

# 2024—2025 FAMILY RESOURCE GUIDE



**Organized by:  
Twin Rivers Unified School District  
Student Services Department  
Child Welfare & Attendance**

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 **211 or (916) 498-1000** for more options, or visit the website at: <https://www.211sacramento.org/211/>

You can also visit the following link to search for needed resources: <https://www.findhelp.org/>

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**

**Name**

**Phone Number**

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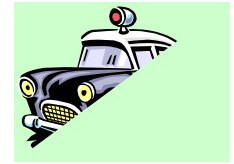
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"We may encounter many defeats but we must  
not be defeated." — Maya Angelou

## EMERGENCY PHONE NUMBERS

<u>Police, Sheriff, Fire, Ambulance</u>	<u>911</u>
<u>Twin Rivers USD Police</u>	<u>(916) 566-2777</u>
<u>Adult Protective Services</u>	<u>(916) 874-9377</u>
<u>Child Abuse Bureau (Sac County Sheriff)</u>	<u>(916) 874-5191</u>
<u>Child Find Hotline</u>	<u>(800) IAMLOST (426-5678)</u>
<u>Child Protective Services (CPS)</u>	<u>(916) 875-KIDS (5437)</u>
<u>County Mental Health Crisis Line (24 hour)</u>	<u>(888) 881-4881 or (916) 875-1055</u>
<u>Crisis Nursery (Help for Parents/Families in Crisis)</u>	<u>(916) 679-3600 (Pasadena Ave.)</u> <u>(916) 394-2000 (Land Park Dr.)</u>
<u>National Runaway Switchboard</u>	<u>(800) RUNAWAY (786-2929)</u>
<u>National Suicide Prevention Lifeline</u>	<u>988 (24/7 Hotline) call or text</u> <u>1-888-628-9454 (Spanish)</u>
<u>Poison Control Center</u>	<u>(800) 222-1222</u>
<u>Pregnancy Hotline</u>	<u>(916) 451-2273</u>
<u>Telecommunications Relay Service</u>	<u>711</u>
<u>Suicide Prevention Crisis Line</u>	<u>(916) 368-3111</u>
<u>Crisis Text Line (Mental Health Support)</u>	<u>741741</u>
<u>WEAVE Hotline (Domestic abuse)</u>	<u>(916) 920-2952</u>
<u>Well Space – Suicide and Parent Support Line (Crisis)</u>	<u>(888) 281-3000</u>
<u>Wind Youth Services (Teenagers) 24 hour shelter line</u>	<u>211 or (916) 628-1492</u>



## NON-EMERGENCY PHONE NUMBERS

<u>InfoLine Sacramento</u>	<u>211 or (916) 498-1000</u>
<u>Mental Health Access Team Child and Adult</u>	<u>(916) 875-1055</u>
<u>Alcoholics Anonymous</u>	<u>(916) 454-1100</u>
<u>Al-Anon / Alateen (Family/friend of alcoholic) Info Line</u>	<u>(916) 334-2970</u>
<u>California Smokers' Helpline Want to Quit Smoking?</u>	<u>(800) (662-8887)</u>
<u>Child Abuse Prevention Council</u>	<u>(916) 244-1900</u>
<u>Nar-Anon (Family/friend of substance abuser) Info Line</u>	<u>(800) 477-6291</u>
<u>Narcotics Anonymous</u>	<u>(877) 623-6363</u>
<u>Sheriff Non-emergency</u>	<u>(916) 874-5115</u>
<u>Victim / Witness Center</u>	<u>(916) 874-5701</u>
<u>WEAVE (Domestic Violence)</u>	<u>(916) 448-2321</u>
<u>Wind Youth Services</u>	<u>(916) 561-4900</u>



## FOOD RESOURCES

**Cal Fresh: Department of Human Service**

[www.cdss.ca.gov/food-nutrition/calfresh](http://www.cdss.ca.gov/food-nutrition/calfresh)

(800) 560-0976

Low income families, most languages, CALWORKS, general assistance, and non-assistance food stamp continuation services.

**Carmichael Food Closet**

5645 Marconi Ave.  
Carmichael 95608  
[www.carmichaelpres.org/community-care](http://www.carmichaelpres.org/community-care)

(916) 483-9232

Open M/T/TH, call in food orders between 10:00am and 12:00pm. Pick up orders between 1:30pm and 2:30pm. Serving Sac County zip codes. Photo ID and proof of address required.

**Family and Community Engagement/TRUSD**

[trusd.net/StudentsFamilies/Family-and-Community-Engagement-FACE/Community-Resources/index.html](http://trusd.net/StudentsFamilies/Family-and-Community-Engagement-FACE/Community-Resources/index.html)

(916) 566-1788

Twin Rivers Unified School District operates food distributions providing FREE food to low-income community members with the support of the Sacramento Food Bank and Family Services.

**Loaves & Fishes**

Dinning Room  
1351 North C St. Sacramento 95811  
[www.sacloaves.org](http://www.sacloaves.org)

(916) 446-0874

Monday-Friday 11:30am - 1:00pm  
Saturday and Sunday 11:00am -12:30pm  
Lunch tickets are available at Friendship Park between 7:00am and 12:30pm ( no fee)

**Mary House**

1351 North C St.  
Sacramento 95811

(916) 446-4961

Breakfast for women and families. Call for more information.

**Rio Linda/Elverta Food Closet**

151 Delano Ave.  
Elverta 95626

(916) 836-1037

Serves Rio Linda and Elverta residents. Please call for more information.

**River City Food Bank**

1800 28th Street  
Sacramento 95821  
[www.rivercityfoodbank.org](http://www.rivercityfoodbank.org)

(916) 446-2627

Food Distribution Hours: Midtown  
Tuesday and Thursday 10:30am-1:30pm  
Arden Arcade: Wednesday and Friday 10:30am-1:30pm. Call for hours, locations, and further details.

**Sacramento Food Bank & Family Services**

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

(916) 456-1980

## FOOD RESOURCES

<b>Salvation Army</b> 3213 Orange Grove Ave. North Highlands 95660	<b>(916) 678-4010</b>	Food Boxes & Fresh Produce; Tuesday, Wednesday, Thursday from 9:00am - 1:00pm Food for Seniors 60+: 4th Monday & Thursday 9:00am - 1:00pm . Please call for further detail and requirements
<b>St. John's Lutheran Church</b> 1701 L Street Sacramento 95811 <a href="https://www.stjohnslc.org/direct-services">https://www.stjohnslc.org/direct-services</a>	<b>(916) 444-0874</b>	Pilgrimage Meal: On every first, third and fifth Monday of the month from 2:00pm to 4:00pm, a hot meal for anyone in need.  Afternoon Snack Stop: On every second and fourth Monday, Wednesday and Thursday from 2:00pm to 4:00pm, a grab-and-go snack bag for anyone in need.
<b>Sunrise Food Closet-Sunrise</b> Christian Food Ministry	<b>(916) 965-5431</b>	Open to all. Please call for details.
<b>Union Gospel Mission</b> 400 North Bannon St. Sacramento 95811 <a href="http://www.ugmsac.com">www.ugmsac.com</a>	<b>(916) 447-3268</b>	Food donations: Call by 11:30 am on pick-up day to request a food box Pick up order on Tuesday & Thursday. Must provide photo ID & proof of residence. Call for more details.
<b>WIC</b> <a href="https://dhs.saccounty.gov/PUB/WIC/Pages/Women-Infants-and-Children-Home.aspx">https://dhs.saccounty.gov/PUB/WIC/Pages/Women-Infants-and-Children-Home.aspx</a>	<b>(916) 876-5000</b>	Women, Infants and Children Program, provides food for pregnant and nursing mothers, infants and children under 5. Call for more details.

## CLOTHES CLOSETS

**First Baptist Church of  
North Sacramento**  
2601 Del Paso Blvd.  
Sacramento 95815

**(916) 922-9365**

Friday 9:30 am -12 pm  
Also provides backpacks filled with school  
supplies, coats and shoes during the winter  
months.

**Francis House Center - A Program  
of Next Move**  
1422 C Street  
Sacramento 95814

**916-443-2646**

Call for more details.

**Union Gospel Mission**  
400 North Bannon St.  
Sacramento 95815  
[www.ugmsac.com](http://www.ugmsac.com)

**(916) 447-3268**

Men, Women and Children's  
clothing. Call for more details.

## THRIFT SHOPS

**Deseret Industries**  
3000 Auburn Blvd.  
Sacramento 95821

**(916) 482-1480**

### **Goodwill Industries**

5400 Date Ave., Sac 95841

**(916) 678-5700**

4401 Elkhorn Blvd. Sac 95842

**(916) 332-2294**

2040 Alta Arden Expy, Sac 95825

**(916) 779-7468**

2502 Watt Ave. @ El Camino

**(916) 480-9002**

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

**Pacific Thrift Store**  
6101 Watt Ave.  
North Highlands, 95660  
Watt & Don Julio

**(916) 514-0154**

**LOW INCOME  
HOUSING  
ETC.**

**Mercy Housing of Sacramento**  
[www.mercyhousing.org](http://www.mercyhousing.org)

**(916) 414-4400**

Affordable housing program.  
Call for more details.

**Mutual Housing California**  
3321 Power Inn Rd. Ste. 320  
Sacramento 95826  
[www.mutualhousing.com](http://www.mutualhousing.com)

**(916) 453-8400**

Develops and operates  
affordable, sustainable  
housing communities. Call for  
more details.

**Salvation Army**  
Rental Assistance Program

**(916) 678-4010**

Support with Rental  
Assistance, Move-In or  
Eviction Avoidance depending  
on funding source and  
availability.

**SHRA (Sacramento Housing &  
Redevelopment)**

**(916) 440-1390**

Affordable housing options.

<https://www.shra.org/other-affordable-housing-options/>

**SHRA (Sacramento Housing &  
Redevelopment)**

**(916) 442-9210**

Housing Choice Voucher  
Program

<https://www.shra.org/housing-choice-voucher-program/>

**YWCA**  
1122 17th St.  
Sacramento 95811  
[www.ywcacc.org](http://www.ywcacc.org)

**(916) 800-9773**

Low-income women's  
residency program. Rooms for  
rent. No children. Possible  
waiting list. Call for more  
details.



**EMERGENCY HOUSING/SHELTER ETC.**

Please dial 211 first to access resources

- Family Promise** (916) 443-3107 90 day shelter program. Please call the number listed.
- Friendship Park** 1321 North C Street Sacramento 211; (916) 443-7378 Information Service Center, telephones, bathrooms, pet services etc.
- Lutheran Social Services - Connections Program:**  
2450 Alhambra Blvd., Suite 101, Sacramento 95824 211; (916) 453-2900  
[https://www.lssnorcal.org/what\\_we\\_do/concord\\_redding\\_stockton\\_sacramento/connections.html](https://www.lssnorcal.org/what_we_do/concord_redding_stockton_sacramento/connections.html) Housing and services to keep formerly homeless youth, ages 18-24 from returning to homelessness.
- My Sister's House** (916) 428-3271 Resource referrals and general support. A safe haven for people escaping domestic violence, sexual assault and human trafficking. Call the number listed for details.  
[www.my-sisters-house.org](http://www.my-sisters-house.org) 24 hr. support line  
Multi-lingual
- Next Move Homeless Services** 211; (916) 454-2120 Emergency family and single adult shelters. Please call for details.  
[www.nextmovesacramento.org](http://www.nextmovesacramento.org)
- Overcomers Program** Program for Women (916) 924-3113 Residential recovery facility providing assistance and support for men and women. Call for details.  
[www.overcomersprogram.org](http://www.overcomersprogram.org) Program for Men (916) 920-3082
- Sacramento Housing Crisis Line** Dial 211, then press 8 Assistance to maintain current housing situation, match to available emergency shelters, and personalized support for housing crisis resolution.

## EMERGENCY HOUSING / SHELTERS

Please dial 211 first to access resources

<b>Salvation Army/Center of Hope Emergency Shelter</b> 1200 N. B St. Sacramento 95814 <a href="https://sacramento.salvationarmy.org/sacramento_metro/center-of-hope-shelter/">https://sacramento.salvationarmy.org/sacramento_metro/center-of-hope-shelter/</a>	<b>211</b>	Services for homeless veterans, both men and women (18 and over). please call for details.
<b>Shores Of Hope</b> <a href="http://www.shoresofhope.org/transitional-housing.html">http://www.shoresofhope.org/transitional-housing.html</a>	<b>(916) 372-0200</b>	Transitional housing support for young adults ages 18 to 22, who were in foster care or are experiencing homelessness. Call the number listed.
<b>Step Up on Second</b>	<b>211</b>	City Motel Program for families with children. Must have referral through 211.
<b>St. John's Shelter</b> <a href="http://www.saintjohnsprogram.org">www.saintjohnsprogram.org</a>	<b>211</b>	Women with or without children. Children must be under 18 years of age, and still attending school.
<b>Travelers Aid Emergency Assistance Agency 2251</b> Florin Rd. Suite 124 Sacramento 95822 <a href="http://www.taeea.org">www.taeea.org</a>	<b>(916) 399-9646</b>	Provides daytime and after-hours emergency assistance to families through motel vouchers, food, rental assistance, utility assistance, and case management services. Call for more details.
<b>Union Gospel Mission Shelter</b> 400 Bannon Street Sacramento 95814	<b>(916) 447-3268</b>	Sign up for men's nightly shelter at 5:30 pm, 1st come/1st serve basis.
-	<b>Men's New Life Program</b>	10 month residential program for men with addictions. Apply in person Monday - Thursday 10am-11:00am and 1:00pm-2:00pm. <i>Union Gospel requires valid ID and current negative TB test for both resources.</i>
<b>WEAVE Safe Shelter</b> <a href="http://www.weaveinc.org">www.weaveinc.org</a>	<b>(916) 920-2952</b> <b>24 hour support line</b>	Temporary emergency shelter for survivors of domestic violence and sex trafficking and their children. Provides a safe place to stay, food, clothing, emergency transportation, and social service advocacy. Phone the 24-hour hotline for help.

## HOMELESS SHELTERS / DROP-IN CENTERS

Please dial 211 first to access resources

**WIND Youth Services**  
815 S St.  
Sacramento 95811  
[www.windyouthservices.org](http://www.windyouthservices.org)

(916) 561-4900

Emergency housing for youth ages 12 to 17 who have run away, been pushed out of their homes, or simply need time to “cool off” for a few days.

(916) 628-1492 24hr  
Emergency Shelter hotline

Emergency overnight shelter services for youth ages 18-24, experiencing homelessness. Drop-In Center offers showers, laundry facilities, meals, internet access and case management for ages 18 - 24.

(916) 504-3313 Drop-in  
Center

Please call for more details.

**Maryhouse - Loaves & Fishes**  
1351 North C Street  
Sacramento 95811

211; (916) 446-4961

Daytime , no-barrier drop in center for women and families experiencing homeless. Coffee, hygiene supplies, showers, resource counseling etc. Call for more details.

**Respite Center-North Sacramento HART**  
Mount Calvary Baptist  
Church  
3407 Altos Ave. Sacramento, 95838  
[www.hartstogether.org](http://www.hartstogether.org)

Wednesdays  
9:00am to noon

Unhoused neighbors and community members can relax indoors, receive hospitality, essential supplies, and access to bathrooms.

**Sacramento LGBT Community Center-  
Respite Drop In Center**  
1015 20th Street  
Sacramento  
[www.saccenter.org/mental-health](http://www.saccenter.org/mental-health)

(916) 442-0185

Tuesdays and  
Thursdays

10:00am-4:00pm

Respite center for LGBT 25 years and older and provides a safe place to chill, access resources or just talk with someone. Adult respite is open to any person 25 or older who identifies as part of the LGBTQ+ community. Available to those in crisis and would like to decompress or talk with a peer advocate.

**Sacramento LGBT Community  
Center- Q Spot**  
1015 20th Street  
Sacramento 95811  
[www.saccenter.org/youth](http://www.saccenter.org/youth)

Monday through Friday  
12pm-6pm

Supports homeless youth 13-24, with a a space to hang out with peers. Showers and laundry, survival supplies and case management.

**The Respite Center-Midtown HART -  
Saint John's Lutheran Church**  
1701 L Street  
Sacramento, Ca 95811  
2620 Capitol Ave.  
Sacramento 95816  
<https://www.stjohnslc.org/direct-services>

Tuesdays  
9:30am to 12:30pm

This respite provides a safe place for our guests to rest, to recharge, to receive hospitality and connect with potential resources.



**Clinics Serving the Twin Rivers USD Area**

**Updated June 2024 – 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 appt. 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.**

<p><b>Elica Health Centers</b> <a href="http://www.elicahealth.org">www.elicahealth.org</a> (855) 354-2242 (all clinics)</p> <ul style="list-style-type: none"> <li>• 4815 Watt Ave, North Highlands, CA 95660</li> <li>• 3234 Marysville Blvd, Sacramento, CA 95815</li> <li>• 3701 J Street #201, Sacramento, CA 95816</li> </ul>	<ul style="list-style-type: none"> <li>• Accepts private insurance, straight Medi-Cal, income based sliding scale (uninsured)</li> <li>• Appointments</li> <li>• Walk-ins 2:00 pm – 4:00 pm</li> <li>• Clinic hours Mon – Fri 8:00 am – 5:00 pm</li> </ul>
<p><b>Peach Tree Health</b> <a href="http://www.pickpeach.org">www.pickpeach.org</a></p> <ul style="list-style-type: none"> <li>• 3810 Rosin Ct. Suite 100, Sacramento, CA 95834 (916) 779-7656</li> </ul>	<ul style="list-style-type: none"> <li>• Accepts private insurance, Medi-Cal, income-based scale (uninsured)</li> <li>• Appointments only, no walk-in services available</li> <li>• Clinic hours Mon – Fri 8:00 am – 5:00 pm (closed for lunch 12-1)</li> </ul>
<p><b>Planned Parenthood</b> <a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a> (877) 855-7526 (main)</p> <ul style="list-style-type: none"> <li>• 5700 Watt Ave., North Highlands, CA 95660</li> <li>• 201 29<sup>th</sup> St. Suite B, Sacramento, CA 95816</li> </ul>	<ul style="list-style-type: none"> <li>• Accepts private insurance, Medi-Cal, special programs for uninsured – depending on services.</li> <li>• Appointments preferred</li> <li>• Walk-ins based on availability</li> <li>• Clinic hours 8:00 am – 4:30 pm (Hours vary. Call to confirm)</li> </ul>
<p><b>Sacramento Community Clinic</b> <a href="http://www.halocares.org">www.halocares.org</a></p> <ul style="list-style-type: none"> <li>• 2200 Del Paso Blvd., Sacramento, CA 95815 (916) 642-1867 (includes dental, 2138 Del Paso Blvd)</li> <li>• 7275 E. Southgate Dr. Suite 204 Sacramento, CA 95823 (916) 642-1867 (includes dental, Suite 106))</li> </ul>	<ul style="list-style-type: none"> <li>• Accepts Medi-Cal, uninsured</li> <li>• Appointments preferred</li> <li>• Walk-ins from 8:30-10:30 am, 1:30-3:30 pm (walk-ins are not guaranteed to be seen)</li> <li>• Clinic hours Mon – Fri 8:00 am – 5:00 pm (closed for lunch at 12 pm – 1:30 pm)</li> </ul>
<p><b>Sacramento County Immunization Clinic</b></p> <ul style="list-style-type: none"> <li>• 4600 Broadway Suite 1300, Sacramento, CA 95820 (916) 875-7468</li> </ul>	<ul style="list-style-type: none"> <li>• Accepts Medi-Cal and uninsured.</li> <li>• Appointments only. No walk-Ins.</li> <li>• Appointments available every other Friday.</li> <li>• Clinic hours Mon – Fri 8:00 am – 4:30 pm</li> </ul>
<p><b>Sacramento Native American Health Center (SNAHC)</b> <a href="http://www.SNAHC.org">www.SNAHC.org</a></p> <ul style="list-style-type: none"> <li>• 2020 J street, Sacramento, CA 95811 (916) 341-0575</li> </ul>	<ul style="list-style-type: none"> <li>• Income-based scale for uninsured</li> <li>• Appointments only.</li> <li>• No urgent care.</li> <li>• M-Th 8:00 am – 5:00 pm (closed 12-1 for lunch)</li> </ul>
<p><b>San Lucas Pediatric Clinic</b> <a href="http://www.sanlucaspeds.com">www.sanlucaspeds.com</a></p> <ul style="list-style-type: none"> <li>• 4100 E. Commerce Way Suite 100, Sacramento, CA 95834 (916) 575-9090</li> </ul>	<ul style="list-style-type: none"> <li>• Accepts Medi-Cal, private insurance</li> <li>• Appointments only</li> <li>• Mon.-Thursday. 8:30 am – 5:30 pm. Friday 8:30 am - 5:00 pm</li> </ul>
<p><b>WellSpace Health</b> <a href="http://www.wellspacehealth.org">www.wellspacehealth.org</a> (916) 737- 5555 (all clinics)</p> <ul style="list-style-type: none"> <li>• 2433 Marconi Avenue, Sacramento, CA 95821</li> <li>• 3441 Marysville Blvd., Sacramento, CA, 95838</li> <li>• 6015 Watt Ave., Suite 2, North Highlands, CA 95660</li> <li>• 5959 Greenback Ln. Suite 500, Citrus Heights, CA 95621</li> <li>• 3946 Norwood Ave, Sacramento, CA 95838</li> </ul>	<ul style="list-style-type: none"> <li>• Accepts Medi-Cal, no insurance (sliding scale).</li> <li>• Appointments preferred.</li> <li>• Walk-ins welcome</li> <li>• Clinic hours Mon. – Fri. 8:00 am – 5:00 pm (closed for lunch 1-2)</li> </ul>
<p><b>Local Pharmacies</b> including Rite Aid, Walmart, CVS...etc.</p>	<ul style="list-style-type: none"> <li>• Costs vary for an individual immunization. Call pharmacy for more information.</li> </ul>

## HEALTH CLINICS, SERVICES, MEDI-CAL INFO

### **African American Perinatal Health**

**Program** <https://dhs.saccounty.gov/PUB/Pages/African-American-Perinatal-Health-Program/SP-AfricanAmerican-Perinatal-Health-Program.aspx>

**(916) 875-2229** Free program offered by Sac County to improve birth outcomes for African American women by providing health nurse home visits.

### **Loaves & Fishes - Mercy Clinic**

1321 North C St.  
Sacramento 95811  
[www.sacloaves.org](http://www.sacloaves.org)

**(916) 874-2811** Primary care and urgent care clinic. Drop in appointments. Call for more details.

### **Nurse Family Partnership**

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

**(844) 637-6667** A free program to support first-time mothers and their babies. Call for more details.

### **Sacramento County Health Center**

4600 Broadway, Sacramento 95820  
<https://dhs.saccounty.gov/PRI/Pages/Health%20Center/GI-Sacramento-County-Health-Center.aspx>

**(916) 874-9670** Adult and pediatric primary care, and mental health counseling. Medi-Cal and Medicare excepted. Sliding fee scale, income restrictions apply.



*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** (call for info. and qualifications)  
[www.benefitscal.com](http://www.benefitscal.com)

**(800) 560-0976**

### **Medi-Cal/Healthy Families**

[www.dhcs.ca.gov](http://www.dhcs.ca.gov)

**(800) 880-5305**

**Denti-Cal** (referral service for dentists who accept Medi-Cal)

[www.dental.dhcs.ca.gov](http://www.dental.dhcs.ca.gov)

**(800) 423-0507**

**(800) 322-6384**

### **Mental Health ACCESS Team-Children**

#### **ACCESS Team-Adults**

(Info & referrals mental health service.

Must be Medi-Cal eligible.)

<https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx>

**(916) 875-1055**

**(888) 881-4881**

## **FINDING 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) at **(916) 875-7151**. You will receive personal assistance Monday through Friday between 8:00am and 5:00pm.

<https://www.dhcs.ca.gov/services/chdp>

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

## PARENT RESOURCES

(Free or Low Cost)

- Alta California Regional Center** (916) 978-6400 Serving individuals with developmental disabilities and their families by helping to make use of essential public and private services to meet their individual needs.  
[www.altaregional.org](http://www.altaregional.org)
- Area 4 Agency on Aging** (916) 486-1876 Coordinates and develops services for seniors 60 and older.  
Coordinates and develops services for seniors 60 and older.
- Birth and Beyond - Mutual Assistance Network Arcade Community Center** (916) 514-8096 Offers a variety of free programs to families and children up to 18. Parent workshops and classes, crisis intervention, school readiness, black infant health, anger management, parent support groups and more. Please call for more information.  
2427 Marconi Ave., #101, Sacramento 95821  
<https://www.mutualassistance.org/>
- Birth and Beyond Family Resource Center - Mutual Assistance Network - Firehouse Community Center** (916) 567-9537  
810 Grand Ave., Sacramento 95838  
Also has offices in 95821 & 95815  
[www.mutualassistance.org](http://www.mutualassistance.org)
- Birth and Beyond - North Sacramento Family Resource Center** (916) 679-3743  
2469 Rio Linda Blvd., Suite B  
Sacramento 95815  
[www.northsacfrc.org](http://www.northsacfrc.org)
- Birth and Beyond Family Resource Center - Well Space Health** (916) 737-7555  
6015 Watt Ave., North Highlands 95660
- Black Child Legacy Campaign - Foothill Farms/North Highlands - Liberty Towers/ Impact Sac** (916) 339-3515  
5132 Elkhorn Blvd., Sacramento 95842 (916) 410-9770  
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.
- Black Child Legacy Campaign - Del Paso Heights & North Sacramento -Roberts Family Development Center - Great Sacramento Urban League** (916) 646-6631  
3725 Marysville Blvd. #203 Sacramento 95838 (916) 286-8600  
[www.blackchildlegacy.org](http://www.blackchildlegacy.org)
- Center For Fathers and Families** (916) 568-3237 Responding to the needs of fathers and their families by offering programs and services that lead to growth, enrichment and empowerment.  
920 Del Paso Blvd., Sacramento 95815  
[www.cffsacramento.org](http://www.cffsacramento.org)

**PARENT RESOURCES**  
(Free or Low Cost)

- Help Me Grow Sacramento** (916) 822-8744 Free developmental screenings to help assess children, birth through age 5.  
<https://www.helpmegrowsac.org/screenings>
- Sacramento Crisis Nursery** South Nursery (916) 394-2000 A family strengthening program where parents can bring their children ages 0-5 to one of our nurseries for emergency childcare services or overnight care during difficult times.  
[www.kidshome.org](http://www.kidshome.org)
- North Nursery (916) 679-3600
- National Parent Helpline** (855) 427-2736 24-hour support line providing emotional support, information, and resources.  
[www.nationalparenthelpline.org/](http://www.nationalparenthelpline.org/)

- Neighborhood Wellness Foundation** 3805 Clay Street, Sacramento 95838 <https://neighborhoodwellness.org/> Our programs and services address social, economic, academic, and health inequities to reduce barriers of adversity. Please visit website to learn more about the programs that are offered.
- Sacramento Food Bank & Family Services** Free diapers, low cost immigration legal support. Please visit the websites listed.  
<https://www.sacramentofoodbank.org/diapers>  
<https://www.sacramentofoodbank.org/immigration>

**COUNSELING, SUPPORT, THERAPY**

- Abiding Hope Respite House** (916) 287-4860 Offers a 7 to 14-day respite facility for individuals 18 years of age and older who are experiencing a behavioral health crisis, as an alternative to an emergency dept. visit or psychiatric hospitalization. Case management and crisis intervention . Call for more details.  
**Turning Point Community Programs**  
[www.tpcp.org/programs/abiding-hope](http://www.tpcp.org/programs/abiding-hope)
- Behavioral Health Care - Elica Health** (916) 454-2345 Offers comprehensive behavioral health services provided by psychiatrists, psychologist and counselors. Please call for more information.  
 - 4815 Watt Ave., North Highlands 95660  
 - 3234 Marysville Blvd. Sacramento 95815
- Care Solace** (888) 515-0595 Connecting students with providers that treat mental health and substance use disorders in minutes. Help available 24/7 via phone, email or video chat.  
[www.caresolace.com/site/trusd](http://www.caresolace.com/site/trusd)

## COUNSELING, SUPPORT, THERAPY

### **Heartland Child and Family Services**

- 2829 Watt Ave. Ste. 200 Sacramento 95821 **(916) 418-0828**  
- 811 Grand Ave. Ste. D Sacramento 95838 **(916) 922-9868**  
<https://doingwhateverittakes.org/>

Mental Health & Counseling Support ages 3 through 21.

### **La Familia Counseling Center**

3301 37th Ave., Sacramento 95824  
<http://www.lafcc.org/>

**(916) 210-8773**

One to one counseling, crisis intervention, and supportive services to youth(ages birth-21) and their families.

### **Life Practice Counseling Group**

3820 Auburn Blvd., Unit 100  
Sacramento, Ca 95821

**(916) 300-6576**

Affordable and low cost counseling based on monthly income. Call for more details.

### **Mental Health Urgent Care Clinic**

2130 Stockton Blvd., Bld.300  
Sacramento 95817

**(916) 520-2460**

<https://www.tpcp.org/program/urgent-care/>

Walk-in clinic

Welcomes anyone experiencing mental health distress regardless of age or ability to pay. Call for hours and details before visit.

### **Mindsets Counseling and Coaching Center (916) 753-4479**

225 30th Street, Suite 306  
Sacramento 95816

Provides affordable psychotherapy and counseling to individuals, couples, families, and children. Accepts Medi-cal, most insurances and offers a sliding scale fee depending on eligibility. Call for more information.

### **Muslim American Society, Social Services Foundation -Mental Health and Support Services**

3820 Auburn Blvd., Suite 83  
Sacramento 95821  
<https://mas-ssf.org/>

Offers Social services with a focus on mental health.

### **National Parent Hotline**

<https://www.thehotline.org/>

(800) 799-SAFE  
or  
text START to  
88788

24/7 Support Line - support, information, and resources.



COUNSELING, SUPPORT,  
THERAPY

**One Community Health-Behavioral Health Services**

**(916) 443-3299** Behavioral health and substance abuse services. Offer sliding scale fee for patients not covered by insurance or part of the Medi-Cal program.

**Overcomers Program**

<https://overcomersprogram.org/>

**Women (916)  
924-3113**

Drug and Alcohol Recovery Program for women and men.

**Men (916)  
920-3082**

**Pacific Clinic**

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

**(877) 722-2737**

Offers a full range of mental and behavioral health services.

**Sierra Mental Wellness Group - Counseling Services**

406 Sunrise Blvd., Suite 300, Roseville 95661

<https://sierramentallowellness.org/>

**(916) 783-9145**

Affordable, professional counseling services to individuals, groups and families in Sacramento and Placer counties. Fees are based on a sliding scale. Call for more information.

**Stanford Settlement Neighborhood Center**

450 W. El Camino Ave. Sacramento 95833 - private, non-profit social service agency serving residents of zip codes 95815, 95833, 95834, 95835, & 95838  
[www.stanfordsettlement.org](http://www.stanfordsettlement.org)

**(916) 927-1303**

Children's Program: For students in K-6th grade, After School Groups and Summer Day Camp programs, focus on socio-emotional support. Includes supportive services to participants and their families.  
Teen Center: For youth 7th-12th grades, under the age of 18. Drop-in center, group activities, and supportive services to help youth stay in school and out of trouble.  
Senior Center: For older adults ages 50+, providing transportation, nutrition, and wellness activities so that seniors remain healthy and independent.  
Other services: Christmas baskets, Covid-19 vaccines & testing, emergency assistance.

**USC Telehealth - Online Counseling Services**

**(800) 740-6502**

Provides professional counseling and therapy services for California residents via video conferencing. 60 minute sessions are provided on a weekly basis for 8 weeks total. Low income and uninsured clients are given priority. Ages 12 and above. No fee. Call for more details.

COUNSELING, SUPPORT,  
THERAPY

**Wayfinder Family Services -  
Mental Health Services**

[https://www.wayfinderfamily.org/program/  
mental-health-services](https://www.wayfinderfamily.org/program/mental-health-services)

**(916) 923-5444**

Ensures that children, youth and adults facing challenges always have a place to turn. Wide variety of resources offered to support families. Call for more details

**WEAVE**

<https://www.weaveinc.org/teens>

<https://www.weaveinc.org/get-help>

**(916) 920-2952**

Teen dating violence and domestic violence education. Group and individual counseling for teens 14 and older and adults. Please call or visit website for more support and information.

**LEGAL AID / CLINICS**



**Family Justice Center** (916) 875-4673

**Call for details**

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

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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.

**Family Law / Self Help Center** (916) 875-3400

Superior Court of California  
3341 Power Inn Rd.  
Sacramento 95826  
[www.saccourt.ca.gov/family/self-help-center.aspx](http://www.saccourt.ca.gov/family/self-help-center.aspx)

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** NA  
[www.lawhelpca.org](http://www.lawhelpca.org)

Find legal aid and self-help resources.

**Pacific McGeorge School of Law** (916) 739-7191

2925 34<sup>th</sup> St.  
Sacramento 95817  
[www.mcgeorge.edu/](http://www.mcgeorge.edu/)

Provides legal services to those who cannot afford them. Please call for more information.

**Senior Legal Hotline** (916) 551-2150

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

(866) 815-5990

For seniors age 60+. Free legal advice, education and outreach on a variety of civil issues.

**Victim-Witness Assistance Program** (916) 874-5701

901 G St.  
Sacramento 95814  
[www.sacda.org/victim-services/victim-witness-assistance-program](http://www.sacda.org/victim-services/victim-witness-assistance-program)

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**

<b>AMTRAK</b> <a href="http://www.amtrak.com/stations/sac">www.amtrak.com/stations/sac</a>  <a href="http://www.amtrak.com/stations/rsv">www.amtrak.com/stations/rsv</a>	<b>(800)-872-7245</b>	401 I St., Sacramento 95814  201 Pacific St., Roseville 95678
<b>Greyhound Bus Lines</b> <a href="https://www.greyhound.com/">https://www.greyhound.com/</a>	<b>(800)-231-2222</b>	420 Richards Blvd., Sac 95811  201 Pacific St., Roseville 95678
<b>ParaTransit</b> (for disabled individuals and seniors aged 75+) <a href="http://www.paratransit.org">www.paratransit.org</a>	<b>(916) 429-2009</b>	2501 Florin Rd, Sacramento, Ca 95822
<b>Regional Transit</b> <a href="https://www.sacrt.com/">https://www.sacrt.com/</a>	<b>(916) 321-2877</b>	1225 R St., Sacramento
<b>Sacramento International Airport</b> <a href="http://www.sacramento.aero/smf">www.sacramento.aero/smf</a>	<b>(916) 929-5411</b>	6900 Airport Blvd. Sacramento 95837
<b>Yellow Cab</b> <a href="http://www.sacramentoyellowcabco.com">www.sacramentoyellowcabco.com</a>	<b>(916) 444-2222</b>	

**UTILITY ASSISTANCE PROGRAMS**

<b>Asian Community Center (ARI)</b>	<b>(916) 454-1892</b> <b>(916) 324-6202</b>
<b>EAPR (Energy Assistance Program Rate)</b> <a href="http://www.smud.org">www.smud.org</a>	<b>(888) 742-7683</b>  <b>(916) 567-5200</b>
<b>HEAP (Home Energy Assistance Program)</b> <a href="http://www.communityresourceproject.org">www.communityresourceproject.org</a>	
<b>Pacific Gas &amp; Electric CARE, FERA, and REACH Program</b> <a href="http://www.pge.com">www.pge.com</a>	<b>(877) 660-5789</b>
<b>Salvation Army Utility Assistance Program</b> <a href="http://www.sacramento.salvationarmy.org">www.sacramento.salvationarmy.org</a>	<b>(916) 678-4010</b>

## SCHOOLDISTRICTS

<b>TWIN RIVERS UNIFIED SCHOOL DISTRICT</b> 5115 Dudley Blvd., McClellan 95652	<b>(916) 566-1600</b>	<a href="http://www.trusd.net">www.trusd.net</a>
<b>CENTER UNIFIED SCHOOL DISTRICT</b> 8408 Watt Ave., Antelope 95843	<b>(916) 338-6400</b>	<a href="http://www.centerusd.org">www.centerusd.org</a>
<b>ELVERTA JOINT ELEMENTARY SCHOOL DISTRICT</b> 7900 Eloise Ave., Elverta 95626	<b>(916) 991-2244</b>	<a href="http://www.ejesd.net">www.ejesd.net</a>
<b>NATOMAS UNIFIED SCHOOL DISTRICT</b> 1901 Arena Blvd., Sacramento 95834	<b>(916) 567-5400</b>	<a href="http://www.natomasunified.org">www.natomasunified.org</a>
<b>ROBLA SCHOOL DISTRICT</b> 5248 Rose Street, Sacramento CA 95838	<b>(916) 649-5248</b>	<a href="http://www.robla.k12.ca.us">www.robla.k12.ca.us</a>
<b>SACRAMENTO CITY UNIFIED SCHOOL DISTRICT</b> 5735 47th Ave., Sacramento 95824	<b>(916) 643-7400</b>	<a href="http://www.scusd.edu">www.scusd.edu</a>
<b>SAN JUAN UNIFIED SCHOOL DISTRICT</b> 3738 Walnut Ave., Carmichael 95608	<b>(916) 971-7700</b>	<a href="http://www.sanjuan.edu">www.sanjuan.edu</a>

## PRESCHOOLS and CHILD CARE

<b>BEANSTALK (916) 344-6259 (For Information) CHILD CARE CENTERS</b>	<b>(916) 566-1820</b>	Dry Creek Elementary 1230 G St. Rio Linda 95673
<a href="http://www.beanstalk.ws">www.beanstalk.ws</a>	<b>(916) 566-1660</b>	Regency Park Elementary 5901 Bridgecross Dr. Sacramento 95835
<b>HEAD START (SETA)</b>	<b>(916) 566-1950</b>	Ridgepoint Elementary 4680 Monument Dr. Sacramento 95842
<a href="http://www.headstart.seta.net">www.headstart.seta.net</a>	<b>(916) 563-5125</b>	6015 Watt Ave. #5, North Highlands
<b>TRUSD PRESCHOOL a.m. or p.m. (916) 566-1616</b>	<b>(916) 563-5390</b>	3829 Stephen Dr., North Highlands
<a href="http://www.trusd.net/enrollment">www.trusd.net/enrollment</a>	<b>(916) 563-5360</b>	5665 Hillside Blvd. # 4, Sacramento
	<b>(916) 563-5350</b>	5249 Elkhorn Blvd., Sacto CA 95842
	<b>(916) 566-3420</b>	Castori Elementary 1801 South Ave., Sacto CA 95838
	<b>(916) 566-3425</b>	Del Paso Elementary 590 Morey Ave., Sacto CA 95838
	<b>(916) 566-3460</b>	Garden Valley Elementary 3601 Larchwood Dr., Sacto 95834
	<b>(916) 566-3475</b>	Hagginwood Elementary 1418 Palo Verde Ave., Sacto 95815
	<b>(916) 566-1880</b>	F.C. Joyce Elementary 6050 Watt Ave., N.H. CA 95660
	<b>(916) 566-1850</b>	Kohler Elementary 4004 Bruce Way, N.H. CA 95660
	<b>(916) 566-2700</b>	Las Palmas Elementary 477 Las Palmas Ave., Sacto CA 95815

**PRESCHOOLS and CHILD CARE**

**TRUSD STATE  
PRESCHOOL  
566-1616**

- (916) 566-2705** Northwood Elementary  
2630 Taft. St., Sacramento 95815
- (916) 566-1910** Orchard Elementary  
1040 Q St., Rio Linda 95673
- (916) 566-1960** Sierra View Elementary  
3638 Bainbridge Dr., N.H. 95660
- (916) 566-2740** Smythe Elementary  
2781 Northgate Blvd., Sacto 95833
- (916) 566-2745** Strauch Elementary  
3141 Northstead Dr., Sacto 95833
- (916) 566-2755** Woodlake Elementary  
700 Southgate Rd., Sacto 95815
- (916) 566-1670** Woodridge Elementary  
5761 Brett Dr., Sacto 95842

**TRUSD FULL-DAY  
PRESCHOOL 566-1616**

- (916) 566-3415** Babcock Elementary  
2400 Cormorant Way, Sacto 95815
- (916) 566-1850** Kohler Elementary  
4004 Bruce Way, N.H. CA 95660
- (916) 566-1900** Madison Elementary  
5241 Harrison St., N.H. CA 95660
- (916) 566-2700** Las Palmas Elementary  
477 Las Palmas Ave., Sacto 95815
- (916) 566-2705** Northwood Elementary  
2630 Taft. St., Sacto 95815
- (916) 566-2715** Pacific High  
6560 Melrose Dr., N.H. 95660

**TRUSD Pacific (Infant \Toddler Only)**

- (916) 566-2740** Smythe Elementary  
2781 Northgate Blvd., Sacto 95833
- (916) 566-2745** Strauch Elementary  
3141 Northstead Dr., Sacto 95833
- (916) 566-1980** Vineland Preschool  
6450 20th St., Rio Linda 95673
- (916) 566-1670** Woodridge Elementary  
5761 Brett Dr., Sacto 95842

**TRUSD HEADSTART/EARLY  
HEADSTART**

- (916) 566-3485** Morey Ave.  
155 Morey Ave., Sacto 95838
- (916) 566-3485** Rio Linda Pre School  
631 L St., Rio Linda 95673
- (916) 566-1910** Oakdale Elementary  
3708 Myrtle Ave., N.H. 95660
- (916) 566-1970** Village Elementary  
6845 Larchmont Dr., N.H. 95660

**CHILD ACTION**  
<https://wp.childaction.org>

- (916) 369-0191** Free child care information and referrals to child care centers, family day care homes, nursery schools, and before and after-school programs.

**TrustLine Registry Program**  
<https://www.cdss.ca.gov/inforesources/calworks-child-care/trustline-background-check>

- (800) 822-8490** TrustLine is California’s registry of in-home child care providers who have been through a criminal background screening and clearance process.

## TUTORING SERVICES

**California Learning Center**  
[www.californialearningcenter.com](http://www.californialearningcenter.com)

**(916) 486-2646** 3400 Cottage Way, Ste. C, Sacramento

**Educational Services by SF Johnson Family & Community Services**

**(916) 710-4146** Virtual tutoring supporting students 2nd through 12th grades. Cost ranges from free to income based.

**Free Online Tutoring - Learn to Be**  
<https://www.learntobe.org/enroll>

One-on-one support, virtual support, tutoring, college readiness, youth development and basic literacy. Please go to website to find out more and apply if interested.

**Paper Tutoring Services**  
<https://www.trusd.net/StudentsFamilies/Student-Services/Paper-Tutoring-Service/index.html>

Online, on-demand tutoring service that provides students with unlimited, 24/7 academic support.

Sacramento Public Library - Adult Literacy  
<https://www.saclibrary.org/Education/Adult-Education/Adult-Literacy>

**(916) 264-5032** Free one-on-one tutoring program, available to Sac. county residents 18 and older, or 16 and older and not still in school.

## MENTORING PROGRAMS

**AgingUP**

**(916) 265-4032** A mentorship program that empowers youth with foster care experience to successfully transition into adulthood.

**Big Brothers/Big Sisters**  
[www.bbbs-sac.org](http://www.bbbs-sac.org)

**(916) 646-9300** A preventive service providing children from single parent families with individualized and continuing friendship of a mature, trained adult volunteer.

**Peer to Peer Cancer Mentorship -Imerman Angels**  
<https://imermanangels.org/>

Free mentorship that enables 1-on-1 support among cancer fighters, survivors and caregivers. All ages are eligible. Please visit website for more information.

**Pro Youth and Families**  
[www.proyouthandfamilies.org](http://www.proyouthandfamilies.org)

**(916) 576-3300** Programs include in school and community-based settings that include advocacy and civic engagement, mentoring and more.

**Sacramento Youth Center**

**(916)248-1081** Mentoring program focuses on self-awareness, goal setting, communication, trust, and life skills for teens and young adults. Call for more information.

**Roberts Family Development Center**  
[www.robertsfdc.org](http://www.robertsfdc.org)

**(916) 646-6631** Mentoring services provide high risk students with one-on-one or small group supports that help them gain new skills, develop social-emotional resiliency, and build positive relationships.

**EMPLOYMENT  
ASSISTANCE AND TRAINING**

<p><b>Asian Community Services (ARI) 5750</b> Sunrise Blvd., Suite 100 Citrus Heights 95610</p>	<p><b>(916) 745-4313</b></p>	<p>Programs that provide a wide range of benefits to the community. From pre-employment skills training to job placement services. Call for details.</p>
<p><b><u>Black Child Legacy Campaign</u></b> <b>Foothill Farms - Liberty Towers/Impact Sac</b> 5132 Elkhorn Blvd. Sacramento 95842 <a href="https://blackchildlegacy.org/neighborhoods/foothillfarms-northhighlands/">https://blackchildlegacy.org/neighborhoods/foothillfarms-northhighlands/</a></p>	<p><b>(916) 339-3515</b></p>	<p>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.</p>
<p><b>Del Paso Heights &amp; North Sacramento - Roberts Family</b> Development Center/The Greater Sacramento Urban League 3725 Marysville Blvd., RM 203 Sacramento 95838 <a href="https://robertsfdc.org/black-child-legacy-campaign/">https://robertsfdc.org/black-child-legacy-campaign/</a></p>	<p><b>(916) 646-6631</b> <b>(916) 286-8687</b></p>	
<p><b>Greater Sacramento Urban League</b> 3725 Marysville Blvd. Sacramento 95838 <a href="http://www.gsul.org">www.gsul.org</a></p>	<p><b>(916) 286-8600</b></p>	<p>Job training, career counseling, professional development workshops, occupational training and job placement support for young adults ages 16-24.</p>
<p><b>North State Building Industry-Build Strong Academy of Greater Sacramento</b> 9332 Tech Center Drive Sacramento 95826 <a href="https://www.bia workforce.com/">https://www.bia workforce.com/</a></p>	<p><b>(916) 677-5717</b></p>	<p>Offers a tuition free-career path for jobs in the construction industry. Includes job placement, mentoring, and ongoing support. Go to website for more information and to apply.</p>
<p><b>Pride Industries</b> <b>10030 Foothills Blvd.</b> <b>Roseville 95747</b> <a href="http://www.prideindustries.com">www.prideindustries.com</a></p>	<p><b>(844) 426-2253</b></p>	<p>Provide programs for employment for people with disabilities. Job training, job placement, on the job coaching and skills development for independent living.</p>
<p><b>SETA Sacramento Works/American Job Center</b> 5655 Hillsdale Blvd., Ste.8 Sacramento 95842</p>	<p><b>(916)263-4100</b></p>	<p>Offers a variety of employment and training assistance and serve a range of clients including veterans, youth, laid-off workers, and employers.</p>
<p><b>Sacramento Job Corps</b> <a href="https://sacramento.jobcorps.gov/">https://sacramento.jobcorps.gov/</a></p>		<p>Offers career training in a variety of industries. Age requirement is 16-24. Please see website for more information.</p>
<p><b>Twin Rivers Adult School</b> 5703 Skvarla Ave. McClellan 95652 <a href="http://www.tras.edu">www.tras.edu</a></p>	<p><b>(916) 566-2785</b></p>	<p>Free classes in adult basic education, High School diploma and GED preparation, construction training, ESL classes and citizenship preparedness.</p>
<p><b>Women's Empowerment</b> 1590 North A St. Sacramento, 95811 <a href="http://www.womens-empowerment.org">www.womens-empowerment.org</a></p>	<p><b>(916) 669-2307</b></p>	<p>Job readiness and empowerment program for women experiencing homelessness or at-risk of homelessness.</p>



## PARKS AND RECREATION

- Arcade Creek Recreation & Park District** (916) 482-8377 Offers classes, workshops and programs  
4855 Hamilton St.  
Sacramento 95841  
[www.acrpd.com](http://www.acrpd.com)
- City of Sacramento Park & Recreation** (916) 808-5200 Offer hundreds of classes, workshops and programs at sites throughout the city.  
915 I St., 5th Floor  
Sacramento 95814  
[www.cityofsacramento.org/ParksandRec](http://www.cityofsacramento.org/ParksandRec)
- Gibson Ranch** (916) 875-7275 A spacious ranch setting in a County park. Children see horses, llamas, ducks, geese, goats and many other animals.  
8556 Gibson Ranch Rd.  
Elverta 95626  
<https://regionalparks.saccounty.gov/Parks/RegionalParksDetails/Pages/GibsonRanch.aspx>
- Mutual Assistance Network** (916) 567-9567 Serves the Del Paso Heights community. A safe place with many programs geared to meet the needs of the surrounding community.  
811 Grand Ave #A3  
Sacramento 95838  
[www.mutualassistance.org](http://www.mutualassistance.org)
- North Highlands Recreation & Park District** (916) 332-7440 Offers classes, workshops and programs  
6040 Watt Ave.  
North Highlands 95660  
[www.nhrpd.org](http://www.nhrpd.org)
- Rio Linda/Elverta Recreation & Park District** (916) 991-5929 Offers classes, workshops and programs  
810 Oak Ln.  
Rio Linda, 95673  
[www.rleparks.com](http://www.rleparks.com)
- Sunrise Recreation & Park District** (916) 725-1585 Offers classes, workshops and sports programs.  
7801 Auburn Blvd.  
<https://www.sunriseparks.com/>

## LIBRARIES

- Del Paso Heights** (916) 264-2920 Call for hours of operation  
920 Grand Ave.  
Sacramento 95838  
[www.saclibrary.org/Locations/Del-Paso-Heights](http://www.saclibrary.org/Locations/Del-Paso-Heights)
- No. Highlands-Antelope Library** (916) 264-2920 Call for hours of operation  
4235 Antelope Rd., Antelope 95843  
[www.saclibrary.org/Locations/North-Highlands-Antelope](http://www.saclibrary.org/Locations/North-Highlands-Antelope)
- North Sacramento-Hagginwood Library** (916) 264-2920 Call for hours of operation  
2109 Del Paso Blvd., Sacramento 95815  
[www.saclibrary.org/Locations/North-Sacramento-Hagginwood](http://www.saclibrary.org/Locations/North-Sacramento-Hagginwood)
- Rio Linda Neighborhood Library** (916) 264-2920 Call for hours of operation  
6724 6th St.  
Rio Linda 95673  
[www.saclibrary.org/Locations/Rio-Linda](http://www.saclibrary.org/Locations/Rio-Linda)

<https://www.saclibrary.org/Locations>

- Dial-A-Story** (English) 24-hour access line (916) 441-1234 Recorded short stories for children. Ages 3-6.