

2025-2026

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 211 or (916) 498-1000, or visit 211sacramento.org/211/ for more options.

You can also visit findhelp.org to search for needed resources.

Before making your phone call or searching online 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 number has changed, please contact 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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EMERGENCY PHONE NUMBERS

Police, Sheriff, Fire, Ambulance	911
National Suicide & Crisis Lifeline-Call or Text	988, 24 Hours
Adult Protective Services	(916) 874-9377
California Youth Crisis Line-Call or Text	(800) 843-5200, 24 Hours
Child Find Hotline	(800) I – AM – LOST, (800–426–5678)
Child Protective Services	(916) 875-KIDS (5437)
Crisis Nursery - Sacramento Children's Home	North location - (916) 679-3600, 24 Hours
	South Location - (916) 394-2000, 24 Hours
Crisis Text Line (Mental Health Support)	741741
County Mental Health Crisis Line	(916) 875-1055, 24 Hours
Poison Control	(800) 222-1222, 24 Hours
Pregnancy Hotline	Call (916) 541-2273 or Text (916) 538-1097
Telecommunications Relay Service	711
Twin Rivers USD Police	(916) 566-2777
WEAVE Hotline (Domestic Violence)	(916) 920-2952, 24 Hours
Wind Youth Emergency Shelter Hotline (ages 12-17)	(916) 628-1492, 24 Hours

NON-EMERGENCY PHONE NUMBERS

Infoline Sacramento	211 or (916) 498-1000
Alcoholic Anonymous	(916) 454-1100, 24 Hours
Sacramento Al-Anon	(916)334-2970
Mental Health Access Team Child and Adult	(916) 875-1055
Narcotics Anonymous	(800) 600-4673
Sheriff	(916) 874-5115
Victim Witness Assistance Program	(916) 874-5701
WEAVE (Domestic Violence)	(916) 448-2321
WIND Youth Services	(916) 504-3313

FOOD RESOURCES

Cal Fresh: Department of Human Assistance Calfresh	(800) 560-0976	Monthly assistance for low to no income individuals and families to purchase nutritious food.
Calvary Christian Church 2667 Del Paso Blvd. Sacramento 95815	(916) 929-5725	Food distribution – Tuesdays at 11:00am.
Carmichael Food Closet 5645 Marconi Ave. Carmichael 95608	(916) 483-9232 Please call for more details.	Open M/T/TH 1:30pm-2:00pm, and TH 6:00pm-7:00pm. Photo idea required.
Carmichael Seventh-Day Adventist Church -7694 Pasadena Ave. Sacramento 95841	(916) 487-8684 Please call for more details.	Food distribution on Wednesdays 9:00am-11:30am.
Feeding God's Children 5808 Watt Ave. North Highlands 95660	(916) 803-5233 Please call for more details.	Call on Fridays 7:00am-8:00am to reserve a food box. Pick up on Saturdays 8:15am and 8:30am.
Joey's Food Locker 3301 Fong Ranch Road Sacramento 95834	(916) 870-1659 Please call for more details.	Food program on Thursdays 4:00pm-5:30pm.
Loaves & Fishes 1351 N. C Street Sacramento 95811	(916) 446-4961	Serves a warm, and nutritious mid-day meal to homeless guests Monday-Friday 11:30am-1:00pm, Sat-Sun 11:00am-12:30pm.
Manna Food Bank 4840 Marysville Blvd. Sacramento 95838	(916) 922-6442	Food distribution Thursdays 4:00pm-7:00pm and Fridays 9:00am-12:00pm.
Maryhouse 1321 N C Street Sacramento 95811	(916) 446-4961	Hot breakfast served 8:00am-8:45am to single women, families, and single men with children present.
Pilgrimage Sacramento-Lifting Spirits Higher Unhoused Pop Up firstumcsac.org/events	Please visit the website to see details.	Community meals plus respite at a variety of Sacramento locations.

Potters House 2994 Del Paso Blvd. Sacramento 95815	(916) 905-6268	Food distribution 10:00am-11:30am.
Purpose & Legacy 5314 Walnut Ave. Sacramento 95841	(916) 200-3989	Food distribution M/W/F 11:00am-1:00pm.
River City Food Bank 1800 28 th St. Sacramento 95816 2300 Edison Ave. Sacramento 95821 rivercityfoodbank.org	(916) 446-2627	Food distribution T/TH 10:30am-1:30pm Food distribution W/F 10:30am-1:30pm
Sacramento Food Bank & Family Services Sacramentofoodbank.org	(916) 456-1980	Call or visit website to search for food distribution near you.
Salvation Army 3213 Orange Grove Ave. North Highlands 95660 2500 Alhambra Blvd. Sacramento 95817	(916) 678-4010	Food distribution T/W/TH 9:00am-1:00pm. Food for Seniors 60 and over on the 4 th Monday and Thursday 9:00am-1:00pm. Food distribution the last Wednesday of each month. I.D. and proof of Sacramento County Residency requested for all locations.
Twin Rivers USD-Family and Community Engagement https://www.trusd.net/StudentsFamilies/Family-and-Community-Engagement-FACE/Community-Resources/	(916) 566-1788	Food distributions for low-income community members with the support of the Sacramento Food Bank & Family Services.

Union Gospel Mission 400 Bannon Street Sacramento 95811	(916) 447-3268	Call at 11:00am on Tuesdays and Thursdays to sign up, pick-up times are 1:00pm-3:00pm on the same day.
WIC dhs.saccounty.gov/pub/wic/Pages/ Women-Infant-and-Children-Home.aspx	(916) 876-5000	Women, infants and children program that provides food for pregnant and nursing mothers, and infants and children under 5.

CLOTHING RESOURCES

Common Ground Covenant Church 8355 Arroyo Vista Dr. Sacramento 95823	(916) 689-3010	Food distribution offered Saturdays 9:00am-12:00pm.
Dress The Part, Inc.	(916) 293-7377 info@dressthepart.org	Provides casual to formal clothing for youth and young adults (ages 14-21).
First Baptist Church of North Sacramento 2601 Del Paso Blvd.	(916) 922-9365	Clothes Closet open to the community every Friday 9:30am-12:00pm. Provides backpacks with school supplies, coats and shoes during the winter months.
Francis House Center – Next Move Homeless Services 1422 C Street Sacramento 95814	(916) 443-2646	Food distribution M/T/TH/F 9:00am-12:00pm and 1:00pm-3:00pm.
God’s Little Lambs Free Store-New Beginnings Fellowship Church 7008 10 th Street Rio Linda 95673	(916) 799-2099	All items are always free. Clothes and more. Every Tuesday 6:00pm-7:00pm and the first Saturday of each month 9:00am-1:00pm.
Love I.N.C.	(916) 383-3232 loveincsacramento.com/request-help/#	Provides clothing and baby needs. Please call or visit website to request support.
Shores of Hope – Outreach Center 110 6 th Street West Sacramento 95605	(916) 372-0200	Clothing offered M-TH 9:00am-3:00pm.
Sisters In Christ - LifePointe Church 7200 Rio Linda Blvd. Rio Linda 95673	(916) 991-4624	Free store with clothing and more, open Tuesdays and Thursdays 9:00am-12:00am

St. Anne's Catholic Church 7724 24 th Street Sacramento 95832	(916) 422-8380	Clothing and shoes offered on the first Thursday of the month 9:00am-10:00am, excluding days that are raining.
Union Gospel Mission 400 Bannon Street Sacramento 95811	(916) 447-3268	Women's and children's clothes Tuesday and Thursday 9:00am-12:00pm. Men's clothes M-TH 9:00am-12:00pm, must arrive by 9:30 am for both., no late entries.

THRIFT STORES

Deseret Industries 3000 Auburn Blvd. Sacramento 95821	(916) 482-1480 Open Monday -Saturday 9:00am-6:00pm
Dollar Thrift 5338 Auburn Blvd. Sacramento 95841	(916) 333-8788 Open Monday -Saturday 10:00am-6:00pm
Goodwill Industries 5400 Date Ave., E Sacramento 95841 4401 Elkhorn Blvd. Sacramento 95842 2502 Watt Ave. Sacramento 95821 2040 Alta Arden Expwy Sacramento 95825	(916) 678-5700 (916) 332-2294 (916) 480-9002 (916) 779-7468
Pacific Thrift Store 6101 Watt Ave. North Highlands 95660	(916) 514-0154

LOW INCOME & HOUSING RESOURCES

Please dial 211 first to access resources.

Angelic Housing Resources Foundation Inc. angelichousing.org	(916) 432-8055	Helps to facilitate Sac county adults, who are in need of housing and independent living to transition to affordable shared housing.
CHOC - Community Housing Opportunities chochousing.org	(707) 759-6043	Please visit the website to begin searching for available properties. You must apply to each property separately.
Hope Cooperative-Permanent Supportive Housing https://hopecoop.org/housing-programs/	211	Places adults and families experiencing, or at risk of, homelessness, with a psychiatric disability in appropriate supportive housing when available.
HUD Affordable Housing Locator https://resources.hud.gov/#		Search tool with affordable housing location and information.
Mercy Housing mercyhousing.org/find-housing/	(916) 414-4400	Please visit the website to begin searching for available properties. You must apply to each property separately.
Mutual Housing mutualhousing.com/searchlisting	(916) 453-8400	Develops and operates affordable, sustainable housing communities. Please visit the website to begin searching for available properties. You must apply to each property separately.
Salvation Army	(916) 678-4010 Prompt #2	Support with rental assistance, move-in or eviction avoidance depending on funding availability.
SHRA shra.org/other-affordable-housing-options/	(916) 440-1390	Affordable Rental Housing List and map on the listed website. Housing Choice Voucher Program through this agency as well.
YWCA https://www.ywcaccc.org/residential-housing-for-women	(916) 800-9773	Low-income women's residency program. Rooms for rent, no children and possible waiting list.

EMERGENCY HOUSING/SHELTERS ETC.
Please call 211 first to access resources.

Academy Stay – Foster Youth Housing https://www.academystay.org/	(916) 548-7961	Short-term housing for 18-24 years old that spent some of their childhood in foster care.
American Red Cross – Disaster Services	(916) 993-7070 Please call for more details.	Short-term immediate disaster assistance that may include temporary sheltering/housing.
Family Promise of Sacramento familypromisesacramentoca.org	(916) 443-3107	Helps low-income family units experiencing homelessness achieve self-sufficiency and regain housing. Up to 90 days of temporary housing. Must have children under 18.
First Step Communities https://www.firststepcommunities.org/	211	Temporary shelter, please contact 211 for a shelter assessment.
Lutheran Social Services of Northern California – Connections Program lssnorcal.org/what_we_do/concord_redding_stockton_sacramento/connections.html	211	Provides housing and services to formerly homeless individuals from returning to homelessness. Youth ages 18 – 24.
My Sister’s House – Safe Haven Shelter Program www.my-sisters-house.org	(916) 428-3271 24 Hour Help Line Multi-lingual	A variety of support services, including an emergency shelter for survivors of domestic violence, sexual assault, and human trafficking.
Next Move Homeless Services	211	Emergency family shelter and emergency single adult shelter.
Overcomers Program	(916) 924-3113	Program for women
	(916) 920-3082	Program for man
Sacramento Housing Crisis Line	211	Connects families with resources for housing assistance, shelter, and other related services.
Sac Veterans Resource Center https://nationsfinest.org/	(916) 393-8387 7270 East Southgate Dr. Sacramento, CA 95823	Provides rapid rehousing and residential transitional support. Must be a veteran Mon.-Fri. 8:00am-5:00pm

Salvation Army – Center of Hope Emergency Shelter https://sacramento.salvationarmy.org/sacramento_metro/center-of-hope-shelter	211; (916) 442-0331 Please call for more details.	For adults seeking shelter, please contact 211 for a shelter assessment.
ST. John’s Program for Real Change https://saintjohnsprogram.org/program/get-help/	(916) 453-1482	Comprehensive 12-month residential programs for women experiencing homelessness and their children.
Step Up on Second	211	City Motel Program for families with children. Must have a referral through 211.
Travelers Aid	(916) 399-9646	Motel vouchers for homeless families with children, based on availability.
Waking the Village – Housing Program Prevention and Intervention admin@wakingthevillage.org	Call or text (916) 525-5965 (916) 601-2979 PO Box 160085 Sacramento 95816	Offers housing and support to those experiencing homelessness or at risk. Provides prevention, intervention, and mediation services for ages 12-24.
WEAVE – Safe House weaveinc.org/safe-shelter	(916) 928-2952 24 Hour Support & Information Line	Emergency Safehouse program for survivors of domestic violence, sexual assault, sex trafficking and their children
Wind Youth Services – Ado Youth Shelter Common Ground https://www.windyouthservices.org/emergency-shelter	(916) 628-1492 Please call for more details. 211	Offers emergency overnight shelter services for minors (12-17) experiencing homelessness. Lo-barrier, emergency shelter services for ages 18-24.
Union Gospel Mission Sacramento https://ugmsac.com/ Men’s New Life Program	(916) 447-3268 Please call for more details.	Sign up for men’s nightly shelter at 5:30pm, 1st come/1st serve basis. A residential program for men. Walk up to the contact window M-TH which opens at 9:00am and request to apply. <i>Union Gospel requires valid ID and current negative TB test for both resources.</i>

DROP-IN CENTERS, RESPITE ETC.
Please call 211 first to access resources.

Capital Compassion -Homeless Respite Center https://www.capitalonline.cc/homeless-initiatives	(916) 856-5683 10173 Crayton Way, 4A Sacramento 95827	Showers available by appointment only. More resources offered, please call.
Crisis Nursery Program https://www.kidshome.org/what-we-do/crisis-nursery-program/	(916) 679-3600/4533 Pasadena Ave., Sacramento 95821 (916) 394-2000/ 6699 South Land Park Dr., Sacramento 95831	Parents can bring their children ages 0-5 to one of the two Sacramento nurseries for emergency childcare services or overnight care during difficult times.
Friendship Park – Loaves & Fishes https://sacloaves.org/programs-services/	(916) 443-7378	A private park that provides respite services.
Maryhouse – Loaves & Fishes https://www.hartstogether.org/north-sacramento	(916) 446-4961	A daytime, no barrier drop-in center for women and families experiencing homelessness.
North Sacramento HART https://www.hartstogether.org/north-sacramento	Mount Calvary Baptist Church 3407 Altos Ave Sacramento 95838	Respite services Wednesdays 9:00am – 12:00pm
Pilgrimage Sacramento firstumcsac.org/events	Please visit the website to see details.	Respite services at a variety of Sacramento locations.
Sacramento LGBT Community Center – Q Spot https://saccenter.org/youth	(916) 442-0185	Drop-in center for LGBTQ+ youth ages 13-24.
South Sacramento HART https://southsachart.org/get-involved	Florin Road Methodist Church 7560 Florin Road Sacramento 95828	Respite services every 2 nd Saturday 9:00am – 12:00pm
Wind Youth Drop-In Center https://www.windyouthservices.org/drop-in-center	(916) 504-3313	Homeless and runaway youth ages 18-24.

Clinics Serving the Twin Rivers USD Area

-Updated June 2025 – 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.

Elica Health Centers www.elicahealth.org (855) 354-2242 (all clinics) <ul style="list-style-type: none"> 4815 Watt Ave, North Highlands, CA 95660 3234 Marysville Blvd, Sacramento, CA 95815 3701 J Street #201, Sacramento, CA 95816 	<ul style="list-style-type: none"> Accepts private insurance, Medi-Cal, income based sliding scale (uninsured). Kaiser, private or Medi-cal, is not accepted Appointments only Clinic hours Mon – Fri 8:00 am – 3:30 pm (closed for lunch 12 pm – 1 pm)
Peach Tree Health www.pickpeach.org <ul style="list-style-type: none"> 3810 Rosin Ct. Suite 100, Sacramento, CA 95834 (916) 779-7656 	<ul style="list-style-type: none"> Accepts private insurance, Medi-Cal, income-based scale (uninsured) Appointments only, no walk-in services available Clinic hours Mon – Fri 8:00 am – 5:00 pm (closed for lunch 12-1)
Planned Parenthood www.plannedparenthood.org (877) 855-7526 (main) <ul style="list-style-type: none"> 5700 Watt Ave., North Highlands, CA 95660 201 29th St. Suite B, Sacramento, CA 95816 	<ul style="list-style-type: none"> Accepts private insurance, Medi-Cal, special programs for uninsured – depending on services. Appointments preferred Clinic hours 8:00 am – 4:30 pm (Hours vary. Call to confirm)
Sacramento Community Clinic www.halocares.org <ul style="list-style-type: none"> 2200 Del Paso Blvd., Sacramento, CA 95815 (916) 642-1867 (includes dental, 2138 Del Paso Blvd) 7275 E. Southgate Dr. Suite 204 Sacramento, CA 95823 (916) 642-1867 (includes dental, Suite 106)) 	<ul style="list-style-type: none"> Accepts Medi-Cal Appointments preferred Walk-ins are not guaranteed to be seen, Clinic hours Mon – Fri 8:00 am – 5:00 pm (closed for lunch at 12 pm – 1:30 pm)
Sacramento County Immunization Clinic <ul style="list-style-type: none"> 4600 Broadway Suite 1300, Sacramento, CA 95820 (916) 875-7468 	<ul style="list-style-type: none"> Accepts Medi-Cal and uninsured. Appointments only. No walk-Ins. Appointments available every other Friday. Clinic hours Mon – Fri 8:00 am – 4:30 pm
Sacramento Native American Health Center (SNAHC) www.SNAHC.org <ul style="list-style-type: none"> 2020 J street, Sacramento, CA 95811 (916) 341-0575 	<ul style="list-style-type: none"> Income-based scale for uninsured Appointments only. No urgent care. M-F 7:30 am – 5:00 pm (closed 12-1 for lunch)
San Lucas Pediatric Clinic www.sanlucaspeds.com <ul style="list-style-type: none"> 4100 E. Commerce Way Suite 100, Sacramento, CA 95834 (916) 575-9090 	<ul style="list-style-type: none"> Accepts Medi-Cal, private insurance Appointments only Mon.-Fri. 8:30 am – 5:30 pm.
WellSpace Health www.wellspacehealth.org (916) 737- 5555 (all clinics) <ul style="list-style-type: none"> 2433 Marconi Avenue, Sacramento, CA 95821 3441 Marysville Blvd., Sacramento, CA, 95838 6015 Watt Ave., Suite 2, North Highlands, CA 95660 5959 Greenback Ln. Suite 500, Citrus Heights, CA 95621 3946 Norwood Ave, Sacramento, CA 95838 	<ul style="list-style-type: none"> Accepts Medi-Cal, no insurance (sliding scale). Appointments preferred. Walk-ins welcome Clinic hours Mon. – Fri. 8:00 am – 5:00 pm (closed for lunch 12-1) Call center open during lunch.
Local Pharmacies including Rite Aid, Walmart, CVS...etc.	<ul style="list-style-type: none"> Costs vary for an individual immunization. Call pharmacy for more information.

HEALTH CLINICS

Dignity Health Urgent Care – Midtown Sacramento https://www.dignityhealth.org/dhmf/locations/sacramento-urgent-care	(916) 733-3377 3000 Q St. Sacramento 95816	Please call or visit website for more information.
Mercy Clinic – Loaves & Fishes http://www.sacloaves.org/programs-services	(916) 874-2811 1321 C St. Sacramento 95811	Primary and urgent care clinic.
One Community Health – Arden Arcade https://onecommunityhealth.com/locations/arden-arcade-campus/	(916) 443-3299 1442 Ethan Way, Suite 100 Sacramento 95825	Primary care and specialty care services offered at this location.
Sac Valley Women’s Health https://svwhealth.com/services/	(916) 451-2273 or (916) 451-4357	Wide range of confidential services to support reproductive health. Please call for details.
The Willow Clinic https://www.willowclinic.org/services/medical	916-572-4502 1400 North A St. Sacramento 95811	Open on Saturdays 9:00am – 11:30am, first come first served rolling basis. Walk-ins only.
VA Northern California Health Care System https://www.va.gov/northern-california-health-care/	(800) 382-8387	Health care for Veterans.

MEDI-CAL INFORMATION

Did you know that you or your child may qualify for Medi-Cal if he/she is under the age of 19 or you are an expectant mother? Please visit: <https://apply.coveredca.com/lw-shopandcompare/#incomeGuidelines> for more details.

Medi-Cal www.benefitscal.com	(800) 560-0976
Medi-Cal Dental	Member customer service (800) 322-6384
Find a Medi-Cal Provider	https://www.healthcareoptions.dhcs.ca.gov/en/find-provider
Sacramento County – Mental Health	

PARENT RESOURCES (Free or Low Cost)

Alta California Regional https://www.altaregional.org/	(916) 978-6400	Serving individuals with developmental disabilities and their families by helping to make use of essential public and private services to meet their individual needs.
Area 4 Agency on Aging https://www.agencyonaging4.org/	(916) 486-1876	Coordinates and develops services for older adults.
Birth & Beyond Family Resource Center – Mutual Assistance Network - Robertson Community Center https://www.mutualassistance.org/	(916) 696-6689 3525 Norwood Ave. Sacramento 95838	Collaborate broadly across systems, provide effective supports based on a deep understanding of the community.
Birth & Beyond – North Sacramento Family Resource Center North.Sac@KidsHome.org	(916) 679-3743 1565 River Park Drive Sacramento 95815	Collaborate broadly across systems, provide effective supports based on a deep understanding of the community.
Birth & Beyond Family Resource Center – WellSpace Health North Highlands Community Health Center nhbbFRC@WellSpaceHealth.org	(916) 679-3925 6015 Watt Ave. North Highlands 95660	Collaborate broadly across systems, provide effective supports based on a deep understanding of the community.
Black Child Legacy – Liberty Towers Church www.libertytowers.org	(916) 900-6708 5229 Elkhorn Blvd. Sacramento 95842	Empowers the community with tools and resources to address disparities so that everyone has opportunities to thrive. Youth
Black Child Legacy – Robertson Family Development Center http://www.robertsfdc.com/	(916) 646-6631 ext.103 3725 Marysville Blvd. Sacramento 95838	A range of services including prenatal and infant support resources, diaper distribution, family support, support groups, community events, advocacy and connections to other agencies.
Center For Fathers and Families https://www.cffsacramento.org/cms	(916) 568-3237 920 Del Paso Blvd Sacramento 95815	Responding to the needs of fathers and their families by offering programs and services that lead to growth, enrichment and empowerment. Anger Management. Co-Parenting, Practical Parenting, Dad's Support Group and community events offered.
Chicks in Crisis https://chicksincrisis.org/	(916) 896-0031 9455 E. Stockton Blvd. Elk Grove, CA 95624	Assist pregnant and parenting teens of all ages to stay in school. Support with prenatal care, parenting assistance, clothing, baby supplies, essential items, court-ordered supervised visits, and more.

Help Me Grow Sacramento https://www.helpmegrowsac.org/	(916) 822-8744	Free developmental screenings and other resources to assess children, birth through age 5.
Homework Help – Sacramento Public Library https://www.saclibrary.org/Education/Students-Educators/Homework-Help		Offers a variety of online resources and tools to help students with their homework and support their learning.
Liberty Towers Youth Center https://www.libertytowers.org/ Impact Sac – Liberty Towers www.impactsc.org , Instagram: @impactsc	(916) 807-4903 5229 Elkhorn Blvd. Sacramento 95842 (916) 900-6707	Dedicated youth space for teens 11-24. Programs include Mental Health and Suicide Awareness, Substance Abuse Prevention, Violence Prevention, and 5 Star Leadership. Drop-in hours are also available throughout the week. Inspire and empower young people to express themselves and pursue their goals.
National Domestic Violence Hotline https://www.thehotline.org/	(800) 799-SAFE (7233) Text START to 8878	Serve those impacted by relationship abuse 24/7 confidentially.
National Parent & Youth Helpline https://nationalparentyouthhelpline.org/	(855) 427-2736	Call, text or live chat for those in need of support and/or guidance.
Neighborhood Wellness https://neighborhoodwellness.org/		Programs and services address social, economic, academic, and health inequities to reduce barriers of adversity.
Sacramento County Department of Human Services https://ha.saccounty.gov/Pages/About-DHA.aspx	(916) 874-3100	Offers programs and services from employment, housing, health care, transportation, education and child care.
Sacramento Food Bank & Family Services https://www.sacramentofoodbank.org/diapers https://www.sacramentofoodbank.org/immigration	(916) 456-1980	Free diapers

Stanford Settlement Neighborhood Center https://www.stanfordsettlement.org/	(916) 927-1303 450W. El Camino Ave. Sacramento 95833	<u>Children's Program:</u> For students in K-6 th grade, After School Groups and Summer Day Camp programs with a focus on socio-emotional support. Includes supportive services to participants and their families. <u>Teen Center:</u> For youth 7 th -12 th grades, under the age of 18. Drop-in Center, group activities, and supportive services to help youth stay in school and out of trouble. <u>Senior Center:</u> For older adults ages 50+, providing transportation, nutrition, and wellness activities so that seniors remain healthy and independent.
Victim Witness Assistance Programs – Sacramento County District Attorney's Office https://www.sacda.org/victim-services/victim-witness-assistance-program/	(916) 874-6218	Provides advocacy and supportive services to victims of crime in our community

COUNSELING, SUPPORT, THERAPY, ETC.

Capitol Start Community Services Consultation, Support, and Engagement Team (CSET) for Commercially Sexually Exploited Children and Youth (CSEC) https://www.starsinc.com/sacramento-county/	Sacramento Downtown/Arden Arcade Center (916) 584-7800 North Sacramento Center (916) 344-0249 (916) 844-2426 shine@starsinc.com	Individual and family counseling, crisis intervention, peer support, after school groups/activities. CSET's services include needs assessment, crisis intervention, harm reduction, education, and linkage to needed resources and support
Care Solace www.caresolace.com/site/trusd		Connecting students with providers that treat mental health and substance use disorders.
Community Helpline – A Crisis & Support Hotline https://chelpline.org/	(877) 541-2525	A confidential crisis, referral, and support hotline. Open daily 8:00am – 8:00pm.

Community Outreach Recovery Empowerment (CORE) Madison – Turning Point Community Programs Community Outreach Recovery Empowerment (CORE) Rosin – Turning Point Community Programs https://www.tpcp.org/program/core/	(916) 388-3231 3628 Madison Ave, #6, #7, and #10 North Highlands 95660 (916) 567-4222 3810 Rosin Court, #170 Sacramento 95834	Outpatient behavioral health services for adults with a qualifying diagnosis: M-F 8:00am – 4:30pm Any adult without a diagnosis, needing an assessment for mental health support: Wed. and Thursdays 1:00pm – 4:00pm
Elica Behavioral Health https://www.elicahealth.org/behavioral-health/	(916) 454-2345 4815 Watt Ave. North Highlands 95660	Comprehensive behavioral health services offered.
Genesis Mental Health – Loaves & Fishes https://sacloaves.org/programs-services/	(916) 699-1540	No-barrier access to mental health services for adults experiencing homelessness, regardless of insurance
Heartland Child & Family Services https://doingwhateverittakes.org/	(916) 922-9868 811 Grand Ave. Sacramento 95838 (916) 418-0828 2829 Watt Ave., #200 Sacramento 95821	Mental health and counseling support for youth ages 0-21.
La Familia Counseling Center https://lafcc.org/	(916) 452-3601 3301 37th Ave. Sacramento 95824	Counseling and supportive services to youth (ages birth – 21), and their families.
Life Practice Counseling Group https://www.lifepractice.org/contact	(916) 300-6576	Offers counseling services based on monthly income.
MAS-Social Services Foundation https://mas-ssf.org/	(916) 486-8626 3820 Auburn Blvd., #83 Sacramento 95821	Aids families at large and the Muslim community in particular with their social service needs.
River Oak Center for Children https://www.riveroak.org/programs/	(916) 609-5100 info@riveroak.org	Behavioral health services to children and youth.
National Alliance on Mental Illness (NAMI) Sacramento https://namisacramento.org/	(916) 890-5467	Free mental health support, online/In-person groups, resources and education.

Sacramento County – Mental Health Services (ACCESS) https://mentalhealthservicerequest.sacounty.net/	(916) 875-1055	Referral line to request mental and behavioral health support.
Sacramento Mental Health Urgent Care Clinic (MHUCC)- Turning Point Community Programs https://www.tpcp.org/program/urgent-care/	(916) 520-2460 2130 Stockton Blvd., #300 Sacramento 95817 24 hours a day, 7 days a week	Walk-in clinic for residents of all ages who are experiencing a mental health crisis, regardless of ability to pay.
Sacramento Regional Family Justice Center – SRFJC Counseling https://www.sacramentofjc.org/	(916) 875 4673	Trauma informed and victim centered individual as well referrals to group counseling for all ages.
Sierra Mental Wellness Group	(916) 783-5207 406 Sunrise Ave., #300 Roseville 95661	Comprehensive mental health services.
Youth Help Network https://starsyouth.net/about-us/	Call (833) 333-2946 Mon.-Fri. 9:00am-7:00pm Text (916) 860-8619 Mon.-Fri. 9:00am-7:00pm	Connecting youth to mental health support, crisis intervention, housing support and more.
WEAVE https://www.weaveinc.org/get-help	(916) 920-2952	Individual and group counseling for those impacted by domestic violence and sexual assault.
WellQor https://wellqor.com/online-therapy/	(646) 687-4646	Online therapy & counseling. Accepts most insurances.

LEGAL AIDS/CLINICS

Affordable Legal Assistance	(916) 971-3055 Call or Text (916) 508-6772	Provides low-cost legal resources and assistance with filing bankruptcy or divorce cases.
California Civil Rights Department – Discrimination Assistance https://calcivilrights.ca.gov/complaintprocess/	(800) 884-1684	Protects people from unlawful discrimination in employment, housing, businesses, and state funded programs.

California Rural Legal Assistance, INC. (CRLA) https://www.crlaf.org/get-help	(916) 446-7904 2210 K Street Sacramento +5816 Please visit website for more details.	Free for low-income residents regardless of immigration status. Does not help with criminal cases.
Capitol Pro Bono https://capitalprobono.org/our-services/	(916) 551-2102 (888) 551-21062	Free assistance with civil legal matters to low-income clients living in the Sacramento region.
Family Law – Self-Help Center https://www.saccourt.ca.gov/family/self-help-center.aspx	(916) 875-3400 3341 Power Inn Road, Room 113 Sacramento 95826	Free help to individuals not represented by an attorney. Information is provided to help complete and process forms and understand court procedures. Does not provide legal advice.
Immigration Legal Services – Opening Doors https://openingdoorsinc.org/programs/defending-immigrants/	(916) 492-2591 1111 Howe Ave., #125 Sacramento 95825	Free legal representation to individuals and families in the greater Sacramento region, including support with citizenship, Deferred Action for childhood Arrivals (DACA), and adjustments of status (green cards).
Immigration Legal Services – World Relief Sacramento https://worldrelief.org/sacramento/our-work/ils/	(916) 978-2658	Provides immigration legal services by providing the support and knowledge they need to obtain legal status for themselves and their families here in the US.
Legal Aid at Work https://legalaidatwork.org/clinics/	Worker’s Rights (916) 905-5857 Language Rights (800) 864-1664 Work and Family (800) 880-8047 Project Survive (Survivors of domestic violence, sexual assault, and stalking) (888)864-8335	Free legal clinics and helplines. Providing free direct, and individualized help. Must meet client eligibility guidelines.
Sacramento Regional Family Justice Center https://www.sacramentofjc.org/	916) 875-4673 (HOPE) 3341 Power Inn Road, Room 112 Sacramento 95826	Assist with domestic violence and elder abuse restraining order petitions.

PUBLIC TRANSPORTATION

AMTRAK https://www.amtrak.com/stations/sac	(800) 872-7245 Please visit website for more details.	401 I Street, Sacramento 95814
Greyhound Bus Lines https://www.greyhound.com/	(800) 231-2222 Please visit website for more details.	420 Richards Blvd., Sacramento 95811 201 Pacific Street, Roseville 95678
Lyft https://www.lyft.com/	Please visit website for more details.	
Paratransit https://paratransit.org/	(916) 429-2009 Please visit website for more details.	2501 Florin Rd., Sacramento 95822
Sacramento Regional Transit https://www.sacrt.com/	(916) 321-2877 Please visit website for more details.	1225 R Street Sacramento 95811
Uber https://www.uber.com/global/en/r/cities/sacramento-ca-us/	Please visit website for more details.	
Yellow Cab https://www.yellowcabsacramento.com/	(916) 444-4222	

UTILITY ASSISTANCE PROGRAMS

CARE and FERA programs– PG&E https://www.pge.com/en/account/billing-and-assistance/financial-assistance/california-alternate-rates-for-energy-program.htm	(866) 743-2273
CRP – HEAP https://www.communityresourceproject.org/Services/Utility-Assistance	(916) 567-5200
EAPR – SMUD https://www.smud.org/Rate-Information/Low-income-and-nonprofits	(888) 742 - 7683
Salvation Army Utility Assistance Program	(916) 678-4010 prompt #2

SCHOOL DISTRICTS

Twin Rivers Unified School District	(916) 566-1600 www.trusd.net	5115 Dudley Blvd McClellan, Ca 95652
Center Unified School District	(916) 338-6400 www.centerusd.org	8408 Watt Ave. Antelope, Ca 95843
Elverta Joint Elementary School District	(916) 991-2244 www.ejesd.net	7900 Eloise St. Elverta, Ca 95626
Natomas Unified School District	(916) 567-5400 www.natomasunified.org	1901 Arena Blvd. Sacramento, Ca 95834
Robla School District	(916) 649-5248 www.robla.k12.ca.us	5248 Rose St. Sacramento, Ca 95838
Sacramento City Unified School District	(916) 643-7400 www.scusd.edu	5735 47 th Ave. Sacramento, Ca 95864
San Juan Unified School District	(916) 971-7700 www.sanjuan.edu	3738 Walnut Ave. Carmichael. Ca 95608

PRESCHOOLS AND CHILDCARE

BEANSTALK https://www.beanstalk.ws/ Child Care General Info: (916) 344-6259 Preschool	(916) 566-1820 (916) 566-1660 (916) 566-1950	<ul style="list-style-type: none"> - Dry Creek Elementary 1230 G St. Rio Linda 95673 - Regency Park Elementary 5901 Bridgecross Dr. Sacramento 95835 - Ridgepoint Elementary 4680 Monument Dr. Sacramento 95842
HEAD START (SETA)	(916) 563-5125 (916) 563-5390 (916) 563-5360 (916) 563-5350	<ul style="list-style-type: none"> - 6015 Watt Ave., #5 North Highlands 95660 - 3829 Stephen Drive North Highlands 95660 - 5665 Hillsdale Blvd., #4 Sacramento 95842 - 5249 Elkhorn Blvd. Sacramento 95842

TRUSD Preschool A.M. or P.M.	(916) 566-3420 (916) 566-3425 (916) 566-3475 (916) 566-1880 (916) 566-1850 (916) 566-2700	<ul style="list-style-type: none"> - Castori Elementary 1801 South Ave. Sacramento 95838 - Del Paso Elementary 590 Morey Ave. Sacramento 95838 - Hagginwood Elementary 1418 Palo Verde Ave. Sacramento 95815 - F.C. Joyce Elementary 6050 Watt Ave. North Highlands 95660 - Kohler Elementary 4004 Bruce Way North Highlands 95660 - Las Palmas Elementary 477 Las Palmas Ave. Sacramento 95815
TRUSD State Preschool A.M. or P.M. (916) 566-1616	(916) 566-2705 (916) 566-1930 (916) 566-2740 (916) 566-2745 (916) 566-2755 (916) 566-1670	<ul style="list-style-type: none"> - Northwood Elementary 2630 Taft St. Sacramento 95815 - Orchard Elementary 1040 Q St. Rio Linda 95673 - Smythe Elementary 2781 Northgate Blvd. Sacramento 95833 - Strauch Elementary 3141 Northstead Dr. Sacramento 95833 - Woodlake Elementary 700 Southgate Rd. Sacramento 95815 - Woodridge Elementary 5761 Brett Dr. Sacramento 95842
TRUSD Full Day Preschool (916) 566-1616	(916) 566-3415 (916) 566-1850 ((916) 566-1900 (916) 566-2700 (91) 566-2705	<ul style="list-style-type: none"> - Babcock Elementary 2400 Cormorant Way Sacramento 95815 - Kohler Elementary 4004 Bruce Way North Highlands 95660 - Madison Elementary 5241 Harrison St. North Highlands 95660 - Las Palmas Elementary 477 Las Palmas Ave. Sacramento 95815 - Northwood Elementary 2630 Taft St. Sacramento 95815

	(916) 566-2745 (916) 566-1980 9916) 566-1670	<ul style="list-style-type: none"> - Strauch Elementary 3141 Northstead Dr. Sacramento 95833 - Vineland Preschool 6450 20th St. Rio Linda 95673 - Woodridge Elementary 5761 Brett Dr, Sacramento 95842
TRUSD Pacific (Infant/Toddler Only)	(916) 566-2715	<ul style="list-style-type: none"> - Pacific High 6560 Melrose Dr. North Highlands 95660
TRUSD Head Start/Early Head Start	(916) 566-3485 (916) 566-3485 (916) 566-1910	<ul style="list-style-type: none"> - Morey Avenue 155 Morey Ave. Sacramento 95838 - Rio Linda Preschool 631 L Street Rio Linda 95673 - Oakdale Elementary 3708 Myrtle Ave. North Highlands 95660
Child Action https://wp.childaction.org/	(916) 369-0191	Free child care information and referrals to child care centers, family day care homes etc.
TrustLine	(800) 822-8490	California's background check for in-home child care

TUTORING SERVICES

Adult Literacy Services – Sacramento Public Library https://www.saclibrary.org/Education/Adult-Education/Adult-Literacy GED Services – Sacramento Public Library https://www.saclibrary.org/Education/Adult-Education/GED-High-School Homework Help – Sacramento Public Library https://www.saclibrary.org/education/students-educators/homework-help	(916) 264-5032 828 I Street Sacramento 95814 Please visit website to apply	Free, one-on-one tutoring for adults wanting to improve their reading, writing and math skills. Provides free GED prep and tutoring Please visit website for more information
California Learning Center https://www.californialearningcenter.com/	(916) 486-2646 3400 Cottage Way Sacramento 95825	Please visit website or call for details.

Educational Services – SF Johnson Family & Community Services https://www.sjfamilyservices.com/member-programs	(916) 710-4146 Apply on the website	Virtual tutoring for students from 2nd to 12th grade. Cost is based on family income.
Free, 1-on-1, Online Tutoring – Learn To Be https://www.learntobe.org/	(714) 926-0395	Free online tutoring for grades K-9. Reading and Math support.
Homework Club – Life Matters, Inc. https://www.lifemattersinc.org/	(916) 304-3564	Offers school aged children with free homework and school work assistance.
Paper Tutoring Services https://www.trusd.net/StudentsFamilies/Student-Services/Paper-Tutoring-Service/index.html		Online, on demand tutoring service that provides students with unlimited 24/7 academic support.
Sprout Tutoring https://www.sproutvolunteertutoring.org/	Please visit website to book an appointment.	Provides free K-12 academic tutoring services for pediatric patients and their siblings who have missed classroom time due to hospitalization or frequent healthcare appointments.
Tutoring - CogniTutor https://cognitutor.com/get-a-tutor/	Please visit website for more information	Serves students from K through college at a reduced cost.

MENTORING PROGRAMS

AgingUP – Youth Mentoring Program https://agingup.org/		A mentorship program that empowers youth with foster care experience.
4th Angel Mentoring Program – Cleveland Clinic Cancer Center https://4thangel.ccf.org/	(866) 520-3197	Free one-on-one mentor support that matches adults diagnosed with cancer or their caregivers with trained volunteer mentors.
Big Brothers Big Sisters https://www.bbbs-sac.org/	(916) 646-9300 1750 Howe Ave., #240 Sacramento 95825	Provides on-to-one friendship and mentoring relationship to boys and girls 7-18 years of age. Please call for more information.
Hope Mentor-MISS Foundation https://www.missfoundation.org/grieving/	(602) 279-6477 Apply by visiting website	Volunteer mentors for bereaved parents, grandparents and siblings. Free of cost.
Mentoring – Strive For College https://www.ustrive.com/	Please visit website for more information.	Free online mentoring platform, connecting high school students with help to guide them through the college application process.

Mobile Mentoring – teach On to Lead One https://t1l1.org/mobile-mentor-registration/	Please visit website for more information.	Free youth peer support and mentorship.
Pro Youth & Families https://proyouthandfamilies.org/youth-development-programs/	(916) 576-3300 3780 Rosin Court, #120 Sacramento 95834	Offers a diverse range of direct service programs, including youth mentoring.
Roberts Family Development Center https://robertsfdc.org/	(916) 646-6631	Mentoring services provide high-risk students with one-on-one or small group supports.
Sacramento Youth Center https://www.sacyouthcenter.org/programs	(916) 248-1081	Mentoring program is a small group approach making it accessible for youth.
Youth Mentoring Program – Tuesday’s Children https://www.tuesdayschildren.org/our-programs/youth-mentoring/	Please visit website for more information.	Free virtual mentoring program. Pairs caring adults with children ages 6-18 who have lost a loved one who served in the U.S. military post 9/11.

EMPLOYMENT ASSISTANCE AND TRAINING

Adult Employment Program – Asian Resources, Inc. https://asianresources.org/programs/	(916) 454-1892	.Job preparation workshops, Job search assistance, Job coach services and On-the-job training.
Adult Employment Program - Greater Sacramento Urban League https://www.gsul.org/employment/	(916) 614-9001	Career development, occupational training, job placement, and soft skills to re-enter the workforce.
Employment Services – Southside Unlimited https://southsideunlimited.com/	(916) 387-8080	Job skills training for adults with developmental disabilities.
On-the-Job Training – Sacramento Regional Conservation Corps https://www.saccorps.org/our-services	(916) 386-8394	A work training and education program for young adults ages 18-26.
Pride Industries	(844) 426-2253	Provide programs for employment for people with disabilities. Job training, job placement, on the job coaching and skills development for independent living.

Refugee Supportive Services Program for Employment – Lao Family Community Development, Inc. https://lfcd.org/our_service/employment-programs/	(916) 359-2788	Employment and training services for newly arrived refugees, asylees, and individuals with Special Immigration Visas who have been in the US for less than 5 years.
SETA – Sacramento Works https://sacworks.seta.net/job-centers/	Please visit web page for Job Center locations and contact numbers.	Offers a variety of employment and training assistance.
Twin Rivers Adult School https://www.tras.edu/	(916) 566-2785	Opportunities to achieve personal, educational and vocational goals.
Women’s Empowerment https://womens-empowerment.org/job-readiness-empowerment/	(916) 669-2307	Job readiness & empowerment for women experiencing or at-risk of homelessness.

PARKS AND RECREATION

Arcade Creek Recreation & Park District https://www.arcadecreekrpd.gov/	(916) 482-8377 4855 Hamilton St. Sacramento 95841
City of Sacramento Park & Recreation https://www.cityofsacramento.gov/ypce/parks	(916) 808-5200 915 I St. Sacramento 95814
Gibson Ranch https://regionalparks.saccounty.gov/Parks/RegionalParksDetails/Pages/GibsonRanch.aspx	(916) 875-7275 8556 Gibson Ranch Rd. Elverta 95626
North Highlands Recreation & Park District https://www.nhrpd.org/	(916) 332-7440 6040 Watt Ave. North Highlands 95660
Rio Linda/Elverta Recreation & Park District https://www.rleparks.com/	(916) 991-5929 810 Oak Ln. Rio Linda 95673

LIBRARIES

Sacramento County Libraries	(916) 264-2920	https://www.saclibrary.org/locations
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Arcade Library	2443 Marconi Ave. Sacramento 95821
Carmichael Library	5605 Marconi Ave. Carmichael 95608
Del Paso Heights	920 Grand Ave. Sacramento 95838
North Highlands-Antelope Library	4235 Antelope Rd. Antelope 95843
North Sacramento – Hagginwood Library	2109 Del Paso Blvd. Sacramento 95815
Rio Linda Neighborhood Library	6724 6 th St. Rio Linda 95673