

# COMMUNITY RESOURCE LIST

## Emergency/Crisis Lines

### 911

Emergency call line to report a fire, save a life, and/or to report a crime.

### 24hr Child Protective Services (916) 875-5437

24hr crisis line for reporting suspected child abuse, neglect, or exploitation.

### 24hr Adult Protective Services

(916) 875-5437

24hr crisis line for protecting the health and safety of elderly and dependent adults.

### 24hr Crisis & Suicide Prevention Hot Line

1(800) 273-8255 or (916) 368-3111

[www.suicideprevention.wellspacehealth.org](http://www.suicideprevention.wellspacehealth.org)

Crisis and suicide prevention for youth and adults and their families/loved ones.

### 24hr Nat'l Suicide Prevention Lifeline

1(800) 273-8255

En Español: 1(800) 628-9454

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

Free and confidential support for people of all ages in distress. Dedicated line for Spanish speakers.

### 24hr Trevor Project LGBTQ Crisis & Suicide Prevention Line

1(866) 488-7386

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

24 hour crisis and suicide prevention hotline for LGBTQ youth and their families/loved ones.

### 24hr Nat'l Veterans Crisis Line

1(800) 273-8255

[www.veternascrisisline.net](http://www.veternascrisisline.net)

Support for veterans of all ages and their families. Support provided by qualified, caring responders from the Department of Veterans Affairs.

### 24hr Parent Support line

1(800) 281-3000

Multi-lingual support line for parents and caregivers.

### Sacramento Crisis Nursery (Children ages 0-5)

(916) 394-2000

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

Emergency child care and overnight care for children, ages 0-5 for up to 30 days. Crisis intervention services for families.

### 24hr WEAVE Support & Information Line

Domestic Violence•Sexual Assault & Trafficking•LGBTQ

1(866) 920-2952 or (916) 920-2952

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

Crisis line for domestic violence, sexual assault, human trafficking, and the LGBTQ community. Women and children's shelter. Serves all genders, all ages, all people.

### 24hr My Sister's House Helpline

Domestic Violence•Sexual Assault & Trafficking

(916) 478-3271

[www.my-sisters-house.org](http://www.my-sisters-house.org)

24-hour multi-lingual helpline for women, providing crisis support for domestic violence, sexual assault, and sex trafficking. Multilingual staff and volunteers address the needs of Asian/Pacific Islander callers. Women and children's shelter.

### 24hr Wind Youth Services Hotline

1(800) 339-7177 [www.windyouth.org](http://www.windyouth.org)

Emergency shelter, drop-in center, and crisis support and information for youth (ages 12-24).

### 24hr California Youth Crisis Line

Call: 1(800) 843-5200

www.1800runaway.org

Youth (ages 12-24) and Families

Safe, confidential, and anonymous help line for youth (ages 12-24) in crisis and their families/loved ones.

### **24hr National Runaway Safeline**

1(800) 786-2929 (1-800-RUNAWAY)

Crisis intervention, referrals, message relays between youth and families.

### **24hr Pregnancy Hotline**

(916) 451-2273 (24 hrs)

Information regarding all pregnancy options and resource referral assistance.

### **24hr Chicks In Crisis Hotline**

**Pregnancy, Adoption & Parenting Support**

(916) 441-1243 (24hrs)

www.chicksin crisis.org

Pregnancy, adoption, and parenting support. Serves Youth 11-25 (ongoing services) and adults 26 and older (one time assistance).

### **Emergency Psychiatric/Mental Health**

#### **Resource Information – Sacramento County**

**Sac. Co. Mental Health Treatment Center**

(916) 875-1000 (7:00am-11:00pm)

1(888) 881-4881 (11:00pm-7:00am)

Resource and referral information for youth and adults experiencing a mental health crisis.

## **Assistance with Community Resources**

### **EGUSD Student Support Centers**

Information and referral to community programs and agencies by school district case managers familiar with Sacramento County area resources.

#### **Florence Oneto – Coordinator**

##### **Eastside Schools**

(Regions: Florin, Sheldon, Monterey Trail, Pleasant Grove, Elk Grove)

(916) 392-9081 David Reese Center

#### **Diane Lampe- Coordinator Westside Schools**

(Regions: Valley, Laguna, Franklin, Cosumnes Oaks)

(916) 422-1091 Prairie Center

(916) 681-7577 Valley Center

### **211 Sacramento Information Line**

211 or (916) 498-1000

A free, comprehensive, multi-lingual information and referral service for community resources in the Sacramento region.

## **Resource Centers**

### **Valley Hi Family Resource Center/Birth and Beyond**

7000 Franklin Blvd #820 Sacramento, CA 95823

(916) 290-8281

M-F: 8:30 AM-5:00 PM

Family center with programs and services to support individuals and families who are caring for children. Major programs include: Birth & Beyond In-Home Visitation Program (assists families that are pregnant or have children under the age of six (6) to improve their parenting skills); parenting classes; and programs for youth ages 6-11 years. The Resource Center hosts services from outside providers as well, including CPS joint visitation, crisis intervention, Alcohol and Other Drugs (AOD) assistance, early learning and parent-child relationship classes; support groups; and a computer lab.

### **Iu-Mien Community Services**

5625 Stockton Boulevard

Sacramento, CA 95824

(916) 383-3083

www.unitediumien.org

Culturally responsive educational, health, and social services in the greater Sacramento area for Iu-Mien families: Case Management Services; Family Violence Prevention and Mediation Program; Mien Language Interpreting Services; Mental Health Respite Program; and programs for youth and seniors.

**Lao Family Community Development**

7171 Bowling Drive, Suite 1120  
Sacramento, CA 95823  
(916) 393- 7501  
www.lfcd.org

Programs and support for immigrants, refugees, asylees, and low-income U.S. nationals in over 20 languages: financial education, employment services, youth development, housing counseling, and family support.

**Counseling – Accessing Services**

**Community Support Team**

Mon-Fri, 8am – 5pm  
(916) 874-6015

Support navigating mental health services and referral to other community resources as needed. Serving Sacramento County residents. Multi-cultural and multi-lingual staff and interpreters available at no cost.

**Consumer-Operated Warm Line**

Mon-Fri, 9am – 5pm  
1(855) 642-6222 or (916) 366-4668

Individuals with lived experience offer supportive listening and referrals to mental health resources.

**PRIVATE HEALTH INSURANCE - Accessing Counseling:**

Contact the customer service department for your plan to find out how to access counseling services.

**UNINSURED/UNDERINSURE - Accessing Counseling:**

If you or your family do not have health insurance, see Covered California under the Health Services section to apply for health insurance plans based on income eligibility.

**MEDI-CAL INSURANCE**

**- Access to Children’s Mental Health Services:**

Mon – Fri, 8am – 5pm  
(916) 875-9980

**- Access to Adult Mental Health Services:**

Mon – Fri, 8am – 5pm  
(916) 875-1055

**- Kaiser Permanente Medi-Cal Members:**

Department of Psychiatry (Children, Youth, and Adults)  
(916) 525-6100

For counseling and other behavioral health services in south Sacramento and Elk Grove, contact your or your child’s doctor or call the Department of Psychiatry to request an appointment.

**COUNSELING – Medi-Cal & Victim Compensation Programs**

**Another Choice, Another Chance**

www.acacusa.org  
7000 Franklin Blvd, Suite 625  
Sacramento, CA 95823  
(916) 388-9418

M-TH: 8:30 AM – 7:00 PM  
Friday 8:30 AM – 5:00 PM

Accepts: Medi-Cal, has other program funding – contact for information. No private insurance.

Individual, group, and family counseling for youth; treatment for sexually exploited children/youth; dual diagnosis mental health treatment for youth; addiction counseling and intensive treatment for youth and adults; other youth support services.

**Asian Pacific Community Counseling**

www.apccounseling.org  
7273 14<sup>th</sup> Ave., #120B  
Sacramento, CA 95820

(916) 383-6783

M–F: 8:00 AM- 5:00 PM

Accepts: Medi-Cal, low cost/sliding scale, and private insurance

Mental health counseling and wellness services for the Asian and Pacific Islander community throughout Sacramento County.

### **Child and Family Institute**

[www.cfisac.com](http://www.cfisac.com)

7880 Alta Valley Dr., Suite 210

Sacramento, CA 95823

(916) 921-0828

Accepts: Medi-Cal, Victim Compensation Programs (child victims of abuse/trauma)

Counseling for children, youth and families, with an emphasis on services for children who have experienced abuse or another trauma.

### **Dignity Health Foundation Children’s Center South**

[www.mymercymedicalgroup.com](http://www.mymercymedicalgroup.com)

6615 Valley Hi Dr. Suite A.

Sacramento, CA 95823

(916) 681-6300

Accepts: Medi-Cal. No private insurance.

Individual, group, and family counseling for children and youth ages birth – 20.

### **Hope for Healthy Families**

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

8788 Elk Grove Blvd, Bldg 1, Suite L

Elk Grove, CA 95624

(916) 686-9209

Accepts: Sliding Scale Fees; Victim Compensation Programs

Child, youth, adult, couples, and family counseling.

### **La Familia Counseling Center**

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

3301 37<sup>th</sup> Ave.

Sacramento, CA 95824

(916) 291-2545

M-F: 8:30 AM-5:00 PM

Accepts: Medi-Cal. No private insurance

Multicultural counseling for children, youth, and families with an emphasis on outreach to the Spanish-speaking community.

### **Sacramento Counseling and Family Service Center**

(no website)

95 Quinta Court

Sacramento, CA 95823

(916) 421-6500

7 days a week (8:00 AM-9:00 PM) by appt

Accepts: Victim Compensation programs. No Medi-Cal. Low cost/sliding scale fees, most insurance plans, EAP.

Child, youth, adult, and family counseling. Multi-cultural and multi-lingual staff.

### **Turning Point**

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

7245 E. Southgate Drive

Sacramento, Ca 95823

(916) 427-7141

Accepts: Medi-Cal. No private insurance.

Counseling support for children and youth up to age 21 who are experiencing significant emotional and behavioral difficulties.

♦**FREE Infant-Toddler Developmental Screening (ages 2 months-5 years)**♦

Parents/caregivers may request a free 1 hour screening for their child.

### **Visions Unlimited**

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

6833 Stockton Blvd., Suite 485

Sacramento, CA 95823

(916) 394-0800

Accepts: Medi-Cal. No private insurance.  
Counseling and other mental health services for children, youth, adults, and families.

### **WellSpace Health**

www.wellspacehealth.org  
8233 E. Stockton Blvd. Suite D  
Sacramento, CA 95828  
(916)368-3080  
M-Th: 9:00 AM – 8:00 PM  
Fri: 9:00 AM – 5:00 PM  
Accepts: Medi-Cal. No private insurance.  
Child, youth, adult, and family counseling and other mental health services. Substance abuse treatment

## **Counseling – Free, Low Cost, & Sliding Scale Fees**

### **Asian Pacific Community Counseling**

www.apccounseling.org  
7273 14<sup>th</sup> Ave., #120B  
Sacramento, CA 95820  
(916) 383-6783  
M–F: 8:00 AM- 5:00 PM  
Accepts: Medi-Cal, **low cost/sliding scale fees**, and private insurance  
**(Asian Pacific Community Counseling continued)**  
Mental health counseling and wellness services for the Asian and Pacific Islander community throughout Sacramento County.

### **Gender Health Center**

2020 29th Street, Suite 201  
Sacramento, CA 95817  
(916) 455-2391  
Mon-Fri, 10:00 AM – 5:00 PM  
Accepts: Low cost/sliding scale fees  
Individual, group, and family counseling for youth, adults, and families in the Sacramento County community with a focus on serving the LGBTQI community.

### **Hope for Healthy Families**

www.hopeforhealthyfamilies.org  
8788 Elk Grove Blvd, Bldg 1, Suite L  
Elk Grove, CA 95624  
(916) 686-9209  
Accepts: **Sliding Scale Fees**; Victim Compensation Programs  
Child, youth, adult, couples, and family counseling.

### **Sacramento Counseling and Family Service Center**

(no website)  
95 Quinta Court  
Sacramento, CA 95823  
(916) 421-6500  
7 days a week (8:00 AM-9:00 PM) by appt  
Accepts: **Low cost/sliding scale fees**, most insurance plans, EAP, and Victim Compensation programs. No Medi-Cal.  
Child, youth, adult, and family counseling. Multi-cultural and multi-lingual staff.

### **Turning Point**

www.tpcp.org  
7245 E. Southgate Drive  
Sacramento, Ca 95823  
(916) 427-7141  
♦**FREE Infant-Toddler Developmental Screening (ages 2 months-5 years)**♦  
Parents/caregivers may request a free 1 hour screening for their child.

## **Counseling – Private Insurance**

### **Sutter Center for Psychiatry**

www.sutterhealth.org

7919 Folsom Blvd., Suite 100  
Sacramento, CA 95826  
(916) 887-7850

Accepts: **Private insurance**

Inpatient (hospitalization), partial hospitalization, and outpatient individual and group counseling for children, youth, and adults.

### **Sierra Vista Hospital**

8001 Bruceville Road  
Sacramento, CA 95823  
(916) 288-0300

Accepts: **Private insurance**

Inpatient (hospitalization), partial hospitalization, and outpatient individual and group counseling for children, youth, and adults. Adult and youth addiction treatment.

### **Sacramento Counseling and Family Service Center**

(no website)  
95 Quinta Court  
Sacramento, CA 95823  
(916) 421-6500

7 days a week (8:00 AM-9:00 PM) by appt

Accepts: Victim Compensation programs. No Medi-Cal. Low cost/sliding scale fees, most insurance plans, EAP.

Child, youth, adult, and family counseling. Multi-cultural and multi-lingual staff.

## **Drug & Alcohol Dependency**

### **Alcoholics Anonymous (AA)**

(916) 454-1100 (24 hrs.)

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

Meetings for recovering alcoholics. The AA program, known as The Twelve Steps provides a framework for self-examination and a road to recovery. Check the website or call to find available meetings in your area. **No cost.**

### **Al-Anon/Alateen**

[www.al-anon.org](http://www.al-anon.org)

1(888)425-2666

Groups meetings for teens and adult family and friends of problem drinkers/alcoholics. Members share their experiences and learn choices that will lead to greater peace of mind. Check the website or call to find a meeting. **No cost.**

### **Narcotics Anonymous**

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

1(877) 623-6363

NA meetings are for recovering addicts. Members utilize NA's Twelve Steps to learn how to live drug free and recover from the effects of addiction. Check the website or call to find available meetings in your area. **No cost.**

### **Nar-Anon Family Groups**

[www.nar-anon.org](http://www.nar-anon.org)

1(800) 477-6291

Mon-Fri, 9:00 AM – 5:00 PM

Group meetings for family and friends of addicts. Members share their experiences and learn to utilize the Twelve Steps of Nar-Anon to solve problems and achieve peace of mind. **No cost.**

### **National Council on Alcoholism**

### **And Drug Dependency (NCADD)**

### **24 hr Alcohol & Drug Dependence Hope Line**

1(800) 622-2255

Information and referral help line for addiction and dependency.

### **- NCADD Sacramento**

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

2143 Hurley Way, Ste. 250

Sacramento, CA 95825

(916) 922-9217

Outpatient groups and court ordered addiction counseling programs.

### **Alcohol and Drug System of Care – Medi-Cal Assessments**

www.dhhs.saccounty.net  
3321 Power Inn Road, Suite 120  
Sacramento, California 95826  
Phone: (916) 874-9754

#### **Assessments:**

**Mon-Fri, 8:00 AM – 4:00 PM**

Center provides assessment and referral for Medi-Cal clients seeking alcohol and drug treatment.

### **Another Choice, Another Chance**

www.acacusa.org  
7000 Franklin Blvd. Suite 625  
Sacramento, CA 95823  
(916) 388-9418  
M-TH: 8:30 AM – 7:00 PM  
Friday 8:30 AM – 5:00 PM

Accepts: **Medi-Cal, other program funding** (contact for information). No private insurance.

Addiction counseling and intensive treatment for youth and adults, including residential and outpatient treatment (individual, group, and family).

### **Mexican American Alcoholism Program (MAAP)**

www.maap.org  
Adult Program:  
4241 Florin Road, Suite 110  
(916) 394-3489 ext. 230  
Youth Program:  
(916) 394-3487 ext. 298  
DUI Program:  
(916) 916-394-2320 ext. 401

Accepts: **Medi-Cal, fee for service**

Bilingual/bicultural services in Spanish and English. Addiction & dependency services for youth and adults, with a focus on the Latino community. Residential treatment and outpatient counseling (individual, group, and family); drug diversion programs; peer mentoring for clients with developmental disabilities; and drinking driver programs (State and County licensed DUI programs).

### **Sobriety Brings A Change (SBAC)**

www.sobrietybringsachange.com  
4600 47<sup>th</sup> Ave, Suite 102  
Sacramento, CA 95824  
(916) 454-4242

Accepts: **Medi-Cal, low cost/sliding scale fees**

Assessment and outpatient addiction treatment services for youth and adults. Services include individual, family, and group therapy. The center offers parenting classes, gang prevention/intervention, and court-approved anger management and domestic violence diversion programs.

### **Sierra Vista Hospital**

8001 Bruceville Road  
Sacramento, CA 95823  
(916) 288-0300

Accepts: **Private insurance**

Adult and youth alcohol and drug addiction treatment. Inpatient (hospitalization), partial hospitalization, and outpatient individual and group services for youth and adults.

### **WellSpace Detox Center**

www.wellspacehealth.org  
1820 J St.  
Sacramento, CA 95814  
(916) 325-5556  
M-F 8:00 AM - 5:00 PM

Accepts: **Medi-Cal**

Substance use detoxification program in a licensed, medically monitored facility.

## Grief Resources

### **Make a Wish Foundation of Sacramento/Northeastern CA**

www.wish.org  
2800 Club Center Drive  
Sacramento, CA 95835  
(916) 437-0206  
M-F: 8:30 AM-5:00 PM  
Grants wishes to children ages 2 1/2 -18 who are facing life threatening illnesses.

### **Sutter Grief Support Groups**

#### **• Adult Grief Support Groups**

www.suttercareathome.org/griefsupport  
(916) 388-6215 or (916) 388-6255  
Grief support groups for adults including a drop-in group, spouse/partner loss group, and parent loss group.

#### **• Children's Bereavement Art Group**

www.sutterchildrens.org/childbereavement  
Sutter Cancer Center  
2800 L Street, Suite 400  
Sacramento, CA 95816  
Peggy Gulshen, Coordinator  
(916) 454-6555  
Bereavement art group for children who have experienced the death of a parent, sibling or significant person. The group is facilitated by trained therapists and volunteers who help children to cope and accept loss through creative activities.

### **UC Davis Grief Support Groups**

3630 Business Drive  
Sacramento, CA 95820  
(916)734-1139  
delewis@ucdavis.edu  
Adult bereavement support group; young adult bereavement art group ages 17-24; parents' bereavement support group for parents who have lost a pediatric-age child.

## Food & Clothing

### **Elk Grove Food Bank Services and Clothes Closet**

www.elkgrovefoodbank.org  
9820 Dino Dr., #140  
Elk Grove, CA 95624  
(916) 685-8453  
Residents of zip codes 95624, 95757, 95758, 95759, 95828, 95829, 95683, 95693 and the homeless  
Valid photo ID and other identification required - call or check website.

#### **• Food and Clothing Distribution**

M-F, 10:00 AM – 2:00 PM  
Food and clothing distribution; Clients may receive food once per month.

### **Elk Grove Food Bank Mobile Pantry for 95828 Residents**

#### **Impact Church**

8299 E. Stockton Blvd  
Sacramento, CA 95828  
Valid photo ID and other identification required - call or check website.  
2<sup>nd</sup> Thursday of the month  
10:00 AM – 12:00 PM

### **Loaves & Fishes**

1531 North C Street  
Sacramento, CA 95811  
M-F 11:30 AM-1:00 PM  
Sat-Sun 11:00 AM-12:30 PM  
(916) 446-0874  
Free hot lunch.



**Rancho Cordova Community  
Food Locker**

10497 Coloma Rd.  
Rancho Cordova, CA 95670  
(916) 364-8973  
Residents of zip codes 95608, 95609, 95624, 95655, 95656, 95670, 95683, 95741, 95742, 95826, 95827, 95830, 95842, and 95841  
Picture ID, Soc. Sec. Card, or Medical cards may be used. Call to check on required ID.  
Mon, Wed, Fri, 8:30 AM – 1:20 PM  
Up to 3 days of food per visit.

**River City Food Bank**

1800 28th St  
Sacramento, CA 95816  
(916) 446-2627  
Serves all zip codes  
ID Required for all family members. Call to check on required ID.  
Mon-Fri, 11:00 AM – 3:00 PM  
Clients may receive food once per month.

**Sacramento Food Bank &  
Family Services - CLOTHING**

[www.sacramentofoodbank.org](http://www.sacramentofoodbank.org)  
Oak Park Family Services Campus  
3333 Third Avenue  
Sacramento, CA 95817  
(916) 456-1980  
Tues, Thurs, Fri 10:00 AM-1:30 PM  
Wed 4:00 – 7:00 PM  
ID required for each family member for first visit (call for more information)  
Serves all residents of Sacramento County

**(Sacramento Food Bank & Family Services – CLOTHING *continued*)**

Clothes closets for adults and children serving residents of Sacramento County. Job Smart Clothing Program for those employed or seeking employment.

**St. Charles Borromeo Church**

**St. Vincent De Paul -  
Center Parkway/Valley Hi – Food Closet**

7580 Center Parkway  
Sacramento, CA 95823  
(916) 733-2010  
Serves residents in the Center Parkway/Valley Hi area-zip code 95823  
Call to find out if ID is required.  
Mon, 9:15 AM – 12:00 PM

**South Sacramento Interfaith Partnership- Emergency Food Closet - Bethany Presbyterian Church**

[www.ssipfoodcloset.org](http://www.ssipfoodcloset.org)  
5625 24<sup>th</sup> St.  
Sacramento, CA 95822  
Residents of zip codes 95822, 95823, 95824, 95826, 95828  
Call to find out ID required.  
M-F 9:00 -11:30 AM  
(916) 428-5290  
Clients may receive food once per month.

**Southpointe Christian Center**

[www.southpointecc.com](http://www.southpointecc.com)  
7520 Stockton Blvd  
Sacramento, CA 95823  
(916) 504-3370  
Call to find out if ID is required.  
Last 2 Mon's of each month,  
7:30 AM – 10:00 AM

**United Methodist Church**

www.elkgroveumc.org  
8986 Elk Grove Blvd,  
Elk Grove, CA 95624  
916-686-8303  
Breakfast **(free)**, Sat, 8AM -10AM  
Lunch **(free)**, Sun, 11:30 AM -1PM

**Housing Assistance****Renters Help Line****(916) 389-7877**

Mon-Fri, 8:00 AM – 5:00 PM  
Free assistance with landlord-tenant disputes and Fair Housing laws.

**Sacramento Self-Help Housing**

www.sacselfhelp.org  
(916) 341-0593  
Mon-Fri, 9:00 AM -5:00 PM  
Assistance finding safe affordable housing. See website or call for assistance.

**Salvation Army****Family Service Centers**

4350 Raley Blvd. Suite 200  
Sacramento, CA 95838  
(916) 678-4010  
Oak Park Community Center  
2250 Alhambra Blvd  
Sacramento, CA 95817  
(916) 452-2968  
Rental and utility bill assistance, emergency lodging/shelter, school clothes and supplies.

**Emergency Shelters****FAMILY SHELTERS:****Francis House**

1422 C Street  
Sacramento, CA 95814  
(916) 443-2646  
Emergency shelter for parents with minor children age 17 and younger.

**Next Move Family Shelter - Sacramento Area Emergency Housing Center (SAEHC)**

www.nextmovesacramento.org  
4516 Parker Avenue  
Sacramento, CA 95820  
(916) 455-2160  
Temporary emergency shelter, meals, transportation, health services, and clothing for families, including men and women with children up to age 18.

**Salvation Army Family Services**

www.salvationarmy.org  
1200 North B St.  
Sacramento, CA 95814  
(916) 442-0331  
Mon-Fri 8:00 AM-4:00PM  
Rescue Program for homeless families.

**Traveler's Aid Emergency Assist.**

www.travelersaid.org  
2251 Florin Road, Suite 124

Sacramento, CA 95822  
(916) 399-9646  
M-F, 8:00 AM-5:00 PM  
Emergency housing for homeless families.

**WOMEN & CHILDREN'S SHELTERS:**

**Mary House**

[www.sacloaves.org](http://www.sacloaves.org) 1321 North C Street, Suite 32  
Sacramento, CA 95811  
(916) 446-4961  
Day shelter for women and children.  
Mon-Fri: 8:00 AM-2:00 PM  
Breakfast 8:00 AM-9:00 AM

**My Sister's House**

[www.my-sister-house.org](http://www.my-sister-house.org)  
3053 Freeport Blvd., #120  
Sacramento, CA 95818  
(916) 428-3271 (24hr. crisis line)  
Serves women and children impacted by domestic violence, human trafficking, and exploitation with an emphasis on the needs of Asian and Pacific Islander women.

**St Johns Program for Real Change**

[www.saintjohnsprogram.org](http://www.saintjohnsprogram.org)  
(916) 453-1482 (24 hrs)  
Emergency shelter for women and children with housing, education, and employment services for shelter residents.

**WEAVE Safe Shelter**

(916) 920-2952 (24 hrs)  
Shelter and support services for women and children escaping domestic violence, human trafficking, or exploitation. Call the 24 hour support line for services.

**YOUTH SHELTER:**

**Wind Youth Services Emergency Shelter and Drop-in Center**

[www.windyouth.org](http://www.windyouth.org)  
3671 5th Ave  
Sacramento, CA 95817  
Emergency Shelter Line:  
1(800) 339-7177  
Drop-in Center: (916) 561-4900  
Call emergency shelter line or visit the drop-in center. Shelter and Drop-in Center offer meals, laundry, counseling, education assistance, employment assistance, and more.

**Utility Assistance**

**California Budget Mobile Lifeline – Free Cell Phone**

(916) 993-8924  
[www.budgetmobile.com](http://www.budgetmobile.com)  
Walk-in locations:  
Sacramento Store – Northgate  
2407 Northgate Blvd.  
Sacramento, CA 9583  
No Cost – Free cell phone with unlimited talk and text and a limited data plan for low-income families receiving public assistance. One phone per household. Must show proof of public assistance. Contact for more information.

**HEAP**

**Home Energy Assistance Program**

(916) 567-5200  
[www.cresource.org](http://www.cresource.org)  
Residents of Sacramento County  
M-F 8:30AM - 12:00PM and 1:00p.m. - 3:00 p.m.

Priority for HEAP services are given to applicants who are income qualified; have a high energy burden; and have a resident in the household who is part of a vulnerable population (i.e. seniors over 60 years of age, disabled persons, and children under 5 years of age)

### **Salvation Army**

#### **Family Service Centers**

4350 Raley Blvd. Suite 200

Sacramento, CA 95838

(916) 678-4010

(Salvation Army Family Service Centers *continued*)

Oak Park Community Center

2250 Alhambra Blvd

Sacramento, CA 95817

(916) 452-2968

Utility bill assistance, rental assistance, emergency lodging/shelter, school clothes and supplies.

## **Employment Assistance**

### **Employment Development Department (EDD)**

[www.edd.ca.gov](http://www.edd.ca.gov)

Visit the website for information about Unemployment Insurance, Disability Insurance, and Paid Parental Leave – online, phone, and office locations.

#### **– CalJOBS – Find a job**

[www.caljobs.ca.gov](http://www.caljobs.ca.gov)

Online job listings, resume development, and other job search services.

**Need computer access?** Visit a Sacramento Works Job Center. See list of centers on this resource list or call the center locator number: 1(877) 872-5627

### **Job Central 24 hr Job Line for Public Assistance (DHA) Recipients:**

(916) 875-3333

Current job openings and referrals and “Job Talk” schedules.

### **Elk Grove Adult and Community Education (EGACE)**

(Adults & Youth)

8401-A Gerber Road

Sacramento, CA 95828

(916) 686-7717

**-Academics** (High School Diploma and High School Equivalency testing, GED, English classes, and more)

**-Career Training Institute** (A range of career/technical training programs and services)

**-Always Learning** (Classes for career development)

### **Sacramento Job Corps Center**

[www.sacramento.jobcorps.gov](http://www.sacramento.jobcorps.gov)

3100 Meadowview Road

Sacramento, CA 95832

(916) 394-0770

Academic skills, life skills, and career training in a variety of vocational trades.

#### **– On-The-Job Training Program**

This program provides a wage subsidy to an employer for hiring and training an individual for a new job. Ask a Job Center Coach about program eligibility and employment referral.

### **Sacramento Works Job Centers- Adults & Youth:**

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

Job coaching, job search skills, job fairs, resume preparation, computer access, referrals to career/technical training, and more, including programs for youth.

#### **– Franklin Job Center**

7000 Franklin Blvd., Suite 540

Sacramento, CA 95823

(916) 563-5151

**– South County Job Center**

8401-A Gerber Road  
Elk Grove, CA 95828  
(916) 793-2319

**– Asian Resources Job Center**

2411 Alhambra Blvd., Suite 110  
(916) 324-6202

**– La Familia Job Center**

5523 34th Street  
Sacramento, CA 95820  
(916) 452-3601

**– Lao Family Community Development, Inc. Job Center**

7171 Bowling Drive, Suite 1120  
Sacramento, CA 95823  
(916) 393-7501

**Sacramento Employment and Training Agency (S.E.T.A.)**

www.seta.net  
925 Del Paso Blvd.  
Sacramento, CA 95815  
(916) 263-3800  
Adult and youth job search and employment support programs .

## Public Assistance

**Sacramento County Department of Human Assistance**

**www.saccounty.net**

To apply for Cash Aid, Cal Fresh Food Stamps, or Medi-Cal health insurance, visit or call:

Dept. of Human Assistance (DHA)

2450 Florin Road  
Sacramento, CA 95822  
(916) 874-3100

**OR**

If you are a current recipient and need assistance with your open case, contact

DHA Bowling Green Office

4433 Florin Rd. Ste. 160

Sacramento, CA 95823

(916) 875-3800

## Financial/Legal

**Legal Services of No. California**

www.lsnc.net

515 12<sup>th</sup> Street

Sacramento, CA 95814

(916) 551-2150

Free and low cost legal services for low income clients in Sacramento County.

**Mc George School of Law Community Legal Services**

3200 5<sup>th</sup> Avenue

Sacramento, CA 95817

(916) 340-6080

Law students (with supervision by an attorney) provide legal help to low income clients in a variety of areas including immigration, public benefits, health law, bankruptcy, and abuse (elder abuse, domestic violence). Call for more information on clinics offered. Must be a resident of Sacramento County.

**Mc George School of Law-Victims of Crime Resource Center**

www.1800victims.org

1-800-842-8467

Comprehensive information on victim compensation and restitution as well as victim's role and rights in the criminal justice system. Call and talk with a representative or view the online resource directory.

**Sacramento County Clerk/Recorder Service Center**

www.ccr.saccounty.net  
8239 E. Stockton Blvd.  
Sacramento Ca, 95828  
(by CARMAX)

Certified copies of birth, death and marriage certificates/records.

**Legal Advocacy and Services – Domestic Violence, Sexual Assault, and Human Trafficking****– 24hr WEAVE Support & Information Line**

1(866) 920-2952 or (916) 920-2952

www.weaveinc.org

Focus on all people, all ages, all genders. Outreach to LGBT community.

**– 24hr My Sister’s House Helpline**

(916) 478-3271

www.my-sisters-house.org

Multilingual staff and volunteers address the needs of Asian/Pacific Islander callers. Women and children’s shelter.

**Transportation****Sacramento Regional Transit (Sacramento RT)**

www.sacrt.com

1225 R Street

Sacramento, CA 95814

Customer Service Number:

(916) 321-2877

M-F 6:30 AM-6:30 PM

Provides public transportation to the Sacramento County – busses, light rail. See the website for routes, services, and fares. Discount RT passes for students, disabled persons, and seniors. RT passes are available for purchase at a variety of locations. See website for RT pass sales outlets (at local businesses and agencies).

**E-Tran Bus Service****City of Elk Grove**

8401 Laguna Palms Way

Elk Grove, CA 95758

www.e-tran.org

Customer Service Number:

(916) 687-3006

Hours of Operation:

M-F: 6:00 AM-10:00 PM

Sat-Su: 10:00 AM-5:00 PM

E-Tran is the bus service for the City of Elk Grove. Check website for E-tran routes, schedules, and fares. Discount E-Tran passes available for students, disabled persons, and seniors. Passes can be purchased online, by mail or from a variety of Elk Grove businesses and agencies. E-Tran passes also available for purchase at Sacramento Regional Transit office. See website for more information.