



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

Sheltering Hearts	800-251-0552
shelteringheartsfoundation@gmail.com	
Renters Help Line	www.rentershelpline.org 389-7877
Sacto Area Emergency Housing Center	455-2160

Sacto Housing & Redevelopment Agency	444-9210
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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
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CPR/First Aid

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