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Provided by: Bridgeway Christian Church - Care and Compassion Center

8150 Industrial Ave. Roseville, CA, 95678 ph. 916-408-6560

www.mysoulcare.com

Due to state and local government budget cuts, call or visit websites for current program availability.

Emergency Housing and Shelters

Housing/Shelters for Families:

Salvation Army (E. Claire Raley Transitional Living Center)

3755 N Freeway Blvd.

Sacramento, CA 95834

916-979-9771

A 34-unit complex providing struggling families with structured programs and an opportunity to live in a safe apartment working within a year program. In addition to the warmth and stability of their furnished units, families take advantage of important social services programs, including daily counseling to help them find stable housing and employment. The complex is also a clean and sober environment, offering recovery and prevention services. The requirements for this program are that applicants need to be employed for 6 months or more, be at least one year sober, have at least 85% custody of their children, and their children need to be 16 ½ or under. In order to apply, schedule an appointment by calling the number listed above.

<http://sactlc.salvationarmy.org/>

Francis House

1422 C Street

Sacramento, CA 95814

(916) 443-2646

Provides emergency shelter and motel vouchers for families with children (up to 18, if still in high school), women pregnant in their last trimester, and single mothers/fathers. Francis House can also help fund a California I.D with proof of income or assistance. Applicants must call (916) 443-2646 after 11 a.m. on Monday, Tuesday, Thursday or Friday for appointment availability. They require the following documents for a prescreening: valid California ID/DL for all adults, social security cards and birth certificates for all household members including adults, proof of income for current month (ALL sources), proof of custody of all minor children (School verification, DHA printout that includes all members on case, ss #'s, D.O.B & benefits amount Calfresh and CalWorks). <http://francishousecenter.org/>

Home Start

410 Riverside Avenue

Roseville, CA 95678

(916) 782-6667

Transitions homeless families into affordable, permanent housing and self-sufficiency through a system of housing and support services. Available to families, single mothers/fathers, and grandparents who are raising their grandchildren. Families must live in transitional on-site housing for one year. Must have children up to the age of 18 or be pregnant. Custody of their children is not necessary. If the guardian(s) are in the process of getting their children from CPS, they can stay. Home Start receives applications from Monday-Thursday, 9am-12pm and 1pm-4pm. For their application, they will need ID's for adults and SS cards for all family members seeking residence. Applicants will have an interview when they bring in their application.

<http://rosevillehomestart.org/>

Next Move (Formerly: Sacramento Area Emergency Housing Center)

Administrative Office

2925 34th Street

Sacramento, CA 95817

(916) 454-2120

Provides emergency housing, permanent housing, and rapid re-housing situations for those who qualify. Other services include providing rent/utility bill assistance, individual success plans, self-sufficiency workshops and groups on living skills, parenting, budgeting, housing, health and mental health care, housing relocation assistance, employment readiness and community support services.

Requirements for family shelter: have custody of children, reside within Sacramento County, attend orientation at Francis House, 1422 C Street, on Wednesday morning from 9:30-11:30, and give information for intake process in order to be placed on the waitlist.

For Re-Housing call Sacramento Steps Forward at 916-577-9770 ext #1 for an assessment, and they will refer you to the proper housing agencies. Requirement is chronic homelessness: homeless for over one year or homeless 3 times in 3 years. To see if you qualify for services, please call: 916.455.2160

<https://www.nextmovesacramento.org>

EveryONE Matters Ministries

916-412-0032

Provides transitional housing and discipleship to the less fortunate in Placer and Sacramento counties under God's direction. Families; married couples defined as husband and wife; single dads and moms and their children; single women and men are eligible.

Requirements: at least \$900 per month combined net income. Example: \$1200 per month gross monthly income. \$1050 after taxes. From that subtract all expenses such as food, cell phone, storage unit, car payment, insurance, loan payments, gas, laundry, etc. what's left would be the >.

There is a phone assessment. After passing a phone assessment, the client must locate, apply and qualify for the RV park of their choosing as long as it lines up with EMM's income requirements. Additional requirements:

1. Must agree to meet with mentor weekly.
2. Must agree to pay rent to RV park and maintenance/insurance fee to EMM on time each month.
3. Must try to follow budget.
4. Must try to achieve self set goals.
5. No pets are allowed.
6. Must pass a face to face assessment with EMM Executive Director.
7. Maximum stay in the program is 12 months.

<https://everyonemattersministries.com/>

Housing/Shelters for Singles:

The Gathering Inn

201 Berkeley Avenue

Roseville, CA 95678

(916) 791-9355

Overnight accommodation, supper, clothing, health clinics, and hospitality to homeless people. They also connect their patrons to a multitude of other services depending on their need such as recovery clinics, dental care, and case management services. They open daily at 3:30 pm and have a "first come first serve" basis for guests. Guests must have proof that they are a Placer County resident, have TB screening, pass Megan's law and be clean and sober.

<http://thegatheringinn.com>

Sacramento Steps Forward (Winter Sanctuary)

1331 Garden Highway, Suite 100

Sacramento, CA 95833

(916) 577-9770

Winter Sanctuary is a rotating winter shelter for anyone over 18 years of age experiencing homelessness in Sacramento. Winter Sanctuary guests can meet at one of three intake sites and are transported to the host congregation for the night, where volunteers provide food and sleeping accommodations. In the morning, guests receive a light breakfast and are bused back to the original intake site.

Main Intake: 1400 North "C" Street, Suite E (across the street from Loaves & Fishes)

TAY Intake (Ages 18-24 only): Wind Drop-In Center, 3671 5th Ave, Oak Park

Daily Intake: 3:30PM each day. Guests are encouraged to line up before 3:00PM as new program openings are filled on a first-come, first-serve basis. Prior night participation guarantees the guest's spot for the next night.

<http://sacramentostepsforward.org/>

The Lazarus Project

P.O. Box 1241

Roseville, CA 95678

(916) 772-6833

Provides a permanent living situation for single homeless men and women in Roseville. Provides people with a secure environment, as well as the tools and resources needed to help them ease back into society as working, self-sufficient individuals. There is a required deposit of \$425, with a monthly rent of \$425 which includes room, utilities, and internet access. Email or mail application from url below.

<http://www.lazarusprojectinc.org>

American Red Cross

Capital Region Chapter

1565 Exposition Blvd.

Sacramento, CA 95815

916-993-7070

Disaster recovery assistance following emergencies, small or large. Visit the link below to see the specific services they offer. Emergency and temporary housing provided in the Sacramento area during disasters.

<http://www.redcross.org/ca/sacramento>

Acres of Hope

13675 Bowman Rd

Auburn, CA 95603

(530) 878-8030

Faith based, long term housing program providing hope and opportunity for at-risk women who have children or are pregnant. Fill out application from URL below. This is an intensive, two year program that focuses on giving a hand-up to women. They bring in applicants in groups when there is availability, once other residents graduate, around 2 to 3 times a year. There is a program fee of \$100 a month, and residents are also required to pay for groceries.

<http://acresofhopeonline.org/>

Blossom Place

530-613-2822

A singles home and family home mainly for women who have aged out of the foster system, ages 18-23. Independent living, single, pregnant or with children. The homes are furnished and within walking distance of public transportation. Rent is \$350 per month for single room, \$275 per month for a double room, \$450 for Blossom Family House, \$550 for multi-child room at Blossom family House. There is a deposit of \$300. Utilities shared (approx. \$50-75 per month, includes gas, electric, water, trash, internet). It is a month-to-month lease and they will work with your AB12 funding.

<http://www.blossomplace.org/>

Department of Human Assistance, Sacramento County

(916) 874-3100

Government programs providing services designed to move people from public assistance to independence. They offer transitional housing services for former foster youth.

<http://www.dha.saccounty.net>

Salvation Army

4350 Raley Blvd, #200

Sacramento, CA 95838

(916) 442-0331

The Salvation Army has multiple locations and offers a wide variety of services for those in need, including clothing, food, and shelter. The Center of Hope Men's and Women's Shelter provides those in need with a safe refuge, including sleeping accommodations, two meals a day, showers, use of laundry facilities and other programs. This 125-bed facility provides homeless men and women a 30-day stay and the potential for three additional 10-day extensions (for a total of a 60-day maximum stay). In addition to food and lodging, our clients may receive: spiritual and emotional counseling, employment referral services, information and referral to help resolve with legal issues, and help reconnecting with family members. Clients will also be in connection with a case manager who will help them find permanent housing.

www.sacramento.salvationarmy.org

Shelter/Programs for Singles Substance Abuse:

Hope, Help, and Healing

11960 Heritage Oak Pl, #20

Auburn, CA 95603

(530) 885-4249

Faith-based, sober living environment facilities provide for the rehabilitation of men and women struggling with substance abuse and life recovery problems. The program is 3-12 months long. They also provide recovery courses, role modeling, peer group exercises, vocational training and counseling, even if you are not living in the facilities. Partners with Sierras Reach Ministry. Applicants must be clean, must pay for treatment, and cannot be sex offenders. There is no sliding fee.

- 1) Residential (\$4,000/m) - in-house treatment, deal with cognitive behavior through meetings and group.
- 2) Sober-living (\$750/m)- five meetings a week, but no treatment, just living... looking for work, working, or attending.
- 3) Outpatient (\$300/m) - Monday and Wednesday: mandatory meetings at 5:00 pm and an hour meeting with Rick each week for an overall 3 meetings a week.

<http://www.irecover.org/>

Powerhouse Ministries Drop In Center

311 Market St

Folsom, CA 95630, Ext. 204

(916) 983-0658

Immediate health, rental, or utility assistance for Folsom and Orangevale residents. Womens Transformation Center, for women with addiction, and possibly their children. Women who enter agree to a two year program with case management, GENESIS program, mentorship, and stay in residence for the entire two years. There is no cost, fill out an application from the URL below.

Transformation Center Application: <https://phmfolsom.org/programs/powerhouse-transformation-center/>

Union Gospel Mission

400 Bannon Street

Sacramento, CA 95814

(916) 447-3268

Provides meals, distributes clothing (women's clothing on Tuesday and Thursday at 9:00 a.m.; men's clothing Monday-Saturday), toiletries, food boxes (available Tuesday and Thursday and only five given out a day to a family or senior citizen), and overnight housing for homeless. UGM also provides 9-month intensive in-house drug and alcohol rehabilitation program for men where they work a job, attend Bible studies and chapel, and attend counseling once a week. You can interview for the rehabilitation program from Monday-Thursday at 9am-11am or 1pm-2pm. Requirements for any services: picture ID and TB test (for any shelter in Sac).

<http://www.ugmsac.com/>

St. John's Program for Real Change

No physical address

(916) 453-1482

When a family enters Saint John's year-long rehabilitative program, they are immediately encircled with structure, with mental health therapy, with alcohol and drug counseling, with parenting education, with budgeting classes, with healthy relationship training, and hands-on employment training. All services are onsite and required. The program is designed to support these women in taking responsibility for themselves and their families. Each family receives an average of 675 hours of services each month. 96% of mothers are placed in unsubsidized employment upon completion of our employment training! Accepts single women and women with children. Call the number above to apply to be placed on a waiting list.

<http://saintjohnsprogram.org/program/>

Housing Assistance and Affordable Housing

Low Cost Housing Resources for Roseville:

Project Go, Inc. – Low Income Housing Tax Credit (LIHTC)

801 Vernon Street

Roseville, CA 95678

(916)782-3443

Project Go, Inc. communities are newly constructed or substantially renovated, and are available to individuals and families at affordable rates, generally lower than the market rate. Qualified residents are eligible under Section 42 guidelines based upon total household income. Qualification for a Section 42 community apartment is determined by the Department of Housing and Urban Development (HUD).

<http://projectgoinc.org>

Housing Choice Voucher Program

These vouchers are awarded to individuals who meet certain income and earned income requirements, based off of the PHA (Public Housing Agencies) who administer them. The goal of this program is to provide affordable low cost housing to low income occupants. Apply at the link below to be placed on a waitlist.

<https://www.benefits.gov/benefits/benefit-details/710>

Placer County Housing Authority

1152 B Avenue

Auburn, CA 95603

(530) 889-7610

Along with housing vouchers, Placer County also provides housing support for veterans. Generally the waitlist for these services offered by Placer County is full, but still visit the link below to check the waitlist, as well as apply for the services.

http://www.placer.ca.gov/Departments/hhs/public_assistance/HousingVoucherProgram.aspx

Roseville Housing Authority

311 Vernon Street

Roseville, CA 95678

(916) 774-5270

RHA offers a list of below market rent/low income apartments that are available for lease in their office (address listed above) or access the information at the link below. This is strictly a resource list, it does not contain contact or lease information for specific apartment complexes.

http://www.roseville.ca.us/housing/affordable_rental.asp

County of Placer First Time Home Buyer's Assistance Program

Placer County Planning Services Division

3091 County Center Drive

Auburn, CA 95603

(530) 745-3170

Minimum Requirements: You must be a First Time Homebuyer (Federal Income Limits, June 2016). You must be pre-approved for a first mortgage loan. You must have 3% of the total purchase price available at the time of application. These funds cannot be in the form of a loan. The eligible property must be located in unincorporated Placer County. Fill out an application at the link below, then mail your completed application to:

Placer County Planning Services Division

3091 County Center Drive

Auburn, CA 95603

<https://www.placer.ca.gov/departments/communitydevelopment/planning/housing-programs>

Low Cost Housing Resources for Sacramento:**The Home Loan Counseling Center of Sacramento**

1800 Tribute Rd, Ste 150

Sacramento, CA 95815

(916) 646-2005

Provides counseling for Fair Housing Assistance, Homebuyer Education Programs, Money Debt Management, Mortgage Delinquency and Default Resolution Counseling, Postpurchase Counseling, Predatory Lending. Prepurchase Counseling.

Website unavailable.

Sacramento Housing and Redevelopment Agency

630 I Street

Sacramento, CA 95814

(916) 440-1390

SHRA brings together financial resources and staff expertise to revitalize lower income communities, create affordable housing opportunities, and serve public housing residents. They improve existing communities, build new housing, provide mortgage assistance, and work with social services partners to find the best housing fit for families. To see if you qualify, as well as apply for housing, visit the link below.

<http://www.shra.org/ApplyforHousing.aspx>

Sacramento Self Help Housing

1250 Sutterville Road

Sacramento, CA 95822

(916) 341-0593

Sacramento Self Help Housing assists persons who are homeless or at risk of becoming homeless to find and retain stable and affordable housing. They provide comprehensive housing resources with advisors to walk you through your options, outreach to homeless communities in order to offer suitable alternatives, friendship housing (which is permanent housing with services such as receiving general education, seeking employment, health and dental needs, etc), and are active in homeless prevention. You will need to fill out an intake form from the url below, and then call the number above to schedule an appointment.

<http://sacselfhelp.org/>

NeighborWorks Sacramento

2411 Alhambra Blvd

Sacramento, CA 95817

(916) 452-5356

Provides a wide range of housing assistance and resources, including loan information, mortgage assistance, home purchase planning, preferred lender listings, homeowner workshops, individual homeowners assistance, homebuyer education classes, and more. Most of their services require a fee and scheduled appointment. Visit the link below to either fill out an application or make an appointment for a specific service.

<https://www.nwsac.org/>

Utility Payment Assistance

Powerhouse Ministries Drop In Center

311 Market Street

Folsom, CA 95630, Ext. 204

(916) 983-0658

Immediate health, rental, or utility assistance for Folsom and Orangevale residents.

Community Care Center Information: <https://phmfolsom.org/programs/community-care-center/>

Project Go, Inc.

1-888-524-5705 (Placer County residents)

This programs aims to develop, build and manage affordable housing, improve home energy conservation, provide emergency energy assistance, and empower people at risk and in poverty, opportunities to become self sufficient. They offer a variety of services within these categories such as weatherization of homes and utility assistance done at no cost as long as people qualify. The qualification for these services is based off of income. Application process is over the phone, at the number above. They will evaluate which services they can offer, as well as what information they will need from you.

<http://projectgoinc.org/>

Community Resource Project, Inc.

(916) 567-5200 (Sacramento, Sutter, or Yuba County residents)

Offers income-eligible residents a multitude of services, such as utility assistance, home weatherization, HEAP (Home Energy Assistance Program), LEAD (Lead-based paint control), etc. Their service qualification is based off of income, call the number above during these hours: Monday through Friday from the hours of 8:00 am to 12:00 pm and 1:00 pm to 4:00 pm, to fill out an application.

<http://www.cresource.org/>

City of Roseville Utility Assistance Program

(916) 774-5300

Roseville residents meeting certain income criteria may be eligible for a 15% discount on electric service, visit the link below to see if you qualify based off of income, and also to fill out an application.

http://www.roseville.ca.us/gov/finance/utility_billing/assistance_programs.asp

Pacific Gas and Electric Company

CARE Program

P. O. Box 7979

San Francisco, CA 94120-7979

1-800-743-5000

For those who qualify, PG&E provides a monthly discount on energy bills for income-qualified households. Qualifications are based on the number of persons living in your home and your total annual household income.

<http://www.pge.com/en/myhome/customerservice/financialassistance/care/singlefamily/index.page>

Salvation Army Utility Assistance

REACH (Relief for Energy Assistance through Community Help)

1-800-933-9677

PG&E partners with the Salvation Army to provide financial assistance on gas and electric bills for those in desperate need. Qualifications include: Customer must have a residential account with PG&E in the name of an adult living in the household, Customer must demonstrate an uncontrollable or unplanned change in their ability to pay their PG&E bill, Customer must not live in subsidized housing (Exceptions: Seniors, permanently disabled or terminally ill), Customer must not have received REACH assistance within the past 18 months, Customer income must not exceed the REACH income guidelines, which are currently 200 percent above the federal poverty guidelines, and finally the customer must have received either a 15-day or a 48-hour disconnection notice. Fill out an application over the phone at the number listed above.

<http://www.pge.com/about/community/vitality/energyassistance/>

SMUD Utility Assistance

1-888-742-SMUD (7683)

The Energy Assistance Program Rate (EAPR) offers low-income customers, depending on size of household, a discount of about 30 percent on monthly energy costs. Visit the link below to see if you qualify based off of their assistance chart, and to fill out an application.

<https://www.smud.org/en/residential/customer-service/rate-information/low-income-assistance.htm>

Welfare/General Assistance

Assist (Bridgeway Christian Church)

8150 Industrial Ave.

Roseville, CA, 95678

Bridgeway's Assist Program is a gospel-centered social services program available to anyone in the congregation who is willing to enter into a collaborative partnership aimed towards bettering their financial and social circumstances. The program is accessed by either contacting the Care & Compassion Manager, David Heitzler (916-625-6010; dheitzler@bridgewaychristian.org), or contacting a Care and Compassion Team volunteer on the weekend during service times.

General Relief/General Assistance

Both Placer and Sacramento counties operate cash aid programs that provide assistance to eligible adult residents. The programs are intended to provide short term assistance that will enable individuals to become self supporting, or to obtain support from another source. Both counties operate other programs, some of which are listed below, to provide resources to meet basic needs of food, clothing, shelter, and medical care, when such persons are not supported by their own means, by their relatives or friends, or by other public or private institutions.

Examples of public assistance programs you may apply for:

- General Relief/Assistance
- Cal Fresh (formerly Food Stamps)
- Housing Choice Voucher Program
- Medi-Cal health insurance
- Medical Care Services Program (MCSP)
- Cal Works
- Temporary Assistance for Needy Families (TANF)

To apply for cash aid, call one of following offices to find a location near you:

Placer County

Health & Human Services

(916) 784-6000

(530) 889-7610

Sacramento County

Human Services

(916) 874-3100

California Work Opportunity and Responsibility to Kids (CalWorks)

Welfare program gives cash aid and services to eligible needy California families. Families in need may apply at any welfare office located in the county where they live.

<http://www.cdss.ca.gov/calworks/>

CalWorks Welfare to Work Program

Contact the local county welfare department to find the nearest welfare to work office.

<http://www.cdss.ca.gov/cdssweb/PG141.htm>

Food Services:

Food served at:

Salvation Army

100 Lincoln Street

Roseville, CA 95678

(916) 784-3382

Fridays – Lunch from 11:00 am - 12:00 pm.

Saturdays – Breakfast from 8:00 am - 9:00 am.

St. Vincent de Paul - Dining Room

105 Bonita Avenue

Roseville, California, 95678

(916) 781-3303

All are welcome. There is no required application or fee for this program to our clients.

Through the serving of others, we work to fulfill our mission and collaborate with other organizations to provide basic nutritional needs to the homeless and low income individuals in our community.

Tuesday, Wednesday and Thursday: 12:00 am – 1:30 pm

Saturday and Sunday: 2:30 pm – 4:00 pm

Closed Friday and Monday

Food Banks – Placer County

Placer Food Bank (Main office)

8284 Industrial Ave

Roseville, CA 95678

(916) 783-0481

Bring valid picture ID for all persons over 18 years old and social security cards for all family members, along with proof of income (pay stub, bank statement, etc.), and verification of address (rent receipt, rental agreement or utility bill in your name) to a distribution site listed in the link below to receive a bag of food every 30 days:

(Note: not all of the sites listed have on-site food distribution, which is why some of the on-site food distribution organizations are listed below).

<http://placerfoodbank.org/get-food/>

Salvation Army

100 Lincoln Street

Roseville, CA 95678

Monday, Wednesday or Thursday 9 – 11:30

St. Vincent De Paul - Food Locker

503 Giuseppe Court

Roseville, CA 95678

(916) 781-3303

To be eligible for participation in the Food Locker Program all clients must complete an application, be a Placer county resident and be able to shown proof of current residency and have a form of photo identification.

Applications can be obtained and processed during business hours at our office located at:

503 Giuseppe Court, Suite 8

Roseville, California 95678

Monday through Friday 9:00 am – 4:00 pm

The Food Locker facility hours of operation for distributions are:

Monday through Friday 9:00 am – 11:00 am

Closed on Saturday and Sunday and all major holidays.

Community Closet

8150 Industrial Ave.

Roseville, CA, 95678

The Community Closet is open weekly on Thursdays, from 12:30PM-2PM, and is located in Bridgeway's main lobby. Food and other essential needs are available to the congregation and local community alike. For more information, please contact either Mike Bryant (communitycloset@bridgewaychristian.org) or Courtney Smith (csmith@bridgewaychristian.org). For additional food assistance options, please reference the matrix posted on www.mysoulcare.com in the "Community Closet" page under the "services" tab.

Salt Mine Food Closet

590 Lincoln Boulevard

Lincoln CA 95648

916-645-3778

Food services are offered from 10:00 am - 12:00 pm.

<http://thesaltmine.org/>

Food Banks – Sacramento County

Union Gospel Mission

400 Bannon St

Sacramento, CA 95814

(916) 447-3268

Provides meals and food boxes to the homeless community. Pickup times are Tuesdays and Thursdays, beginning at 1:00pm and ending at 2:00pm. You must call in advance to request a food box or request through this form (visit link below for application form). If you request through this form, you will be called to verify so please leave your phone number. You can receive one food box, every 90 days. You must bring your valid ID along with a utility bill with current address (Proof of Residence). Holiday Food Box Programs will vary from this schedule.

<http://www.ugmsac.com/food-basket-program>

Salvation Army Family Services - Sacramento

4350 Raley Blvd, Ste 200

Sacramento, CA 95838

(916) 678-4010

Tuesday, Wednesday & Thursday 9 – 3:30

Bring valid picture ID for all persons over 18 years old and social security cards for all family members, along with proof of income (pay stub, bank statement, etc.), and verification of address (rent receipt, rental agreement or utility bill in your name) to receive a box of food 6 times per year with 30-day waiting period between boxes.

<http://www.tsatoday.org>

Sacramento Food Bank & Family Services

3333 Third Ave

Sacramento, CA 95817

(916) 456-1980

Must show picture ID with specified zip code. (Check for times and locations, which vary month to month.)

<http://www.sfbs.o>

Central Downtown Food Basket – St. John’s Lutheran Church

1701 L Street

Sacramento, CA 95811

(916) 761-5624

Bagged groceries, warm clothing, hygiene products, special dietary foods.

MIDTOWN:

St. John’s Lutheran Church

1701 L Street, Sacramento, CA 95811

Last 3 Thursdays of the month

10:00 am – 12:00 noon

ROSEMONT:

Atonement Lutheran-ELCA

9242 Kiefer Blvd, Sacramento, CA 95826

3rd Tuesday of the month

10:00 am – 12:00 noon

RIVER PARK:

Fremont Presbyterian Church

5770 Carlson Drive, Sacramento, CA 95819

3rd Thursday of the month

5:00 pm – 6:00 pm

<http://www.cdfb.org>

St. Matthew's Episcopal Church

2300 Edison Ave.

Sacramento, CA 95821

(916) 927-0115

Tuesdays & Thursdays 10-11:30 a.m.

Must show picture ID with specified zip code; serves 95815, 95821, 95608, and 95660

<http://www.stmatthewschurchsacramento.org/>

River City Food Bank (for Sacramento County residents only with income at or below poverty level)

1800 – 28th St

Sacramento, CA 95816

(916) 446-2627

Three-day food supply once a month; baby food and non-food items for babies available.

<http://www.rivercityfoodbank.org/>

95608, 95610, 95621, 95660, 95821, 95825, 95841, 95842, 95843

Carmichael Presbyterian Church Food Closet

5645 Marconi Ave

Carmichael, CA 95608

(916) 483-9232

Order food Monday – Friday, 10 – 12, for pickup between 2 and 3 p.m. same day.

Must show picture ID with specified zip code: 95660, 95842, 95843

North Highlands Christian Food Ministry

6125 Watt Ave

North Highlands, CA 95660

(916) 331-1510

Monday, Tuesday, Wednesday 9:30 – 12

Must show picture ID with specified zip code: 95662

Orangevale Food Bank

6483 Main Ave

Orangevale, CA 95662

(916) 304-FOOD [3663]

Thursdays 9 – 12:30 p.m.

Must show picture ID with specified zip code: 95673, 95626, 95838

<http://www.orangevalefoodbank.org>

Our Lady of Lourdes Church – Feed the Hungry Program

1951 North Ave

Sacramento, CA 95838

(916) 925-5313

Tuesdays 11 – 12 noon

Must show picture ID with specified zip code:

95822, 95823, 95824, 95826, 95828, 95831, 95832

South Sacramento Interfaith Partnership Food Closet

5625 – 24th Ave

Sacramento, CA 95822

(916) 428-5290

Monday – Friday 9 – 11:30 a.m.

Must show picture ID with specified zip code: 95825, 95864

Sierra Arden Food Closet

890 Morse Ave. Sacramento, Ca 95864

(916) 483-1942

Tuesday- Friday 10 – 11:45 a.m.

Must show picture ID with specified zip code: 95610, 95621, 95628. Services include a 3-day supply of food.

Assistance can be obtained once every 30 days.

Sunrise Christian Food Ministry

5901 San Juan Ave. Citrus Heights, CA 95621

(916) 965-5431

Monday- Friday 11:30 – 3 p.m. Provides five (5) days of nutritionally balanced food supplies to each person every 30 days when an emergency occurs. Verifiable residents of Fair Oaks (zip code 95828), Citrus Heights (zip codes 95610 & 95621), and Orangevale (zip code 95662) are served by the Food Ministry. Must show picture ID with specified zip code.

http://sunrisechristianfoodministry.org/about_us.aspx

Sacramento County Meal for the Homeless:

Alongside Ministry – Meal for the Homeless

Natomas Oak Park

2230 River Plaza Dr off the Garden Highway, Sacramento

12 p.m - 4 p.m. every 4th Sunday

(916) 258-2110

Additional Resource for Sacramento County Residents Only:

Dial 2-1-1 from a Sacramento based phone number to be connected with a live operator who can help you find food, clothing, and other resources in Sacramento.

Roseville Food-Mobile Van:

What Would Jesus Do? Inc.

503 Giuseppe Ct, Ste #3

Roseville, CA 95678

(916) 786-9953

A mobile ministry that provides breakfast and an additional meal for the day to the homeless, meet them at their locations and times below. Their requirement is that you must be their to receive a meal for yourself.

<https://www.wwjidinc.org/>

Monday-Friday:

Abundant Life Fellowship

706 Atlantic Street

Roseville, CA, 95678

8 – 9 a.m.

No meals are provided on Saturdays

Sunday:

Saugstad Park

100 Buljan Dr & Douglas Blvd.

8:30 – 9:30 a.m.

Clothing Resources

San Juan Unified School District Clothes Closet

7200 Fair Oaks Blvd, Ste #100

Carmichael, CA 95608

(916) 971-7643

Clothes for students of the San Juan Unified School District; by appointment and school counselor referral only.

The Gathering Inn

201 Berkeley Ave

Roseville, CA 95678

(916) 791-9355

Provides free clothing to anyone in need free of charge.

<http://thegatheringinn.com>

Sacramento Food Bank & Family Services

3333 Third Avenue

Sacramento, CA 95817

(916) 456-1980

For Sacramento County Residents Only, distributes donated men's, women's and children's clothing items at no charge to families in need. Clothing articles include suits for interviews, school uniforms and seasonal weather attire.

<http://www.sfbs.org/programs/clothing.html>

Orangevale 7th Day Adventist Church

5810 Pecan Ave

Orangevale, CA 95662

(916) 967-2838

For residents of zip code 95662 only.

Adventure Christian Church – Baby Boutique

6401 Stanford Ranch Rd

Roseville, CA 95678

(916) 771-5683

Provides expectant mothers and young families with gently used clothing and baby supplies through a quarterly outreach ministry.

<http://adventurechurch.org/localoutreach/baby-boutique/>

Furniture Resources:

St. Vincent De Paul Thrift Stores

Free furniture: Eligibility is based on a family crisis or verifiable information.

503 Giuseppe Court

Roseville, CA 95678

(916) 781-3303

* Call first for furniture vouchers.

Locations:

1000 Melody Ln, Ste 109

Roseville, CA 95678

(916) 781-5434

2275 Watt Ave

Sacramento, CA 95825

(916) 972-1212

Our Lady of Lourdes

1951 North Ave

Sacramento, CA 95838

(916) 925-5313

Craigslist

The site will direct you to a variety of items offered free or at reduced prices including bedroom furniture, living room furniture, kids furniture, and misc. household items.

www.craigslist.org

SN&R (Sacramento News & Review)

This site will direct you to reduced price items. "Buy/Sell/Trade is under "Classifieds."

<http://sacramento.newsreview.com>

Info Line Sacramento

“Info Line” – Dial 2-1-1 or 916- 498-1000

Info Line Sacramento is a FREE, multilingual, comprehensive telephone information and referral service offering:

- Single room occupancy hotels
- Emergency shelters
- Emergency meals
- Food closets
- Health Care
- Transportation options
- Job lines
- Affordable rental housing
- Senior housing, and in home care information
- Thrift stores
- Legal and financial assistance
- Flu Shots
- Shots for tots
- Home purchase programs
- Respite care
- And much more!!

Medical Insurance, Clinics, and Transportation Insurance

Insure Kids Now - Connecting Kids to Coverage

1-877-Kids-Now (1-877-543-7669)

Free Clinics

www.insurekidsnow.gov

Community Health Clinic at The Gathering Inn

201 Berkeley Ave

Roseville, CA 95678

(916) 791-9355

Free triage medical care for people without insurance.

Folsom Family Clinic

105 Dean Way

Folsom, CA 95630

(916) 983-3658

Offers free health services or discounted health services to those who meet the following guidelines: Uninsured, and Low Income.

Hours: Monday 12:00PM-8:00PM, Tuesday, Wednesday, Thursday 8:00AM-4:30PM, Friday 8:00AM-12:00PM

http://www.mercyfolsom.org/Medical_Services/Free_Family_Health_Clinics/048003

Mercy Clinic – Loaves and Fishes

1321 North C St

Sacramento CA 95814

(916) 446-3345

This location includes TB testing for shelter placement and medical services for the homeless who do not have medical insurance.

County of Sacramento Primary Care Center

4600 Broadway

Sacramento, CA 95820

(916) 874-9823

Not a walk in clinic – must fill out eligibility paperwork available in office before being seen. Services

Available: Behavioral Health, Family Health, and Primary Health Care.

Sacdhhs.com

Low Cost/Sliding Scale Clinics

Western Sierra Medical Clinic (WSMC)

3111 Professional Drive

Auburn, CA 95603

(530) 274-9762 Main Line

(530) 273-5469 New Patient Coordinator

WSMC takes Medicare, Medi-Cal, insurance and uninsured.

Placer County CHDP – Child Health & Disability Prevention Program

11484 B Avenue

Auburn, CA 95603

(530) 886-3620

WellSpace Health Multi-Service Center

6015 Watt Avenue, Ste 2

North Highlands, CA 95600

(916) 679-3925

<http://well-space-health.net/index.htm>

The Effort – J Street Community Health Center

1820 J Street

Sacramento, CA 95811

(916) 313-8400

http://well-space-health.net/loc_j_street.htm

Placer County Adult System of Care

Department of Health and Human Services

3091 County Center Dr. #290

Auburn, CA 95603

(530) 886-1870

<http://www.placer.ca.gov/Departments/hhs.aspx>

Chapa-De Indian Health Program, Inc.

11670 Atwood Rd

Auburn, CA 95603

(530) 887-2800

Most services are provided at no charge to verified Native Americans.

<http://www.chapa-de.org/>

Sutter Children's Center

Sutter Memorial Hospital

5151 F St Sacramento, CA 95819

(916) 454-3333

<http://www.checksutterfirst.org/children/services/>

Medical Transportation

Placer County Dial-A-Ride

(916) 745-7560 or (530) 745-7560

<http://www.placer.ca.gov/Departments/Works/Transit/PCT/dialride.aspx>

(916) 429-2744

<http://www.paratransit.org/>

Health Express – Seniors First

1-800-878-9222

Door-to-door transportation service for residents of Western Placer County to and from their non-emergency medical appointments.

<http://seniorsfirst.org/health-express/>

Dental Care**California Medi-Cal Dental Program**

Denti-Cal Provider Information

1-800-322-6384

<http://www.denti-cal.ca.gov>

Adult Dental Care – Sacramento/Placer County residents

Carrington College

8909 Folsom Blvd

Sacramento, CA 95826

(916) 361-1660 – Call for appointment

Free dental hygiene services and X-rays for needy adults.

Sacramento City College Dental Hygiene Clinic

3835 Freeport Blvd, Roddah Hall

Sacramento, CA 95822

(916) 558-2303

Low-cost dental hygiene services for children (\$16) and adults (\$20). Call for appointment; cash only. Fees are subject to change without notice, call 916-558-2303 for the most up to date information.

<http://www.scc.losrios.edu/dentalhealthclinic/>

Wind Youth Services

701 Dixieanne Ave

Sacramento, CA 95815

(916) 561-4900

Provides dental treatment resources for Sacramento homeless youth who do not have dental insurance.

<http://windyouth.org/>

WellSpace Health Multi-Service Center

6015 Watt Ave, Ste 2

North Highlands, CA 95600

(916) 679-3925

Offers dental care to infants, children, and adolescents at a reduced cost to those without insurance. Helps with enrollment in Denti-Cal, Healthy Families, Healthy Kids, or other programs that can cover services.

http://www.wellspacehealth.org/dental_care.htm

State of California, Department of Health Care Services

Denti – Cal

1-800-322-6384

<http://www.denti-cal.ca.gov/WSI/Bene.jsp?fname=ProvReferral>

Child and Family Assistance

Childcare, Healthcare, & Education

24 hour Parent Support Line 1-888-281-3000

North Crisis Nursery Children’s Crisis Nursery

4533 Pasadena Ave 6699 South Land Park Dr

Sacramento, CA 95821 Sacramento, CA 95831

(916) 679-3600 (916) 394-2000

Temporary shelters for children whose parents are in crisis

www.kidshome.org

North Sacramento – Sacramento Food Bank & Family Services

Saca Community Learning Center Parent Education – Oak Park

2469 Rio Linda Blvd 3333 Third Ave

Sacramento, CA 95815 Sacramento, CA 95817

(916) 648-8729 (916) 456-1980

After completion of each parenting course, parents will earn credits for diapers, formula, baby food, clothing and additional items. Open to expectant parents, parents or legal guardians with children 0-5 years old in Sacramento County. Centers also offer additional resources and assistance, including GED and computer lab, with on-site play-care provided while parent is being served.

www.sacramentofoodbank.org

KidsFirst Roseville, KidsFirst Citrus Heights, KidsFirst Auburn

124 Main Street 6939 Sunrise Blvd, #227 11990 Heritage Oak Pl, Ste 1B

Roseville, CA 95678

(916) 774- 6802

Citrus Heights, CA 95610

(916) 705-7378

Auburn, CA 95603

(530) 887-3536

Intervention and treatment services for children and families.

<http://kidsfirstnow.org/>

Child Medical Care

Placer County CHDP

11484 B Ave

Auburn, CA 95603

(530) 886-3620

Free wellness screenings, physicals, immunizations, and vision, hearing, and laboratory tests for children .

Provides health, dental, and vision coverage to children who do not have insurance.

1-800-880-5305

<http://www.healthyfamilies.ca.gov>

WellSpace Health – Birth and Beyond

6015 Watt Ave, Ste 2

North Highlands, CA 95600

(916) 679-3925

Family supportive services for pregnant mothers and families with children 0-5 years old.

http://www.wellspacehealth.org/birth_and_beyond.htm

Lighthouse Counseling & Family Resource Center

427 A St, Ste 400

Lincoln, CA 95648

(916) 645-3300

<http://lighthousefrc.com/>

W.I.C. Program (Women, Infants, and Children)

Serves low income women, breast feeding or pregnant, and children.

- Placer County WIC Program

11484 B Ave

Auburn CA 95603

(530) 889-7187 or 1-800-829-7199, ext 7187

http://www.placer.ca.gov/Departments/hhs/community_health/WIC%20Program.aspx

-Sacramento County WIC Program

(916) 876-5000

Clinic sites throughout the county; see list on website.

<http://www.dhhs.saccounty.net/PRI/WIC/Pages/CT-Contact-WIC.aspx>

Access for Infants and Mothers – AIM Program

1-800-433-2611

Offers low-cost health coverage for pregnant women and for middle-income families who don't have health insurance and whose income is too high for no-cost Medi-Cal. AIM is also available to women who have private health insurance plans with a maternity-only deductible or copayment greater than \$500.

<http://www.aim.ca.gov>

Postpartum Support International

California State Co-Coordinator: Catherine O'Brien, LMFT

Sacramento County Area

(916) 718-9501

Helps women suffering from perinatal mood and anxiety disorders, including postpartum depression.

<http://postpartum.net/>

Sierra Mental Wellness Group – Roseville

333 Sunrise Ave, Ste 701

Roseville, CA 95661

(916) 783-5207

Provides professional and affordable individual, couple and family counseling; crisis services, child and adolescent programs, and substance abuse treatment and prevention.

<http://www.sierramentalwellness.org/>

Roseville Recreation Education & Creativity (R.E.C.) Center

313 High St

Roseville, CA 95678

(916) 789-7884

Serves the at-risk youth of North Roseville and their families by providing educational, recreational, and social services at NO COST in a positive atmosphere that allows disadvantaged children to reach their full potential.

<http://rosevillerec.org/>

Kids in Roseville

City of Roseville- various locations

Offers huge selection of programs for youth, including sports, camps, classes, aquatics, day care, and preschool.

Visit the link below to get an activity guide as well as register for the services offered.

<http://www.roseville.ca.us/parks/kids/default.asp>

Adventure Club School-Age Childcare

City of Roseville-various locations

State licensed childcare centers, operated by Parks, Recreation and Library departments in conjunction with the Dry Creek and Roseville City School Districts – open to all elementary school age children.

http://www.roseville.ca.us/parks/childcare_n_preschool/adventure_club_child_care.asp

Child Action, Inc.

9800 Old Winery Place

Sacramento, CA 95827

(916) 369-0191

For Sacramento County Residents Only, provides child care resource and referral, child care subsidies, recruitment and training of child care professionals, and parent education and support.

<http://www.childaction.org/>

Placer County Children’s System of Care

Department of Health and Human Services

3091 County Center Dr, #290

Auburn, CA 95603

(530) 886-1870

<http://www.placer.ca.gov/Departments/hhs.aspx>

Placer County Office of Education – Early Childhood Education Services

365 Nevada Street

Auburn, CA 95603

(530) 745-1380 or 1-800-464-3322

For Placer County Residents Only, facilitates parents’ access to quality child care, and provides professional development opportunities and educational resources for family child care providers and teachers. <http://www.placercoe.k12.ca.us>

Sutter Center for Psychiatry

Child & Adolescent Inpatient Services

7700 Folsom Blvd

Sacramento, CA 95826

(916) 386-3000

<http://www.suttermedicalcenter.org/psychiatry/>

Placer Network of Care

Wellness and Behavioral Health. This website provides information about Placer County services and community events. Here you will find information on health, mental wellness, services for children, health related legislation, news stories, and a community calendar.

<http://placer.networkofcare.org/mh/>

KidZKount – Placer Community Action Council, Inc.

1166 High Street
Auburn, CA 95603
(530) 885-5437

Early Head Start centers in Loomis and Lincoln provide child care programs for low income families with children ages 0-5; comprehensive prenatal support and parent education to pregnant mothers, as well as health services to children and families. Also provides social services support to families.

<http://kidzkount.com/index.php>

Beanstalk Center Based Programs

3325 Myrtle Ave.
North Highlands, CA 95660
(916) 344-6259

Daily schedules offer opportunities for children to create, explore, learn concepts, problem solve, and work on muscle development. Provides care and services for infants and toddlers (newborn to 36 months) in licensed homes that contract with the Family Child Care Homes Education Network. Offers a variety of part day preschool programs that provide school readiness for children 3-5 years old or until entry into kindergarten.

<http://www.beanstalk.ws/>

Sierra Health Foundation

1321 Garden Highway
Sacramento, CA 95833
(916) 922-4755

Respite Partnership Collaborative grantees offer respite support for community members who are experiencing mental health crisis in Sacramento County.

<http://www.sierrahealth.org/doc.aspx?10>

Resources for Children and Adults with Special Needs:

Alta California Regional Center

Harvard St, Ste 100

Sacramento, CA 95815

(916) 978-6400

Information, counseling, and referrals for those with developmental disabilities, autism, epilepsy, cerebral palsy.

Call the number above to schedule an appointment.

<http://www.altaregional.org/>

California Department of Developmental Services

(916) 654-1690

Coordinates services and support for those with developmental disabilities.

<https://dds.ca.gov/>

Learning Disabilities Associations

Both associations listed below provide information and training to adults with learning disabilities and to parents of children with learning disabilities.

Northern California/East Bay Learning Disabilities Association of California

(510) 638-5005 (Berkeley)

<http://ncebllda.org/>

Placer County Selpa (Special Education Local Plan Area)

(530) 886-5873

Supports specialized instruction and services for students, parents, fellow educators and the community.

<http://www.placercoe.k12.ca.us/StudentsAndParents/Pages/SELPA.aspx?dept=selpa>

PRIDE Industries Headquarters

10030 Foothills Boulevard

Roseville, CA 95747

(916) 788-2100

Employs adults with disabilities.

<http://www.prideindustries.com/>

Warmline Family Resource Center

6960 Destiny Dr, Ste 106

Rocklin, CA 95677

(916) 632-2100

1-800-660-7995

Offers resources and support to families of children with special needs.

<http://www.warmlinefrc.org/>

Crisis Pregnancy Assistance and Adoption Resources

Unborn Care

8150 Industrial Ave.

Roseville, CA, 95678

The Unborn Care ministry partners with the Sacramento Memorial garden and Soul Care Counseling. It aims to provide support to those who have experienced the pain of losing an unborn child. For more information, contact Pat Potts: unborncare@bridgewaychristian.org.

Abortion Changes You

contact@abortionchangesyou.com

This website is a confidential space is for those who are touched by abortion, whether the experience happened recently or years ago. Abortion Changes You is a refuge for those who wish to tell their story and begin the process of healing. It includes testimonies of others who have walked through the experience of miscarriage or abortion, gives support services, and guides participants on a path of healing.

<http://www.abortionchangesyou.com/>

Creating A Safe Place

contact@abortionchangesyou.com

619-501-9414

Creating a Safe Place prepares professionals and volunteer helpers to engage men and women in the healing journey. It offers a variety of online training tools and helpful documents as well as access to Abortion Changes You printed healing resources. Creating a Safe Place also offers the Safe Place training program that broadens leader's understanding of the personal impact of miscarriage and abortion, explores compassionate communication, and equips them to gently invite hurting men and women to begin healing.

<http://creatingasafeplace.com/>

New Life Pregnancy Center

5050 Rocklin Road, #A20

Rocklin, CA 95677

(916) 624-8990

Crisis pregnancy center. Pregnancy screening, post abortion counseling, housing help, parenting classes, etc.

Alternatives Pregnancy Center

1111 Howe Ave, Ste 610

Sacramento, Ca 95825

(916) 880-4040

Call for help and assistance if you feel you might be pregnant and would like to talk with a counselor.

<http://www.pgtest.com>

A Woman's Friend

961 Live Oak Blvd.

Yuba City, CA 95991

530-741-0556 (24 hour hotline)

All services are completely free and confidential. Services included: pregnancy testing, ultrasound, pre-parenting classes, STD testing, and HIV testing.

Bethany Christian Services

1-800-238-4269

Offers pregnancy and adoption counseling as well as adoption services.

<http://www.bethany.org/>

Adoption & Foster Care

8150 Industrial Ave.

Roseville, CA, 95678

Bridgeway's ministry dedicated to providing care and love for adoption and foster families in our community.

This ministry partners with Defending the Cause and offers various services for adoptive and foster parents.

Services are best accessed either by reaching out to Tiffany Loeffler by email at

atriskyouthcare@bridgewaychristianchurch.org or on The City or by the DFC website at

www.defendingthecause.com.

Family Connections Christian Adoptions

1111 Howe Ave, Ste 660

Sacramento, CA 95825

(916) 568-5966

A licensed, non-profit, full service adoption agency that works nationwide. Whatever your adoption dreams, plans, or hopes may be, FCCA will provide a confidential and thorough explanation of the types of adoption available, including the cost, timeline, and risk involved. If you are pregnant and considering adoption, all of our services to you will be free of charge, even if you decide not to make an adoption plan for your child.

<http://www.fcadoptions.org/>

Triad Family Services, a Foster family agency

1-866-487-4235

Provides foster care and adoption services for children ages birth to 21.

<http://www.triadfs.org>

Lilliput Children's Services

(916) 923-5444

Nonprofit agency offering adoption, post adoption, kinship, and foster care services.

<http://www.lilliput.org/>

Koinonia Family Services

1-877-244-5374

Nonprofit licensed foster, adoption, and support agency.

<http://www.kfh.org/>

Sierra Forever Families

(916) 368-5114 – Sacramento County

(530) 887-9982 – Placer County

Foster and adoption agency. Offers resources and supports to parents/adoptive parents.

<http://www.sierraff.org>

Domestic Violence Help

Peace for Families

700 Sunrise Ave, # N

Roseville, CA 95661

(916) 773-7273

Provides a safe and caring environment free from violence and abuse. Services include an emergency safe house, emergency food, clothing and transportation; an outpatient recovery and transitional housing program, and individual and family therapy/counseling.

<http://www.peaceforfamilies.org/>

Stand Up Placer

PO Box 5462, Auburn, CA 95604

24-hour crisis line and general information– 800-575-5352

Provides comprehensive services to victims of human trafficking, domestic violence and sexual assault in Placer County. Crisis services including on scene, law enforcement, hospital, court, family and children services accompaniment and advocacy.

<http://www.standupplacer.org/>

Domestic Violence Intervention Center

6060 Sunrise Vista Dr, Ste 2240

Citrus Heights, CA 95610

(916) 728-7210 – 24-Hour Crisis Line

(916) 728-5613 – Office

Helps victims of domestic violence and their children become survivors.

<http://www.dvinterventioncenter.org/>

W.E.A.V.E (Women Escaping a Violent Environment)

(916) 920-2952 – Support and Information Line

(916) 448-2321 – Office

Provides services to women, men, and children who have experienced domestic violence or have been sexually assaulted.

<http://www.weaveinc.org/>

Sacramento Valley Teen Challenge – Christian Helpline and Referral Service

(530) 751-9511 – help for women

(916) 443-3049 – help for men

(530) 357-2772 in the North State area.

Crisis counseling, evangelistic outreach, inmate reentry program, and other services.

<https://www.teenchallenge.ws/>

Crisis and Emergency Services for Children and Adults – Placer County

Adult Protective Services: (916) 787-8860 or toll free 1-888-886-5401

Family and Children's Services: (916) 872-6549 or toll free 1-866-293-1940

A telephone call can bring help in a crisis. For at-risk children and/or adults in emergencies and crises situations, a special 24-hour, 7-day a week, response program is available by contacting one of the telephone numbers listed above.

The Center for Violence – Free Relationships

(530) 626-1131 or (916) 939-6616 – 24-Hour Crisis Help Line

(530) 626-1450 or (916) 939-4464 – Office

Provides an array of services for victims of sexual assault and domestic violence.

<http://thecenternow.org/>

Substance/Alcohol Abuse Programs

Al- Anon

<http://al-anon.org/>

1-888-4AL-ANON (1-888-425-2666)

Alano Club

111 5th Street

Roseville, CA 95678

(916) 781-2763

<http://alanoclubs.com/>

Open 7 days a week to serve the 12 step community in Placer and greater Sacramento area. Meeting schedule is on their website.

Alpha Oaks Recovery for Women

8400 Fair Oaks Boulevard

Carmichael, CA 95608

(916) 944-3920 *Someone is available by phone 24 hours a day, 7 days a week.

<http://alphaoaks.com/>

Offers a residential treatment facility and 1 after treatment sober living residence. They provide five Detox beds at Alpha Oaks in Carmichael, in addition to 18 residential treatment beds. At their Cornerstone facility, they provide 11 residential treatment beds. Their Sober Living environment residence provides registered after-treatment housing for 6 women.

CA Drug & Alcohol Resource Program

<http://www.adp.cahwnet.gov/>

(916) 327-3728 (1-800- 879-2772)

Central CA Fellowship of AA

<http://www.aasacramento.org/>

(916) 454-1771

Clean & Sober Homeless Recovery

1321 North C Street

Sacramento, CA 95811

(916) 498- 0331

<http://www.cleanandsobehrc.org/>

Clean & Sober is a self-help program based on the 12-step model of recovery for homeless individuals seeking recovery from drug and alcohol addiction. They are not a treatment program. They provide a non-judgmental approach while providing support, encouragement, acceptance, unconditional love, and spiritual healing.

The Walk-In Office also hosts 12-step meetings five days a week.

New Start 1 & 2 are self-help, 12-step based residential recovery condominium communities. Residents learn to live in sobriety, tend to neglected health issues, reunite with family, and seek employment and/or education. Residents can stay for up to a year or longer paying on an income-based sliding scale of \$0.00 to \$275.00 per month plus \$75.00 toward food. For those with no income, Clean & Sober subsidizes the entire cost.

Gateway Recovery House for Women

4049 Miller Way

Sacramento, CA 95817

(916) 451- 9312

<http://gatewayforwomen.org/>

Provides quality residential recovery home services to women seeking recovery from the disease of alcoholism and/or drug addiction in a supportive, caring and "homelike" environment. Admission is arranged following a pre-screening and orientation process that may be initiated through a simple phone call to their office. The minimum stay is negotiable; however, staff usually recommends a stay of at least 90 days.

Mercy Ministries for Women

<http://www.mercyministries.org/>

(615) 831- 6987

Community Recovery Resources (CoRR)

730 Sunrise Avenue, Suite 250

Roseville, California 95661

(916) 782-3737

-or-

1530 Third Street, Suite 212

Lincoln, California 95648

(916) 434-8927

<http://www.corr.us/>

Provides inpatient and outpatient treatment, transitional housing, adolescent treatment, life skills services, drug testing to individuals and families with substance abuse and behavioral health issues.

Full Circle Treatment Center

730 Sunrise Avenue, Suite 250

Roseville, California 95661

(916) 787-HELP (4357)

<http://fullcircletreatmentcenter.org/>

Full Circle Treatment Center is a treatment facility which specializes in substance abuse services. They provide partial hospitalization / day treatment and outpatient methadone/buprenorphine or vivitrol options for those who enroll. * Full Circle specializes in treating active duty military personnel. Payments accepted: State Insurance (Other than Medicaid)and Access to Recovery (ATR) Voucher.

Mi Casa Recovery for Men

Adult Program

4241 Florin Road, Suite 110

(916) 394-3489 ext. 230

Youth Program

4241 Florin Road, Suite 55

(916) 394-3487 ext. 298

DUI

(916) 916-394-2320 ext. 401

<http://maap.org>

MAAP provides programs focused on addiction and mental health, for youth, adults, and the elderly of all ethnicities and lifestyles. * Counseling schedule is on their website.

National Council on Alcoholism & Drug Dependence

<http://ncadd.org/>

(916) 922- 9217

New Dawn Treatment Centers

Men's Detox Center

8780 Sherry Drive

Orangevale, CA 95662

Women's Detox Center

8782 Sherry Drive

Orangevale, CA 95662

(916) 473-2772

<http://newdawntreatmentcenters.com/>

Located in Sacramento, New Dawn Treatment Centers offers all levels of care necessary for long-term rehabilitation from drug addiction, prescription pills dependency, or alcohol abuse. They provide onsite 5 – 7 day medically supervised detox to help you get sober without the agonizing withdrawals, a 30 – 90 day holistic residential program for 24-hour structure and support, or an intensive outpatient program to help you stay on track during the early stages of recovery. They can create a customized recovery program that is right for you. Lifetime Aftercare is also free for all graduates, and has helped thousands of our alumni stay sober.

*Someone is available by phone 24 hours a day, 7 days a week.

* They do not accept Medi-Cal, Medicare, Tricare, or Kaiser.

New Directions Counseling

7996 Old Winding Way, Suite 300

Fair Oaks, CA 95628

(916) 966-4523

<http://newdirectionsca.com>

Provides counseling services to individuals with substance abuse issues and their families. New Directions Counseling specializes in treating adolescents, young adults, adults, and their families.

New Leaf Counseling Service

1254 High St, Auburn, CA 95603

(530) 889- 9195

New Leaf Counseling Services is a private treatment center that primarily focuses on substance abuse services. They offer outpatient programs for those seeking mental rehab or drug rehab, but who also stay at home every night and dual diagnosis/co-occurring disorders treatment. Trauma and group therapy are also offered.

River City Recovery Center

500 22nd Street

Sacramento, CA 95816

(916) 442- 3979

<http://rivercityrecovery.org/>

River City Recovery Center offers a highly structured program of education and counseling. Residents receive an intensive education on the physical, psychological, social and spiritual effects of alcoholism and chemical dependency. They have developed a thorough curriculum that includes the medical implications of substance abuse, emotional and spiritual recovery, relapse prevention, anger management, family aspects and goal setting. Residents receive both group and individual counseling. Many people with an addiction also have associated issues, such as anxiety, depression or trauma related problems. Because of this, River City ensures that personnel is on site 24-hours a day. River City Recovery Center is open to male and female adults over the age of 18. *Fees can be covered by private insurance or entitlement programs. Allowances are made for the indigent.

Sacramento Fellowship of Narcotics Anonymous

<http://www.sacfna.org/>

1-877-NA3-6363

Sacramento Valley Teen Challenge

1613 18th Street

Sacramento, CA

-or-

10017 Folsom Boulevard

Sacramento, CA

-or-

8378 Rovana Circle

Sacramento, CA

(530) 751-9511 – help for women

(916) 443-3049 – help for men

(530) 357-2772 in the North State area.

<https://www.teenchallenge.ws/>

Union Gospel Mission

400 Bannon Street

Sacramento, CA 95811

(916) 447-3268

<http://www.ugmsac.com/>

Union Gospel Mission offers drug and alcohol rehabilitation program where graduates of the program receive vocational training at one of the several centers around the local area.

They offer men's clothing and shower hours (Mon-Thur. (9 AM - 11 AM and 1 PM - 2:45 PM; Fri and Sat 9 AM - 11 AM).

WellSpace Health Multi-Service Center

http://www.wellspacehealth.org/addictions_counseling.htm

(916) 679-3925

Suicide Prevention

1-800-784-2433

<http://suicidehotlines.com/>

Suicide Warning Signs:

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself.
- Looking for ways to kill oneself by seeking access to firearms, available pill, or other means.
- Talking or writing about death, dying, or suicide.
- Feeling hopeless.
- Feeling rage or uncontrolled anger, or seeking revenge.
- Acting reckless or engaging in risky activities.
- Feeling trapped like there is no way out.
- Increasing alcohol or drug use.
- Withdrawing from friends, family, and society.
- Feeling anxious or agitated, unable to sleep or sleeping all of the time.
- Experiencing dramatic mood changes.
- Seeing no reason for living or having no sense of purpose in life.

How you can help:

- Listening to them with sincere concern for their feelings. Do NOT offer advice but let them know that they are not alone.
- Sharing your feelings with them. If you feel that they may make a reckless decision, tell them that you are concerned. They need to know that they are important to you and that you care.
- Inquiring if they have had suicidal thoughts or if they have made a suicide plan in a straightforward and caring manner. If you feel you cannot ask the question, find someone who can.
- Call the Suicide Prevention Lifeline for more advice if needed.
- If they are serious and suicidal, call 9-1-1.

Senior Citizen Assistance

Eskaton Home Support Network

(916) 334-1072

Provides a comprehensive range of programs and services for older adults who are aging-in-place – at home.

<http://www.eskaton.org/home-support-network.html>

Seniors First

1-800-878-9222

Provides donation-based programs and services, including transportation, that keep Placer County seniors safe, in their homes and independent for as long as possible.

<http://seniorsfirst.org/>

Meals on Wheels

Placer County (coordinated through Seniors First)

1-800-878-9222, ext. 206

Sacramento, Placer, and other foothills counties – Area 4 Agency on Aging – (916) 486-1876

Delivers a nutritious noon meal weekdays to homebound seniors.

Senior's First Cafés

Roseville, Maidu – (916) 622-8524

Rocklin – (916) 622-1295

Lincoln – (916) 316-1422

Dewitt, Auburn – (530) 889-9500

Adults 65+ \$5.00 suggested donation.

Handyperson Program

1-800-878-9222 x205

Provided through City of Roseville and coordinated through Seniors First. Health and safety repairs to the home.

Senior Companion Program

(916) 875-3622

Visits Sacramento County seniors in their homes offering transportation to medical appointments, shopping, respite care, bill paying, etc.

Seniors Home Care

(530) 885-3904

Companion services, meals, medication, reading, paying bills, housekeeping, pet care, transportation, etc.

<http://www.seniorshomecareservices.com/homehelp/auburn/CA>

Personalized Homecare and Homemaker Agency – (916) 979-4975

Providing bed baths, shaving, dressing, linen change, laundry, meals, housecleaning, shopping, companionship.

<http://www.personalizedhomecare.com/>

Placer County Adult System of Care

(916) 787-8800 or (530) 889-7240

Works with local agencies to provide a range of services for adults and older adults, including medical and inhome services.

Recreation & Respite Program, Sutter Health Sacramento Sierra Region

(916) 781-1559

Offers activities for seniors while giving their caregivers the opportunity to spend a few hours pursuing their own interests.

Alzheimer's Association 24/7 Helpline

1-800- 272-3900

Provides reliable information and support to all those who need assistance.

http://www.alz.org/we_can_help_24_7_helpline.asp

In Home Supportive Services

(916) 787-8860

IHSS allows limited income elderly, blind, or disabled people to hire someone to help them with housework, meal preparation, and personal care.

Del Oro Caregiver Resource Center

(916) 728-9333 or (800) 635-0220

Del Oro is a private nonprofit agency dedicated to improving the wellbeing of family caregivers throughout their journey. They offer services to family caregivers of adults with chronic and disabling conditions or diseases. To be eligible for services, a client must be caring for an adult with a cognitive impairing condition that occurred after the age of 18 (for example: dementia, Alzheimer's disease, stroke, traumatic brain injury, Parkinson's disease) or caring for someone 60 and over regardless of diagnosis and requiring assistance with two or more activities of daily living. All services come at no cost to the family caregiver.

<http://www.deloro.org/services/>

Visiting Angels

1-800-365-4189

<https://www.visitingangels.com/>

Offers home care services, respite care, companion and personal care for the elderly.

Financial Counseling

Crown Financial Ministries

Kim Rommereim

(559) 434-5077

<http://crown.org/>

Financial Disciplines

Pamela Christiansen

313 Judah St

Roseville, CA 95678

(916) 787-4541

IRS Small Business and Self- Employed Tax Center:

<http://www.irs.gov/Businesses/Small-Businesses-&-Self-Employed>

Cornerstone Financial Partners

2530 Douglas Blvd., Ste 170

Roseville, Ca 95661

<http://www.cornerstonefinancialpartners.com>

Alternatives to foreclosure: http://portal.hud.gov/hudportal/HUD?src=/topics/avoiding_foreclosure

Advice for business owners: www.sba.gov

Budget Care (Bridgeway Christian Church)

8150 Industrial Avenue

Roseville, CA, 95678

Email Virginia Edwards at the link below to make an appointment for budget coaching.

budgetcare@bridgewaychristian.org

Legal Assistance and Legal Services

Legal Services of Northern California

517 12th Street

Sacramento, CA 95814

(916) 551-2150

-or-

190 Reamer St

Auburn, CA 95603

(530) 823-7560

Non profit law firms in California can provide free legal assistance to low and moderate income families and individuals, senior citizens, and the disabled with a issues related to landlord/tenant disputes, civil matters and immigration.

Placer County Legal Help Center

Bill Santucci Justice Center Courthouse

10820 Justice Center Dr

Roseville, CA 95678

(916) 408-6446

The Legal Help Center provides legal and procedural information and assistance with court forms to self represented litigants with cases in or who reside in Placer County. We cannot assist litigants who are represented by attorneys. The Legal Help Center does not represent customers in court. Our services are not confidential. We assist both sides of the case equally. To get legal advice or have a confidential conversation, you must speak with a private attorney. All services of the Legal Help Center are free of charge. Assistance at the Self Help Center is available by appointment only. Appointments may be scheduled online in advance or by same day walk-in appointment at the ticket kiosk located at the first floor of the courthouse. Please note, only a limited number of same day walk in appointments are available each day. If you want a same-day appointment, you should arrive at 8:00 a.m. as those appointments can be taken very quickly.

Self Help Center is open:

Monday, Tuesday, Thursday and Friday 8 a.m. to 12 p.m.

Wednesday 8 a.m. to 3 p.m.

Placer Dispute Resolution Service

(916) 645-9260

Offers facilitative, interest based mediation services in areas such as Victim/Offender Mediation or Facilitated Dispute Resolution Meetings must be referred by other agencies.

PDRS does not provide services in cases with violence of any kind or situations where drugs, alcohol, or mental health issues play a role.

<http://www.pdrs.org/>

Child Advocates of Placer County

11641 Blocker Dr, Ste 220

Auburn, CA 95603

(530) 887-1006

Sacramento County Bar Association

Lawyer Referral Service

(916) 564-6707

For \$50, you can receive a 30 minute consultation with the right lawyer for your legal problem. During your consultation, you can discuss the lawyer's fees for further handling your legal matter.

<http://sacbarlawyer.org/>

Supportkids - Child Support Assistance

(800) 691-5437

Helps collect child support payments nationwide.

www.supportkids.com

Mil Mujeres

2398 Fair Oaks Blvd., Suite 2

Sacramento, CA 95825

Phone: (916) 256-4290

Fax: (916) 459-3690

Mil Mujeres provides direct legal services in the area of immigration law to low-income Spanish-speaking survivors of domestic violence, physical assault, sexual assault, and human trafficking, and to Spanish-speaking immigrant children who have been abused, neglected, or abandoned. Their services include help with U visas, VAWA self-petitions and DACA immigration processes. There are costs associated with the services.

<http://www.milmujeres.org/aboutus.html>

The State Bar of California

The State Bar of California's online legal resources provide information on a number of topics. Tips include what you need to know when hiring an attorney, what rights you have, and how to file a complaint about attorney misconduct. For phone numbers of certified lawyer referral services, call 866-44-CA-LAW (866-442-2529).

<http://www.calbar.ca.gov/>

UC Davis School of Law- Legal Clinic

Delivers quality pro bono representation to underserved community members. Currently operates the following clinics: the Immigration Law Clinic, the Civil Rights Clinic, the Prison Law Clinic, and Social Justice Clinic.

Civil Rights Clinic (530) 752-5440

Family Protection and Legal Assistance Clinic (530) 752-6532

Immigration Law Clinic (530) 752-6942

Prison Law Clinic (530) 752-6943

McGeorge School of Law- Legal Clinic

3455 Fifth Ave.

Sacramento, CA 95817

(916) 340-6080

School of law offers legal clinics to community members who are facing legal challenges in the areas of Immigration, Bankruptcy and Elder & Health Law, who unable to afford representation from private attorneys.

Office hours are Monday through Friday from **10 a.m. to noon** and from **2 p.m. to 4 p.m.**

Telephone hours are from **9 a.m. to noon** and from **1:30 p.m. to 4 p.m.**

Adult Education and Job Training Programs

Job One (Bayside Church)

8303 Sierra College Blvd

Roseville, CA 95661, Suite 140

Job One Meetings are a weekly gathering on Monday mornings of job seekers on the path to employment.

They meet every Monday from 9:00-12:00 pm year round, except when Monday falls on a holiday, then it skips a week. The registration fee is \$30 which covers the course materials, and there are scholarships offered. There are no other requirements. It is advised that you come early on your first visit in order to have time to sign up.

<http://granitebay.baysideonline.com/event/job-one-meetings/>

Placer School For Adults

390 Finley St

Auburn, CA 95603

(530) 885-8585

<http://placeronline.org/>

Roseville Adult School

200 Branstetter St

Roseville, CA 95678

(916) 782-3952

This program offers a wide variety of classes for adults hoping to complete a high school degree, general education preparation, ESL classes, and computer and technology classes. These classes are open to adults 18 years of age or older. Adults have priority in all classes offered. Each program has different requirements. The high school diploma program requires a refundable \$80 deposit for books and the classes are offered with no fee, during the daytime and nighttime.

<http://ras.rjuhsd.k12.ca.us>

Sacramento City Unified Adult Education Office

5735 – 47th Ave

Sacramento, CA 95819

(916) 277-6223

Sierra College Community Education

Community Education at Sierra College offers classes and activities designed to meet the personal enrichment and professional development interests of our diverse community. Courses are short-term, not-for-credit, fee-based classes, workshops and training programs providing opportunities to expand your horizons, hone your talents or introduce you to a new skill so that learning is life-long.

(916) 781-6280

<https://sierracollege.edu/academics/enrichment/community-ed/>

San Juan Unified School District Adult Education

Orange Grove Adult School

(For Adults with Disabilities)

4640 Orange Grove Ave

Sacramento, CA 95841

(916) 971-7399

Sunrise Tech Center

7322 Sunrise Blvd

Citrus Heights, CA 95610

(916) 971-7654

<http://www.sanjuan.edu/departments.cfm?subpage=8285>

Center Adult School

3401 Scotland Dr

Antelope, CA 95843 (916) 338-6387

<http://www.centerusd.k12.ca.us/centeradultschool/>

All About the GED: California

http://education-portal.com/articles/All_About_the_GED_California.html

Job Placement Assistance

CalJOBS

Employment Development Department

800 Capitol Mall, MIC 83

Sacramento, CA 95814

<https://www.caljobs.ca.gov/vosnet/Default.aspx>

Connections One-Stop Roseville (EDD)

115 Ascot Dr, Ste 180
Roseville, CA 95661
(916) 865-2440

Auburn Connections (EDD)

1919 Grass Valley Hwy, Ste 100
Auburn, CA 95603
(530) 823-4631

<https://www.connectioncenters.com/>

Citrus Heights Sacramento Works Career Center (EDD)

7011 Sylvan Rd
Citrus Heights, CA 95610
(916) 676-2540

<http://sacramentoworks.org/venue/citrus-heights-career-center/>

Sacramento Works, Hillsdale Career Center (EDD)

5655 Hillsdale Blvd, #8
Sacramento, CA 95842

<http://sacramentoworks.org/venue/hillsdale-career-center/>

Pacific Staffing

855 Howe Ave, #4
Sacramento, CA 95825
(916) 925-2300

Ready to make a major career move or try a challenging new job? In Sacramento, the Bay Area and throughout Northern California, experienced professionals can find the job that's just what you are looking for.

<http://pacificstaffing.com/>

Accountemps (Robert Half)

2180 Harvard St, Ste 250

Sacramento, CA 95815

(916) 922-4480

Robert Half works with hiring managers across the globe to help fill clients' open temporary and full-time requisitions with the appropriate job candidates.

<http://www.accountemps.com/>

Volt Workforce Solutions

3007 Douglas Blvd, Ste 155

Roseville, CA 95661

(916) 724-1550

<http://volt.com/>

Apple One

1850 Douglas Blvd

Roseville, CA 95661

(916) 782-0632

<http://appleone.com/>

Certified Employment Group

1380 Lead Hill Blvd, Ste 205

Roseville, CA 95661

(916) 771-6886

Experienced recruiters will take the time to get to know you and to learn about your skills, experience, availability and goals. Certified staffing specialists can help you fine-tune your resume, as well as provide career counseling.

<http://www.certifiedemployment.com/>

Express Employment Professionals

10002 Foothills Blvd, Ste 100

Roseville, CA 95678 (916) 781-0177

Express Employment Professionals puts people to work in all types of jobs, part-time or full-time.

<http://rosevilleca.expresspros.com/>

Funeral Resources

Placer County Funeral Homes

<http://www.the-funeral-home-directory.com/FuneralHomesbyCounty/California-Sacramento.ashx>

Sacramento County Funeral Homes

<http://funerals.funeralfacility.com/county/CA/PlacerCounty.html>

Bereavement Resources

Placer County

<http://placer.networkofcare.org/veterans/services/subcategory.aspx?tax=PN-8100.1000>

Sacramento County

http://griefhelpsacramento.com/GENERAL_BEREAVEMENT.html

Friends For Survival, Inc.

P.O. Box 214463

Sacramento, CA 95821

(916) 392-0664

National Helpline: 1-800-646-7322

Friends For Survival is a non-profit outreach organization open to those who have lost family or friends by suicide, and also to professionals who work with those who have been touched by a suicide tragedy. The services they provide and resources they offer are free, including their helpline, consultation, group meetings, and suicide awareness education.

<http://www.friendsforsurvival.org/>

Mercy Women's Center (meeting location)

650 Howe Ave, Ste #530

Sacramento, CA 95825

(916) 424-5150

Volunteer support group of parents who have experienced death of their baby(ies) – conception through infancy.

<http://sharingparents.org/>

California Victim Services

CalVCP Helpline: 1-800-777-9229

May be able to provide needed compensation to help cover treatment and other support services for victims and their families.

<http://www.vcgcb.ca.gov/victims/>

Refugee Resources

World Relief

3750 Auburn Blvd. Suite B

Sacramento, CA 95821

916-978-2650

<http://worldreliefsacramento.org/mission-and-history>

Veteran Services:

Hero Care

8150 Industrial Ave.

Roseville, CA, 95678

Hero Care partners with veterans and their families to provide support and resource networking. For more information, please contact Danny Salanoa: herocare@bridgewaychristian.org

Placer Network of Care

The Network of Care for Service Members, Veterans & Their Families provides services, information, support, advocacy, and much more. This public service is an attempt to bring together critical information for all components of the veterans' community, including veterans, family members, active-duty personnel, reservists, members of the National Guard, employers, service providers, and the community at large.

<http://placer.networkofcare.org/veterans/>

California Veteran Services of Affairs

Provides resource assistance in areas of housing, employment, health benefits, education, advocacy and VA Claims.

<https://www.calvet.ca.gov/veteran-services-benefits>