Zoo Sanctuary

The Folsom City Zoo Sanctuary is a zoo and animal sanctuary, which has been open since 1963. The facility differs from traditional zoos and is more like a sanctuary in the way the animals are acquired and the care they receive.

403 Stafford Street, Folsom, CA 95630

(916) 351-3527

www.folsomzoofriends.org

Loaves & Fishes - Mercer Veterinary Clinic for the Homeless

The clinic meets one Saturday morning a month at Loaves & Fishes in Sacramento.

1351 North C Street, Sacramento, CA 95811

(916) 446-0874

www.sacloaves.org

www.vetmed.ucdavis.edu/clubs/mercer

PAWED - People for Animal Welfare in El Dorado County

People for Animal Welfare in El Dorado County (PAWED) is an all-volunteer, non-profit organization dedicated to saving and improving the lives of companion animals in El Dorado County.

4050 Durock Road, Suite 19, Shingle Springs, CA 95682

(530) 677-2476

www.pawedpets.org

Sacramento Area Animal Coalition

SAAC is committed to eliminating companion animal overpopulation in the Sacramento area through aggressive spay-neuter efforts, humane education, community outreach, and networking.

P.O. Box 161043, Sacramento, CA 95816

(916) 808-7729

www.sacanimal.org

Sierra Wildlife Rescue

Helps rescue and rehabilitate birds and mammals to be released back into the wild.

777 Pleasant Valley Road, Diamond Springs, CA 95619

(530) 621-4661

<http://www.sierrawildliferescue.com/>

Armed Forces Recruiting Offices

Air Force

1166 Broadway, Placerville, CA 95667

(530) 642-1609

(800) 423-8723

www.airforce.com

Army

311 Iron Point Road, Folsom, CA 95630

(916) 985-8830

(800) 872-2769

www.goarmy.com

Coast Guard

6037 Price Ave, McClellan Park, CA 95652

(916) 643-7600

(866) 772-8724

www.gocoastguard.com

Marine Corps

281 Iron Point Road, Folsom, CA 95630

(916) 985-9808

(866) 243-3877

www.marines.com

Navy

1166 Broadway, Suite F, Placerville, CA 95667

(530) 626-4870

(800) 345-6289

www.navy.com

Bereavement Support

Bereavement Network Outreach

Open to the Roseville, Sacramento, and Elk Grove communities. No class fees. Offered through Hospice Services.

901 G Street, Sacramento, CA 95814

(916) 557-5882

www.griefhelpsacramento.com/GENERAL_BEREAVEMENT.html (click on Health/Wellness)

Fair Oaks Presbyterian Church

Various resources such as professional counseling and grief recovery classes.

11427 Fair Oaks Boulevard, Fair Oaks, CA 95628

(916) 967-4784

<http://fopc.org/>

Friends for Survival, Inc.

A non-profit national outreach organization for survivors of suicide loss.

(916) 392-0664

<http://www.friendsforsurvival.org/>

Sutter Care at Home

The Hospice Bereavement Program at Sutter Care at Home offers individual and group support to those who have experienced the death of a loved one, as well as grief-related education for community organizations.

3001 Lava Ridge Court, Suite 330 B, Roseville, CA 95661

(916) 797-7850

www.suttercareathome.org/griefsupport

Young Adult Bereavement Art Group (Ages 17-24), UC Davis

The young adult bereavement art group uses art therapy combined with a discussion based approach to support healthy bereavement and recovery.

UC Davis Health System/Hospice Program

All sessions are free. Group size is limited.

3630 Business Drive, Suite F, Sacramento, CA 95820

(916) 734-1139

www.ucdmc.ucdavis.edu/children/download/Bereavement_art_group.pdf

Child Care Services

Big Brothers Big Sisters of America

Provides help by sharing time with local children at their school. Looking for people eager to positively impact a child and improve their community at the same time. (Note: Big Brothers especially are in high demand.)

Cameron Park Office

3461 Robin Lane, Suite 2, Cameron Park, CA 95682
(530) 626-1222

Sacramento Office

1451 River Park Drive, Suite 241, Sacramento, CA 95815
(916) 646-9300
www.bbbs.org

Boys & Girls Clubs of America

Inspiring and enabling all young people to realize their full potential as productive, responsible, and caring citizens.

El Dorado County Office

2840 Mallard Lane, Placerville, CA 95667
(530) 295-8019

Sacramento Office

5212 Lemon Hill Avenue, Sacramento, CA 95824
(916) 392-2582
www.bgca.org/

Child Action, Inc.

Child Action, Inc. is a private, non-profit corporation created in 1976 to provide for the education and social welfare of children and families by organizing, sponsoring, and administering services to children.

9800 Old Winery Place, Sacramento, CA 95827
(916) 369-0191
www.childaction.org

Choices for Children *(See also: Family Services)*

Choices for Children (CFC) is a non-profit organization that provides innovative childcare solutions to support children, families, and childcare providers.

3161 Cameron Park Drive, Suite 101, Cameron Park, CA 95682
(530) 676-0707
www.choices4children.org

El Dorado County Child Development Programs

Builds partnerships among families, schools, and communities to provide high quality early childhood education and other services in a safe and nurturing environment.

6767 Green Valley Road Placerville, CA 95667

Main Office (530) 622-7130

Child Development Program (530) 295-2270

www.edcoe.org

First 5 El Dorado, Children & Families Commission of El Dorado County

(See also: Family Services)

First 5 El Dorado provides services to young children and families.

776 Ray Lawyer Drive, Placerville, CA 95667

(530) 622-5787

www.first5eldkpkporado.com

City/County Offices

City of Folsom

A variety of resources.

50 Natoma Street, Folsom, CA 95630

(916) 355-7200

www.folsom.ca.us

City of Placerville

A variety of resources and activities.

3101 Center Street, Placerville, CA 95667

(530) 621-2489

www.cityofplacerville.org

County of El Dorado

A variety of government, behavior health, mental health, human resources, and emergency services.

330 Fair Lane, Placerville, CA 95667

(530) 621-5390

www.edcov.us/Government

City of Rancho Cordova

A variety of resources.

2729 Prospect Park Drive, Rancho Cordova, CA 95670

(916) 851-8700

www.cityofranhocordova.org

County of Sacramento

A variety of government, behavior health, mental health, human resources, and emergency services.

www.saccounty.net

Education and Training

Adult Education – San Juan Unified School District

Adult basic education in English, spelling, reading, writing, and math skills. ESL classes are also available.

3738 Walnut Avenue, Carmichael, CA 95608

(916) 971-7700

www.sanjuan.edu/adulted

Bureau of Labor Statistics Occupational Outlook Handbook

Helps find career information on duties, education and training, pay, and outlook for hundreds of occupations.

www.bls.gov/ooh

California Department of Rehabilitation (DOR) *(See also: Job Assistance)*

DOR is an employment and independent living resource for people with disabilities. Provides counseling, evaluation, and help with school expenses.

721 Capitol Mall, Sacramento, CA 95814

(916) 558-5300 (Voice)

(844) 729-2800 (TTY)

www.rehab.cahw.net.gov

Career Technical Education/ROP - El Dorado Union High School District

ROP works in cooperation with the local business community to provide students on-the-job training on up-to-date equipment.

4675 Missouri Flat Road, Placerville, CA 95667

(530) 622-5081

www.eduhsd.k12.ca.us/Educational-Services/Career-Technical-EducationROP

El Dorado County Office of Education (EDCOE)

6767 Green Valley Road, Placerville, CA 95667

(530) 295-2291

www.edcoe.org/educational-services/support-services/central-sierra-rop

Charter Adult Education

The El Dorado County Office of Education offers courses for adults to meet various educational needs. All Adult Education classes are free of charge. The courses are open to any person 18 years of age or older.

6767 Green Valley Road, Placerville, CA 95667

(530) 622-7130

www.aded.edcoe.org

CSUS University Enterprises

A resource to find student assistant positions.

Hornet Athletic Center, 6000 J St, Sacramento, CA 95819

(916) 278-7003

www.enterprises.csus.edu

Folsom Cordova Adult Education

The Folsom Cordova Adult School is committed to preparing and empowering adult students.

10850 Gadsten Way, Rancho Cordova, CA 95670

(916) 635-6810

www.fcusd.org

Folsom Cordova Community Partnership

To enhance the education, health, and wellbeing of the children, youth, and adults of our community.

10665 Coloma Road, Suite 200, Rancho Cordova, CA 95670

(916) 361-8684

www.thefccp.org

Internships.com

Advertising internship positions from companies across all 50 states.

www.internships.com

La Familia Counseling Center, cross referenced

Employment and adult education, a variety of programs and services for youth and families, and community events.

5523 34th Street, Sacramento, CA 95820

(916) 452-3601

(800) 735-2929 TDD or 711

www.lafcc.org

LaunchPath

Combines technology applications and personalized services for internship support.

www.launchpath.com

Emergency Services

El Dorado County Behavioral Health/Mental Health

Provides group and individual counseling services, alcohol and drug services, and mental health services

768 Pleasant Valley Road, Diamond Springs, CA 95619
(530) 621-6290

El Dorado Hills (916) 358-3555 ext. 6290

24-hour Crisis line (530) 622-3345

Toll Free Access (800) 929-1955

www.edcgov.us/Government/MentalHealth/Pages/mental_health_main_info.aspx

Emergency Reporting for Child Abuse

www.childsworld.ca.gov/res/pdf/CPSEmergNumbers.pdf

Folsom Police

A variety of services provided include crime information, police log, citizen's alert system, Megan's Law, FAQs, 24-hour services, and other resources.

46 Natoma Street, Folsom, CA 95630

(916) 355-7230

Emergency: 911

www.folsom.ca.us/city_hall/depts/police/default.asp

Folsom Fire Department

535 Glenn Drive, Folsom, CA 95630

(916) 984-2280

www.folsom.ca.us/city_hall/depts/fire/default.asp

National Poison Emergency Hotline

Offers free, confidential, expert medical advice 24 hours a day, seven days a week. This service provides a primary resource for poisoning information and helps reduce costly hospital visits through in-home treatment.

(800) 222-1222

www.poisonhelp.org/help

Sacramento County Mental Health Center

Sacramento County mental health center provides 24-hour crisis services.

2150 Stockton Boulevard, Sacramento, CA 95817

(916) 875-1000

www.sacpros.org

Salvation Army

10309 Folsom Boulevard, Rancho Cordova, CA 95670

(916) 362-6296

(800) 728-7825

www.salvationarmyusa.org

899 Spring Street, Placerville, CA 95667

(530) 344-9178

www.salvationarmyusa.org

UCD Psychiatric Emergency

UC Davis Psychiatric Department provides outpatient services to adults, families, and children.

4150 V Street, Suite 2100, Sacramento, CA 95817

(916) 734-5010

www.ucdmc.ucdavis.edu/mdprogram/student_wellness/psychiatric-services.html

WEAVE (Women Escaping a Violent Environment) *(See also: Abuse/Assault Services)*

Provides resources to help women and others escape violent environments. Primary provider of crisis intervention services for survivors of domestic violence and sexual assault in Sacramento County.

Support and information line (916) 920-2952

Toll free (866) 920-2952

www.weaveinc.org

Wind Youth Services

Serving homeless teens in need.

(916) 561-2424

www.windyouth.org

Family Services

Birth and Beyond *(See also: Support Groups/Hotlines)*

Families receive free services in their own homes and at family resource centers in their neighborhood.

6015 Watt Avenue, North Highlands, CA 95660

(916) 679-3925

www.wellspacehealth.org/birth_and_beyond.htm

Chemical Dependency

Provides an education focus on issues of chemical dependency, relapse prevention, and family violence.

455 University Avenue, Suite 320, Sacramento, CA 95825

(916) 333-5955

www.cdtainc.com

Childbirth/Parenting Education - Marshall Hospital

Classes to help new parents with topics such as childbirth, breastfeeding, and baby care basics. Baby and Me support groups available.

1100 Marshall Way, Placerville, CA 95667

(916) 626-2990

www.marshallmedical.org/birthcenter

Choices Transitional Services *(See also: Child Care Services)*

Provide help for adults and children with developmental or mental health disabilities to become active in their community.

Rancho Cordova Office

2920 Prospect Park Drive, Suite 205, Rancho Cordova, CA 95670

(916) 822-8707

www.cts-choices.org

County Child Protective Services, Health Center Clinic

Protects children, strengthens families, provides permanent homes, and builds community partnerships

4600 Broadway, Sacramento, CA 95820

(916) 875-0189

El Dorado Hills Community Service District – Senior Center

Facility owned and maintained by El Dorado County, who collaborates with the CSD to provide recreational programming and activities for adults age 50 and up. Also, provides lunches, day care, volunteer program, library/computer access.

990 Lassen Lane, El Dorado Hills, CA 95762

(916) 358-3575

www.eldoradohillscsd.org/parks-facilities/senior-center.html

First 5 El Dorado, Children & Families Commission of El Dorado County

(See also: Child Care Services)

First 5 El Dorado provides services to young children and families.

2776 Ray Lawyer Drive, Placerville, CA 95667

(530) 622-5787

www.first5eldorado.com

La Familia Counseling Center

Provides multi-cultural professional counseling; outreach and supportive services for at-risk youth, adults, and families; mental health services; employment and adult education; crisis intervention; and recreational and tutorial programs.

5523 34th Street, Sacramento, CA 95820

(916) 452-3601

(800) 735-2929 TDD or 711

www.lafcc.org

Lilliput Children Services/Kinship CARE Offices

A free state-funded program designed to provide support, counseling, and services when children are living full-time with their grandparents, other relatives, or near relatives such as family friends.

1190 Suncastr Lane, Suite 2, El Dorado Hills, CA 95762

(916) 941-8799

www.lilliput.org/parents/kinship-services

Planned Parenthood

Pregnancy prevention, sexually transmitted diseases, and HIV prevention.

Roseville Health Center

729 Sunrise Ave, Suite 900, Roseville, CA 95661
(916) 781-3310

North Highlands Health Center

5700 Watt Avenue, North Highlands, CA 95660
(916) 332-5715

www.plannedparenthood.org/get-care/our-services

Pregnancy Counseling Services of El Dorado County *(See also: Health & Disease Services)*

Provides resources and support in order to make an informed choice when faced with an unplanned pregnancy in a safe, non-judgmental environment.

516 Main Street, Placerville, CA 95667
(530) 626-6720

www.pregnancyounselingservices.org

Safety Net

Provides individual crisis assessment, community-based advocacy, resources, referrals, and short term solution-focused case management. Services include, Regional Transit bus passes, free diapers, and emergency food. Emergency food, baby formula/food are available when donations are received. Some services are low-income qualified.

Folsom Cordova Community Partnerships

10665 Colma Road, Suite 200, Rancho Cordova, CA 95670
(916) 361-8684

www.thefccp.org/community-support

Sacramento County Department of Health & Human Resources

Provides a variety of services including child protective services; alcohol and drug treatment; health, behavioral and mental services; and volunteer and internship services.

7701 East Parkway Suite A, Sacramento, CA 95823
(916) 875-5471

www.dhhs.saccounty.net/Pages/DHHSHome.aspx

Sacramento Life Center *(See also: Health Care)*

Provides a safe place for women and men facing an unplanned or unsupported pregnancy to find compassion, support, free medical care, and community resources.

2316 Bell Executive Lane, Sacramento, CA 95825

(916) 451-4357

24/7 hotline (916) 451-2273

www.saclife.org

Senior Services**American Association of Retired Persons (AARP)**

Toll-Free Nationwide (888) OUR-AARP (888) 687-2277

Toll-Free Spanish (877) 342-2277

International Call (202) 434-3525

www.aarp.org

Agency on Aging - Area 4

1401 El Camino Avenue, 4th Floor, Sacramento, CA 95815

(916) 486-1876 or (800) 211-4545

www.agencyonaging4.org

El Dorado Hills Community Service District – Senior Center

Provides recreational programming and activities for adults age 50 and up. Also provides lunches, day care, volunteer program, and library/computer access.

990 Lassen Lane, El Dorado Hills, CA 95762

(916) 358-3575

www.eldoradohillscsd.org/parks-facilities/senior-center.html

Uplift Family Services (EMQ Families First)

Foster care, adoption services, and therapeutic behavioral services.

9343 Tech Center Drive, Second Floor, Sacramento, CA 95826

(916) 388-6400

(916) 649-7158

www.upliftfs.org

Food Banks & Closets

Choices for Children, Child Care Food Program

Choices for Children acts as a sponsor to childcare providers to help children in childcare homes receive nutritious meals.

3161 Cameron Park Drive, Cameron Park, CA 95682
 (530) 676-0707
www.choices4children.org

Cordova Community Food Locker

The Cordova Community Food Locker is the official USDA distribution site in Rancho Cordova.

St. John Vianney Church
 10497 Coloma Road, Rancho Cordova, CA 95670
 (916) 364-8973
www.cityofranhocordova.org

Food Bank of El Dorado County

Works with a significant number of local, state, regional, and national product partners to bring food into the community.

4550 Business Drive, Cameron Park, CA 95682
 (530) 621-9950
www.foodbankedc.org

Green Valley Church/Common Ground

Provides free hot breakfast (Saturdays at 8am), fresh produce, food closet, and clothing (also have auto ministry for single parents and the elderly). They also provide information and referrals to El Dorado at-risk and homeless families with emergency assistance, transportation, and food assistance.

Green Valley Church
 3500 Missouri Flat Road, Placerville, CA
 (530) 622-3231
www.greenvalley.church

Community Resource Center
www.edcrc.org/community-resources.html

Healthy Start Program

Distributes food to people in need. Other services include parenting classes, anger management, 12-step drug and alcohol recovery courses, counseling, and support to low income and families of prisoners. Also helps with utility payments prior to shut-off. (1x per year - Salvation Army Reach Program).

7600 Lindale Drive, Sacramento, CA 95828
 (916) 984-1989

Powerhouse Ministries

Offers a range of programs including women and men's support groups, teen and children's ministry programs, as well as drop-in services.

311 Market Street, Folsom, CA 95630

(916) 983-0658

www.phmfolsom.org

Rancho Cordova Neighborhood Church

Free neighborhood meals served the last Friday of every month.

10600 Coloma Road, Rancho Cordova, CA 95670

(916) 635-5992

www.cnchurch.org/target-ministries/neighborhood-meals

Sacramento Food Bank & Family Services

Provides free emergency goods and services to 135,000 men, women, and children each month.

Family Services Campus – Oak Park

3333 Third Avenue, Sacramento, CA 95817

(916) 456-1980

Food Bank Services Campus

1951 Bell Avenue, Sacramento, CA 95838

(916) 925-3240

www.sacramentofoodbank.org

Snowline Hospice and Thrift Store

Dedicated to serving the community by enhancing the lives of those with chronic, serious illness, and patients nearing end-of-life. Thrift store proceeds go to help support the mission of Snowline.

El Dorado County

6520 Pleasant Valley Road, Diamond Springs, CA 95619

(530) 621-7820

Sacramento County

100 Howe Avenue, Suite 206 S, Sacramento, CA 95825

(916) 817-2338

www.snowlinehospice.org

St. Vincent de Paul - Food Locker

Emergency food for the needy once a month.

307 Montrose Drive, Folsom, CA 95630
(916) 985-4630

503 Giuseppe Court #8, Roseville, CA 95678
(916) 781-3335

www.placersvdp.com/services/food-locker

The Tribal Temporary Assistance for Needy Families (TANF) Program

TANF gives federally recognized Indian tribes welfare programs that promote work and responsibility and strengthen families.

State Office

Health and Human Services Agency
1600 9th Street, Suite 460, Sacramento, CA 95814
(916) 654-3454

www.acf.hhs.gov/ofa/help

Twin Lakes Food Bank

Food and clothes closet. Requires verification of current address and social security card or birth certificate for each family member. Also includes gas vouchers, blankets, infant needs.

327 Montrose Drive, Folsom, CA 95630
(916) 985-6232

www.twinlakesfoodbank.sustaininggood.com/all-our-works

Upper Room Dining Hall

Serves meals daily from 4:00-5:30pm.

1868 Broadway, Placerville, CA 95667
(530) 621-7730

www.upperroomdininghall.org

Women, Infants, and Children (WIC) *(See also: Health & Disease Services)***Rancho Cordova WIC**

10665 Coloma Road, Suite 400, Rancho Cordova, CA 95670
(916) 876-5000

www.dhhs.saccounty.net/PRI/WIC/Pages/Women-Infants-and-Children-Home.aspx

Government Services

Department of Motor Vehicles

A variety of services for car, truck, and boat owners.

323 E. Bidwell Street, Suite A, Folsom, CA 95630

(800) 777-0133

www.dmv.ca.gov

El Dorado Hills Business Directory

List of business and services.

www.eldoradobusiness.com

El Dorado Hills Chamber of Commerce

Business information for El Dorado Hills and local community information and issues.

2085 Vine Street, Suite 105, El Dorado Hills, CA 95762

(916) 933-1335

<http://www.eldoradohillschamber.org/>

Folsom (Official City Website)

A variety of information concerning residents, activities, businesses, resources, city hall, safety, and more.

www.folsom.ca.us

Folsom Building Inspection Requests

(916) 355-7210

(916) 351-3555

www.folsom.ca.us/city_hall/depts/community/building/default.asp

Folsom City Clerk Department

The City Clerk maintains custody and controls the storage of all city legislation including ordinances, resolutions, minutes, contracts, and other legal documents pertaining to the operation of the city.

50 Natoma Street, Folsom, CA 95630

(916) 355-7270

www.folsom.ca.us/city_hall/depts/clerk/default.asp

Folsom City Hall

Neighborhood Services Department has many community programs such as Seniors Helping Seniors, Handyman Program, Folsom Redevelopment Agency, Mobile Home Rehab, and Loan Program, to name a few.

50 Natoma Street, Folsom, CA 95630

(916) 355-7200

www.folsom.ca.us/services/default.asp

Folsom Fire Department

535 Glenn Drive, Folsom, CA 95630

(916) 984-2280

www.folsom.ca.us/city_hall/depts/fire

Folsom Library

411 Stafford Street, Folsom, CA 95630

(916) 355-7374

www.folsom.ca.us/city_hall/depts/library

Folsom Lock & Key

75 Natoma Street, Suite B, Folsom, CA 95630

(916) 985-2708

www.folsomlockandkey.org

Folsom Police

46 Natoma Street, Folsom, CA 95630

(916) 355-7230

www.folsom.ca.us/city_hall/depts/police

Folsom Public Works

Sewer, signs, flooding, drains, street trees/lights, and street sweeping.

50 Natoma Street, Folsom, CA 95630

(916) 351-3599

www.folsom.ca.us/city_hall/depts/admin

Folsom Welcome Center

Information on Folsom, businesses, dining, events, and more.

www.visitfolsom.com

Health Care & Disease Services

AIDS/HIV Nightline

Provides emotional support in a non-judgmental manner, empowering callers and chat visitors to look at options and make their own decisions, providing crisis management, and information and referrals when appropriate.

(800) 273-8255

(800) 367-2437

www.sfsuicide.org

American Cancer Society

Cancer treatment and prevention.

North Valley Regional Office

1545 River Park Drive, Suite 100, Sacramento, CA 95815

(916) 446-7933

help line (800) 227-2345

www.cancer.org

American Diabetes Association

Provides quarterly education meetings; peer support; patient, professional, and public education, and information and referrals for those affected by diabetes.

1900 Point W Way, Suite 212, Sacramento, CA 95815

(916) 924-3232

www.diabetes.org

American Red Cross

A variety of first aid programs for different age groups, including first aid, community first aid, first aid for children today, CPR classes, classes in community water safety, life guarding, babysitting, parenting, and HIV/AIDS education.

1565 Exposition Boulevard, Sacramento, CA 95815

(916) 993-7070

<http://www.redcross.org/ux/take-a-class>

The California Endowment

Provides services to healthcare, healthy food, access to quality education, and health insurance through the Affordable Care Act.

1414 K Street #500, Sacramento, CA 95814

(916) 558-6760

www.calendow.org/places/sacramento

California Rural Indian Health Board

CRIBB provides advocacy, shared resources, training, and technical assistance that enhances the delivery of quality comprehensive health related services to Indian people of California.

4400 Auburn Boulevard, 2nd Floor, Sacramento, CA 95841

(916) 929-9761

www.crihb.org

California State University Sacramento Student Health Services

Support services include general medical care, laboratory, x-ray, pharmacy, general family practice, optometry, and health education. Psychological services are available to all students for counseling and mental health issues.

Student Health Center

6000 J Street, Sacramento, CA 95819

(916) 278-6461

www.shcssacstate.org

California Vision Foundation

Provides low-income, uninsured families throughout the state of California with free comprehensive eye exams and low cost glasses.

2415 K Street, Sacramento, CA 95816

(800) 877-5738

www.californiavision.org

CARES

Free medical care, dental, medication, mental health, and housing services.

1500 21st Street, Sacramento, CA 95811

(916) 443-3299

www.carescommunityhealth.org/services

Child Health & Disability Prevention Program (CHDP)

Medical services provided to children up to 18 years old. A full physical exam is offered to every patient.

Sacramento County

9616 Micron Avenue, Suite 950, Sacramento, CA 95827

(916) 875-7151

www.dhhs.saccounty.net/PUB/CHDP/Pages/CHDP-Home.aspx

El Dorado County

941 Spring Street, Suite 3, Placerville, CA 95667

(530) 621-6110

Covered California

Health insurance, Medi-Cal information, and free local help to enroll.

(888) 975-1142

www.CoveredCA.com

DontThinkKnow.org

Free STD home test kit for women 25 years and under.

(916) 875-5669

www.dontthinkknow.org

El Dorado County Public Health Department

Promotes the health and safety of individuals, communities, and animals in El Dorado County.

931 Spring Street, Placerville, CA 95667

(530) 358-3555 ext. 6100

www.edcgov.us/PublicHealth

Folsom Family Clinic (Theodore Judah Elementary School)

Primary care for individuals/families that don't have insurance.

105 Dean Way, Folsom, CA 95630

(916) 983-3658

Foothill Physical Therapy Center

Will give the uninsured individual 3 free visits. For counselor referral only.

1106 Windfield Way, Suite 4, El Dorado Hills, CA 95762

(916) 934-0914

www.foothillpt.com

Gender Health Center

Provides counseling/therapy services that embrace the psychological well-being and self-fulfillment of individuals coming out and/or beginning or in the transition process in a safe, supportive environment. Fees are on a sliding scale.

Health, Education, & Advocacy

2020 29th Street, Suite 201, Sacramento, CA 95817

(916) 455-2391

www.theGenderHealthCenter.org

Trans Lifeline

Trans Lifeline is a non-profit organization dedicated to the well-being of transgender people.

(877) 565-8860

Health Insurance Marketplace

Health insurance coverage. Available 24 hours.

(800) 318-2596

www.HealthCare.gov (English)

www.CuidadoDeSalud.gov (Spanish)

Help at Home Senior Care

Supplies companions, homemakers, and home health aides.

225 Elm Avenue, Auburn, CA 95603

Placer County (530) 885-7444

Sacramento County (916) 625-9172

www.hahcare.com

Kaiser Permanente Folsom Medical Center

Find health care plans, various locations, doctors, and health and wellness information.

2155 Iron Point Road, Folsom, CA 95630

(916) 817-5000

healthy.kaiserpermanente.org/

Marshall Divide Wellness Center

Divide Wellness Center is a rural health center providing complete family medical care. Two full-time family nurse practitioners provide patient care, supported by other clinical and office staff. Persons seeking care may call the office for an appointment. There also are a limited number of appointments reserved for urgent needs.

6065 CA-13, Georgetown, CA 95634

(530) 333-2548

www.marshallmedical.org/dividewellnesscenter

Marshall Hospital Home Care

Services provided for individuals who are homebound and need medical care, or who have been referred to the program from their physicians when released from inpatient hospital care. Services covered by Medicare, Medi-Cal, Workers' Compensation, multiple insurance carriers, or private funds, and are available 24 hours a day, 365 days a year.

681 Main Street, Placerville, CA 95667

(530) 626-2900

www.marshallmedical.org/homecare

Marshall Medical Center

An independent and non-profit community healthcare provider offering education, medical, and health classes, nursing certifications.

1100 Marshall Way, Placerville, CA 95667

(530) 622-1441

www.marshallmedical.org

Med 7 Urgent Care Center

General medical care, urgent care and minor trauma, physicals for basic sports, DOT, post-accident drug and alcohol testing.

1201 E. Bidwell Street, Folsom, CA 95630

(916) 920-6337

www.med7.com

Medical Board of California

Oversees the proper licensing and regulation of physicians and surgeons and certain allied health care professions.

2005 Evergreen Street, Suite 1200, Sacramento, CA 95815

(800) 633-2322

www.mbc.ca.gov

Medicaid (California)

Medicaid is a government-funded healthcare insurance program that provides health care services for low-income individuals and families.

1725 28th Street, Sacramento, CA 95816

(916) 874-3100

medicaid-help.org/california-medicaid-insurance

Medi-Cal Mental Health Services, California Department of Health Care Services

The Mental Health Services Division now handles Medi-Cal-related mental health functions. Medi-Cal also has free dental services.

Medi-Cal Managed Care (888) 452-8609

Mental Health (800) 896-4042

www.dhcs.ca.gov/services/mh/Pages/default.aspx

Mercy Hospital of Folsom

Care for people without insurance, and education classes such as nutrition, diabetes, stress management, and parenting topics.

1650 Creekside Drive, Folsom, CA 95630

(916) 983-7400

www.dignityhealth.org/sacramento/locations/mercy-hospital-of-folsom

Mother Teresa Maternity Home

Home for pregnant mothers. (Note: Cannot accommodate other children other than pregnancy. Can stay up to 3 months after birth.)

3122 Sacramento Street, Placerville, CA 95667

(530) 295-8006

www.mogetherteresamaternityhome.com

Muscular Dystrophy Association

Promotes educational programs and research on muscular dystrophy. Diagnostic/re-evaluation clinic, patient treatment, follow-up, occupational therapy, physical therapy and orthopedic equipment. Wheelchairs, and hospital equipment are loaned for home use. Summer camps for kids ages 6-21. Support groups and public education material available.

3010 Lava Ridge Court, Suite 160, Roseville, CA 95661

(916) 921-9518

www.mdaua.org

New Dawn Treatment Centers

An Intensive Outpatient program offers 3 hours of daily intensive group and individual therapy with licensed addiction counselors for 3-5 days per week. Experiential therapies such as Yoga and Tai Chi, family therapy, and couples counseling are also included.

9960 Business Park Drive, Suite 160, Sacramento, CA 95827

(916) 723-1319

24/7 confidential help line (866) 969-4300

www.newdawnTreatmentcenters.com/new-dawn-lp/?utm_source=bing&utm_medium=Brand

Organize - Transplant/Organ Donor information

Organ donor registration.

www.organize.org

Pregnancy Counseling Services of El Dorado County *(See also: Family Services)*

A non-profit offering support to help individuals make informed choices when faced with an unplanned pregnancy. Provides a safe, non-judgmental, and confidential environment.

516 Main Street, Placerville, CA 95667

(530) 626-6720

www.pregnancycounselingservices.org

Prevent Blindness Northern California

Free eye exam and glasses.

1388 Sutter Street, #408, San Francisco, CA 94109

(415) 567-7500

www.preventblindness.org

Planned Parenthood

Pregnancy prevention, sexually transmitted diseases and HIV prevention.

Roseville Health Center

729 Sunrise Avenue, Suite 900, Roseville, CA 95661

(916) 781-3310

North Highlands Health Center

5700 Watt Ave, North Highlands, CA 95660

(916) 332-5715

www.plannedparenthood.org

Sacramento County Department of Health and Human Services

Provides treatment services to individuals struggling with alcohol and/or drug abuse. Services include outpatient treatment, methadone treatment, day treatment, detoxification, residential services, and perinatal services.

Alcohol and Drug Services (916) 857-2050

Primary Health Services (Clinic Information) (916) 874-8912

www.dhhs.saccounty.net/BHS/Pages/BHS-Home.aspx

Sacramento County Mental Health Center

Sacramento County mental health center provides 24-hour crisis services.

2150 Stockton Boulevard, Sacramento, CA 95817

(916) 875-1000

www.sacpros.org

Sacramento Life Center *(See also: Family Services)*

Provides a safe place for women and men facing an unplanned or unsupported pregnancy to find compassion, support, free medical care, and community resources.

2316 Bell Executive Lane, Sacramento, CA 95825

(916) 451-4357

24/7 hotline (916) 451-2273

www.saclife.org

Senior Health Education Program (S.H.E.P.)

Senior programs for El Dorado County residents 60 years of age and older.

937 Spring Street, Placerville, CA 95667

Main (530) 621-6150

(800) 510-2020

www.edcgov.us/Government/HumanServices/senior%20services/pages/Senior_Services.aspx

El Dorado County Senior Resource Guide

www.edcgov.us/HHSA

Shingle Springs Health & Wellness Center

Provides medical, dental, and behavioral health services.

5168 Honpie Road, Placerville, CA 95667

Main number (530) 387-4975

Medical (530) 387-4321

Dental (530) 387-4232

Behavioral Health (530) 387-4185

www.sshwc.org

Smiles for Big Kids - Sacramento District Dental Foundation

Program provides necessary dental services to uninsured and low-income adults.

2035 Hurley Way, Suite 200, Sacramento, CA 95825

(916) 446-1211

www.sdds.org/foundation/

Snowline Hospice - Partners In Care

Training for health care providers, social service agencies, churches and community professional on topics of compassionate care of the dying, caregiver stress, grief, and loss.

El Dorado County

6520 Pleasant Valley Road, Diamond Springs, CA 95619
(530) 621-7820

Sacramento County

100 Howe Avenue, Suite 206 S, Sacramento, CA 95825
(916) 817-2338

www.snowlinehospice.org

Strategies for Change

Providing substance abuse, co-occurring mental health, reentry, and related behavioral health services for youth, adults, and families.

4441 Auburn Boulevard, Suite E, Sacramento, CA 95841
(916) 473-5764

www.strategies4change.org

Stop Smoking

Support and resources to help individuals stop smoking

In California (800) NO-BUTTS or (800) 844-CHEW
Anywhere else in the U.S. (800) QUIT-NOW

Susan G. Komen Breast Cancer Foundation

Educates individuals about breast cancer risk factors, the importance of early detection, and the resources that are available to them.

9310 Tech Center Drive, Suite 250, Sacramento, CA 95826
(916) 231-3148

www.komensacramento.org

Sutter General Hospital

Non-profit healthcare network of hospitals and physicians.

2801 L Street, Suite 10, Sacramento, CA 95630
(916) 887-0000

www.suttermedicalcenter.org

Sutter Resource Library

The Sutter Resource Library provides information on latest medical information from reliable sources through books, journals, clipping files, videotapes, audiotapes, and computer databases.

2800 L Street, Suite 115 B, Sacramento, CA 95816

(916) 887-4420

www.suttermedicalcenter.org/library

UC Davis Medical Center

A nationally recognized academic medical center offering primary care for all ages, specialty care in 150 fields, and the latest treatment options and expertise for the most complex health conditions.

2315 Stockton Boulevard, Sacramento, CA 95817

(916) 734-2011

www.ucdmc.ucdavis.edu

UC Davis Medical Group, Folsom

Provides primary care physicians for everyday health needs with personalized care and the expertise of a leading academic health system.

271 Turn Pike Drive, Folsom, CA 95630

(916) 985-9300

www.ucdmc.ucdavis.edu

Undocumented and Uninsured Resources

Find local health resources, internship opportunities to get involved, and access healthcare research on undocumented immigrants.

www.undocumentedanduninsured.org

U.S. HealthWorks Medical Group

Protects the health and productivity of the American workforce.

1580 Creekside Drive, Suite 120, Folsom, CA 95630

(916) 542-7007

www.ushealthworks.com

Urgent Care Center of Folsom

Adult and pediatric care, treating of minor injuries and illnesses, sport injuries, walk-in basis, lab and X-ray on site, and insurances welcome.

1600 Creekside Drive, Folsom, CA 95630

(916) 984-8244

www.urgentcarefolsom.com

Wellspace *(See also: Mental Health Services)*

Formerly known as The Effort, Wellspace offers mental health counseling as well as inpatient and outpatient addiction treatment. In addition, physicians and medical staff provide healthcare and offer pregnancy/midwife services.

1820 J Street, Sacramento, CA 95811
Appointment (916) 737-5555
Primary Care (916) 550-5443
24 hour Suicide Crisis Line (916) 368-3111
24 hour Parent Support Line (888) 281-3000

Folsom Community Health Center

105 Dean Way, Folsom, CA 95630
(916) 983-3658
www.wellspacehealth.org

Women, Infants, and Children (WIC) *(See also: Food Banks and Closets)***Rancho Cordova WIC**

10665 Coloma Road, Suite 400, Rancho Cordova, CA 95670
(916) 876-5000

www.dhhs.saccounty.net/PRI/WIC/Pages/Women-Infants-and-Children-Home.aspx

Housing

Community Resource Project, Inc.

Repairs homes and apartments, HEAP, pays SMUD and PG&E utilities.

250 Harris Avenue, Sacramento, CA 95838

(916) 567-5200

HEAP (916) 567-5220

www.cresource.org

El Dorado County Housing Authority

Provides rental assistance to low income individuals and families in El Dorado County.

2900 Fairlane Court, Placerville, CA 95667

(530) 621-6300

www.edcgov.us/Government/HumanServices/Housing/pages/Housing

The Center for Violence Free Relationships (formally Women's Center)

Counseling for domestic violence and sexual assault, advocacy, safe house, workshops, support groups, legal services, and 24 hour hotline.

344 Placerville Drive, Suite 11, Placerville, CA 95667

El Dorado County (530) 626-1450

Sacramento (916) 939-6616

24-hour Crisis Line (530) 626-1131

www.thecenternow.org

El Dorado County Habitat for Humanity

Builds simple homes for deserving low-income families. (Note: To be eligible, income must be 50% of county median.)

6168 Pleasant Valley Road, El Dorado Hills, CA 95623

(530) 621-2111

www.edchabitat.org

Francis House of Sacramento

A counseling and resource center for individuals and families. Pays for I.D. DMV, motel voucher and bus tickets, unemployment assistance, help with resume writing, job searches, and interview preparation.

1422 C Street, Sacramento, CA 95814

(916) 443-2646

www.francishousecenter.org/services

Furniture for Families

Provide a furniture bank that will pick up used/in good condition furniture, by appointment, from the Sacramento area. Furniture is distributed to families in need. All families must be referred by their case worker, via a social service agency.

(916) 635-0664

www.furnitureforfamilies.org

H.E.L.P. (Housing Emergency Lodging Program)

Provides 1-2 nights at a motel, once a year.

(530) 306-2352

Mary House

Provides a welcome, safe, and clean environment for homeless men, women, and children seeking survival services. Helps feed the hungry and provides shelter for the homeless.

1321 North C Street, Sacramento, CA 95811

(916) 446-4961

www.sacloaves.org/programs/maryhouse

www.maryhouse.org

National Shared Housing Resource Center- Share a Home

NSHRC is a clearinghouse for people looking to find a shared housing organization in their community or to help get a program started.

(650) 348-6660 ext. 303

www.nationalsharedhousing.org

Neighbor Works Sacramento – Home Ownership Center

Supporting the long-term financial success of local homeowners. Provides opportunities for successful homeownership and strong communities through quality education, affordable lending, supportive partnerships, and dedicated leadership.

2400 Alhambra Boulevard, Sacramento, CA 95817

(916) 452-5356

(800) 355-5356

www.nwsac.org

Next Move (formerly Sacramento Emergency Housing Center)

Next Move assists families with children and individuals toward self-reliance.

2925 34th Street, Sacramento, CA 95817

(916) 454-2120

www.nextmovesacramento.org

New Morning Youth & Family Services

New Morning Youth & Family Services provide youths and families aid, including emergency youth shelters, counseling services, etc.

Placerville Office

6765 Green Valley Road, Placerville, CA 95667
(530) 622-5551 ext. 6765

Cameron Park Office

3350 Country Club Road, Suite 103, Cameron Park, CA 95682
(530) 622-5551 ext. 3350

Emergency Children's Shelter

211 New Morning Court, Placerville, CA 95667
(530) 626-4190 ext. 211

www.newmorningyfs.org

Sacramento Housing and Redevelopment Agency

Provides rental assistance to low income individuals and families in Sacramento County.

701 12th Street, Sacramento, CA 95814
(916) 440-1390

www.gosection8.com

Job Assistance

Cal JOBS – Employment Development Department (EDD) *(See also: Job Assistance/EDD)*

Employer services, job seeker services, resumes, and search for jobs.

Folsom Cordova AJCC

10826 Gadsten Way, Rancho Cordova, CA 95670
(916) 635-4337

El Dorado County Connections

3047 Briw Road, Placerville, CA 95667
(530) 624-4850
www.caljobs.ca.gov

California Department of Rehabilitation (DOR) *(See also: Education and Training)*

DOR is an employment and independent living resource for people with disabilities. Provides counseling, evaluation, and help with school expenses.

721 Capitol Mall, Sacramento, CA 95814
(916) 558-5300 Voice
(844) 729-2800 TTY
www.rehab.cahwnet.gov

Career Centers and One-Stop

This agency offers free services including training, education, and workshops on resume writing and interviewing.

Roseville Center

115 Ascot Drive, Suite 180, Roseville, CA 95661
(916) 865-2440

Rancho Cordova Center

10381 Old Placerville Road, Suite 150, Sacramento, CA 95827
(916) 563-5147

Placerville Connections

3047 Briw Road, Placerville, CA 95667
(530) 642-4850
(877) 348-0502 Toll-free
(877) 348-0501 TTY
www.careeronestop.org

Elevations

A comprehensive, affordable online career assessment. Elevations offers a strength-based personality profile, emerging careers, web links, and interactive research and action planning tools.

1024 Iron Point Road, Suite 100, #1207, Folsom, CA 95630

(916) 357-6518

www.ElevationsOnline.com

Employment Development Department (EDD) *(See also: Job Assistance/Cal JOBS)*

Job resources and help with resumes.

5007 Broadway, Sacramento, CA 95820

(916) 227-0330

www.edd.ca.gov

Golden Sierra Job Training Agency

Provides career counseling, job postings, vocational assessment, job seeking skills, and help with resumes, job referrals, and interviewing skills. Youth vocational services are available year-round for low-income youth ages 16-21.

1919 Grass Valley Highway, Suite 100, Auburn, CA 95603

(530) 823-4635

www.goldensierra.com

Loaves & Fishes - Mercer Veterinary Clinic for the Homeless

Individuals work for the day by a referral program.

1351 North C Street, Sacramento, CA 95811

(916) 446-0874

www.sacloaves.org/programs

Sacramento County Department of Human Assistance Employment Services

Informational 24-hour job line for public assistance recipients to get current information about job openings and referrals.

(916) 875-3333

www.dha.saccounty.net/Pages/Contact-DHA.aspx

Sacramento Employment and Training Agency (SETA)

Connects people to jobs, business owners to quality employees, education and nutrition to children, and assistance to refugees. Provides children, family and community, and workforce development services.

925 Del Paso Boulevard, Sacramento, CA 95815

(916) 263-3800

www.seta.net

To file unemployment insurance claim

www.edd.ca.gov

www.edd.ca.gov/Unemployment/Ways_to_File.htm

Legal Services

Department of Child Support Services

California's Child Support Services Program works with parents - custodial and noncustodial - and guardians to ensure children and families receive court-ordered financial and medical support.

11150 International Drive, Rancho Cordova, CA 95670

(866) 901-3212

www.childsup.ca.gov

Law Help California

Pro bono legal help with a variety of issues including disabilities and work with seniors.

www.lawhelpca.org/issues

Legal Center for the Elderly and Disabled

Free Civil legal assistance in areas such as: Social Security, landlord/tenant, foreclosure defense, Medicare, elder abuse, rights of the disabled, and consumer issues. The center will also help with filling out forms.

2862 Arden Way, Suite 200, Sacramento, CA 95825

(916) 486-2110

www.probono.net/

Mental Health Services

Asian Pacific Community Counseling

Promotes the mental health and wellness of Asian and Pacific Islander communities through culturally and linguistically relevant outreach, prevention, education, therapy, counseling, and recovery support services.

7273 14th Avenue, Suite 120-B, Sacramento, CA 95820

(916) 383-6783

www.apccounseling.org

California State University Sacramento Counseling/Psychological Services

Counseling provided by counseling graduate students.

6000 J Street, Eureka Hall 421, Sacramento, CA 95819

(916) 278-6252

www.csus.edu/wrc/resources/counseling.html

California State University Sacramento Student Health Services

Support services include general medical care, laboratory, x-ray, pharmacy, general family practice, optometry, and health education. Psychological services are available to all students for counseling and mental health issues.

Student Health Center

6000 J Street, Sacramento, CA 95819

(916) 278-6461

www.shcssacstate.org

El Dorado County Mental Health Department

Group and individual counseling services for child, adult, and psychiatric care.

670 Placerville Drive, Suite 3, Placerville, CA 95667

(530) 622-3345 – 24-hour

www.edcgov.us/Government/MentalHealth

El Hogar Community Services, Inc. - Guest House Homeless Clinic

Mental health services for homeless or at-risk of being homeless.

600 Bercut Drive, Sacramento, CA 95811

(916) 440-1500

www.elhogarinc.org/guest-house-homelessclinic

El Hogar Sierra Elder Wellness Program & Senior Link

3870 Rosin Court, Suite 130, Sacramento, CA 95834
 Wellness Program (916) 363-1553
 Senior Link (916) 369-7872
www.elhogarinc.org/contact

Jewish Family Services

Provides adult mental health services.

2862 Arden Way, Suite 103, Sacramento, CA 95825
 (916) 484-4400
www.ehealthscores.com/providers/izd-lstxsfllsq/JEWISH-FAMILY-SERVICE-OF-SACRAMENTO.html

Kognito

Promote emotional wellness on college and university campuses. Role-playing simulations for faculty, staff, students, and student leaders to create real-life conversations. (Note: Folsom Lake College has purchased this program.)

www.kognito.com

La Familia Counseling Center

Counseling and Mental health services

5523 34th Street, Sacramento, CA 95820
 (916) 452-3601
www.lafamiliacounseling.org

National Alliance on Mental Illness (NAMI)

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

(800) 950-NAMI
 or text "NAMI" to 741741
www.nami.org/About-NAMI

Mental Health First Aid

An 8-hour course that teaches individuals how to identify, understand, and respond to signs of mental illnesses and substance use disorders. The training gives participants the skills needed to reach out, provide initial help, and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

(530) 621-6226
 (888) 244-8980
www.mentalhealthfirstaid.org/cs/take-a-course

Sacramento County Mental Health Center

Sacramento County mental health center provides 24-hour crisis services.

2150 Stockton Boulevard, Sacramento, CA 95817

(916) 875-1000

www.sacpros.org

Sacramento County Health & Human Services

Includes a variety of resources including alcohol and drug treatment and mental health services.

7001-A East Parkway, Suite 400, Sacramento, California 95823

(916) 875-7070

www.dhhs.saccounty.net/BHS/Pages/BHS-Home.aspx

Summit View Child and Family Services

Provides professional counseling and mental health services for adults and children. Offers outpatient mental health, residential treatment, special education services for children and adolescents, as well as a home specializing in working with sex trafficked youth. Specializes in treating adolescent girls who are suicidal and engage in self-harm behavior.

670 Placerville Drive, Suite 2, Placerville, CA 95667

(530) 644-2412

www.summitviewtreatment.org

Telecare El Dorado County Psychiatric Health Facility

Open 24-hours and county-operated. Has 16 bed acute psychiatric treatment/referral facility. Treatment team consists of a psychiatrist, social workers, nurses, psychiatric technicians, and mental health workers.

935 Spring Street Suite B, Placerville, CA 95667

(530) 621-6213

www.telecarecorp.com

Wellspace *(See also: Health Care & Disease Services)*

Formerly known as The Effort, Wellspace offers mental health counseling as well as inpatient and outpatient addiction treatment. In addition, physicians and medical staff provide healthcare and offer pregnancy/midwife services.

1820 J Street, Sacramento, CA 95811

Appointment (916) 737-5555

Primary Care (916) 550-5443

24 hour Suicide Crisis Line (916) 368-3111

24 hour Parent Support Line (888) 281-3000

Folsom Community Health Center

105 Dean Way, Folsom, CA 95630

(916) 983-3658

www.wellspacehealth.org

Recreational Organizations

Aquatic Center

Open year-round for your swimming fitness needs. Also provides lap swimming, aquacise, swimming lessons, and specialty programs.

1200 Riley Street, Folsom, CA 95630

(916) 355-8318

www.folsom.ca.us/city_hall/depts/parks/facilities/aquatic/default.asp

Cameron Park Community Services District (CPCSD)

The CPCSD administers fire and emergency services, parks, recreation, covenants, conditions and restrictions (CC&Rs), lighting and landscaping, solid waste disposal, and recycling.

2502 Country Club Drive, Cameron Park, CA 95682

(530) 677-2231

www.cameronpark.org

The Cave Teen Centers

The Summer CAVE day camp program is open to all incoming 6th graders through outgoing 8th graders.

Folsom Middle School

(916) 351-3505

www.folsom.ca.us/city_hall/depts/parks/events/programs/teen_programs/teen/default.asp

El Dorado Hills Community Park (EDHCSD)

Provides youth and adult activities, sports programs, Senior Center, parks and dog parks and more.

1021 Harvard Way, El Dorado Hills, CA 95762

(916) 933-6624

www.eldoradohillscsd.org

Folsom Athletic Association

Offers recreational activities of all types.

P.O. Box 835, Folsom, CA 95763

(916) 989-4752

www.folsomathleticassociation.org

Folsom City Zoo Sanctuary

403 Stafford Street, Folsom, CA 95630

(916) 351-3527

www.folsomzoofriends.org

Folsom Community Center/Parks & Recreation

Hosts parks and recreation events, sports, and activities.

52 Natoma Street, Folsom, CA 95630

(916) 355-7299

www.folsom.ca.us

Folsom Historical Society & Museum

Museum focuses on exhibits about Folsom's native people, the discovery of gold in California and the formation of mining camps, ethnic groups who contributed to this area, the formation of the town, railroad, prison, powerhouse, and later efforts at gold mining.

823 Sutter Street, Folsom, CA 95630

(916) 985-2707

www.folsomhistoricalsociety.org

Rotary Club

Active in humanitarian causes, community service projects, and fund-raising activities.

(916) 962-6216

www.clubrunner.ca/folsom

Sierra Moms' Club

Non-profit, member-led mother's club serving the greater Folsom and El Dorado Hills communities. Offers seasonal parties, playgroups, family outings, theater events, expert speakers, cooking club, book club, a twice-a-year free children's gear swap, and more, all for an annual membership fee of \$40.

P.O. Box 1522, Folsom, CA 95763-1522

www.sierramoms.org

Support Groups/Hotlines

2-1-1 Sacramento

Our Information and referral specialists are available 24 hours a day, seven days a week.

Assistance is available in multiple languages, and services are accessible to people with disabilities. Utilizing a comprehensive computerized database of more than 1,600 non-profit and public agency programs, trained information and referral specialists give personalized attention to each caller. Referrals include: employment and training, housing information, financial assistance, children's services, senior services, food programs, health care services, substance abuse, military and veteran services, emergency/crisis programs, transportation, and more.

Dial 211 or (800) 500-4931
or (916) 498-1000
Email info@211sacramento.org

Alcoholic Anonymous (Central California Fellowship)

A self-supporting group that helps each other through their own contributions.

9960 Business Park Drive, Suite 110, Sacramento, CA 95827
(916) 454-1771
24-hour hotline (916) 454-1100
www.aasacramento.org

Alcohol and Drug System of Care

3321 Power Inn Road, Suite 120, Sacramento, CA 95826
(916) 874-9754
www.dhhs.saccounty.net/BHS/Pages/Alcohol-Drug-Services/Alcohol-and-Drug-Services.aspx

ADHD – The National Resource Center on ADHD (CHADD)

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD), is a national non-profit organization providing education, advocacy, and support for individuals with ADHD. Provides information on research advances, medications, and treatments affecting individuals with ADHD.

www.chadd.org

American Association of Poison Control

Offers free, confidential medical advice 24 hours a day, seven days a week through the poison help line for poisoning information.

(800) 222-1222
www.aapcc.org

American Cancer Society

Funds and conducts research, shares expert information, supports patients, and spreads the word about prevention.

1545 River Park Drive, Suite 100, Sacramento, CA 95815

(916) 446-7933

helpline (800) 227-2345

www.cancer.org

American Diabetes Association

Seeks to improve the lives of people affected by disease, via quarterly education meetings; peer support; patient, professional and public education; information; and referral.

1900 Point West Way, Suite 212, Sacramento, CA 95815

(916) 924-3232

www.diabetes.org

American Heart Association/American Stroke Association

The American Heart Association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. Support groups in various locations.

American Heart Association

(800) AHA-USA-1 or (800) 242-8721
or Outside US (214) 570-5978

American Stroke Association

(888) 4-STROKE or (888) 478-7653
www.strokeassociation.org

Folsom Stroke Support Group

(916) 988-4010
(800) 787-6537

National Stroke Association

Provides free resources and education across the full continuum of stroke—prevention, acute treatment, and rehabilitation.

www.stroke.org

Arthritis Foundation

Provides information and resources, access to optimal care, advancements in science, and community connections. Guides families in developing personalized plans.

1851 Heritage Lane, Suite 183, Sacramento, CA 95815

(916) 368-5599

Toll free (844) 571-HELP

www.arthritis.org

Birth & Beyond and the Family Resource Center *(See also: Family Services)*

Home visitation program that provides family support services to pregnant women and families with children through five years of age in the home.

6015 Watt Avenue, North Highlands, CA 95660

(916) 679-3925

www.wellspacehealth.org/birth_and_beyond.htm

Burn Recovery Support Group

The Burn Recovery Support Group is a monthly meeting where survivors and their families, discuss issues and raise questions related to their injury.

Davis Medical Center

Director's Conference Room

2315 Stockton Boulevard, Sacramento, CA 95817

(916) 734-3636

www.ucdmc.ucdavis.edu/medicalcenter/patients/burn_recovery.html

California Smokers' Help Line

Provides free telephone counseling, self-help materials, and online help in six languages to help quit smoking.

909 12th Street, Sacramento, CA 95814

(916) 208-5900

(800) 662-8887

www.nobutts.org

California Youth Crisis Hotline

Toll-free, 24/7 crisis line can help youths find shelters, youth-serving medical clinics, and on-going counseling services.

(800) 843-5200

(916) 514-4464

www.calyouth.org/ca-youth-crisis-line

Chemical Dependency Recovery Program - Kaiser

Helps individuals lead a chemical-free life, assists the family in their own recovery, and helps identify healthy ways for the family to respond to and support the chemically dependent individual during the recovery process.

8247 E. Stockton Boulevard, South Valley Centre, Sacramento, CA 95828

(916) 525-6100

thrive.kaiserpermanente.org/care-near-you/northern-california/southsacramento/departments/chemical-dependency-services/

CHADD of Greater Sacramento

The national resource on ADHD.

UC Davis Medical Center MIND Institute

2825 50th Street, Sacramento, CA 95817

(800) 233-4050

www.chaddgreater Sacrament o.wordpress.com

Cocaine Anonymous Sacramento

Fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problem and help others to recover from their addiction.

4445 Fruitridge Road, Sacramento, CA 95820

(916) 469-6588

(866) 995-6118

www.norcalca.com

Co-Dependence Anonymous

Working with men and women whose common purpose is to build healthy relationships.

English (888) 444-2359

Spanish (888) 444-2379

www.coda.org

Community Crisis Lines

Provide 24-hour availability to teens, children, and families in crisis.

Auburn	(530) 885-2300
Davis	(530) 753-0797
Lincoln	(916) 645-8866
El Dorado County	(530) 622-3345
Roseville	(916) 773-3111
Sacramento	(916) 732-3637
West Sacramento	(916) 371-3779
Woodland	(530) 668-8445

Depression & Bipolar Support Alliance (DBSA)

Provides hope, help, support, and education to improve the lives of people who have mood disorders.

Peer-based, wellness-oriented, and empowering services and resources are available 24/7 in local support groups, in audio and video casts, or in printed materials.

(800) 826-3632

www.dbsalliance.org/

El Dorado Council on Alcoholism – EDCA Lifeskills

Lifeskills is a private rehabilitation facility located in Placerville and specializes in the treatment of substance, drug, and alcohol abuse.

893 Spring Street, Placerville, CA 95667

(530) 622-8193

www.rehab.com/el-dorado-council-on-alcoholism-lifeskills/5540611-r

Elder Option, Inc.

Helps develop a plan of care, conduct family meetings to address family/client issue and provide solutions for older adults, individuals with chronic illnesses or special needs, and their families.

1024 Iron Point Road, Folsom, CA 95630

(916) 391-8083

Placerville (530) 626-6939

(800) 336-1709

www.elderoptionsca.com

Elite Rehab Placement

Works with a wide-range of drug and alcohol rehab facilities to make sure that individuals receive the proper treatment based on their needs, financial situation, insurance plan, and a number of other factors.

(877) 859-8445

www.eliterehabplacement.com

Families for Children

Full service California non-profit adoption and foster family agency. Assists permanent adoptive families for California children currently in foster care and provide caring, short-term foster homes for children temporarily removed from their biological parents.

8801 Folsom Boulevard, Suite 175, Sacramento, CA 95826

www.families4children.com

Firefighters Burn Institute

Provides recovery programs for burn survivors, providing fire and burn prevention through public education; funding education for burn team professionals, firefighters, and burn survivors; and supporting burn treatment and rehabilitation research.

3101 Stockton Boulevard, Sacramento, CA 95820

(916) 739-8525

www.ffburn.org

Folsom Crime Tip Hotline

Anyone with information about recent thefts should call the City's Crime Tip Hotline.

Anonymous Tip line (916) 930-1098

www.folsom.ca.us/news/displaynews.asp?NewsID=655&TargetID=1

Gamblers Anonymous

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

Oak Hills Church

1100 Blue Ravine Road, Folsom, CA 95630

(855) 222-5542

(916) 447-5588

www.gamblersanonymous.org

Healthy Place - For Your Mental Health

Provides authoritative information and support to people with mental health concerns, along with their family members and other loved ones. Information on psychological disorders, psychiatric medications, and other mental health treatments. Also has a mental health social network, online psychological tests, breaking mental health news, Healthy Place TV, a weekly live mental health TV show, and more.

www.healthyplace.com/about-healthyplace/about-us/about-healthyplace/

LGBT – Lesbian, Gay, Bisexual & Transgender National Hotline

Provides peer-support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity. Check online for meet up support groups.

(888) 843-4564

www.glbthotline.org

Sacramento LGBT Community Center

1927 L Street, Sacramento, CA 95811

(916) 442-0185

www.saccenter.org

Mothers Against Drunk Driving (MADD)

MADD is the nation's largest non-profit working to protect families from drunk driving, drugged driving, and underage drinking.

2233 Watt Ave, Suite 230, Sacramento, CA 95825

(916) 481-6233

(877) MADD-HELP

www.madd.org

Nar-Anon

The Nar-Anon Family Groups is primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to them.

First United Methodist Church

2100 J Street, Sacramento, CA 95816
(916) 446-5025

Oak Hills Church

1100 Blue Ravine Road, Room C1, Folsom, CA 95630
(916) 983-0181

www.nar-anon.org

Narcotics Anonymous

A nonprofit fellowship or society of men and women for those whom drugs had become a major problem. Recovering addicts meet regularly to help each other stay clean.

(800) 600-4673

(866) 565-2135

www.sacramentona.org

NA World Services: www.na.org

National Teen Dating Abuse Hotline

Seeks to engage, educate, and empower young people to prevent and end abusive relationships. Advocates support, information and advocacy to young people who have questions or concerns about their dating relationships.

(866) 331-9474

or text "Love is" to 22522

www.loveisrespect.org

Sex & Love Addicts Anonymous

A program for anyone who suffers from an addictive compulsion to engage in or avoid sex, love, or emotional attachment.

(916) 552-1442

www.slaafws.org

Smokers' Help Line

Fully trained in helping smokers quit. They are nonjudgmental in their approach and proactive in providing support. Helpline counselors are fluent in English, Spanish, Mandarin, Cantonese, Korean, and Vietnamese.

909 12th Street, Sacramento, CA 95814

(916) 208-5900

(800) 662-8887

www.nobutts.org

Stroke Support Group

1301 East Bidwell Street, Suite 201, Folsom, CA 95630
(916) 747-2392

Suicide Prevention Well Space Health

Operates the area's only 24-hour Suicide Crisis Line as well as a 24 hour Parent Support Line.

(916) 368-3111
(800) 273-8255
www.wellspacehealth.org/

United Cerebral Palsy - UCP

UCP educates, advocates, and provides support services to ensure a life without limits for people with a spectrum of disabilities.

4350 Auburn Boulevard, Sacramento, CA 95841
(916) 565-7700
www.ucpsacto.org

Uplift Family Services (EMQ Families First)

Foster care, adoption services, and therapeutic behavioral services.

9343 Tech Center Drive, 2nd Floor, Sacramento, CA 95826
(916) 388-6400
(916) 649-7158
www.upliftfs.org

USA National Suicide Hotline

The toll-free Lifeline provides 24/7, free and confidential support for people in distress, as well as prevention and crisis resources.

(800) 784-2433
(800) 273-8255
TTY (800) 799-4TTY (4889)
www.suicidepreventionlifeline.org

Victims of Crime Resource Center

Staff provides resources and referral information to victims and their families, victim service providers, and other victim advocates. Callers receive information on such matters as victims' compensation, victims' rights in the justice system, restitution, civil suits, right to speak at sentencing and parole board hearings, as well as information on specific rights of victims of domestic violence, elder abuse, child abuse, and abuse against disabled.

(800) 842-8467
www.1800victims.org

Transportation

Donate Your Car

Donate a vehicle in any condition, running or not. 100% goes to charity, free towing nationwide within 24-48 hours.

(800) 242-7489

El Dorado Transit

Local bus service to the public. Commuter service to Sacramento and Rancho Cordova. Dial-A-Ride curb-to-curb service seven days a week, 8am-5pm.

6565 Commerce Way, Diamond Springs, CA 95619

(530) 642-5383

(888) 246-2877

www.eldoradotransit.com

Folsom Dial-A-Ride

The Folsom Stage Line Dial-A-Ride is a curb-to-curb transportation service that provides residents who have a physical, developmental, or mental disability special means of commuting within the Folsom City limits. Senior citizens who are 55 years of age or older also qualify for this program.

50 Natoma Street, Folsom, CA 95630

(916) 355-8347

www.folsom.ca.us

Folsom Transit Department

The Folsom Stage Line buses run Monday through Friday. There is no weekend service available at this time. The local bus routes provide a convenient way for riders to travel to major employers and points of interest within Folsom.

1300 Leidesdorff Street, Folsom, CA 95630

(916) 355-8395

www.folsom.ca.us

Greyhound Bus Lines

Intercity bus carrier serving over 3,800 destinations across North America.

Roseville Bus Stop

201 Pacific Street, Roseville, CA 95678

(800) 231-2222

Sacramento Bus Station

420 Richards Boulevard, Sacramento, CA 95811

(800) 231-2222

www.greyhound.com

Need a ride?

Rideshare with Uber or Lyft. Download the app and get a ride from a friendly driver within minutes.

www.Uber.com

www.lyft.com

Regional Transit and Light Rail

1225 R Street, Sacramento, CA 95811

(916) 321-2800

www.sacrt.com

Utilities

Folsom Recycling Information

Provides cost-effective and efficient solid waste recycling and hazardous materials collection services for residential and business community.

1018 Riley Street, Folsom, CA 95630

(916) 355-8367

www.folsom.ca.us/city_hall/depts/admin/solid_waste/default.asp

Hazardous Waste

Pick-up service and safe and legal disposal of paint, motor oil, anti-freeze, rechargeable batteries, propane tanks, electronics, etc.

1300 Leidesdorff Street, Folsom, CA 95630

(916) 355-8367

www.folsom.ca.us/city_hall/depts/admin/solid_waste/hazmat/default.asp

PG&E

Provides customer service, relief for energy assistance.

151 N. Sunrise Avenue, Suite 513, Roseville, CA 95661

(800) 743-5000

www.pge.com

SMUD

Provides customer service and emergency line

6301 S Street, Sacramento, CA 95817

(888) 742-7683

www.smud.org

Veteran Affairs

2-1-1 Resources for Veterans

Resources include: housing, homeless housing, medical services, benefits, support services, counseling and veteran employment programs

www.211sacramento.org/211/online-database/categories/military

Department of Veteran Affairs (Folsom)

VFW Post 6604 Folsom is a very active organization and provides comradeship amongst its members. Home of nine veteran organizations and a number of Folsom civic organizations.

1300 Forrest Street, Folsom, CA 95630

(916) 985-7911

www.vfw6604folsom.org

Department of Veteran Affairs (County of El Dorado)

Assisting veterans and their families in navigating the bureaucracy of the U.S. Department of Veteran Affairs. Client are seen by walk in; appointments can be made for special needs or emergencies.

130 Placerville Drive, Suite B, Placerville, CA 95667

(530) 621-5892

www.edcgov.us/Veterans

Citrus Heights Vet Center

The Vet Center is staffed by a small, multi-disciplinary team of dedicated providers, many who are combat Veterans. They are available to help vets and their families with readjustment counseling, referrals, and outreach services.

5650 Sunrise Boulevard, Suite 150, Citrus Heights, CA 95610

(916) 535-0420

www.vetcenter.va.gov

National Guard Bureau Joint Services Support

This online resource provides services, programs, and information at assistance centers in armories nationwide.

www.jointservicessupport.org

Real Warriors

The program, run by the Defense Centers of Excellence for psychological health and traumatic brain injury, provides resources and help before, during, and after a deployment. Available 24/7.

(866) 966-1020

www.realwarriors.net

The Soldiers Project

A group of licensed mental health professional providing free counseling and support to military service members who have served or expect to serve in Iraq and/or Afghanistan, and their families.

(877) 576-5343

www.thesoldierproject.org/about/

Veterans Hotlines**Veterans Crisis Line**

(800) 273-8255 (Press 1) or Send a text to 838255

Homeless Veterans Hotline

(877) 4AID-VET (877) 424-3838)

Womens Services

El Dorado Women's Center

El Dorado Women's Center provides many resources for violence, and job training programs.

344 Placerville Drive, Suite 11, Placerville, CA 95667

(916) 626-1131

www.thecenternow.org

La Leche League

Nutrition and breastfeeding support to help mothers and mothers-to-be with all aspects of breastfeeding.

Leader Referral Line

(916) 442-5920

118 Woodmere Road, Folsom, CA 95630

(916) 990-3911

www.lllnorcal.org

Planned Parenthood

729 Sunrise Avenue, Ste 900, Roseville, CA 95661

(916) 781-3310

5700 Watt Avenue, North Highlands, CA 95660

(916) 332-5715

www.plannedparenthood.org/

YWCA

Offers a variety of programs to support women and girls, families and communities, including an Encore Breast Cancer Awareness Program, affordable housing and an array of classes and services.

1122 17th Street, Sacramento, CA 95814

(916) 264-8066

ywcaccc.org/

FOLSOM LAKE COLLEGE MAIN CAMPUS

10 College Parkway
Folsom, CA 95630
(916) 608-6500

EL DORADO CENTER

6699 Campus Drive
Placerville, CA 95667
(530) 642-5644

RANCHO CORDOVA CENTER

10259 Folsom Boulevard
Rancho Cordova, CA 95670
(916) 361-6321

LOS RIOS
COMMUNITY
COLLEGE
DISTRICT

www.flc.losrios.edu