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 the Twin Rivers Unified School District. 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 (916) 498-1000 or 211 for more options.

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

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

Some programs in this Guide may have limited their services due to budget cuts. If you find that a service is no longer available, or that the phone number has changed, please phone the CWA office at (916) 566-1615, 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**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### 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**

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>911</td>
<td></td>
</tr>
<tr>
<td><strong>Twin Rivers USD Police</strong></td>
<td><strong>(916) 566-2777</strong></td>
</tr>
<tr>
<td>Adult Protective Services</td>
<td>(916) 874-9377</td>
</tr>
<tr>
<td>Child Abuse Bureau (Sac County Sheriff)</td>
<td>(916) 874-5191</td>
</tr>
<tr>
<td>Child Find Hotline</td>
<td>(800) IAMLOST (426-5678)</td>
</tr>
<tr>
<td>Child Protective Services (CPS)</td>
<td>(916) 875-KIDS (5437)</td>
</tr>
<tr>
<td>County Mental Health Crisis Line (24 hour)</td>
<td>(888) 881-4881</td>
</tr>
<tr>
<td>Crisis Nursery (Help for Parents/Families in Crisis)</td>
<td>(916) 394-2000 South (916) 679-3600 North</td>
</tr>
<tr>
<td>National Runaway Switchboard</td>
<td>(800) RUNAWAY (786-2929)</td>
</tr>
<tr>
<td>Poison Control Center</td>
<td>(800) 222-1222</td>
</tr>
<tr>
<td>Pregnancy Hotline</td>
<td>(916) 451-2273</td>
</tr>
<tr>
<td>Speech to Speech (Assistive Communication Service)</td>
<td>711</td>
</tr>
<tr>
<td>Suicide Prevention Crisis Line</td>
<td>(916) 368-3111</td>
</tr>
<tr>
<td>WEAVE Hotline (Domestic abuse)</td>
<td>(916) 920-2952</td>
</tr>
<tr>
<td>Well Space - Parent Support Line (Crisis)</td>
<td>(888) 281-3000</td>
</tr>
<tr>
<td>Wind Youth Services (Teenagers)</td>
<td>(916) 628-1492</td>
</tr>
</tbody>
</table>

# NON-EMERGENCY PHONE NUMBERS

**InfoLine Sacramento**

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access Child and Adult</td>
<td>(916) 875-1055</td>
</tr>
<tr>
<td>Alcoholics Anonymous</td>
<td>(916) 454-1100</td>
</tr>
<tr>
<td>Al-Anon / Alateen (Family/friend of alcoholic) Info Line</td>
<td>(916) 334-2970</td>
</tr>
<tr>
<td>California Smokers’ Helpline Want to Quit Smoking?</td>
<td>(800) NOBUTTS (662-8887)</td>
</tr>
<tr>
<td>Child Abuse Prevention Council</td>
<td>(916) 244-1900</td>
</tr>
<tr>
<td>Nar-Anon (Family/friend of substance abuser) Info Line</td>
<td>(800) 477-6291 (nar-anon.org)</td>
</tr>
<tr>
<td>Narcotics Anonymous</td>
<td>(877) 623-6363</td>
</tr>
<tr>
<td>Sheriff Non-emergency</td>
<td>(916) 874-5115</td>
</tr>
<tr>
<td>Victim / Witness Center</td>
<td>(916) 874-5701</td>
</tr>
<tr>
<td>WEAVE (Domestic Violence)</td>
<td>(916) 448-2321</td>
</tr>
<tr>
<td>Wind Youth Services</td>
<td>(916) 561-4900</td>
</tr>
<tr>
<td>Food Resources</td>
<td>Contact Information</td>
</tr>
<tr>
<td>--------------------------------------</td>
<td>-------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Asian Community Services (ARI)</strong></td>
<td>(916) 745-4313 Call for details.</td>
</tr>
<tr>
<td>5720 Sunrise Blvd., Suite 100</td>
<td>Asianresources.com</td>
</tr>
<tr>
<td>Citrus Heights 95610</td>
<td></td>
</tr>
<tr>
<td><strong>Cal Fresh</strong></td>
<td>(916) 874-3100 Low income families, most languages, CALWORKS, general assistance,</td>
</tr>
<tr>
<td>Dept. of Human Assistance</td>
<td>and non-assistance food stamp continuation services.</td>
</tr>
<tr>
<td>1725 28th St.</td>
<td></td>
</tr>
<tr>
<td>Sacramento 98516</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:piar@dss.ca.gov">piar@dss.ca.gov</a></td>
<td></td>
</tr>
<tr>
<td><strong>Carmichael Food Closet</strong></td>
<td>(916) 483-9232 Open Monday thru Friday. Call in food orders between 10:00 am and</td>
</tr>
<tr>
<td>5645 Marconi Ave.</td>
<td>12:00 pm. Pick up food orders between 2:00 pm and 3:30 pm. Serving zip codes in</td>
</tr>
<tr>
<td>Carmichael, CA 95608</td>
<td>Sacramento County. Photo ID and proof of address required.</td>
</tr>
<tr>
<td>Carmichaelpres.org</td>
<td><strong>Closed Holidays</strong></td>
</tr>
<tr>
<td><strong>Salvation Army Family Services</strong></td>
<td>(916) 678-4010 One food basket per month. Proof of residence (SMUD or PGE bill) &amp; ID</td>
</tr>
<tr>
<td>3213 Orange Grove Ave.</td>
<td>required. T/Th 9 am—4 pm and Fri 9 -11:30 am. Must provide proof of household</td>
</tr>
<tr>
<td>North Highlands 95660</td>
<td>income.</td>
</tr>
<tr>
<td>Sacramento.salvationarmy.org</td>
<td></td>
</tr>
<tr>
<td><strong>Friendship Park</strong></td>
<td>(916) 443-7378 Free breakfast for Adults only at 8-9 am Monday-Friday.</td>
</tr>
<tr>
<td>1351 North C St.</td>
<td>Sac.loaves.org</td>
</tr>
<tr>
<td>Sacramento 95811</td>
<td></td>
</tr>
<tr>
<td><strong>Loaves &amp; Fishes</strong></td>
<td>(916) 446-0874 Lunch is served 7 days a week, 11:30 am- 12:30 pm</td>
</tr>
<tr>
<td>Dinning Room</td>
<td>Sac.loaves.org</td>
</tr>
<tr>
<td>1321 North C St.</td>
<td></td>
</tr>
<tr>
<td>Sacramento 95811</td>
<td></td>
</tr>
<tr>
<td><strong>Mary’s House</strong></td>
<td>(916) 446-4961 Free Breakfast for Women and Children only from 8-9 am Monday—Friday</td>
</tr>
<tr>
<td>1351 North C St.</td>
<td>Sac.loaves.org</td>
</tr>
<tr>
<td>Sacramento 95811</td>
<td></td>
</tr>
<tr>
<td><strong>North Highlands Christian Food</strong></td>
<td>(916) 955-1010 Food give away on Mon., Tues. &amp; Wed. from 9 am—Noon. One food basket</td>
</tr>
<tr>
<td>Ministry</td>
<td>per month. ID &amp; proof of address (utility or telephone bill) is needed each time you</td>
</tr>
<tr>
<td>6007 Watt Ave.</td>
<td>come. Serving zip codes: 95660, 95842, 95843</td>
</tr>
<tr>
<td>North Highlands 95660</td>
<td>(916) 771-0963</td>
</tr>
<tr>
<td>Networks.whyhunger.org</td>
<td></td>
</tr>
<tr>
<td><strong>Our Lady of Lourdes</strong></td>
<td>(916) 925-5313 You must register Tuesday at 10:30 am for food pick up between 11 am</td>
</tr>
<tr>
<td>1951 North Ave.</td>
<td>&amp; 1 pm. Proof of address &amp; ID are required. Must bring your own bags. Serves zip</td>
</tr>
<tr>
<td>Sacramento 95838</td>
<td>codes 95673, 95626, 95838.</td>
</tr>
</tbody>
</table>
Rio Linda/Elverta Food Closet  
151 Delano Ave.  
Elverta 95626  
(916) 991-1638  
One food basket per month. ID & proof of residency and income are required. Thursday 9:30 — 11:30 am. Serves residents of Rio Linda & Elverta.

River City Food Bank  
1800 28th St.  
Sacramento 95816  
(916) 446-2627  
A three-day supply of emergency food, offered once a month. This includes baby food and formula, if needed. ID required. Monday—Friday 11:30 am - 3 pm. 
Rivercityfoodbank.org

Sacramento Food Bank & Family Services  
(916) 456-1980  
Call for hours & locations. Must provide photo ID & proof of address. Produce for all. Sacramentofoodbank.org

The Way Ministries  
5501 Dewey Dr.  
Fair Oaks 95628  
(916) 470-0408  
Call for information and details Thewaytribe.com

Union Gospel Mission  
400 North Bannon St.  
Sacramento 95811  
(916) 447-3268  
Dinner served nightly starting at 7 pm. Food donations: Pick up order on T/TH. Call on M/W for scheduling details. Must provide photo ID & proof of address. Ugmsac.com

WIC  
811 Grand Ave., #1  
Sacramento 95838  
(916) 876-5000  
Women, Infants and Children Program provides food for pregnant and nursing mothers. Infants and children under 5. Call for details M - Thur 8:15 am - 5:00 pm. Fri 8:15 am - 4:30 pm Dhs.saccounty.net
### CLOTHES CLOSETS

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
<th>Operating Hours</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Baptist Church of North Sacramento</td>
<td>(916) 922-9365</td>
<td>Call for Information and Details&lt;br&gt;Friday 9:30 am -12 pm</td>
<td></td>
</tr>
<tr>
<td>Food Bank &amp; Family Services</td>
<td>(916) 456-1980</td>
<td>T/F - 10 am to 1 pm&lt;br&gt;Wed.—4 pm to 7 pm&lt;br&gt;Limited to once, monthly. Free.</td>
<td></td>
</tr>
<tr>
<td>Union Gospel Mission</td>
<td>(916) 447-3268</td>
<td>Call for Information and Details&lt;br&gt;Women and Children's clothing&lt;br&gt;T/TH @ 9 am.</td>
<td></td>
</tr>
</tbody>
</table>

### THRIFT SHOPS

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deseret Industries</td>
<td>(916) 482-1480</td>
<td></td>
</tr>
<tr>
<td>Goodwill Industries</td>
<td>(916) 678-5700</td>
<td></td>
</tr>
<tr>
<td>Pacific Thrift Store</td>
<td>(916) 514-0154</td>
<td></td>
</tr>
</tbody>
</table>
FPI Management  
_Danbury Park Apartments_  
7840 Walerga Rd.  
Antelope 95843  
Fpimgt.com  

(916) 725-7385  
Affordable apartments through FPI Management.

**Family Promise**  
Familypromisesacramento.org  

(916) 443-3107  
Provides assistance in seeking affordable or income based housing.

**Mercy Housing of Sacramento**  
www.mercyhousing.org  

(916) 414-4400  
Call for availability status and information about the program.

**Mutual Housing California**  
8001 Fruitridge Rd.  
Sacramento 95820  

www.mutualhousing.com  

(916) 453-8400  
Provides assistance in seeking affordable or income based housing.

**Sacramento Self Help Housing**  
www.sacselfhelp.org  

(916) 341-0593  
Call to complete in-take process. Housing counseling and Referrals for the homeless. No fee. Hours 9 am - 5 pm

**Salvation Army**  
Rental Assistance Program  

Www.financialhelpresources.com  

(916) 678-4010  
Must have a 3 day pay or quit notice & be on rental agreement. Monday 9-11 am & 1-4 pm.

**SHRA**  
(Sacramento Housing & Redevelopment)  
www.shra.org  
www.sacwaitlist.com  

(916) 444-9210  
Housing Choice Vouchers (formerly Section 8). Call for information.

**YWCA**  
1122 17th St.  
Sacramento 95811  
www.ywcaccc.org  

(916) 264-8066  
Low-income women’s residency program. Rooms for rent. No children. Walk-in to apply. Possible waiting list.
**EMERGENCY HOUSING / SHELTERS**

**Family Shelter—VOA**  
470 Bannon St.  
Sacramento 95811  
dhaservices.saccounty.net  

(916) 443-4688  
Shelter for families with children under 18. Meals, support services, education and job search Info.

**Francis House/Next Move**  
1422 C St.  
Sacramento 95814  
info@francishousecenter.org  

(916) 443-2646  
Counseling, IDs, bus tokens, employment assistance, etc. Call for Details

**Friendship Park**  
1321 North C Street  
Sacramento  
(916) 443-7378  
Breakfast, recreation activities, phones, library, showers, laundry, and more.

**Loaves & Fishes**  
1351 North C St.  
Sacramento  
Sacloaves.org  
(916) 446-0874  
Help to the homeless in finding shelter, food and health care. Walk-in service. Near bus line; light rail; has parking. Hours: 7 am-2:30 pm

**Lutheran Social Services**  
4390 47th Ave.  
Sacramento 95824  
www.lssnorcal.org  
(916) 453-2900  
Housing & case-management services for homeless families, transitional housing programs, also transitional & supported housing for former foster youth and transition age youth. M-F 8:30-4:30

**Maryhouse**  
1321 North C St.  
Sacramento  
Sacloaves.org  
(916) 446-4961  
A hospitality center for homeless women and children only. Hot breakfast program. Hours: M-T-TH-F 8 - 2 \ W: 8-12

**My Sister’s House**  
www.my-sisters-house.org  
(916) 428-3271  
24 hr line  
*A safe haven for people escaping domestic violence, sexual assault and human trafficking.*  
Multi-lingual  
Call for details.

**Next Move**  
www.nextmovesacramento.org  
(916) 455-2160  
Family Shelter  
30 day shelter that accepts 2 parent families, single fathers & sons over age 14. Phone interviews only. Possible waiting list.
# EMERGENCY HOUSING / SHELTERS

(continued)

<table>
<thead>
<tr>
<th>Overcomers Program</th>
<th>Program for Women</th>
<th>Call for Details about residential programs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>671 Plaza Ave.</td>
<td>(916) 924-3113</td>
<td>Overcomersprogram.org</td>
</tr>
<tr>
<td>Sacramento 95815</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2731 Branch St.</td>
<td>Program for Men</td>
<td></td>
</tr>
<tr>
<td>Sacramento 95815</td>
<td>(916) 920-3082</td>
<td></td>
</tr>
<tr>
<td>Salvation Army Shelter</td>
<td>(24-hour line)</td>
<td></td>
</tr>
<tr>
<td>1200 N. B St.</td>
<td>(916) 442-0331</td>
<td>Services include shelter, food and other</td>
</tr>
<tr>
<td>Sacramento 95814</td>
<td></td>
<td>services for homeless men and women (18</td>
</tr>
<tr>
<td>Salvationarmy.org</td>
<td></td>
<td>and over). Telephone or walk-in. M-F 8 to</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1. TB Card Required.</td>
</tr>
</tbody>
</table>

Women's Safe house

| St. John’s Shelter                    | (916) 453-1482                                         | Shelter for homeless women and children;   |
| 4410 Power Inn Rd.                    | 24 hrs/day                                             | female children up to age 17.              |
| Sacramento 95826                       | 7 days/week                                            | Vocational Shelter (Telephone only, no    |
| www.stjohnsstreet.org                 |                                                       | walk ins.)                                 |

| Travelers Aid Emergency Assistance    | (916) 399-9646                                         | Provides daytime and after-hours emergency |
| Agency                                |                                                       | assistance to homeless families through    |
|                                       |                                                       | motel, food vouchers, rental assistance,    |
|                                       |                                                       | SMUD assistance, and case management       |
|                                       |                                                       | services. Call for interview; no outside   |
|                                       |                                                       | referral needed. 9-4 Monday thru Friday.   |

| Union Gospel Mission                  | (916) 447-3268                                         | Housing for Men only.                      |
| 400 North Bannon St.                 |                                                       | Ugmsac.com                                 |
| Sacramento 95811                      |                                                       |                                             |

| WEAVE’s                                | (916) 920-2952                                         | Temporary shelter for victims of rape,     |
| Safehouse                              | (24-hour line)                                        | sexual assault, sex trafficking, domestic  |
| Services for men, women, trans, teens  |                                                       | abuse and their children. Provides a safe  |
| and children.                          |                                                       | place to stay, food, clothing, emergency   |
| www.weaveinc.org                       |                                                       | transportation, and social service        |
|                                       |                                                       | advocacy. Phone the 24-hour hotline for    |
|                                       |                                                       | help.                                     |

| WIND Youth Services                   | (916) 561-4900                                         | Emergency housing for youth ages 12 to 17  |
| 815 S St.                             |                                                       | who have run away, been pushed out of their |
| Sacramento 95811                      |                                                       | homes, or simply need time to “cool off”   |
| www.windyouth.org                     |                                                       | for a few days.                            |

| YWCA                                   | (916) 264-8066                                         | Low-income women’s residency program.      |
| 1122 17th St.                          |                                                       | Rooms for rent. Walk in. No children.     |
| Sacramento 95811                       |                                                       | Possible waiting list. M—Th 8:00am—4:30pm |
| Ywcaccc.org                            |                                                       | Fri 8:00am—2:00pm                         |
|                                       |                                                       | Closed 12-12:30pm daily                   |
HEALTH CLINICS

CHDP
9616 Micron Ave.
Ste. 670
Sacramento 95827
Saccounty.net

(916) 875-7151 Free physicals & dental for low income children without Medi-Cal.
Phone interviews only
Monday - Friday
8 am -5 pm

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

(916) 487-1717 Se Habla Español
Monday - Friday
9 am—5:30 pm

Www.eye2eyeoptometry.com

Medi-Cal
Medi-cal.ca.gov

Mercy Clinic
1321 North C St.
Sacramento 95811

(916) 874-2215 Call for information and qualifications.

(Healthcare for the Homeless Program)

Norwood Community Health
3946 Norwood Ave.
Sacramento 95838
Wellspacehealth.org

(916) 564-0521 Monday - Friday
8:30 am—5 pm

Sacloaves.org

Primary Health Services
4600 Broadway., Ste. 1100
Sacramento 95820
Dhs.saccounty.net

(916) 874-9670 Medi-Cal excepted
Monday - Friday
8 am—4:30 pm
Appointments only

Dental Health
4600 Broadway, Ste. 2100
(2nd Floor)
Dentalclinicdirectory.com

Sacramento Community Dental Clinic
2138 Del Paso Blvd.
Sacramento 95815

(916) 642-1890 Monday - Friday
8 am—5 pm
Freeclinicdirectory.com

Sacramento Family Medical Clinic
3441 Marysville Blvd.
Sacramento 95838

(916) 563-7200 Monday - Friday
8 am—5 pm
Healthgrades.com

5735 Watt Ave.
North Highlands 95660

(916) 339-2229 8 am—5 pm
Healthgrades.com

Uplift Family Service
3951 Performance Dr.,
Ste. G
Sacramento 95838
Uplift.org

(916) 921-0828 Offers free counseling services to children who may have witnessed or have experienced bullying, emotional/physical/sexual abuse, domestic violence, alcohol/drug issues within family, or other traumas. Medi-Cal excepted
**Updated June 2020 – be sure to call clinics for most current information.**

The first and best resource for childhood immunizations and all health care is your primary care physician (PCP). If you need immediate immunizations to enroll in school, contact your PCP to ask for a same day or drop-in appointment. If you do not have a PCP, see the list below for more resources. Please do not hesitate to contact the school nurse if you need further assistance.

Need Health Insurance? Contact Sacramento Covered - a guide to connect people in the Sacramento region to the medical/dental care and coverage they need (916) 414-8333 or (866) 850-4321.

<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Website</th>
<th>Address Details</th>
<th>Accepts Insurance Options</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Elica Health Centers</strong> 123456789</td>
<td><a href="http://www.elicahealth.org">www.elicahealth.org</a></td>
<td>1750 Wright Street, Sacramento, CA 95825 (includes dental)</td>
<td>Accepts private insurance, straight Medi-Cal, income based sliding scale (uninsured)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5708 Watt Ave, North Highlands, CA 95660</td>
<td>Appointments</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3234 Marysville Blvd, Sacramento, CA 95815 (includes dental)</td>
<td>Walk-ins 8:00 am – 3:00 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3701 J Street #201, Sacramento, CA 95816 (includes dental)</td>
<td>Clinic hours Mon – Fri 8:00 am – 5:00 pm</td>
</tr>
<tr>
<td><strong>Peach Tree Health</strong> 0987654321</td>
<td><a href="http://www.pickpeach.org">www.pickpeach.org</a></td>
<td>3810 Rosin Ct. Suite 100, Sacramento, CA 95834</td>
<td>The Health on Wheels (HOW) van sees patients on a drop in basis. See <a href="http://www.elicahealth.org">www.elicahealth.org</a> for current schedule and locations.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(916) 779-7656</td>
<td>Accepts private insurance, Medi-Cal, income based scale (uninsured)</td>
</tr>
<tr>
<td><strong>Planned Parenthood</strong> 5432109876</td>
<td><a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a></td>
<td>5700 Watt Ave., North Highlands, CA 95660</td>
<td>Appointments only, no walk-in services available</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(916) 332-5715</td>
<td>Clinic hours Mon – Fri 8:00 am – 5:00 pm</td>
</tr>
<tr>
<td><strong>Sacramento Community Clinic</strong> 7654321098</td>
<td><a href="http://www.halocares.org">www.halocares.org</a></td>
<td>2200 Del Paso Blvd., Sacramento, CA 95815</td>
<td>Accepts private insurance, Medi-Cal, uninsured.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(916) 924-7988 (includes dental)</td>
<td>Appointments preferred</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7275 E. Southgate Dr. Suite 204 Sacramento, CA 95823</td>
<td>Walk-ins</td>
</tr>
<tr>
<td><strong>Sacramento County Immunization Clinic</strong> 7654321098</td>
<td><a href="http://www.halocares.org">www.halocares.org</a></td>
<td>4600 Broadway Suite 1500, Sacramento, CA 95820</td>
<td>Clinic hours 8:00 am – 4:00 pm</td>
</tr>
<tr>
<td><strong>Sacramento Native American Health Center (SNAHC)</strong> 7654321098</td>
<td><a href="http://www.SNAHC.org">www.SNAHC.org</a></td>
<td>3200 J street , Sacramento ,  CA 95841</td>
<td>Accepts Medi-Cal and uninsured.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(916) 341-0575</td>
<td>Appointments preferred</td>
</tr>
<tr>
<td><strong>San Lucas Pediatric Clinic</strong> 7654321098</td>
<td><a href="http://www.sanlucaspeds.com">www.sanlucaspeds.com</a></td>
<td>4100 E. Commerce Way Suite 100, Sacramento, CA 95834</td>
<td>Walk-ins from 8:30-10:30 am, 1:30-3:30 pm (walk-ins are not guaranteed to be seen)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(916) 575-9090</td>
<td>Clinic hours Mon – Fri 8:00 am – 5:00 pm</td>
</tr>
<tr>
<td><strong>WellSpace Health</strong> 7654321098</td>
<td><a href="http://www.wellspacehealth.org">www.wellspacehealth.org</a></td>
<td>2433 Marconi Avenue, Sacramento, CA 95821</td>
<td>Accepts Medi-Cal and uninsured.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3441 Marysville Blvd., Sacramento, CA, 95838</td>
<td>Medi-Cal: needs an appointment.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6015 Watt Ave., Suite 2, North Highlands, CA 95660</td>
<td>No insurance: Walk-Ins only M-F: 9:30-10:45 am, 12:45-2:45pm.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5959 Greenback Ln. Suite 500, Citrus Heights, CA 95621</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>3946 Norwood Ave, Sacramento, CA 95823</td>
<td></td>
</tr>
<tr>
<td><strong>Local Pharmacies</strong> 7654321098</td>
<td>including: Rite Aid, Walmart, CVS…etc.</td>
<td></td>
<td>Costs vary- usually $50-$70 for an individual immunization. Call pharmacy for more information.</td>
</tr>
</tbody>
</table>

Local Pharmacies including: Rite Aid, Walmart, CVS…etc.
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 916-875-7151
Sacramento.net
Medi-Cal (call for info. and qualifications) 916-874-2215
Medi-cal.ca.gov
Medi-Cal/Healthy Families 888-747-1222
Dhcs.ca.gov

OTHER LOCAL MEDI-CAL PROVIDERS:

Health Clinics:
Sacramento Family Medical Clinic, Inc. 916-339-2229
Watt Avenue Medi-Cal Clinic 916-344-8866
Healthgrades.com

Counseling:
ACCESS Team-Children 916-875-1055
ACCESS Team-Adults 916-875-1055
(Info & referrals mental health service. Must be Medi-Cal eligible.)
https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx

Child & Family Institute 916-921-0828
(Counseling services for abused children, non-offending parents/caretakers, and siblings of abused children.)
http://www.child-familyinstitute.org/home.htm

Counseling Services that accept Medi-Cal thru an ACCESS referral:
WellSpace Health 916-368-3080
https://www.wellspacehealth.org/

Dental:
Denti-Cal (referral service for dentists who accept Medi-Cal) 800-423-0507
https://dental.dhcs.ca.gov/

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

Revised on 8/14/2020
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 Heath Assistant; they will have applications and information regarding eligibility and documents required for application process. You can also contact Twin Rivers Unified School District, Student Services office at 916-566-1787 for information.

Let’s keep our kids healthy and in school!!! Call us, we can help.
Area 4 Agency on Aging
Provides links and information on grandparent support groups. Coordinates and develops senior services for seniors 60 and over
(916) 486-1876
Agencyonaging4.org

Black Child Legacy Campaign
A range of services including prenatal and infant support resources, family support, advocacy and connections to other agencies. On-site connections to county agencies such as Department of Human Assistance, Child Protective Services and Probation are available.
Blackchildlegacy.org

Center For Fathers and Families
920 Del Paso Blvd.
Sacramento 95815
(916) 568-3237
Www.cffsacramento.org

Dept of Human Assistance
3960 Research Dr.
Sacramento 95838
Or
5747 Watt Ave.
North Highlands 95660
(916) 876-4484
Ha.saccounty.net

Mutual Assistance Network
Firehouse Community Center
810 Grand Ave., Sacramento 95838
For parents of pre-school and elementary aged children
(916) 874-3100 (self help line)
(916) 567-9567
(916) 927-7694—main office
Mutualassistance.org

North Sacramento Family Resource Center
1217 Del Paso Blvd., Ste. B,
Sacramento 95815
(916) 679-3743
Kidshom.org

Pro Youth and Families
Parent concerns with children’s behavior, especially regarding the use of drugs and alcohol. Free assessment and referral services.
Proyouthandfamilies.org
(916) 576-3300

Sacramento Crisis Nursery
Counseling and Support Services 24-hours a day.
Kidshom.org
(916) 394-2000 or (916) 679-3600

WellSpace Health
www.wellspacehealth.org
(916) 737-5555

Women’s Empowerment
1590 North A St.
Sacramento, 95811
(916) 669-2307
Womens-empowerment.org
COUNSELING, SUPPORT, THERAPY

ACCESS Team-Children & Adults
https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx

(916) 875-1055 Information and referrals mental health services. Must be Medi-Cal eligible.

Adult Psychiatric Support Services
2130 Stockton Blvd., Bld.100
Sacramento 95817
https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx

(916) 875-0701 **Must go through Adult Access**

La Familia Counseling Center
5523 34th St.
Sacramento 95820

3301 37th Ave.
Sacramento 95824

(916) 452-3601 One to one counseling, crisis intervention, and supportive services to youth (ages birth - 21) and their families.
No fee.

La Familia Counseling Center
5523 34th St.
Sacramento 95820

https://lafcc.org/

Life Practice Counseling Grp.
3650 Auburn Blvd., Bld. C
Ste. 208
Sacramento 95821

https://lifepractice.org/

(916) 300-6576 Non profit counseling offering affordable and low cost counseling. All are based on monthly income or your ability to pay. We currently have English speaking, Spanish speaking counselors.

National Parent Helpline
https://www.nationalparenthelpline.org/

855-427-2736 24-hour support line providing emotional support, information, and resources.
855-4APARENT

Overcomers Program
https://overcomersprogram.org/

Women
(916) 924-3113
Men
(916) 920-3082

Pro Youth and Families
http://proyouthandfamilies.org/

(916) 576-3300 Addresses the issues of alcohol and drug abuse and violence among youth. Focus on prevention and intervention. No fee.

Sacramento LGBT Community Center
1927 L Street
Sacramento 95811
Info@saccenter.org
https://saccenter.org/

(916) 442-0185 Drop In Services for Youth ages 13-24. Calls and Service times 12 pm—6 pm Open 7 days per week. Call for details.

Uplift Family Services
https://upliftfs.org/

(916) 921-0828 Counseling services for children who have been abused, non-offending parents or caretakers, and siblings of abused children.
COUNSELING, SUPPORT, THERAPY

Stanford Settlement  
450 W. El Camino Ave.  
Sacramento 95833  
https://www.stanfordsettlement.org/childrens-program.html  
(916) 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.*

Stanford Settlement Neighborhood Center  
450 W. El Camino Ave.  
Sacramento 95833  
https://www.stanfordsettlement.org/  
(916) 927-1303  
Programs for elderly, emergency assistance, crisis intervention, neighborhood and community development activities, Christmas baskets for individuals, free income tax preparation. Youth social group work methods to promote social adjustment, self-esteem, school attendance, and delinquency prevention. Supportive services to families and local schools.

Heartland Child and Family Services  
4320 Auburn Blvd., Ste. 1200  
Sacramento 95841  
2829 Watt Ave. Ste. 200  
Sacramento 95821  
811 Grand Ave. Ste. D  
Sacramento 95839  
https://doingwhateverittakes.org/  
(916) 418-0829  
Mental Health & Counseling Support

WellSpace Health  
6015 Watt Ave., Ste. 2  
North Highlands 95660  
Or  
8233 E. Stockton Blvd., Ste. D  
Sacramento 95828  
https://www.wellspacehealth.org/  
(916) 418-0838  
(916) 922-9868  
(916) 679-3925  
Brief therapy for families, children, couples and individuals.

Wind Youth Services  
https://www.windyouth.org/  
(916) 504-1313  
Crisis resolution; individual, group and family counseling for youths 12-17

Women’s Empowerment  
1590 North A St.  
Sacramento 95811  
https://womens-empowerment.org/  
(916) 669-2307  
Job readiness and empowerment program for women experiencing homelessness or at-risk of homelessness.
**Better Business Bureau**
10399 Old Placerville Rd.
Sacramento 95827
https://www.bbb.org/us/ca/sacramento
(916) 443-6843
Provides information on business practices of firms; offers complaint services for consumers and third party help in disputes. There is no fee.

**Family Justice Center**
Call for details
http://www.hopethriveshere.org/
(916) 875-4673
Civil Legal Clinic can provide assistance with preparation of temporary restraining orders and other related family law matters, to victims of domestic violence, elder abuse, sexual assault and human trafficking. Every other Wed. from 9 am—12 pm

**Family Law / Self Help Center**
Superior Court of California
3341 Power Inn Rd.
Sacramento 95826
(916) 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.

**lawhelpca.org**
https://lawhelpca.org/
NA
Find legal aid and self help resources.

**Pacific McGeorge School of Law**
3200 Fifth Ave.
Sacramento 95817
https://www.mcgeorge.edu/
(916) 739-7191
Provides legal services to low-income people. Assistance in landlord / tenant issues, bankruptcy, immigration, and senior issues. Apply by telephone.

**Senior Legal Hotline**
Lsnc.net
(916) 551-2140
Or
(800) 222-1753
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.

**State Bar Association**
http://www.calbar.ca.gov/
(866) 442-2529
For information on reduced-fee lawyers or those lawyers who offer their services pro bono.

**Victim-Witness Assistance Program**
901 G St.
Sacramento 95814
https://www.sacda.org/victim-services/victim-witness-assistance-program/
(916) 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.
# Public Transportation

<table>
<thead>
<tr>
<th><strong>Public Transportation</strong></th>
<th><strong>Contact Information</strong></th>
<th><strong>Location</strong></th>
</tr>
</thead>
</table>
| **AMTRAK**               | **800-268-7252**        | 401 I St., Sacramento 95814  
|                          |                        | 1389 10th St., Sacramento 95815  
|                          |                        | 201 Pacific St., Roseville 95678  |
|                          | [https://www.amtrak.com/stations/sac](https://www.amtrak.com/stations/sac) |          |
|                          | [https://www.amtrak.com/stations/rsy](https://www.amtrak.com/stations/rsy) |          |
| **Greyhound Bus Lines**  | **(916) 444-6858**     | 420 Richards Blvd., Sac 95811  
|                          | **Or**                 | 201 Pacific St., Roseville 95678  |
|                          | **(916) 783-4101**     | 201 Pacific St., Roseville 95678  |
| **ParaTransit**          | **(916) 429-2009**     | 1225 R St., Sacramento  
| (for disabled individuals and seniors aged 75+) | Monday thru Friday  
|                          |                       | Lost & Found  
|                          |                       | RT ID Cards  |
| **Regional Transit (RT)**| **(916) 321-2877**     | 6900 Airport Blvd.  
|                          |                       | Sacramento 95837  |
| **Sacramento International Airport** | **(916) 929-5411** | 6900 Airport Blvd.  
|                          |                       | Sacramento 95837  |
|                          | [https://sacramento.aero/smf](https://sacramento.aero/smf) |          |
| **Yellow Cab**           | **(916) 444-2222**     | 900 Richards Blvd.  
|                          |                       | Sacramento 95811  
|                          |                       | Service available 24 hours a day  
|                          |                       | 7 days a week.  |
|                          | [https://www.sacramentoyellowcabo.com/](https://www.sacramentoyellowcabo.com/) |          |

## Utility Assistance Programs

<table>
<thead>
<tr>
<th><strong>Utility Assistance Programs</strong></th>
<th><strong>Contact Information</strong></th>
<th><strong>Location</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Asian Community Center (ARI)</strong></td>
<td><strong>(916) 745-4313</strong></td>
<td></td>
</tr>
<tr>
<td><a href="https://asianresources.org/">https://asianresources.org/</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>EAPR (Energy Assistance Program Rate)</strong></td>
<td><strong>(888) 742-7683</strong></td>
<td></td>
</tr>
<tr>
<td><a href="http://Smud.org">Smud.org</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>HEAP (Home Energy Assistance Program)</strong></td>
<td><strong>(866) 675-6623 or (916) 567-5200</strong></td>
<td></td>
</tr>
<tr>
<td><a href="http://Benefits.gov">Benefits.gov</a> or <a href="http://Communityresourceproject.org">Communityresourceproject.org</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Needhelppayingbills.com</strong></td>
<td><strong>NA</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Pacific Gas &amp; Electric</strong></td>
<td><strong>(800) 743-5000</strong></td>
<td></td>
</tr>
<tr>
<td><a href="https://www.pge.com/">https://www.pge.com/</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>REACH Program</strong></td>
<td><strong>(800) 933-9677</strong></td>
<td></td>
</tr>
<tr>
<td><a href="http://Pge.com">Pge.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Salvation Army Utility Assistance Program</strong></td>
<td><strong>(916) 678-4010</strong></td>
<td></td>
</tr>
<tr>
<td><a href="http://Sacramento.salvationarmy.org">Sacramento.salvationarmy.org</a></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
SCHOOL DISTRICTS

TWIN RIVERS UNIFIED SCHOOL DISTRICT  
5115 Dudley Blvd., McClellan 95652  
https://www.twinriversusd.org/  
District Office (916) 566-1600

CENTER UNIFIED SCHOOL DISTRICT  
8408 Watt Ave., Antelope 95843  
https://www.centerusd.org/  
District Office (916) 338-6400

ELVERTA JOINT SCHOOL DISTRICT  
7900 Eloise Ave., Elverta 95626  
https://www.ejesd.net/  
District Office (916) 991-2244

NATOMAS UNIFIED SCHOOL DISTRICT  
1901 Arena Blvd., Sacramento 95834  
https://www.natomasunified.org/  
District Office (916) 567-5400

ROBLA SCHOOL DISTRICT  
5248 Rose Street, Sacramento CA 95838  
https://www.robla.k12.ca.us/  
District Office (916) 649-5248

SACRAMENTO CITY UNIFIED SCHOOL DISTRICT  
5735 47th Ave., Sacramento 95824  
https://www.scusd.edu/  
District Office (916) 643-7400

SUBSIDIZED CHILD CARE / PRESCHOOLS

BEANSTALK  
(916) 344-6259  
(For Information)  
CHILD CARE CENTERS  
Beanstalk.ws (916) 566-1950  
Dry Creek Elem.  
1230 G St.  
RIO LINDA 95673  
Regency Park Elem.  
5901 Bridgecross Dr.  
Sacramento 95835  
Ridgepoint Elem.  
4680 Monument Dr.  
Sacramento 95842

HEAD START  
(SETA)  
Headstart.seta.net  
STATE & FIRST 5  
SACRAMENTO PRESCHOOL  
(916) 566-3420  
(916) 566-3425  
(916) 566-3435  
(916) 566-3460  
(916) 566-3475  
(916) 566-1880  
(916) 566-1850  
(916) 566-2700  
Castori Elem.  
1801 South Ave., Sacto CA 95838  
Del Paso Elem.  
590 Morey Ave., Sacto CA 95838  
Fairbanks Elem.  
277 Fairbanks Ave., Sacto 95838  
Garden Valley Elem.  
3601 Larchwood Dr., Sacto 95834  
Hagginwood Elem.  
1418 Palo Verde Ave., Sacto 95815  
F.C. Joyce Elem.  
6050 Watt Ave., N.H. CA 95660  
Kohler Elem.  
4004 Bruce Way, N.H. CA 95660  
Las Palmas West/ Noralto Elem.  
477 Las Palmas Ave., Sacto CA 95815
<table>
<thead>
<tr>
<th><strong>STATE PRESCHOOL</strong></th>
<th><strong>Phone Number</strong></th>
<th><strong>Location</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>566-1616</td>
<td>(916) 566-2705</td>
<td>Northwood Elem. 2630 Taft St., Sacramento 95815</td>
</tr>
<tr>
<td></td>
<td>(916) 566-1910</td>
<td>Orchard Elem. 1040 Q St., Rio Linda 95673</td>
</tr>
<tr>
<td></td>
<td>(916) 566-1960</td>
<td>Sierra View Elem. 3638 Bainbridge Dr., N.H. 95660</td>
</tr>
<tr>
<td></td>
<td>(916) 566-2740</td>
<td>Smythe Elem. 2781 Northgate Blvd., Sacto 95833</td>
</tr>
<tr>
<td></td>
<td>(916) 566-2745</td>
<td>Strauch Elem. 3141 Northstead Dr., Sacto 95833</td>
</tr>
<tr>
<td></td>
<td>(916) 566-2755</td>
<td>Woodlake Elem. 700 Southgate Rd., Sacto 95815</td>
</tr>
<tr>
<td></td>
<td>(916) 566-1670</td>
<td>Woodridge Elem. 5761 Brett Dr., Sacto 95842</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>FULL-DAY PRESCHOOL</strong></th>
<th><strong>Phone Number</strong></th>
<th><strong>Location</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>566-1616</td>
<td>(916) 566-3415</td>
<td>Babcock Elem. 2400 Cormorant Way, Sacto 95815</td>
</tr>
<tr>
<td></td>
<td>(916) 566-1850</td>
<td>Kohler School 4004 Bruce Way, N.H. CA 95660</td>
</tr>
<tr>
<td></td>
<td>(916) 566-1900</td>
<td>Madison Elem. 5241 Harrison St., N.H. CA 95660</td>
</tr>
<tr>
<td></td>
<td>(916) 566-2700</td>
<td>Las Palmas West / Noralto Elem. 477 Las Palmas Ave., Sacto 95815</td>
</tr>
<tr>
<td></td>
<td>(916) 566-2705</td>
<td>Northwood Elem. 2630 Taft St., Sacto 95815</td>
</tr>
<tr>
<td>Pacific (Infant \Toddler Only)</td>
<td>(916) 566-2715</td>
<td>Pacific High 6560 Melrose Dr., N.H. 95660</td>
</tr>
<tr>
<td></td>
<td>(916) 566-2740</td>
<td>Smythe Elem. 2781 Northgate Blvd., Sacto 95833</td>
</tr>
<tr>
<td></td>
<td>(916) 566-2745</td>
<td>Strauch Elem. 3141 Northstead Dr., Sacto 95833</td>
</tr>
<tr>
<td></td>
<td>(916) 566-1980</td>
<td>Vineland Preschool 6450 20th St., Rio Linda 95673</td>
</tr>
<tr>
<td></td>
<td>(916) 566-1670</td>
<td>Woodridge Elem. 5761 Brett Dr., Sacto 95842</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>TRUSD HEADSTART</strong></th>
<th><strong>Phone Number</strong></th>
<th><strong>Location</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(916) 566-3485</td>
<td>Morey Ave. Elem. 155 Morey Ave., Sacto 95838</td>
</tr>
<tr>
<td></td>
<td>(916) 566-3485</td>
<td>Rio Linda Pre School 631 L St., Rio Linda 95673</td>
</tr>
<tr>
<td></td>
<td>(916) 566-1910</td>
<td>Oakdale Elem 3708 Myrtle Ave., N.H. 95660</td>
</tr>
<tr>
<td></td>
<td>(916) 566-1970</td>
<td>Village Elem. 6845 Larchmont Dr., N.H. 95660</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>STATE SCHOOL AGE CHILD CARE</strong></th>
<th><strong>Phone Number</strong></th>
<th><strong>Location</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(916) 566-2705</td>
<td>Northwood Elementary 2630 Taft St., Sacto 95815</td>
</tr>
</tbody>
</table>
Asian Community Center (ARI)  
https://asianresources.org/  
(916) 745-4313  
5750 Sunrise Blvd., Ste. 100  
Citrus Heights

California Learning Center  
https://www.californialearningcenter.com/  
(916) 486-2646  
3400 Cottage Way, Ste. C, Sacramento

Huntington Learning Center  
https://huntingtonhelps.com/center/citrus-heights  
(916) 728-2981  
8091 Greenback Lane Ste., B  
Citrus Heights  
(916) 564-8383  
69 University Ave., Sacramento

Kumon Math and Reading Center  
https://www.kumon.com/NATOMAS  
(916) 574-9810  
2054 Arena Blvd., #130, Sacramento

Big Brothers/Big Sisters  
https://bbbs-sac.org/  
(916) 646-9300  
A preventive service providing children from one-parent families with individualized and continuing friendship of a mature, trained adult volunteer.

Pro Youth and Families  
http://proyouthandfamilies.org/  
(916) 576-3300  
Matches volunteer mentors from business and community organizations with at-risk high school students to encourage them in their academic, personal and career development.

Roberts Family Development Center  
(916) 646-6631  
*Teen Intern Program  
*After-School Program  
*Kinder Prep Program  
https://www.robertsfdc.org/  
Career Readiness program that matches high school students with an after-school program team leader to assist them in daily activities. Can be utilized for service learning hours, community service hours, or volunteer hours for high school completion.
Asian Community Services (ARI)
5720 Sunrise Blvd., Suite 100
Citrus Heights 95610
https://asianresources.org/
(916) 745-4313
Programs that provide a wide range of benefits to the community. From pre-employment skills training to job placement services. Call for details.

Black Child Legacy Campaign

Foothill Farms & North Highlands
Liberty Towers / Impact Sac
5132 Elkhorn Blvd.
Sacramento 95842
https://blackchildlegacy.org/neighborhoods/foothillfarms-northhighlands/
(916) 646-6631
A range of services including prenatal and infant support resources, family support and advocacy, employment readiness and connections to other agencies. On-site connections to county agencies such as Department of Human Assistance, Child Protective Services and Probation are available.

Del Paso Heights & North Sacramento
Roberts Fam. Dev. Ctr.—
Greater Sac. Urban League
7325 Marysville Blvd., RM 203
Sacramento 95838
https://blackchildlegacy.org/neighborhoods/delpaso-northsac/
(916) 286-8600
Job training, computer training, and GED preparation.

Greater Sacramento Urban League
3725 Marysville Blvd.
Sacramento 95838
http://www.gsul.org/
(916) 927-7694
Employment Assistance, Career Development and pre-employment training, and parenting classes.

Mutual Assistance Network of Del Paso Heights
811 Grand Ave., Suite A-3
Sacramento 95838
https://www.mutualassistance.org/
(916) 788-2100
Or
(800) 550-6005
Behavior management adult day program for people with disabilities.
Job Readiness/Employment.

Pride Industries
10030 Foothills Blvd.
Roseville 95747
https://prideindustries.com/

Sacramento Works One-Stop Career Center
5655 Hillsdale Blvd., Ste. 8
Sacramento, 95842
https://sacramentoworks.org/
(916) 263-4100
Unemployment benefits; Job training, job hunting assistance; CAL-JOBS

Twin Rivers Adult School
5703 Skvarla Ave.
McClellan 95652
http://www.tras.edu/
(916) 566-2785
Low cost or no fee classes in Adult Basic Education, GED preparation and testing, etc.
<table>
<thead>
<tr>
<th>RECREATION AND PARKS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Arcade Creek Recreation &amp; Park Dist</strong>&lt;br&gt;4855 Hamilton St.&lt;br&gt;Sacramento 95841&lt;br&gt;<a href="https://www.acrpd.com/">https://www.acrpd.com/</a></td>
</tr>
<tr>
<td><strong>City of Sacramento Park &amp; Recreation</strong>&lt;br&gt;915 I St., 5th Floor&lt;br&gt;Sacramento 95814&lt;br&gt;<a href="https://www.cityofsacramento.org/ParksandRec">https://www.cityofsacramento.org/ParksandRec</a></td>
</tr>
<tr>
<td><strong>Gibson Ranch</strong>&lt;br&gt;8556 Gibson Ranch Rd.&lt;br&gt;Elverta 95626&lt;br&gt;<a href="https://regionalparks.saccounty.net/Parks/RegionalParksDetails/Pages/GibsonRanch.aspx">https://regionalparks.saccounty.net/Parks/RegionalParksDetails/Pages/GibsonRanch.aspx</a></td>
</tr>
<tr>
<td><strong>Mutual Assistance Network</strong>&lt;br&gt;3525 Norwood Ave.&lt;br&gt;Sacramento 95838&lt;br&gt;<a href="https://www.mutualassistance.org/pages/contact-us/">https://www.mutualassistance.org/pages/contact-us/</a></td>
</tr>
<tr>
<td><strong>No. Highlands Recreation &amp; Park Dist</strong>&lt;br&gt;6040 Watt Ave.&lt;br&gt;North Highlands 95660&lt;br&gt;<a href="http://www.nhrpd.org/">http://www.nhrpd.org/</a></td>
</tr>
<tr>
<td><strong>Rio Linda/Elverta Recreation &amp; Park Dist</strong>&lt;br&gt;810 Oak Ln.&lt;br&gt;Rio Linda, 95673&lt;br&gt;<a href="https://www.rleparks.com/">https://www.rleparks.com/</a></td>
</tr>
<tr>
<td><strong>Sunrise Recreation &amp; Park Dist</strong>&lt;br&gt;7801 Auburn Blvd.&lt;br&gt;Citrus Heights 95610&lt;br&gt;<a href="https://www.sunriseparks.com/">https://www.sunriseparks.com/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LIBRARIES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Del Paso Heights</strong>&lt;br&gt;920 Grand Ave.&lt;br&gt;Sacramento 95838&lt;br&gt;<a href="https://www.saclibrary.org/Locations/Del-Paso-Heights">https://www.saclibrary.org/Locations/Del-Paso-Heights</a></td>
</tr>
<tr>
<td><strong>No. Highlands-Antelope Library</strong>&lt;br&gt;4235 Antelope Rd.&lt;br&gt;Antelope 95843&lt;br&gt;<a href="https://www.saclibrary.org/Locations/North-Highlands-Antelope">https://www.saclibrary.org/Locations/North-Highlands-Antelope</a></td>
</tr>
<tr>
<td><strong>No. Sacramento Hagginwood Library</strong>&lt;br&gt;2109 Del Paso Blvd., Sacramento 95815&lt;br&gt;<a href="https://www.saclibrary.org/Locations/North-Sacramento-Hagginwood">https://www.saclibrary.org/Locations/North-Sacramento-Hagginwood</a></td>
</tr>
<tr>
<td><strong>Rio Linda Neighborhood Library</strong>&lt;br&gt;6724 6th St.&lt;br&gt;Rio Linda 95673&lt;br&gt;<a href="https://www.saclibrary.org/Locations/Rio-Linda">https://www.saclibrary.org/Locations/Rio-Linda</a></td>
</tr>
<tr>
<td><strong>Dial-A-Story</strong>&lt;br&gt;(English)</td>
</tr>
</tbody>
</table>