

## **Resource Sheet-**

### **Navigator Nina 916-215-3420**

#### **Shelters:**

- Union Gospel Mission - 916-447-3268. 5-5:30pm bed sign up. MEN only. Need ID and TB test. Showers and shaves 9am to 11am and 1pm to 3pm.
- Family Shelter- Must be on CalWORKs. Families go to Maryhouse to fill out intake form on Thurs. between 8 am and 11:30 am.
- Maryhouse - 916-446-4961. A DAYTIME shelter for homeless women and children. Provides personal attention to women through intense short-term guidance with a goal of helping them take the next step from seeking assistance to independence and self-sufficiency.
- Wind Youth Services - 916-561-4900 Day center and shelter for young adults age 18-24. 800-339-7177 24 hour hotline, available for ages 12-24. Drop-in services includes food, shower, case management: 916-561-4900
- Sacramento Children's Home Crisis Nursery 4533 Pasadena Ave. 916-679-3600. Emergency child care facility. Serves homeless parents of newborns through 5 years old
- Winter Sanctuary - Open during the months of December-February/March. Men and women only. No minors. No pets. Food, cots, and hygiene services available. Contact your Navigator for more information.
- Tubman House-916-601-2979 Shelter for Families between 18-24 that have children.
- Audre's Emporium- 916-601-2979 Shelter for members of the LGBTQ 18 and over who have faced abuse or homelessness
- Lutheran Social Services- Call 211 and ask to get connected with them. They offer case management and Housing options.

#### **Food Banks:**

- Advent Lutheran Church (Sunrise Christian Food Ministry) 5901 San Juan Ave 916-965-5431 M-F 11:30-3pm
- Holy Family Catholic Church - 7817 Old Auburn Rd. 916-723-2494. To-Go bags M/W/F 10 a.m.
- Placer Food Bank - 8284 Industrial Park 916-783-0481 (call ahead for pick up)
- Carmichael Presbyterian Food Closet – 5645 Marconi Ave 916-483-9232. first call M-F 10-12pm to request food, then pick up 2-3:30pm that same day.
- Cordova Community Food Locker - 10497 Coloma Rd (Rancho Cordova) 916-364-8973 M/W/F 9:30 am to 1:30pm. Picture ID, SS, or medical cards may be used.

#### **Meals:**

- Every Day:
  - Loaves and Fishes - Open 7 day a week. Serves a well balanced noon-time meal. 916-446-0874
- Monday:
  - First United Methodist Church - 109 Washington Blvd, Roseville. Lunch 12-1:30pm.
- Tuesday:
  - St Vincent DePaul - 105 Bonita Roseville. Lunch 12-1:30pm
  - Grace House Ministry: Stock Ranch (Behind Costco/Walmart on Auburn Blvd) 3:30pm
- Wednesday:
  - St Vincent DePaul - 105 Bonita Roseville. Lunch 12-1:30pm
  - Holy Family Church - 7817 Old Auburn 5pm
- Thursday:
  - St Vincent DePaul - 105 Bonita Roseville. Lunch 12-1:30pm
  - Divine Savior- 9079 Greenback Ln 6pm. 916-989-7400
- Weekend:
  - St Vincent DePaul - 105 Bonita Roseville. Lunch 12-1:30pm

#### **Clothing Closets:**

- Abundant Life Fellowship - 706 Atlantic Street Roseville (916-783-1989) Wednesdays 10-11am once a month and need ID
- First Baptist Church North Sacramento - 2601 Del Paso Blvd, M/W 9-11:30am
- Underground - Sunrise Mall. Students in San Juan Unified School District. Contact Lucia 916-979-8878
- Higher Heights Community Church 2230 Arden Way, Suite H. 95825 916-723-0440 Thursday 10-Noon
- Powerhouse Christian Ministries 2515 Cottage Way 916-482-6774

#### **Free Laundry:**

Paradise Coin Wash - 7345 Greenback Ln. 2<sup>nd</sup> Saturday every month. Free wash and dry. 8-11am.

#### **Showers:**

HART Pathway Fellowship 8899 Greenback Ln, Orangevale Saturday's 9-11am

Carmichael Presbyterian church, 5645 Marconi Ave, Saturdays 9am-1pm

#### **Animal Resources:**

- New Hope Ministry - 7213 Three Sisters Ct. 916-308-0520 Food/Supplies
- Loaves and Fishes - 1321 West C Street, 2<sup>nd</sup> Saturday of the month. Check in 8-9am. 530-752-1143
- Loaves and Fishes animal emergency services - 916-456-0874 A kennel available to house and feed pets while their guardians participate in other services
- Animal Services - Police Department. Information on vaccines and spay/neutering. Food/supplies.

#### **Crisis Hotlines**

- The effort - Suicide prevention crisis line. 916-368-3111 (24/7 hotline). You can also call on behalf of a friend/family member
- National Suicide Prevention Lifeline. 1-800-273-TALK (8255). 24/7 hotline. Provides referrals.
- Turning Point's Crisis Residential Program. 916-737-9202. 4801 34<sup>th</sup> street
- Sacramento Community Support Team - 916-874-6015 (M-F 8am-5pm) Bilingual. Services to promote recovery, resilience, well-being and reduce the risk of suicide.

#### **Medical/Mental/Developmental Health Resources:**

- NorCal MHA 916-366-4600 located at 1908 O street
- Abiding Hope 916-287-4860. Adults with psychiatric disabilities. 5 beds with communal areas. Access to a psych tech/nurse, therapist, and psychiatrist to attend client needs.
- Mental Health Access Team 916-875-1055
- One Community Health Arden-Arcade Campus 1442 Ethan Way, Suite. 100. 916-443-3299 Medical and dental clinic
- TLCS Mental Health Respite Center/Hope Cooperative - 916-737-7483. Up to 23 hour stay for individuals experiencing a mental health crisis.
- The Ripple Effect - 916-891-0211. Will come and pick you up for a safe place during the day during a mental health crisis or challenge.
- Guest House Homeless Clinic - 916-440-1500 offers an outpatient mental health support services to adults experiencing homelessness and struggling with mental health challenges. Guest House provides consumers with access to mental health and supportive services. 600 Bercut Dr.
- Sierra Elder Wellness Program - 916-363-1553. A field program providing specialized outpatient mental health services for the growing older population (55+). Services include outreach, mental health rehabilitation and therapy, psychiatric medication and follow up services, housing support, case management, and more. 3870 Rosin Court, Suite 130.
- ELHOGAR - 916-369-7872. Senior Link is a prevention and early intervention program designed to provide support services to older adults (55+) experiencing isolation and/or early signs of depression or anxiety. 3870 Rosin Court, Suite 130. M-Sat 8am-5pm
- Connections Lounge- 600 Bercut Dr, Sac 95811. Respite M-F 9-3pm, Laundry services, light refreshments
- Wellspace Health Immediate care, Adult Primary care, Child/Adolescent Primary Care, Dental Care for Children and Adolescents, Women's Health, Prenatal, Birth and Family, Immunizations. Counseling and

Prevention; we offer individual and group counseling, psychiatry and medication management, mental health evaluations, employee assistance program, IEP family advocates and information. 916-737-5555

- Turning Point Community Programs & Urgent Care Clinic - Abiding Hope respite house 916-287-4860. Mental Health Urgent Care Clinic walk-in clinic for individuals with an urgent mental health need, 2130 Stockton BLVD, Building 300.
- Heritage Oaks, 4033 McClain way, Carmichael
- Alta CA Regional Center - provides services for people with developmental disabilities. 916-978-6400
- LOAVES and FISHERS - A voice for Homeless men, women, and children with an emphasis on the need for dignified and compassionate survival services and decent affordable housing. 916-446-0874
- Genesis - A free mental health program that provides professional counseling and mental health referral services. 916-669-1536
- Mercy Clinic - 916-446-3345 the clinic is a place for homeless individuals to come to receive assistance obtaining health care. M-F 7:30am to 3pm.
- Senior Mental Health Counselor: Michael Young: [youngm@saccounty.net](mailto:youngm@saccounty.net)

#### **Legal Services:**

- SSI Disability. Attorneys who specializes in SSD law assist disables homeless people in their applications and represent them in disability certification legal hearings. 916-648-8600
- Disability Action Advocates 1860 Howe Ave., Suite. 220. 916-756-4007. Legal advocates for Social Security Disability
- Renters Helpline: Free help with landlord-tenant and fair housing services. 916-389-7877
- Tenants Together 415-495-8100
- Legal Services of Northern CA 916-551-2150 [isnc.net](http://isnc.net)
- Tommy Clindenbeard Legal Clinic. 916-446-0368. independently operated, provides free legal services to homeless people relating infractions and misdemeanors in Sac County. The legal Clinic also manages court-ordered community service sentences for homeless people to pay fines in lieu of incarceration.
- Clear a Warrant: for minor arrest warrants-need to contact the record and warrants office. 711 G Street. Monday – Friday 8am to 4pm. Warrants: 916-874-5383 Records: 916-874-5383

#### **Pregnancy Support/Women's Health Resources:**

- Alternatives Pregnancy Center- 111 Howe Ave #610, Sac, 95825: 916-880-4040  
Well Visits, Prenatal care, STD testing/Treatment, Ultrasounds, Gynecological care etc.
- Sacramento Life Center-2316 Bell Executive Ln, Sac 95825: 916-451-4357  
Pregnancy test, STD test, Baby needs center, Abortion pill Reversal, Ultrasounds, Education

#### **Clean and Sober:**

- Independently operated, sponsors AA and NA meetings 6 days a week and provides assistance and access to low cost residential recovery programs to homeless people. 916-498-0331
- Narcotics Anonymous Carmichael, CA 95608 (800) 407-7195
- BAART/ Opiate Addiction- 916-974-8090. 6127 Fair Oaks Blvd. Codeine, Vicodin, Hydrocodone, Morphine, Heroin, Opium, Dilaudid, and Fentanyl. BAART Program treatment centers. Medi-cal accepted. Methadone Maintenance and detox.
- MedMark Treatment Center 916-391-4293. 7240 E. Southgate Dr. Ask about their free 21-day detox. Methadone Maintenance and detox. Accepts Medi-cal. Vicodin, OxyContin, Hydrocodone, Morphine, Heroin, and other opioids.

#### **Domestic Violence Resources**

- Emergency police/medical 911
- WEAVE 916-920-2952/866-290-2951 (24/7 crisis line)  
Crisis shelter available. Complete over the phone screening and will be given a pick-up date and time at a disclosed location. Children welcome

- Community for Peace 916-728-5613. 6060 Sunrise Vista Dr. Suite 2340 (Citrus Heights) 24hr crisis line 916-728-7210. [acomunityforpeace.org](http://acomunityforpeace.org)
- My Sister's House (Asian/Pan Pacific Services) 916-428-3271
- PEACE for Families (Roseville) 800-575-5352
- Woman's refuge program (next move) 916-455-2160 x315  
Emergency shelter and food. Shelter for up to 30 days. Counseling available. Case management, support groups, and workshops available.
- St. John's Shelter for women and children 916-453-1482
- Domestic Violence Intervention Center (Citrus Heights) 916-728-7210
- 24/7 Sexual Assault hotline 800-656-HOPE
- 24/7 Domestic Violence hotline 800-799-SAFE

#### **Job Centers and Employment Programs**

- Pride Industries Job Center- 7011 Sylvan Rd. 916-676-2540. Call to make appointment.
- Folsom Cordova Sacramento Works; Job Center 10826 Gadsten Way, Rancho Cordova. 916-294-9107. One-on-One serves include; resume building, interviewing skills, workshops, online job search, application assistance, current job openings, career fair information, typing test certificates, and more.
- Mather One Stop 10638 Schirra Ave (Mather). 916-8764022. Get assistance with resume building, job searching, applications, interviewing, and more.
- SRCC Non-residential paid job program for youth 18-25. Offers the ability to get your GED while working. Apply online at <https://www.saccorps.org/>
- Women's Empowerment: Education and empowerment of homeless women to secure jobs, create a healthy lifestyle and regain housing. 1590 North A Street. 916-669-2307
- St. John's program for real change 916-453-1482 Comprehensive mental health services, GED attainment, and career education for mothers, as well as a program providing developmental and emotional support for their children.

#### **Veteran Services**

- Roads Home- a pathway to housing for homeless veterans. 1-833-255-4899  
Local Navigator: Jay 916-730-9822

#### **Homeless Assistance for Families**

- DHA self-register for emergency shelter services [dhaservices.saccounty.net/efs](http://dhaservices.saccounty.net/efs)
  - Ask about temporary shelter money (Hotel vouchers)
  - Ask about money for permanent housing (deposits)
- Underground clothing closet (see above)
- Homeless Liaison in San Juan School District- Lucia 916-979-8878

#### **Affordable Housing**

- Search online housing- [www.sacramento.gosection8.com](http://www.sacramento.gosection8.com), [www.shra.org](http://www.shra.org), [affordablehousing.com](http://affordablehousing.com)

#### **Phone Assistance**

- Freegovernmentcellphones.net can help you obtain a free phone

#### **NorCal Deaf and Hard of Hearing Services 916-993-3048**

#### **CalFresh (Food Stamps)**

- Sacramento 916-874-2072
- The DHA processes all CalFresh applications in Sac County. To apply, you can visit your nearest DHA office.
- Applications can be taken by phone at 916-874-3100 or online by [www.mybenefitscalwin.org](http://www.mybenefitscalwin.org)

#### **Park and Sleep, City Church, 743 E Tabor Ave, Fairfield Ca.**

Security monitored safe parking .Daily 4:00pm-8:00am, Showers and meals provided.