



Helping Families Grow Healthy Children.

1771 Tribute Road, Suite A Sacramento, CA. 95815 (916) 344 – 6259 Fax: (916) 344-2736

## COMMUNITY RESOURCES

### Sacramento Community Resources

Call 2-1-1

or 800/500-4931

#### Child Care Services

Child Action, Inc.	369-0191	<a href="http://www.childaction.org">www.childaction.org</a>
Crisis Nursery (emergency basis) NORTH	679-3600	
Crisis Nursery (emergency basis) SOUTH	394-2000	
Elk Grove Unified School District	686-7712	
Folsom Cordova Unified School District	635-4301	
Head Start Programs	263-3864	<a href="http://headstart.seta.net">headstart.seta.net</a>
4 <sup>th</sup> R	808-6021	<a href="http://www.cityofsacramento.org">www.cityofsacramento.org</a>
START	808-6197	
Natomas Unified School District	567-5400	
Professional. Assoc. of Childhood Educators (PACE)	800/924-2460	<a href="http://www.pacepp.org">www.pacepp.org</a>
Sacramento City Unified School District	643-7800	<a href="http://www.scusd.edu">www.scusd.edu</a>
San Juan Unified School District	971-7375	<a href="http://www.sjusd.edu">www.sjusd.edu</a>
Twin Rivers Unified School District	566-1600 X 63350	<a href="http://twinriversusd.org">twinriversusd.org</a>

#### Health Resources

California Child Care Health Program	415/502-2825	<a href="http://cchp.ucsf.edu/">http://cchp.ucsf.edu/</a>
California Children's Services (CCS) Administration	875-9900	<a href="http://www.dhhs.saccounty.net">www.dhhs.saccounty.net</a>
Peach Tree Health	558-4800	<a href="http://pickpeach.org/">http://pickpeach.org/</a>
Center for AIDS Research, Education & Services	914-6305	<a href="http://www.caresclinic.org">www.caresclinic.org</a>
Child Health & Disability Prevention Program	875-7151	
Sacramento Covered	866/850-4321	<a href="http://www.saccovered.org">www.saccovered.org</a>
Health Rights Hotline	551-2100	
La Leche League	442-5920	<a href="http://www.lllorcal.org">www.lllorcal.org</a>
The baby line	888/824-BABY	
Sacramento County Health Center	874-8300	<a href="http://www.sacdhhhs.com">www.sacdhhhs.com</a> (21-65 years, no medical or insurance)
Sacto County Immunization Assist. Prog.	875-7468	<a href="http://www.sacdhhhs.com">www.sacdhhhs.com</a>
Sacramento Life Center	451-4357	Hotline 451-2273
The Option Line (Pregnancy Help)	451-2273	
Wellspace Health	737-5555	
WIC Breastfeeding Advice Line	875-baby	(888) 824-baby
Women's Health Specialists	451-0621	<a href="http://www.womenshealthspecialists.org">www.womenshealthspecialists.org</a>

#### Birth and Beyond Family Resource Centers

Arcade Family Resource	514-8096	Mutual Assistance Network	927-7694
La Familia Family Resource Center	452-3601	<b><u>Public Health Nurse</u></b>	
Folsom Cordova Comm. Partnership	361-8684	North Office	648-0982
River Oak Family Resource Center	244-5800		
North Sacramento	679-3743	<b><u>Planned Parenthood</u></b>	<a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a>
Valley Hi/ Florin	290-8281	Midtown	446-6921
Meadowview	394-6300	Capitol Plaza	444-7966
North Highlands (Wellspace)	679-3925	Fruitridge	452-7305
Mutual Assist. Network-Firehouse	567-9567	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	875-5437	WEAVE <a href="http://www.weaveinc.org">www.weaveinc.org</a>	920-2952
Domestic Violence Intervention	728-5613	24-hour domestic violence/sexual assault l	
Sacto County Sheriff Child Abuse Bureau	874-5191	<a href="http://www.my-sisters-house.org">www.my-sisters-house.org</a>	
Sacramento Sheriff	874-5115	24-hour multilingual domestic violence help	428-3271
Sacramento City Police	264-5471	National Center for Missing & Exploited Children	800/843-5678
24-Hour Parent Support Line	888/281-3000		
Suicide Crisis Line	368-3111		

**Legal**

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  
Human Rights/Fair Housing Commission 551-2150  
Mc George Community Legal Services 340-6080  
Sacramento County Superior Court of CA 875-3400  
Superior California Legal Clinic 972-1188

**Parent Advocacy**

Nor Cal Mental "SAFE" Program 855-5427  
Adult & Family Advocate

**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 875-9980  
Carmichael Presbyterian Counseling Center 483-2989  
CSUS Center for Counseling 278-6252  
Child & Family Institute (Mental Health) 736-0828  
El Hogar Mental Health 441-3819  
Well Space Health 368-3080  
Jewish Family Service 486-0906  
La Familia Counseling Center 452-3601  
Mercy Med Clinic Behavioral Dept 924-6400  
Life Practice Counseling 300-6576  
New Pathways Counseling 452-7481

**Financial Assistance**

Dept of Human Assistance 874-3100  
Or 209/744-0499

**Free & Low Cost Food**

Emergency Food Link 387-9000  
Loaves and Fishes 446-0874  
Meadowview Community Action 399-9116  
Sacramento Food Bank 456-1980  
Union Gospel Mission 447-3268  
WIC Food 427-5500

**Senior Citizens**

Senior Legal Hotline 551-2140  
Area 4 Agency on Aging 486-1876  
North Sacramento  
Grandparents Support Group 927-4196  
American Association of  
Retired Persons (AARP) 866/448-3615  
Retired Senior Volunteer Program 875-3631

**Housing - Emergency & Financial Assistance**

Lutheran Social Services 453-2900  
Sacto Area Emergency Housing Center 455-2160  
Sacto Housing & Redevelopment Agency 444-9210

Salvation Army Emergency Shelter 442-0331  
St. John's Shelter for Women and Children 453-1482  
Travelers Aid Emergency Assistance 399-9646  
Volunteers of America 443-4688

**Multi Lingual/Multi Ethnic Support Services**

Asian Pacific Community Counseling 383-6783  
Asian Resources 454-1892  
California Hispanic Resource Council 451-7151  
Centro Guadalupe 443-5367  
Galt Concilio 209/745-9174  
Lao Family Community Development 393-7501  
Mexican American Legal Defense & Education Fund  
www.maldef.org  
Sacramento Chinese Community Services 442-2523  
South East Asian Assistance Center 421-1036

**Utility and Phone Bill Payment Assistance**

Community Resource Project (HEAP) 567-5200  
Energy Assistance Program 866/675-6623  
Meadowview Community Action 399-9116  
PG&E CARE Program 800/743-5000  
Salvation Army Social Services Center 678-4010 # 2  
Folsom Cordova Community Partnership 361-8684  
California Lifeline P: rogram 866/272-0349

**Parenting Workshops**

Child Action, Inc 369-0191  
Sutter Health Childbirth & Education 733-8800

**Special Needs Services**

Alta California Regional Center 978-6400  
Sudden Infant Death Syndrome program 800/369-7437  
California Children's Services (CCS) 875-6091  
Sacramento County Office of Education 228-2500  
Warm Line Family Resource Center 922-9276

**Teen Resources Counseling & Intervention Services**

Wind Youth Services 24-hr. Crisis Line 369-5447  
National Runaway Switchboard. 800/344-2785  
California Youth Crisis Line 800/843-5200

**Miscellaneous**

U.S. Consumer Product Safety Commission 800/638-2772  
National Stepfamily Resource Center 800/946-8112  
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 -Choices for Children. 530/676-0707  
Placer County Office of Education Child Care Services  
530/745-1380  
Yolo County - City of Davis Child Care Services  
530/757-5695  
Yuba & Sutter County - Children's Home Society of Calif.  
530/673-7503  
San Joaquin County - Family Resource and Referral Center  
800/526-1555  
Solano Family & Children's Services 888/861-1594