



find help here

A program of Community Services Planning Council

# Family Resource & Information Guide



Now, more than ever, Sacramento families are struggling to make ends meet. This information will connect you with local programs and services that can help you save money and provide the support your family needs. If you are working hard, but still can't seem to get ahead, these resources can help. If you can't find what you need here, dial 2-1-1 for referrals to over 2,400 community services in the Sacramento area. Assistance is available in a variety of languages. Can't dial 2-1-1? Call (916) 498-1000 or (800) 500-4931.

## Tips for Accessing Community Resources

- Call ahead for service hours
- Ask for a list of documents you will need to bring
- Ask for the name or position of the person you will be meeting with
- Get directions
- Make an appointment if available
- Write down questions ahead of time
- Plan to take time off so you don't have to rush
- Bring quarters and/or cash to pay for parking
- Make child care arrangements for small children or have someone come with you to watch your children during your appointment
- If you must bring your children, have snacks/activities to keep them busy
- Plan to arrive early (allow extra time for parking/public transportation)
- Bring all necessary documents
- Ask questions

## Documents You May Need

- Birth certificates
- Social Security cards
- Driver's license/ID
- Immigration documents
- Recent pay stubs
- Bank statements
- Recent utility bill
- Immunization records
- TB test results



Child Action, Inc.

## ADVOCACY

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### Parent Voices Sacramento

(916) 369-3387

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

A parent-led grassroots organization fighting to make quality child care affordable and accessible to all families.

## CHILD CARE

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### Child Action, Inc.

(916) 369-0191

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

Child care resource and referral, child care subsidies, recruitment and training of child care professionals, parent education and support, and centralized eligibility list (CEL).

## CLOTHING

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### Children's Clothes Closet-Sacramento Council of PTAs

Leonardo Da Vinci School

4701 Joaquin Way, Sacramento, CA

(916) 227-4338

Free children's clothing and shoes for students enrolled in Sacramento City Unified School District, ages 3 to 18. Parents or guardian must call for appointment.

### Sacramento Clothes Closet

333 Third Avenue, Sacramento, CA

(916) 456-1980

Clothing and shoes for men, women, children and infants. All items provided at no cost. Limited to once monthly. No appointment necessary, bring photo ID.

## FOOD

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### Department of Human Assistance

(916) 874-2072

<http://dhaweb.saccounty.net>

Administers various programs designed to provide cash assistance, food stamps, health insurance and job placement/retention services for eligible low-income Sacramento County residents.

### Loaves and Fishes

(916) 446-0874

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

Provides an oasis of welcome, safety, and cleanliness for homeless men, women and children seeking survival services. Programs include advocacy, animal emergency services for guests, daily lunches, mental health programs and overnight shelter.

### Oak Park Emergency Food Locker

(916) 456-1980

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

3333 Third Avenue, Sacramento, CA

Hours: Monday - Friday

10:00 a.m. - 1:30 p.m.

Basic food assistance.

Zip codes: 95814, 95816, 95817, 95818, 95819, 95820

Must have current proof of address, picture ID, and ID for children (can use SS card). Provides each eligible person 3 days worth of free food, once a month.

### WIC Program

(916) 427-5500

[www.sacdhhs.com](http://www.sacdhhs.com)

Nutrition program that helps pregnant women, new mothers and young children eat well and stay healthy. Provides subsidies for healthy foods, information about nutrition, support and information about breastfeeding your baby, and help in finding health care and other community services in Sacramento County.

## HEALTH RESOURCES

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### Birth & Beyond

[www.birth-beyond.com](http://www.birth-beyond.com)

- La Familia Counseling Center (916) 452-3601  
95814, 95817, 95820, 95824
- Folsom Cordova Comm. Partnership (916) 361-8684  
95630, 95655, 95670, 95742, 95826, 95827
- River Oak (916) 244-5800  
95811, 95814, 95816, 95817, 95818, 95820, 95826
- North Sacramento (916) 679-3743  
95815, 95833
- Valley Hi/Florin (916) 290-8281  
95823, 95828
- Meadowview (916) 394-6300  
95822, 95831, 95832
- North Highlands (916) 679-3925  
95660, 95673, 95652, 95841, 95842, 95843
- Mutual Assistance Network (916) 927-7694  
95815, 95838

Provides free support services to pregnant women and families with new babies. Open to anyone in the community. Services include: parenting classes, substance abuse resources and connection to community resources.

### Cover the Kids

(866) 850-4321

[www.coverthekids.com](http://www.coverthekids.com)

Application assistance for Medi-Cal, Healthy Families and other no-cost and low-cost health insurance programs for children, teens ages birth - 18 years, and pregnant women. Information and referrals made to local health services. All arrangements made by appointment only.

### **The Effort**

(916) 325-5556

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

Agency provides a wide range of services to help create stronger family bonds and healthy personalities and break the cycles of homelessness, abuse, addiction and poverty. Services include health care, mental health care and addictions treatment.

### **Health Rights Hotline**

(916) 551-2100

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

Helps people take charge of their health care by understanding their health care rights. Free assistance for residents of El Dorado, Placer, Sacramento and Yolo counties.

### **Planned Parenthood of Sacramento**

Midtown (916) 446-6921

Capitol Plaza (916) 444-7966

Fruitridge (916) 452-7305

North Highlands (916) 332-5715

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

Provides free and/or low-cost quality health care, family planning, medically and accurate, age-appropriate information to eligible residents of Sacramento County.

### **Sacramento County Department of Health & Human Services - Dental Clinic**

(916) 874-8300

[www.sacdhs.com](http://www.sacdhs.com)

Dental services are provided to Sacramento County residents who do not have medical insurance and meet the eligibility criteria for CMISP (County Medically Indigent Services Program).

### **Sacramento County Immunization Assistance Program**

(916) 875-7468

[www.sacdhs.com](http://www.sacdhs.com)

Provides information about immunizations and immunization services available to children and adults in the County of Sacramento.

### **Women's Health Specialists**

(916) 451-0621

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

Pregnancy, birth control and STD information and services.

## **HOUSING**

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### **Sacramento Housing & Redevelopment Agency**

(916) 440-1300

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

Provides many different housing opportunities for residents throughout Sacramento County. Whether you're a first-time home buyer, renter, current homeowner, housing developer or rental property owner, SHRA may have a housing program that's right for you.

### **Sacramento Area Emergency Housing Center**

(916) 455-2160

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

Provides assistance to families with children and individuals to promote self reliance. The Center provides a wide range of services including family shelter, women's refuge, housing services and CPS home finding.

### **St. John's Shelter for Women and Children**

(916) 453-1482

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

Provides shelter and comprehensive services 24-hours a day to 100 women and children. Program strives to reintegrate homeless women with children into the community as self-sufficient and productive citizens.

### **Volunteers of America**

(916) 442-3691

[www.voa-sac.org](http://www.voa-sac.org)

Homeless shelter and services, transitional and permanent housing programs, treatment and recovery services and more.

## **JOB ASSISTANCE**

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### **Charles A. Jones Skills & Business Education Center**

5451 Lemon Hill Avenue, Sacramento CA

(916) 433-2600

[www.scusd.edu/adult\\_schools/jones](http://www.scusd.edu/adult_schools/jones)

Vocational school teaching a wide variety of skills. Day and evening classes available in a wide variety of subjects. Call for current schedule.

### **Employment and Job Placement Services**

(916) 875-3330

[www.dhweb.saccounty.net](http://www.dhweb.saccounty.net)

Development of employment opportunities, job screening, pre-employment skills information, referral services, drop-in job referral and employer recruitment services. Job boards, employer job listings, access to internet job search sites and supportive services. Call for locations and hours.

### **Sacramento Employment & Training (SETA)**

925 Del Paso Blvd., Sacramento, CA

(916) 263-3800

[www.seta.net](http://www.seta.net)

Administers the Sacramento Works One-Stop Career Center in collaboration with 41 providers of employment and training, education and social services. These programs provide job training, employment assistance and educational/developmental services to youth, adults and displaced workers. Also provides assistance to refugees through ESL classes, job training and cultural orientation services.

## MENTAL HEALTH SERVICES

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### **24-Hour Parent Support Line**

(888) 281-3000

Free service from The Effort. Receives calls 24 hours a day, 365 days a year from parents and other caregivers who may be in crisis, seeking information and resources or just someone to listen and provide encouragement when it's most needed.

### **California Youth Crisis Line**

(800) 843-5200

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

Toll-free, 24-hour, confidential phone line available to young people between the ages of 12-24 and concerned friends and family members. Provides crisis intervention counseling on many issues including sexual assault, eating disorders, teen pregnancy, substance abuse, suicide and more.

### **Child Protective Services**

(916) 875-5437

[www.sacdhs.com](http://www.sacdhs.com)

24-hour in-person response to reports of abuse, neglect or exploitation. Also provides a voluntary program to of services to families in order to remedy abuse or neglect issues.

### **CSUS Center for Counseling and Diagnostic Services**

(916) 278-6252

<http://edweb.csus.edu/ccds>

Located on the CSUS campus. Welcomes all members of the Sacramento Area community for individual, couple and family counseling. All ages, ethnicities, cultural backgrounds, and family situations are welcome.

### **Diogenes Youth Services**

(916) 363-0063

24-hr. Crisis Line (800) 339-7177

[www.diogenesnet.com](http://www.diogenesnet.com)

Provides services such as temporary shelter for youth in crisis, transitional living programs for youth & young adults and crisis intervention.

### **La Familia Counseling Center**

(916) 452-3601

[www.lafcc.com](http://www.lafcc.com)

Provides counseling, crisis intervention and support services to at-risk youth and families. Year-round recreational tutorial program and youth activities. On-the-Job-Training to low-income adults with an emphasis on services for Hispanics.

### **Sacramento Crisis Nursery**

(916) 679-3600

Emergency Hotline (877) 543-7752

[www.crisisnurseryonline.com](http://www.crisisnurseryonline.com)

Provides support to families at times of crisis through residential respite care for children ages 0-5. Children are provided developmentally and culturally appropriate activities in a caring and nurturing setting and have access to medical services as needed.

### **WEAVE**

(916) 920-2952

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

24-hour domestic violence/sexual assault crisis line. Provides temporary shelter and support services to battered women and their children who are in crisis.

## UTILITIES

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### **Community Resource Project**

#### **Home Energy Assistance Program (HEAP)**

(916) 567-5200

[www.cresource.org/Programs](http://www.cresource.org/Programs)

A federally funded program that provides financial assistance to eligible, low-income families to offset the costs of heating and/or cooling. Assistance is in the form of a direct payment to a utility company. Eligibility is based on the household's total monthly income.

### **PG&E Family Electric Rate Assistance (FERA)**

(800) 743-5000

[www.pge.com](http://www.pge.com)

Rate reduction program for households of three or more people with low- to middle-income. Income eligibility requirements may be found online or by calling PG&E. Qualifying customers may also receive free weatherization measures and energy-efficient appliances through the Energy Partners Program.

### **PG&E REACH Program**

(800) 743-5000

[www.pge.com](http://www.pge.com)

Program provides emergency energy assistance to low-income families within the PG&E service territory who are in jeopardy of losing their electricity services. Eligible applicants may receive an energy credit up to \$200, based on the past due amount of the bill. Assistance available once every 18 months.

### **SMUD Energy Assistance Program**

(866) 675-6624

[www.smud.com/pay/eapr.html](http://www.smud.com/pay/eapr.html)

Qualifying low-income customers receive a discount of more than 30 percent off their monthly energy bill. Customers whose household income is less than 200 percent of the federal poverty level are now eligible. Apply online or by phone.