



# Community Support Services in Sacramento County

Handout #21

Healthy Children, Strong Families, Caring Communities

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.wellspacehealth.org](http://www.wellspacehealth.org)
- 24-Hour Suicide Prevention Line . . . . . 988
- California Poison Control System. . . . . 800/222-1222  
[www.calpoison.org](http://www.calpoison.org)
- My Sister's House . . . . . 916/930-0626  
*24-hour domestic violence helpline and shelter*  
. . . . . 916/428-3271  
[www.my-sisters-house.org](http://www.my-sisters-house.org)
- National Center for Missing & Exploited Children . . . . . 800/843-5678  
[www.missingkids.org](http://www.missingkids.org)
- Sacramento City Police . . . . . 916/808-5471  
[www.cityofsacramento.org/Police](http://www.cityofsacramento.org/Police)
- Sacramento County Child Protective Services. . . . . 916/875-5656  
[www.dcfas.saccounty.net/CPS/Pages/CPS-Home.aspx](http://www.dcfas.saccounty.net/CPS/Pages/CPS-Home.aspx)
- Sacramento County Sheriff . . . . . 916/874-5115  
[www.sacsheriff.com](http://www.sacsheriff.com)
- Sacramento Children's Home – *Crisis Nursery*  
*North* . . . . . 916/679-3600  
*South* . . . . . 916/394-2000  
[www.kidshome.org](http://www.kidshome.org)
- WEAVE, Inc. . . . . 916/920-2952  
*24-hour domestic violence helpline and shelter*  
[www.weaveinc.org](http://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](http://www.ha.saccounty.net/benefits/Pages/default.aspx)

## FOOD ASSISTANCE

- Loaves and Fishes . . . . . 916/446-0874  
[www.sacloaves.org](http://www.sacloaves.org)
- Sacramento Food Bank  
*Oak Park* . . . . . 916/456-1980  
*North Sacramento* . . . . . 916/925-3240  
[www.sacramentofoodbank.org](http://www.sacramentofoodbank.org)
- Union Gospel Mission. . . . . 916/447-3268  
[www.ugmsac.com](http://www.ugmsac.com)
- WIC Food Program. . . . . 916/572-0700  
[www.calwic.org](http://www.calwic.org)

## JOB ASSISTANCE

- Charles A. Jones Career & Education Center  
. . . . . 916/395-5800  
[www.caj.scusd.edu](http://www.caj.scusd.edu)
- Sacramento County Department of Human Assistance  
Employment Services. . . . . 916/875-5000  
[www.ha.saccounty.gov/EmploymentServices/Pages/EmploymentServices.aspx](http://www.ha.saccounty.gov/EmploymentServices/Pages/EmploymentServices.aspx)
- Sacramento Employment and Training Agency (SETA) . . . . . 916/263-3800  
[www.seta.net](http://www.seta.net)

**CHILD CARE ASSISTANCE AND INFORMATION**

- Child Action, Inc. . . . . 916/369-0191  
*Free child care referrals in Sacramento County*  
[www.childaction.org](http://www.childaction.org)
- My Child Care Plan California . . . . . 800/543-7793  
*Child care referrals throughout California*  
[www.mychildcareplan.org](http://www.mychildcareplan.org)
- Sacramento County Child Care Eligibility List (CEL)  
*Child care payment assistance* . . . . . 916/369-0191  
[www.thecel.net](http://www.thecel.net)

**UTILITY BILL ASSISTANCE**

- California LifeLine . . . . . 866/272-0349  
[www.CaliforniaLifeLine.com](http://www.CaliforniaLifeLine.com)
- Community Resource Project. . . . . 916/567-5220  
[www.cresource.org](http://www.cresource.org)
- PG&E Financial Assistance . . . . . 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 Opportunies (CHOC) . . . . .  
 . . . . . 707/759-6043  
[www.chochousing.org](http://www.chochousing.org)
- Lutheran Social Services . . . . . 916/453-2900  
[www.lssnorcal.org](http://www.lssnorcal.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  
 . . . . . 916/442-0331
- St. John's Shelter for Women and Children  
 . . . . . 916/453-1482  
[www.stjohnsshelter.org](http://www.stjohnsshelter.org)
- Volunteers of America. . . . . 916/265-3400  
[www.voa-ncnn.org](http://www.voa-ncnn.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.lsnr.net](http://www.lsnr.net)
- Sacramento County Department of  
 Child Support Services. . . . . 866/901-3212  
[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**

- El Hogar Community Justice Support. . . 916/234-2577  
[www.elhogarinc.org/cjisp](http://www.elhogarinc.org/cjisp)
- Hope Cooperative — *full range of mental health supports*  
 . . . . . 916/441-0123  
 24/7 Crisis Respite Center  
 . . . . . 916/737-7483  
[www.hopcoop.org/get-help](http://www.hopcoop.org/get-help)
- La Familia Counseling Center . . . . . 916/452-3601  
[www.lafcc.org](http://www.lafcc.org)
- 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)
- National Council on Alcoholism and Drug Dependence  
 Sacramento (NCADD) . . . . . 916/922-9217  
[www.ncaddsac.org/](http://www.ncaddsac.org/)
- Turning Point Community Programs . . . 916/366-4668  
[www.tpcp.org/county/sacramento-county/](http://www.tpcp.org/county/sacramento-county/)
- Well Space Health . . . . . 916/737-5555  
[www.wellspacehealth.org](http://www.wellspacehealth.org)

**PARENTING AND GRANDPARENTING SUPPORT**

- Birth and Beyond Family Resource Centers
- Firehouse . . . . . 916/567-9567
  - Folsom Cordova. . . . . 916/361-8684
  - La Familia . . . . . 916/452-3601
  - Meadowview . . . . . 916/394-6300
  - Arcade Community Center. . . . . 916/514-8096
  - North Sacramento . . . . . 916/679-3743
  - River Oak . . . . . 916/226-2725
  - Valley Hi . . . . . 916/290-8281
  - WellSpace Health North Highlands . 916/679-3925  
[www.birth-beyondfr.com](http://www.birth-beyondfr.com)

California Kinship Navigator Program  
 ..... 800/546-0047  
[www.kinshipcareca.org](http://www.kinshipcareca.org)

The Center for Fathers & Families . . . . . 916/568-3237  
[www.cffsacramento.org/cms](http://www.cffsacramento.org/cms)

### HEALTH CARE SERVICES

Peach Tree Health Services . . . . . 916/779-7656  
[www.pickpeach.org](http://www.pickpeach.org)

Child Health & Disability Prevention Program  
 ..... 916/875-7151  
[www.dhcs.ca.gov/services/chdp/Pages/default.aspx](http://www.dhcs.ca.gov/services/chdp/Pages/default.aspx)

Sacramento Covered . . . . . 916/414-8333  
[www.sacramentocovered.org](http://www.sacramentocovered.org) . . . . . 866/850-4321

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

Health Reform Hotline  
 Legal Services of Northern California  
 ..... 888/354-4474  
[www.lsn.net](http://www.lsn.net)

Planned Parenthood of Sacramento  
 ..... 916/325-1700  
[www.plannedparenthood.org](http://www.plannedparenthood.org)

Sacramento County Health Center . . . . . 916/874-9670

Sacramento County Immunization Assistance Program  
 ..... 916/875-7468

### SERVICES FOR CHILDREN WITH SPECIAL NEEDS

Alta California Regional Center . . . . . 916/978-6400  
[www.altaregional.org](http://www.altaregional.org)

California Children's Services (CCS)  
 ..... 916/875-9900  
[ccsportal.saccounty.gov/](http://ccsportal.saccounty.gov/)  
[www.saccounty.gov/services/Pages/California-Children's-Services.aspx](http://www.saccounty.gov/services/Pages/California-Children's-Services.aspx)

Head Start . . . . . 916/263-3804  
[www.headstart.seta.net](http://www.headstart.seta.net)

Sacramento County Office of Education  
 ..... 916/228-2500  
[www.scoe.net](http://www.scoe.net)

WarmLine Family Resource Center  
 ..... 916/455-9500  
[www.warmlinefrc.org](http://www.warmlinefrc.org)

### BREASTFEEDING SUPPORT

La Leche League . . . . . 916/442-5920  
[www.llnocal.org](http://www.llnocal.org)

WIC Sacramento County Breastfeeding Helpline  
 ..... 916/875-2120  
[www.icorol.info](http://www.icorol.info)

### MULTICULTURAL SUPPORT SERVICES

Asian Pacific Community Counseling  
 ..... 916/383-6783

Asian Resources . . . . . 916/454-1892  
[www.asianresources.org](http://www.asianresources.org)

California Hispanic Resource Council  
 ..... 916/451-7151  
[www.chrcsacramento.org](http://www.chrcsacramento.org)

Sacramento Chinese Community  
 Services Center . . . . . 916/442-4228  
[www.sccsc.org](http://www.sccsc.org)

South East Asian Assistance Center  
 ..... 916/421-6731  
[www.saacenter.org](http://www.saacenter.org)

South County Services . . . . . 209/745-9174  
[www.southcountyservices.net](http://www.southcountyservices.net)

### TEEN RESOURCES

California Youth Crisis Line. . . . . 800/843-5200  
[www.calyouth.org](http://www.calyouth.org)

National Runaway Switchboard . . . . . 800/786-2929  
[www.1800runaway.org](http://www.1800runaway.org)

Sutter Teen Parent Programs . . . . . 916/887-4031  
[www.sutterhealth.org/services/pregnancy-childbirth/teen-smcs](http://www.sutterhealth.org/services/pregnancy-childbirth/teen-smcs)

WIND Youth Services . . . . . 916/561-4900  
[www.windyouth.org](http://www.windyouth.org)

### SENIOR SERVICES

American Association of Retired Persons(AARP)  
 ..... 888/687-2277  
[www.aarp.org](http://www.aarp.org)

Area 4 Agency on Aging . . . . . 916/486-1876  
[www.a4aa.com](http://www.a4aa.com)

California Senior Legal Hotline . . . . . 800/222-1753  
 ..... 916/551-2140  
[www.lsn.net](http://www.lsn.net)

**CHILD CARE PROVIDER SUPPORT**

Child Action, Inc.  
*Recruitment, training and technical assistance*  
 ..... 916/369-0191  
[www.childaction.org](http://www.childaction.org)

Sacramento County Office of Education  
 ..... 916/228-2500

**CHILD CARE FOOD PROGRAMS**

Beanstalk Food Program ..... 916/344-6259  
[www.beanstalk.ws](http://www.beanstalk.ws)

Family Resource & Referral of San Joaquin County  
 Food Program  
*Serves Sacramento County* ..... 800/526-1555  
[www.frccsj.org](http://www.frccsj.org)

Catalyst Community ..... 530/676-0707  
[Catalystcomm.org](http://Catalystcomm.org)

FRAMAX ..... 800/755-4792  
[www.framax.net](http://www.framax.net)

Love Little Children ..... 916/348-7410  
[www.lovelittlechildren.org](http://www.lovelittlechildren.org)

Californians for Quality Early Learning  
 ..... 916/304-4753  
[www.caqualityearlylearning.org](http://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.cclcd.ca.gov](http://www.cclcd.ca.gov)

**PROFESSIONAL CHILD CARE ASSOCIATIONS**

California Association for the Education of  
 Young Children (CAEYC) ..... 916/486-7750  
[www.caeyc.org](http://www.caeyc.org)

National Association for the Education of Young Children  
 (NAEYC) ..... 800/424-2460  
[www.naeyc.org](http://www.naeyc.org)

National Association for Family Child Care  
 ..... 202/796-5700  
[www.nafcc.org](http://www.nafcc.org)

**LOCAL CHILD CARE  
 RESOURCE & REFERRAL AGENCIES**

California Child Care Resource and Referral Network  
*(statewide)* ..... 415/882-0234  
[www.rrnetwork.org](http://www.rrnetwork.org)

*El Dorado County*  
 Catalyst Community ..... 530/676-0707  
[www.catalystcomm.org](http://www.catalystcomm.org)

*Placer County*  
 Placer County Office of Education  
 Child Care Services ..... 916/740-1641  
[www.placercoe.org/Pages/PCOE/Early-Childhood-Education/Early-Childhood-Education.aspx](http://www.placercoe.org/Pages/PCOE/Early-Childhood-Education/Early-Childhood-Education.aspx)

*San Joaquin County*  
 Family Resource and Referral Center  
 ..... 209/461-2908  
 ..... 800/526-1555  
[www.frccsj.org](http://www.frccsj.org)

*Solano County*  
 Solano Family & Children's Services  
 ..... 707/863-3950  
[www.solanofamily.org](http://www.solanofamily.org)

*Yolo County*  
 Children's Home Society of California —  
 Woodland Office ..... 530/723-5225  
[www.chs-ca.org](http://www.chs-ca.org)