



A program of Community Services Planning Council

## **Quick Resource Guide for Parents of Children 0-5**

### Child Care

[Child Action Inc.](http://www.childaction.org) (www.childaction.org)  
9800 Old Winery Place  
Sacramento, CA 95827  
(916) 369-0191

Childcare resource and referral, childcare subsidies, recruitment and training of child care professionals, parent education and support.

[Beanstalk](http://www.beanstalk.ws) (www.beanstalk.ws)  
3325 Myrtle Ave.  
North Highlands, CA 95660  
(916) 344-6259

Child care, school readiness (preschool), academic enrichment, and recreation (school age) provided in licensed centers and family child care homes; full day and part day programs; USDA Child Care Food Program.

[Head Start & Early Head Start Programs-SETA](http://www.headstart.seta.net) (www.headstart.seta.net)  
925 Del Paso Blvd., Suite 200  
Sacramento, CA 95815  
(916) 263-3804

The Sacramento County Head Start program is administered by SETA, a joint powers agency of the City and County of Sacramento. Early Head Start serves families with children birth to age 3. Preschool Head Start serves families with children 3 to 5 years of age. SETA Head Start/Early Head Start is free to income eligible families

based on the Federal Poverty Income Guidelines. Children from families receiving public assistance (TANF and SSI) are eligible for SETA Head Start/Early Head Start services regardless of income. Children in foster care are SETA Head Start eligible, regardless of family income. Ten percent of enrollment is set aside for children who may not be low income. There are more than 30 sites throughout Sacramento County. For eligibility information & locations, call (916) 263-3804 or visit the website at <http://www.headstart.seta.net/>

[Sacramento Crisis Nursery](http://www.crisisnurseryonline.org) (www.crisisnurseryonline.org)

4533 Pasadena Avenue  
Sacramento, CA 95821  
(916) 679-3600  
(866) 856-2229

Sacramento Crisis Nursery South  
6699 South Land Park Drive  
Sacramento, CA 95831  
(916) 394-2000

## Health Resources

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

Program focuses on pregnant women and infants up to the 6th month of age, to encompass the needs of the whole family. In-home visitation program for pregnant women that focuses on nutrition, prenatal health, developing birth plan and connection to health insurance resources (Medi-Cal); program focuses on child development, bonding and attachment between the mother and the child, and identification of other resource needs; parenting classes and play groups available.

## Area Sites:

- Mutual Assistance Network (MAN) of Del Paso Heights  
810 Grand Avenue  
Sacramento, CA 95838  
(916) 927-7694
- La Familia Counseling Center  
5523 34th Street  
Sacramento, CA 95820  
(916) 452-3601
- Sacramento Children's Home  
2251 Florin Road Suite 158  
Sacramento, CA 95822  
(916) 394-6300

- Sacramento Children's Home  
1217 Del Paso Blvd.  
Sacramento. CA 95815  
(916) 679-3743
- Sacramento Children's Home  
7000 Franklin Blvd, Suite 820  
Sacramento. CA 95823  
(916) 290-8281
- The Effort  
6015 Watt Avenue, Suite 2  
North Highlands, CA 95660  
(916) 679-3925
- Folsom Cordova Community Partnership  
10455 Investment Circle  
Rancho Cordova, CA 95670  
(916) 361-8684
- River Oak Center for Children  
4322 4th Avenue  
Sacramento, CA 95817  
(916) 244-5800

[Cover The Kids](http://www.coverthekids.com) (www.coverthekids.com)

1331 Garden Highway  
Sacramento, CA 95833  
(866) 850-4321; (916) 808-3838

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; several sites available in Sacramento for application assistance. Contact Cover the Kids for site availability.

[Healthy Families Program](http://www.healthyfamilies.ca.gov) (www.healthyfamilies.ca.gov)

(800) 880-5305

Low-cost health, dental, and vision coverage for children birth - age 19. Eligibility determined annually by age of child, household size, and family income. Comprehensive benefits include prescription medicine, dental and eye care, regular check ups, and physician and hospital services. Emergency day respite and 24-hour shelter for children; helps prevent child abuse and neglect of children by offering support to families who are

experiencing a crisis; safe, caring place where parents can temporarily leave their children while they seek help and long-term solutions. Counseling and support services to family, information and referral to other agencies, and parenting classes. Licensed for 20 children.

## Food

[Department of Human Assistance](http://dhaweb.saccounty.net) (http://dhaweb.saccounty.net)  
(916) 874-2072

Administers various programs designed to provide cash assistance, food stamps (EBT Card), health insurance, & job training/placement services for eligible low-income Sacramento County residents.

[WIC Program](http://www.sacdhhhs.com) (www.sacdhhhs.com)  
(916) 427-5500

Women, Infants and Children (WIC) nutrition program site. 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; referrals to community resources.

[Sacramento County Food Bank](http://www.sfbs.org) (www.sfbs.org)  
3333 3<sup>rd</sup> Ave.  
Sacramento, CA 95817  
(916) 456-1980

Emergency Food Lockers, Sunday Lunch Program, Clothes Closet, mother-baby Programs, Adult Community Learning Centers, Transitional Housing Program, Intel Computer Clubhouse, After-School Program, Women's Wisdom Project, Resource Central, Senior Bridge-Builders Program, and the Network Cafe. All services provided free of charge; telephone or walk-in for information and agency referrals.

## Employment

[Employment Development Department](http://www.edd.ca.gov) (www.edd.ca.gov)  
(800) 300-5616

The EDD administers unemployment & disability insurance. It matches qualified job seekers with employer job listings on Cal JOBS, www.caljobs.ca.gov, an online job and resume bank. Administers various programs for job seekers, dislocated workers, youth,

incumbent workers, new entrants to the workforce, veterans, people with disabilities, and employers. There are numerous service points located throughout Sacramento. Please visit <http://www.servicelocator.org/> to find the nearest location.

[Sacramento Employment and Training Agency \(SETA\)](http://www.seta.net) (www.seta.net)

925 Del Paso Blvd.  
Sacramento, CA 95815  
(916) 263-3800

Administers state-and federally funded human services programs through one-stop career centers, early learning centers, community based organizations, local education agencies, and private vocational schools throughout Sacramento County. Sacramento Works One-Stop Career Centers provide job training, employment assistance, and human, educational and developmental services to youth, adults, and displaced workers.

### **One Stop Career Centers:**

- Broadway  
915 Broadway  
Sacramento, CA 95818  
Tel: (916) 324-6202; Fax: (916) 324-6230
  
- Citrus Heights  
7011 Sylvan Rd, Suite A  
Citrus Heights, CA 95610  
Tel: (916) 676-2540; Fax: (916) 676-0144
  
- Franklin  
7000 Franklin Blvd, Suite 540  
Sacramento, CA 95823  
Tel: (916) 262-3200; Fax: (916) 262-3202
  
- Galt  
1000 "C" Street, Suite 100  
Galt, CA 95632  
Tel: (209) 744-7702; Fax: (209) 744-7719
  
- Greater Sacramento Urban League  
3725 Marysville Blvd.  
Sacramento, CA 95838  
Tel: (916) 286-8623; Fax: (916) 286-8620
  
- Hillsdale  
5655 Hillsdale Blvd, Suite 8  
Sacramento, CA 95842

Tel: (916) 263-4100; Fax: (916) 263-4076

- La Familia  
5523 34th Street  
Sacramento, CA 95820  
Tel: (916) 452-3601; Fax: (916) 452-7628
- Lemon Hill  
5451 Lemon Hill Ave  
Sacramento, CA 95824  
Tel: (916) 433-2620; Fax: (916) 433-2636
- Mark Sanders  
2901 50th Street  
Sacramento, CA 95817  
Tel: (916) 227-0301; Fax: (916) 227-0208
- Mather  
10638 Schirra Ave.  
Mather, CA 95655  
Tel: (916) 228-3127; Fax: (916) 228-3132
- Rancho Cordova  
10381 Old Placerville Road, Suite 150  
Sacramento, CA 95827  
Tel: (916) 255-3255; Fax: (916) 255-3932
- South County  
8401-A Gerber Road  
Sacramento, CA 95828  
Tel: (916) 525-4717; Fax: (916) 688-0984

## Legal Resources

[Legal Services Of Northern California](http://www.lsnr.net) (www.lsnr.net)

517 12th Street  
Sacramento, CA 95814  
(916) 551-2150

Free legal services to low-income eligible clients in civil law matters such as housing, health, welfare, employment, unemployment, Social Security, discrimination, and

education; administrative office for 23 Northern California counties. No legal service offered via the internet.

[Family Law Facilitator - Superior Court of California](http://www.saccourt.com) (www.saccourt.com)

William R. Ridgeway Courthouse  
3341 Power Inn Road, Room 113  
Sacramento, CA 95826  
(916) 875-3400

Assistance with form completion, procedural instructions, service of documents, and referrals for family law and probate self represented litigants. Areas of service include dissolution of marriage, legal separation, nullity, establishment of paternity, child custody and visitation, child and spousal support and guardianship. Services delivered through workshop classes, clinics and individual assistance. Call (916) 875-3400 for more information or to make reservations for a workshop.

Children's playroom available for families with children ages 1 - 12 while they conduct their court business. TTY devices, public telephones, ATM, and copy machines available.

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