



Elk Grove Unified School District

Student Support Centers

Community Resource Guide

Emergency/Crisis Lines

911

Emergency call line to report a fire, save a life, and/or to report a crime.

24hr Child Protective Services

(916) 875-5437

24hr crisis line for reporting suspected child abuse, neglect, or exploitation.

24hr Adult Protective Services

(916) 875-5437

24hr crisis line for protecting the health and safety of elderly and dependent adults.

24hr Crisis & Suicide Prevention Hot Line

1(800) 273-8255 or (916) 368-3111
www.suicideprevention.wellspaceth.org

Crisis and suicide prevention for youth and adults and their families/loved ones.

24hr Nat'l Suicide Prevention Lifeline

1(800) 273-8255

En Español: 1(800) 628-9454

www.suicidepreventionlifeline.org

Free and confidential support for people of all ages in distress. Dedicated line for Spanish speakers.

24hr Trevor Project LGBTQ Crisis & Suicide Prevention Line

1(866) 488-7386

www.thetrevorproject.org

24 hour crisis and suicide prevention hotline for LGBTQ youth and their families/loved ones.

24hr Nat'l Veterans Crisis Line

1(800) 273-8255

www.veteranscrisisline.net

Support for veterans of all ages and their families. Support provided by qualified, caring responders from the Department of Veterans Affairs.

24hr Parent Support line

1(800) 281-3000

Multi-lingual support line for parents and caregivers.

Sacramento Crisis Nursery (Children ages 0-5)

(916) 394-2000

www.kidshome.org

Emergency child care and overnight care for children, ages 0-5 for up to 30 days. Crisis intervention services for families.

24hr WEAVE Support & Information Line

Domestic Violence•Sexual Assault & Trafficking•LGBTQ

1(866) 920-2952 or (916) 920-2952

www.weaveinc.org

Crisis line for domestic violence, sexual assault, human trafficking, and the LGBTQ community. Women and children's shelter. Serves all genders, all ages, all people.

24hr My Sister's House Helpline Domestic Violence•Sexual Assault & Trafficking

(916) 478-3271

www.my-sisters-house.org

24-hour multi-lingual helpline for women, providing crisis support for domestic violence, sexual assault, and sex trafficking. Multilingual staff and volunteers address the needs of Asian/Pacific Islander callers. Women and children's shelter.

24hr Wind Youth Services Hotline

1(800) 339-7177

www.windyouth.org

Emergency shelter, drop-in center, and crisis support and information for youth (ages 12-24).

24hr California Youth Crisis Line

Call: 1(800) 843-5200

www.1800runaway.org

Youth (ages 12-24) and Families Safe, confidential, and anonymous help line for youth (ages 12-24) in crisis and their families/loved ones.

24hr National Runaway Safeline

1(800) 786-2929 (1-800-RUNAWAY)

Crisis intervention, referrals, message relays between youth and families.

24hr Pregnancy Hotline

(916) 451-2273 (24 hrs)

Information regarding all pregnancy options and resource referral assistance.

24hr Chicks In Crisis Hotline Pregnancy, Adoption & Parenting Support

(916) 441-1243 (24hrs)

www.chicksincrisis.org

Pregnancy, adoption, and parenting support. Serves Youth 11-25 (ongoing services) and adults 26 and older (one time assistance).

Emergency Psychiatric/Mental Health

Resource Information – Sacramento County

Sac. Co. Mental Health Treatment Center

(916) 875-1000 (7:00am-11:00pm)

1(888) 881-4881 (11:00pm-7:00am)

Resource and referral information for youth and adults experiencing a mental health crisis.

Assistance with Community Resources

EGUSD Student Support Centers

Information and referral to community programs and agencies by school district case managers familiar with Sacramento County area resources.

Florence Oneto – Coordinator Eastside Schools

(Regions: Florin, Sheldon, Monterey Trail, Pleasant Grove, Elk Grove)

(916) 392-9081 David Reese Center

Diane Lampe- Coordinator Westside Schools

(Regions: Valley, Laguna, Franklin, Cosumnes Oaks)

(916) 422-1091 Prairie Center

(916) 681-7577 Valley Center

211 Sacramento Information Line

211 or (916) 498-1000

A free, comprehensive, multi-lingual information and referral service for community resources in the Sacramento region.



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Resource Centers

Valley Hi Family Resource Center/Birth and Beyond

7000 Franklin Blvd #820
Sacramento, CA 95823
(916) 290-8281
M-F: 8:30 AM-5:00 PM
Family center with programs and services to support individuals and families who are caring for children. Major programs include: Birth & Beyond In-Home Visitation Program (assists families that are pregnant or have children under the age of six (6) to improve their parenting skills); parenting classes; and programs for youth ages 6-11 years. The Resource Center hosts services from outside providers as well, including CPS joint visitation, crisis intervention, Alcohol and Other Drugs (AOD) assistance, early learning and parent-child relationship classes; support groups; and a computer lab.

Iu-Mien Community Services

5625 Stockton Boulevard
Sacramento, CA 95824
(916) 383-3083
www.unitediumien.org
Culturally responsive educational, health, and social services in the greater Sacramento area for Iu-Mien families: Case Management Services; Family Violence Prevention and Mediation Program; Mien Language Interpreting Services; Mental Health Respite Program; and programs for youth and seniors.

Lao Family Community Development

7171 Bowling Drive, Suite 1120
Sacramento, CA 95823
(916) 393- 7501
www.lfcd.org
Programs and support for immigrants, refugees, asylees, and low-income U.S. nationals in over 20 languages: financial education, employment services, youth development, housing counseling, and family support.

Counseling – Accessing Services

Community Support Team

Mon-Fri, 8am – 5pm
(916) 874-6015
Support navigating mental health services and referral to other community resources as needed. Serving Sacramento County residents. Multi-cultural and multi-lingual staff and interpreters available at no cost.

Consumer-Operated Warm Line

Mon-Fri, 9am – 5pm
1(855) 642-6222 or (916) 366-4668
Individuals with lived experience offer supportive listening and referrals to mental health resources.

PRIVATE HEALTH INSURANCE

- Accessing Counseling:

Contact the customer service department for your plan to find out how to access counseling services.

UNINSURED/UNDERINSURE

- Accessing Counseling:

If you or your family do not have health insurance, see Covered California under the Health Services section to apply for health insurance plans based on income eligibility.

MEDI-CAL INSURANCE

- Access to Children's Mental Health Services:

Mon – Fri, 8am – 5pm
(916) 875-9980

- Access to Adult Mental Health Services:

Mon – Fri, 8am – 5pm
(916) 875-1055

- Kaiser Permanente Medi-Cal Members:

Department of Psychiatry (Children, Youth, and Adults)
(916) 525-6100
For counseling and other behavioral health services in south Sacramento and Elk Grove, contact your or your child's doctor or call the Department of Psychiatry to request an appointment.

COUNSELING – Medi-Cal & Victim Compensation Programs

Another Choice, Another Chance

www.acacusa.org
7000 Franklin Blvd, Suite 625
Sacramento, CA 95823
(916) 388-9418
M-TH: 8:30 AM – 7:00 PM
Friday 8:30 AM – 5:00 PM
Accepts: Medi-Cal, has other program funding – contact for information. No private insurance. Individual, group, and family counseling for youth; treatment for sexually exploited children/youth; dual diagnosis mental health treatment for youth; addiction counseling and intensive treatment for youth and adults; other youth support services.

Asian Pacific Community Counseling

www.apccounseling.org
7273 14th Ave., #120B
Sacramento, CA 95820
(916) 383-6783
M-F: 8:00 AM- 5:00 PM
Accepts: Medi-Cal, low cost/sliding scale, and private insurance
Mental health counseling and wellness services for the Asian and Pacific Islander community throughout Sacramento County.

Child and Family Institute

www.cfisac.com
7880 Alta Valley Dr., Suite 210
Sacramento, CA 95823
(916) 921-0828
Accepts: Medi-Cal, Victim Compensation Programs (child victims of abuse/trauma)
Counseling for children, youth and families, with an emphasis on services for children who have experienced abuse or another trauma.



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COUNSELING – Medi-Cal & Victim Compensation Programs

Dignity Health Foundation Children’s Center South

www.mymercymedicalgroup.com
6615 Valley Hi Dr. Suite A.
Sacramento, CA 95823
(916) 681-6300
Accepts: Medi-Cal. No private insurance.
Individual, group, and family counseling for children and youth ages birth – 20.

Hope for Healthy Families

www.hopeforhealthyfamilies.org
8788 Elk Grove Blvd, Bldg 1, Suite L
Elk Grove, CA 95624
(916) 686-9209
Accepts: Sliding Scale Fees; Victim Compensation Programs
Child, youth, adult, couples, and family counseling.

La Familia Counseling Center

www.lafcc.org
3301 37th Ave.
Sacramento, CA 95824
(916) 291-2545
M-F: 8:30 AM-5:00 PM
Accepts: Medi-Cal. No private insurance
Multicultural counseling for children, youth, and families with an emphasis on outreach to the Spanish-speaking community.

Sacramento Counseling and Family Service Center

(no website)
95 Quinta Court
Sacramento, CA 95823
(916) 421-6500
7 days a week (8:00 AM-9:00 PM)
by appt
Accepts: Victim Compensation programs. No Medi-Cal. Low cost/sliding scale fees, most insurance plans, EAP.
Child, youth, adult, and family counseling. Multi-cultural and multi-lingual staff.

Turning Point

www.tpcp.org
7245 E. Southgate Drive
Sacramento, Ca 95823
(916) 427-7141
Accepts: Medi-Cal. No private insurance.
Counseling support for children and youth up to age 21 who are experiencing significant emotional and behavioral difficulties.
♦**FREE Infant-Toddler Developmental Screening (ages 2 months-5 years)♦**
Parents/caregivers may request a free 1 hour screening for their child.

Visions Unlimited

www.vuinc.org
6833 Stockton Blvd., Suite 485
Sacramento, CA 95823
(916) 394-0800
Accepts: Medi-Cal. No private insurance.
Counseling and other mental health services for children, youth, adults, and families.

WellSpace Health

www.wellspacehealth.org
8233 E. Stockton Blvd. Suite D
Sacramento, CA 95828
(916)368-3080
M-Th: 9:00 AM – 8:00 PM
Fri: 9:00 AM – 5:00 PM
Accepts: Medi-Cal. No private insurance.
Child, youth, adult, and family counseling and other mental health services. Substance abuse treatment

Counseling – Free, Low Cost, & Sliding Scale Fees

Asian Pacific Community Counseling

www.apccounseling.org
7273 14th Ave., #120B
Sacramento, CA 95820
(916) 383-6783
M–F: 8:00 AM- 5:00 PM
Accepts: Medi-Cal, **low cost/sliding scale fees**, and private insurance

(Asian Pacific Community Counseling *continued*)

Mental health counseling and wellness services for the Asian and Pacific Islander community throughout Sacramento County.

Gender Health Center

2020 29th Street, Suite 201
Sacramento, CA 95817
(916) 455-2391
Mon-Fri, 10:00 AM – 5:00 PM
Accepts: Low cost/sliding scale fees
Individual, group, and family counseling for youth, adults, and families in the Sacramento County community with a focus on serving the LGBTQI community.

Hope for Healthy Families

www.hopeforhealthyfamilies.org
8788 Elk Grove Blvd, Bldg 1, Suite L
Elk Grove, CA 95624
(916) 686-9209
Accepts: **Sliding Scale Fees**;
Victim Compensation Programs
Child, youth, adult, couples, and family counseling.

Sacramento Counseling and Family Service Center

(no website)
95 Quinta Court
Sacramento, CA 95823
(916) 421-6500
7 days a week (8:00 AM-9:00 PM)
by appt
Accepts: **Low cost/sliding scale fees**, most insurance plans, EAP, and Victim Compensation programs. No Medi-Cal.
Child, youth, adult, and family counseling. Multi-cultural and multi-lingual staff.

Turning Point

www.tpcp.org
7245 E. Southgate Drive
Sacramento, Ca 95823
(916) 427-7141
♦**FREE Infant-Toddler Developmental Screening (ages 2 months-5 years)♦**
Parents/caregivers may request a free 1 hour screening for their child.



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Counseling – Private Insurance

Sutter Center for Psychiatry

www.sutterhealth.org
7919 Folsom Blvd., Suite 100
Sacramento, CA 95826
(916) 887-7850

Accepts: **Private insurance**

Inpatient (hospitalization), partial hospitalization, and outpatient individual and group counseling for children, youth, and adults.

Sierra Vista Hospital

8001 Bruceville Road
Sacramento, CA 95823
(916) 288-0300

Accepts: **Private insurance**

Inpatient (hospitalization), partial hospitalization, and outpatient individual and group counseling for children, youth, and adults. Adult and youth addiction treatment.

Sacramento Counseling and Family Service Center

(no website)

95 Quinta Court
Sacramento, CA 95823
(916) 421-6500

7 days a week (8:00 AM-9:00 PM)
by appt

Accepts: Victim Compensation programs. No Medi-Cal. Low cost/sliding scale fees, most insurance plans, EAP.

Child, youth, adult, and family counseling. Multi-cultural and multi-lingual staff.

Drug & Alcohol Dependency

Alcoholics Anonymous (AA)

(916) 454-1100 (24 hrs.)

www.aasacramento.org

Meetings for recovering alcoholics. The AA program, known as The Twelve Steps provides a framework for self-examination and a road to recovery. Check the website or call to find available meetings in your area. **No cost.**

Al-Anon/Alateen

www.al-anon.org

1(888)425-2666

Groups meetings for teens and adult family and friends of problem drinkers/alcoholics. Members share their experiences and learn choices that will lead to greater peace of mind. Check the website or call to find a meeting. **No cost.**

Narcotics Anonymous

www.sacfna.org

1(877) 623-6363

NA meetings are for recovering addicts. Members utilize NA's Twelve Steps to learn how to live drug free and recover from the effects of addiction. Check the website or call to find available meetings in your area. **No cost.**

Nar-Anon Family Groups

www.nar-anon.org

1(800) 477-6291

Mon-Fri, 9:00 AM – 5:00 PM

Group meetings for family and friends of addicts. Members share their experiences and learn to utilize the Twelve Steps of Nar-Anon to solve problems and achieve peace of mind. **No cost.**

National Council on Alcoholism And Drug Dependency (NCADD) 24 hr Alcohol & Drug Dependence Hope Line

1(800) 622-2255

Information and referral help line for addiction and dependency.

- NCADD Sacramento

www.ncaddsac.org

2143 Hurley Way, Ste. 250

Sacramento, CA 95825

(916) 922-9217

Outpatient groups and court ordered addiction counseling programs.

Alcohol and Drug System of Care – Medi-Cal Assessments

www.dhhs.saccounty.net

3321 Power Inn Road, Suite 120

Sacramento, California 95826

Phone: (916) 874-9754

Assessments:

Mon-Fri, 8:00 AM – 4:00 PM

(Alcohol and Drug System of Care – Medi-Cal Assessments *continued*)

Center provides assessment and referral for Medi-Cal clients seeking alcohol and drug treatment.

Another Choice, Another Chance

www.acacusa.org

7000 Franklin Blvd. Suite 625

Sacramento, CA 95823

(916) 388-9418

M-TH: 8:30 AM – 7:00 PM

Friday 8:30 AM – 5:00 PM

Another Choice, Another Chance *continued*:

Accepts: **Medi-Cal, other**

program funding (contact for information). No private insurance. Addiction counseling and intensive treatment for youth and adults, including residential and outpatient treatment (individual, group, and family).

Mexican American Alcoholism Program (MAAP)

www.maap.org

Adult Program:

4241 Florin Road, Suite 110

(916) 394-3489 ext. 230

Youth Program:

(916) 394-3487 ext. 298

DUI Program:

(916) 916-394-2320 ext. 401

Accepts: **Medi-Cal, fee for service**

Bilingual/bicultural services in Spanish and English. Addiction & dependency services for youth and adults, with a focus on the Latino community. Residential treatment and outpatient counseling (individual, group, and family); drug diversion programs; peer mentoring for clients with developmental disabilities; and drinking driver programs (State and County licensed DUI programs).

Sobriety Brings A Change (SBAC)

www.sobrietybringsachange.com

4600 47th Ave, Suite 102

Sacramento, CA 95824

(916) 454-4242

Accepts: **Medi-Cal, low**

cost/sliding scale fees



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Drug and Alcohol Dependency (*continued*)

(Sobriety Brings A Change continued)

Assessment and outpatient addiction treatment services for youth and adults. Services include individual, family, and group therapy. The center offers parenting classes, gang prevention/intervention, and court-approved anger management and domestic violence diversion programs.

Sierra Vista Hospital

8001 Bruceville Road
Sacramento, CA 95823
(916) 288-0300

Accepts: **Private insurance**

Adult and youth alcohol and drug addiction treatment. Inpatient (hospitalization), partial hospitalization, and outpatient individual and group services for youth and adults.

WellSpace Detox Center

www.wellspacehealth.org
1820 J St.
Sacramento, CA 95814
(916) 325-5556

M-F 8:00 AM - 5:00 PM

Accepts: **Medi-Cal**

Substance use detoxification program in a licensed, medically monitored facility.

Grief Resources

Make a Wish Foundation of Sacramento/Northeastern CA

www.wish.org
2800 Club Center Drive
Sacramento, CA 95835
(916) 437-0206

M-F: 8:30 AM-5:00 PM

Grants wishes to children ages 2 1/2 -18 who are facing life threatening illnesses.

Sutter Grief Support Groups

• Adult Grief Support Groups

www.suttercareathome.org/griefsupport
(916) 388-6215 or (916) 388-6255
Grief support groups for adults including a drop-in group, spouse/partner loss group, and parent loss group.

• Children's Bereavement Art Group

www.sutterchildrens.org/childbereavement
Sutter Cancer Center
2800 L Street, Suite 400
Sacramento, CA 95816
Peggy Gulshen, Coordinator
(916) 454-6555
Bereavement art group for children who have experienced the death of a parent, sibling or significant person. The group is facilitated by trained therapists and volunteers who help children to cope and accept loss through creative activities.

UC Davis Grief Support Groups

3630 Business Drive
Sacramento, CA 95820
(916)734-1139

delewis@ucdavis.edu

Adult bereavement support group; young adult bereavement art group ages 17-24; parents' bereavement support group for parents who have lost a pediatric-age child.

Food & Clothing

Elk Grove Food Bank Services and Clothes Closet

www.elkgrovefoodbank.org
9820 Dino Dr., #140
Elk Grove, CA 95624
(916) 685-8453

Residents of zip codes 95624, 95757, 95758, 95759, 95828, 95829, 95683, 95693 and the homeless
Valid photo ID and other identification required - call or check website.

• Food and Clothing Distribution

M-F, 10:00 AM – 2:00 PM
Food and clothing distribution;
Clients may receive food once per month.

Elk Grove Food Bank Mobile Pantry for 95828 Residents Impact Church

8299 E. Stockton Blvd
Sacramento, CA 95828
Valid photo ID and other identification required - call or check website.
2nd Thursday of the month
10:00 AM – 12:00 PM

Loaves & Fishes

1531 North C Street
Sacramento, CA 95811
M-F 11:30 AM-1:00 PM
Sat-Sun 11:00 AM-12:30 PM
(916) 446-0874
Free hot lunch.

Rancho Cordova Community Food Locker

10497 Coloma Rd.
Rancho Cordova, CA 95670
(916) 364-8973
Residents of zip codes 95608, 95609, 95624, 95655, 95656, 95670, 95683, 95741, 95742, 95826, 95827, 95830, 95842, and 95841
Picture ID, Soc. Sec. Card, or Medical cards may be used. Call to check on required ID.
Mon, Wed, Fri, 8:30 AM – 1:20 PM
Up to 3 days of food per visit.

River City Food Bank

1800 28th St
Sacramento, CA 95816
(916) 446-2627
Serves all zip codes
ID Required for all family members.
Call to check on required ID.
Mon-Fri, 11:00 AM – 3:00 PM
Clients may receive food once per month.

Sacramento Food Bank & Family Services - CLOTHING

www.sacramentofoodbank.org
Oak Park Family Services Campus
3333 Third Avenue
Sacramento, CA 95817
(916) 456-1980
Tues, Thurs, Fri 10:00 AM-1:30 PM
Wed 4:00 – 7:00 PM
ID required for each family member for first visit (call for more information)
Serves all residents of Sacramento County



Elk Grove Unified School District Student Support Centers Community Resource Guide

Food & Clothing

(continued)

(Sacramento Food Bank & Family Services – CLOTHING *continued*)

Clothes closets for adults and children serving residents of Sacramento County. Job Smart Clothing Program for those employed or seeking employment.

St. Charles Borromeo Church St. Vincent De Paul - Center Parkway/Valley Hi – Food Closet

7580 Center Parkway
Sacramento, CA 95823
(916) 733-2010

Serves residents in the Center Parkway/Valley Hi area-zip code 95823
Call to find out if ID is required.
Mon, 9:15 AM – 12:00 PM

South Sacramento Interfaith Partnership- Emergency Food Closet - Bethany Presbyterian Church

www.ssipfoodcloset.org
5625 24th St.

Sacramento, CA 95822
Residents of zip codes 95822, 95823,
95824, 95826, 95828
Call to find out ID required.

M-F 9:00 -11:30 AM

(916) 428-5290

Clients may receive food once per month.

Southpointe Christian Center

www.southpointecc.com
7520 Stockton Blvd
Sacramento, CA 95823

(916) 504-3370

Call to find out if ID is required.
Last 2 Mon's of each month,
7:30 AM – 10:00 AM

United Methodist Church

www.elkgroveumc.org
8986 Elk Grove Blvd,
Elk Grove, CA 95624
916-686-8303

Breakfast **(free)**, Sat, 8AM -10AM
Lunch **(free)**, Sun, 11:30 AM -1PM

Housing Assistance

Renters Help Line

(916) 389-7877

Mon-Fri, 8:00 AM – 5:00 PM
Free assistance with landlord-tenant disputes and Fair Housing laws.

Sacramento Self-Help Housing

www.sacselfhelp.org
(916) 341-0593

Mon-Fri, 9:00 AM -5:00 PM
Assistance finding safe affordable housing. See website or call for assistance.

Salvation Army Family Service Centers

4350 Raley Blvd. Suite 200
Sacramento, CA 95838
(916) 678-4010

Oak Park Community Center
2250 Alhambra Blvd
Sacramento, CA 95817
(916) 452-2968

Rental and utility bill assistance,
emergency lodging/shelter, school clothes and supplies.

Emergency Shelters

FAMILY SHELTERS:

Francis House

1422 C Street
Sacramento, CA 95814
(916) 443-2646

Emergency shelter for parents with minor children age 17 and younger.

Next Move Family Shelter - Sacramento Area Emergency Housing Center (SAEHC)

www.nextmovesacramento.org
4516 Parker Avenue
Sacramento, CA 95820
(916) 455-2160

Temporary emergency shelter,
meals, transportation,
health services, and clothing for families, including men and women with children up to age 18.

Salvation Army Family Services

www.salvationarmy.org
1200 North B St.
Sacramento, CA 95814
(916) 442-0331
Mon-Fri 8:00 AM-4:00PM
Rescue Program for homeless families.

Traveler's Aid Emergency Assist.

www.travelersaid.org
2251 Florin Road, Suite 124
Sacramento, CA 95822
(916) 399-9646
M-F, 8:00 AM-5:00 PM
Emergency housing for homeless families.

WOMEN & CHILDREN'S SHELTERS:

Mary House

www.sacloaves.org 1321 North C Street, Suite 32
Sacramento, CA 95811
(916) 446-4961
Day shelter for women and children.
Mon-Fri: 8:00 AM-2:00 PM
Breakfast 8:00 AM-9:00 AM

My Sister's House

www.my-sister-house.org
3053 Freeport Blvd., #120
Sacramento, CA 95818
(916) 428-3271 (24hr. crisis line)
Serves women and children impacted by domestic violence, human trafficking, and exploitation with an emphasis on the needs of Asian and Pacific Islander women.

St Johns Program for Real Change

www.saintjohnsprogram.org
(916) 453-1482 (24 hrs)
Emergency shelter for women and children with housing, education, and employment services for shelter residents.

WEAVE Safe Shelter

(916) 920-2952 (24 hrs)
Shelter and support services for women and children escaping domestic violence, human trafficking, or exploitation. Call the 24 hour support line for services.



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YOUTH SHELTER:

Wind Youth Services Emergency Shelter and Drop-in Center

www.windyouth.org
3671 5th Ave
Sacramento, CA 95817
Emergency Shelter Line:
1(800) 339-7177
Drop-in Center: (916) 561-4900
Call emergency shelter line or visit the drop-in center. Shelter and Drop-in Center offer meals, laundry, counseling, education assistance, employment assistance, and more.

Utility Assistance

California Budget Mobile Lifeline – Free Cell Phone

(916) 993-8924
www.budgetmobile.com
Walk-in locations:
Sacramento Store – Northgate
2407 Northgate Blvd.
Sacramento, CA 9583
No Cost – Free cell phone with unlimited talk and text and a limited data plan for low-income families receiving public assistance. One phone per household. Must show proof of public assistance. Contact for more information.

HEAP

Home Energy Assistance Program

(916) 567-5200
www.cresource.org
Residents of Sacramento County
M-F 8:30AM - 12:00PM and
1:00p.m. - 3:00 p.m.
Priority for HEAP services are given to applicants who are income qualified; have a high energy burden; and have a resident in the household who is part of a vulnerable population (i.e. seniors over 60 years of age, disabled persons, and children under 5 years of age)

Salvation Army Family Service Centers

4350 Raley Blvd. Suite 200
Sacramento, CA 95838
(916) 678-4010

(Salvation Army Family Service Centers *continued*)
Oak Park Community Center
2250 Alhambra Blvd
Sacramento, CA 95817
(916) 452-2968
Utility bill assistance, rental assistance, emergency lodging/shelter, school clothes and supplies.

Employment Assistance

Employment Development Department (EDD)

www.edd.ca.gov
Visit the website for information about Unemployment Insurance, Disability Insurance, and Paid Parental Leave – online, phone, and office locations.

– CalJOBS – Find a job

www.caljobs.ca.gov
Online job listings, resume development, and other job search services.

Need computer access? Visit a Sacramento Works Job Center. See list of centers on this resource list or call the center locator number:
1(877) 872-5627

Job Central 24 hr Job Line for Public Assistance (DHA)

Recipients:
(916) 875-3333
Current job openings and referrals and "Job Talk" schedules.

Elk Grove Adult and Community Education (EGACE)

(Adults & Youth)
8401-A Gerber Road
Sacramento, CA 95828
(916) 686-7717

-Academics (High School Diploma and High School Equivalency testing, GED, English classes, and more)

-Career Training Institute (A range of career/technical training programs and services)

-Always Learning (Classes for career development)

Sacramento Job Corps Center

www.sacramento.jobcorps.gov
3100 Meadowview Road
Sacramento, CA 95832
(916) 394-0770
Academic skills, life skills, and career training in a variety of vocational trades.

– On-The-Job Training Program

This program provides a wage subsidy to an employer for hiring and training an individual for a new job. Ask a Job Center Coach about program eligibility and employment referral.

Sacramento Works Job Centers- Adults & Youth:

www.sacramentoworks.org
Job coaching, job search skills, job fairs, resume preparation, computer access, referrals to career/technical training, and more, including programs for youth.

– Franklin Job Center

7000 Franklin Blvd., Suite 540
Sacramento, CA 95823
(916) 563-5151

– South County Job Center

8401-A Gerber Road
Elk Grove, CA 95828
(916) 793-2319

– Asian Resources Job Center

2411 Alhambra Blvd., Suite 110
(916) 324-6202

– La Familia Job Center

5523 34th Street
Sacramento, CA 95820
(916) 452-3601

– Lao Family Community Development, Inc. Job Center

7171 Bowling Drive, Suite 1120
Sacramento, CA 95823
(916) 393-7501

Sacramento Employment and Training Agency (S.E.T.A.)

www.seta.net
925 Del Paso Blvd.
Sacramento, CA 95815
(916) 263-3800
Adult and youth job search and employment support programs .



Elk Grove Unified School District

Student Support Centers

Community Resource Guide

Public Assistance

Sacramento County Department of Human Assistance

www.saccounty.net

To apply for Cash Aid, Cal Fresh Food Stamps, or Medi-Cal health insurance call:

Dept. of Human Assistance (DHA)
(916) 874-3100 **or**

Create an account online at :

www.mybenefitscalwin.org

If you are a current recipient and need assistance with your open case, call (916) 874-3100 or go to www.mybenefitscalwin.org

Financial/Legal

Legal Services of No. California

www.lsnr.net

515 12th Street

Sacramento, CA 95814

(916) 551-2150

Free and low cost legal services for low income clients in Sacramento County.

Mc George School of Law Community Legal Services

3200 5th Avenue

Sacramento, CA 95817

(916) 340-6080

Law students (with supervision by an attorney) provide legal help to low income clients in a variety of areas including immigration, public benefits, health law, bankruptcy, and abuse (elder abuse, domestic violence). Call for more information on clinics offered. Must be a resident of Sacramento County.

Mc George School of Law-Victims of Crime Resource Center

www.1800victims.org

1-800-842-8467

Comprehensive information on victim compensation and restitution as well as victim's role and rights in the criminal justice system. Call and talk with a representative or view the online resource directory.

Sacramento County Clerk/Recorder Service Center

www.ccr.saccounty.net

8239 E. Stockton Blvd.

Sacramento Ca, 95828

(by CARMAX)

Certified copies of birth, death and marriage certificates/records.

Legal Advocacy and Services – Domestic Violence, Sexual Assault, and Human Trafficking

– 24hr WEAVE Support & Information Line

1(866) 920-2952 or (916) 920-2952

www.weaveinc.org

Focus on all people, all ages, all genders. Outreach to LGBT community.

– 24hr My Sister's House Helpline

(916) 478-3271

www.my-sisters-house.org

Multilingual staff and volunteers address the needs of Asian/Pacific Islander callers. Women and children's shelter.

Transportation

Sacramento Regional Transit (Sacramento RT)

www.sacrtr.com

1225 R Street

Sacramento, CA 95814

Customer Service Number:

(916) 321-2877

M-F 6:30 AM-6:30 PM

Provides public transportation to the Sacramento County – busses, light rail. See the website for routes, services, and fares. Discount RT passes for students, disabled persons, and seniors. RT passes are available for purchase at a variety of locations. See website for RT pass sales outlets (at local businesses and agencies).

E-Tran Bus Service City of Elk Grove

8401 Laguna Palms Way

Elk Grove, CA 95758

www.e-tran.org

(E-Tran continued)

Customer Service Number:

(916) 687-3006

Hours of Operation:

M-F: 6:00 AM-10:00 PM

Sat-Su: 10:00 AM-5:00 PM

E-Tran is the bus service for the City of Elk Grove. Check website for E-tran routes, schedules, and fares.

Discount E-Tran passes available for students, disabled persons, and seniors. Passes can be purchased online, by mail or from a variety of Elk Grove businesses and agencies.

E-Tran passes also available for purchase at Sacramento Regional Transit office. See website for more information.



Elk Grove Unified School District Student Support Centers Community Resource Guide