



# Community Support Services

## 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.



find help here  
A program of Community Services Planning Council

### 24-Hour Emergency & Crisis Lines

- 24-Hour Parent Support Line . . . . . 888/281-3000  
[www.theeffort.org](http://www.theeffort.org)
- 24-Hour Suicide Crisis Line . . . . . 916/368-3111
- California Poison Control System . . . . . 800/222-1222  
[www.calpoison.org](http://www.calpoison.org)
- Citrus Heights Women's Center  
*Shelter and assistance for battered women and children* . . . . . 916/728-5613
- My Sister's House  
*24-hour domestic violence helpline and shelter for Asian-Pacific Islander women* . . . . . 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.com](http://www.missingkids.com)
- Sacramento City Police . . . . . 916/264-5471  
[www.sacpd.org](http://www.sacpd.org)
- Sacramento County Child Protective Services . . . . . 916/875-5437  
[www.sacdhhs.com](http://www.sacdhhs.com)
- Sacramento County Sheriff . . . . . 916/874-5115  
Child Abuse Bureau . . . . . 916/874-5191  
[www.sacsheriff.com](http://www.sacsheriff.com)
- Sacramento Crisis Nursery . . . . . 877/543-7752  
[www.crisisnurseryonline.com](http://www.crisisnurseryonline.com)
- WEAVE, Inc.  
*24-hour domestic violence/sexual assault crisis line and shelter* . . . . . 916/920-2952  
[www.weaveinc.org](http://www.weaveinc.org)



### Financial Assistance

- Department of Human Services Information Line  
*Cash aid, food stamps and general assistance* . . . . . 916/874-2072  
[www.dhaweb.saccounty.net](http://www.dhaweb.saccounty.net)

### 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* . . . . . 916/648-8729  
[www.sfbs.org](http://www.sfbs.org)
- Union Gospel Mission . . . . . 916/447-3268  
[www.ugmac.com](http://www.ugmac.com)
- WIC Food Program . . . . . 916/876-5000  
[www.calwic.org](http://www.calwic.org)

### Job Assistance

Sacramento County Department of Human Assistance  
Employment Services . . . . .916/875-3335  
[www.dhaweb.saccounty.net](http://www.dhaweb.saccounty.net)

Sacramento Employment and  
Training Agency (SETA) . . . . .916/263-3800  
[www.seta.net](http://www.seta.net)

### 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.thecel.net](http://www.thecel.net)

### Utility Bill Assistance

California LifeLine . . . . .866/272-0357  
[www.CaliforniaLifeLine.com](http://www.CaliforniaLifeLine.com)

Community Resource Project. . . . .916/567-5200  
[www.cresource.org](http://www.cresource.org)

PG&E CARE Program . . . . .800/743-2273  
[www.pge.com](http://www.pge.com)

SMUD Energy Assistance Program . . . . .866/675-6623  
[www.smud.org](http://www.smud.org)

### Housing Assistance

Community Housing Opportunies (CHOC) . . . . .  
. . . . .530/757-4444  
[www.chohousing.org](http://www.chohousing.org)

Lutheran Social Services . . . . .916/453-2900

River City Community Services . . . . .916/446-2627

Sacramento Area Emergency Housing Center &  
Family Shelter. . . . .916/455-2160  
[www.saehc.org](http://www.saehc.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)

Travelers Aid Emergency Assistance . . . .916/399-9646  
[www.travelersaid.org](http://www.travelersaid.org)

Volunteers of America. . . . .916/443-4688  
[www.voa-sac.org](http://www.voa-sac.org)

### Legal Information and Support

Human Rights/Fair Housing  
Commission . . . . .916/444-6903  
[www.hrfh.org](http://www.hrfh.org)

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

Legal Services of Northern California. . . .916/551-2150  
[www.lsncc.org](http://www.lsncc.org)

McGeorge Community Legal Services. . .916/340-6080  
[www.mcgeorge.edu](http://www.mcgeorge.edu)

Sacramento County Department of  
Child Support Services. . . . .866/901-3212  
[www.dcss.saccounty.net](http://www.dcss.saccounty.net)

Sacramento County Small Claims Court. .916/875-7514  
[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)

Superior California Legal Clinic . . . . .916/972-1188

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

### Mental Health Services

Child & Family Institute. . . . .916/736-1720  
[www.cfisac.com](http://www.cfisac.com)

The Effort . . . . .916/325-5556  
[www.theeffort.org](http://www.theeffort.org)

El Hogar Mental Health . . . . .916/441-2933  
[www.elhogarinc.org](http://www.elhogarinc.org)

Gateway Foundation . . . . .916/451-9312  
[www.gatewayforwomen.org](http://www.gatewayforwomen.org)

La Familia Counseling Center . . . . .916/452-3601  
[www.lafcc.com](http://www.lafcc.com)

MAAP, Inc., *Drug & alcohol treatment* . . .916/922-5110  
[www.maap.org](http://www.maap.org)

Mental Health ACCESS Team . . . . .916/875-9980  
[www.sacdhhhs.org](http://www.sacdhhhs.org)

Mercy Med Clinic Behavioral Dept . . . . .916/924-6400  
[www.mymercymedicalgroup.org](http://www.mymercymedicalgroup.org)

National Council on Alcoholism and Drug Dependence  
Sacramento (NCADD) . . . . .916/922-5110  
[www.addictiondata.org](http://www.addictiondata.org)

New Horizons Counseling Center . . . . .916/485-1211

New Pathways Counseling . . . . .916/452-7481  
[www.csssac.org](http://www.csssac.org)

Samaritan Counseling Center of  
Greater Sacramento . . . . .916/456-4614  
[www.samaritancounseling.com](http://www.samaritancounseling.com)

### Parenting and Grandparenting Support

Birth and Beyond Family Resource Centers

Central City . . . . .916/452-3601

Valley Hi . . . . .916/290-8281

Folsom Cordova . . . . .916/361-8684

Meadowview . . . . .916/394-6300

Oak Park . . . . .916/244-5800

North Highlands . . . . .916/679-3925

North Sacramento . . . . .916/679-3743

Del Paso Heights . . . . .916/927-7694  
[www.birth-beyond.com](http://www.birth-beyond.com)

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

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

### Health Care Services

The Birthing Project . . . . .916/558-4800  
[www.birthingprojectsac.org](http://www.birthingprojectsac.org)

Child Health & Disability Prevention  
Program . . . . .916/875-7151  
[www.sacdhhs.com](http://www.sacdhhs.com)

Cover the Kids . . . . .866/850-4321  
[www.coverthekids.com](http://www.coverthekids.com)

The Effort Birth & Family Health Center . .916/646-8000  
[www.birthandfamilyhealth.com](http://www.birthandfamilyhealth.com)

The Effort Community Health Center . . . .916/313-8411  
[www.theeffort.org](http://www.theeffort.org)

Health Rights Hotline . . . . .1-888-354-4474  
[www.hrh.org](http://www.hrh.org)

Planned Parenthood of Sacramento

B Street . . . . .916/446-6921

Capitol Plaza . . . . .916/444-7966

Fruitridge . . . . .916/452-7305

North Highlands . . . . .916/332-5715  
[www.plannedparenthood.org/mar-monte](http://www.plannedparenthood.org/mar-monte)



Sacramento County Dental Clinic. . . . .916/874-8300

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

Women's Health Specialists . . . . .916/451-0621  
[www.womenshealthspecialists.org](http://www.womenshealthspecialists.org)

### 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  
[www.sacdhhs.com](http://www.sacdhhs.com)

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 . . . . .916/922-9276  
. . . . .800/660-7995  
[www.warmlinefrc.org](http://www.warmlinefrc.org)

### Breastfeeding Support

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

WIC Breastfeeding Advice Line . . . . .916/427-5500

### 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)

National Council of La Raza . . . . .916/448-9852  
[www.nclr.org](http://www.nclr.org)

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

South East Asian Assistance Center . . . .916/421-1036  
[www.saac.org](http://www.saac.org)

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

**Teen Resources**

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

Diogenes Youth Services  
 24-hr Crisis Line . . . . .800/339-7177  
[www.diogenesyouthservices.org](http://www.diogenesyouthservices.org)

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

Sutter Teen Parent Programs . . . . .916/285-4600  
[www.checksutterfirst.org/women/community/afip.cfm](http://www.checksutterfirst.org/women/community/afip.cfm)

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

**Senior Services**

American Association of Retired Persons  
 (AARP) . . . . .866/448-3614  
[www.aarp.org/states/ca/](http://www.aarp.org/states/ca/)

Area 4 Agency on Aging . . . . .800/510-2020  
[www.a4aa.org](http://www.a4aa.org)

California Senior Legal Hotline . . . . .800/222-1753  
[www.seniorlegalhotline.org](http://www.seniorlegalhotline.org)

**Child Care Provider Support**

Child Action, Inc.  
*Recruitment, training and technical assistance*  
 . . . . .916/369-0191  
 24-hour Provider Updates . . . . .916/369-3360  
 Child Action, Inc.'s Job Connections .916/369-3361  
[www.childaction.org](http://www.childaction.org)

**Child Care Food Programs**

Beanstalk Food Program . . . . .800/974-8819  
[www.beanstalk.ws](http://www.beanstalk.ws)

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

**Child Care Licensing in Sacramento County**

Family Child Care Licensing . . . . .916/875-2808  
[www.sacdhhs.com](http://www.sacdhhs.com)

River City Child Care  
 (*Child Care Centers*) . . . . .916/263-5744  
[www.cdss.ca.gov](http://www.cdss.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)

Family Child Care Providers, Inc . . . . .916/504-9859  
[www.fccpinc.org](http://www.fccpinc.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 . . . . .800/359-3817  
[www.nafcc.org](http://www.nafcc.org)

Professional Association of Childhood  
 Education . . . . .800/924-2460  
[www.pacenet.org](http://www.pacenet.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*  
 Choices for Children . . . . .530/676-0707  
[www.choices4children-eldorado.org](http://www.choices4children-eldorado.org)

Placer County Office of Education  
 Child Care Services . . . . .800/464-3322

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

Solano County Family &  
 Children's Services . . . . .888/863-3950  
[www.solanosfcs.org](http://www.solanosfcs.org)

*Yolo County*  
 City of Davis Child Care Services . . . . .800/723-3001  
[www.cityofdavis.org](http://www.cityofdavis.org)