



Helping Families Grow Healthy Children.

1455 Response Road, Suite 260, Sacramento, CA. 95815 (916) 344 – 6259 Fax: (916) 344-2736

COMMUNITY RESOURCES

Sacramento Community Resources

Call 2-1-1

or 1-844-546-1464 or 1-916-498-1000

All phone numbers have 916 area code unless specified

Child Care Services

Beanstalk (free)	344-6259	www.beanstalk.ws
Child Action, Inc.	369-0191	www.childaction.org
Crisis Nursery (emergency basis) NORTH	679-3600	www.kidshome.org
Crisis Nursery (emergency basis) SOUTH	394-2000	www.kidshome.org
Elk Grove Unified School District	686-5085	www.egusd.net
Folsom Cordova Unified School District	294-9025	www.fcusd.org
Head Start Programs	263-3804	www.headstart.seta.net
City of Sacramento 4 th R	808-6021	www.cityofsacramento.org
Contact your local Elementary School or District		
Natomas Unified School District	567-5400	www.natomasunified.org
Sacramento City Unified School District	643-7400	www.scusd.edu
San Juan Unified School District	971-7700	www.sanjuan.edu
Twin Rivers Unified School District	566-1600	www.twinriversusd.org

Health/Medical/Dental Resources

California Childcare Health Program	415/502-2825	https://cchp.ucsf.edu
California Children's Services (CCS)	875-9900	www.dhcs.ca.gov
Child Health & Disability Prevention Program	875-7151	www.dhcs.ca.gov
Community Health Works	414-8333	www.info@cohewo.org
Elica Resource Center	454-2345	erc@elicahealth.org
Health Rights Hotline	551-2100	www.lawyers.justia.com
La Leche League	e-mail only	www.llnocal.org or LaLecheSac@gmail.com
Peach Tree Health	558-4800	www.pickpeach.org
Sacramento County Health Center	874-9670	www.dhs.sacounty.net
Sacto County Immunization Assist. Prog.	875-7468	www.dhs.sacounty.net
Sacramento Life Center	451-4357	www.saclife.org
The Option Line (Pregnancy Help)	800/712-4357	www.option.org or text 800/712-4357
WellSpace Health	737-5555	www.wellspacehealth.org
WIC/ Breastfeeding Advice Line	875-2120	www.phfewic.org
Women's Health Specialists	800/714-8151	www.womenshealthspecialists.org

Birth & Beyond Family Resource Centers/Parent Support

Arcade Family Resource	514-8096
La Familia Family Resource Center	452-3601
Folsom Cordova Comm. Partnership	361-8684
River Oak Family Resource Center	244-5800
North Sacramento Family Res. Center	679-3743
Valley Hi Family Resource Center	290-8281
Meadowview	394-6300
WellSpace Health's North Highlands	679-3925
Mutual Assistance Network	927-7694
Firehouse Community Center	567-9567
North Sacramento Family Resource Center	https://northsacfrc.org/

Planned Parenthood www.plannedparenthood.org

Midtown	446-6921
Capitol Plaza	444-7966
Fruitridge	452-7305
North Highlands	332-5715

Emergency & 24-Hour Crisis Lines

California Missing Children Hotline	800/222-3463	California Poison Control System	800/876-4766
Child Protective Services (CPS)	875-5437	WEAVE www.weaveinc.org	920-2952
Domestic Violence Intervention	728-5613	24-hour domestic violence/sexual assault	
Sacto County Sheriff Child Abuse Bureau	874-5191	www.my-sisters-house.org	
Sacramento Sheriff	874-5115	24-hour multilingual domestic violence help	428-3271
Sacramento City Police	808-5471	National Center for Missing/Exploited Children	800/843-5678
24-Hour Parent Support Line	888/281-3000		

Suicide Crisis Line 368-3111

St. John's Shelter for Women and Children 453-1482
Travelers Aid Emergency Assistance 399-9646
Volunteers of America 443-4688

Legal/Custody/Child Support

Legal Services of Northern California 551-2150
Child Care Law Center 415/558-8005
Small Claims Court 875-7846
Dept of Child Support Services 866/901-3212
Mc George Community Legal Services 340-6080
Sacramento County Superior Court of CA 875-3400

Parent Advocacy

Adult & Family Advocate 324-7308
Cal Voices Mental Health Support 366-4600
Mental health Warmline 366-4668

Child Care Licensing Information

Community Care Licensing (Centers) 263-5744
Community Care Licensing (Homes) 875-2808

Job Search Assistance and Training

Charles A. Jones Career & Education Center 433-2600
Sacramento Employment & Training (SETA) 263-3800
Sacramento WORKS Hotline 877/920-JOBS
Greater Sacramento Urban League 286-8600

Counseling Services & Self-Help

ACCESS Team 875-1055
CSUS Center for Counseling 278-6252
Child & Family Institute (Mental Health) 921-0828
El Hogar Mental Health 441-3819
Well Space Health 737-5555
Jewish Family Service 486-0906
La Familia Counseling Center 452-3601
Mercy Med Clinic Behavioral Dept. 633-2888
Life Practice Counseling 300-6576

Financial Assistance

Dept. of Human Assistance 874-2072
CalWorks, CalFresh, Medi-Cal www.benefitscal.com

Free Food Closet Assistance

Elica Resource Center erc@elicahealth.org 454-2345
Emergency Food Link 387-9000
Loaves and Fishes 446-0874
Sacramento Food Bank 456-1980
Union Gospel Mission 447-3268
WIC Food 572-0700
Salvation Army 442-0331

Senior Citizens

Senior Legal Hotline 551-2140
Area 4 Agency on Aging 486-1876
American Association of
Retired Persons (AARP) 866/448-3615

Housing - Emergency & Financial Assistance

Renters Help Line www.rentershelpline.org 389-7877

Sacto Area Emergency Housing Center 455-2160
Sacto Housing & Redevelopment Agency 444-9210

Multi Lingual/Multi Ethnic Support Services

Asian Pacific Community Counseling 383-6783
Asian Resources 324-6202
California Hispanic Resource Council 451-7151
Mexican American Legal Defense & Education Fund
www.maldef.org

Sacramento Chinese Community Services 442-4228
Slavicassistance.org 925-1071
Slavic Community Center Inc. 485-6410
Ukraine Info-Hotline 925-1010

Utility and Phone Bill Payment Assistance

Community Resource Project (HEAP) 567-5200
Energy Assistance Program 866/675-6623
Meadowview Community Action Center 394-6300
PG&E CARE Program 800/743-5000
Salvation Army Social Services Center 678-4010 # 2
Folsom Cordova Community Partnership 361-8684
California Lifeline Program 866/272-0349
SMUD (low-income & medical discount) 888/742-7683

Parenting Workshops

Child Action, Inc 369-0191
Sutter Health Childbirth & Education 887-0000
Birth & Beyond-see other page

Special Needs Services

Alta California Regional Center 978-6400
Sudden Infant Death Syndrome program 800/369-7437
California Children's Services (CCS) 875-9900
Sacramento County Office of Education 228-2500
Warm Line Family Resource Center 455-9500

Teen Resources Counseling & Intervention Services

Wind Youth Services 24-hr. Crisis Line 561-4900
National Runaway Switchboard 800/786-2929
California Youth Crisis Line 800/843-5200

Miscellaneous

U.S. Consumer Product Safety Commission 800/638-2772
National Stepfamily Resource Center www.stepfamilies.info
Child Care Aware 800/424-2246

Other Resource and Referral (R&R) Agencies

To find an R&R in another CA county 800/543-7793
California R&R Network Office 415/882-0234
El Dorado County – Catalyst Community 530/676-0707
Placer COE Child Care Services 530/745-1380
Yolo County – City of Davis Child Care Services
530/757-5695

Transportation

SacRT Bus & Light Rail www.sacrt.com 321-2877

CPR/First Aid

American Red Cross www.redcross.org 993-7070
Hopewell CPR Training 246-8055
www.training@hopewellcpr.com