

2014-2015 FAMILY RESOURCE GUIDE



Organized by:
Gateway Community Charters
5726 Dudley Blvd., McClellan, CA
95652



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 dial **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 Gateway Community Charters at 916-286-5129, 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

Name

Phone Number

TABLE OF CONTENTS

Emergency Phone Numbers	Page 4
Non-Emergency Phone Numbers	Page 4
Food Resources	Page 5, 6
Clothes Closets	Page 7
Thrift Shops	Page 7
Affordable Housing	Page 8
Emergency Housing / Shelters	Page 9, 10
Health Clinics	Page 11,12
Medi-Cal Providers, Continued	Page 13
More Medi-Cal Information	Page 14
Parenting Classes	Page 15
Counseling / Support / Therapy	Page 16, 17
Legal Aid / Clinics	Page 18
Public Transportation	Page 19
Emergency Utility Assistance	Page 19
School Districts	Page 20
Subsidized Child Care / Preschools	Page 20, 21
Child Care Referrals	Page 22
Tutoring Programs	Page 22
Mentoring Programs	Page 22
Employment Assistance and Training	Page 23
Recreation and Parks	Page 24
Libraries	Page 24

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

EMERGENCY PHONE NUMBERS


POLICE, SHERIFF, FIRE, AMBULANCE

<u>TWIN RIVERS USD POLICE</u>	<u>566-2777</u>	
<u>Adult Protective Services</u>	<u>874-9377</u>	
<u>Child Abuse Bureau (Sac County Sheriff) Child Find</u>	<u>874-5191</u>	
<u>Hotline</u>	<u>(800) IAMLOST (426-5678) 875-KIDS</u>	
<u>Child Protective Services (CPS)</u>	<u>(5437)</u>	
<u>County Mental Health Crisis Line (24 hour)</u>	<u>732-3637</u>	
<u>Crisis Nursery (Help for Parents/Families in Crisis)</u>	<u>394-2000 South/ 679-3600 North</u>	
<u>Diogenes Youth Crisis Hotline (Teenagers) National</u>	<u>(800) 339-7177</u>	
<u>Runaway Switchboard</u>	<u>(800) RUNAWAY (786-2929)</u>	
<u>Parent Support Line (Crisis)</u>	<u>(888) 281-3000</u>	
<u>Sacramento Poison Control Center</u>	<u>(800) 876-4766 CA (800) 800-222-1222</u>	
<u>Pregnancy Hotline 24 Hour</u>	<u>451-2273</u>	
<u>Speech to Speech (Assistive Communication Service)</u>	<u>711</u>	
<u>Suicide Prevention Crisis Line Safely</u>	<u>368-3111</u>	
<u>Surrendered Baby Info Line</u>	<u>(866) 856-BABY (2229)</u>	
<u>Youth Crisis Hotline 24 Hour</u>	<u>(800) 843-5200</u>	
<u>WEAVE Hotline (Domestic abuse)</u>	<u>920-2952</u>	



NON-EMERGENCY PHONE NUMBERS

INFOLINE SACRAMENTO

<u>Alcoholics Anonymous</u>	<u>454-1100</u>	
<u>Alanon / Alateen (Family/friend of alcoholic) Info Line</u>	<u>334-2970</u>	
<u>Child Abuse Prevention Council</u>	<u>244-1900</u>	
<u>Diogenes Youth Services</u>	<u>369-5447</u>	
<u>Nar-Anon (Family/friend of substance abuser) Info Line</u>	<u>(800) 477-6291</u>	
<u>Narcotics Anonymous</u>	<u>(877) 623-6363</u>	
<u>California Smokers' Helpline</u> Want to Quit Smoking? Free services: self-help materials, a referral list of other programs, and one-on-one counseling over the phone.	<u>(800) NOBUTTS (662-8887)</u>	
<u>Sheriff Non-emergency</u>	<u>874-5115</u>	
<u>Sheriff's Community Service Center</u> 2500 Marconi Ave., Sac, 95821	<u>876-5700</u>	
<u>Victim / Witness Center</u>	<u>874-5701</u>	
<u>WEAVE (Domestic Violence)</u>	<u>920-2952</u>	

FOOD RESOURCES

CalFresh/Food Stamps/Asst.
 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.

Friendship Park
 1351 North C Street
 Sacramento 95811



443-7378

Free breakfast for women and children at 8am Monday-Friday. Dining room (916-446-0874) serves home cooked hot lunch at Noon.

Hillhaven Community Outreach Ministries
 5811 Westfield Ct
 Carmichael 95608

338-5946

Monday-Friday 9am to 12pm
 Serves zip codes 95608, 95610, 95660, 95841. Call to confirm hours and services.

The Way Ministries
 5132 Elkhorn Blvd.
 Sacramento

838-3835

Food giveaway.
 Tuesdays 10am to 12pm
 No income requirement or address verification needed.

Loaves & Fishes
 Dining Room
 1351 North C Street
 Sacramento

446-0874

Free hot lunch with lunch ticket obtained at the Service Center in Friendship Park. Lunch is served 7 days a week, 11:30am-12:30pm.

Sacramento Food Bank & Family Services
 3333 3rd Avenue
 Sacramento 95817

456-1980

Call for hours & locations
 Provides 3 days of take home groceries. Must provide photo ID & proof of address.

North Highlands Food Ministry
 First Baptist Church
 6125 Watt Avenue
 North Highlands

331-1510

Food giveaway on Mon., Tues. & Wed. from 9:30am-Noon. One food basket per month. ID & proof of address (utility or telephone bill) is needed each time you come. Must be low income. Serving zip codes: 95660, 95842, 95843.

Our Lady of Lourdes
 1951 North Ave.
 Sacramento 95838

925-5313

You must register Tuesday at 10:30am for food pick up between 11 am & 12 pm. Proof of address & ID are required. Serves zip codes 95673, 95626, 95838.



FOOD RESOURCES *Continued...*

Rio Linda/Elverta Food Closet
6800 Sixth St.
Rio Linda 95673

991-1638

One food basket per month. ID & proof of residency are required.
Thursday 10am-12pm.
Serves residents of Rio Linda & Elverta.

River City Food Bank
1800 28th St.
Sacramento (28th & R St.)

446-2627

A three-day supply of emergency food, offered once a month. This includes baby food and formula, if needed.
Hours 11:30am-3pm M-F.

Salvation Army
1200 North B St.
Sacramento 95814

443-1088

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

WIC
5655 Hillsdale Blvd.
North Highlands

326-5830

Women, Infants and Children Program provides food for pregnant and nursing mothers. Infants and children under 5 Call for details.
M—F 8am-4:30pm.
W— 8am to 6pm.

Carmichael Food Closet
5645 Marconi Ave
Carmichael 95608

944-7289

Open Monday thru Friday. Call in food orders between 10am and 12pm. Pick up food orders between 2pm and 3:30pm. Serving zip codes- 95608, 95610, 95621, 95684, 95841, 95842, 95843, and 95660.
Closed Holidays



CLOTHES CLOSETS

Union Gospel Mission
400 Bannon Street
Sacramento 95811

447-3268
Call for
Details

Men's Clothing:
Thurs. 9am-11am and 1pm-2:45pm
& Fri. 9am-11 am. Women's
Clothing:
Thurs. 9am-11:45 am.

New Testament Baptist Church
6746 34th Street
North Highlands 95660

344-0440

Clothes closet; call for details.
Tues.-Friday 8am-5pm.

Sacramento Clothes Closet
3308 Third Avenue,
Sacramento

456-1980

M/T/Th/F - 10am-1:30pm. Wed.-
4pm-7pm.
Limited to once, monthly. Free.

WellSpace Health
6015 Watt Ave., Ste. 2
North Highlands 95660

737-5555

Every third Monday of the month:
Infant, toddler, and maternity
clothes are available.
Serves zip codes: 95610, 95611,
95621, 95660, 95673, 95652, 95841,
95842, 95843.



THRIFT SHOPS

Deseret Industries
3000 Auburn Blvd.
Sacramento

482-1480

Goodwill Industries
4401 Elkhorn Blvd. Sac 95842

332-2294

2502 Watt Ave @ El Camino

480-9002

8031 Watt Ave., Antelope

331-0237

Eco Thrift
7305 Greenback Lane
Citrus Heights 95621

729-8474



**LOW IN-
COME HOUSING**

CHOC (Community Housing Opportunities Corporation)
Danbury Park Apartments 7840
 Walerga Road
 Antelope 95843

725-7385

Affordable apartments through CHOC.

Mercy Housing of Sacramento
www.mercyhousing.org
 3120 Freeboard Drive, Suite 202
 West Sacramento 95691

414-4400

Call for availability status and information about the program.

Sacramento Self Help Housing
www.sacselfhelp.org
 1250 Sutterville Road
 Sacramento 95822

341-0593

Call to complete in-take process. Housing counseling and Referrals for the homeless. No fee. Hours 9am-5pm.

Sacramento Yolo Mutual Housing Association 8001
 Fruitridge Rd.
 Sacramento 95820

453-8400

Provides assistance in seeking affordable or income based housing.

Salvation Army
Rental Assistance Program
 110 Sixth Street
 West Sacramento 95605

372-0200

Must have a 3 day pay or quit notice & be on rental agreement.

Shelter Plus Care

498-5220

Provides referrals to housing programs for homeless and disabled individuals and families in Sacramento County.

SHRA
 (Sacramento Housing & Redevelopment) www.shra.org
 801 12th Street
 Sacramento 95814

444-9210

Housing Choice Vouchers (formerly Section 8). Call for information.

YWCA
www.ywcacccc.org
 1122 17th Street
 Sacramento 95811

264-8066

Low-income women's residency program. Rooms for rent. No children. Walk-in to apply. Possible waiting list.



**EMERGENCY HOUSING /
SHELTERS**

WIND and Diogenes Youth Services

1434 Howe Ave., Ste. 92
Sacramento 95825

Office: 369-5447

Hotline:
1-800-339-7177
(24 hour)

Emergency housing up to 30 days for youth ages 12 to 17 who have run away, been pushed out of their homes, or simply need time to “cool off” for a few days. Also have Transitional Living Program for 16 to 18 yr olds.

Francis House

1422 C Street
Sacramento 95814
www.francishousecenter.org

443-2646

Counseling, IDs, bus tokens, employment assistance, etc.
M-F 9am-12pm, Th-12pm-3pm.
Housing-Family Rescue Program Tues. 9am (telephone interviews only).

Friendship Park 1321 North C Street
Sacramento 95811

446-0874

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

INFOLINE SACRAMENTO

**498-1000 or
(800) 500-4931**

For referrals to housing programs in the Sacramento area.

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: 7am-2:30pm.

Lutheran Social Services

3734 Broadway Ave
Sacramento 95817
www.lssnorcal.org

453-2900

Housing & 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 95811
www.sacloaves.org/programs/maryhouse

446-4961

A hospitality center for homeless women and children only. Hot breakfast program.
Hours: M-F 8am-2pm.

Next Move

4516 Parker Ave.
Sacramento 95820

455-2160
Family Shelter

Temporary housing. Only shelter that accepts 2 parent families, single fathers & sons over age 14. Phone interviews only. Possible waiting list.

Next Move

455-0415
Women's Shelter

Temporary housing, meals and transportation for single women for up to 30 days. Phone interviews only. Possible waiting list.

**EMERGENCY HOUSING /
SHELTERS**
(continued)



Salvation Army Shelter
1200 N. B Street
Sacramento 95814
www.salvationarmysacramento.org

442-0331
(24-hour line)

Services include shelter, food and other services for homeless men and women (18 and over). Tele- phone or walk-in. M-F 8am-1pm.
TB Card Required.

St. John's Shelter
4410 Power Inn Rd.
Sacramento 95826
www.stjohnsshelter.org

453-1482
24 hrs/day
7 days/week

Shelter for homeless women and children; female children up to age 14, (Telephone only, no walk ins).

Travelers Aid
2251 Florin Road #124
Sacramento 95822



399-9646

Provides daytime and after-hours emergency assistance to homeless families through motel, food vouchers, rental assistance, SMUD assistance, and case management services. Call for inter- view; no outside referral needed. 9am-4pm Monday thru Friday.

WEAVE
Services for men, Women, teens and Children.
www.weaveinc.org

(866) 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. Phone the 24-hour hotline for help.

Wind Youth Center
701 Dixie Ave
Sacramento, CA 95815

561-4900
Emergency After hours
#
(800) 399-7177

Outreach for homeless and runaway youth living on the streets. Overnight shelter, hot meals, shower, laundry facilities, clothing and mail. On-site case management, assessment, counseling, and referrals for medical and dental needs. Mon-Fri from 8:30am-4:30pm (ages 11-22).

YWCA
1122 17th Street
Sacramento 95811

264-8066

Low-income women's residency program. Rooms for rent. Walk ins. No children. Possible waiting list. 8am-4:30pm M-Th. 8am-2pm Friday. Closed 12-12:30 pm daily.

Women Overcomers Program
671 Plaza Ave.
Sacramento CA 95815

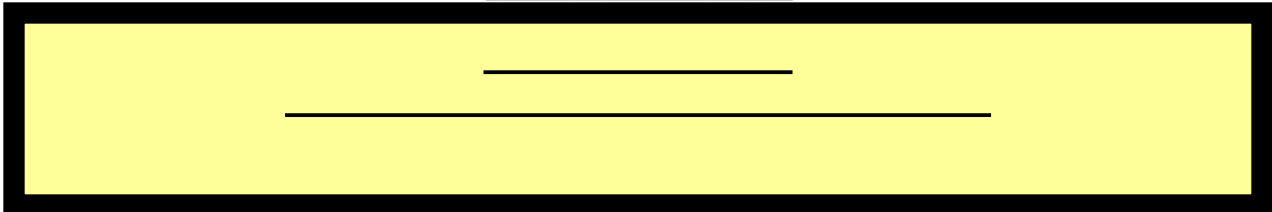
924-3113

Call for Details.

HEALTH CLINICS



<p>Child & Family Institute 3951 Performance Dr. Sacramento 95838</p>	<p>648-8008</p>	<p>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 excepted.</p>
<p>CHDP</p>	<p>875-7151</p>	<p>Free physicals & dental for low income children without Medi-Cal. Phone interviews recommended.</p>
<p>Medi-Cal</p>	<p>(800) 541-5555</p>	<p>Call for information and qualifications.</p>
<p>Mercy Clinic (Healthcare for the Homeless Program) 1321 North C Street Sacramento</p>	<p>446-3345</p>	<p>Walk-in acute public health and primary care services for the homeless individuals. Hours: 7:30am-2:20pm.</p>
<p>Planned Parenthood 5700 Watt Ave. North Highlands</p>	<p>332-5715</p>	<p>Open Mon-Thur. 8am-6pm; Fri. 8:15am-4pm; Sat. 8:15am-12:30pm.</p>
<p>201 29th St., Ste. B Sacramento 95816</p>	<p>446-6921</p>	<p>& Mon, Wed., Thurs. 8am-6:30pm; Tues. 7:45am-5pm; Fri. 7:45am-4:30pm; Sat. 9am-1pm.</p>
<p>Primary Care Center (Sacramento County) 4600 Broadway Ste. 1100 Sacramento 95820</p>	<p>874-9522</p>	<p>Clinic hours: M-F 8am-5pm.</p>
<p>Sacramento Family Medical Clinic Inc. 5735 Watt Ave. North Highlands</p>	<p>339-2229</p>	<p>Hours: 8am-5:30pm.</p>
<p>Watt Ave Med Clinic 5710 Watt Ave. North Highlands</p>	<p>344-8866</p>	<p>Hours Mon-Thurs. 9am-4pm, Fri. 9am-2pm.</p>





HEALTH CLINICS

Las Palmas Clinic
577 Las Palmas Ave.
Sacramento 95815

924-6703 Health for All
M, W, Th-9am-4pm
T, Fri.-8am-4pm.

Mercy Del Paso Clinic
3911 Norwood Ave.
Sacramento 95838

929-8562 Monday-Friday 8:30am-12pm
& 1:30pm-4:30pm. Closed for lunch.

Molina Medical Center
3946 Norwood Ave.
&
3234 Marysville Blvd
Sacramento 95838

564-0521

646-1200

Sacramento Family Medical Clinic
7260 E. Southgate Drive
Sacramento 95823

563-7200

Sacramento Community Clinic
2200 Del Paso Blvd.
Sacramento 95815

924-7988

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

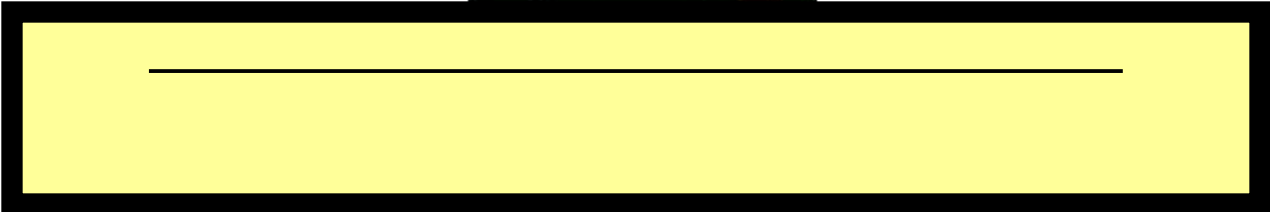
874-8300 Does not accept Medi-Cal. CMISP
eligible patients only.

North Highlands Optometry
Dr. Karrin Vallin
Optometrist
5732 Watt Avenue
North Highlands

349-2006 Accepts Medi-Cal.
Se Habla Español.

Mark Waldmire, OD
Optometrist
4633 Whitney Ave., Ste. A
Sacramento 95821

487-1717



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 8:00am and 5:00pm.

Sacramento Co. Dept. of Health & Human Services/CHDP	916-875-5471
Medi-Cal (call for info. and qualifications)	800-541-5555
Medi-Cal/Healthy Families	888-747-1222

OTHER LOCAL MEDI-CAL PROVIDERS:

Health Clinics:

Sacramento Family Medical Clinic, Inc.	916-563-7200
Watt Avenue Medi-Cal Clinic	916-344-8866

Counseling:

ACCESS Team-Children	916-875-9980
ACCESS Team-Adults	916-875-1055

(Info & referrals mental health service. Must be Medi-Cal eligible.)

Child & Family Institute	916-648-8008
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(Counseling services for abused children, non-offending parents/caretakers, and siblings of abused children.)

Counseling Services that accept Medi-Cal thru an ACCESS referral:

Adult Outpatient Clinic	916-875-0599
WellSpace Health	916-737-5555
Catholic Social Services of Sacramento - New Pathways	916-452-7481

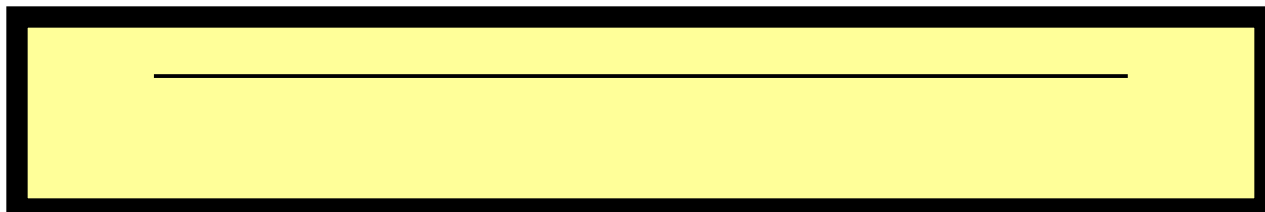
Dental:

Denti-Cal (referral service for dentists who accept Medi-Cal)	1-800-423-0507
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Affordable Care Act (ACA) Health Care: www.CoveredCa.com	800-300-1506
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Please remember not all Doctors can accept new patients at all times.

Revised on 8/13/14





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 Gateway Community Charters at 916-286-5129 for information.

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

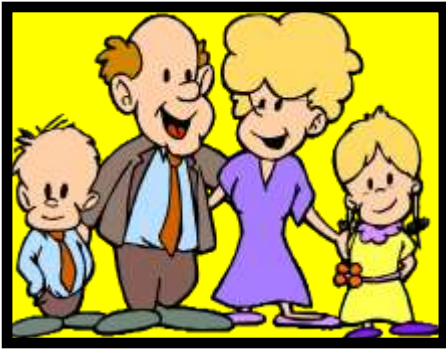


PARENTING CLASSES / SUPPORT

(Free or Low Cost)



WellSpace Health 8912 Volunteer Lane, #100 Sacramento 95826	737-5555
WellSpace Health 6015 Watt Ave., Suite 2, North Highlands 95660	737-5555
WellSpace Health 1820 J Street, Sacramento	737-5555
North Sacramento Family Resource Center 1217 Del Paso Blvd., Suite B, Sacramento 95815	679-3743
Child Action (Court ordered parenting classes) www.childaction.org	369-0191
Changing Courses 3355 Myrtle Ave., #265, North Highlands 95660	332-5056
Child Protective Services Parenting Classes	875-6140
Area 4 Agency on Aging Provides links and information on grandparent support groups. Coordinates and develops senior services for seniors 60 and over. 2260 Park Towne Circle, Sacramento 95825	486-1876 www.a4aa.com
Sacramento Resource Directory 1981 Grand Ave., Sacramento 95838	514-6333 info@onefatherslove.com
Sacramento Crisis Nursery Counseling and Support Services 24-hours a day. North: 4533 Pasadena Ave., Sacramento 95821 South: 6699 South Land Park Dr., Sacramento 95831	South Nursery 394-2000 or North Nursery 679-3600
Mutual Assistance Network Firehouse Community Center 810 Grand Ave., Sacramento 95838 For parents of pre-school and elementary aged children.	567-9567 927-7694—main office
Fathers Resource Center Resources and Support for Fathers Provide fathers with the inner resources to become the kind of father their children need. 8551 Folsom Blvd., Sacramento 95831	739-0894
People Reaching Out Parent concerns with children's behavior, especially regarding the use of drugs and alcohol. Free assessment and referral services. 5299 Auburn Blvd., Sacramento 95841	576-3300



COUNSELING, SUPPORT,

ACCESS Team-Children

875-9980 Information and referrals mental health services. Must be Medi-Cal eligible.

ACCESS Team-Adults

875-1055

Adult Psychiatric Support Services
7171 Bowling Dr., Ste. 700
Sacramento CA 95823

875-1055 **Must go through Adult Access**.
Business hours: Mon.-Fri. 8am-5pm.

Stanford Settlement
450 W. El Camino Ave.
Sacramento, CA 95833

927-1303 Serves children grades K-6 through socialization recreation and academic activities. *Sliding scale fee*
Teen Center-for delinquency prevention and social development. Youth 7th-12th grade.

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

452-7481 Provides individual, group, couple, family & child counseling; Spanish language counseling.
Sliding scale fee.

Child and Family Institute

648-8008 Counseling services for children who have been abused, non-offending parents or caretakers, and siblings of abused children.

Diogenes Youth Services
9719 Lincoln Village Drive
Sacramento 95827

369-5447 Crisis resolution; individual, group and family counseling for youths 12-17.
**YOUTH CRISIS HOTLINE:
1-800-339-7177**

WellSpace Health
6015 Watt Avenue, Ste 2
North Highlands
and
8233 E. Stockton Blvd., Ste. D
Sacramento

737-5555 Brief therapy for families, children, couples and individuals.

Women Overcomers Program

737-5555 Drug and Alcohol Recovery Program for Women.

COUNSELING, SUPPORT, THERAPY

<p>Family Study Center 2716 X Street Sacramento 95818</p>	<p>456-4412</p>	<p>Play therapy for children; art therapy, parent training, communications workshops, individual counseling, couple and family counseling. Some reduced fee services, depending upon income.</p>
<p>La Familia Counseling Center</p>	<p>452-3601</p>	<p>One to one counseling, crisis intervention, and supportive services to youth (ages birth - 21) and their families. No fee.</p>
<p>Parent Support Line</p>	<p>855-427-2736</p>	<p>24-hour support line providing emotional support, information, and resources.</p>
<p>People Reaching Out</p>	<p>576-3300</p>	<p>Addresses the issues of alcohol and drug abuse and violence among youth. Focus on prevention and intervention. No fee.</p>
<p>Stanford Settlement Neighborhood Center 450 West El Camino Ave. Sacramento Ca 95833</p>	<p>927-1303</p>	<p>Programs for elderly, emergency assistance, crisis intervention, neighborhood and community development activities, Christmas baskets for individuals, free income tax preparation.</p>
<p>Stanford Settlement Neighborhood Center—Children and Youth Program 450 West El Camino Ave. Sacramento Ca 95833</p>	<p>927-1303</p>	<p>Social group work methods to promote social adjustment, self-esteem, school attendance, and delinquency prevention. Supportive services to families and local schools.</p>
<p>VIRTIS (Veteran, Immigrant, and Refugee Trauma Institute of Sacramento) 2740 Fulton Ave., Ste. 204 Sacramento 95821 www.virtis-ptsd.org info@virtis-ptsd.org</p>	<p>(916) 877-8515</p>	<p>Free information and referral service for Russian speaking residents of Sacramento, Yolo, Placer, and El Dorado counties. Phone line is open 7 days a week, 9am-7pm.</p>



LEGAL AID / CLINICS



- Better Business Bureau** 443-6843 Provides information on business practices of firms; offers complaint services for consumers and third party help in disputes. There is no fee.
3075 Beacon Blvd.
West Sacramento

- Family Law / Self Help Center** 875-3400 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.
Superior Court of California
3341 Power Inn Road, Sacramento

- Pacific McGeorge School of Law** 739-7191 Provides legal services to low-income people. Assistance in landlord/tenant issues, bankruptcy, immigration, and senior issues. Apply by telephone.
3200 Fifth Avenue
Sacramento 95817

- Senior Legal Hotline** 551-2140 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.
Or
1(800)
222-1753

- State Bar Association** (415) For information on reduced-fee lawyers or those lawyers who offer their services pro bono.
538-2000

- Superior California Legal Clinics** 972-1188 Legal help in divorce, separation, child custody, bankruptcy, wills, restraining orders and other family law issues. Sliding scale fees.
3220 El Camino Avenue
Sacramento

- Victim-Witness Assistance Program** 874-5701 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.
901 G Street
Sacramento

PUBLIC TRANSPORTATION

AMTRAK

1-800-872-7245

401 I Street Sacramento

Greyhound Bus Lines

420 Richards Blvd.

444-6858

Sacramento 95811

Para Transit

(for disabled individuals and seniors
aged 75+)

429-2009

2501 Florin Road

Sacramento 95822

Regional Transit (RT)



321-2877 The North Highlands Light Rail station is located on Watt Ave near Interstate 80 and tickets serve as transfers to buses. Routes in our area: #19, #80, #84, #93, #102.

Sacramento International Airport

6900 Airport Blvd.

Sacramento 95837

929-5411 The Airport is located in North Western Sacramento County.

Yellow Cab

900 Richards Blvd.

Sacramento 95811



444-2222 Service available 24 hours a day 7 days a week.

UTILITY ASSISTANCE PROGRAMS

HEAP (Home Energy Assistance Program)

567-5200

Pacific Gas & Electric

866-743-2273

Salvation Army Utility Assistance Program

678-4010

REACH - help with PGE bill

SMUD - help with SMUD bill



SMUD—Energy Assistance Program

888-742-7683

SCHOOL DISTRICTS



<p>GATEWAY COMMUNITY CHARTERS 5726 Dudley Blvd., McClellan, CA</p>	<p><i>District Office</i></p>	<p>286-5129</p>
<p>CENTER UNIFIED SCHOOL DISTRICT 8408 Watt Ave., Antelope, CA</p>	<p><i>District Office</i></p>	<p>338-6400</p>
<p>TWIN RIVERS UNIFIED SCHOOL DISTRICT 5115 Dudley Blvd, McClellan, CA</p>	<p><i>District Office</i></p>	<p>566-1600</p>
<p>NATOMAS UNIFIED SCHOOL DISTRICT 1901 Arena Blvd., Sacramento 95834</p>	<p><i>District Office</i></p>	<p>567-5400</p>
<p>ROBLA SCHOOL DISTRICT 5248 Rose Street, Sacramento CA 95838</p>	<p><i>District Office</i></p>	<p>991-1728</p>
<p>SAN JUAN UNIFIED SCHOOL DISTRICT 3738 Walnut Ave., Carmichael</p>	<p><i>District Office</i></p>	<p>971-7700</p>
<p>SACRAMENTO CITY UNIFIED SCHOOL DISTRICT 5735 47th Ave., Sacramento</p>	<p><i>District Office</i></p>	<p>643-7400</p>

SUBSIDIZED CHILD CARE / PRESCHOOLS

<p>BEANSTALK 344-6259 (For Information) CHILD CARE CENTERS</p>	<p>991-1259 991-1732 419-9780 349-2132</p>	<p>Dry Creek Elem. 1230 G St., Rio Linda CA 95673</p> <p>Orchard Elem. 1040 Q St., Rio Linda</p> <p>Regency Park Elem. 5901 Bridgecross Dr. Sacramento, CA 95835</p> <p>Ridgepoint Elem. 4680 Monument Dr. Sacramento, CA 95842</p>
<p>HEAD START (SETA)</p>	<p>563-5125 563-5360 563-5360 563-5387</p>	<p>6015 Watt Ave. # 5, North Highlands</p> <p>3829 Stephen Dr., North Highlands</p> <p>5665 Hillsdale Blvd. # 4, Sacramento</p> <p>Vineland Elem. 6450 20th St., Rio Linda CA 95673</p>
<p>STATE & FIRST 5 SACRAMENTO PRE- SCHOOL a.m. or p.m. 566-1616</p>	<p>566-3415 566-3420 566-3425 566-3475 566-1880</p>	<p>Babcock Elem. 2400 Cormorant Way, Sacto CA 95815</p> <p>Castori Elem. 1801 South Ave., Sacto CA 95839 Del Paso Elem. 590 Morey Ave., Sacto CA 95838</p> <p>Hagginwood Elem. 1418 Palo Verde Ave., Sacto CA 95815</p> <p>F.C. Joyce Elem. 6050 Watt Ave., N.H. CA 95660</p>

SUBSIDIZED CHILD CARE / PRESCHOOLS

STATE PRESCHOOL	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	
	263-8411	Noralto Elem. 477 Las Palmas Ave., Sacto CA 95815	
	263-8433	Northwood Elem. 2630 Taft. St., Sacto CA 95815	
	566-1960	Sierra View Elem. 3638 Bainbridge Dr., N.H. CA 95660	
	566-2740	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	566-1850	Kohler School 4004 Bruce Way, N.H. CA 95660
		566-1900	Madison Elem. 5241 Harrison St., N.H. CA 95660
		263-8411	Noralto Elem. 477 Las Palmas Ave., Sacto CA 95815
		263-8433	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	263-8322	Babcock Elementary 2400 Cormorant Way, Sac 95815	
	263-8433	Northwood Elementary 2630 Taft St., Sac 95815	
First 5 Sacramento-School Readiness	876-5865	2750 Gateway Oaks Drive Sacramento 95833	

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 information by location.



Huntington Learning Center

TUTORING SERVICES

728-2981 8091 Greenback Lane, Citrus Heights

Kumon Math and Reading Center

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.

EMPLOYMENT ASSISTANCE AND TRAINING

Center for Employment Training 8376 Fruitridge Rd. Sacramento 95828	393-7401	Job training and basic skills assistance (including GED preparation) for low-income job seekers. ESL Classes
Greater Sacramento Urban League 3725 Marysville Blvd., Sacramento	286-8600	Job training, computer training, and GED preparation.
Mutual Assistance Network of Del Paso Heights 811 Grand Ave., Suite A-3 Sacramento CA 95838	927-7694	Employment Assistance, Career Development and pre-employment training, and parenting classes.
Pride Industries 3608 Madison Ave., Ste. 43 North Highlands, 95660	334-5415	Behavior management adult day program for people with disabilities.
Sacramento Works One-Stop Career Center 5655 Hillsdale Blvd., Ste. 8 Sacramento, 95842	263-4100	Unemployment benefits; Job training, job hunting assistance; CAL-JOBS
Twin Rivers Adult School 5703 Skvarla Ave. McClellan, CA 95652	566-2785	Low cost or no fee classes in Adult Basic Education, GED preparation and testing, etc.

