



find help here

A program of Community Services Planning Council

Health and Safety Resources for Families with Children 0 Through 5 Years of Age

FOR ASSISTANCE, CALL 2-1-1 SACRAMENTO AT 2-1-1 OR (916) 498-1000. INFORMATION AND REFERRAL SPECIALISTS ARE AVAILABLE TO ASSIST YOU 24 HOURS A DAY, 7 DAYS A WEEK.

WWW.211SACRAMENTO.ORG

Health Resources

Health Insurance Counseling and Advocacy Program

(916) 376-8915

Provides free, unbiased information to help clients understand their rights and assist them in finding resources to cover their health needs. Does not sell, endorse, or recommend any specific insurance.

Cover the Kids

(866) 850-4321

Application assistance for Medi-Cal, Healthy Families and other no-cost and low-cost health insurance programs for children and teens (ages 0-18) and pregnant women. Assistance for parents to obtain citizenship for their children. Assistance for parents to obtain citizenship for their children.

Birthing Project Clinic

(916) 558-4800

Comprehensive prenatal clinic housed in a women's resource center. Prenatal and well women's health care, on site Medi-Cal eligibility worker, substance abuse relapse prevention counseling services, parenting education support, teen pregnancy prevention, and family planning.

Health for All Inc

(916) 441-2811

Community health clinics provide primary care, health education to low-income persons.

CaliforniaKids

(818) 755-9700

Access to primary and preventive health care services for uninsured children.

Medi-Cal Intake

(Call 2-1-1 for site nearest you)

Assistance in meeting health care expenses for eligible persons or families.

Funding provided by:



Mental Health Resources

Terra Nova

(916) 344-0249

Counseling for children, adolescents, adults and families. Treatment programs for sexual, physical and emotional abuse, domestic violence, substance abuse, family and couples issues, parent-child/teen relationships, divorce and remarriage, and family communication.

Carmichael Presbyterian Counseling Center

(916) 483-2989

Treatment services for individuals, couples, families, and adolescents. Therapy for depression, anxiety, substance abuse, trauma, addictive-compulsive behavior, marital and family difficulties, and bereavement.

Martin's Counseling Center

(916) 338-1001

Resource for families and individuals looking for support and assistance in improving their lives and the lives of their children. Offers a variety of classes and counseling services.

Sacramento County Alcohol & Drug Services Division

(916) 874-9754

Assessment and treatment authorization for low-income adult residents in Sacramento County seeking alcohol and other drug services.

Birth & Beyond Family Resource Centers

(Call 2-1-1 for a FRC near you)

Free and voluntary family support home visitation and Family Resource Center services. Focuses on primary caregiver and children, but also encompasses the needs of the whole family. Parenting groups, nutrition information, budgeting, health, immunizations, child development, community resources, and play and grow groups. Eight sites throughout the Sacramento area. All sites have Family Resource Centers where parents and children can access resources, join groups, and seek assistance.

Food & Nutrition Resources

Food Closets

(Call 2-1-1 for site nearest you)

For food closets in your zip code, or to request a mailed list of Sacramento area Food closets, please call 2-1-1 Sacramento at 2-1-1 or 916-498-1000.

Expanded Food and Nutrition Education Program

(916) 875-6722

Parents receive information on nutrition, food buying, meal planning and food safety that will help them prepare inexpensive, nutritionally balanced meals for their families. Trained nutrition educators on staff.

Network for a Healthy California

(916) 556-3344

Designed to improve the health of low-income communities by offering education, tools, and training for advocacy that empowers families to consume the recommended amounts of fruits and vegetables and perform physical activity. Interactive program for 4th and 5th graders to help increase fruit and vegetable consumptions.

Funding provided by:



Sacramento Natural Foods Co-op (916) 455-2667
Consumer-owned grocery store for natural foods and products. Specializes in organics and educational resources for natural living. The Community Discount Program offers a 10% discount on products to families and individuals with limited incomes. Brochures and applications available at the store. Offers cooking classes.

Women, Infants, and Children Program (WIC) – Community Resource (916) 326-5830
Supplemental food vouchers for low-income pregnant and/or breastfeeding women with infants and children less than age 5 at nutritional risk. Nutrition education to these individuals and their families. Breastfeeding warmline: answers WIC and WIC-eligible breastfeeding women's basic questions about breastfeeding.

Car Seat Resources

Car Seat Safety Class (916) 734-9799
Classes to increase public awareness of the California's laws on infant and child safety while riding as passengers in motor vehicles; use and merits of different types of passenger safety seats to restrain and protect infants and young children.

Childhood Illness and Injury Prevention Program (916) 875-5869
Education for parents and general community on importance of infant and toddler immunizations, home safety, and other topics promoting the health of young children through community outreach activities; caregiver in-service training, community partnerships and group classes. Information and referrals for local car seat safety inspection sites.

Abuse & Neglect Prevention & Intervention Resources

Child Protective Services (916) 875-5437
Report suspected child abuse twenty-four hours a day, seven days a week. Sacramento County CPS investigates child abuse and neglect and provides services to keep children safe while strengthening families.

Sacramento Crisis Nursery (916) 679-3600
Helps prevent child abuse and neglect by supporting families in crisis. Safe, caring place for parents to temporarily leave children while they seek help and long-term solutions. Counseling and support services to family, information and referral, and parenting classes.

Child Abuse Prevention Council Referral Line (916) 244-1900
Prevention services to support children and families. Referral line provides resources available for the prevention, intervention, and treatment of child abuse and neglect.

Funding provided by:

