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Helping Families Grow Healthy Children.

## COMMUNITY RESOURCES

### Sacramento Community Resources

Call 2-1-1

or 800/500-4931

#### Child Care Services

Child Action, Inc.	369-0191	<a href="http://www.childaction.org">www.childaction.org</a>
Elk Grove Unified School District	686-7712	
Folsom Cordova Unified School District	635-4301	
Head Start Programs	263-3864	<a href="http://headstart.seta.net">headstart.seta.net</a>
4 <sup>th</sup> R	808-6021	<a href="http://www.cityofsacramento.org">www.cityofsacramento.org</a>
START	808-6197	
Natomas Unified School District	567-5400	
Professional. Assoc. of Childhood Educators (PACE)	800/924-2460	<a href="http://www.pacepp.org">www.pacepp.org</a>
Sacramento City Unified School District	643-7800	<a href="http://www.scusd.edu">www.scusd.edu</a>
San Juan Unified School District	971-7375	<a href="http://www.sjUSD.edu">www.sjUSD.edu</a>
Twin Rivers Unified School District	566-1600 X 63350	<a href="http://TwinriversUSD.org">TwinriversUSD.org</a>

#### Health Resources

California Child Care Health Program	415/502-2825	<a href="http://cchp.ucsf.edu/">http://cchp.ucsf.edu/</a>
California Children's Services (CCS) Administration	875-9900	<a href="http://www.dhhs.saccounty.net">www.dhhs.saccounty.net</a>
Peach Tree Health	558-4800	<a href="http://pickpeach.org/">http://pickpeach.org/</a>
Center for AIDS Research, Education & Services	914-6305	<a href="http://www.caresclinic.org">www.caresclinic.org</a>
Child Health & Disability Prevention Program	875-7151	
Sacramento Covered	866/850-4321	<a href="http://www.saccovered.org">www.saccovered.org</a>
Health Rights Hotline	551-2100	
La Leche League	442-5920	<a href="http://www.llllocal.org">www.llllocal.org</a>
Pregnancy Care Guidance Program	888/824-BABY	
Sacramento County Health Center	874-8300	<a href="http://www.sacdhs.com">www.sacdhs.com</a> (21-65 years, no medical or insurance)
Sacto County Immunization Assist. Prog.	875-7468	<a href="http://www.sacdhs.com">www.sacdhs.com</a>
Regional Crisis Nursery Collaboration	877/kidsplace	
Sacramento Life Center	451-4357	Hotline 451-2273
The Option Line (Preganancy Help)	451-2273	
Wellspace Health	737-5555	
WIC Breastfeeding Advice Line	875-baby	(888) 824-baby
Women's Health Specialists	451-0621	<a href="http://www.womenshealthspecialists.org">www.womenshealthspecialists.org</a>

#### Birth and Beyond Family Resource Centers

La Familia Family Resource Center	452-3601
Folsom Cordova Comm. Partnership	361-8684
River Oak Family Resource Center	244-5800
North Sacramento	679-3743
Valley Hi/ Florin	290-8281
Meadowview	394-6300
North Highlands	679-3925
Mutual Assistance Network	927-7694

#### Public Health Nurse

North Office	648-0982
South Office	875-0900
<b>Planned Parenthood</b>	<a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a>
Midtown	446-6921
Capitol Plaza	444-7966
Fruitridge	452-7305
North Highlands	332-5715

#### Emergency & 24-Hour Crisis Lines

California Missing Children Hotline	800/222-3463
Child Protective Services	875-5437
Citrus Heights Women's Center	728-5613
National Center for Missing & Exploited Children	800/843-5678
Sacto County Sheriff Child Abuse Bureau	874-5191
Sacramento Sheriff	874-5115
Suicide Crisis Line	368-3111

Sacramento City Police	264-5471
24-Hour Parent Support Line	888/281-3000
California Poison Control System	800/876-4766
My Sister's House	428-3271
<a href="http://www.my-sisters-house.org">www.my-sisters-house.org</a>	24-hour domestic violence help for Asian-Pacific Islander women
WEAVE	920-2952 <a href="http://www.weaveinc.org">www.weaveinc.org</a>
	24-hour domestic violence/sexual assault crisis line



**Legal**

Legal Services of Northern California	551-2150
Child Care Law Center	415/558-8005
Small Claims Court	875-7846
Dept of Child Support Services	866/901-3212
Human Rights/Fair Housing Commission	551-2150
Mc George Community Legal Services	340-6080
Sacramento County Superior Court of CA	875-3400
Superior California Legal Clinic	972-1188

**Parent Advocacy**

Nor Cal Mental "SAFE" Program	855-5427
Adult & Family Advocate	

**Child Care Licensing Information**

Community Care Licensing (Centers)	263-5744
Community Care Licensing (Homes)	875-2808

**Job Search Assistance and Training**

Charles A. Jones Career & Education Center	433-2600
Sacramento Employment & Training (SETA)	263-3800
Sacramento WORKS Hotline	877/920-JOBS
Greater Sacramento Urban League	286-8600

**Counseling Services & Self-Help**

ACCESS Team	875-9980
Carmichael Presbyterian Counseling Center	483-2989
CSUS Center for Counseling	278-6252
Child & Family Institute (Mental Health)	736-0828
El Hogar Mental Health	441-3819
Well Space Health	368-3080
Jewish Family Service	486-0906
La Familia Counseling Center	452-3601
Mercy Med Clinic Behavioral Dept	924-6400
Life Practice Counseling	300-6576
New Pathways Counseling	452-7481

**Financial Assistance**

Dept of Human Assistance	874-3100
	Or 209/744-0499

**Free & Low Cost Food**

Emergency Food Link	387-9000
Loaves and Fishes	446-0874
Meadowview Community Action	399-9116
Sacramento Food Bank	456-1980
Union Gospel Mission	447-3268
WIC Food	427-5500

**Senior Citizens**

Senior Legal Hotline	551-2140
Area 4 Agency on Aging	486-1876
North Sacramento	
Grandparents Support Group	927-4196
American Association of	
Retired Persons (AARP)	866/448-3615
Retired Senior Volunteer Program	875-3631

**Housing - Emergency & Financial Assistance**

Lutheran Social Services	453-2900
Sacto Area Emergency Housing Center	455-2160
Sacto Housing & Redevelopment Agency	444-9210
Salvation Army Emergency Shelter	442-0331

St. John's Shelter for Women and Children	453-1482
Travelers Aid Emergency Assistance	399-9646
Volunteers of America	443-4688

**Multi Lingual Support Services**

Asian Pacific Community Counseling	383-6783
Asian Resources	454-1892
California Hispanic Resource Council	451-7151
Centro Guadalupe	443-5367
Galt Concilio	209/745-9174
Lao Family Community Development	393-7501
Mexican American Legal Defense & Education Fund	
	www.maldef.org
Sacramento Chinese Community Services	442-2523
South East Asian Assistance Center	421-1036

**Utility and Phone Bill Payment Assistance**

Community Resource Project (HEAP)	567-5200
Energy Assistance Program	866/675-6623
Meadowview Community Action	399-9116
PG&E CARE Program	800/743-5000
Salvation Army Social Services Center	442-0303
Folsom Cordova Community Partnership	361-8684
California LifeLine Program	866/272-0349

**Parenting Workshops**

Child Action, Inc	369-0191
Sutter Health Childbirth & Education	733-8800

**Special Needs Services**

Alta California Regional Center	978-6400
CA Sudden Infant Death Syndrome Prog.	800/369-7437
California Children's Services (CCS)	875-6091
Sacramento County Office of Education	228-2500
WarmLine Family Resource Center	922-9276

**Teen Resources Counseling & Intervention Services**

Wind Youth Services 24-hr. Crisis Line	369-5447
National Runaway Switchboard.	800/344-2785
California Youth Crisis Line	800/843-5200

**Miscellaneous**

U.S. Consumer Product Safety Commission	800/638-2772
National Stepfamily Resource Center	800/946-8112
Child Care Aware	800/424-2246

**Other Resource and Referral (R&R) Agencies**

To find an R&R in another CA county	800/543-7793
California R&R Network Office	415/882-0234
El Dorado County -Choices for Children.	530/676-0707
Placer County Office of Education Child Care Services	
	530/745-1380
Yolo County - City of Davis Child Care Services	
	530/757-5695
Yuba & Sutter County - Children's Home Society of Calif.	
	530/673-7503
San Joaquin County - Family Resource and Referral Center	
	800/526-1555
Solano Family & Children's Services	888/861-1594