



2-1-1 sacramento
find help here
a program of **community link**

Family Resource & Information Guide



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

Tips for Accessing Community Resources

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

Documents You May Need

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



Child Action, Inc.
2012

ADVOCACY

Parent Voices Sacramento

(916) 369-0191

www.parentvoices.org

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

CHILD CARE

Child Action, Inc.

(916) 369-0191

www.childaction.org

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

CLOTHING

Children's Clothes Closet-Sacramento Council of PTAs

Leonardo Da Vinci School

4701 Joaquin Way, Sacramento

(916) 227-4338

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

Sacramento Food Bank & Family Services – Clothing Program

3333 Third Avenue, Sacramento

(916) 456-1980

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

FOOD

CalFresh

(916) 874-3100

<http://dhaweb.saccounty.net>

Qualifying Sacramento County residents are issued an Electronic Benefits Card (EBT) to use like a debit card at participating grocery stores.

Loaves and Fishes – Dining Room

(916) 446-0874

www.sacloaves.org

Provides an oasis of welcome, safety, and cleanliness for homeless men, women and children seeking survival services. Guests are provided a free hot lunch daily. Other programs for guests include advocacy, animal emergency services, mental health programs and overnight shelter.

Sacramento Food Bank & Family Services – Food Program

(916) 313-7606

www.sacramentofoodbank.org

3333 Third Avenue, Sacramento

Provides a five day supply of emergency groceries to families in need on three days a week. Sacramento residents are eligible once a month. Bring proof of residency and identification for each member of the household. Call or visit website for the days, times, and locations of distribution sites.

Women, Infants, & Children (WIC) Nutrition Programs

* Call or visit website for nearest site location

(916) 876-5000 * www.sacdhs.net

(916) 326-5830 * www.cresource.org

Nutrition program for pregnant women, new mothers and young children. Provides subsidies for healthy foods, support and information about breastfeeding, and help in finding health care and other community services.

HEALTH RESOURCES

Birth & Beyond

www.birth-beyond.com

- **Folsom Cordova Comm. Partnership** (916) 361-8684
95630, 95655, 95670, 95742, 95826, 95827, 95830
- **La Familia Counseling Center** (916) 452-3601
95632, 95655, 95811, 95814, 95817, 95820, 95822, 95824, 95827
- **Meadowview** (916) 394-6300
95690, 95758, 95815, 95818, 95822, 95831, 95832
- **Mutual Assistance Network** (916) 927-7694
95815, 95821, 95825, 95834, 95838
- **North Highlands** (916) 679-3925
95610, 95660, 95652, 95673, 95821, 95825, 95841, 95842, 95843
- **North Sacramento** (916) 679-3743
95815, 95821, 95825, 95833, 95834
- **River Oak** (916) 244-5800
95811, 95814, 95816, 95817, 95818, 95819, 95820
- **Valley Hi/Florin** (916) 290-8281
95758, 95823, 95828, 95829

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

Cover the Kids

(866) 850-4321

www.coverthekids.com

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

The Effort

(916) 325-5556

www.theeffort.org

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

Legal Services of Northern California

(888) 354-4474

www.lsn.net

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

Planned Parenthood of Sacramento

Midtown (916) 446-6921

Capitol Plaza (916) 444-7966

Fruitridge (916) 452-7305

North Highlands (916) 332-5715

www.ppmarmonte.org

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

Sacramento County Department of Health & Human Services

www.sacdhs.com

- **Dental Clinic** * (916) 874-8300

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

- **Nurse-Family Partnership** * (916) 875-0900

Provides early childhood intervention using nurse home visitation for low income, first time pregnant women.

- **Immunization Assistance Program** * (916) 875-7468

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

Women's Health Specialists

(916) 451-0621

www.cawhs.org

Pregnancy, birth control and STD information and services.

HOUSING

Sacramento Housing & Redevelopment Agency

(916) 440-1300

www.shra.org

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

Sacramento Area Emergency Housing Center

(916) 455-2160

www.saehc.org

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

St. John's Shelter for Women and Children

(916) 453-1482

www.stjohnsshelter.org

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

Volunteers of America

(916) 442-3691

www.voa-sac.org

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

JOB ASSISTANCE

Charles A. Jones Career and Education Center

5451 Lemon Hill Avenue, Sacramento

(916) 433-2600 ext 1000

www.caj.edu

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

JobLINK - Employment and Business Services

(916) 875-3330

www.dhweb.saccounty.net

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

Sacramento Employment & Training (SETA)

925 Del Paso Blvd., Sacramento

(916) 263-3800

www.seta.net

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

MENTAL HEALTH SERVICES

24-Hour Parent Support Line

(888) 281-3000

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

California Youth Crisis Line

(800) 843-5200

www.youthcrisisline.org

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

Child Protective Services

(916) 875-5437

www.sacdhs.com

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

CSUS Center for Counseling and Diagnostic Services

(916) 278-6252

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

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

Diogenes Youth Services

(916) 363-0128

24-hour Crisis Line (800) 339-7177

www.diogenesyouthservices.org

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

La Familia Counseling Center

(916) 452-3601

www.lafcc.com

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

Sacramento Crisis Nursery

(916) 679-3600 (North)

(916) 394-2000 (South)

www.crisisnurseryonline.com

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

WEAVE

Crisis Line (916) 920-2952

www.weaveinc.org

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

UTILITIES

Community Resource Project

Home Energy Assistance Program (HEAP)

(916) 567-5200

www.cresource.org/Programs

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

PG&E Family Electric Rate Assistance (FERA)

(800) 743-5000

www.pge.com

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

PG&E REACH Program

(800) 743-5000

www.pge.com

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

SMUD Energy Assistance Program

(866) 675-6624

www.smud.com/pay/eapr.html

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