Community Support Services
in Sacramento County

Many agencies offer a variety of services. Ask about additional services they provide that may be helpful for your family. Call Child Action, Inc. at 916/369–0191 or dial 2-1-1 Sacramento for additional referrals.

24-HOUR EMERGENCY AND CRISIS LINES

24-Hour Parent Support Line ........ 888/281–3000

........................................... 916.737.5555
www.wellspacelhealth.org

24-Hour Suicide Prevention Line .... 916/368–3111

California Poison Control System .... 800/222–1222
www.calpoison.org

Community For Peace
Assistance for battered women / children .... 916/728–5613
www.acommunityforpeace.org

My Sister’s House ....................... 916/930–0626
24-hour domestic violence helpline / shelter for Asian-Pacific Islander women .... 916/428–3271
www.my-sisters-house.org

National Center for Missing & Exploited Children ............... 800/843–5678
www.missingkids.com

Sacramento City Police ................. 916/264–5011
www.cityofsacramento.org/Police

Sacramento County Child Protective Services ........ 916/875–5656
www.dcfas.saccounty.net/CPS/Pages/CPS-Home.aspx

Sacramento County Sheriff ............. 916/874–5115
Child Abuse Bureau ................. 916/874–5437
www.sacsheriff.com

Sacramento Children’s Home – Crisis Nursery
North ................................ 916/679–3600
South ................................ 916/394–2000
www.kidshome.org

WEAVE, Inc.
24-hour domestic violence/sexual assault crisis line & shelter ......................... 916/920–2952
........................................... 888/920–2952
www.weaveinc.org

FINANCIAL ASSISTANCE

Department of Human Assistance Information Line
Cash aid, food stamps / general assistance ......................... 916/874–2072
www.ha.saccounty.net/benefits/Pages/default.aspx

FOOD ASSISTANCE

Loaves and Fishes ....................... 916/446–0874
www.sacloaves.org

Sacramento Food Bank
Oak Park ................................ 916/456–1980
North Sacramento .................. 916/925–3240
www.sacmentofoodbank.org

Union Gospel Mission ............... 916/447–3268
www.ugmsac.com

WIC Food Program ..................... 916/572–0700
www.calwic.org

JOB ASSISTANCE

Charles A. Jones Career & Education Center ....................... 916/643–7400
www.caj.scusd.edu

Child Action, Inc. • 9800 Old Winery Place, Sacramento, CA 95827 • 916/369–0191 • www.childaction.org
### CHILD CARE ASSISTANCE AND INFORMATION

**Child Action, Inc.**  
*Free child care referrals*  
916/369–0191  
[www.childaction.org](http://www.childaction.org)

**Child Care Connection**  
*To find child care in another California county*  
800/543–7793

**Sacramento County Child Care Eligibility List (CEL)**  
*Child care payment assistance*  
916/369–0191  
[www.the cel.net](http://www.the cel.net)

### UTILITY BILL ASSISTANCE

**California LifeLine**  
866/272–0349  

**Community Resource Project**  
916/567–5220  
[www.cresource.org](http://www.cresource.org)

**PG&E CARE Program**  
800/743–5002  
[www.pge.com](http://www.pge.com)

**SMUD Energy Assistance Program**  
888/742–7683  
[www.smud.org](http://www.smud.org)

### HOUSING ASSISTANCE

**Community Housing Opportunities (CHOC)**  
707/759–6043  
[www.chochousing.org](http://www.chochousing.org)

**Lutheran Social Services**  
916/453–2900  
[www.lssnorcal.org](http://www.lssnorcal.org)

**River City Community Services**  
916/446–2627  
[www.rivercityfoodbank.org](http://www.rivercityfoodbank.org)

**Next Move Sacramento**  
916/454.2120  
[www.nextmovesacramento.org](http://www.nextmovesacramento.org)

**Sacramento Housing & Redevelopment Agency**  
916/444–9210  
[www.shra.org](http://www.shra.org)

**Salvation Army Emergency Shelter (Roseville location)**  
916/784–3382

**St. John’s Shelter for Women and Children**  
916/453–1482  
[www.stjohnssheltern.org](http://www.stjohnssheltern.org)

### LEGAL INFORMATION AND SUPPORT

**Lawyer Referral Service**  
916/564–6707  
[www.sacbarlawyer.org](http://www.sacbarlawyer.org)

**Legal Services of Northern California**  
916/551–2150  
[www.lsnc.net](http://www.lsnc.net)

**Sacramento County Department of Child Support Services**  
916/901–3212  
[www.dcss.saccounty.net](http://www.dcss.saccounty.net)

**Sacramento County Advisory Clinic**  
916/875–7846  
[www.saccourt.ca.gov](http://www.saccourt.ca.gov)

**Sacramento County Superior Court of California (Family Law)**  
916/875–3400  
[www.saccourt.ca.gov](http://www.saccourt.ca.gov)

**Voluntary Legal Services Program of Northern California**  
916/551–2102  
[www.vlsp.org](http://www.vlsp.org)

### MENTAL HEALTH SERVICES

**Child & Family Institute**  
916/777–0828  
[www.child-familyinstitute.org](http://www.child-familyinstitute.org)

**Well Space Health**  
916/737–5555  
[www.wellspacehealth.org](http://www.wellspacehealth.org)

**El Hogar Mental Health**  
916/441–0226  
[www.elhoganinc.org](http://www.elhoganinc.org)

**Gateway Foundation**  
*For women*  
916/451–9312

*For men*  
916/451–9312  
[www.gatewayforwomen.org](http://www.gatewayforwomen.org)

**La Familia Counseling Center**  
916/452–3601  
[www.lafcc.org](http://www.lafcc.org)

**MAAP, Inc., Drug & alcohol treatment**  
916/394–2320

**Mental Health ACCESS Team**  
916/875–1055  
[www.dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx](http://www.dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx)

**Mercy Med Clinic Behavioral Dept.**  
916/633–2888  
[www.mymercymedicalgroup.org](http://www.mymercymedicalgroup.org)

**National Council on Alcoholism and Drug Dependence Sacramento (NCADD)**  
916/922–9217  
[www.ncaddsac.org/](http://www.ncaddsac.org/)

**New Pathways Counseling**  
916/452–7481
### PARENTING AND GRANDPARENTING SUPPORT

<table>
<thead>
<tr>
<th>Resource</th>
<th>Phone Number</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Birth and Beyond Family Resource Centers</td>
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<tr>
<td>Arcade Community Center</td>
<td>916/514–8096</td>
<td><a href="http://www.birth-beyond.com">www.birth-beyond.com</a></td>
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<tr>
<td>Folsom Cordova</td>
<td>916/361–8684</td>
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<tr>
<td>La Familia</td>
<td>916/452–3601</td>
<td></td>
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<tr>
<td>Meadowview</td>
<td>916/394–6300</td>
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<tr>
<td>Mutual Assistance Network</td>
<td>916/567–9567</td>
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<tr>
<td>North Sacramento</td>
<td>916/679–3743</td>
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<tr>
<td>River Park</td>
<td>916/226–2725</td>
<td></td>
</tr>
<tr>
<td>Valley Hi</td>
<td>916/290–8281</td>
<td></td>
</tr>
<tr>
<td>Firehouse</td>
<td>916/567–9567</td>
<td></td>
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<tr>
<td>WellSpace Health North Highlands</td>
<td>916/679–3925</td>
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<tr>
<td>California Kinship Navigator Program</td>
<td>800/546–0047</td>
<td><a href="https://edgewood.org">https://edgewood.org</a></td>
</tr>
<tr>
<td>The Center for Fathers &amp; Families</td>
<td>916/568–3237</td>
<td><a href="http://www.cffsacramento.org/cms">www.cffsacramento.org/cms</a></td>
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### HEALTH CARE SERVICES

<table>
<thead>
<tr>
<th>Resource</th>
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<tbody>
<tr>
<td>Center for Community Health and Wellbeing</td>
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<tr>
<td>The Birthing Project</td>
<td>916/558–4800</td>
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<tr>
<td>Child Health &amp; Disability Prevention Program</td>
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<tr>
<td></td>
<td>916/875–7151</td>
<td><a href="http://www.dhcs.ca.gov">www.dhcs.ca.gov</a></td>
</tr>
<tr>
<td>Placatino Covered</td>
<td>916/414–8333</td>
<td><a href="http://www.sacramentocovered.org">www.sacramentocovered.org</a></td>
</tr>
<tr>
<td></td>
<td>866/850–4321</td>
<td></td>
</tr>
<tr>
<td>Well Space Health</td>
<td>916/737–5555</td>
<td><a href="http://www.wellspacehealth.org">www.wellspacehealth.org</a></td>
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<tr>
<td>Health Reform Hotline</td>
<td></td>
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<tr>
<td>Legal Services of Northern California</td>
<td>888/354–4474</td>
<td><a href="http://www.lsnc.net">www.lsnc.net</a></td>
</tr>
<tr>
<td>Planned Parenthood of Sacramento</td>
<td>916/325–1700</td>
<td><a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a></td>
</tr>
<tr>
<td>Primary Care Health Center</td>
<td>916/874–9670</td>
<td><a href="http://www.health-centers.healthgrove.com">www.health-centers.healthgrove.com</a></td>
</tr>
<tr>
<td>Sacramento County Immunization Assistance Program</td>
<td>916/875–7468</td>
<td></td>
</tr>
<tr>
<td>Women’s Health Specialists of California</td>
<td>800/714–8151</td>
<td><a href="http://www.womenshealthspecialists.org">www.womenshealthspecialists.org</a></td>
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### SERVICES FOR CHILDREN WITH SPECIAL NEEDS

<table>
<thead>
<tr>
<th>Resource</th>
<th>Phone Number</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Alta California Regional Center</td>
<td>916/978–6400</td>
<td><a href="http://www.altaregional.org">www.altaregional.org</a></td>
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### TEEN SOURCES

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<tr>
<th>Resource</th>
<th>Phone Number</th>
<th>Website</th>
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<tbody>
<tr>
<td>California Children’s Services (CCS)</td>
<td>916/875–9900</td>
<td><a href="http://www.dhs.saccounty.net/PUB/Pages/California-Childrens-Services/SP-California-Childrens-Services.asp">www.dhs.saccounty.net/PUB/Pages/California-Childrens-Services/SP-California-Childrens-Services.asp</a></td>
</tr>
<tr>
<td>Head Start</td>
<td>916/263–3804</td>
<td><a href="http://www.headstart.seta.net">www.headstart.seta.net</a></td>
</tr>
<tr>
<td>Sacramento County Office of Education</td>
<td>916/228–2500</td>
<td><a href="http://www.scoe.net">www.scoe.net</a></td>
</tr>
<tr>
<td>WarmLine Family Resource Center</td>
<td>916/455–9500</td>
<td><a href="http://www.warmlinefrc.org">www.warmlinefrc.org</a></td>
</tr>
<tr>
<td></td>
<td>844/455–9517</td>
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<tr>
<td>California Children’s Services (CCS)</td>
<td>916/875–9900</td>
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<td></td>
<td>844/455–9517</td>
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### BREASTFEEDING SUPPORT

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<th>Resource</th>
<th>Phone Number</th>
<th>Website</th>
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<tbody>
<tr>
<td>La Leche League</td>
<td>916/956–1999</td>
<td><a href="http://www.llinorcal.org">www.llinorcal.org</a></td>
</tr>
<tr>
<td>WIC Breastfeeding Advice Line</td>
<td>916/875–2120</td>
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### MULTICULTURAL SUPPORT SERVICES

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<th>Resource</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Asian Pacific Community Counseling</td>
<td>916/383–6783</td>
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<tr>
<td>Asian Resources</td>
<td>916/454–1892</td>
<td><a href="http://www.asianresources.org">www.asianresources.org</a></td>
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<tr>
<td>National Council of La Raza</td>
<td>916/448–9852</td>
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<td></td>
<td>202/785–1670</td>
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<tr>
<td>Sacramento Chinese Community Services Center</td>
<td>916/442–4228</td>
<td><a href="http://www.sccsc.org">www.sccsc.org</a></td>
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<tr>
<td>South East Asian Assistance Center</td>
<td>916/421–6731</td>
<td><a href="http://www.saacenter.org">www.saacenter.org</a></td>
</tr>
<tr>
<td>South County Services</td>
<td>209/745–9174</td>
<td><a href="http://www.southcountyservices.org">www.southcountyservices.org</a></td>
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</tbody>
</table>

### TEEN SOURCES

<table>
<thead>
<tr>
<th>Resource</th>
<th>Phone Number</th>
<th>Website</th>
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<tbody>
<tr>
<td>California Youth Crisis Line</td>
<td>800/843–5200</td>
<td><a href="https://calyouth.org/cycl">https://calyouth.org/cycl</a></td>
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<tr>
<td>National Runaway Switchboard</td>
<td>800/786–2929</td>
<td><a href="http://www.1800runaway.org">www.1800runaway.org</a></td>
</tr>
<tr>
<td>Sutter Teen Parent Programs</td>
<td>916/887–4031</td>
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</table>
WIND Youth Services ........................ 916/561–4900
www.windyouth.org

SENIOR SERVICES

American Association of Retired Persons(AARP) ............................. 888/687–2277
www.aarp.org

Area 4 Agency on Aging ................................ 916/486–1876
www.a4aa.com

California Senior Legal Hotline .......................... 800/222–1753
......................................................... 916/551–2140
www.lsnc.net

CHILD CARE PROVIDER SUPPORT

Child Action, Inc.
Recruitment, training and technical assistance ................................. 916/369–0191
24-hour Provider Updates ................................ 916/369–3360
www.childaction.org

Child Action, Inc.’s Job Connections
Recruitment, training and technical assistance
www.childaction.org

CHILD CARE FOOD PROGRAMS

Beanstalk Food Program ......................... 916/344–6259
www.beanstalk.ws

Family Resource & Referral of San Joaquin County
Food Program
Serves Sacramento County .................. 800/526–1555
www.frrcsj.org

Choices for Children ........................... 877/676–0707
www.choices4children.org

FRAMAX .............................................. 800/755–4792
www.framax.net

Love Little Children ............................ 916/348–7410
www.lovelittlechildren.org

Californians for Quality Early Learning ................................. 916/304–4753
www.caqualityearlylearning.org

CHILD CARE LICENSING IN SACRAMENTO COUNTY

California Department of Social Services Community
Care Licensing Division
River City Regional Office .................. 916/263–5744
www.ccld.ca.gov

PROFESSIONAL CHILD CARE ASSOCIATIONS

California Association for the Education of
Young Children (CAEYC) .................... 916/486–7750
www.caeyc.org

The Association of Family Child Care Educators
.................................................. 916/753–9160
www.myfcce.org

National Association for the Education of Young Children
(NAEYC) ............................................. 800/424–2460
www.naeyc.org

National Association for Family Child Care
.................................................. 801/866–2322
www.nafcc.org

Professional Association of Childhood Education
.................................................. 916/669–5311
www.pacenet.org

LOCAL CHILD CARE
RESOURCE & REFERRAL AGENCIES

California Child Care Resource and Referral Network
(statewide) ........................................ 415/882–0234
www.rnetwork.org

El Dorado County
Choices for Children ...................... 530/676–0707 x101
.................................................. 877/676–0707
www.choices4children-eldorado.org

Placer County
Placer County Office of Education
Child Care Services ......................... 530/889–8020
.................................................. 800/464–3322
www placercoe.k12.ca.us

San Joaquin County
Family Resource and Referral Center
.......................................................... 209/461–2908
.................................................. 800/526–1555
www.frrcsj.org

Solano County
Solano Family & Children’s Services
.......................................................... 707/863–3950
.................................................. 888/861–1594
www.solanofamily.org

Yolo County
Children’s Home Society of California —
Woodland Office ......................... 530/723–5225
www.chs-ca.org