

Community Resources for Skycrest Families

Medical/Dental

Health Care Options 1-800-430-4263

Healthy Families 1-800-880-5305

Food

Food Stamps 874-2072

WIC-Women, Infants and Children Nutrition 326-5830

Clothing

SJUSD Clothing Closet-Sylvan Middle School 971-7873
(See Skycrest office for referral form)

Counseling

The White House Counseling Center-
For SJUSD families 971-7640

Access Referral System 875-9980

Domestic Violence Support

WEAVE (women escaping an abusive and
violent environment-serving both men and women)
24-hour crisis, support, and info line 920-2952

Support/ Parent Support

Parent Support Line 24 Hours/day 1-888-281-3000

Youth & Parent Crisis Line 1-800-843-5200

Bereavement Network-Info and referral
source for those who are grieving 557-5882

Childcare

Sacramento Crisis Nursery 1-888-281-3000

Child Action-Childcare provider lists 369-0191

Beanstalk-Childcare 344-6259

Citrus Heights Police Department 568-5115

Mentoring

Big Brothers & Big Sisters 482-9300

**Community Resource Directory-Dial 211

**For more resources contact Beth Hein, School Counselor at Skycrest.

867-2098 ext 319