

# 2017—2018 FAMILY RESOURCE GUIDE



The Family Resource Guide is designed to connect families of our school community with resources that help in times of need. The guide is made possible through Gateway Community Charters. There are many additional services located throughout Sacramento County and the surrounding areas that residents may want to turn to for help. Please call *InfoLine Sacramento* at **498-1000 or 211** for more options.

Before making your phone call for a particular service, you may want to write down:

- **WHO** do you want to talk to?
- **WHAT** information do you want to know, or
- **WHY** do you need this service
- **REMEMBER** if this particular service is unable to assist you, can they make a referral to someone who can?

Some programs in this Guide may have limited their services due to budget cuts. If you find that a service is no longer available, or that the phone number has changed, please phone our Community Engagement department at (916) 286-5199 Ext. 2070, so that corrections can be made for the next publication of this guide.

**Note:** *The resources provided in this guide are referrals only. They are not recommendations.*

### **Frequently Used Numbers**

<b>Name</b>	<b>Phone Number</b>
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**Organized by:**

Gateway Community Charters Community  
Engagement and Development Department  
Twin Rivers Unified School District  
Student Services Department  
Child Welfare and Attendance

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All phone numbers listed are in the (916) area code  
Unless otherwise indicated.

## EMERGENCY PHONE NUMBERS

### **POLICE, SHERIFF, FIRE, AMBULANCE**

**911**

### **TWIN RIVERS USD POLICE**

**566-2770**

Adult Protective Services

874-9377

Child Abuse Bureau (Sac County Sheriff)

874-5191

Child Find Hotline

(800) IAMLOST (426-5678)

Child Protective Services (CPS)

875-KIDS (5437)

County Mental Health Crisis Line (24 hour)

732-3637

Crisis Nursery (Help for Parents/Families in Crisis)

394-2000 South/ 679-3600 North

Wind Youth Services (Teenagers)

(800) 339-7177

National Runaway Switchboard

(800) RUNAWAY (786-2929)

Parent Support Line (Crisis)

(888) 281-3000

Poison Control Center

(800) 222-1222

Pregnancy Hotline

451-2273

Speech to Speech (Assistive Communication Service)

711

Suicide Prevention Crisis Line

368-3111

Safely Surrendered Baby Info Line

(877) 222-9723

Youth Crisis Hotline

(800) 843-5200

WEAVE Hotline (Domestic abuse)

920-2952



## NON-EMERGENCY PHONE NUMBERS

### **INFOLINE SACRAMENTO**

**498-1000**

Alcoholics Anonymous

454-1771

Alanon / Alateen (Family/friend of alcoholic) Info Line

334-2970

Child Abuse Prevention Council

244-1900

Diogenes Youth Services

369-5447

Nar-Anon (Family/friend of substance abuser) Info Line

(800) 477-6291

Narcotics Anonymous

(877) 623-6363

California Smokers' Helpline Want to Quit Smoking?

(800) NOBUTTS (662-8887)

Sheriff Non-emergency

874-5115

Sheriff's Community Service Center

\_\_\_\_\_

**Dewey Service Center**

875-5484

Fair Oaks, CA 95628

\_\_\_\_\_

**Town and Country Service Center**

874-2600

Sacramento, CA 95821

## NON-EMERGENCY PHONE NUMBERS

<b>Rio Linda Service Center</b> Rio Linda, CA 95673	876-6730
<b>Kilgore Service Center</b> Rancho Cordova, CA 95670	875-9602
<b>Rancho Murieta Safety Center</b> Rancho Murieta, CA 95683	354-8509
<b>Florin Service Center</b> Sacramento, CA 95823	876-8309
<b>Walnut Grove Service Center</b> Walnut Grove, CA 95690	776-2523
<b>Wilton Service Center</b> Wilton, CA 95693	876-9800
	874-5701
<u>Victim / Witness Center</u>	448-2321
<u>WEAVE (Domestic Violence)</u>	
WEAVE Specific Contacts:	
Support and Information	920-2952
National Domestic Violence Hotline	1-800-799-7233



## FOOD RESOURCES

**Cal Fresh**  
Dept. of Human Assistance  
1725 28th St.  
Sacramento

**874-3100**

Low income families, most languages, CALWORKS, general assistance, and non-assistance food stamp continuation services.

**Carmichael Food Closet**  
5645 Marconi Ave.  
Carmichael, CA 95608

**483-9232**

Open Monday - Friday. Call in food orders between 10:00 AM and 12:00 PM. Pick up food orders between 2:00 PM and 3:30 PM. Serving zip codes 95864, 95841, 95821, 95628, 95825



**Closed Holidays**

**Family Services**  
3213 Orange Grove Ave.  
North Highlands CA

**678-4010**

One food basket per month. Proof of residence (SMUD or PG&E bill) & ID required. T/W/Th 9 AM - 3 PM. Must provide proof of income for household.

**Friendship Park**  
1351 North C St.  
Sacramento

**443-7378**

Free breakfast for women and children at 8 AM Monday-Friday.

**Loaves & Fishes**  
Dining Room  
1321 North C St.  
Sacramento

**446-0874**

Lunch is served 7 days a week, 11:30 AM - 12:30 PM

**North Highlands Christian Food**  
3429 Freedom Park Dr.  
North Highlands 95660

**771-0963**

Food give away on Mon., Tues. & Wed. from 9:30 AM - noon. One food basket per month. ID & proof of address (utility or telephone bill) is needed each time you come. Serving zip codes: 95660, 95842, 95843

**331-0345**

**Our Lady of Lourdes**  
1951 North Ave.  
Sacramento 95838

**925-5313**

You must register Tuesday at 10:30 AM for food pick up between 11 AM & 1 PM. Proof of address & ID are required. Must bring your own bags. Serves zip codes 95673, 95626, 95838.



## FOOD RESOURCES

**Rio Linda/Elverta Food Closet**     **530-228-5526**     One food basket per month. ID & proof of residency and income are required. Thursday 10 AM - 12 PM. Serves residents of Rio Linda & Elverta

Southern Baptist Church  
6420 Rio Linda Blvd.  
Rio Linda 95673

**River City Food Bank**     **446-2627**     A three-day supply of emergency food, offered once a month. This includes baby food and formula, if needed. ID required. Monday - Friday 11:30 AM - 3 PM

1800 28th St.  
Sacramento

**Sacramento Food Bank & Family Services**     **456-1980**     Call for hours & locations Provides 3 - 5 days of take home groceries. Must provide photo ID & proof of address.

3308 Third Ave.  
Sacramento 95817



**The Grace Network**     **952-7880**     Serving the Dixieanne, North Sacramento and Del Paso Heights communities. Ages 13-30 years old. Call resource line for days, times and locations of meals served.

**GraceCity Center**     **Office**

701 Dixieanne Ave.  
Sacramento 95815

**850-0846**  
**Resources**

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

**The Way Ministries**     **470-0408**     Call for information and details

5501 Dewey Dr.  
Fair Oaks 95628

**WIC**     **876-5000**     Women, Infants and Children Program provides food for pregnant and nursing mothers. Infants and children under 5 Call for details M - Thur 8:15 AM - 5:00 PM. Fri 8:15 AM - 4:30

811 Grand Ave., #1  
Sacramento 95838



## CLOTHES CLOSETS

**Union Gospel Mission**  
400 North Bannon Street  
Sacramento CA 95815

**447-3268**

Call for information and details

**New Testament Baptist Church**  
6746 34th Street  
North Highlands 95660

**344-0440**

Call for information and details

**SFBFS Clothing Program**  
3333 Third Avenue  
Sacramento 95817

**456-1980**

M/T/Th/F 10 AM - 1:30 PM  
Wed. 4 - 7 PM limited to  
once, monthly

**First Baptist Church of North  
Sacramento**  
2601 Del Paso Blvd. Sacramento  
95815

**922-9365**

Call for information and details



## THRIFT SHOPS

**Atkinson Family Services Thrift Store**  
4718 Engle Rd.  
Carmichael, CA

**489-5316**

**Deseret Industries**  
3000 Auburn Blvd.  
Sacramento

**482-1480**

**Goodwill Industries**  
4401 Elkhorn Blvd.

**332-2294**

2502 Watt Ave @ El Camino

**480-9002**

4760 Natomas Blvd.

**419-1732**

**Pacific Thrift Store**  
6101 Watt Ave.  
Sacramento 95826

**514-0154**

**Thrift Town**  
410 El Camino Ave.  
Sacramento 95815

**922-9942**





## LOW INCOME HOUSING

<b>CHOC (Community Housing Opportunities Corporation)</b> <i>Danbury Park Apartments</i> 7840 Walerga Road Antelope 95843 <a href="http://www.chochousing.net">www.chochousing.net</a>	<b>725-7385</b>  <b>OR</b>  <b>(707) 759-6043</b>	Affordable apartments through CHOC
<b>Mercy Housing of Sacramento</b> <a href="http://www.mercyhousing.org">www.mercyhousing.org</a>	<b>341-0593</b>	Call for availability status and information about the program
<b>Sacramento Self Help Housing</b> <a href="http://www.sacselfhelp.org">www.sacselfhelp.org</a>	<b>341-0593</b>	Call to complete intake process. Housing, counseling, and referrals for the homeless. No fee. 9 AM - 5 PM
<b>Mutual Housing California</b> 8001 Fruitridge Rd. Sacramento 95820	<b>453-8400</b>	Provides assistance in seeking affordable or income based housing
<b>Salvation Army Family Service Office</b> 3213 Orange Grove Ave North Highlands 95660 <u>Rental Assistance Program</u>	<b>678-4050</b> <b>ext. 3</b>	Must have a 3 day pay or quit notice & be on rental agreement. Monday 9-11 AM, 1-4 PM
<b>SHRA</b> (Sacramento Housing & Redevelopment) <a href="http://www.shra.org">www.shra.org</a>	<b>444-9210</b> <b>OR</b> <b>440-1390</b>	Housing choice voucher program (HCV). Call for information
<b>YWCA</b> 1122 17th Street Sacramento 95811	<b>264-8066</b>	Low-income women's residency program. Rooms for rent. No children. Walk-in to apply. Possible waiting list
<b>Family Promise</b>	<b>443-3107</b>	Provides assistance in seeking affordable or income based housing



## EMERGENCY HOUSING / SHELTERS

**WIND Youth Services**  
3671 5th Ave.  
Sacramento 95817

Office:  
**369-5447**  
Hotline:  
**1-800-  
339-7177**

Emergency housing for youths who have run away, been pushed out of their homes, or simply need time to cool off for a few days

**Family Shelter—VOA**  
470 Bannon Str.  
Sacramento CA 95811

**443-4688**

Shelter for couples, single fathers, and families with children and teen-age boys. Meals, support services, etc

**Francis House**  
1422 C Street  
Sacramento 95814

**443-2646**

Counseling, IDs, bus tokens, employment assistance, etc.  
Call for details

**Friendship Park**  
1321 North C Street  
Sacramento

**443-7378**

Breakfast, recreation activities, phones, library, showers, laundry, and more

**Loaves & Fishes**  
1351 North C Street  
Sacramento

**446-0874**

Help to the homeless in finding shelter, food and health care. Walk-in service. Near bus line; light rail; has parking  
Hours: 7 AM - 2:30 PM

**Lutheran Social Services**  
3734 Broadway Ave  
Sacramento 95817

**453-2900**

Housing and case-management services for homeless families, transitional housing programs, also transitional & supported housing for former foster youth and transition age youth

**Maryhouse**  
1321 North C Street  
Sacramento

**446-4961**

A hospitality center for homeless women and children only. Hot breakfast program.  
Monday - Friday, 8 AM - 2 PM

**My Sister's House**

**428-3271**  
*24 hour line*

A safe haven for Asian and Pacific Islander women and children escaping domestic violence. A 6-bed safe haven and 6-bed transitional house for women and children for up to 90 days

**Next Move**

**455-2160**  
*Family Shelter*

30-day shelter that accepts 2 parent families, single fathers & sons over age 14. Phone interviews only. Possible waiting list

## EMERGENCY HOUSING / SHELTERS



### **Next Move**

**454-2120**

*Administration*

30-day housing, meals and transportation for single women. Phone interviews only. Possible waiting list

### **Salvation Army Shelter**

1200 N. B Street  
Sacramento 95814

**442-0331**

*24-hour line*

Services include shelter, food and other services for homeless men and women. Support system of multiple resources and specialized programs. Monday-Friday, 8 AM - 1 PM. TB test required

### **St. John's Shelter**

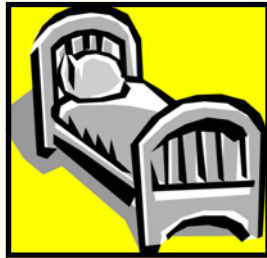
4410 Power Inn Rd.  
Sacramento  
[www.stjohnsshelter.org](http://www.stjohnsshelter.org)

**453-1482**

*24-hour line*

Shelter program for homeless women and children. Mental health care, on the job training, career counseling and more

### **Travelers Aid Emergency Assistance Agency**



**399-9646**

Provides daytime and after-hours emergency assistance to homeless families through motel, food vouchers, rental assistance, SMUD assistance, and case management services

### **WEAVE's Safehouse**

Services for men, women, teens and children.

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

**920-2952**

*24-hour line*

Temporary shelter for victims of domestic abuse and their children. Provides a safe place to stay, food, clothing, emergency transportation, and social service advocacy

### **YWCA**

1122 17th Street  
Sacramento

**264-8066**

Low-income women's residency program. Rooms for rent. Walk in. No children. 8 AM - 4:30 PM Monday-Thursday; 8 AM - 2 PM Friday

### **Overcomers Program**

671 Plaza Ave.  
Sacramento CA 95815

### **Program for Women**

**924-3113**

Call for details about residential programs

### **Program for Men**

**920-3082**

## HEALTH CLINICS



**Child & Family Institute**  
3951 Performance Dr.,  
Ste. G  
Sacramento 95838

**921-0828**

Offers free counseling services to children who may have witnessed or have experienced bullying, emotional/physical/sexual abuse, domestic violence, alcohol//drug issues within family, or other traumas. Medi-Cal accepted

South Sacramento Office  
7880 Alta Valley Dr.  
Ste. 210  
Sacramento 95823

**CHDP Program**  
9616 Micron Ave.  
Ste. 950  
Sacramento 95827

**875-7151**

Free physicals & dental for low income children without Medi-Cal.  
Phone interviews recommended

**Medi-Cal**

**(800) 541-5555**

**Call for information and qualifications.**

**Mercy Clinic**  
(Healthcare for the homeless program)

**446-3345**

Walk-in acute public health and primary care services for the homeless individuals

**Planned Parenthood**  
General Information

**(800) 230-PLAN** Monday - Friday

5700 Watt Ave.  
North Highlands 95660

**332-5715**

201 29th St.  
Ste. B  
Sacramento 95816

**446-6921**

**Primary Care Center**  
4600 Broadway  
Sacramento 95820

**874-9670**

Monday - Friday, 8 AM - 5 PM

**Sacramento Family Medical Clinic Inc.**  
5735 Watt Ave.  
North Highlands 95660

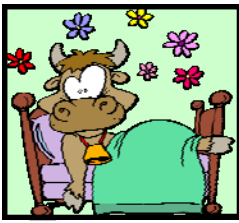
**339-2229**

Monday - Friday

**Watt Ave Med Clinic**  
5710 Watt Ave.  
North Highlands 95660

**344-8866**

Monday - Friday



## HEALTH CLINICS

**Molina Medical Center**  
3946 Norwood Ave.  
Sacramento 95838

**(877) 665-4623** All centers open Monday -  
Friday

7400 Sunrise Blvd.  
Citrus Heights 95610

**Sacramento Family Medical Clinic**  
3441 Marysville Blvd.  
Sacramento, CA 95838

**563-7200** Monday - Friday

5735 Watt Ave.  
North Highlands, CA 95660

**HALO (Health and Life Organization)**  
Sacramento Community Clinics

All centers open Monday -  
Friday

Southgate  
7275 E. Southgate Dr. Ste. 204-206  
Sacramento, CA 95823

**428-3788**

Assembly Court  
5524 Assembly Court  
Sacramento, CA 95823

**642-1867**

Del Paso  
2200 Del Paso Blvd.  
Sacramento, CA 95815

**924-7988**

Del Paso Dental  
2138 Del Paso Blvd.  
Sacramento, CA 95815

**642-1890**

**Dental Clinic**  
4600 Broadway, Ste. 2100 (2nd Floor)  
Sacramento, CA 95820

**874-8300**

Does not accept Medi-Cal  
CMISP eligible patients only

**Eye 2 Eye Optometry**  
**Dr Karrin Vallin, Dr Mark Waldmire**  
4633 Whitney Ave., Ste. A Sacramento,  
CA 95821

**487-1717**

Accepts Medi-Cal. Se habla  
Español. Saturday  
appointments available by  
request

# MEDI-CAL PROVIDERS

If you need assistance in making an appointment with a Medi-Cal provider, please call the Sacramento County Department of Health and Human Services/Child Health and Disability Prevention Program (CHDP). You will receive personal assistance Monday through Friday between 8:00 AM and 5:00 PM.

CHDP Program	916-875-7151
Medi-Cal (call for info. and qualifications)	916-874-2215
Medi-Cal/Healthy Families	916-404-9442

## **OTHER LOCAL MEDI-CAL PROVIDERS:**

<b>Health Clinics:</b>	916-339-2229
Sacramento Family Medical Clinic, Inc.	
Watt Avenue Medi-Cal Clinic	916-344-8866

<b>Counseling:</b>	
ACCESS Team-Children	916-875-9980
ACCESS Team-Adults	916-875-1055
(Mental health service - Info / Referrals. Medi-Cal eligible.)	

Child & Family Institute	916-921-0828
(Counseling services for abused children, non-offending parents/caretakers, and siblings of abused children.)	

<b>Counseling Services that accept Medi-Cal thru an ACCESS referral:</b>	
WellSpace Health	916-368-3080
Catholic Social Services of Sacramento - New Pathways	916-452-7481

<b>Dental:</b>	
Denti-Cal (referral service for dentists who accept Medi-Cal)	1-800-423-0507

**Please remember not all Doctors can accept new patients at all times**

## LOCAL HOSPITALS

<b>Kaiser Sacramento</b> 2025 Morse Ave. Sacramento 95825	973-5000
<b>Kaiser South Sacramento</b> 6600 Bruceville Rd. Sacramento 95823	668-2000
<b>Mercy General Sacramento</b> 4001 J St. Sacramento 95819	453-4453
<b>Mercy General Folsom</b> 1650 Creekside Dr. Folsom 95630	983-7410
<b>Mercy San Juan Medical</b> 6501 Coyle Ave. Carmichael 95608	537-5000
<b>Methodist Hospital Sacramento</b> 7500 Hospital Dr. Sacramento 95823	423-3000
<b>Sutter Medical Sacramento</b> 2825 Capitol Ave. Sacramento 95816	887-0000
<b>UC Davis Medical Center</b> 2315 Stockton Blvd. Sacramento 95817	734-2011





## **Here's The Good News...**

### **More Children Qualifying for No Cost Health Care**

Did you know that you or your child might qualify for Medi-Cal if he/she is under the age of 19 or you are an expectant mother? Recently, more children with higher family income levels have been qualifying for no-cost Medi-Cal. Children of one or two parent working families may be eligible.

Medi-Cal offers many health care advantages:

- No-cost comprehensive health, dental, and vision benefits for children.
  - No monthly premiums.
  - No co-payments for any benefit.
  - Choice of health insurance plans in most major population centers.
  - Family property (such as cars or savings) does NOT count toward eligibility.
- Convenient mail-in application process.

Documents Needed to Apply:

- Proof of Income (pay stub; signed statement from employer; or copy of income tax return).
- Child's birth certificate or proof of immigration status (if pregnant, this is not needed).

Proof of California Residency

See your school nurse or health assistant; they will have applications and information regarding eligibility and documents required for application process. You can also contact Twin Rivers Unified School District, Student Services office at 916-566-1617 for information.

Let's keep our kids healthy and in  
school!!! Call us, we can help.





## PARENTING CLASSES / SUPPORT

(Free or Low Cost)

### **Dept of Human Assistance**

3960 Research Dr. 874-3100

Sacramento 95838

5747 Watt Ave. 876-8000

North Highlands 95660

### **WellSpace Family Resource Center**

6015 Watt Ave. Suite 2, 737-5555

North Highlands 95660

### **North Sacramento Family Resource Center** 679-3743

1217 Del Paso Blvd. Ste B

Sacramento 95815

### **Changing Courses**

332-5056

3355 Myrtle Ave Ste. 265

North Highlands 95660

Offers meditation and parenting classes

### **Area 4 Agency on Aging**

486-1876

1401 El Camino Ave.

Sacramento 95815

Coordinates and develops senior services (60 and over)

### **Fathers and Families**

568-3237

920 Del Paso Blvd.

Sacramento 95815

### **Sacramento Crisis Nursery**

North 679-3600 South 394-2000

North - 4533 Pasadena Ave

Sacramento 95821

South - 6699 South Land Park Dr.

Sacramento 95831

Counseling and support services 24/7

### **Mutual Assistance Network**

Firehouse Community Center

810 Grand Ave., Sacto 95838

927-7694

(Main Office)

567-9567

Pre-school / elementary aged children

### **Fathers Resource Center**

739-0894

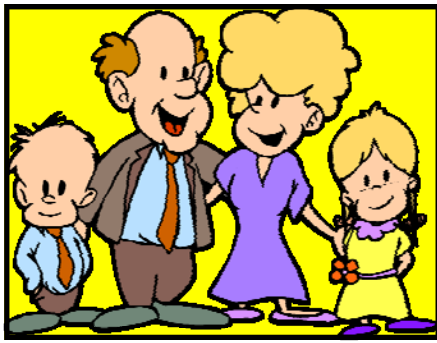
Resources and Support for Fathers

Provide fathers with the inner resources to become the kind of father their children need.

### **People Reaching Out**

576-3300

For parents concerned with children's behavior, particularly regarding the use of drugs and alcohol.



COUNSELING, SUPPORT,  
THERAPY

**ACCESS Team-Children**

**875-9980**

Mental health resources. Must be Medi-Cal eligible

**ACCESS Team-Adults**

**875-1055**

**Stanford Settlement**

450 W. El Camino Ave.  
Sacramento, CA 95833

**927-1303**

Neighborhood center that provides basic social work services

**Catholic Social Service of Sacramento  
New Pathways Counseling**

5890 Newman Ct.  
Sacramento 95819

[www.newpathways@csssac.org](http://www.newpathways@csssac.org)

**452-7481**

Provides individual, group, couple, family & child counseling; Spanish language counseling

**Child and Family Institute**

**921-0828**

Counseling services for children who have been abused, non-offending parents or caretakers, and siblings of abused children

**Terkensha Associates**

4320 Auburn Blvd., Ste 1200

**418-0829**

Mental health and counseling support crisis resolution; individual, group and family counseling for youths 12-17

**Wind Youth Services**

**369-5447  
Ext. 207**

**WellSpace Health - South Valley**

8233 E. Stockton Blvd., Ste. D  
Sacramento

**737-5555**

**Overcomers Program**

**924-3113  
OR  
920-3082**

Drug and alcohol recovery program for women and men

## COUNSELING, SUPPORT, THERAPY

<b>Family Study Center</b> 2716 X St. Sacramento 95818	<b>456-4412</b>	Play therapy for children; art therapy, parent training, communications workshops, individual counseling, couple and family counseling. Some reduced fee services, depending upon income
<b>La Familia Counseling Center</b> 5523 34th St. Sacramento 95820	<b>561-4900</b>	One to one counseling, crisis intervention, and supportive services to youth and their families. No fee
<b>Life Practice Counseling Grp.</b> 3650 Auburn Blvd., Bldg.C Suite 208 Sacramento 95821	<b>300-6576</b>	Non-profit counseling
<b>National Parent Helpline</b>  <b><a href="http://nationalparenthelpline.org">nationalparenthelpline.org</a></b>	<b>1-855-427-2736</b>	24-hour support line providing emotional support, information, and resources
<b>People Reaching Out</b>	<b>576-3300</b>	Addresses the issues of alcohol and drug abuse and violence among youth. Focus on prevention and intervention. No fee
<b>Stanford Settlement Neighborhood Center</b> 450 West El Camino Ave. Sacramento Ca 95833	<b>927-1303</b>	Programs for elderly, emergency assistance, crisis intervention, neighborhood and community development activities, Christmas baskets for individuals, free income tax preparation. Youth social group work methods to promote social adjustment, self-esteem, school attendance, and delinquency prevention. Supportive services to families and local schools
<b>Terra Nova</b> 7844 Madison Ave. Ste. 152 Fair Oaks 95628	<b>344-0249</b>	Terra Nova offers a broad array of services for children and their families qualifying for these services. Under contract with Sacramento County Children's Mental Health, Terra Nova is one of the largest providers of such services in the county

## LEGAL AID / CLINICS



<b>Better Business Bureau</b> 3075 Beacon Blvd. West Sacramento, CA	<b>443-6843</b>	Provides information on business practices of firms; offers complaint services for consumers and third party help in disputes. There is no fee
<b>Family Law / Self Help Center</b> Superior Court of California 3341 Power Inn Road, Sacramento, CA	<b>875-3400</b>	Free legal help for low-income persons who need assistance in the following areas: child support, divorce, child custody, visitation, paternity. Workshops and clinics are offered in the area of family law and probate
<b>lawhelpca.org</b>	<b>NA</b>	Find legal aid and self help resources
<b>Pacific McGeorge School of Law</b> 3200 Fifth Avenue Sacramento, CA 95817	<b>739-7191</b>	Provides legal services to low-income people. Assistance in landlord / tenant issues, bankruptcy, immigration, and senior issues. Apply by telephone
<b>Senior Legal Hotline</b>	<b>551-2140</b> <i>Or</i> <b>1(800) 222-1753</b>	For seniors age 60+. Free legal advice in civil law matters, including: Social Security / SSI, Medi-cal / Medicare, wills and probate, family law, power of attorney, housing, elder abuse and grandparents' rights
<b>State Bar Association</b>	<b>((866) 442-2529</b>	For information on reduced-fee lawyers or those lawyers who offer their services pro-bono
<b>Victim-Witness Assistance Program</b> 901 G Street Sacramento, CA	<b>874-5701</b>	Assistance in filing a claim, provides crisis counseling, and assists the victims of a crime find emotional, physical, and financial recovery. No charge for services

## PUBLIC TRANSPORTATION

### **AMTRAK**

401 I St.  
Sacramento 95814

**1-800-872-7245**

### **Greyhound Buses**

420 Richards Blvd.  
Sacramento 95811

**444-6858**



### **ParaTransit**

2501 Florin Rd.  
Sacramento 95822

**429-2009**

For disabled individuals  
and seniors aged 75+

### **Regional Transit**

1225 R St.  
Sacramento 95812

**321-2877**

### **Sacramento International**

**Airport**  
6900 Airport Blvd.  
Sacramento 95837

**929-5411**



### **Yellow Cab**

**444-2222**

Service available 24 hours a day  
7 days a week

## UTILITY ASSISTANCE PROGRAMS

**EAPR (Energy Assistance Program Rate)**

**(888) 742-7683**

**HEAP (Home Energy Assistance Program)**

**567-5200**

**Needhelppayingbills.com**

**NA**

**Pacific Gas & Electric**

**(800) 743-5000**

**REACH Program**

**(800) 933-9677**

**Salvation Army Utility Assistance Program**

**678-4010 ext. 3**



## GATEWAY SCHOOLS



<b>COMMUNITY COLLABORATIVE CHARTER SCHOOL</b> 5715 Skvarla Ave., McClellan, CA 95652	<b>286-5161</b>
<b>COMMUNITY OUTREACH ACADEMY</b> 5800 Skvarla Ave., Mclellan, CA 95652	<b>640-1431</b>
<b>EMPOWERING POSSIBILITIES INTERNATIONAL CHARTER SCHOOL</b> 2945 Ramco St., Ste. 200, West Sacramento, CA, 95691	<b>286-1960</b>
<b>FUTURES HIGH SCHOOL</b> 3701 Stephen Dr., North Highlands CA, 95660	<b>286-1902</b>
<b>GATEWAY INTERNATIONAL SCHOOL</b> 900 Morse Ave., Sacramento CA, 95864	<b>286-1985</b>
<b>HIGHER LEARNING ACADEMY</b> 2625 Plover St., Sacramento CA, 95815	<b>286-5183</b>
<b>SACRAMENTO ACADEMIC AND VOCATIONAL ACADEMY</b> 3141 Dwight Rd., Stes. 400, 200, Elk Grove CA 95758	<b>428-3200</b>

## SUBSIDIZED CHILD CARE / PRESCHOOLS

<b>BEANSTALK 344-6259 (For Information) CHILD CARE CENTERS</b>	<b>991-4756</b>	<u>Dry Creek Preschool</u> 1230 G St., Rio Linda CA 95673
	<b>991-4427</b>	<u>Orchard Preschool</u> 1040 Q St., Rio Linda 95673
	<b>419-6049</b>	<u>Regency Park Preschool</u> 5901 Bridgecross Dr. Sacramento, CA 95835
	<b>332-9908</b>	<u>Ridgepoint Preschool</u> 4680 Monument Dr. Sacramento, CA 95842
<b>HEAD START (SETA)</b>	<b>263-3804</b>	Family focused child development and school readiness services (up to age 5)
<b>STATE &amp; FIRST 5 SACRAMENTO PRESCHOOL a.m. or p.m. 566-1616</b>	<b>566-3415</b>	<u>Babcock Elem.</u> 2400 Cormorant Way, Sacto CA 95815
	<b>566-3420</b>	<u>Castori Elem.</u> 1801 South Ave., Sacto CA 95839
	<b>641-3900</b>	<u>Del Paso Elem.</u> 590 Morey Ave., Sacto CA 95838
	<b>566-3475</b>	<u>Hagginwood Elem.</u> 1418 Palo Verde Ave., Sacto CA 95815
	<b>566-1880</b>	<u>F.C. Joyce Elem.</u> 6050 Watt Ave., N.H. CA 95660

## SUBSIDIZED CHILD CARE / PRESCHOOLS

### STATE PRESCHOOL 566-1616

**566-3435** Fairbanks Elem.  
 227 Fairbanks Ave., Sacto CA 95838  
**566-3460** Garden Valley Elem.  
 3601 Larchwood Dr., Sacto CA 95834  
**566-1850** Kohler Elem.  
 4004 Bruce Way, N.H. CA 95660  
**566-3485** Morey Ave. Elem.  
 155 Morey Ave., Sacto CA 95838  
**566-2700** Noralto Elem.  
 477 Las Palmas Ave., Sacto CA 95815  
**566-2705** Northwood Elem.  
 2630 Taft. St., Sacto CA 95815  
**566-1960** Sierra View Elem.  
 3638 Bainbridge Dr., N.H. CA 95660  
**263-8466** Smythe Elem.  
 2781 Northgate Blvd., Sacto CA 95833  
**566-2745** Strauch Elem.  
 3141 Northstead Dr., Sacto CA 95833  
**566-2755** Woodlake Elem.  
 700 Southgate, Sacto CA 95815  
**566-1650** Woodridge Elem.  
 5761 Brett Dr., Sacto CA 95842

### FULL-DAY PRESCHOOL 566-1616

**566-3415** Babcock Elem.  
 2400 Cormorant Way, Sacto CA  
**566-1850** Kohler School  
 4004 Bruce Way, N.H. CA 95660  
**566-1900** Madison Elem.  
 5241 Harrison St., N.H. CA 95660  
**566-2700** Noralto Elem.  
 477 Las Palmas Ave., Sacto CA 95815  
**566-2705** Northwood Elem.  
 2630 Taft. St., Sacto CA 95815

### TRUSD HEADSTART

**566-3485** Morey Ave. Elem.  
 155 Morey Ave., Sacto 95838  
**566-1910** Oakdale School  
 3708 Myrtle Ave., N.H. CA 95660

### STATE SCHOOL AGE CHILD CARE

**566-2705** Northwood Elementary  
 2630 Taft St., Sac 95815

## CHILD CARE REFERRALS

### **CHILD ACTION**

**369-0191** Free child care information and referrals to child care centers, family day care homes, nursery schools, and before and after-school programs

### ***InfoLine Sacramento***

**498-1000** Pre-School / child care center



## TUTORING SERVICES

### **California Learning Center**

**486-2646** 3400 Cottage Way, Ste. C, Sacramento

### **Huntington Learning Center**

**728-2981** 8091 Greenback Lane, Citrus Heights

**564-8383** 2216 Fair Oaks Blvd., Sacramento

### **Kumon Math and Reading Center of Natomas**

**574-9810** 4321 Truxel Rd., Ste F3, Sacramento

### **Greater Sacramento Urban League**

**286-8600** 3725 Marysville Blvd., Sac CA 95838

## MENTORING PROGRAMS



### **Big Brothers/Big Sisters**

**646-9300** A preventive service providing children from one-parent families with individualized and continuing friendship of a mature, trained adult volunteer

### **People Reaching Out**

**576-3300** Matches volunteer mentors from business and community organizations with at-risk high school students to encourage them in their academic, personal and career development

### **Roberts Family Development Center**

**646-6631** Career readiness program that matches high school students with an after-school program team leader to assist them in daily activities. Can be utilized for service learning hours, community service hours, or volunteer hours for high school completion



## EMPLOYMENT ASSISTANCE AND TRAINING

<b>Center for Employment Training</b> 8376 Fruitridge Rd. Sacramento 95828	<b>393-7401</b>	Job training and basic skills assistance (including GED preparation) for low-income job seekers. ESL Classes
<b>Greater Sacramento Urban League</b> 3725 Marysville Blvd., Sacramento	<b>286-8600</b>	Job training, computer training, and GED preparation
<b>Mutual Assistance Main Office</b> 811 Grand Ave., Suite A-3 Sacramento CA 95838	<b>927-7964</b>	Employment assistance , career development and pre-employment training, and parenting classes
<b>Pride Industries</b> 10030 Foothills Blvd. Roseville, CA 95747	<b>788-2100</b>	Behavior management adult day program for people with disabilities
<b>Sacramento Works One-Stop Career Center</b> 5655 Hillsdale Blvd., Ste. 8 Sacramento, 95842	<b>563-5147</b>	Unemployment, job training, job hunting assistance
<b>Twin Rivers Adult School</b> 5703 Skvarla Ave. McClellan, CA 95652	<b>566-2785</b>	Low cost or no fee classes in adult basic education, GED preparation and testing, etc

## RECREATION AND PARKS

<b>Arcade Creek Recreation &amp; Park Dist</b> 4855 Hamilton Street Sacramento, CA	<b>482-8377</b>	Offers classes, workshops and programs
<b>Gibson Ranch</b> 8556 Gibson Ranch Road, Elverta, CA	<b>806-3868</b>	A spacious ranch setting in a county park. Horses, llamas, ducks, geese, goats and many other animals
<b>No. Highlands Recreation &amp; Park Dist</b> 6040 Watt Avenue North Highlands, CA	<b>332-7440</b>	Offers classes, workshops and programs
<b>Rio Linda Elverta Recreation &amp; Park Dist</b> 810 Oak Lane Rio Linda, CA	<b>991-5929</b>	Offers classes, workshops and programs
<b>Robertson Community Center</b> 3525 Norwood Ave. Sacramento, CA	<b>927-7694</b>	Serves the Del Paso Heights community. A safe place with many programs geared to meet the needs of the surrounding community
<b>City of Sacramento Park &amp; Recreation</b> 915 I Street., 5th Floor, Sacramento CA	<b>808-5200</b>	Offer hundreds of classes, workshops and programs at sites throughout the city
<b>Sunrise Recreation &amp; Park Dist</b> 7801 Auburn Blvd. Citrus Heights, CA	<b>725-1585</b>	Offers classes, workshops and programs

## LIBRARIES

<b>Del Paso Heights</b> 920 Grand Ave. Sacramento, CA	<b>264-2700</b>	Call for hours of operation
<b>N. Highlands-Antelope Library</b> 4235 Antelope Road Antelope, CA	<b>264-2920</b>	Call for hours of operation
<b>N. Sacramento Hagginwood Library</b> 2109 Del Paso Blvd., Sacramento CA	<b>264-2700</b>	Call for hours of operation
<b>Rio Linda Neighborhood Library</b> 631 L Street Rio Linda, CA	<b>264-2700</b>	Call for hours of operation
<b>Dial-A-Story</b> (English)	<b>441-1234</b>	Recorded short stories for children. Ages 3-6. 24-hour access line

