

# 2023—2024 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 **(916) 498-1000 or 211** for more options.

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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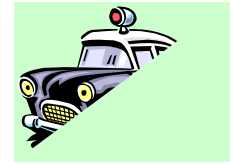
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*All phone numbers listed are in the (916) area code  
Unless otherwise indicated.*

## EMERGENCY PHONE NUMBERS

### Police, Sheriff, Fire, Ambulance

911



### Twin Rivers USD Police

(916) 566-2777

### Adult Protective Services

(916) 874-9377

### Child Abuse Bureau (Sac County Sheriff)

(916) 874-5191

### Child Find Hotline

(800) IAMLOST (426-5678)

### Child Protective Services (CPS)

(916) 875-KIDS (5437)

### County Mental Health Crisis Line (24 hour)

(888) 881-4881 or (916) 875-1055

### Crisis Nursery (Help for Parents/Families in Crisis)

(916) 394-2000 (Pasadena Ave.)

(916) 679-3600 (Land Park Dr.)

### National Runaway Switchboard

(800) RUNAWAY (786-2929)

### National Suicide Prevention Lifeline

1-800-273-TALK (8255) [24/7 Hotline]

1-888-628-9454 (Spanish)

### Poison Control Center

(800) 222-1222

### Pregnancy Hotline

(916) 451-2273

### Speech to Speech (Assistive Communication Service)

711

### Suicide Prevention Crisis Line

(916) 368-3111

### Crisis Text Line

741741

### WEAVE Hotline (Domestic abuse)

(916) 920-2952

### Well Space - Parent Support Line (Crisis)

(888) 281-3000

### Wind Youth Services (Teenagers) 24 hour shelter line

(916) 628-1492

## NON-EMERGENCY PHONE NUMBERS

### InfoLine Sacramento

(916) 498-1000 or 2-1-1

### Access Child and Adult

(916) 875-1055

### Alcoholics Anonymous

(916) 454-1100

### Al-Anon / Alateen (Family/friend of alcoholic) Info Line

(916) 334-2970

### California Smokers' Helpline Want to Quit Smoking?

(800) NOBUTTS (662-8887)

### Child Abuse Prevention Council

(916) 244-1900

### Nar-Anon (Family/friend of substance abuser) Info Line

(800) 477-6291 (nar-anon.org)

### Narcotics Anonymous

(877) 623-6363

### Sheriff Non-emergency

(916) 874-5115

### Victim / Witness Center

(916) 874-5701

### WEAVE (Domestic Violence)

(916) 448-2321

### Wind Youth Services

(916) 561-4900



## FOOD RESOURCES



### **Cal Fresh**

Dept. of Human Assistance  
1725 28th St.  
Sacramento 98516

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

**(916) 874-3100** Low income families, most languages, CALWORKS, general assistance, and non-assistance food stamp continuation services.

### **Carmichael Food Closet**

5645 Marconi Ave.  
Carmichael, CA 95608

[www.carmichaelpres.org/community-care](http://www.carmichaelpres.org/community-care)

**(916) 483-9232** Open M/T/Th/Fri. Call in food orders between 10:00 am and 12:00 pm. Pick up food orders between 1:30 pm and 2:00 pm. Serving zip codes in Sacramento County. Photo ID and proof of address required.

### **Grace House**

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

**(916) 470-0408** Call for information and details

A faith-based recovery program for adult men and women.

### **Loaves & Fishes**

Dinning Room  
1321 North C St. Sacramento 95811

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

**(916) 446-0874** Monday-Friday 11:30 am—1:00 pm  
Saturday and Sunday 11:00 am—12:30 pm

### **Mary House**

1351 North C St.  
Sacramento 95811

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

**(916) 637-2450** Call for details

### **Orangevale - Fair Oaks Food Bank**

6483 Main Avenue  
Orangevale, CA, United States, 95662

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

**(916) 238-8868** Food Pantry: Any family residing in Sacramento County will be eligible to receive groceries. Call for required documents.

## FOOD RESOURCES

**Rio Linda/Elverta Food Closet**  
151 Delano Ave.  
Elverta 95626

**(916) 836-1037** One food basket per month. ID & proof of residency and income are required.  
T/Th 9:30 —11:30 am.  
Serves residents of Rio Linda & Elverta

**River City Food Bank**  
1800 28th St.  
Sacramento 95816 &  
2300 Edison Ave.  
Sacramento, CA 95821  
[www.rivercityfoodbank.org](http://www.rivercityfoodbank.org)

**(916) 446-2627** **Food Distribution Hours:** Midtown: T–Th: 10:30a.m.–1:30p.m. Arden Arcade: Fri/Sat 10:30a.m.–1:30p.m.

**Sacramento Food Bank & Family Services**  
[www.sacramentofoodbank.org](http://www.sacramentofoodbank.org)

**(916) 456-1980** Call for hours & locations.  
Must provide photo ID & proof of address.  
Produce for all.

**Union Gospel Mission**  
400 North Bannon St.  
Sacramento 95811  
[www.ugmsac.com](http://www.ugmsac.com)

**(916) 447-3268** Dinner served nightly starting at 7:30 pm.  
  
Food donations:  
Pick up order on T/TH.  
Call on M/W for scheduling details.  
Must provide photo ID & proof of address

**WIC**  
811 Grand Ave., #1  
Sacramento 95838  
<https://dhs.saccounty.gov/PUB/WIC/Pages/Women-Infants-and-Children-Home.aspx>

**(916) 876-5000** Women, Infants and Children Program provides food for pregnant and nursing mothers. Infants and children under 5  
Call for 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.
- Food Bank & Family Services**  
3333 Third Ave.  
Sacramento 95817  
[www.sacramentofoodbank.org](http://www.sacramentofoodbank.org)  
**(916) 456-1980** T/F - 10 am to 1 pm  
Wed. 4 pm to 7 pm  
Limited to once, monthly. Free.
- Francis House Center - A Program of Next Move**  
1422 C Street  
Sacramento 95814  
**916-443-2646** Distribution Hours: Monday, Tuesday, Thursday, and Friday 9 am - noon; Must have ID.
- Union Gospel Mission**  
400 North Bannon St.  
Sacramento 95815  
[www.ugmsac.com](http://www.ugmsac.com)  
**(916) 447-3268** Call for Information and Details  
Men, Women and Children's clothing T/TH at 9 am.

## 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  
[www.pacificthriftstore.com](http://www.pacificthriftstore.com)  
**(916) 514-0154**

**LOW INCOME  
HOUSING**

<p><b>Family Promise</b> <a href="http://www.familypromisesacramentoca.org">www.familypromisesacramentoca.org</a></p>	<p><b>(916) 443-3107</b></p>	<p>Provides assistance in seeking affordable or income based housing.</p>
<p><b>Mercy Housing of Sacramento</b> <a href="http://www.mercyhousing.org">www.mercyhousing.org</a></p>	<p><b>(916) 414-4400</b></p>	<p>Call for availability status and information about the program.</p>
<p><b>Mutual Housing California</b> 3321 Power Inn Rd. Ste. 320 Sacramento 95826 <a href="http://www.mutualhousing.com">www.mutualhousing.com</a></p>	<p><b>(916) 453-8400</b></p>	<p>Provides assistance in seeking affordable or income based housing.</p>
<p><b>Sacramento Self Help Housing</b> <a href="http://www.sacramentostepsforward.org/partners/sacramento-self-help-housing">www.sacramentostepsforward.org/partners/sacramento-self-help-housing</a></p>	<p><b>(916) 341-0593</b></p>	<p>Assists persons who are homeless or at risk of becoming homeless to find and retain stable and affordable housing.</p>
<p><b>Salvation Army</b> <u>Rental Assistance Program</u> <a href="http://www.financialhelpresources.com">www.financialhelpresources.com</a></p>	<p><b>(916) 678-4010</b></p>	<p>Mus/t have a 3 day pay or quit notice &amp; be on rental agreement. Monday 9-11 am. &amp; 1-4 pm. Call for details</p>
<p><b>SHRA</b> (Sacramento Housing &amp; Redevelopment) <a href="http://www.shra.org">www.shra.org</a> <a href="http://www.sacwaitlist.com/dashboard">www.sacwaitlist.com/dashboard</a></p>	<p><b>(916) 444-9210</b></p>	<p>Housing Choice Vouchers (formerly Section 8). Call for information. Along with additional housing programs.</p>
<p><b>YWCA</b> 1122 17th St. Sacramento 95811 <a href="http://www.ywcaccc.org">www.ywcaccc.org</a></p>	<p><b>(916) 800-9773</b> <b>(925) 372-4213</b></p>	<p>Low-income women’s residency program. Rooms for rent. No children. Walk-in to apply. Possible waiting list.</p>



**EMERGENCY HOUSING /  
SHELTERS**

<p><b>Family Shelter—VOA</b> 470 Bannon St. Sacramento 95811</p>	<p><b>(916) 443-4688</b></p>	<p>Shelter for families with children under 18. Meals, support services, education and job search Info.</p>
<p><b>Francis House/Next Move</b> 1422 C St. Sacramento 95814 <a href="https://www.nextmovesacramento.org/francis-house-center/">https://www.nextmovesacramento.org/francis-house-center/</a></p>	<p><b>(916) 443-2646</b></p>	<p>Call for Details Email: <a href="mailto:info@francishousecenter.org">info@francishousecenter.org</a></p>
<p><b>Friendship Park</b> 1321 North C Street Sacramento</p>	<p><b>(916) 443-7378</b></p>	<p>To go breakfast, recreation activities, phones, library, showers, laundry, and more. Please call for details.</p>
<p><b>Loaves &amp; Fishes</b> 1351 North C St. Sacramento <a href="http://www.sacloaves.org">www.sacloaves.org</a></p>	<p><b>(916) 446-0874</b></p>	<p>Help to the homeless in finding shelter, food and health care. Walk-in service. Near bus line; light rail; has parking. Hours: 7am-2:00pm</p>
<p><b>Lutheran Social Services</b> 4390 47th Ave. Sacramento 95824  <a href="http://www.lssnorcal.org">www.lssnorcal.org</a></p>	<p><b>(916) 453-2900</b></p>	<p>Housing &amp; case-management services for homeless families and transitional housing programs. Call for details.</p>
<p><b>My Sister's House</b>  <a href="http://www.my-sisters-house.org">www.my-sisters-house.org</a></p>	<p><b>(916) 428-3271</b> 24 hr. line  Multi-lingual</p>	<p>A safe haven for people escaping domestic violence, sexual assault and human trafficking. Call for details.</p>
<p><b>Next Move</b> Family Shelter <a href="http://www.nextmovesacramento.org">www.nextmovesacramento.org</a></p>	<p><b>(916) 454-2120</b> Family Shelter</p>	<p>Call for details.</p>
<p><b>Overcomers Program</b> 671 Plaza Ave. Sacramento 95815</p>	<p><b>Program for Women</b> <b>(916) 924-3113</b></p>	<p>Call for Details about residential programs.</p>
<p>2733 Branch St. Sacramento 95815 <a href="http://www.overcomersprogram.org">www.overcomersprogram.org</a></p>	<p><b>Program for Men</b> <b>(916) 920-3082</b></p>	

**EMERGENCY HOUSING /  
SHELTERS**

**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.

**Salvation Army Shelter**

1200 N. B St.  
Sacramento 95814

[www.sacramento.salvationarmy.org](http://www.sacramento.salvationarmy.org)

**(916) 442-0331**  
(24 hr. line)

Services for homeless veterans, both men and women (18 and over). Must have Kaiser insurance, please call for details.

**St. John's Shelter**

4410 Power Inn Rd.  
Sacramento 95826

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

**(916) 453-1482**  
24 hrs./day  
7 days/week

Shelter for homeless women and children; female children up to age 17. Vocational Shelter (Telephone only, no walk ins.)

**Travelers Aid Emergency**

**Assistance Agency**  
2251 Florin Rd. Suite 124  
Sacramento 95822

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

**(916) 399-9646**

Provides daytime and after-hours emergency assistance to homeless families through motel, food vouchers, rental assistance, SMUD assistance, and case management services. Call for interview; no outside referral needed. 9-4 Monday thru Friday.

**Union Gospel Mission**

400 North Bannon St.  
Sacramento 95811

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

**(916) 447-3268**

Housing for Men only.

**WEAVE  
Safehouse**

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

**(916) 920-2952**  
(24-hour line)

Temporary shelter for victims of rape, sexual assault, sex trafficking, domestic abuse and their children. Provides a safe place to stay, food, clothing, emergency transportation, and social service advocacy. Phone the 24-hour hotline for help.

**WIND Youth Services**

815 S St.  
Sacramento 95811

[www.windyouth.org](http://www.windyouth.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**  
24 hour shelter  
line

Serve ages 18-24 experiencing homelessness.

**Emergency Bridge Housing**

**HOMELESS  
DROP-IN CENTERS**

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

Wednesdays  
 9:00am-12:00pm

Offers a safe space, coffee, food and supplies for unhoused neighbors in North Sacramento area. Walk in, no documents needed and free.

**Sacramento LGBT Community Center-Respite Drop In Center**  
 1015 20th Street  
 Sacramento 95811  
[www.saccenter.org/mental-health](http://www.saccenter.org/mental-health)

**(916) 442-0185**  
  
 Tues and Thurs  
 10:00am to 4 pm

Respite center for LGBT 25 years and older and provides a safe place to rest. Available to those in crisis and would like to decompress or talk with a peer advocate. Access to clean rest rooms, free WiFi and computers. Walk in, free, vaccination card required.

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

**(916) 442-0185**

Supports vulnerable and homeless LGBT youth (ages 13-24). Showers, survival supplies, washer/dryer, clothing closet and more. Vaccination card required. Walk in or email for more details.

**The Respite Center-Midtown HART**  
 1701 L Street  
 Sacramento, Ca 95811  
 2620 Capitol Ave.  
 Sacramento 95816  
[www.hartstogether.org](http://www.hartstogether.org)

Tuesdays  
 9:30am-12:30pm  
  
 Fridays

Drop-in center for guests experiencing homelessness to seek refuge from the weather and rest. Provides snacks, phone charging station and resources. Walk in, no documents needed and free.

[Midtown | HARTs Together](#)

9:30am-12:30pm

**WIND Youth Drop-In Center**  
 815 S Street  
 Sacramento 95811

**(916) 561-4900**  
  
**(916)628-1492**  
 24 hour  
 Youth Hotline

Homeless and runaway youth are given a safe, non-judgmental safe space. Other resources are offered. Ages 12-24 by referral or walk in. No documents needed and free. Call for more details.

## HEALTH CLINICS

<p><b>African American Perinatal Health Program</b></p> <p><a href="https://dhs.saccounty.gov/PUB/Pages/PUB-Home.aspx">https://dhs.saccounty.gov/PUB/Pages/PUB-Home.aspx</a></p>	<p><b>(916) 875-2229</b></p>	<p>Free program offered by Sac County to improve birth outcomes for African American women by providing health nurse home visits.</p>
<p><b>CHDP</b></p> <p>9616 Micron Ave. Ste. 670 Sacramento 95827</p>	<p><b>(916) 875-7151</b></p>	<p>Free physicals &amp; dental for low income children without Medi-Cal. Phone interviews only Monday - Friday 8 am - 5 pm</p>
<p><b>Del Paso Heights Community Health Center</b></p> <p>3441 Marysville Blvd. Sacramento 95838</p> <p><a href="http://www.wellspacehealth.org">www.wellspacehealth.org</a></p>	<p><b>(916) 737-5555</b></p>	<p>Adult Primary Care/Pediatrics</p> <p>Monday - Friday 8 am - 5 pm</p>
<p><b>Medi-Cal</b></p> <p><a href="http://www.medi-cal.ca.gov">www.medi-cal.ca.gov</a></p>	<p><b>(916) 874-2215</b></p>	<p><b>Call for information and qualifications.</b></p>
<p><b>Mercy Clinic</b></p> <p>1321 North C St. Sacramento 95811</p> <p><a href="http://www.sacloaves.org">www.sacloaves.org</a></p>	<p><b>(916) 874-2811</b></p>	<p>Call for details.</p> <p>(Healthcare for the Homeless Program)</p>
<p><b>Nurse Family Partnership</b></p> <p><a href="http://www.nfpmoms.org">www.nfpmoms.org</a></p>	<p><b>(844) 637-6667</b></p>	<p>Free resources for women who are pregnant with their first child. Connect with a registered nurse for support. Referrals for healthcare, child care, job training and more.</p>
<p><b>Primary Health Services</b></p> <p>4600 Broadway., Ste. 1100 Sacramento 95820</p> <p><a href="https://dhs.saccounty.gov">https://dhs.saccounty.gov</a></p>	<p><b>(916) 874-9670</b></p>	<p>Medi-Cal excepted Monday - Friday Appointments only Call for details.</p>
<p><b>Sacramento Community Dental Clinic</b></p> <p>2138 Del Paso Blvd. Sacramento 95815</p>	<p><b>(916) 642-1890</b></p>	<p>Monday - Friday 8 am - 5 pm</p>
<p><b>Sacramento Family Medical Clinic</b></p> <p>3441 Marysville Blvd. Sacramento 95838</p>	<p><b>(916) 563-7200</b></p>	<p>Monday - Friday 8 am - 5 pm</p>



**Clinics Serving the Twin Rivers USD Area**

**Updated June 2023 – 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 (includes dental)</li> <li>• 3701 J Street #201, Sacramento, CA 95816 (includes dental)</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 8:00 am – 3:00 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</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 (916) 332-5715</li> <li>• 201 29<sup>th</sup> St. Suite B, Sacramento, CA 95816 (916) 446-6921</li> </ul>	<ul style="list-style-type: none"> <li>• Accepts private insurance, Medi-Cal, special programs for uninsured</li> <li>• Appointments preferred Walk-ins</li> <li>• Clinic hours 8:00 am – 4:00 pm</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) 924-7988 (includes dental, 2138 Del Paso Blvd)</li> <li>• 7275 E. Southgate Dr. Suite 204 Sacramento, CA 95823 (916) 428-3788 (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</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 – 5:00 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 95841 (916) 341-0575</li> </ul>	<ul style="list-style-type: none"> <li>• Accepts Medi-Cal and uninsured. Medi-Cal: needs an appointment.</li> <li>• No insurance: Walk-Ins only</li> <li>• M-F: 9:30-10:45 am, 12:45- 2:45pm.</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, sliding scale for “uninsured”</li> <li>• Appointments only</li> <li>• Mon.-Fri. 8:30 am – 5:30 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, private and no insurance (sliding scale).</li> <li>• Appointments preferred.</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- usually \$50-\$70 for an individual immunization. Call pharmacy for more information.</li> </ul>

# 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). You will receive personal assistance Monday through Friday between 8:00am and 5:00pm.

Sacramento Co. Dept. of Health & Human Services/CHDP <a href="http://www.saccounty.gov">www.saccounty.gov</a>	916-875-7151
Medi-Cal (call for info. and qualifications) <a href="http://www.medi-cal.ca.gov">www.medi-cal.ca.gov</a>	916-874-2215
Medi-Cal/Healthy Families <a href="http://www.dhcs.ca.gov">www.dhcs.ca.gov</a>	888-747-1222

## **OTHER LOCAL MEDI-CAL PROVIDERS:**

### **Health Clinics:**

Sacramento Family Medical Clinic, Inc.	916-339-2229
Watt Avenue Medi-Cal Clinic <a href="http://www.healthgrades.com">www.healthgrades.com</a>	916-344-8866

### **Counseling:**

ACCESS Team-Children	916-875-1055
ACCESS Team-Adults (Info & referrals mental health service. Must be Medi-Cal eligible.) <a href="https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx">https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx</a>	916-875-1055

Child & Family Institute (Counseling services for abused children, non-offending parents/caretakers, and siblings of abused children.)	916-921-0828
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### **Counseling Services that accept Medi-Cal thru an ACCESS referral:**

WellSpace Health <a href="http://www.wellspacehealth.org">www.wellspacehealth.org</a>	916-368-3080
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### **Dental:**

Denti-Cal (referral service for dentists who accept Medi-Cal) <a href="http://www.dental.dhcs.ca.gov">www.dental.dhcs.ca.gov</a>	800-423-0507
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**Please remember not all Doctors can accept new patients at all times.**



**Here's the good news...**

## **More Children Qualifying for No Cost Health Care**

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 offers many health care advantages:

- No-cost comprehensive health, dental, and vision benefits for children.
- No monthly premiums.
- No co-payments for any benefit.
- Choice of health insurance plans in most major population centers.
- Family property (such as cars or savings) does NOT count toward eligibility.

Convenient mail-in application process.

Documents Needed to Apply:

- Proof of Income (pay stub; signed statement from employer; or copy of income tax return).
- Child's birth certificate or proof of immigration status (if pregnant, this is not needed).

Proof of California Residency

See your school Nurse or Health Assistant; they will have applications and information regarding eligibility and documents required for application process. You can also contact Twin Rivers Unified School District, Student Services office at 916-566-1787 for information.

Let's keep our kids healthy and in school!!! Call us, we can help.



## PARENTING CLASSES / SUPPORT

(Free or Low Cost)

### Area 4 Agency on Aging

Provides links and information on grandparent support groups. Coordinates and develops senior services for seniors 60 and over

[www.agencyonaging4.org](http://www.agencyonaging4.org)

### Black Child Legacy Campaign

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.

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

### Center For Fathers and Families

920 Del Paso Blvd.  
Sacramento 95815

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

### Help Me Grow Sacramento

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

### Mutual Assistance Network

Firehouse Community Center  
810 Grand Ave., Sacramento 95838  
Also has offices in 95821 & 95815

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

### North Sacramento Family Resource Center

2469 Rio Linda Blvd., Suite B  
Sacramento 95815

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

### Pro Youth and Families

Parent concerns with children's behavior, especially regarding the use of drugs and alcohol. Call for details.

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

### Sacramento Crisis Nursery

Counseling and Support Services 24-hours a day.

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

### Sacramento Food Bank—Parenting Classes

Free parenting classes that allows expectant parents, parent and guardians to earn credits that can be exchanged for infant and toddler supplies.

### WellSpace Health

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

(916) 486-1876

### Foothill Farms & North Highlands

Liberty Towers / Impact Sac  
5132 Elkhorn Blvd., Sacto 95842

(916) 339-3515 or (916) 410-9770

### Del Paso Heights & North Sacramento

Roberts Fam. Dev. Ctr.—

Greater Sac. Urban League

3725 Marysville Blvd., # 203 Sacto 95838

(916) 646-6631 or (916) 286-8600

Provides classes and education to strengthen families.

(916) 568-3237

Provide screenings to detect developmental and behavioral delays in children and link them to interventions and services for ages birth to 5, no cost. Contact for additional information.

(916) 822-8744

(916) 567-9567

(916) 927-7694—main office

For grades pre-school and elementary

(916) 679-3743

(916) 576-3300

South Nursery (916) 394-2000

North Nursery (916) 679-3600

(916) 456-1980

(916) 737-5555



**COUNSELING, SUPPORT,  
THERAPY**

**Abiding Hope Respite House  
Turning Point Community Programs**

[www.tpcp.org/programs/abiding-hope](http://www.tpcp.org/programs/abiding-hope)

**(916) 287-4860** Offers a 7 to 14-day respite facility for individuals 18 years of age and older with a psychiatric disability. Case management and other supports offered. Call for more details.

**ACCESS Team-Children & Adults**

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

**(916) 875-1055** Information and referrals mental health services. Must be Medi-Cal eligible.

**Behavioral Health Care-Elica Health Centers**

Locations in the following zip codes:  
95660, 95815, 95816 & 95825

[www.elicahealth.org/behavioral-health](http://www.elicahealth.org/behavioral-health)

**(916) 454-2345** Federally qualified health care center that provides comprehensive behavioral services and more. Sliding scale fee

**Care Solace**

[www.caresolace.com/site/trusd](http://www.caresolace.com/site/trusd)

Email: [WeServe@CareSolace.org](mailto:WeServe@CareSolace.org)

**(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

**Heartland Child and Family Services**

2829 Watt Ave. Ste. 200  
Sacramento 95821

811 Grand Ave. Ste. D  
Sacramento 95838

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

**(916) 418-0828** Mental Health & Counseling Support

**(916) 922-9868**

**La Familia Counseling Center**

5523 34th St.  
Sacramento 95820

3301 37th Ave.  
Sacramento 95824

<https://lafcc.org>

**(916) 452-3601**

**(916) 210-8773**

One to one counseling, crisis intervention, and supportive services to youth (ages birth - 21) and their families. No fee

COUNSELING, SUPPORT,  
THERAPY

**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.

**Lilliput**  
(a part of Wayfinder Family Services)  
8391 Auburn Blvd.  
Citrus Heights 95610

**(916) 923-5444** Kinship Support Services, Family Finding Services, Post Adoption Services, Training and Workshops and Youth Empowerment Services offered.

[Lilliput Families | Change a Child's Future](#)

Call for more details

**MAS-SSF (Mas Social Services)**  
3820 Auburn Blvd., #83  
Sacramento 95821  
[www.mas-ssf.org](http://www.mas-ssf.org)

**(916) 486-8626** Aids families in the Muslim community with social services.

**Mental Health Urgent Care Clinic**  
2130 Stockton Blvd., Bld.300  
Sacramento 95817

**(916) 520-2460** Welcomes anyone experiencing mental health distress regardless of age or ability to pay.  
Walk-in clinic

[Mental Health Urgent Care Clinic \(MHUCC\) - Turning Point | Mental Health Services \(tpcp.org\)](#)

Call for hours and details before visit.

**National Domestic Violence Hotline**

**(800) 799-7233 or text 88788** 24/7 Support Line

**National Parent Helpline**

**(855) 427-2736** 24-hour support line providing emotional support, information, and resources.

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

**National Suicide Prevention Lifeline**

**(800) 273-8255** If you or someone you know is in crisis or considering suicide, call.  
**Or text 988**  
**24 hours**

**Suicide Prevention Crisis Line**

**(916) 368-3111**  
**24 hours**

**Crisis Chat By Text Crisis**

**Text HOPE**  
**to (916) 668-4226**

**Text Line**

**741741**

COUNSELING, SUPPORT,  
THERAPY

**Overcomers Program**

<https://overcomersprogram.org/>

**Women** Drug and Alcohol Recovery Program for women  
(916) 924-3113 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.

**Pro Youth and Families**

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

(916) 576-3300 Addresses the issues of alcohol and drug abuse and violence among youth. Focus on prevention and intervention. No fee.

**Sacramento LGBT  
Community Center**

1015 20th St.

Sacramento 95811

<https://saccenter.org/>

Email: [Info@saccenter.org](mailto:Info@saccenter.org)

(916) 442-0185 Drop In Services for Youth ages 13-24. Calls and Service times M-F 12 pm—6 pm Open 7 days per week. Call for details.

**Sacramento Youth Center**

1901 Del Paso Blvd.

Sacramento, Ca 95815

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

(916) 248-1081 Youth hangout and study space, free Wi-Fi, mentoring and parent resources.

COUNSELING, SUPPORT,  
THERAPY

**Stanford Settlement Neighborhood Center (916) 927-1303**

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)

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.

**Wayfinder Family 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.

[Mental Health Services - Wayfinder Family Services](http://www.wayfinderfamily.org)

Call for more details

**WellSpace Health**

**(916) 737-5555**

Counseling and mental health services for children, adolescents, adults, couples and families.

6015 Watt Ave., Ste. 2  
North Highlands 95660  
**Or**

3946 Norwood Avenue  
Sacramento, Ca 95838

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

Call for further details

**Wind Youth Services**

**(916) 561-4900**

Mental wellness support services offered. Call for more details.

<https://www.windyouth.org>

**Women's Empowerment**

1590 North A St.  
Sacramento, 95811

[www.womens-empowerment.org](http://www.womens-empowerment.org)

**(916) 669-2307**

Job readiness and empowerment program for women experiencing homelessness or at-risk of homelessness.

## LEGAL AID / CLINICS



<b>Family Justice Center</b> <b>Call for details</b> <a href="http://www.hopethriveshere.org">www.hopethriveshere.org</a>	<b>(916) 875-4673</b>	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.
<b>Family Law / Self Help Center</b> Superior Court of California 3341 Power Inn Rd. Sacramento 95826 <a href="http://www.saccourt.ca.gov/family/self-help-center.aspx">www.saccourt.ca.gov/family/self-help-center.aspx</a>	<b>(916) 875-3400</b>	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.
<b>lawhelpca.org</b> <a href="http://www.lawhelpca.org">www.lawhelpca.org</a>	NA	Find legal aid and self-help resources.
<b>Pacific McGeorge School of Law</b> 2925 34 <sup>th</sup> St. Sacramento 95817 <a href="http://www.mcgeorge.edu/">www.mcgeorge.edu/</a>	<b>(916) 340-6080</b>	Provides legal services to low-income people. Assistance in landlord /tenant issues, bankruptcy, immigration, and senior issues. Apply by telephone.
<b>Senior Legal Hotline</b> <a href="http://www.lsnc.net">www.lsnc.net</a>	<b>(916) 551-2150</b>  Or <b>(800) 222-1753/</b> <b>(866) 815-5990</b>	For seniors age 60+. Free legal advice in civil law matters, including: Social Security / SSI, Medi-Cal / Medicare, wills and probate, family law, power of attorney, housing, elder abuse and grandparents' rights.
<b>State Bar Association</b> <a href="http://www.calbar.ca.gov">www.calbar.ca.gov</a>	<b>(866) 442-2529</b>	For information on reduced-fee lawyers or those lawyers who offer their services pro bono.
<b>Victim-Witness Assistance Program</b> 901 G St. Sacramento 95814 <a href="http://www.sacda.org/victim-services/victim-witness-assistance-program">www.sacda.org/victim-services/victim-witness-assistance-program</a>	<b>(916) 874-5701</b>	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="http://www.greyhound.com/en-us/bus-station-893189">www.greyhound.com/en-us/bus-station-893189</a> <a href="http://www.greyhound.com/en-us/bus-station-893156">www.greyhound.com/en-us/bus-station-893156</a>	<b>(916) 444-6858</b> <b>Or</b> <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 (RT)</b> <a href="http://www.sacrt.com">www.sacrt.com</a>	<b>(916) 321-2877</b>	1225 R St., Sacramento Monday - Friday Lost & Found RT ID Cards
<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>	900 Richards Blvd. Sacramento 95811 Service available 24 hours a day 7 days a week.

## 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>HEAP (Home Energy Assistance Program)</b> <a href="http://www.communityresourceproject.org">www.communityresourceproject.org</a>	<b>(916) 567-5200</b>
<b>Need Help Paying Bills</b> <a href="http://www.needhelppayingbills.com">www.needhelppayingbills.com</a>	NA
<b>Pacific Gas &amp; Electric CARE &amp; FERA</b> <a href="http://www.pge.com">www.pge.com</a>	<b>(800) 743-5000</b>
<b>REACH Program</b>	<b>(800) 933-9677</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>

**SCHOOL DISTRICTS**

**TWIN RIVERS UNIFIED SCHOOL DISTRICT**  
5115 Dudley Blvd., McClellan 95652  
*District Office* (916) 566-1600  
[www.trusd.net](http://www.trusd.net)

**CENTER UNIFIED SCHOOL DISTRICT**  
8408 Watt Ave., Antelope 95843  
*District Office* (916) 338-6400  
[www.centerusd.org](http://www.centerusd.org)

**ELVERTA JOINT ELEMENTARY SCHOOL DISTRICT**  
7900 Eloise Ave., Elverta 95626  
*District Office* (916) 991-2244  
[www.ejesd.net](http://www.ejesd.net)

**NATOMAS UNIFIED SCHOOL DISTRICT**  
1901 Arena Blvd., Sacramento 95834  
*District Office* (916) 567-5400  
[www.natomasunified.org](http://www.natomasunified.org)

**ROBLA SCHOOL DISTRICT**  
5248 Rose Street, Sacramento CA 95838  
*District Office* (916) 649-5248  
[www.robla.k12.ca.us](http://www.robla.k12.ca.us)

**SACRAMENTO CITY UNIFIED SCHOOL DISTRICT**  
5735 47th Ave., Sacramento 95824  
*District Office* (916) 643-7400  
[www.scusd.edu](http://www.scusd.edu)

**SAN JUAN UNIFIED SCHOOL DISTRICT**  
3738 Walnut Ave., Carmichael 95608  
*District Office* (916) 971-7700  
[www.sanjuan.edu](http://www.sanjuan.edu)

**SUBSIDIZED CHILD CARE / PRESCHOOLS**

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

**SUBSIDIZED CHILD CARE / PRESCHOOLS**

<b>STATE PRESCHOOL 566-1616</b>	<b>(916) 566-2705</b>	Northwood Elementary 2630 Taft. St., Sacramento 95815
	<b>(916) 566-1910</b>	Orchard Elementary 1040 Q St., Rio Linda 95673
	<b>(916) 566-1960</b>	Sierra View Elementary 3638 Bainbridge Dr., N.H. 95660
	<b>(916) 566-2740</b>	Smythe Elementary 2781 Northgate Blvd., Sacto 95833
	<b>(916) 566-2745</b>	Strauch Elementary 3141 Northstead Dr., Sacto 95833
	<b>(916) 566-2755</b>	Woodlake Elementary 700 Southgate Rd., Sacto 95815
	<b>(916) 566-1670</b>	Woodridge Elementary 5761 Brett Dr., Sacto 95842
<b>FULL-DAY PRESCHOOL 566-1616</b>	<b>(916) 566-3415</b>	Babcock Elementary 2400 Cormorant Way, Sacto 95815
	<b>(916) 566-1850</b>	Kohler Elementary 4004 Bruce Way, N.H. CA 95660
	<b>(916) 566-1900</b>	Madison Elementary 5241 Harrison St., N.H. CA 95660
	<b>(916) 566-2700</b>	Las Palmas Elementary 477 Las Palmas Ave., Sacto 95815
	<b>(916) 566-2705</b>	Northwood Elementary 2630 Taft. St., Sacto 95815
<b>Pacific (Infant \Toddler Only)</b>	<b>(916) 566-2715</b>	Pacific High 6560 Melrose Dr., N.H. 95660
	<b>(916) 566-2740</b>	Smythe Elementary 2781 Northgate Blvd., Sacto 95833
	<b>(916) 566-2745</b>	Strauch Elementary 3141 Northstead Dr., Sacto 95833
	<b>(916) 566-1980</b>	Vineland Preschool 6450 20th St., Rio Linda 95673
	<b>(916) 566-1670</b>	Woodridge Elementary 5761 Brett Dr., Sacto 95842
	<b>TRUSD HEADSTART</b>	<b>(916) 566-3485</b>
	<b>(916) 566-3485</b>	Rio Linda Pre School 631 L St., Rio Linda 95673
	<b>(916) 566-1910</b>	Oakdale Elementary 3708 Myrtle Ave., N.H. 95660
	<b>(916) 566-1970</b>	Village Elementary 6845 Larchmont Dr., N.H. 95660



## CHILD CARE REFERRALS

### 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.

### InfoLine Sacramento

[www.211sacramento.org/211](http://www.211sacramento.org/211)

(916) 498-1000 Sacramento Area Community Referrals  
Or Dial 2-1-1

## TUTORING SERVICES

### Asian Community Center (ARI)

(916) 745-4313 5750 Sunrise Blvd., Ste. 100  
Citrus Heights

### California Learning Center

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

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

### Huntington Learning Center

[www.huntingtonhelps.com/center/citrus-heights](http://www.huntingtonhelps.com/center/citrus-heights)

(916) 728-2981 5739 Sunrise Blvd  
Citrus Heights

(916) 564-8383 69 University Ave., Sacramento

### Kumon Math and Reading Center

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

(916) 574-9810 2057 Arena Blvd., #130, Sacramento

(916) 426-9898 7897 Walerga Rd., Antelope

(916) 866-5515 1589 W. El Camino, Sacramento

### Paper Tutoring Services

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

N/A

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

## MENTORING PROGRAMS

### 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.

### Pro Youth and Families

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

(916) 576-3300

Matches volunteer mentors from business and community organizations with at-risk high school students to encourage them in their academic, personal and career development.

### Roberts Family Development Center

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

(916) 646-6631

Career Readiness program that matches high school students with an after-school program team leader to assist them in daily activities. Can be utilized for service learning hours, community service hours, or volunteer hours for high school completion.

**EMPLOYMENT  
ASSISTANCE AND TRAINING**

<p><b>Asian Community Services (ARI)</b> 5750 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>
<b>Black Child Legacy Campaign</b>		
<p><b>Foothill Farms &amp; North Highlands</b> Liberty Towers / Impact Sac 5132 Elkhorn Blvd. Sacramento 95842 <a href="http://www.blackchildlegacy.org/neighborhoods/foothillfarms-northhighlands/">www.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</b> Roberts Fam. Dev. Ctr.— Greater Sac. Urban League 7325 Marysville Blvd., RM 203 Sacramento 95838 <a href="http://www.blackchildlegacy.org/neighborhoods/delpaso-northsac/">www.blackchildlegacy.org/neighborhoods/delpaso-northsac/</a></p>	<p><b>(916) 646-6631</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, computer training, and GED preparation.</p>
<p><b>Mutual Assistance Network of Del Paso Heights</b> 811 Grand Ave., Suite A-3 Sacramento 95838 <a href="http://www.mutualassistance.org">www.mutualassistance.org</a></p>	<p><b>(916) 927-7694</b></p>	<p>Employment assistance, career development and pre-employment training, and parenting classes.</p>
<p><b>Pride Industries</b> 10030 Foothills Blvd. Roseville 95747 <a href="http://www.prideindustries.com">www.prideindustries.com</a></p>	<p><b>(916) 788-2100</b> <b>Or</b> <b>(800) 550-6005</b></p>	<p>Behavior management adult day program for people with disabilities. Job Readiness/Employment.</p>
<p><b>Sacramento Works One-Stop Career Center</b> 5655 Hillsdale Blvd., Ste. 8 Sacramento, 95842 3725 Marysville Blvd. Sacramento, 95838 <a href="http://www.sacramentoworks.org">www.sacramentoworks.org</a></p>	<p><b>(916) 263-4100</b>  <b>(916) 286-8600</b></p>	<p>Unemployment benefits; Job training, job hunting assistance; CAL-JOBS</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>Low cost or no fee classes in adult basic education, GED preparation and testing, etc.</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/Pages/default.asp>  
[X](#)
- Mutual Assistance Network** (916) 927-7694 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)
- No. 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.

## 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)
- No. 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)
- Dial-A-Story** (English) 24-hour access line (916) 441-1234 Recorded short stories for children. Ages 3-6.