

2017 Assistance Resource List

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Affordable Housing (Section 8)

Section 8 is the more common name for the Housing Choice Voucher Program. These vouchers are awarded to individual who meet certain income and earned income requirements. The goal of this program is to provide affordable low cost housing to low-income occupants.

Where to apply:

- **Placer County Housing Authority – (530) 889-7610**
11552 B Avenue, Auburn, CA 95603
- **Sacramento Housing & Redevelopment Agency – (916) 444-9210**
801 12th Street, Sacramento, CA 95814
- **Housing Choice Voucher – (916) 440-9210**
630 I Street, Sacramento, CA 95814

Bill Payment Assistance (www.needhelppayingbills.com)

These are six of the primary expenses that consumers need help paying in today's challenging environment. For additional assistance email: info@needhelppayingbills.com, include your STATE in the email.

- Grants and financial aid to help with electric bills and energy expenses
- Help with medical bills
- Free mortgage help and foreclosure preventions
- Debt help and reduction of credit card and medical debts
- Help with taxes, including income and property
- Lawyers provide pro-bono and free legal advice and aid

Car Seat Resources

Below is a list of agencies that assist parents and caregivers with installing child safety seats correctly.

Fire Departments

Roseville Fire Department (Placer County)

Jim Owens (916) 772-6300 or (916) 781-1215

Cosumnes Fire Department

Fire Station #71 (8760 Elk Grove Blvd.)

Jennifer Rubin (916) 405-7114

El Dorado Hills Fire Department, Station #86

(916) 933-6692 (3670 Bass Lake Rd.)

Safe Kids/Dignity Health

Low Cost Car Seat Program

Call (916) 864-5779

2 hour class & FREE CAR SEAT with fitting for qualified low-income families

Methodist Hospital (South Area)

7500 Hospital Drive

Mercy San Juan Hospital (North Area)

6501 Coyle Ave, Carmichael

UC Davis Health Care System

Low Cost Car Seat Program

Call (916) 734-9784

4900 Broadway, Suite 1650

CHP Offices

Limited FREE seats to eligible families (916) 681-2300 (6 Massie Ct., Sacramento)

By appointment ONLY, ask for car seat coordinator.

AAA Offices

Citrus Heights (Sacramento County)

6109 Sunrise Blvd.

Donna Kinnear (916) 560-0503

Auburn (Placer County)

2495 Bell Rd.

Robyn Gentry (530) 886-2540

Folsom

2405 Iron Point Rd. Ste. 130

Debbie Tidwell or Marie Punzal

(530) 295-6614 or (916) 351-2634

Kaiser Women's Health Department

Child Safety Class

Call (916) 614-4502.

Pregnant women 19 years or younger may attend a series of 5 childbirth and parenting classes (including a child safety class) for free. Available to Kaiser members only.

Child and Family Assistance (FREE STUFF)

- **24 Hour Parent Support Line: (888) 281-3000**
- **Children's Crisis Nursery: (916) 394-2000**
- **Kids First Family Resource: (916) 774-6802**. Offers a variety of FREE and low-cost programs & services to qualifying individuals. Family support, utility discount plan, counseling, housing stabilization services, and much more.
- **Healthy Family Program: (800) 880-5305**. Provides low cost health care programs for children. Includes health, dental and eye care.
- **North Roseville Recreations Center: (916) 789-7884**. Community Center that provides educational, recreational and social services at NO COST in a positive atmosphere that will allow disadvantaged children to reach their full potential.
- **Mother/Baby Program: (916) 456-1980**. A three-day supply of the following items – baby formula, food and disposable diapers. (Oak Park Campus). Distribution Center (916) 925-3240
- **River City Food Bank: (916) 446-2627**. May possibly have some diapers and milk if you ask for some when you receive an emergency food basket. (1800 28th Street, Sacramento)
- **Child Action: (916) 369-0191**. FREE child care information and referrals to child care centers, family day care homes, nursery schools and before and after school programs
- **SFBFS Mother/Baby Program: (916) 456-1980**. Provides emergency baby/toddler food, clothing, diapers, formula and hygiene items, miscellaneous baby and maternity items, baby furniture. Attendance in a parent education classes are required.
- **Folsom Cordova Community Partnership: (916) 361-8684**. FREE diapers and formula, rental and utility assistance, RT bus passes.
- **WellSpace Health North Highlands Family Resource Center: (916) 679-3925**. FREE kids clothes closet every third Monday.

Clothing Assistance

- **Sacramento Works One Stop Career Center Hillsdale: (916) 263-4100**. FREE clothing for job interviews only. Must call first to schedule an appointment.
- **Sacramento Clothes Closet SFBFS: (916) 456-1980**. FREE clothing for the entire family.
- **First Baptist Church of North Sacramento: (916) 922-9365**. FREE clothing to people in need.
- **Union Gospel Mission: (916) 447-3268**. Men & Women's emergency clothes.
- **Murph-Emmanuel African Methodist Church: (916) 332-7749**. Third Friday of each month we give away FREE food and clothes.
- **New Testament Baptist Church: (916) 344-0440**. Clothing giveaway on 2nd Saturday of each month.
- **WellSpace Health North Highlands Family Resource Center: (916) 679-3925**. Third Monday of each month FREE clothes closet.

Crisis Hot Lines:

- Child Protective Services – (916) 875-5437
- Domestic Violence – (800) 799-7233
- Mental Health Emergency – Placer County(530) 886-5401 / (888) 886-5401
- 24 Hr Parent Support Line – (888) 281-3000
- Sacramento Children’s Home – (916) 452-3981
- Substance Abuse Emergency/Alcohol & Drug Treatment Service – (916) 874-9754
- Suicide Prevention Crisis/Counseling – (916) 368-3111 or (800) 273-8255
- California Youth Crisis Line – (800) 843-5200

Dental Care Assistance:

- California Donated Dental Services: (530) 241-4222 or slear@DentalLifeline.org (Sue Lear DDS)
- County of Sacramento Dental Clinic: (916) 874-8300
- Sacramento City College Dental Clinic: (916) 558-2303
- Denti-Cal Provider Information: (800) 322-6384. Information about dentists who accept Medi-Cal.

Domestic Violence Resource in: Placer County

ABUSE IS: verbal assaults, emotional abuse, denial of rights, intimidation, isolation, physical abuse, and sexual assault.

Stand Up Placer – 24 HOUR CRISIS COUNSELOR: (800) 575-5352

- 24 hour emergency shelter (safe house) for women & children
- Emergency food, clothing & transportation
- Crisis response to hospitals
- Hospital accompaniment for rape victims
- In-person crisis intervention for victims & their families
- Legal & social services with temporary restraining orders
- Support groups
- Counseling

Stand Up Placer’s Safe House is located in a secure and confidential location, and offers women and children of Placer County who are escaping domestic violence a safe place to live and recover. We also offer battered women’s recovery and transitional housing program for substance abuse treatment and prevention. We offer support groups facilitated by crisis intervention counselors. We also provide individual, group, family and children’s therapy to victims of domestic violence, sexual assault and molestation. We provide legal advocacy as well as 24-hour emergency response to calls in Placer County.

www.standupplacer.org

Roseville: 700 Sunrise Ave. Ste. 160, Roseville, CA 95661 – (916) 773-7273

Auburn: 11985 Heritage Oaks, Ste. 200, Auburn, CA 95603 – (530) 889-8497

Domestic Violence Resources in: Sacramento County

Hotlines & Shelters:

- Domestic Violence Intervention Center of Citrus Heights/A Community for Peace: (916) 728-5613
- W.E.A.V.E. / Sacramento 24/7 Hotline: (916) 920-2952
- My Sisters House / Sacramento: (916) 428-3271
- St. John's Shelter for Women & Children/Sacramento: (916) 453-1482
- The Center for Violence-Free Relationships / Placerville: (530) 626-1450
- National Domestic Violence Hotline: (800) 799-7233

Children's Emergency Services:

- Sacramento Crisis Nursery: (916) 679-3600
- Child Protective Services (CPS) 24/7 Hotline: (916) 875-5437

Victim Assistance:

- Victim Witness Assistance Program: (916) 874-5701
- Victim Services Unit (notification of Abuser's release from jail): (877) 433-9069
- Victim Services Unit/Legal services: (877) 433-9069

Emergency Housing / Motel Vouchers / Shelters:

- Travelers Aid (**OFFER MOTEL VOUCHERS**) (916) 399-9646
- Salvation Army (**OFFER MOTEL VOUCHERS**) (916) 678-4010
- Gathering Inn / 201 Berkeley Ave./ Roseville: (916) 791-9355
- Home Start Inc. / 410 Riverside Ave./ Roseville: (916) 782-6667
- What Would Jesus Do, Inc.? / Roseville: (916) 786-9953
- Powerhouse Ministries / 311 Market, Folsom: (916) 983-0658
- Acres of Hope – women & children only / Applegate: (530) 878-8030 / Auburn: (530) 878-8030
- Hope, Help & Healing / 11960 Heritage Oak Pl., #20/ Auburn: (530) 885-4249
- St. John's Respite – women & children only / Sacramento: (916) 453-1482
- Next Move, Sacramento Area Housing / family shelter / Sacramento: (916) 455-2160
- Sacramento Area Housing / women's refuge / Sacramento: (916) 455-0415 or (916) 454-2120
- Mather Community Shelter / families / Sacramento: (916) 443-4688
- American Red Cross / 1565 Exposition Blvd. / Sacramento: (916) 993-7070
- Sacramento County, Department of Human Assistance / 2700 Fulton Ave. / Sacramento: (916) 874-2012

Eviction & Legal Assistance:

Any 3 day notice, or a 30 day notice should be treated as an **EMERGENCY** and **LEGAL ASSISTANCE** should be obtained **IMMEDIATELY**. Call the phone numbers below to **STOP** your eviction:

- Placer County Housing Authority (530) 889-7610
- Placer Dispute Resolution Services: (916) 771-0108
- River City Community Services: (916) 446-2627

NOTE: If a landlord wants to evict you, a notice or letter must be served to you by the landlord or an attorney. To **APPEAL** the eviction you **MUST** respond to the court within the given time frame. **IF YOU DO NOT RESPOND YOU MUST MOVE.** If you do not move, the sheriff's department can forcibly remove you from the premises.

Financial Counseling / Budget Coaching

- **ClearPoint Credit Counseling Solutions (Sacramento County):** (877) 422-9045
- **Crown Financial Ministries:** (800) 722-1976 (call for local chapter in your area)

Food Assistance – Roseville

- **CalFresh:** call to see if you qualify for a food benefit card today – (877) 847-3663, or www.calfresh.ca.gov
- **Placer Food Bank Information:** www.placerfoodbank.org – type in your ZIP CODE and find the nearest food distribution center near you.
- **Bridgeway Church:** (916) 408-6560 - call first for date and time of distribution
- **Metro Calvary Church:** (916) 774-9673 – call first for date and time of distribution
- **Global Food Bank:** (916) 387-9000 – call first for date and time of distribution
- **Twin Lakes Food Bank:** (916) 985-6232 – call first for date and time of distribution
- **Abundant Life Fellowship:** (916) 783-1989
- **St. Vincent de Paul's:** (916) 781-3303 (no zip code restrictions)
- **Salvation Army:** (916) 784-3382 (proof of zip code required: 95678, 95661)
- **Harvest Community Church:** (916) 771-4781 (proof of zip code required: 95678, 95677, 95747, 95765, 95661)
- **7th Day Adventist (Auburn):** (530) 885-4232 (proof of zip code required: 95602, 95603, 95604, 95713, 95663)
- **The Salt Mine (Lincoln):** (916) 645-3778 (proof of zip code required: 95648, 95640, 95699)

Food Assistance – Sacramento

- **Capitol City 7th Day Adventist Food Pantry:** (916) 381-5353
- **Carmichael 7th Day Adventist Food Closet:** (916) 487-8684 (Wed. 9a-12p)
- **Carmichael Presbyterian Church Food Closet:** (916) 483-9232. You must call 483-9232 between 10:00 a.m. and 12:00 noon to request food. Pick up food between 2:00 p.m. and 3:30 p.m. on the day you call. You will need to bring 2 (two) of the following forms of identification: Social Security Card, EBT Card, proof of your name and current address, photo identification.
- **Cordova Community Food Locker (CCFL):** (916) 364-8973
- **El Camino Baptist Church (Sacramento):** (916) 488-1522 (Fridays 12:30pm)
- **Fremont Presbyterian Church:** (916) 452-7132
- **Orangevale Food Bank:** (916) 304-3663
- **Our Lady of Lourdes Church:** (916) 925-5313
- **River City Food Bank:** (916) 233-4075
- **Sacramento Food Bank & Family Services:** (916) 456-1980
- **Sierra Arden Neighborhood Food Closet:** (916) 483-1942
- **South Sacramento Interfaith Partnership Food Closet:** (916) 428-5290 (The SSIP Food Closet serves needy families and individuals with emergency food within the following zip codes within the South Sacramento area: 95822, 95823, 95824, 95826, 95828, 95831, 95832. Call for details)
- **Sunrise Christian Food Ministry:** (916) 965-5431 (Residents of Fair Oaks, Citrus Heights, and Orangevale. Mon-Fri. 11:30a-3pm)

Foreclosure Assistance: Keep Your Home California (888) 954-5337

A FREE service for homeowners who have suffered a financial hardship, to help them stay in their homes, maintain an affordable mortgage payment and avoid foreclosure. Call to see if you qualify.

Furniture Assistance

- **Love Inc.** / (916) 383-3232. We work with local congregations to deliver a bed or beds to family members that don't have one, deliver food to a family without transportation, provide a kitchen table & chairs, and much, much more. info@loveinc.us
- **Furniture for Families** / (916) 635-0664 (screening involved, call first)

Homeless Assistance

- **Cirby Clubhouse** (916) 787-8995, 101 Cirby Hills, Roseville, CA 95661: A drop in center that provides housing resources and referrals. Monday – Thursday from 9:00 – 4:00 p.m. only.
- **Placer County Housing Authority.** (530) 889-7676. Call for info on availability.
- **Sacramento Housing and Redevelopment Agency.** (916) 440-1390. Call for info on availability.
- **The Gathering Inn** (916) 791-9355 (intake centers in Roseville & Auburn). Must be at the center by 8:00 am. Must have a current TB test & paperwork (or come in and be tested). Must be clean & sober. Must not be on Megan's law. Must show proof of Placer County Residency. Guests have access to showers, lockers, clean clothes and a place to relax. They can also receive healthcare, housing and employment opportunities.

Job Placement Assistance – Career Coaching “JOB ONE” Program

Weekly meetings & training sessions: Mon., 9am – 12pm (sign in 8:45am)

Location: 8303 Sierra College Blvd. Suite 140, Roseville, CA 95661

The registration fee for the Career Coaching Program is only \$30 to cover materials. Scholarships are available.

Register online: <http://granitebay.baysideonline.com/career-coaching/>

“The most successful job placement program in Northern California.”

- Effective Resume-writing
- Networking and partnering opportunities
- Job search effectiveness skills
- Interview preparation
- Self-assessment skills identification
- Special Speakers
- One-on-one coaching
- Mock interviews

Are there job openings? To receive open position information, job seekers should register with Placer County at <http://www.placer.ca.gov/jobs>

K-LOVE Radio – 89.7 – Positive & Encouraging Christian Radio

24/7 Prayer & Support - call & speak to one of our Pastors: (800) 525-5683

In addition to providing uplifting music, K-LOVE Radio has six full time pastors to give you Christian advice as you walk through the challenges of life.

“God can take the worst things....and turn them into something beautiful.”

Why should I follow Jesus?

The reality is, God loves you. He wants you to experience abundant peace and eternal life. He loves you so much that He sacrificed His only son to die for your sins. God did not create robots to automatically love and obey Him. He gave you free will and a choice. All too often, this free will caused a separation from God due to disobedience.

“For everyone has sinned; we all fall short of God’s glorious standard.” Romans 3:23

The Solution

The good news is that you matter to God. He’s given an avenue for forgiveness where you can restore your relationship with Him. He gave His Son Jesus to pay the death penalty by sending Him to the cross and raising Him from the grave.

“Christ suffered for our sins once for all time. He never sinned, but He died for sinners to bring you safely home to God.” 1 Peter 3:18

It’s not enough to just know this, or even agree with it. You must act on it.

1. Humbly admit to God that you need His forgiveness
2. Confess that Jesus is Lord and that He alone can save you
3. Believe in your heart that God raised Jesus from the dead to pay for your sins

“If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.” Romans 10:9

Legal Assistance

- **Child Advocates of Placer County:** (530) 887-1006
- **Child Support Assistance:** (866) 656-6642, www.supportkids.com
- **Placer Dispute Resolution Services (mediation only):** (916) 771-0108, www.pdrs.org
- **Legal Services of Northern California:** (530) 823-7560
- **Senior Legal Hotline:** (800) 222-1753
- **Placer County Legal Help Center:** (916) 408-6446, www.placerco.org

Medical Clinics and Medical Assistance

- **Roseville Community Health Center (free clinic):** (916) 978-1738
- **Placer County Community Clinic:** (916) 784-6444 (Roseville)
- **Capitol Health Network:** (916) 447-7222 (Sacramento)
- **Placer County Community Clinics / Auburn** (800) 829-7199 ext. 7215 (free medical svcs. for those who qualify)
- **FREE Clinic – Folsom Family Clinic:** (916) 983-3658
- **FREE Clinic – Mercy Clinic Loaves & Fishes / Sacramento:** (916) 446-3345
- **FREE Clinic – Del Paso Health Center / Sacramento:** (916) 648-0970
- **FREE Clinic – Primary Care Center / Sacramento:** (916) 874-8277
- **Medical Transportation - Seniors First Health Express:** (916) 745-7560 or (530) 745-7560
- **Medical Transportation - Dial-a-Ride:** (916) 745-7560

Placer County Adult Protective Services / Toll free: (888) 886-5401

The Placer County Health & Human Services Adult System of Care works with local agencies to provide a range of services for adults and older adults.

The division goal is to help adults in their care maintain as much independence and self-sufficiently as possible, while also receiving necessary medical and in-home support services. **Services include:**

- **Adult Mental Health Services Programs** - including therapeutic intervention, case management and support, skill development, medication and employment services.
- **Senior Peer Counseling** - a free and confidential service where county seniors receive weekly visits from counselors who are their peers, and who are trained to discuss mature-adult issues like grief, health difficulties, retirement or relocation.
- **Substance Abuse Treatment Programs** – including services to encourage self-help, out-client and residential programs.
- **In-Home Supportive Services Programs** – to provide older and disabled adults and children with domestic and personal care services which allow them to stay in their own homes and live their lives safely and with dignity.
- **ACCESS – Adult, Child & Community Emergency Services Systems** – for at-risk children and adults in emergencies and crises, to report child and elder abuse. This is a 24-hour service.
- **Adult Protective Services and Public Guardian** – a program to protect older and dependent adults from abuse and neglect.

The Placer County Network of Care: <http://placer.networkofcare.org/mh/>

The Placer county Network of Care is a **FREE** collaborative, **ON-LINE** resource designed to connect individuals and families with wellness improving information.

Some of the services you will find on the web site:

- Addictions & Substance Abuse
- Advocacy & Planning
- Clothing & Household
- Community Groups
- Crisis & Emergency
- Cultural Groups & Services
- Disability Assistance
- Domestic Violence
- Education
- Emergency & Safety
- Employment Support
- Families & Children
- Financial Assistance
- Food Assistance
- General Health Education & Prevention
- Health & Dental
- Housing/Homeless Services
- Information & Referral
- Insurance & Benefits
- Legal Services & Issues
- Mental Health & Wellness
- Recreation & Leisure
- Religion & Spirituality
- Seniors
- Support & Support Groups
- Transportation
- Veterans
- Victims/Survivors
- Volunteers
- Youth & Young Adults (ages 12-25)

Pregnancy & Adoption Resources

- Alternatives Pregnancy Resource Center: (916) 880-4040
- Sierra Pregnancy Health: (916) 624-8990
- Koinonia Family Services: (916) 652-5802
- Bethany Christian Services: 800-454-0454
- Family Connections Christian Adoptions: (916) 568-5966

Rent Assistance for “Placer County” Residents:

- Temporary Assistance for Needy Families: (530) 546-1900 (North Lake Tahoe only)
- HHS Program for disabled people: (530) 889-7240

Rent Assistance for “Sacramento County” Residents:

- Sacramento Housing & Redevelopment Agency: (916) 440-9210
- Sacramento Salvation Army HQ: (916) 563-3700
- Greater Sacramento Urban League: (916) 286-8600
- Powerhouse Christian Ministries: (916) 482-6774

Sacramento Information Resource Line: call 2-1-1 (or online 211.org)

2-1-1 calls are answered by an **Information & Referral Specialist**. Specialists are trained in navigating the maze of human service agencies and programs. *Bilingual Specialists are available.*

HOUSING

- Homeless Shelter
- Domestic Violence Shelters
- Human Trafficking Shelters
- Sexual Assault Shelters
- Maternity Homes
- Crisis Nurseries/Child Care
- Runaway/Youth Shelters
- Transitional Housing/Shelter
- Homeless Permanent Supportive Housing
- Low Cost Home Rental Listings
- Low Income/Subsidized Rental Housing
- Section 8 Housing Choice Vouchers
- Housing Search Assistance
- Shared Housing Facilities
- Rent Payment Assistance
- Mortgage Payment Assistance
- General Information

SUBSTANCE ABUSE

- Alcohol Abuse Prevention
- Drug Abuse Education/Prevention
- Smoking Education/Prevention
- Drug & Alcohol Detoxification
- Comprehensive Outpatient Drug/Alcohol Use Disorder Treatment
- Inpatient Alcoholism/Drug Abuse Treatment Facilities
- Residential Alcoholism/Drug Abuse Treatment Facilities
- Alcoholism/Drug Abuse Counseling
- Addictions/Dependencies Support Groups

HEALTHCARE

- Community Clinics
- Health Insurance Information/Counseling
- Medi-Cal Applications
- Adult State/Local Health Insurance Programs

- Prescription Drug Discount Cards
- Medicare Counseling
- Hospice
- Home Health Care
- Immunizations
- Pregnancy Tests

FOOD SERVICES

- Food Pantries (only specific zip codes served for some programs – type in your zip code on the following page for best results)
- Brown Bag Programs
- Formula/Baby Food
- Congregate Meals (Hot Meal Programs)
- Home Delivered Meals (For Seniors)
- Soup Kitchens
- Summer Lunch Programs
- CalFresh (Food Stamps/SNAP)
- WIC (Food Assistance for Pregnant Women and Young Children)

MENTAL HEALTH

- Individual/Family/Group Counseling
- Adolescent/Youth Counseling
- Marriage/Divorce Counseling
- Bereavement Counseling
- Anger Management
- Addictions/Dependencies Support Groups
- Bereavement Support Groups
- Parenting/Family Support Groups
- Suicide Prevention Hotlines/Helplines/Warmlines

FAMILY SERVICES

- Family Resource Centers
- Expectant/New Parent Assistance
- Baby Car Seats
- Breastfeeding Support Programs
- Crisis Pregnancy Hotlines

- Parenting Skills/Hotlines
- Parenting/Family Support Groups
- School Readiness Programs

FINANCIAL HELP

- Rent Payment Assistance (Only specific zip codes served for some programs – type in your zip code on the following page for best results)
- Mortgage Payment Assistance
- Home Rehabilitation Grants
- Home Rehabilitation Loans
- Utility Service Payment Assistance (Only specific zip codes served for some programs)
- Discounted Utility Services
- General Assistance

SENIORS

- Senior Housing Information and Referral
- Low Income/Subsidized Rental Housing
- Independent Living Communities/Complexes
- Assisted Living Referrals
- Skilled Nursing Facilities
- Home Delivered Meals
- Congregate Meals/Nutrition Sites
- CalFresh
- Food Pantries
- Brown Bag Food Programs
- Medi-Cal Applications
- Medicare Counseling
- Home Health Care
- Patient Rights Assistance
- Hospice Care

- Alzheimer's Disease
- Adult Protective Services
- Senior Advocacy Groups
- Aging/Older Adult Support Groups
- Disability Related Transportation
- General information

VETERANS SERVICES

- Homeless Veterans
- Transitional Housing/Shelter
- Homeless Permanent Supportive Housing
- Low Income/Subsidized Rental Housing
- Veterans Affairs Medical Centers
- Veteran Outpatient Clinics
- Mental Health Evaluation
- Veteran Benefits Assistance
- Social Services for Military Personnel
- Veteran Support Groups
- General Information

EMPLOYMENT

- One Stop Career Centers
- Resume Preparation Assistance
- Job Search/Placement
- Regional Occupational Programs
- Child Care Referrals
- English as a Second Language
- Career Counseling

Salvation Army – Assistance & Services

Assistance programs based on availability of funding, residence, and income qualification.

- Roseville: (916) 784-3382
- Sacramento: (916) 678-4010
 - Food Boxes: 6 times per year with 30-day waiting period between boxes.
 - Rent Assistance, Eviction Avoidance (call for details)
 - Utility Assistance with your PG&E bill: (call for details)
 - Utility Assistance with your SMUD bill: (call for details)
 - Water, Sewer & Garbage: (call for details)
 - Emergency lodging/shelter: (limited nights; call for details)
 - Bus Tickets & Gasoline Vouchers: must show valid CA drivers license, current auto registration and current proof of financial responsibility

Senior Citizen Assistance / Sacramento & Placer County

Information & Assistance

Seniors First / Senior Link / 800-878-9222

Senior Link is a free service for seniors who reside in Placer County as well as individuals that care for them. Need information or assistance, we'll link you to the programs and services in the community.

- Senior Lunch Program provides hot, nutritious lunches for adults 60 and older throughout Placer County in a congregate setting.
- Home-Delivered Meals provide hot, nutritious lunches for adults 60 and older, which are homebound and unable to prepare meals alone.
- Transportation Services If you no longer drive and cannot take public transportation, a volunteer driver will assist you with a door-to-door ride for your medical, dental, grocery shopping, banking and other needs.

In-Home Supportive Services

Personalized Homecare & Homemaker Agency / Sacramento (916) 874-9471 / Auburn (530) 889-7115

Personalized Homecare provides in-home services of personal care and homemaker services to frail, functionally impaired persons 60 years of age and older who are not eligible for County In-Home Supportive Services (IHHS) and can not afford to pay out of pocket for in-home services.

Medication Management & Home Health Care Management, Inc.

Placer & Sacramento Counties (800) 400-0727

Provides direct medication management and community education services to adults 60 years of age and older. Registered nurses help train the patient and caregiver(s) in the use of medication disbursement machines in their homes and provide follow-up assessments quarterly.

Minor Home Modifications and Repairs

Placer Independent Resource Services (PIRS) / 530-885-6100

PIRS is a nonprofit independent living center whose mission is to advocate, empower, educate the community, and provide services for people with disabilities enabling them to control their alternatives for independent living. The Home Modification/Repair services enable seniors to reduce the risk of falls and to assist with maintaining independence at home. Services include installation of grab bars, ramps, levered faucets, handles, or other controls, as well as minor home repairs such as leaking faucets, minor electrical repairs or reinforcing steps.

Additional Senior Resources:

- Eskaton Resource Line: (916) 334-1072
- Elverta Home Care: (916) 992-8920
- Placer County Seniors First: (800) 878-9222, ext. 214, or 216
- SeniorCareHaven.com (Referral & Placement Agency) (916) 532-9029
- Neighbors In Deed: (800) 878-9222, ext. 202
- Sacramento Food Bank & Family Services: (916) 456-1980
- Meals on Wheels: (877) 434-8075
- Senior Nutrition Senior Café: (800) 878-9222 (Placer County only)
- Seniors First/Friendly Visitor Program: (530) 889-9500 ext. 216 or 218
- Housing Placement Assistance: (800) 878-9222

- Health Express Medical Appointment Transportation: Sacramento (916) 745-7560/Placer (530) 745-7560
- Senior Companion Program: (916) 875-3622
- Home Instead Senior Homecare Services: (530) 885-3904 or (916) 920-2273
- Personalized Homecare Agency: (916) 979-4975
- In-Home Support Services: (530) 889-7240 - Placer County
- Senior Independent Services: (530) 885-7706 - Auburn
- ComForCare Senior Services: (916) 784-9233
- Respite & Recreation Program through Sutter Health: (916) 705-3552 / (530) 889-9500
- Alzheimer's Aid Society of Northern California: (800) 540-3340
- Home Safety & Repair Modification: (800) 878-9222 or (530) 889-9500 ext. 205
- City of Roseville/Seniors First: Handyperson Program: (800) 878-9222 x205

Substance Abuse Recovery Programs

- Substance Abuse CRISIS HOTLINE: (888) 886-5401
- Placer County Alcohol & Drug Treatment (24/7): (916) 787-8800
- Al-Anon Info Service: (916) 334-2970
- CCFAA (alcohol treatment program): (916) 454-1771
- Clean & Sober Sacramento: (916) 961-2691
- Central CA Fellowship of AA: 454-1100 (24/7)
- Gateway Foundation for Women (recovery, transitional living, counseling, etc.): (916) 451-9312
- Mercy Ministries for Women: (615) 831-6987
- Associated Family Therapy for Effective Recovery: (916) 344-0249

Substance Abuse Residential Programs / Transitional Housing

- Substance Abuse Residential Programs / Transitional Housing
- Acres of Hope - (530) 878-8030. Long term faith based renewal center serving homeless women with children under 12, by providing them with a safe and healing environment with effective, ongoing structured programming.
- Home Start – (916) 782-6667. Single parents or married families with children, or individuals working to reunify with their children. A one-year program, which includes drug & alcohol support groups, financial education, family violence and parenting classes including health clinic.
- Hope, Help & Healing, Inc. – (530) 885-4249. State licensed & certified drug & alcohol residential recovery treatment facility and sober living environment for men & women.
- NOR-CAL Clean & Sober Living – (916) 676-2825. Clean & sober living for men & women in recovery, also now offers a house for women & children.
- New Leaf – (530) 889-9195. Substance Abuse / Halfway house/ Transitional Housing in Auburn.
- Recovery Now – (916) 868-2207. Clean & sober living for men & women who are committed to working the program.
- Re-Entry California Treatment Center – (916) 223-3619 / (866) 720-3784. Drug & alcohol rehab, life skills, parenting skills, one-on-one or group therapy.
- Sacramento Valley Teen Challenge (Christian Based Program) (916) 443-3049 – The person needing help must take responsibility and call to set up an interview for themselves.

Suicide Prevention Hot Line for Advise / Counseling (available 24/7)

- Lincoln (916) 645-8866
- Roseville (916) 773-3111
- Sacramento (916) 368-3111

LOOK – your friend might not say, “I’m going to kill myself” but may give some hints such as:

- Fascination with death, suicide
- Withdrawing from friends and family
- Feeling hopeless
- Trouble concentrating
- Giving away belongings
- Not sleeping or sleeping a lot
- Extreme changes in eating habits

LISTEN

- Let your friend know you really care by talking to him/her seriously
- Tell your friend that, although right now suicide seems like the answer to their problems, there are always other solutions.
- Listen to their feelings, not just their words.

ACT

- Don’t keep secrets about your friend’s intentions
- Ask your friend to call the hot line for advise and counseling
- If they won’t call, **YOU CALL!**

Utility Bill Assistance

SMUD (Energy Assistance Program Rate)

- EMERGENCY payment arrangements: (888) 742-7683
- Home Energy Assistance Program (HEAP): (916) 567-5200
- Call Salvation Army (916) 678-4010
- Sacramento Info Helpline (916) 498-1000 or call 211 (211.org)
- Strategies 4 Change (800) 712-6600

PG&E

- EMERGENCY payment arrangements: (800) 743-5000
- Payment assistance (Project Go): (916) 782-3443
- Payment assistance (REACH) : (800) 933-9677 (through Salvation Army Program)

CITY OF ROSEVILLE UTILITY/ 774-5300

- For customers requiring additional time to pay their City of Roseville utility bill, payment arrangements *may be available*. Payment arrangements must be established prior to the customer’s final date to pay. To establish a payment arrangement the customer must come to the City of Roseville Finance Department located at 311 Vernon Street to sign the agreement. At that time the customer will be required to provide photo identification.

OTHER Utility Payment Assistance Programs (*while funds are available*):

- Sacramento Municipal Utility District (916) 875-1355
- Travelers Aid Society Utility Payment Assistance: (916) 399-9646 (SMUD customers only)
- Greater Sacramento Urban League: (916) 286-8656

Placer County Human Services – 1000 Sunset Blvd. #220, Rocklin (916) 784-6000

- Food Stamps
- Housing Voucher Program
- Medi-Cal Health Insurance
- Supplemental Security Income (SSI)
- Medical Care Services Program (MCSP)
- Cal Works

WWJD: What Would Jesus Do, Inc.? – (916) 786-9953 (Roseville)

They provide:

- Emergency shelter
- Food for a second day
- Transportation to medical or Social Security appointments
- Volunteer physician offers free medical care one morning a week
- Blankets
- Tarps
- Sleeping bags
- Toiletries
- Laundry soap
- Dog food
- Referrals to other homeless services
- SSI assistance
- Transportation to medical appointments
- Employment Development Department
- Veteran's agencies
- Disability services
- Transportation
- Breakfast served daily – *see schedule below**

***WWJD Breakfast is served at various locations via our MOBILE VAN:**

- **Monday** – Abundant Life Fellowship, 706 Atlantic Street, Roseville 8:00-9:00am
- **Tuesday** – Abundant Life Fellowship, 706 Atlantic Street, Roseville 8:00-9:00am
- **Wednesday** – Abundant Life Fellowship, 706 Atlantic Street, Roseville 8:00-9:00am
 - **Medical Clinic** 9:00a-11:00am, St. Vincent de Paul, 503 Giuseppe Court #8, Roseville
- **Thursday** – Abundant Life Fellowship, 706 Atlantic Street, Roseville 8:00-9:00am
- **Friday** – Abundant Life Fellowship, 706 Atlantic Street, Roseville 8:00-9:00am
- **Saturday** – No Service
- **Sunday** – Saugstad Park, 100 Buljan Drive, Roseville: 8:30-9:30 am

Youth Crisis Hot Lines

- Parent Support Line / 24 hours: (888) 281-3000
- California Youth Crisis Line / 24 hours: (800) 843-5200
- Child Find of America (missing or abducted children): (800) 426-5678 OR (800) 843-5678
- National Child Sexual Abuse Helpline (Darkness to Light, nationwide): (866) 367-5444
- National Center for Missing & Exploited Children: (800) 843-5678
- Suicide Prevention Crisis Line / 24 hours: (916) 368-3111 or (800) 273-8255
- S.A.F.E. (Self-Abuse Finally Ends, cutting): (800) 366-8288
- Sacramento County juvenile Hall (open 24 hrs): (916) 876-9301
- Youth/Adult Protective Services: Sacramento County (916) 874-9377 **OR** Placer County (888) 886-5401

Resources compiled by: Bayside Church of Granite Bay

8191 Sierra College Blvd. Roseville (916) 791-1244

Service times: Saturday – 4:15 & 6:00 pm, Sunday – 8:15, 9:45 & 11:30am & 7pm

For more information visit our web site: www.baysideonline.com

Care Connection

Our Care Ministry is here for you! Whether it's prayer, a chaplain call, a support group, counseling, financial assistance, memorials or premarital classes, we'll provide you with Christ-like care.

8303 Sierra College Blvd., Suite 146, Roseville
(916) 746-8602 or email care@baysideonline.com
Website: granitebay.baysideonline.com/care

Other Bayside Church Locations:

- **Midtown Sacramento Campus - (916) 706-2337**

2225 19th Street, Sacramento, CA 95818

Service Times: Sunday – 8:30, 10:00 & 11:30am & 7pm

- **Bayside of Folsom - (916) 791-1244**

500 Blue Ravine Rd. (Folsom Middle School) Folsom

Service Times: Sunday: 9:30am - Kids (8 weeks - 5th grade), 11:15am - Kids, Jr. High, Sr. High

- **Bayside Blue Oaks - (916) 791-1244**

10000 Alantown Drive, Roseville

Service Times: Saturday: 4:30pm, Sunday: 9:00 & 11:15am