



SACRAMENTO COMMUNITY RESOURCES

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| <ul style="list-style-type: none"> • Emergency #'s • Crisis #'s • Alcohol & Drug Recovery • Animal Control & Welfare • Bereavement • Child & Youth Services • Clothes Closets • Disabled | <ul style="list-style-type: none"> • Food & Shelter • Health • Home Ownership • Housing • Legal Services • Misc • Parenting • Seniors | <ul style="list-style-type: none"> • Tattoo Removal • Transportation • Utilities • Veterans • Victims of Crime • Volunteer |
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(all phone numbers are in the 916 area code unless otherwise indicated)

EMERGENCY #'s

Sheriff, Police, Fire,
Ambulance 911
[Infoline Sacramento](#)
498-1000
[24 Hour Child Abuse
Hotline](#) 875-5437
[Adult Protective
Services](#) 874-9377
[American Red Cross](#)
368-3147
[California Poison
Control System](#) (800)
876-4766
[California Missing
Children Clearinghouse](#)
(800) 222-3463
California Runaway
Hotline (800) 231-6946
California Youth Crisis
Line (800) 843-5200
Child Help, USA
Hotline (800) 422-4453

Child Protective
Services 875-5437
Crisis Line for the
Handicapped (800) 426-
4263
Crisis Nursery 394-2000
Diogenes Youth
Services (800) 339-7177
Food Stamp Information
Hotline (800) 952-5253
MADD (Mothers
Against Drunk Driving)
921-6233
Operation Lookout
(800) 782-SEEK
National Center for
Missing and Exploited
Children (800) THE-
LOST
National Domestic
Violence Hotline (800)
799-7233
National Runaway
Switchboard (800) 621-
4000
Parent Support Line
349-2005

Poison Control Center
(800) 876-4766
Poison Control (800)
342-9293
Pregnancy Hotline 451-
2273
Psychiatric Crisis
Service 732-3637
Sacramento City Police
(city) 911 or 264-5151
Sacramento County
Mental Health Center
874-1000
Sacramento Sheriff
(county) 911 or 568-
5115
[Sex Offender Registry](#)
Suicide Prevention
Crisis Line 368-3111
Travelers Aid
Emergency Assistance
929-1975
Victims of Crime
Resource Center (800)
VICTIMS
Volunteers in Victim
Assistance 489-3333

WEAVE (24 hrs hotline) 920-2952
Youth Crisis Hotline
(800) 843-5200

CRISIS #'s
CRISIS
CHILD/YOUTH

24 Hour Child Abuse Hotline 875-KIDS
<http://www.sacdhhs.com/article.asp?ContentID=151>

The Child Abuse Hotline takes confidential reports of suspected child abuse and/or neglect from mandated reporters and other citizens.

California Missing Children Hotline (800) 222-FIND
<http://ag.ca.gov/missing/content/clearinghouse.htm>

California Youth Crisis Line (800) 843-5200
www.calyouth.org/
Provides crisis intervention counseling on many issues including family problems, sexual assault, eating disorders, teen pregnancy and suicide. CCY offers support, encouragement, and referrals to youth needing assistance or in crisis situations.

Child and Family Institute 736-0828
<http://child-familyinstitute.org/>
4545 Ninth Avenue,
Sacramento, CA 95820
Hours: Monday to Friday,
8:30 p.m. to 5:00 p.m.
Sacramento Child Sexual Abuse Treatment,

Voluntary Treatment and Play Therapy, Abuse Reactive/Juvenile Offender Treatment, Child Neglect Treatment, Mental Health Outpatient Services to the Homeless, Child Abuse Treatment Specialists (CATS), Outreach/Home Based Services, Information and Referral Phone Line, Prevention and Education Programs.

Child Find Hotline (800) 426-5678
<http://www.childfindofamerica.org/>
Counseling, medical services, shelter, crisis centers, AIDS testing, transportation info.

Child Protective Services (CPS) 875-6590, 875-5437 24 hour reporting line
www.sacdhhs.com/article.asp?ContentID=151

Child Quest International (408) 287-4673; Sightings: (888) 818-HOPE, (888) 818-4673
www.childquest.org
Child Quest International is a non-profit organization dedicated to the protection and recovery of missing, abused and exploited children, and at-risk adults. Our services are offered free to all victims and their families: Parental/Non-Custodial Abductions; Stranger Abductions; International; Runaways and At-Risk Youths and Adults;

Counseling and Legal Assistance; Education.

Children's Receiving Home of Sacramento
482-2370
www.crhkids.org

Diogenes Youth Services 363-9943, 24 hour (800) 339-7177
www.diogenesnet.com
9837 Folsom Blvd., Suite L, Sacramento, CA
Hours: Monday to Friday, 8:30 a.m. to 5:00 p.m.
Two programs:
1. Transitional Living Program (supervised group home for older youths 16-18, pregnant females accepted, no waiting list)
2. Transitional Housing Program (2 bedroom subsidized apts for adults 18-21, single families welcome, waiting lists).

National Center for Missing & Exploited Children (800) 843-5678, (800) THE-LOST
www.missingkids.com
This hotline is for those seeking assistance in locating, or wishing to report information regarding, missing or exploited children.

National Child Abuse Hotline (800) 4-A-CHILD
www.childhelpusa.org

National Runaway Switchboard 1-800-RUNAWAY
www.nrscrisisline.org
Crisis intervention, counseling, message center for kids & adults, confidential.

Parental Child Abduction Unit, District Attorney 874-8750
www.da.saccounty.net/childabduction/

Locates and reunites custodial parents with their children who have been unlawfully taken and concealed by a non-custodial parent, relative or family friend.

Sacramento County Child Protective Services 875-5437 (KIDS)

<http://www.sacdhs.com/article.asp?ContentID=151>

Sacramento County Sheriff's Child Abuse Bureau 874-5191
www.sacsheriff.com

Sacramento Crisis Nursery 394-2000
<http://www.crisisnurseryonline.com>

Services ranging from therapeutic treatment for abused, abandoned and troubled children, to preventative services to strengthen at-risk families

DOMESTIC VIOLENCE

National Coalition Against Domestic Violence (NCADV)
www.ncadv.org/programs/CosmeticandReconstructiveSupport_118.html

The Cosmetic and Reconstructive Support (CRS) Program is the only direct service program that the National Coalition Against Domestic Violence (NCADV) offers to survivors. The NCADV works closely in

partnership with three medical associations to assist survivors of domestic violence who cannot afford the cosmetic and reconstructive surgery and dentistry needed to repair the injuries they have received from a spouse or intimate partner. Facial plastic surgeons, cosmetic dentists and dermatological surgeons from across the country volunteer their services to assist survivors in removing the physical scars of abuse.

FACE TO FACE Program offers facial plastic and reconstructive surgery to domestic violence survivors to repair injuries on the face, head and neck caused by an intimate partner or spouse. The toll-free number for the FACE TO FACE Program is 1-800-842-4546.
www.facetofacesurgery.org/

GIVE BACK A SMILE (GBAS) offers cosmetic dentistry to domestic violence survivors to repair injuries to the front teeth in the "smile zone" caused by an intimate partner or spouse. The toll-free number for the GBAS Program is 1-800-773-GBAS (4227).
www.aacd.com/foundation/index.asp

The program sponsored by the American Society for Dermatologic Surgery

(ASDS) was formally known as the Skin Care Outreach Empowers Survivors or S.C.O.R.E.S. is no longer recognized by ASDS as of 2004 although they still provide volunteers from their membership that offer dermatologic surgery to domestic violence survivors to repair skin injuries (scars, burns, tattoos) on the body caused by an intimate partner or spouse. The toll-free number for the program formally known as S.C.O.R.E.S. is 1-888-892-6702.

National Domestic Violence Hotline (800) 799-7233
www.ndvh.org/

My Sister's House 24 Hour Helpline 428-3271, Office 868-7820
www.my-sisters-house.org

My Sister's House exists to assist Asian/Pacific Islander women and children fleeing domestic violence through the provision of culturally appropriate and sensitive shelter and services. It's Safe Haven shelter offers shelter and support services for up to 90 days. Additionally, for domestic violence survivors of all ethnicities, a Women to Work Program helps provide the skills to secure jobs or better paying jobs and/or addresses other issues which may prevent women from being financially independent.

WEAVE Women Escaping
A Violent Environment 920-
2952

www.weaveinc.org

WEAVE is the primary
provider of
comprehensive services
to victims of domestic
violence and sexual
assault in Sacramento
County.

EMERGENCY & DISASTER

Governor's Office of Emergency Services

262-1621

www.oes.ca.gov/Operational/OESHome.nsf/1?OpenForm

Emergency public
information, disaster
preparedness &
assistance, blackout
notifications.

Red Cross 368-3147 or
1-800-696-3873 After
Hours

<http://sacsierraredcross.org/>

8928 Volunteer Lane,
Suite 100, Sacramento,
CA 95826

Hours: Monday through
Friday 8:30 a.m. - 4:30
p.m.

Focuses on meeting the
immediate emergency
needs of people affected
by disaster. Provides
shelter, food and health
and mental health
services to address basic
human needs. Also
provides relief activities
that enables victims of
disasters to resume living
independently by
providing the means to
pay for what they need
most, such as groceries,

new clothes and
medicines. All assistance
given on an individual
basis is based on verified
disaster-caused needs. All
Red Cross disaster relief
is given free of charge as
a gift from the American
people.

ALCOHOL & DRUG RECOVERY DRUG-REHABS.ORG

1-866-395-1680

www.drug-rehabs.org/California-Sacramento-drug-rehab.htm

To Find Drug Rehab and
Treatment Centers in
Sacramento.

ALCOHOL / DRUG OUT - PATIENT PROGRAMS

Sacramento Treatment Centers

http://alcoholism.about.com/od/tx_sacramento/Sacramento_California_Treatment_Centers.htm

Alcohol & Drug Prevention Treatment & Outreach 874-9754

www.sacdhhs.com/services.asp?CategoryID=1&UpLinkID=54/

Hours: Monday to Friday,
8:00 a.m. to 5:00 p.m.
Sacramento County
Department of Health and
Human Services.

Asian-Pacific Community Counseling Ctr 383-6783

www.apccounseling.org/
5330 Power Inn Road,
Sacramento, CA

Bilingual Asian
counseling, referral and
educational services. No
fee.

Bi-Valley Medical Clinic

442-3487

www.bi-valley.com

2100 Capitol Ave, #16,
Sacramento, CA

Clinic: M-F, 6:00 a.m. -

2:30 p.m., Walk in

\$311 for 21-Day

Withdrawal; \$370/month

Methadone Maintenance;

Spanish, Hmong, Mien,

Lao.

Chemical Dependency Center for Women 395- 3552

www.4drugrehab.com/facility-1383.html

1507 21st Street,
Sacramento, CA 95814

448-2951

7000 Franklin Blvd #110,

Sacramento, CA 95823

Hours: Monday to Friday,

8:30 a.m. to 5:30 p.m.

Fee of \$100 for 10

sessions including

childcare.

Community Connection Resource Center 552- 5980

www.community-connection.org/

1831 "I" Street,

Sacramento, CA

Serves ex-offenders -

employment development

& placement, resources,

substance abuse

programs, & referrals for

shelter, food, clothing.

Diogenes 363-0063

www.diogenesnet.com

9099 Tuolumne Drive,

Sacramento, CA

Youth and family crisis

counseling and shelter for runaway or abused youth. 24-hour telephone counseling service. No fee.

Gates Recovery Foundation 1-866-557-6237
<http://gatesrecovery.org/>
Non-profit organization that offers men and women dignified supportive settings for rehabilitation for drug and alcohol dependency.

La Familia Counseling Center 452-3601
<http://lafcc.com>
2111 28th Street, Sacramento
Spanish/English counseling available for youth ages 7-21 and families for problems including drugs and alcohol, child abuse and teenage pregnancy. No fee.

National Council on Alcoholism & Drug Dependence, Inc. 922-9217 (24 hrs)
<http://addictiondata.org/home.html>
650 Howe Ave., Suite 1055
Sacramento, CA 95825
Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m. (Office)
Substance abuse evaluations; individual and group counseling for alcohol and drug problem families and adolescent children. Sliding scale (\$20 - \$40 per visit). Some evening groups.

New Dawn Recovery Centers 723-1319
www.newdawnrecovery.com
7447 Antelope Road, Suite 103, Citrus Heights, CA 95621
New Dawn seeks to help those addicted to alcohol or drugs get and stay sober through a continuum of care—from medically monitored detox, through residential care, day treatment, and intensive outpatient, to aftercare. Programs: Residential Detox and Treatment Program, Day Treatment Program, Intensive Outpatient Programs, Adolescent Intensive Outpatient Program.

New Directions 966-4523
www.newdirectionsprogram.com/
7996 Old Winding Way, #300, Fair Oaks, CA
Alcohol and drug abuse treatment program for adolescents.

Sacramento Black Alcoholism Center 454-4242
3307 Broadway
Sacramento, CA 95814
Hours: Monday to Friday, 8:30 a.m. to 5:30 p.m.
Alcohol and drug abuse treatment for adolescents and adults on an outpatient basis in an environment sensitive to minority and cultural needs. Sliding scale.

Sierra Family Service, Inc 783-5207
www.sierrafamily.org/

424 Vernon Street
Roseville, CA 95678
Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m.
Substance abuse counseling for families and individuals; sliding scale.

The Effort 325-5556
www.theeffort.org
1820 J Street, Sacramento, CA
Services to drug dependent persons; group and individual counseling and general medical clinic; well child care and immunization; sliding scale.

ALCOHOL / DRUG **RECOVERY**

Alpha Oaks Associated Rehab Program for Women Inc 944-3920
8400 Fair Oaks Blvd, Carmichael, CA 95608
Substance abuse treatment, detoxification and halfway house - residential short-term and long-term treatment for women

Gateway Recovery House for Women 451-9312
www.gatewayforwomen.org
4049 Miller Way, Sacramento, CA 95817
Women only.

Mi Casa Recovery Home 394-2328
www.maap.org/programs/programs.cfm?id=8/
Contact Person: Ray Martinez, Residential

Services Manager
2515 48th Avenue
Sacramento, CA. 95822
e-mail:
remartinez.micasa@maap
.org

The Mi Casa Residential Program is a 20 bed licensed and certified residential program offering 30, 60, and 90 day alcohol and drug treatment programs. The program is open to men age 18 years of age and older at the Mi Casa Recovery Home. The Mi Casa Outpatient Program offers the following 12 week outpatient counseling programs: 1) Individuals in early recovery; and 2) Family Counseling. Mi Casa Treatment Services also manages transitional recovery homes for individuals as well as families in recovery.

People Reaching Out (PRO) 971-3300
<http://peoplereachingout.org/Programs.htm>
5299 Auburn Blvd.,
Sacramento, CA 95841
Hours: Monday to Friday,
8:30 a.m. to 5:00 p.m.
For youth and families to assist in identifying difficulties, and in preventing or deterring drug and alcohol problems by providing information and educational materials, referrals to treatment programs if needed. All services free.

River City Recovery Center 442-3979
500 22nd St, Sacramento,

CA 95816
Mens South Campus.

Sacramento Recovery House 455-6258
www.sacramentorecoveryhouse.org/
1914 22nd St,
Sacramento, CA
Men only.

ALCOHOL / DRUG
RESIDENTIAL PROGRAMS

BHC Heritage Oaks 489-3336
<http://www.psolutions.com/facilities/heritageoaks/index.html>
4250 Auburn Blvd,
Sacramento, CA 95841
Treatment program for adults and youth 12 years and older. Dual counseling program for chemical dependency and emotional problems. Private insurance accepted.

Charter Hospital 969-3333
101 Cirby Way, Roseville, CA
Treatment program for youth 12 years and older for adults. Dual counseling program for chemical dependency and emotional programs. Private insurance accepted, MediCal-Medicare.

Gateway Recovery House for Women 451-9312 (24 hrs)
www.gatewayforwomen.org
Hours: Monday to Friday,
9:00 a.m. to 5:00 p.m.
(Office)

4049 Miller Way
Sacramento, CA 95817
Residential program for alcoholic and drug-abusing women.

People Reaching Out 971-3300
www.peoplereachingout.org/
For the names of additional agencies in Sacramento that may be able to assist you.

CPC Sierra Vista Hospital 423-2000
8001 Bruceville Rd,
Sacramento, CA 95823
Treatment program for adults and youth 12 years and older. Dual counseling program for chemical dependency and emotional problems. Private insurance accepted.

Sutter Outpatient Drug & Alcohol Program 386-3077
www.suttermedicalcenter.org/psychiatry/chemdepemd.cfm
7700 Folsom Blvd,
Sacramento, CA
Treatment program for adult and adolescent chemical abusers ages 12-17 and their families.

ALCOHOL / DRUG
SELF HELP/REFERRAL PROGRAMS

Adult Children of Alcoholics 482-4554
Self-help program for adult children of alcoholics and dysfunctional families.

Al-Anon & Alateen 334-2970
www.al-anon-alateen.org

Alcoholics Anonymous
454-1100 (24 hrs)
www.alcoholics-anonymous.org

Cocaine Anonymous
927-5740
www.norcalca.com/schedules/sacramento.asp
Self-help recovery program for cocaine users.

ANIMAL CONTROL & WELFARE
LOW COST SPAY / NEUTER RESOURCES

ALL ABOUT PETS
Greenback & San Juan
Hours: 7:30 a.m. - 7:00 p.m., Mon - Fri
Spays and neuters on feral cats are free! All you need to do is drop off the cat in the morning and pick it up after 5:00 p.m.

All Pets Spay Neuter Clinic (North Highlands) 484-7729

Animal Birth Control & Health Clinic 344-8765
5910 Auburn Boulevard,
Citrus Heights, CA 95610
Low cost spay & neutering

Animal Outreach of the Mother Lode (530) 642-CATS
6200 Enterprise Drive,
Suite D, Diamond Springs, CA 95619
Low cost spay/neutering, FELV/FIV testing and vaccines.

Narcotics Anonymous
732-2299 (24 hrs)
<http://na.org/>

Phoenix House Hotline:
(212) 595-5810, ext. 7543
www.phoenixhouse.org/California/

The hotline provides information and referral services regarding drug and alcohol addiction and treatment.

Toll-Free Hotline (800) 600-4673 (24 hrs)

Animal Spay & Neuter Clinic 11458 C Street, Auburn, CA (530) 889-8800
They are a non-profit spay & neuter clinic offering very low rates.

Auburn Spay/Neuter Clinic (530) 889-8800
11458 C Avenue, Auburn, CA 95603
*A non-profit spay & neuter clinic offering very low rates.

Franklin Animal Hospital 452-5443

Greenback Veterinary Hospital (Fair Oaks)
725-1541

Highland Veterinary Hospital (North Highlands) 332-2845

La Riviera Animal Medical Clinic 361-9274

Lakeside Pet Clinic (Folsom) 983-7387

Self-help program for individuals who are attempting to recover from drug dependency and addiction.

Toughlove 485-3249
Self-help support program for parents troubled by children's behavior

Mack Road Animal Medical Center 391-6050

Natomas Animal Medical Center 925-6138

Northgate Pet Hospital
924-1329
3046 Northgate Blvd.
Low cost spaying & neutering.

Pet Care 791-9599
1014 Douglas Blvd.,
Roseville
"Affordable Veterinary Services"

Pets Vets of Folsom
983-8387

Placer County SPCA
487-4079
150 Corporation Yard Road, Roseville, CA 95661
This program is for Placer County residents owned pets only - while funds last. Our volunteers will call back and issue a voucher at a participating veterinarian's office.

Neuter cat or dog: \$5
Spay cat or dog: \$10

**Rancho Cordova
Animal Medical Center**
362-1863

**Reagor Pet Hospital
(Carmichael)** 971-1551

**Sacramento Area
Animal Coalition**
www.sacanimal.org/spay_neuter_new.html

**Sacramento Pets In
Need (S.P.I.N.)** 487-
4079 leave a message
We will pay one half of
the spay/neuter fee for
pets from low-income
owners and direct others
to contact low-cost clinics
or veterinarians.

Sacramento SPCA 383-
7387, ext. 9122
www.sspca.org
601 Florin-Perkins Road,
Sacramento, CA 95828
Offers low cost spays &
neuters in their on-site
clinic.

**Southgate Veterinary
Hospital** 428-6298

**Sunset Animal Medical
Center (Fair Oaks)** 967-
7768

[ANIMAL CONTROL &
WELFARE](#)
**LOW COST
VACCINATIONS**

Animal Den 456-4720
Also check your local
Petco Store for their
onsite vaccination clinics!

**Sacramento Area
Animal Coalition -
Spay/Neuter**
www.sacanimal.org/vaccines.html

**Sacramento City
Animal Control** 264-
5623
www.cityofsacramento.org/generalservices/animal_pages/
2127 Front Street

**Sacramento County
Animal Care and
Regulation** 875-5232
www.acr.saccounty.net
4290 Bradshaw Road

Yolano Veterinary

487-3596

BEREAVEMENT

**Bereavement Network
Resources of
Sacramento** 557-5883,
24 Hour Message Line
557-5882
Hours: Call for meeting
times and locations
Educational program /
sharing group, and
referrals concerning grief
over the death of a loved
one.

**Children's
Bereavement Art Group**
454-6555
2800 L Street, Suite 400,
Sacramento, CA 95816
Hours: Monday to Friday,
9:00 a.m. to 5:00 p.m.
Sessions: Monday to
Thursday, 6:30 - 8:30
p.m.
Creative outlets and peer
support for healthy grief
resolution. For children

ages 4-16 grieving a
significant death in the
last year.

Compassionate Friends
457-4096
This is a free support
group for parents who are
grieving the death of a
child.

Friends of Survival 392-
0664
Hours: Monday to
Saturday, 9:00 a.m. 5:00
p.m.
Outreach programs; for
families/friends after a
suicide death; peer
support and education for
survivors; Spanish by
arrangement.

**Sharing Program of
Sacramento** 424-5150
Hours: Call for meeting
times and places.
Support group for those
who have lost babies from
conception through early
infancy.

CHILD & YOUTH SERVICES

[CHILD & YOUTH
CHILD SERVICES](#)

**Big Brothers and Big
Sisters** 482-9300

**California Child Care
Resource & Referral
Network** 800-543-7793
www.rrnetwork.org/

Child Action 369-0191
www.childaction.org/
9961 Horn Road,
Sacramento, CA 95827
Hours: Mon to Thurs, 8am
to 4pm; Fri 1pm - 4pm

Telephone and walk-in appointments for subsidies; full or partial child care payments for low-income families; free information and referral for child care; Japanese, Spanish, and Russian speaking.

Child Find Of America Hotlines (800) I-AM-LOST, (800) A-WAY-OUT www.childfindofamerica.org

The (800) I-AM-LOST hotline is for parents who wish to report their children as missing. Child Find disseminates photos of missing children nationwide and works with the Federal Bureau of Investigation (FBI), local law enforcement agencies, and State missing children clearinghouses to attempt to locate children. The (800) A-WAY-OUT hotline is for parents who have thought about abducting their own child. Hotline staff offer them counseling about the consequences of, and alternatives to, parental abduction.

Childhelp USA Hotline: (800) 422-4453, Office: (480) 922-8212 www.childhelpusa.org
This hotline provides crisis counseling, information, and referral services to young people and adults regarding child abuse.

KidsPeace National Centers for Kids in Crisis
Hotline: (800) 334-4KID

(4543), Office: (610) 799-8000 www.kidspeace.org
This helpline provides counseling and information and referral services to children and parents in crisis.

Sacramento Crisis Nursery

24-Hour Parent Support Line 1-888-281-3000, Crisis Nursery North 679-3600, Crisis Nursery South 394-2000 www.crisisnurseryonline.com/

24 hr child care to children 0-6 yrs when their parents are experiencing some type of stressful situation which may put the child in an unsafe environment. Can stay anywhere from 24 hrs to 30 days.

San Juan Early Childhood Education
971-7375

5309 Kenneth Ave., Carmichael, CA 95608
Hours: Monday to Friday, 8:00 to 5:00 p.m.
Instruction and child care for children two years and nine months through sixth grade; priority given to low-income parents.

SETA Head Start 263-3804

925 Del Paso Blvd, Sacramento, CA 95815
Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m.
A Monday through Friday half day and full day classroom program that provides preschool children from low-income families the education,

medical care and social services they need. Also provides nutritious meals and educational services for children with disabling conditions.

Sex Offender Registry
www.sexcriminals.com/registration-notification/

CHILD & YOUTH YOUTH SERVICES

Another Choice, Another Chance 361-2089
Hours: Monday through Friday 9 am - 7 pm
Serves adolescents ages 12 - 25, sliding scale, service area - Sacramento County. Accessible and affordable drug and alcohol counseling, anger management, life-skills training, case management, pregnancy prevention, HIV prevention, and testing.

California Runaway Hotline (800) 231-6947
660 Chabolla Ave., Galt, CA 95632
Hours: Monday to Friday, 8:30 a.m. to 5:00 p.m.
Services include food, clothing, assistance with utilities and spanish speaking.

Focus Adolescent Services (800) 231-6947

Friday Night Live 228-2424
9738 Lincoln Village Dr.,

Sacramento, CA 95827
Hours: Monday to Friday,
8:00 a.m. to 5:00 p.m.
Sacramento County Office
of Education. School-
based program for Middle
and High School students.
Social service club for
teens to encourage drug
and alcohol free activities.

**Grant Union High
School District 263-
6532**

Offers after school
tutoring M-Th. Services
are offered at various
school sites throughout
the Grant District.

Jewish Family Service

921-1921
2239 Chase Dr., Rancho
Cordova, CA
Operates the TRAX
program at Cordova High
School, at-risk students
receive help with special
school projects,
homework, and receive
school supplies.

**La Familia Counseling
Center 452-3601**

5523 34th Street,
Sacramento, CA 95820
Offers multi-cultural,
multi-lingual counseling
and support services to
high risk youth; summer
activity and lunch
program also available.

**Neighborhood
Alternative Centers**

Crisis intervention
counseling program;
services to families with
youth exhibiting pre-
delinquent behaviors.

- 3201 Florin-
Perkins Road,

Sacramento, CA
95826, 875-0560
24-hours

- 577 Las Palmas
Ave, Sacramento,
CA 95815, 263-
4657
Hours: Monday to
Friday, 12:00
p.m. to 9:00 p.m.
- 7100 Bowling
Drive, #500,
Sacramento, CA
95823, 875-4610
Hours: Monday to
Friday, 11:00
a.m. to 7:00
p.m., by
appointment only.

Meadowview

**Community Action 399-
9116**

Job preparation;
academic enrichment
services including life
skills, tutoring, computer
skills and counseling.

Pacific Educational

Services 800-346-5891

www.pesprograms.com/

Serves youth in
Sacramento County with
classes in the following
subjects: lifeskills, drug-
alcohol, theft awareness,
alternatives to gang
membership, HIV
awareness, anger
management.

Project SAVE 228-2204

(Safe Alternatives and
Violence Education)

fmpro.scoe.net/programs/

FMPro

Project SAVE is a program
for adolescent first-time
offenders, ages 10 to
17, who have been
involved in violence or
weapons possession on or

near a school campus.
Project SAVE offers
alternatives for the less
sophisticated offender
who acts without thinking
or in response to peer
pressure, and who is not
yet intimately involved in
the juvenile justice
system. Project SAVE
requires parent
participation. Youth and
their parents or guardians
attend a six-hour
Saturday class that
addresses issues of
weapons and violence and
provides information and
skills related to effective
anger management,
refusal skills, choices and
consequences and
parenting skills.

Save Our Youth, Inc

(24 hrs) (800) 879-1231

8141 Fair Oaks Blvd #31,
Carmichael, CA 95608

Hours: Monday to Friday,
9:00 a.m. to 4:00 p.m.

(office)

In-home services,
parenting, pre-
employment and
planning, social
development, counseling
and problem solving.

SBAC (Sobriety Brings

A Change) 454-4242

2425 Alhambra, Suite F,
Sacramento, CA 95817

Hours: Monday to Friday,
8:30 a.m. to 5:30 p.m.

Works with all adolescent
chemical dependency;
sliding scale.

**Sutter Teen Clinic 733-
7000**

5271 F Street, Bldg C
Sacramento, CA 95819

Hours: Monday to Friday,

8:00 a.m. to 5:00 p.m.
Fee for services, Medi-Cal, insurance; comprehensive adolescent health care; maternity care; counseling for pregnant teens.

Training Towards Self-Reliance 920-8877

Services to increase opportunities for people with developmental disabilities to lead more independent and self-reliant lives. Offers after school programs, job search, conflict resolution, sports and recreation.

Youth Intervention

Services 875-0870
7220 24th Street,
Sacramento, CA 95822
Serves children who exhibit defiant, truant behavior, or substance abuse, victims, witnesses, or perpetrators of crime, and their families.

Wind Youth Center 483-8333, Hotline (800) 443-TEEN

www.windyouth.org/
300 Ahern Street,
Sacramento, CA 95814
Hours: Mon-Wed 8:30 a.m. - 3 p.m.;
Thurs 8:30 a.m. - 1 p.m.;
Fri 8:30 to 3 p.m.; Sat 11 a.m. - 12:30 p.m.
Outreach to homeless and runaway teenagers living on the streets, in abandoned buildings, in camps, etc. Provides hot meals, shower, laundry facilities and emergency clothing. counseling and referral services. On-site case manager for assessment, independent

study and preparation for GED or school referral and placement. Preparation for employment. Referral for medical and dental care. Opportunity for recreation and socialization.

**CHILD & YOUTH
TEEN PREGNANCY /
PARENTING**

Birth Project Clinic

447-5154
1900 T Street,
Sacramento, CA 95814
Hours: Mon-Fri. 8-5
Comprehensive Peri-natal and women's health care, case management, assistance with completing Medi-Cal applications, substance abuse prevention counseling and intervention services, parenting instruction and support, teen pregnancy prevention, and family planning. One-on-one support to mothers and fathers through Sister Friend and Brother Friend volunteer programs.

Early Head Start 971-7375

San Juan Unified School District
5309 Kenneth Ave,
Carmichael, CA 95608
Hours: Monday to Friday,
8:00 a.m. to 5:00 p.m.

Independent Adoption Center 723-6962

391 Taylor Blvd., Citrus Heights, CA 95610
Hours: Monday to Friday,
9:00 a.m. to 5:00 p.m.
Evening and Saturdays by appointment.

Laurel Ruff Teen Parenting Program

971-7375
Juan Unified School District
5309 Kenneth Ave.,
Carmichael, CA 95608
Hours: Monday to Friday,
7:00 a.m. to 6:00 p.m.

Off-Campus Alternative School 277-6394

Sacramento City Unified School District
4701 Joaquin Way, Room 12, Sacramento, CA 95822
Hours: Monday to Friday,
8:30 a.m. to 3:00 p.m.
Pregnant and parenting program for students under age 16.

Pacific Educational

Services 800-346-5891
www.pesprograms.com/
Parenting skills weekend workshops, sliding scale, court ordered 52 week child abuse treatment

Planned Parenthood

(800) 230-7526
address: call for outlying areas/addresses
Hours: 9am - 5pm
Provides STD/HIV testing and treatment; pap smear and breast exams; pregnancy testing; birth control; abortion services; sterilization; family planning. Low cost or free services.

Sacramento Life Center

451-4357, 451-2273 (24 hr)
Crisis pregnancy clinic. Provides free pregnancy testing, medical exams, and pregnancy verification by ultrasound.

Crisis pregnancy and post abortion counseling provided by professionally supervised counselors. Supportive and non-pressured environment for women seeking information on the positive and negative sides of every option.

School Age Parenting & Infant Development Centers:

Encino High School (916) 971-7375
1400 Bell Street,
Sacramento, CA 95825
Hours: Monday to Friday,
7:00 a.m. to 4:00 p.m.

Pacific High School (916) 263-6500
3800 Bolivar, North
Highlands, CA 95660
Hours: Monday to Friday,
7:00 a.m. to 4:00 p.m.

San Juan High School
(916) 725-6125
7551 Greenback Lane,
Citrus Heights, CA 95610
Hours: Monday to Friday,
7:00 a.m. to 4:00 p.m.

Sutter Medical Center
334-0188 Ext. 241
Sutter Medical Center,
Sacramento, operates two
comprehensive case
management programs
for teens who are
pregnant or parenting in
Sacramento County: The
Adolescent Family Life
Program and the Cal
Learn Program. They also
have a small program for
non-pregnant, non-
parenting siblings of the
clients in the other two
programs, the Adolescent

Sibling Pregnancy
Prevention Program.
Services are provided
without charge.

CLOTHES CLOSETS

Children's Clothes

Closet 264-4338
2718 G Street,
Sacramento, CA 95816
Hours: Tuesday to Friday,
9:00 a.m. to 2:00 p.m.
By appointment only;
serves children enrolled in
Sacramento City School
District only; must be
referred by school
attendance office;
children's clothing and
shoes, may apply every
semester.

Clothes Closet 971-7643

San Juan Unified School
District
7200 Fair Oaks Blvd,
Suite 100
Carmichael, CA 95608
Hours: Monday to Friday,
8:00 a.m. to 5:00 p.m.
Call for referral form.

Freemont Presbyterian Church Clothes Closet

452-7132
5570 Carlson,
Sacramento, CA
Hours: Thursday 9:00 to
11:00 a.m.
By appointment only;
serves children enrolled in
Sacramento City School
District only; must be
referred by school
attendance office;
children's clothing and
shoes, may apply every
semester.

Galt Community

Concilio (209) 745-9174
2718 G Street,

Sacramento, CA 95816
Hours: Tuesday to Friday,
9:00 a.m. to 2:00 p.m.
Online guide to thrift
stores in Sacramento.

Sacramento Clothing Closet 456-1980

333 Third Ave.,
Sacramento, CA 95817
Hours: Monday to Friday,
10:00 a.m. to 2:00 p.m.
Serves City of
Sacramento; walk-in;
bring identification;
clothing and shoes for
men, women and
children; Spanish and
Italian speaking.

Union Gospel Mission

447-3268 (24 Hrs)
www.onecaringperson.org

400 Bannon Street,
Sacramento, CA 95814
Clothing for men only.

WEAVEWORKS 554- 2412

www.weaveinc.org/
919 20th St, Sacramento,
CA 95814
Hours: Monday to
Saturday

DISABLED

Crossroads Diversified Services - Employment Services 457-1900

www.crossroadsdiversified.com/rehabservices.html

3823 V Street, Suite 1,
Sacramento, CA 95817
Vocational assessment
and planning, job seeking
skills, resume
preparation, job
development, job
placement, job coaching,
post-placement support,
employer consultations,
Social Security Advocacy.

Department of Rehabilitation 322-8500; 322-8643 (TTY)
www.dor.ca.gov

2225 19th Street,
Sacramento, CA 95818-1690

The department offers a variety of services for both individuals with disabilities and employers looking to hire qualified candidates. Services include: career education and training, job search, career assessment, transportation, independent living skills, assistive technology. There are four offices serving Sacramento County:

- 2000 Evergreen Street,
Sacramento, CA 95815, 324-3193
- 7840 Madison Avenue, Suite 160, Fair Oaks, CA 95628, 537-2640
- 9370 Studio Court, Suite 140, Elk Grove, CA 95758, 691-1762
- 7000 Franklin Boulevard, Suite 625, Sacramento, CA 95823, 262-1575

Head Trauma Support Project 568-6660

Information and referral to community resources.

NorCal Center on Deafness 921-1045 - Voice/TTY

www.norcalcenter.org
1820 Tribute Road, Suite A, Sacramento, CA 95815

Provides communication services, including assistive listening devices, realtime captioning and interpreting services.

Counseling for individuals and families as well as community education to consumers and service providers is also available.

Protection and Advocacy Inc. 488-9950

- Legal, (800) 776-5746
Business hours only
www.pai-ca.org/

Advocacy services for people with disabilities. Technical support and training for people with disabilities, their families and advocates.

Information/referral and community outreach is also provided.

Resources for Independent Living

446-3074 - Voice & TDD
www.ril-sacramento.org/
420 "I" Street,

Basement: Suite 3,
Sacramento, CA 95814
Provides services to persons with all forms of disability. Core services include Advocacy and Legislative Monitoring, Housing, Personal Assistant Services, Information and Referral, Peer Counseling, Independent Living Skills Training and Assistive Technology.

Society for the Blind

452-8271
www.societyfortheblind.org/

2750 24th Street,
Sacramento, CA 95818

Provides rehabilitation, low vision clinic, information and referral, public education, and products for independence for visually impaired and blind individuals, their families and friends.

Work Incentives Planning and Assistance Services

Work Incentives Planning and Assistance (WIPA) services provides accurate and individualized benefits planning services to SSDI and SSI beneficiaries. Services include explanations of applicable work incentives, developing individualized benefits analysis and ongoing work incentives management to maximize self sufficiency. To schedule an appointment: please contact Crossroads Employment Services at 1-866-936-4237.

FOOD & SHELTER

FOOD CLOSETS

Carmichael Presbyterian Church

483-9232
5645 Marconi Ave.,
Carmichael, CA 95608
Hours: Monday to Friday,
10:00 a.m. to Noon Food
Pick-up: 2:00 p.m. to
3:30 p.m.

Please telephone first;
bring identification and
agency referral; zip codes
served 95608, 95610,
95621, 95660, 95821,
95825, 95841, 95842

Central Downtown Food Basket 441-4002
1212 17th Street,
Sacramento, CA 95814
Hours: Tues-Fri 11 a.m. - 2 p.m., or until food runs out.
Groceries & USDA (814&816) on Thu only 1-3pm, at Goethe Hall, St Johns Lutheran Church, 1pm for disabled persons (must have proof of dis) available 4X per month.

Centro Guadalupe Food Locker 443-5367
730 S Street,
Sacramento, CA 95814
Hours: Monday & Thursday, 10:00 a.m. to Noon
Area served: City of Sacramento, Hispanic, all zip codes;
walk-in; bring identification.

Del Paso Heights Food Locker 927-6981
411 Hayes Ave.,
Sacramento, CA 95838
Hours: Monday to Friday, 10:00 a.m. to 2:00 p.m.
Serves Northeast area of Sacramento; walk-in; bring identification; one to four day supply of food.

Galt Community Concilio (209) 745-9174
660 Chabolla Ave., Galt, CA 95632
Hours: Monday to Friday, 8:30 a.m. to 5:00 p.m.
Services include food, clothing and assistance with utilities; Spanish speaking.

Meadowview Food Locker 395-4909

7724 24th St - St Anne's Rectory
Hours: T, W, Th 11:00 a.m. - 2:00p.m.
SS card & proof of address required for each person.

Mother Baby Program
456-1980
3333 Third Ave.,
Sacramento, CA 95817
Hours: Monday to Wednesday, 10:00 a.m. to 2:00 p.m.
Parents/caregivers with children age birth to 2 years; walk-in with verification of child's age (Medi-Cal card); provides baby formula; baby food and diapers.

Mother Baby Program of Del Paso Heights
456-1980
411 Hayes Ave.,
Sacramento, CA 95838
Hours: Monday to Wednesday, 10:00 a.m. to 2:00 p.m.
Parents/caregivers with children age birth to 2 years; walk-in with verification of child's age (Medi-Cal card); serves North area; provides baby formula, baby food and diapers.

North Sacramento Food Closet 922-6571
650 El Camino Ave.,
Sacramento, CA 95815
Hours: Monday, Wednesday and Friday, 10:00 a.m. to noon.
Services: 10:00 a.m. to 2:00 p.m.
Zip codes served 95815, 95821, 95825, 95833, 95838, 95866;

walk-in; bring identification.

North Sacramento Methodist Church 922-6571
650 El Camino,
Sacramento, CA, 95815
Hours: M,W,F 10-12
2 pieces of ID, USDA Commodities only, serves zipcodes: 95815, 821, 825, 833, 838 & 864.

Oak Park Food Locker
456-1980
3333 Third Ave,
Sacramento, CA 95817
Hours: Monday to Friday, 8:00 a.m. to 4:00 p.m.
Services: 10:00 a.m. to 2:00 p.m.
Walk-in; bring identification;
zip codes served: 95817, 95818, 95819, 95820, 95824, 95826;
1 to 4 day supply of food.

Rancho Cordova Community Food Locker 364-8973
10497 Coloma Rd.,
Rancho Cordova, CA 95670
Hours: M, W, F 9:30 a.m. - 1:30 p.m. (St. John Vianny Church)
Serves 95670, 742, 655, 683, 826, 827, 830, once every 30 days, SS ID required.

River City Emergency Services 446-2627
1322 27th St;
Sacramento, CA 95816
Hours: M-F 11:30-3 p.m.
once every 30 days, ID req., Medi-Cal cards best

Sacramento Food Bank Services 456-1980

www.sfbs.org/
3333 Third Ave,
Sacramento, CA 95817
Hours: Monday to Friday,
8:00 a.m. to 4:00 p.m.
Services: 10:00 a.m. to
2:00 p.m.
Walk-in or call for
information and referral.

SHARE - California

(800) 773-SHARE
Every month, SHARE
offers food packages
valued at \$30-\$35 for
only \$15 to anyone willing
to do any kind of
volunteering for just 2
hours a month; no
income restrictions.

Sierra Arden Food Closet 483-1942

890 Morris Ave
Located at Sierra Arden
United Church of Christ at
Morse and Northrop
Avenues.
Hours: T-F 10-11:45 a.m.
Provides food and clothing
to needy families; zips
95825 & 95864.

**W.I.C. (Women,
Infants & Children)**

427-5500
Hours: Monday to Friday,
8:00 a.m. to 4:30 p.m.
Clinic sites throughout the
County of Sacramento.
Serves low income
women, breast feeding or
pregnant, and children
ages 0 to 4 at nutritional
risk; most languages;
supplemental food
vouchers.

MEALS

Glory Bound Ministries
452-7078

4527 Parker Street,
Sacramento, CA
Church service 6 p.m.
Tues, Fri, Sun 11a.m. & 5
p.m. w/dinner following;
Spanish services Sat 4
p.m. & Sun 12 p.m.

**Loaves and Fishes
Dining Room** 446-0874

<http://sacloaves.org>
1321 North C Street,
Sacramento, CA 95814
Walk-in with lunch ticket
obtained at Friendship
Park; free hot lunch.
Hours: Mon - Fri, 7 a.m.
to 12:30 p.m.;
Sat, 8:30 a.m. - 12:15
p.m.;
Sunday, 8:30 a.m. to 11
a.m.

**Salvation Army Food
Boxes** 442-0303

www.tsatoday.org/www_sacramento.nsf
241 North 10th Street,
Sacramento, CA 95814
Food boxes are given out
Monday - Friday from
8:30 a.m. to 4:00 p.m.
People in need of
emergency assistance can
receive help with food up
to six times a year, and
not more than once in the
same month. There is a
list of items that people
need to bring in order to
quickly process their
request.

St. Lawrence Church
332-4777

4325 Don Julio Blvd,
North Highlands, CA
Hours: Thurs 6-7 p.m.

St. Philomenes 481-
6757

2428 Bell St (at El
Camino)
Meals are served at Hall
at 2320 El Camino; all
welcome.
Hours: Tue 6-7p.m.

St. Vincent De Paul
781-3303

www.svdop.org
141 Riverside, Roseville,
CA
Hot meals Tu-Th & Sat
12-1:30 &
Sun 2-4 p.m., clothes
vouchers T &
Th only 10-3 p.m.,
showers T, W, Th & Sat 9-
11 a.m.

Union Gospel Mission
447-3268

www.onecaringperson.org
400 Bannon Street,
Sacramento, CA 95814
Meals for everyone who
attends spiritual service;
service is daily at 7:30
p.m. and dinner at 8:30
p.m.; Sunday lunch after
11:00 a.m. service.
Shelter, clothing,
showers, referrals, detox.

**FOOD / SHELTER
SHELTERS**

**California Indian
Manpower Consortium
Community Services**

Block Grant 564-4053
4221 Northgate
Boulevard, #1,
Sacramento, CA 95834
Hours: Monday to Friday,
8:00 a.m. to 5:00 p.m.
No fee; emergency
services for low-income
Native Americans.

**Centro Guadalupe -
Catholic Social Services**
443-5367

730 S Street,
Sacramento, CA 95814
Hours: Monday to Friday,
8:30 a.m. to 5:00 p.m.
Sliding scale fee;
counseling services;
limited emergency shelter
for low-income (emphasis
on Spanish speaking).

Francis House 443-2646
1422 C Street,
Sacramento, CA 95814
Hours: Monday to Friday,
8:00 a.m. to 10:00 p.m.
Housing & employment
assistance, assistance
with emergency shelter
(motel vouchers for
families, children),
toiletries, short and long
term goal planning,
employment counseling
and referrals, referrals to
substance abuse
programs and
placements, advocacy
with landlords and all
public and private
agencies, free books and
reading materials,
christmas presents for
children, resource
information ("Street
Sheet", etc.), referrals for
clothing, furniture and
food, direct voucher aid
for (shelter, greyhound
discounts, bus tokens,
gasoline, identification,
drivers license, birth
certificates, haircuts).

**Loaves and Fishes
Housing Resources**
444-8216
sacloaves.org/
1321 North C Street,
Sacramento, CA 95814
Hours: Monday to Friday,
8:30 a.m. to 4:30 p.m.
Provides in-depth
assistance to find housing

for homeless; walk-in or
telephone.

**Maryhouse Loaves &
Fishes** 446-4961
1321 North C Street,
Suite 32, Sacramento, CA
95814
Hours: Monday to Friday,
8:00 a.m. to 9:00 p.m.
Homeless women and
families; day time drop-in
hospitality center;
includes breakfast,
laundry, showers,
diapers, formula;
counseling and self-help;
Spanish speaking.

**Meadowview
Community Action, Inc.**
399-9116
2251 Florin Road, #106,
Sacramento, CA 95822
No fee; emergency
housing; referral.
Hours: Monday to Friday,
9:00 a.m. to 5:00 p.m.

**Sacramento Area
Emergency Housing
Center Family Shelter**
455-2160
4516 Parker Ave.,
Sacramento, CA 95820
Hours: Monday through
Friday 8 am - 5 p.m.
Temporary emergency
shelter, meals,
transportation, health
services and clothing for
those housed at SAEHC,
within the limit of
available resources.
Length of stay determined
by need and ability to
function within shelter
rules, up to 60 days.
Counseling and case work
services, assistance in
locating permanent
housing and leased
transitional housing

program for families
needing to reestablish
credit. Medical referral
and medical care for
children provided.
Information and referral.
Workshops in parenting
and money management
for residents. Homeless
Education services offered
at Parker Avenue School,
Sacramento City Unified
School District Homeless
Education services for
grades 1 through 12,
Head Start for ages 3
through kindergarten.
Spanish speaking.

**Salvation Army Shelter
Services** 442-0331 (24
hrs)
www.tsatoday.org/www_sacramento.nsf
1200 North B Street,
Sacramento, CA 95814
Emergency Shelter
Program: lodging and
meals for homeless single
men and women for 30 to
120 days with a support
system of multiple
resources and specialized
programs. Job
development,
employment counseling,
mental health services,
recreational activities and
social service counseling;
substance abuse
counseling, Alcoholics
Anonymous, and
alternative housing.
Spiritual counseling,
Chapel Service and Bible
studies are offered. Some
job training offered.

Shelter Plus Care 875-
3581
[www.hud.gov/offices/cpd/
homeless/programs/splus
c/index.cfm](http://www.hud.gov/offices/cpd/homeless/programs/splusc/index.cfm)

Subsidized housing program for those with Mental Illness, Substance Abuse, HIV+ Aids; Case Managers must contact.

St. John's Shelter for Women & Children 448-0701

www.stjohnsshelter.org/
1321 North C Street,
Sacramento, CA 95814
Hours: Sunday to Saturday, after 3:00 p.m.
St. John's Shelter for Women provides a 14-to-30-day shelter stay. We also have an emergency shelter and support services including housing, advocacy, information, referrals, counseling, discussion groups, classes, and children's program nightly.

Travelers Aid Emergency Assistance
929-1975

450 West El Camino Ave.,
Sacramento, CA 95833
Hours: M-F 8-12 & 1-5;
attendants on duty after 5:30PM
Emergency services (which includes casework intervention and direct assistance for emergency shelter); transitional housing emergencies; emergency shelter vouchers for homeless families; may pay part of the rent in an emergency. Information and referral service after hours.

Union Gospel Mission
447-3268 (24 hrs)
www.onecaringperson.org
400 Bannon Street,
Sacramento, CA 95814

Spiritual help and beds, clothing, food and counseling service for men. Check-in time for overnight (6:30 p.m. - 6:30 am) guests is from 6:30 p.m. to 6:45 p.m. on a first-come/first-served basis. Attendance at Gospel service each day at 7:30 p.m. is mandatory. Dinner at 8:30 p.m. Lunch is served Sundays after the 11 am service. Meals are open to everyone who attends the service-men, women and children. Clothing for men Monday through Saturday 9 - 11 am and 1 - 2:45 p.m.

DRUG AND ALCOHOL PROGRAM: apply Monday or Thursday 8 am - 3 p.m. to be screened and fill out an application. 12-Step program requires minimum 45 week commitment; no maximum. Participants are expected to do in-kind chores as needed. Clothing and housewares for women and children on Wednesdays by telephone referral appointments only.

Volunteers of America
442-3691 (24 hrs)
530 Bercut Drive, Suite L,
Sacramento, CA 95814
Hours: Monday through Friday 8 a.m. - 5 p.m.
Office
Support services for families, children and seniors; outreach and referral for the homeless mentally ill; re-entry programs for offenders; recovery programs for alcoholics and drug

abusers; shelter for the homeless; job placement. Accepts donated cars, running or not, with or without registration. Donor must have clear title. Will arrange certificate of title, all DMV paperwork and towing.

WEAVE 920-2952
hotline, 448-2321 office
www.weaveinc.org/
Shelter Program offers temporary shelter and support services to battered women and their children who are in crisis and in need of a safe place to stay. Shelter services include counseling, social service advocacy and referrals, emergency transportation, food and clothing; child abuse identification and intervention, and legal information and referral.

Wellspring Women's Center 454-9688
www.wellspringwomen.org/
3414 4th Ave.,
Sacramento, CA 95817
Hospitality center for mothers & children, breakfast served, women's shelter.
M-F, 7:30-11:30 a.m.

YOUTH SHELTERS

Diogenes Youth Services 363-0063
hotline, 363-9943 office
www.diogenesnet.com
9837 Folsom Blvd., Suite L,
Sacramento, CA 95827
Hours: Monday through Friday 8:30 am - 6 p.m.;
after hours 24-hours

hotline.
Provides services for runaway, homeless, abandoned, abused and neglected youth. Crisis resolution; emergency shelter; transitional living programs; group and family counseling; support groups; skills-building workshops on a variety of issues including sexually transmitted infections, drugs and alcohol, and teen pregnancy prevention; HIV/AIDS education and prevention; after school activities; in-home supportive services; street-based outreach and counseling; Speakers and Tours Bureau; Project Safe Place; and a peer (teen) and adult volunteer component.

St. John's Shelter for Women & Children Shelter 448-0701, Office 448-1016
www.stjohnsshelter.org/
1321 North C Street, Sacramento, CA 95814
Hours: Monday to Friday, 3:00 p.m. to 7:30 a.m., Saturday and Sunday, after 3:00 p.m.

Wind Youth Center 443-8333, Hotline (800) 443-TEEN
www.windyouth.org/
300 Ahern Street, Sacramento, CA 95814
Hours: Mon-Wed 8:30 a.m. - 3 p.m.; Thurs 8:30 a.m. - 1 p.m.; Fri 8:30 to 3 p.m.; Sat 11 a.m. - 12:30 p.m.
No fee; day center for homeless or at-risk teens; serves breakfast and

lunch; offers clothing and case management.

HEALTH **AIDS**

AIDS Hotline (800) 367-2437 (24 hrs)
Answers questions related to AIDS, information and services available in your area, including anonymous testing sites, treatment centers, and supportive resources.

Cares 443-3299
www.caresclinic.org
1500 21st Street, Sacramento, CA
Provides individuals with HIV and AIDS state of the art, compassionate, respectful healthcare and social services in a supportive, caring, and safe environment, free from discrimination of any kind.

HIV/AIDS Education and Prevention Program 875-6012
<http://www.sacdhs.com/article.asp?ContentID=99>
By Appointment Only;
Anonymous HIV Testing, list of HIV testing sites:
HIV/AIDS Information and Referral

National AIDS Hotline
Hotline: (800) 342-AIDS (2437)
www.ashastd.org
This hotline provides information on HIV/AIDS prevention, transmission, testing, treatments, and counseling and referral to services.

Sacramento AIDS Foundation 448-2437
1330 21st Street, Suite 100, Sacramento, CA 95814
Hours: Monday to Friday, 9:00 a.m. to 5:00 p.m.
Accepts donations; information; case management; home health and support services; counseling services; telephone for appointment.

AIDS Drug Assistance Program 874-9238
Sacramento County Dept. of Human Assistance
4611 Broadway, Sacramento, CA 95817
Hours: Monday to Friday, 8:30 a.m. to 5:00 p.m.
Helps HIV positive and AIDS patients purchase medication; may have share of cost; call for appointment.

HEALTH **DENTAL CARE**

California Health Dental Referral (800) 322-6384

California Kids (818) 461-1400
16830 Ventura Blvd., #342, Encino, CA 91436
Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m.
Services provided through Med-Clinic; children 2-18 years whose parents earn 100-200% of federal poverty level; call for application; provides primary and preventative health care, vision and dental care.

Community College Hygiene Program 558-2303

Donated Dental Services Program 498-6176
P.O. Box 13749,
Sacramento, CA 95853-4749
Hours: Monday to Friday, 8:00 a.m. to 4:30 p.m.
Contact program for an application; free dental care for disabled elderly and medically compromised individuals who are unable to afford dental care.

Sacramento City College - Dental Hygiene Program 558-2303
3835 Freeport Blvd.,
Rodda Building - South 13
Hours: Monday to Friday, call for hours
Fee for service; accepts Medi-Cal; ages 16 to adult all year; ages 5 to 15 in February; teeth cleaning, fluoride, and x-rays.

Sacramento County Dental Clinic 874-8300
1500 C Street, Suite A,
Sacramento, CA 95814
Hours: Monday to Friday, 7:40 a.m. to 5:00 p.m.
Serves medically indigent adults and non Medi-Cal CHDP children; telephone or walk-in; provides only emergency or essential services such as extractions, surgery for acute infections/trauma and fillings; Spanish speaking.

Sacramento Health Care for the Homeless 875-6180
3701 Branch Center Road,
Sacramento, CA 95827
Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m.
Sliding scale; anyone without permanent housing; need referral from shelter; medical, dental and mental health services for homeless; services provided at County clinics.

Sacramento Urban Indian Health Project Dental Services 441-0960
2020 J St, Sacramento,
CA 95814

**HEALTH
IMMUNIZATIONS**

Dept. of Health & Human Services
<http://www.sacdohhs.com/article.asp?content=61>
For information call: 875-SHOT

Oak Park Clinic 875-2995
3415 Martin Luther King Blvd., Sacramento, CA
Hours: 8-5 p.m.,
Saturdays 9 a.m. to 12 noon
Medi-Cal for public health; & child clinic for 95816, 17, 18, 20.

One Stop for Shots
After hour immunizations for children without insurance.
Located in the Susie Gaines Mitchell Building, at 24th and Florin in the south Sacramento area, One Stop for Shots is

available Mondays through Thursdays from 5 to 9 p.m.

**HEALTH
MEDICAL SERVICES**

Bi-Valley Medical Clinic, Inc. 442-4985
www.bi-valley.com/
2100 Capitol Ave.,
Sacramento, CA 95816
Hours: Monday to Friday, 6:00 a.m. to 2:30 p.m.
Narcotic detoxification, psychiatric assessment, urine drug screening; individual, group and family medical services.

Healthy Families (888) 747-1222
Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m.
This is a program of health, dental and vision care for families whose income is up to 200% of the Federal poverty line; call for application.

Make-A-Wish Foundation 372-2995
1400 Harbor Blvd., Suite F,
Sacramento, CA 95691
Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m.
Grants wishes to children ages 2-18 who are facing life-threatening illnesses.

Medi-Cal (800) 880-5305

Mercy Clinic 446-3345
1321 North C St,
Sacramento, CA
Hours: M-F 8-12 & 1-4:30 p.m.
Sign-ups in Friendship Park, 7:30 a.m. & 12:30 Adults, children; general health care; no ID required; for people

without SSI/Medical who are homeless.

National Association of Anorexia Nervosa & Associated Disorders

Hotline Hotline: (847) 831-3438

www.altrue.net/site/anadweb

This hotline provides people with anorexia or bulimia and their families with counseling and information on eating disorders. It also provides information to health professionals serving these individuals.

Norcal Center on

Deafness 921-1045

1820 Tribute Road, Suite A, Sacramento, CA 95815

Hours: Monday to Friday, 8:30 to 5:00 p.m.

Free to deaf community and hard of hearing; counseling, referrals and interpreting; literacy and drug/alcohol programs; peer counseling advocacy unit.

Sacramento County Health Care for the Homeless

875-6180

3701 Branch Center Road, Sacramento, CA 95827

Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m.

Sliding scale; anyone without permanent housing; need referral from shelter; medical, dental and mental health services for the homeless; services provided at County Clinics.

HEALTH

COUNTY CLINICS

Capital Health Center

874-5302

1500 C Street, Sacramento, CA

Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m.

Del Paso Health Center

648-0970

3950 Research Dr., Sacramento, CA 95838

Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m.

Northeast Health Center

726-1804

7805 Auburn Blvd., Sacramento, CA

Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m.

Primary Care Center

874-9670

2921 Stockton Blvd, Sacramento, CA 95820

Hours: Monday to Friday, 8:00 a.m. to 9:00 p.m.

South City Health Center

875-0802

7171 Bowling Drive, Suite 300, Sacramento, CA 95823

Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m.

HEALTH

MENTAL HEALTH SERVICES

Access (for Medi-Cal recipients)

General 875-9980, Adults 875-1150, Children 875-1180

Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m.

Access team provides information and referral services for all. Children's mental health services.

A.F.T.E.R. Counseling Agency

(Associated Family Therapy for Effective Recovery) 344-0249

5777 Madison Avenue, Suite 240, Sacramento, CA

Non-profit organization that provides counseling for individuals and families who are dealing with molest/physical abuse, chemical dependency, domestic violence, or other issues.

Asian Pacific

Community 383-6783

5330 Power Inn Road, Suite A, Sacramento, CA 95820

Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m.

No fee; appointment preferred, telephone or walk-in; short-term counseling and referral; most Asian languages.

BHC Heritage Oaks 489-3336

4250 Auburn Blvd., Sacramento, CA 95841

Hours: Sunday to Saturday, 7:30 a.m. to 9:30 p.m.

Free assessment; acute care hospital program for students who are in crisis.

California Suicide & Crisis Hotlines

<http://suicidehotlines.com/california.html>

Carmichael

Presbyterian Church

483-2989

5645 Marconi Ave., Carmichael, CA 95608

Hours: Monday to Friday, 9:00 a.m. to 5:00 p.m.

Individuals, couples, families.

Catholic Social Services

452-7481
5890 Newman Court, 2nd floor, Sacramento, CA 95819

Hours: Monday to Friday, 8:00 a.m. to 4:30 p.m.
Couple, family and group counseling; sliding scale.

Centro Guadalupe 443-5367

730 S Street, Sacramento, CA 95814
Hours: Monday to Thursday, 8:30 a.m. to 5:00 p.m.
Sliding scale fees; telephone or walk-in; individual, couple, family counseling; Spanish speaking.

Child and Family

Institute 736-0828
child-familyinstitute.org
4545 Ninth Ave., Sacramento, CA 95820
Hours: Monday to Friday, 8:30 a.m. to 5:00 p.m.
Treatment for victims and perpetrators of sexual assault and molest. Prefer parents to accompany children for treatment, but will assess children with no family support on a case-by-case basis.

Children's Mental Health Services 875-1180

County Mental Health Treatment Center

875-1000 - Program, 732-3637 - crisis line
2150 Stockton Blvd., Sacramento, CA 95817
Office Hours: 24-hours;

Monday - Friday 8am - 5pm
Provides 24 hour phone and walk in crisis intervention for children, adolescents, and adults, and adult inpatient care.

Diogenes Youth

Services 363-9943 24 hrs, 363-0063
www.diogenesnet.com
9837 Folsom Blvd., Suite L, Sacramento, CA 95827
Hours: Monday to Friday, 8:30 a.m. to 5:00 p.m. (office)
Crisis - individual, group, family; telephone or walk-in.

El Hogar, INC 441-2933

608 10th Street, Sacramento, CA 95814
Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m.; Wednesday, 8:00 a.m. to 6:00 p.m.
Counseling through a bilingual/bi-cultural staff; sliding scale; Spanish speaking.

Family Service Agency

368-3080
8912 Volunteer Lane, #100, Sacramento, CA 95826
Hours: Monday to Thursday, 9:00 a.m. to 8:30 p.m.; Friday, 9:00 a.m. to 5:00 p.m.
Provides short or long-term counseling services to families and individuals who are experiencing difficulty in their family.

Galt Community

Concilio (209) 745-9174
660 Chabolla Ave., Galt, CA 95632

Hours: Monday to Friday, 8:30 a.m. to 5:00 p.m.
Services include food, clothing and assistance with utilities, counseling and social services, Spanish speaking.

Guest House 440-1500

1400 North A Street, Bldg A, Sacramento, CA 95814
Hours: M-F
Provides full-range professional outpatient services, including psychiatric medication evaluation and treatment, mental health nursing, service coordination and linkage/referrals for housing and ongoing services. Saturday clinic hours are available.

Jewish Family Service

1333 Howe Ave., #103, Sacramento, CA 95825
Hours: Monday to Thursday, 8:30 a.m. to 5:00 p.m.; Friday, 8:30 a.m. to 3:30 p.m.
Counseling to individuals, couples, children and families; family life education workshops; information and referral services; sliding scale (\$20-\$80).

La Familia Counseling Center

452-3601
5523 34th Street, Sacramento, CA 95820
Hours: Monday to Friday, 8:00 a.m. to 6:00 p.m.
Families and children; Spanish speaking.

Roseville Crisis Line

773-3111

Sacramento Crisis Line

368-3111

Sacramento Chinese Community Center 442-2523
915 T Street,
Sacramento, CA 95814
Hours: Monday to Friday;
8:30 a.m. to 5:00 p.m.
No fees; counseling programs for at risk youth; languages: Chinese and Vietnamese.

Sacramento Lao Family Community 424-0864
5840 Franklin Blvd.,
Sacramento, CA 95824
Hours: Monday to Friday,
8:00 a.m. to 5:00 p.m.
Self-help for refugees from Laos.

Sacramento Mental Health Treatment Center 875-1000
2150 Stockton Blvd,
Sacramento, CA 95817
Will evaluate anyone for voluntary psychiatric care in-patient care facility, drop-in, 24 hr.

School Based Mental Health Services 875-9867
9616 Micron Ave.,
Sacramento, CA 95827
Mental health workers are out-stationed in various schools to serve students with serious emotional problems.

Southeast Asian Assistance Center (SAAC) 421-1036
education focused on prevention of domestic violence, graduate student intern training and supervision and free attorney consultation for domestic violence matters. Offers counseling

5625 24th Street,
Sacramento, CA 95822
Hours: Monday to Friday,
8:30 a.m. to 5:00 p.m.
No fees; counseling and referral; most Southeast Asian languages, Russian and Ukrainian.

Suicide Prevention 368-3118

Supported Housing & Entitlement Program (SHEP) 440-1500 ext. 2
1400 North A Street,
Sacramento, CA 95814
Office Hours: M-F
SHEP is the outreach office for homeless mentally ill adults. Emergency assistance and advocacy for homeless mentally ill persons related to housing, entitlements, food, mental health and related medical services. SHEP Advocates assist clients to secure General Assistance, food stamps, and Social Security Disability benefits.

Sutter Counseling Center 929-0808
855 Howe Ave. #1,
Sacramento, CA 95825
Hours: Monday to Friday,
8:30 a.m. to 5:00 p.m.
Evaluation and treatment for adolescents, children, and their families with concerns about possible

to children traumatized by witnessing domestic violence. Prevention and awareness activities are offered at designated elementary, middle and high schools within the county.

emotional and behavioral problems; sliding scale.

Terkensha Associates North Area Mental Health Clinic 922-9868
811-D Grand Ave.,
Sacramento, CA 95838
Hours: Mon - Fri, 8 a.m. to 8 p.m.; Sat, Noon - 8 p.m.
Sliding scale; medical area served: Rio Linda, North Highlands, Del Paso Heights.

WEAVE 920-2952 (24 hrs hotline)
Counseling 448-2321 24-hours shelter and crisis line.
Counseling hours Monday through Thursday 9-9, Friday 9-5, Saturday 9-2. Counseling Center offers individual and group counseling to abusers, victims and children. Emphasizes stopping the violence. A.L.I.V.E., a 32-week class for abusers, is scheduled periodically. Both group counseling for women and A.L.I.V.E. require attendance at three drop-in groups and an intake appointment before acceptance into an on-going group or class; in addition, women may receive individual counseling sessions. Also offers community

White House Counseling 971-7640
San Juan Unified School District
6147 Sutter Ave.,
Carmichael, CA 95608
Hours: Mon-Thur 8 a.m. - 5 p.m.; Fri by

appointment.
Provides individual and family counseling to families in the San Juan Unified School District.

Youth Crisis Line (800) 843-5200, (800) 621-4000

HEALTH
ANGER CONTROL PROGRAMS

Changing Courses 962-0981

Pacific Educational Services (800) 346-5891

P.E.A.C.E. (Placer Extends a Caring Environment) for Families 773-0432 or 773-7273

Sacramento Counseling Associates 916-962-7101

Sobriety Brings a Change

454-4242

WEAVE

920-2952

Western Institute of Therapeutic Studies

424-0125

HEALTH
COURT APPROVED COUNSELING

HEALTH
MISC

Agency for Hearing
362-7390
www.agencyforhearing.org
9910 Horn Road, Suite 3,
Sacramento, CA 95827

HOME OWNERSHIP
COUNSELING & EDUCATION

Home Loan Counseling Center of Sacramento

646-2002
www.hlcc.net
2003 Howe Avenue, Suite 100, Sacramento, CA 95825

Provides seminars that teach you about the steps to and the benefits of homeownership.

Infoline list of home buying programs

www.communitycouncil.org/level-4/InfoLine-Sacramento/lists/home_buyer.pdf

NID - HCA (Housing Counseling Agency)

456-4495
www.nidonline.org
3525 Broadway,
Sacramento, CA 95817
Sandy Redmond
sandy.l.redmond@att.net

NID, a HUD approved counseling agency, offers many educational services to the public, free of charge. Services include credit and debt counseling, pre and post homebuyer education seminars and consultations (including information on the home buying process, how to qualify for mortgages,

proactively avoid foreclosure, etc.), renting assistance, and housing placement. The NID branch also works with faith-based and non-profit organizations in their home buying fairs and seminars. All services are free, and clients are under no obligation to use any particular agency once the counseling issues have been resolved.

By Design Financial Solutions

www.bydesignsolutions.org
Prepurchase Counseling, Default/Foreclosure
A non-profit organization doing business as Consumer Credit Counseling Service of the Sacramento Valley.
www.cccsacto.org/housing/

Sacramento Neighborhood Housing Services

452-5361
www.sacnhs.org
3447 5th Avenue,
Sacramento, CA 95817
Home buying seminars designed to assist potential buyers determine if homeownership is right for them.

ACORN Housing Corp

451-9659
www.acornhousing.org/TEXT/loancnsl.html
4921 San Francisco Blvd.
Sacramento, CA 95820
Prepurchase Counseling, Default/Foreclosure Counseling

HOME OWNERSHIP
SWEAT EQUITY

**California Self-Help
Housing Program** 445-9581

www.hcd.ca.gov/fa/cshhp
Department of Housing
and Community
Development program
designed to assist low and
moderate income families
to build and rehabilitate
their own homes with
their own labor. For an
application call Dee
Franklin at 445-9581, or
email her at
dfrankli@hcd.ca.gov.

**Sacramento Habitat for
Humanity** 440-1215
<http://shfh.org/hfh/>
426 N. 7th Street,
Sacramento, CA 95814

**Sacramento Habitat for
Humanity RESTORE**
447-2234
<http://shfh.org/>
Discounted and recycled
building materials for your
home
THE ReSTORE IS NOW
OPEN AT OUR NEW
LOCATION AT 8351
UMBRIA AVE, BLDG 5,
BAY 1 AT FLORIN-
PERKINS RD IN THE OLD
ARMY DEPOT. PLEASE
CALL 440-1215 ext. 1109
TO ASK A QUESTION OR
LEAVE A MESSAGE. 8351
Umbria Avenue, Building
5 Sacramento, California
95828-0956 County:
Sacramento Phone: (916)
440-1215 www.shfh.org
It's your chance to save a
lot on quality building
materials including: paint,
doors, windows,
hardware, cabinets,

appliances, ceramic tile,
lighting, carpet,
plumbing, flooring,
electrical.

HOME OWNERSHIP
VETERANS LOANS

**California Veterans
Affairs Dept.
Cal-Vet Loans
Farm & Home
Purchases**
1227 O St. #200
Sacramento, CA 95814
(800) 952-5626

**U.S. Veterans Affairs
Dept.
Regional Loan Center**
3225 N. Central Ave
Phoenix, AZ 85012
(888) 869-0194

HOME OWNERSHIP
RESALE OF HUD HOMES

**U.S. Housing & Urban
Development Dept,
Sacramento Office**
925 L St.
Sacramento, CA 95814
498-5220 (Foreclosures)

HOME OWNERSHIP
**FINANCIAL
ASSISTANCE/LOANS**

**California Housing
Finance Agency**
1121 L St., 7th Floor
Sacramento, CA 95814
322-3991

**Home Loan Counseling
Center of Sacramento**
646-2002
www.hlcc.net
2003 Howe Avenue, Suite
100, Sacramento, CA
95825
There are a number of

Home Purchase programs
and First-time Home
Buyers Assistance
programs. These
programs offer specialized
financing for low income
home buyers. For a
complete listing of
available programs, call:
Infoline 498-1000 TDD
446-1434.

Nehemiah Program
(877) 634-NEHEMIAH,
(877) 634-3642
[www.getdownpayment.co
m](http://www.getdownpayment.com)

The Nehemiah Program
provides a gift of 1% to
6% of the contract sales
price towards down
payment and closing
costs on your new home.
This money is a gift, and
never has to be repaid.

**Sacramento Housing &
Redevelopment Agency**

- First-Time Home
Buyer Program 264-
1500
- Mortgage Credit
Certificate Program 264-
1500

**Sacramento
Neighborhood Housing
Services** 452-5356
3453 5th Ave,
Sacramento, CA 95817

**U.S. Agriculture Dept.
Rural Development**
714-1104, Ext 4
9701 Dino Dr. #170, Elk
Grove, CA 95624

HOUSING top

HOUSING
AFFORDABLE HOUSING

Infoline Sacramento
498-1000

Affordable Rental Housing
www.communitycouncil.org/

Single Room Occupancy Hotels
www.communitycouncil.org/

Handicapped Accessible Housing
www.communitycouncil.org

Sacramento Housing Alliance
www.sachousingalliance.org

List of affordable housing properties in Sacramento and surrounding areas.

HOUSING
SUBSIDIZED HOUSING

The subsidized housing is at capacity and waiting lists are often full. Some programs may not be accepting new applications or names for the waiting lists. The U.S. Department of Housing and Urban Development (HUD) offers independent living apartments to low income senior citizens, people with disabilities, and families. The federal government subsidizes these units which means that the rent is usually based on approximately 30% of a person's adjusted monthly income.

To apply for these units you need to contact each apartment complex directly and have your name placed on a waiting list. For a complete list of HUD subsidized developments, call: Infoline 498-1000 TDD 446-1434

Sacramento Housing and Redevelopment Agency (SHRA)
Offers subsidized housing to low income seniors, people with disabilities, and families through the Conventional Housing Program and various Section 8 programs: Conventional Housing is SHRA owned apartments and single-family homes. Rent is approximately 30% of a person's gross monthly income. There are also various Section 8 programs where renters lease privately owned housing in Sacramento City or County. The renters pay the property owner approximately 30% of their adjusted monthly income toward rent while SHRA pays the difference. For more information on these programs call: Central Tenant Selection Office 277-1300 TDD 277-1309

Capitol Area Development Authority - CADA 322-2114
Offers housing in the downtown area to low income people who are families with minor children, senior citizens, and people with disabilities.

HOUSING
TRANSITIONAL HOUSING

Adelante Transitional Home - Mexican American Alcoholism Prog 394-2320
4241 Florin Road, Suite 110, Sacramento, CA 95823
Hours: Monday through Friday 8: 30 am - 5 p.m. Screening a total of four Sacramento area transitional residence homes for men and women coming out of recovery or treatment program for alcohol and/or drug dependency. Maximum stay of six months enables recovering individuals time to get a job and save money in a clean and sober environment. Residents responsible for buying their own food and doing their own cooking. One live-in staff member.

AIDS Action League
449-2999
1025 Front Street, 2nd Floor, Sacramento, CA 95814
Hours: Monday through Friday 9 am - 5 p.m. Transitional housing for people with AIDS or HIV positive. Targeted to women with AIDS and their children. Referrals and community awareness/education.

Havens Transitional Program 456-1980
3333 Third Ave, Sacramento, CA 95817
Referral through a social service agency.

Transitional living program for homeless and at-risk families with children. SFBS is dedicated to helping families achieve long-term stability and economic independence. In order to accomplish this goal we provide a structured program of mentoring, education, and community service, along with safe and affordable housing.

Independent Living Readiness Program (ILRP) 442-1003

530 Bercut Dr, Suite L, Sacramento, CA
A social model transitional housing program for homeless single adults focusing on independent living skills. Intensive case management services, 24-hour a day support services, substance abuse services. Provides preparation for the transition from homelessness to independent living status. Three sites available: two for males, one for females. Addresses will be given when applying for services.

Lutheran Social

Services 453-2900
Transitional housing, teen school-based peer counseling, individual counseling, services for people with AIDS/HIV, disaster relief, drug and child abuse prevention programs - targeted to the Asian community.

Kornerstone Apts 979-0897

For individuals who are homeless and HIV+, clean & sober; rent is 30% of income and max stay of 2 yrs; applications by HIV/AIDS agency referrals.

Mather Community Campus 228-3100

10626 Schirra Ave, Mather, CA 95655
Single & family site housing; no waiting list.

Options for Recovery Transitional Housing

874-9890 (24 hrs)
A full continuum of services is available to pregnant and parenting women through collaboration among Division staff and community based organizations. Services include case management, outpatient treatment, intensive day treatment, residential treatment and transitional housing.

Outreach 443-2996

www.namisacramento.org
470 Bannon St (trailer at No. B), Sacramento, CA 95814
Information and referral, outreach services, independent living skills training, housing and community support services for mentally ill and homeless mentally ill adults.

Quinn Cottages 492-9065

1500 North A St, Sacramento, CA 95814

Serves homeless with an income of 30% of area median or less; clean & sober community of 60 cottages; max stay 2 years; agency referral.

Shasta Hotel 448-7510

1017 10th St, Sacramento, CA 95814
Low-income permanent housing; single room occupancy for individuals with an income at 30% or below the area median; up to 1 month for move-in approval.

Volunteers of America - Community Corrections Center 441-7800

404 U Street, Sacramento, CA 95818
Hours: 24-hours; Monday - Friday 8 am - 5 p.m.
Office
A residential program. The Center's goal is to assist federal ex-offenders, both men and women, to prepare for a smooth transition from prison to community living, to rebuild relationships, acquire steady employment, accumulate funds and re-discover dignity and respect. The Center provides living quarters, food, work adjustment, supervised living, referral to community resources and medical and dental services, transportation, group and individual counseling and personal-social adjustment assistance and evaluation. Referral from Federal Bureau of Prisons only.

Volunteers of America - Independent Living Readiness Program

442-0877

530 Bercut Drive, Suite L,
Sacramento, CA 95814

Hours: Monday through
Friday 8 am - 5 p.m.

Transitional housing in a supervised setting for homeless single adults. Both drug and alcohol treatment available on site. Focuses on independent living skills. Participants must complete an in-depth screening interview to determine eligibility for the program.

Volunteers of America - Residence Program

443-4688 (24 hrs)

470 Bannon Street,
Sacramento, CA 95814

A multi-service center providing lodging for men and women. Breakfast, lunch and dinner for all residents. Clothing, health, employment and housing referrals. Recreational activities available for residents. Laundry services. Maximum length of stay 120 days. Referral from Sacramento County Department of Human Assistance General Assistance Program.

YWCA 264-8080

www.ywcasacramento.org

/

1122 17th St,
Sacramento, CA 95814

Hours: Monday through
Friday 9 am - 5 p.m.

Women only transitional housing. \$271 a month

LEGAL SERVICES

top

Clear Your Criminal Record

1-800-200-0005

Call Toll Free 24 Hours

www.expungements.com

A national expungement service that can assist you anywhere in the United States. We are available to help you with your expungement 24 hours a day, 7 days a week, 365 days a year.

Employment Law Clinic

551-2150

517 12th Street,
Sacramento (between E & F)

Thursday evenings, 6:00 p.m. to 8:00 p.m. Call to sign up.

Free legal advice about employment-related problems, including: wage & hour claims, unemployment benefits, job discrimination, wrongful termination, injuries on the job, your legal rights at work. Telephone consultations available for the elderly, disabled, and others unable to attend in person due to work or transportation problems. Call 551-2166.

Family Court Services

875-3400

800 9th Street, Main Floor, Sacramento, CA 95814

Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m.

Evaluate applications by minors (under age 18) to marry; mediate child

custody and visitation disputes; all conferences held in strictest confidence.

FindLaw

<http://public.findlaw.com/>

Online legal directory

Judicial Council Forms

<http://www.courtinfo.ca.gov/forms/>

Print out forms for court.

Lawyer Referral Service

444-2333

901 H Street, Suite 101,
Sacramento, CA 95814

Hours: Monday to Friday, 9:00 a.m. to 3:30 p.m.

Requires 1/2 hour consultation. Fee.

Legal Services of N. California

551-2150

www.lsncc.net

515 12th Street,
Sacramento, CA 95814

Hours: Monday to Friday, 8:30 a.m. to 5:00 p.m.

Free legal service to low-income clients in civil law issues.

McGeorge School of Law

Community Legal Services

340-6080

3130 Fifth Ave.,
Sacramento, CA 95817

Hours: Monday to Friday 9:00 a.m. to 5:00 p.m.

Provides civil legal services in domestic, landlord/tenant, bankruptcy, and family law proceedings.

Sacramento County Public Law Library

www.saclaw.lib.ca.us/

Self-Help Center

www.courtinfo.ca.gov/selfhelp/

To help you find legal assistance, learn about California law, work better with an attorney, and represent yourself in some legal matters; this site does not provide legal advice.

Superior Court of California

www.saccourt.com/

WEAVE Counseling Center

448-2321

www.weaveinc.org/

Various free workshops:
Court Preparation Workshop - process for permanent restraining order; Dissolution (Divorce) Workshop - help to complete divorce and legal separation documents; UPS Workshop - custody for Unmarried Parties; Victim Witness Program - help to apply for temporary restraining orders. Call for times and locations of workshops.

Voluntary Legal Services Program of Northern California

551-2102

www.vlsp.org/services.asp

vlsp@vlsp.org

Inquiries: vlsp@vlsp.org
Provides legal services to eligible low income clients who live in the counties of Sacramento, Yolo, San Joaquin, El Dorado and Placer. VLSP's legal services range from referrals to volunteer attorneys for direct representation to

assistance of self-represented parties at our legal clinics. Criminal Records Expungement, Debt Collection Defense and Bankruptcy Law, Driver's License Reinstatement, Employment Law, Estate Planning, Eviction Defense, Family Law, Government Benefits, Guardianships & Conservatorships, and Probate Law.

MISC

Cal Grants - California Student Aid Commission

www.calgrants.org/

Coalition of California Welfare Rights Organizations

736-0616

1901 Alhambra Blvd,
Sacramento, CA 95816
AFDC, Food Stamps, Work
Fare & Medical
Representative at
hearings.

Computer Resources

www.saclibrary.org/resource_guides/ComputerResourcesPathfinder.html

Employment

Development Dept 227-0301

www.edd.ca.gov/

2901 50th St,
Sacramento, CA

Firstgov Web Site

www.firstgov.gov/

Provides information about and links to the Executive, Judicial, and Legislative Branch of the United States

Government. Subjects include federal benefits and grants, consumer services and safety, education and jobs, and the environment. Good starting point when searching for federal government information on the World Wide Web.

Food Stamps 874-2072

www.dss.cahwnet.gov/foodstamps/

National Do Not Call Registry

www.donotcall.gov/

Register online to stop getting telemarketing sales calls you don't want. Or call **1-888-382-1222** (TTY 1-866-290-4236).

Social Security (800)

772-1213

www.ssa.gov/

WIC (women, infant, children nutrition) 737-3677

www.wicworks.ca.gov/default.asp

250 Harris St, Suite 6,
Sacramento, CA

PARENTING

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[PARENTING](#)

PARENT SUPPORT CLASSES

Center for Community Health & Well Being

875-6140

1006 21st Street,
Sacramento, CA 95814

Hours: Monday to Friday,

8:00 a.m. to 5:00 p.m.
No fees; contact person is
Marcella Patten.

**Families United
Counseling Center** 987-
0457
8632 Greenback Lane,
Citrus Heights, CA 95662
Hours: Monday to Friday,
9:00 a.m. to 5:00 p.m.
Services are free.

**Oak Park Community
Center** 875-2987
3425 Martin Luther King
Jr. Blvd., Sacramento, CA
95817
Hours: Monday to Friday,
8:00 a.m. to 8:00 p.m.
Most programs are free.

**Robertson Community
Center** 875-6140
3525 Norwood Ave.,
Sacramento, CA 95838
Hours: Monday to Friday,
8:00 a.m. to 10:00 p.m.
Services are free.

**Sacramento Black
Alcoholism Center** 454-
4242
2425 Alhambra Blvd., #F,
Sacramento, CA 95817
Hours: Monday to Friday,
8:30 a.m. to 5:30 p.m.
Sliding scale.

**Sacramento County
Department of Health
& Human Services** 875-
6140
3701 Branch Center Rd.,
Sacramento, CA 95827
Hours: Monday to Friday,
8:00 a.m. to 5:00 p.m.
Services are free.

**PARENTING
PARENTING**

**Big Brothers/Big
Sisters of Greater
Sacramento** 482-9300
2586 Arden Way #150,
Sacramento, CA 95825
Hours: Monday to Friday,
9:00 a.m. to 4:30 p.m.
Accepts children from
single parent families.

Birth and Beyond 568-
8377

A program of free
services to pregnant
women of families with
new babies 0-3 months
old; home visitors provide
information, support and
services to new parents.

**Del Paso Heights
Neighborhood Service
Agency** 648-0305
Sacramento County
Department of Human
Assistance
3970 Research Dr.,
Sacramento, CA 95838
Hours: Monday to Friday,
8:00 a.m. to 5:00 p.m.
Crisis intervention,
counseling and supportive
services for families.

**Diogenes Youth and
Family Service Center**
363-9943 24 Hour Line
363-0063
www.diogenesnet.com
9837 Folsom Blvd., #L,
Sacramento, CA 95827
Hours: Monday to Friday,
8:30 a.m. to 5:00 p.m.
(Office)
Crisis resolution;
individual, group and
family counseling for
runaway, abused,
abandoned and molested
children ages 12-17 and
their families.

**National Visiting
Teachers Association**
921-6882
650 Howe Ave., Suite
1014, Sacramento, CA
95825
Hours: Monday to Friday,
8:00 a.m. to 5:00 p.m.
Support for parents of
children with attendance
problems.

Parent Support Line
394-2005
Advice on any parenting
question.

**San Juan Unified
School District**
7200 Fair Oaks, Blvd.,
#101, Sacramento, CA
95825
Hours: Monday to Friday,
8:00 a.m. to 4:30 p.m.
Parenting classes; meets
requirements for court
mandated parenting
classes; one-on-one or
group.

**Student Assistance &
Prevention Program**
971-7022

**TOUGHLOVE Parent
Support Groups** 331-
1914
Hours: Call for Meeting
locations and times.
Support group for parents
of out-of-control and
acting-out adolescents

**AARP - American
Assoc. of Retired
People** 446-2277
www.aarp.org/

Alzheimers Association
(800) 272-3900
www.alz.org/

Area 4 Agency on Aging 486-1876

www.a4aa.com

2260 Park Towne Circle
#100, Sacramento, CA
95825

Comprehensive
Assessment and Case
Management, Health
Services, Employment
Services, Elder Abuse
Protection, In-Home
Assistance, Mental Health,
Friendly Visitor, Senior
Companion, Ombudsman
Services, Transportation
Services, Legal Services
Programs, Home Repair,
Nutrition Services,
Congregate Setting Meals,
Home Delivered Meals,
Respite Services, Disease
Prevention and Health
Promotion.

Arthritis Foundation

(800) 571-3456

www.arthritis.org

3040 Explorer Dr, Suite 1,
Sacramento, CA 95827

California Registry

(800) 777-7575

www.calregistry.com

Hours: Monday to
Thursday, 8 a.m. to 7
p.m.;
Friday 9 a.m. to 5 p.m.;
Saturday 10am to 4pm;
messages can be left 24
hrs a day.

Provides senior housing
information, counseling,
referrals and facility
evaluations free of
charge.

Infoline 498-1000

www.communitycouncil.org

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**Legal Center for the
Elderly & Disabled** 488-

5298

<http://www.saclaw.lib.ca.us/pages/senior-disabled.aspx>

2862 Arden Way #200,
Sacramento, CA 95825
Free legal assistance in
civil matters including
Social Security,
landlord/tenant,
foreclosure defense,
Medicare, MediCal, elder
abuse. No criminal,
probate, or family law
cases. Call for more
information. Eligibility:
Low-income Sacramento
or San Joaquin County
residents who are either
over 60 years of age or
are disabled.

**Legal Services of
Northern California**

551-2150

515 Twelfth St.,
Sacramento, CA 95814

Meals a la Car 391-3837

**Northern California
Senior Legal Hotline**

551-2140

www.seniorlegalhotline.org

Provides free legal advice,
assistance and education
for seniors.

**Personalized Homecare
& Homemaker Agency**

979-4975

3300 El Camino Ave.,
Sacramento, CA 95821
In-home
Homemaker/Personal
care, In-home Frail
(respite).

**Placer County
Commission on Aging**

(530) 889-7164

Sacramento County:

Adult & Aging Commission
447-7063, ext. 314

Adult Protective Services
874-9377

In-Home Supportive
Services 874-9471

Network of Care
sacramento.networkofcare.org

**Senior Companion
Program (DHA)** 875-
3582

**Senior Nutrition
Services (DHA)** 444-
9533

Staffing Services 646-
8144

Stanford Settlement

927-1303

450 W. El Camino Ave.,
Sacramento, CA 95833
Transportation.

TATOO REMOVAL

**Center for Laser
Surgery** 454-5922

www.freerepublic.com

5601 J Street,
Sacramento, CA 95819

No charge for tattoo
removal to CalWORKS,
Welfare to Work
participants, & CYA.

**Laser & Skin Surgery
Center** 456-0400

TRANSPORTATION

**511: Sacramento
Region Travel**

Information call 511
www.sacregion511.org
Traffic, transit, rideshare,
bicycling.

Paratransit

Reservations: 429-2744
www.paratransit.org/
Questions: 429-2009. The
cost for each one-way trip
is \$2.50. Starting July 1,
2003, the fare will be
\$3.00, except for airport
trips, which are \$8.00
each way because they
are outside our normal
service area.

Sacramento Regional Transit District

www.sacrt.com
For trip planning
assistance and general RT
information please call:
(916) 321-BUSS (2877),
or for the hearing
impaired: TDD 483-HEAR
(4327).
Weekdays: 6AM-9PM;
Saturdays: 7AM-6:30PM;
Sundays: 8AM-5:30PM

Sacramento Traffic Report

www.sacbee.com/traffic/

Weather

www.wrh.noaa.gov/sto/

UTILITIES

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UTILITIES FINANCIAL ASSISTANCE

Galt Community

Concilio (209) 745-9174
660 Chabolla Ave., Galt,
CA 95632

Hours: Monday to Friday,
8:30 a.m. to 5:00 p.m.
Services: food, clothing
and assistance with
utilities, Spanish
speaking.

PG&E - CARE

www.pge.com/
A reduced rate program
that provides a 20%
monthly discount on
PG&E charges.
You can request
applications by calling
PG&E at (866) 743-2273.

PG&E - REACH

www.pge.com
(Relief for Energy
Assistance through
Community Help) is a
one-time energy-
assistance program
sponsored by PG&E and
administered through the
Salvation Army. To apply
for REACH assistance in
your area, contact the
Salvation Army at (800)
933-9677.

Salvation Army Utility Assistance

442-0303
www.tsatoday.org/www.dodhg.nsf
241 North 10th Street,
Sacramento, CA 95814
Call for an appointment
M-F from 8:00 a.m. -
4:00 p.m.

Help with SMUD and
PG&E bills -

Reach: Utilities
assistance for PG&E.
Applications accepted
from individuals in need
not receiving CalWORKs,
General Assistance or
living in subsidized
housing.

Pledge: Utilities
assistance for SMUD.

Applications accepted
from individuals in need
who are not receiving
General Assistance or
living in subsidized
housing.

SMUD - Energy Assistance Program

Rate (EAPR) (866) 675-
6624

www.smud.org/residential/bill/eapr.html

Discount electric rate for
persons with limited
income.

Applications processed by
the State of California.

Universal Lifeline

Telephone Service 1-
800-310-2355

www02.sbc.com/Products_Services/Residential/1,,68,00.html

Hours: 8 am to 6 p.m.,
and Saturday from 8:30
a.m. to 5 p.m.

SBC offers discounted
telephone service plans to
make basic phone service
even more affordable for
qualified customers.
Qualifying low-income
customers can save 50%
per month on Flat Rate
Service or Measured Rate
Telephone Service. Plus,
you may be eligible for a
discount on connection
services.