



# SENIOR EMPLOYMENT RESOURCES

find help here

## **AARP SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM** (916) 483-5991

[www.aarp.org/scsep](http://www.aarp.org/scsep)

Helps senior job seekers improve their skills, obtain training and find a job. Temporary paid on-the-job training assignments in non-profit organizations and public agencies. Employment referrals to permanently place clients in private sector jobs.

Hours: Mon - Fri, 8 am - 4 pm.

Eligibility: Sacramento County Residents, Age 55+ and meet the income guidelines.

## **AREA 4 AGENCY ON AGING** (916) 486-1876

[www.a4aa.com](http://www.a4aa.com)

Employment services for seniors age 55+, including job placement assistance, referrals to computer training, community assistance, referrals to overcome employment barriers, and job-readiness workshops.

Hours: Mon - Fri 8:30 am - 4:30 pm.

Eligibility: Age 55+.

## **EXPERIENCE UNLIMITED, PROFESSIONAL NETWORK CLUB** Website only

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

Professional networking club provides a place where job seekers can meet regularly with other career professionals to share job leads, provide support, and update their job search skills.

## **FOSTER GRANDPARENT PROGRAM** (916) 875-3569

Stipended volunteer service opportunities for low-income people age 60+ to provide person-to-person services to children with special needs in health, education, welfare, probation, and related services.

Volunteers serve 20 hours per week and receive a stipend and transportation reimbursement, which is exempt from being considered as income in all other services you may receive.

## **IHSS PUBLIC AUTHORITY CAREGIVER CONSUMER REGISTRY** (916) 874-4411

Already care giving for your spouse? You may be able to apply to be a caregiver officially and get paid for some of the time you dedicate to your loved one. Hours: Mon - Fri, 8 am - 5 pm.

## **SACRAMENTO EMPLOYMENT AND TRAINING AGENCY**

www.seta.net

Connects job seekers to employers. Multi-level recruitment provides pre-screened qualified applicants, labor trends and market research, and job search workshops. On-the-job training, vocational training, career training, basic skills and job search assistance and placement services are available to low-income Sacramento County residents ages 16+. Employment and training opportunities include current job openings, EDD services, referrals and recruitment services, electronic network of employment and training services, vocational training, and resume and interview preparation.

### **Sacramento Works One Stop Career Centers:**

#### Hillsdale Center

5655 Hillsdale Blvd. #8, Sacramento 95842  
(916) 263-4100  
Mon - Thu 8:30 am - 4:30 pm,  
Fri 8:30 am - Noon.

#### Franklin Center

7000 Franklin Blvd. #540, Sacramento 95823  
(916) 262-3200  
Mon - Thu 8:30 am - 4:30 pm  
Fri 8:30 am - 1 pm.

#### South County Center

8401 Gerber Rd. #A, Sacramento 95828  
(916) 525-4717  
Mon - Thu 8:30 am - 4:30 pm,  
Fri 8:30 am - Noon.

#### Broadway Center

915 Broadway, Sacramento 95818  
(916) 324-6202  
Mon - Thu 8am - 4 pm,  
Fri 8 am - Noon.

#### Citrus Heights Center

7011 Sylvan Rd., Citrus Heights 95610  
(916) 676-2540  
Mon, Wed, Thu 8:30 am - 4:30 pm,  
Tue 8:30 am - 7 pm, Fri 8:30 am - 2 pm.

#### Galt Center

1000 C Street #100, Galt 95632  
(209) 744-7702  
Mon - Thu 8:30 am - 4:30 pm,  
Fri 8:30 am - 1 pm.

#### Rancho Cordova Center

10665 Coloma Rd. #200, Sacramento 95670  
(916) 255-3255  
Mon - Thu 8:30 am - 4 pm,  
Fri 8:30 am - 1 pm.

#### La Familia Center

5523 34<sup>th</sup> Street, Sacramento 95820  
(916) 452-3601  
Mon, Wed 8:30 am - 6 pm,  
Tue, Thu 8:30 am - 6:45 pm, Fri 8:30 am - 6 pm.

#### Lemon Hill Center

5451 Lemon Hill Ave., Sacramento 95824  
(916) 433-2620  
Mon - Thu 8:30 am - 4:30 pm, Fri 8:30 - 11 am.

#### Mark Sanders Complex

2901 50<sup>th</sup> Street, Sacramento 95817  
(916) 227-1395  
Mon – Fri 8 am - 5 pm

#### Mather Community Campus Center

10638 Schirra Ave., Sacramento 95655  
(916) 228-3127  
Mon, Wed, Thu 8:30 am - 5 pm,  
Tue 10 am - 5 pm, Fri 8:30 am - 4:45 pm.

#### Greater Sacramento Urban League Center

3725 Marysville Blvd., Sacramento 95838  
(916) 286-8623  
Mon - Thu 9 am - 4 pm, Fri 9 am - Noon.