

**San Juan Unified School District
Student Assistance and Prevention Programs**



San Juan
Unified School District

**Community Resource Directory
*for Students and Families***



2009–2010

This is a publication of Student Assistance and Prevention Programs
Please submit any updates, additions or corrections to
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STUDENT ASSISTANCE AND PREVENTION PROGRAMS



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TOP TEN INTERNET PICKS

② www.nsaa.us

National Student Assistance Association

② www.theantidrug.com

Drug information, advice, resources for parents, students and teachers

② www.tolerance.org

Violence prevention

② www.safeplaceservices.org

Teen topics

② www.cfchildren.org

Educating the heart and mind, *Second Step*

② www.search-institute.org

Asset building

② www.smokefreefamilies.tobacco-cessation.org

Tobacco cessation

② www.BeehiveSacramento.org

Resources for Family, Work, School and Play

② www.youthcrisisline.org

Offers support, encouragement, and referrals to youth.

② www.griefshare.org

Offers group support and grief counseling.

Section I

LOCAL COMMUNITY RESOURCES

Dial 211 (for local resource information if you don't find what you need here)

AIDS INFORMATION, TESTING & SERVICES

<p>THE BIRTH CENTER: www.sactobirth.com HIV/AIDS and other STD testing, treatment and outside referral services for counseling and support. Confidential, minimal paperwork, low or no cost for services. Must call for appointment, no walk-ins.</p>	<p>961-1860 6622 Mercy Ct Fair Oaks, CA 95628</p>
<p>BREAKING BARRIERS: Provides services for people with HIV and breast cancer and people at-risk for contracting HIV. Services for people with HIV: transportation (minimum 48 hours notice), household chore assistance, food program, companionship, and crisis intervention. For homeless persons with HIV: outreach referral and advocacy. For persons at-risk for contracting HIV: education, support groups and risk reduction materials. Provides some transportation, emotional and home support for people with HIV or breast cancer. All services are free-referrals and must be by a physician.</p>	<p>447-2437 2200 21st. Street Sacramento, CA 95819</p>
<p>C.A.R.E.S. (Center for AIDS Research, Education and Services): www.caresclinic.org HIV/AIDS treatment. Private insurance and Medi-Cal accepted. Counseling, case management and prevention education consultations. Psychiatric services available. All services with the exception of mental health are only for adults.</p>	<p>443-3299 1500 21 St Sacramento, CA 95814</p>
<p>DIOGENES YOUTH SERVICES: www.diogenesnet.com Hepatitis B Vaccine, Med-Ed free mobile unit, free STD/HIV screening, pregnancy testing and prevention service. Call for mobile unit location.</p>	<p>369-5447 Fax: 369-5389 9719 Lincoln Village, Suite 110 Sacramento, CA 95827</p>
<p>THE EFFORT: www.theeffort.org Free HIV/AIDS education, prevention and testing. Medi-Cal accepted.</p>	<p>325-5556 1920 J St Sacramento, CA 95811</p>
<p>PLANNED PARENTHOOD CLINICS: Anonymous HIV testing and education. Fee for service, sliding scale.</p>	<p>N. Highlands: 332-5715 Downtown: 444-7966</p>
<p>SACRAMENTO COUNTY ALTERNATIVE TEST SITE: Free confidential HIV testing and counseling by appointment.</p>	<p>874-7720</p>
<p>SACRAMENTO GAY AND LESBIAN CENTER www.saccenter.org AIDS education programs, youth groups, legal clinics etc.. 12:00-9:00 p.m. Monday-Saturday.</p>	<p>442-0185 Fax: 325-1840 1927 L St. Sacramento, CA 95811</p>

<p>WOMEN'S HEALTH SPECIALISTS: www.womenshealthspecialists.org Offering a wide variety of confidential women's reproductive health services. These services include: Preventative care, comprehensive family planning, fertility health services, adoption choices and community education programs. Low or no cost to eligible patients</p>	<p>451-0621 1750 Wright St Suite 1 Sacramento, CA 95825</p>
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***BEFORE & AFTER SCHOOL PROGRAMS,
ACTIVITIES AND CLUBS***

<p>ALIVE AT 25 PROGRAM: http://www.safetycenter.org/com_aliveat25.html Teaches young drivers 15-24 to take control of situations by taking responsibility for own driving behavior developed to prevent traffic collision fatalities and violations</p>	<p>366-7233x226 3909 Bradshaw Rd Sacramento, CA 95827</p>
<p>ARCADE CREEK RECREATION AND PARK DISTRICT: www.arcadecreekrecreation.com Summer camp; youth sports clinics and events. Theme activities, field trips, arts, crafts, sports, drama and nature activities. Free family summer nature program.</p>	<p>482-8377 4855 Hamilton St Sacramento, CA 95841</p>
<p>ARDEN MANOR RECREATION AND PARK DISTRICT: www.amrpd.org Supervised youth and playground activities, tots play group, summer youth day care programs, summer competitive activities, adult and youth sport activities, sports clinics, summer sport camp and spring break camp.</p>	<p>487-7851 1415 Rushden Dr Sacramento, CA 95864</p>
<p>BIG BROTHERS BIG SISTERS OF GREATER SACRAMENTO: www.bbbs-sac.org Big Brothers Big Sisters is a mentoring program serving boys ages 8 to 15 and girls ages 7 to 15 primarily from single-parent homes. We aim to make a positive difference in the lives of children through professionally supported one-to-one relationships with caring adults. The Big Brothers Big Sisters program focuses on teaching children to respect others, have positive relationships with peers and family, avoid delinquency, succeed in school, and manage their feelings appropriately. Through positive, one-to-one interaction with a Big Brother or Big Sister, children learn and mature. It is truly the Power of One.</p>	<p>646-9300 Fax: (916) 646-9301 1540 River Park Drive, Suite 214 Sacramento, CA 95815</p>
<p>BOY SCOUTS OF AMERICA-GOLDEN EMPIRE COUNCIL: www.gec-bsa.org Offers educational and family oriented recreational programs to community organizations for use in neighborhood groups led by volunteer leaders; trains volunteer leaders, maintains outdoor educational and camping facilities, and provides special programs for disabled children and adults.</p>	<p>929-1417 800-427-1417 Fax: 929-4461</p>
<p>BOYS AND GIRLS CLUB OF GREATER SACRAMENTO: www.bgcsac.org Offers an entire range of programs and services that are available to youth. The core program areas are: citizenship and leadership development, cultural enrichment, health and physical education, outdoor and environmental education, personal and educational development and social recreation.</p>	<p>392-1350 Fax: 392-1835 5212 Lemon Hill Ave. Sacramento, CA 95824</p>
<p>BRIDGES AFTER-SCHOOL PROGRAMS: www.sanjuan.edu/BridgesAfterSchool Programs that provide support such as academic intervention, homework assistance, life skill development, and recreation activities, Monday through Friday, at participating middle and elementary schools in the San Juan Unified School District. These programs are offered through the Extended Learning and Support Programs Office.</p>	<p>575-2386</p>

<p>CARMICHAEL RECREATION AND PARK DISTRICT: www.carmichaelpark.com Provides youth sports activities, instructional recreation classes, special community events, summer youth activities, skate park at La Sierra Community Center and day camp.</p>	<p>485-5322 Fax: 485-0805 5750 Grant Ave Carmichael, CA 95608</p>
<p>DISCOVERY CLUBS: Enriched child care program for K-6 grades. 12 month program open 7am-6pm. Minimum 10 hours per week.</p>	<p>971-5980</p>
<p>FAIR OAKS RECREATION AND PARK DISTRICT: www.fairoakspark.org Fine Arts and Theater Arts and dance classes; sports clinics; youth classes, summer camp; family and senior trips; special events. Always looking for volunteers – High School student community service hours welcomed.</p>	<p>966-1036 Fax: 966-9863 4150 Temescal St Fair Oaks, CA 95628</p>
<p>THE FIRST TEE OF GREATER SACRAMENTO: www.tftgs.org Supports, promotes and develops affordable youth golf programs for local youth who may not have an opportunity to experience the game. Golf professionals and volunteers educate youth golfers on the rules, etiquette, traditions, playing skills, and the game core values of honesty, sportsmanship, integrity, confidence, dedication, self discipline, and rewards from a commitment to good work ethics. Utilizes local area golf facilities and resources. Classes and camps held at William Land Park Course and other affiliated sites.</p>	<p>455-7888 Fax: 455-7878</p>
<p>GIRL SCOUTS - TIERRA DEL ORO COUNCIL: www.tdogs.org Develops leadership and decision-making skills through specific activities, self-government, and the influence of adult role models. Sponsors resident, troop and day camp programs in addition to a year round calendar of special events. Services for girls ages 5-17.</p>	<p>638-4475 1-800-322-4475 Fax: 638-8452 3005 Gold Canal Dr Rancho Cordova, CA 95670</p>
<p>MISSION OAKS RECREATION AND PARK DISTRICT: www.morpd.com Provides youth and teen programs such as intramural sports, classes and excursions, summer day camp and school year programs. All ages.</p>	<p>488-2810 Fax: 488-4349 3344 Mission Ave Carmichael, CA 95608</p>
<p>ORANGEVALE RECREATION AND PARK DISTRICT: www.orangevalecommunitycenter.com Preschool age activities, youth and adult leagues, youth and adult special classes, horse arena shows, BMX bicycle events, swimming lessons and special events. Serves 95662 zip code.</p>	<p>988-6140 Fax: 988-3496 6826 Hazel Ave Orangevale, CA 95662</p>
<p>SACRAMENTO POLICE ATHLETIC LEAGUE: Provides youth programs in boxing, flag football, soccer, girl's and boy's basketball, coed baseball, soccer and dance team, as well as computer aided instruction in reading, writing, math and science.</p>	<p>452-4069</p>
<p>SALVATION ARMY-SACRAMENTO CITADEL CORPS: www.tsatoday.org Religious programs, fellowship and recreation programs for all ages. Programs offered: Day camp, home league, men's fellowship, summer camp, and Sunbeams Girl Guards and Boy's Clubs.</p>	<p>452-9388</p>
<p>SUNRISE RECREATION AND PARK DISTRICT: www.sunriseparks.com Provides pre-school and daycare activities, youth and teen special classes, Teen Extreme Activity Group, health and fitness classes, youth instructional sports leagues, tennis instruction, karate instruction, ballet and gymnastics instruction, and special events. Serving Citrus Heights, Antelope and Foothill Farms areas.</p>	<p>725-1585 Fax: 725-2541 7801 Auburn Blvd Citrus Heights, CA 95610</p>

VOLUNTEER CENTER OF SACRAMENTO: www.volunteersac.org Connects volunteers with community non profit organizations.	567-3100
THE WALL www.thewallcarmichael.com Provides after school opportunities for middle and high school students such as tutoring, life skills training, education forums, field trips, sports activities, and a safe place for teens to “hang out.”	482-2088 Fax: 482-2089 Jim Vargas Cell: 335-0804 5933 Sutter Ave. Carmichael, CA 95608
Y.M.C.A. (YOUNG MEN’S CHRISTIAN ASSOCIATION OF SACRAMENTO): www.sccymca.org Health and physical activities for all including aquatics, basketball, volleyball, T-ball, martial arts, weight training and soccer. Youth social recreation includes day camping, Teen Middle School Camp, youth clubs, after school care, youth and government, high school conference, summer sports camp for ages 6-11.	452-9622 Carmichael: 483-6426
YOUNG LIFE/WILD LIFE: www.younglife.org (National Website) www.sacyouth.com (Faith-based activities for youth) High School and Jr. High youth club providing a variety of social activities and opportunities for students. Supervision provided by trained adult volunteers. Activities include weekly meeting nights, summer and weekend camps, backpacking and group sharing activities. (Christian Orientation)	967-8284
YOUTH POWER TEAMS, CLUB LIVE, FRIDAY NIGHT LIVE CHAPTERS: www.fridaynightlive.org Offered at many school sites in San Juan, these lunch-time or after school clubs for elementary, middle and high school students provide opportunities for participation in community service activities, critical issues education, buddy support activities and peer tutoring or mentoring.	979-8606

BEREAVEMENT

BEREAVEMENT NETWORK: Information and referral source for community support groups serving those who are grieving.	557-5882
CHILDREN’S BEREAVEMENT ART GROUP/HEALING IMAGES: Peer support groups for children ages 4-16 grieving a death in the past year. Art therapy group.	454-6555
COMPASSIONATE FRIENDS: www.compassionatefriends.org Self-help support group for parents grieving the death of a child. Monthly meetings. Newsletter available upon request.	457-4096
FRIENDS FOR SURVIVAL: Outreach program for family and friends after a suicide death. Adult only support groups.	392-0664
GRIEF SUPPORT GROUP FOR YOUNG ADULTS: This group offered through the UC Davis Children’s Hospital is appropriate for any young adult, age 17to 24, who is coping with a recent death of someone close.	734-1139 3630 Business Drive Suite F, Sacramento, CA 95820
HEALING CENTER FOR GRIEVING CHILDREN: www.grievingchild.net	791-8414 7560 Florin Road Sacramento, CA 95628

CHILD ABUSE

CHILD ABUSE BUREAU-SHERIFF'S DEPARTMENT: Investigates suspected and/or reported child abuse.	Reports: 874-5191 874-5115
CHILD ABUSE PREVENTION COUNCIL: www.capcsac.org Coordinates community response to child abuse, molestation and neglect and promotes the well being of all children. Provides prevention and support services for at-risk families.	244-1900
CHILD AND FAMILY INSTITUTE: www.child-familyinstitute.org Available to anyone involved in intra-family abuse or victims of child sexual abuse. Counseling and support groups for ages 3-18 years. Sliding pay scale.	736-0828 Referral Line: 736-1720
CHILD HELP USA: www.childhelpusa.org This hotline provides crisis counseling, information, and referral services to young people and adults regarding child abuse.	Hotline: 1-800-422-4453 Office: 1-480-922-8212
CHILD PROTECTIVE SERVICES: www.dss.cahwnet.gov Provides protection to children who are victims of abuse and neglect. Call this number to report suspected abuse or neglect.	875-5437
FAMILIES FIRST: www.familiesfirstinc.org Serves troubled children and their families; provides foster parenting support and counseling. Medi-Cal only access referrals for counseling and family support services.	24hr. 1-800-859-4911 641-9595 Fax:641-9599
HEALING IMAGES: Art therapy groups.	454-6555
P.E.A.C.E. FOR FAMILIES: (Placer Extends A Caring Environment for families in crisis): www.peaceforfamilies.org Legal counsel and court support services restricted to Placer County. Creates a safe and supportive environment for women and children escaping domestic violence. Counseling and support groups available.	Crisis Line: 800-575-5352 530-885-0443 Fax: 530-885-2347 Davis: 800-698-4968 Roseville: 773-7273 Fax: 773-3990
RIO VISTA CARE: Counseling Center. Individual and group counseling to victims and children. Home visits. Sliding scale.	707-374-5243
SACRAMENTO CITY POLICE DEPARTMENT (Ask for Child Abuse Unit): www.sacpd.org This is a non-emergency number to report child sexual abuse.	264-5471
TERRA NOVA COUNSELING: Outpatient counseling for children, adolescents, adults and families. Treats both offenders and victims. Accepts Medi-Cal. Sliding scale available for non-insured.	344-0249

<p>W.E.A.V.E. (Women Escaping A Violent Environment) COUNSELING CTR: www.weaveinc.org Individual and group counseling for victims and children.</p>	<p>Hotline: 920-2952 Toll Free Hotline: 1-866-920-2952 Business Office: 448-2321 Fax: 443-7183 1900 K St. Sacramento, CA 95811</p>
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COUNSELING

<p>A.F.T.E.R. COUNSELING AGENCY (Associated Family Therapy for Effective Recovery): Non-profit organization that provides counseling for individuals and families who are dealing with molest/physical abuse, chemical dependence, domestic violence, or other issues.</p>	<p style="text-align: right;">344-0249</p>
<p>ANOTHER CHOICE, ANOTHER CHANCE: www.ac-ac.org A 12-week program developed as a day treatment model. Individual and group substance abuse counseling for students. Medi-Cal and private pay sliding scale available.</p>	<p style="text-align: right;">361-2089 Fax: 361-2091 2801 Aramon Dr Rancho Cordova, CA 95670</p>
<p>ASIAN PACIFIC COMMUNITY CENTER: Community mental health services to the Chinese, Japanese, Korean, Filipino, Hmong, and Pacific Islander communities of Sacramento County.</p>	<p style="text-align: right;">383-6783</p>
<p>CHICKS IN CRISIS: Crisis counseling for women.</p>	<p style="text-align: right;">441-1243</p>
<p>CHILD AND FAMILY ACCESS TEAM: www.sacdhhhs.com Referral agency to Sacramento County counseling service for children. Medi-Cal and uninsured children (counseling services.) Care providers may call in—all others must fax referrals to Team.</p>	<p style="text-align: right;">875-9980 875-1055</p>
<p>CROSS CREEK COUNSELING: www.crosscreekcounseling.com Family, individual, marriage, victim witness. Fees based on income. Accept Medi-Cal but must be referred through Family Access Team.</p>	<p style="text-align: right;">722-6100 Fax: 722-9229 8421 Auburn Bl Citrus Heights, CA 95610</p>
<p>CSUS COUNSELING CENTER: www.csus.edu/psysrv/ Personal, career, vocational-rehabilitation, couple, family, and child counseling; counseling related to school issues for youth, K-12, school system and their families. Closed during the summer.</p>	<p style="text-align: right;">278-6252 Fax: 368-3076 8912 Volunteer Ln Suite 10 Sacramento, CA 95826</p>
<p>DIOGENES YOUTH SERVICES: www.diogenesnet.com Crisis resolution; free individual and family counseling for families with youth ages 12-17 yrs. Some groups may have fee for service. Teen and parent support groups. Also, youth anger management/drug and alcohol 8 week cycles.</p>	<p style="text-align: right;">369-5447 800-339-7177 Fax: 369-5389 9719 Lincoln Village Ste 110 Sacramento, CA 95827</p>
<p>THE EFFORT: www.theeffort.org Professional short-term counseling and Employee Assistance Program; brief therapy for families, children, couples and individuals. Sliding pay scale based on family income. All Medi-Cal must be referred by Family Access Team.</p>	<p style="text-align: right;">325-5556 1820 J Street Sacramento, CA 95814</p>

HOPE COUNSELING CENTER: www.hope-counselingcenter.org Non- profit low-cost counseling agency. Also accepts victims witness insurance and offers a support group for women who have been abused, as well as, a parenting support group.	780-1059
KAISER HOSPITALS: www.kaiserpermanente.org Counseling services available for members only.	North: 973-5300 South: 688-2000
MARVIN MARSHALL COUNSELING CENTER: Counseling services to families with students enrolled in Early Child Education programs. No fee for services.	971-5947
MERCY EDUCATION RESOURCE CENTER: Psycho-educational assessments; prescriptive instruction; counseling.	737-6026
NEW BEGINNINGS: Out-patient counseling center for children, teenagers, couples and families.	863-7096
NEW PATHWAYS (formerly Catholic Social Services): A multi-service social welfare agency with outreach offices providing individual, group, couple, family and child counseling. Private sliding scale available. Spanish language counseling available.	452-7481
PEOPLE REACHING OUT: www.peoplereachingout.org Comprehensive and confidential assessment and referrals. Family strengthening. Seven week classes focus on Middle School age.	576-3300 Fax: 576-3306 5299 Auburn Blvd. Sacramento, CA 95841
SAMARITAN COUNSELING CENTER AT CARMICHAEL PRESBYTERIAN: Short and long term counseling for individuals, couples, family and children.	483-2989
SAMARITAN COUNSELING CENTER OF GREATER SACRAMENTO: www.samaritancounseling.com Offers individual and family counseling. Standard fee for services, but adjustments can be made based on income. (Christian based organization.)	456-4614 1507 21 st , Suite 201 Sacramento, CA 95811 Fax: 456-5648
SUTTER COUNSELING CENTER: www.suttermedicalcenter.org/psychiatry Child, adolescent, and family counseling services. Accepts county referrals.	929-0808
SUTTER CENTER FOR PSYCHIATRY: www.suttermedicalcenter.org/psychiatry Provides intensive inpatient psychiatric care with programs designed for the special needs of all ages. Intensive day treatment program available for children and adolescents.	24hr: 800-801-3077 386-3000
UCD BEHAVIORAL HEALTH CARE SERVICES: www.ucdavis.edu Psychiatric outpatient services to adults, families, and children.	734-3574
WHITE HOUSE COUNSELING (for SJUSD families): www.sanjuan.edu Individual, group and family counseling/psychotherapy, consultation and training. Accepts Medi-Cal for services for children. Reduced fees for services for income eligible families.	971-7640
W.E.A.V.E. (Women Escaping a Violent Environment): www.weaveinc.org 24 hour shelter and crisis line for people affected by domestic violence and sexual assault.	24 hr: 920-2952 Fax: 443-7183 Counseling: 448-2321 Business: 448-2321

CRISIS

<p>AMERICAN RED CROSS: www.redcross.org Focuses on meeting the immediate emergency needs of people affected by disaster.</p>	<p>1-800-696-3873 368-3130</p>
<p>CALIFORNIA YOUTH CRISIS LINE: www.calyouth.org Confidential crisis intervention counseling, resource referrals and a neutral message center service to youth and families. Tel-Law tapes are available on a variety of issues that affect teens and their families. Request a specific topic, or ask for more details when you call.</p>	<p>800-843-5200</p>
<p>CHILD AND FAMILY ACCESS TEAM: Referral agency to Sacramento County’s mental health counseling services for children. Schools may use this agency for acting-out students or suicidal students. Referral packets may be obtained from this agency. Sacramento County Medi-Cal. Some non-Medi-Cal minors accepted for mental health treatment.</p>	<p>875-9980 Fax: 875-9970</p>
<p>CHILD PROTECTIVE SERVICES: www.dss.cahwnet.gov Provides protection to children who are victims of abuse and neglect. Call this number to report suspected abuse or neglect.</p>	<p>24 hr: 875-5437</p>
<p>CHILDREN’S RECEIVING HOME OF SACRAMENTO: www.crhkids.org 24 hour emergency, short-term shelter-care for abused or neglected children from Sacramento County. Counseling, 24-hour staffing, social work intervention, medical care, activities, recreation and on-site school.</p>	<p>24 hr crisis 482-2370</p>
<p>DIOGENES YOUTH SERVICES: www.diogenesnet.com Crisis resolution; individual, group and family counseling; temporary shelter and protective custody for youth.</p>	<p>24 hr crisis: 363-0063 369-5447 800-339-7177 Fax: 369-5389 9719 Lincoln Village Suite 110 Sacramento, CA 95827</p>
<p>FOSTER CARE OMBUDSMAN PROGRAM www.fosteryouthhelp.ca.gov Listens to your concerns regarding placement, care, or services. Ensures that the voices of foster youth are heard; documents your complaints; can set up meetings with all people involved if necessary or requested; provides you with information regarding rights; gathers relevant information regarding concerns; remains neutral and impartial (doesn’t take sides). All calls are confidential (except where child abuse or neglect is involved).</p>	<p>1-877-846-1602 744 P Street Sacramento, CA 95814</p>
<p>HOMELESS EDUCATION: Help with transportation, school supplies and other needed assistance.</p>	<p>East: 971-7045 West: 979-8024</p>
<p>24 HOUR PARENT SUPPORT LINE: 24 hour parent support line; offers emotional support, information and resources.</p>	<p>24 hr: 888-281-3000</p>
<p>SACRAMENTO COUNTY SHERIFF: (Non emergency line) www.sacsheriff.com</p>	<p>874-5115</p>
<p>SACRAMENTO CRISIS NURSERY: www.crisisnurseryonline.com Respite care for parents who are experiencing a crisis or are temporarily unable to manage their child care duties; prevents child abuse and neglect of children by offering crisis support to families with children aged 0-5 years. North and South area centers.</p>	<p>North: 679-3600 Fax: 979-9654 4533 Pasadena Ave Sacramento, CA 95821</p>

SACRAMENTO MENTAL HEALTH CENTER (SMHC): This Treatment Center has a Crisis Clinic where families and individuals can “walk-in” for emergency intervention when a crisis cannot wait for a routine appointment elsewhere. Operates 24 hours, 365 days a year.	732-3637
SALVATION ARMY: www.salvationarmyusa.org Emergency disaster service, counseling to families, addiction rehabilitation. 30 day homeless shelter program. Housing and employment workshops.	442-0303 24 hr: 442-0331
SUICIDE PREVENTION (CRISIS SERVICES PROGRAM): 24 hour telephone availability of highly trained paraprofessionals specializing in crisis intervention and suicide prevention.	Office: 368-3118 Crisis Lines: Sacramento: 368-3111 Roseville: 773-3111
SUTTER CENTER FOR PSYCHIATRY: www.sutterpsychiatry.org Provides intensive inpatient psychiatric care with programs designed for the special needs of all ages.	24hr: 800-801-3077 Office: 386-3000 7700 Folsom Blvd Sacramento, CA 95826
W.E.A.V.E. (Women Escaping a Violent Environment): www.weaveinc.org 24 hour shelter and crisis line for people affected by domestic violence and sexual assault.	24 hr: 920-2952 Fax: 443-7183 Counseling: 448-2321 Business: 448-2321
W.I.N.D. YOUTH CENTER: www.windyouth.org Outreach to homeless and runaway teenagers; hot meals, shower, laundry facilities, emergency clothing, counseling and referral services, and case management. Also, GED preparation and teen safety net. Alcohol and drug counseling.	Center: 443-8333 Admin: 561-2424 Tasha Norris: 628-8333 701 DixieAnn St. Sacramento, CA 95815

DADS AND GRANDADS

CHILD ACTION: www.childaction.org Resource and referral to free child care information, parenting classes, child care advocacy. Various office locations in the Sacramento area.	369-0191
HEAD START – SETA: www.headstart.seta.net Comprehensive child development services for low income children, volunteer opportunities, male-involvement support meetings.	263-3804
24 HOUR PARENT SUPPORT LINE 24 hour parent support line; offers emotional support, information and resources.	888-281-3000
INFO LINE SACRAMENTO: Referrals to community services in the Sacramento area.	211

JBANTA, INC.: www.jbanta.com Resources and support for fathers, low cost legal clinic 2x month, support groups, workshops.	739-0894 Fax: 739-0895 2831 Fruitridge Rd Suite B Sacramento, CA 95820
MEN'S RIGHTS, INC.: Public awareness on child-raising issues for men.	484-7333
ROBERTS FAMILY DEVELOPMENT CENTER: www.robertsfdc.com Provides various services such as: After school, family literacy and transition programs, summer camp, child care.	646-6631 770 Darina Ave Sacramento, CA 95815
SJUSD EARLY CHILDHOOD EDUCATION: Offers special education preschool programs, preschool programs, and before and after school child care for students in kindergarten through grade 2.	971-7380
WEBSITES PROVIDING HELPFUL INFORMATION FOR DADS: www.childtrends.org www.connectforkids.org www.fatherhood.hhs.gov www.fatherhood.org www.fathersnetwork.org www.sanjuan.edu/Extendedlearning www.stepfamily.net www.teenpregnancy.org	

DISPLACED/HOMELESS YOUTH

CALIFORNIA YOUTH CRISIS LINE (California Coalition for Youth) www.calyouth.org Confidential crisis intervention counseling, resource referrals and a neutral message center service to youth and families in high risk situations.	24 hr: 800-843-5200 Fax: 340-0510 Office: 340-0505	
DIOGENES YOUTH SERVICES: www.diogenesnet.com Short-term emergency shelter for homeless, runaway and other youth at risk for abuse and neglect; long term (2 years) transitional housing and supportive services for homeless youth.	24 hr crisis: 800-339-7177 369-5447x207 Fax: 369-5389 9719 Lincoln Village Suite 502 Sacramento, CA 95827	
HOMELESS EDUCATION: Help with transportation, school supplies and other needed assistance.	East: 971-7045 West: 979-8024	
JOB CORPS: www.jobcorps.dol.gov Facilities for 300 residential and 100 non-residential. Program for youth age 16-24 offering complete academic curriculum geared to the acquisition of a GED and vocational training. Free medical and dental care while training. Job placement at the end of paid training.	24 hr: 1-800-733-JOBS 1-800-733-5627	
LOAVES AND FISHES: www.sacramentoloavesandfishes.org Concerned with issues relating to the needs of the homeless and indigent poor. Lunch provided daily.	446-0874 1321 No. C St. Sacramento, Ca 95811	

NATIONAL RUNAWAY SWITCHBOARD: www.nrscrisisline.org	National Runaway Hotline: 1-800- RUN-AWAY 1-800-(786-2929) TDD: 800-621-0394
ST. JOHN'S SHELTER FOR WOMEN AND CHILDREN: www.stjohnsshelter.org Short term (30 nights) emergency shelter; evening meals, referral and quest advocacy services. Services are for women, girls and boys to age 12.	453-1482 Fax: 443-1424 4410 Power Inn Rd Sacramento, CA 95826
W.I.N.D. YOUTH CENTER: www.windyouth.org Outreach to homeless and runaway teenagers; hot meals, shower, laundry facilities, emergency clothing, counseling and referral services, and case management. Also, GED preparation and teen safety net. Alcohol and drug counseling.	Center: 443-8333 Admin: 561-2424 Tasha Norris: 628-8333 701 DixieAnn St. Sacramento, CA 95815

***DRUG AND ALCOHOL
TREATMENT/DETECTION***

ALANON/ALATEEN: www.al-anon.alateen.org Support groups for those who have alcoholic relatives or friends.	Meeting Info: 334-2970 Office: 334-2971 5429 Palm Ave Suite A Sacramento, CA 95841
ALCOHOLICS ANONYMOUS (AA): www.alcoholics-anonymous.org A twelve step program for alcoholics. Youth Meetings are available. www.aasacramento.org	24 hr: 454-1100 454-1771 9960 Business Park Dr. Suite 110 Sacramento, CA 95827
ALL CALIFORNIA YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS: www.acypaa.org Listing of AA Youth Meetings in Sacramento and vicinity.	See website
A NEW DAWN: www.newdawnrecovery.com	969-4300 Adolescent Intake: 723-4335 5431 Auburn Blvd, #252, Sacramento, CA 95841
ANOTHER CHOICE, ANOTHER CHANCE: www.ac-ac.org A 12 week program developed as a day treatment model. Individual and group substance abuse counseling for students.	361-2089 Fax: 361-2091 2801 Aramon Dr Rancho Cordova, CA 95670
BI VALLEY MEDICAL CLINIC: www.bi-valley.com Outpatient methadone maintenance only for opiate addicts; individual, group and family counseling, medical services.	Capitol: 442-4985 Fax: 442-1029 Carmichael: 974-8090 Fax: 974-7851
CALIFORNIA STATE DEPARTMENT OF ALCOHOL PROGRAMS: www.adp.state.ca.us Provides information/referrals to in-patient drug and alcohol treatment centers.	24 hr: 800-879-2772 327-3728

CPC SIERRA VISTA: Drug and alcohol treatment/24 hour help line.	288-0300 8001 Bruceville Rd Sacramento, CA 95823
DRUG DETECTION LABORATORIES: www.drugdetection.net Drug and alcohol testing lab; individuals, adolescents, on-site collections, same day results if client is in by 3:00 p.m. The hours for drug testing are 9:00 – 5:00. Monday – Friday. The lab can also provide a mail-in kit for parents, which includes everything needed to mail the test back to the lab.	366-3113 Fax: 366-3917 9700 Business Park Dr Suite 406 Sacramento, CA 95827
THE EFFORT: www.theeffort.org Immediate services for chemical detection issues. Serves those at risk of substance abuse, adolescent and adult, and helps chemically dependent persons; medically supervised residential detoxification treatment.	325-5556 1820 J Street Sacramento, CA 95814
HEALTH DATA INC.: Personal and adolescent drug testing; collection done on site; 1-5 day result turnaround.	784-2227 151 N Sunrise Suite 1105 Roseville, CA 95661
KAISER/CHEMICAL DEPENDENCY RECOVERY PROGRAM: www.kaiserpermanente.org For Kaiser members only; CDRP is a ten month program for teens (14-17); support groups and individual counseling requiring parent involvement. Adult programs also available at both locations.	North: 482-1132 South: 688-2064
MEXICAN AMERICAN ALCOHOLISM PROGRAM—SACRAMENTO YOUTH PROJECT: Anger management – student and family counseling center.	Mi Casa Residential Care: 394-2328 Sac Medical Clinic on 65 th : 422-5200
NARCOTICS ANONYMOUS (N.A.): The Public Information Sub-Committee of NA offers presentations at schools. www.NA.org	224-8741 P.O. Box 418222 Sacramento, CA 95841-8222 Find a meeting: 1-866- 565-2135
NARCOTICS ANONYMOUS (N.A.) SACRAMENTO: www.sacramentona.org Twelve step support groups for addicts.	Help Line: 1-800- HOPE 866-565-2135 3924 14 th Ave Sacramento, CA 95820
N.C.A.D.D.(NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE): www.ncadd.org Substance abuse evaluations; individual and group counseling for alcohol and drug problems serving families, adolescents and individuals; drug testing. Also family strengthening classes.	922-9217 2316 Bell Executive Ln. Sacramento, CA 95825
NEW DIRECTIONS: Adolescent out-patient treatment for drug and alcohol addictions; individual and family counseling. Individual counselors working with individuals.	966-4523

NEW LIFE COMMUNITY CHURCH: www.aboutnewlife.com Support groups for various needs including parenting programs and co-dependency, short term counseling, 12-step Alcoholics Anonymous, and 12-step Celebrate Recovery program. Provides child and youth activities, events, and scouting type programs.	536-LIFE Contact: Ray Smith 8101 Sunset Ave Fair Oaks, CA 95628
RECOVERY HAPPENS www.recoveryhappens.com Jon Daily, LCSW, CADC	966-4623 Ext. 4 Fax: 966-4599 Contact: Jon Daily
RIO VISTA CARE: Counseling for substance abuse; self-help groups. Sliding scale.	707-374-5243 707-428-1131
SOBRIETY BRINGS A CHANGE: Outpatient service for persons with alcohol/drug addictions; open ended treatment involving support groups and individual counseling. Sliding pay scale available. Male and female classes offered regarding domestic violence. Youth treatment, family counseling, and anger management offered.	454-4242 3307 Broadway Suite 200 Sacramento, CA 95817
STRATEGIES FOR CHANGE www.strategies4change.org Serving all populations. Medi-Cal, private insurance, private pay, sliding scale available. Outpatient alcohol/drug treatment, parenting, prevention, outreach services.	North: 473-5764 Fax: 473-5766 South: 395-3683 Fax: 395-3683
UNION GOSPEL MISSION (Men Only): www.onecaringperson.org Facilities to accommodate thirty men in residence for 48 week alcohol/drug rehabilitation program. Vocational training available upon completion of the 48 week program.	447-3268 Fax: 447-2921 400 Bannon St Sacramento, CA 95814
YOUTH ALCOHOL & DRUG TREATMENT SERVICES Available services are Alcohol & Drug Counseling, Family Counseling, Problem Solving/Life Skills, Employment Services.	875-2050 Fax: 875-2035 7001-A East Parkway Suite 500 Sacramento, CA 95823

EARLY CHILDHOOD EDUCATION

FIRST 5 SACRAMENTO: www.sackids.saccounty.net Various resources available. First 5's goal is to enhance the healthy and early growth experiences of children, enabling them to be more successful in school and to give them a better opportunity to succeed in life.	876-5865 Fax: 876-5877 2750 Gateway Oaks Dr. Suite 330 Sacramento, CA 95833
SAN JUAN EARLY CHILDHOOD EDUCATION: www.sanjuan.edu Preschool classes and full day childcare programs for infants/toddlers and preschoolers. Head Start, State Preschool, Parent Toddler. Teen parenting and home based programs offer parent education classes to enrolled families.	971-7375 San Juan Unified School District 5309 Kenneth Ave Carmichael, CA 95608
SETA HEAD START: www.headstart.seta.net A Monday through Friday half day and full day classroom program that provides preschool children from low-income families the education, medical care and social services they need. Also provides nutritious meals and educational services for children with disabling conditions.	263-3804 925 Del Paso Blvd Sacramento, CA 95815
ZERO TO THREE: www.zerotothree.org A website that focuses on infant mental health and provides resources to parents.	

EATING DISORDERS

KAISER EATING DISORDERS PROGRAM: Intensive outpatient services. Contact: Lisa Loker, LCSW	973-5300
LESLIE SCHROEDER, M.D.: Private physician specializing in treating eating disorders.	454-1013
MED CLINIC BEHAVIORAL HEALTH DEPT.: Eating disorders education and support group.	924-6400
MICHELLE MATOFF, L.C.S.W., B.C.D.: Counseling for individuals, groups, couples in treating eating disorders.	565-0554
OVEREATERS ANONYMOUS: www.sacvalleyoa.org Twelve step fellowship of individuals, including young people, to help one another understand and overcome compulsive eating disorders.	786-0330
SACRAMENTO EATING DISORDERS OUTREACH PROGRAM (SEDOP): www.sedop.org Provides resources for families, students and professionals on eating disorder prevention, education and awareness, and where they can go to seek help.	920-5276 Fax: 920-5221
SAMARITAN COUNSELING CENTER: www.samaritancounseling.com Psychotherapy for children, adolescents, couples, and families dealing with eating disorders.	456-4614 Fax: 456-5648 1507 21 st ., Suite 201 Sacramento, CA 95811
SUTTER CENTER FOR PSYCHIATRY: Intensive outpatient and inpatient services available—over 18 only.	386-3620
WEBSITES PROVIDING HELPFUL INFORMATION www.something-fishy.com www.something-fishy.org www.something-fishy.net	973-5300

FAMILY VIOLENCE SERVICES

ADULT PROTECTIVE SERVICES (A.P.S.): www.sacdhhhs.com Responsible for the receipt, investigation, and assessment of reports pertaining to abuse, neglect, and/or exploitation of elderly and dependent adults. Provides emergency response, in-home services, and crisis intervention.	874-9377 In-Home Support Services: 874-9471
CHANGING COURSES: Provides domestic conflict counseling services, including anger management support groups. The best time to call is Monday through Thursday between 1:00 p.m. – 7 p.m.	332-5056 3355 Myrtle Ave Suite 265 North Highlands, CA 95660
CHILD ABUSE PREVENTION COUNCIL OF SACRAMENTO: www.capcsac.org Coordinates prevention, detection, intervention, and treatment services to at-risk and maltreated children and their families.	Emergency Hotline: 875-KIDS 244-1900
CHILD PROTECTIVE SERVICES (C.P.S.): www.sacdhhhs.com Provides protection for children who are victims of abuse and neglect. School district employees are required by law to report child abuse situations to CPS.	24 hr: 875-KIDS 875-5437

<p>DIOGENES YOUTH SERVICES: www.diogenesnet.com 2-3 day emergency housing for youth 12-17 yrs. Transition placement 16-18 yrs. Structured living skills program. Transitional housing 18-21 yrs. Life skills, housing assistance program.</p>	24 hr crisis: 800-339-7177 369-5447x207 Fax: 369-5389 9719 Lincoln Village Suite 502 Sacramento, CA 95827
<p>DOMESTIC VIOLENCE RESTRAINING ORDER WORKSHOP: www.da.saccounty.net Available Monday, Wednesday and Friday, starting time is 9:00 a.m. to Noon. Location: Family Relations Courthouse: 3341 Power Inn Road Room 104C. No Cost. Free childcare is available for children between the ages of 1-12 during the workshop, starting at 8:30 a.m. on a first-come, first-served basis.</p>	
<p>EVERGREEN COUNSELING: Provides domestic conflict counseling services.</p>	487-0657 2963 Fulton Ave Sacramento, CA 95821
<p>PROJECT SAVE: (SAFE ALTERNATIVES AND VIOLENCE EDUCATION): Project save is a non-punitive intervention program for adolescent first-time offenders, ages 10-17, who have been involved in violence or weapons possession on or near a school campus. The six-hour Saturday class addresses issues of weapons and violence, anger styles, self-esteem, refusal skills and choices and consequences. Parent participation is required.</p>	228-2204
<p>RIO VISTA CARE: Sliding scale. Family violence prevention; child abuse prevention.</p>	707-374-5243 Family Resource Center 125 Sacramento St Rio Vista, CA 94571
<p>SACRAMENTO BLACK ALCOHOLISM CENTER (SABC): Intervention and domestic conflict counseling. Youth program counseling available (South Area) for drug and alcohol, anger management and family issues. Sliding scale.</p>	454-4242 3307 Broadway Suite 200 Sacramento, CA 95817
<p>SACRAMENTO COUNSELING ASSOCIATES: Provides domestic conflict counseling services.</p>	962-7101 Fax 962-7102
<p>SACRAMENTO COUNTY DISTRICT ATTORNEY'S OFFICE: www.childsup.cahwnet.gov/sacramento.html (Bureau of Family Support) Branches within Sacramento County DA's Office M-F 8-5: Bureau of Family Support (24 hr 1-866-901-3212): Enforces child support orders and establishes paternity as requested by clients or by order of the court. Domestic Violence Prosecution Unit (24 hr 874-5064 or 874-6171): Prosecutes domestic violence crimes, provides crisis intervention and counseling for domestic violence victims whose cases have been reported to law enforcement and provides a Domestic Violence Restraining Order Class. Victim and Witness Assistance Program (874-5701): <i>Victim Services:</i> Provides crisis and short-term counseling services, case information, referrals for individual counseling and other resources, liaison to court system and other programs, financial aide, transportation to court, and assists in victim recovery. <i>Witness Services:</i> Provides current case information and general information regarding the court system.</p>	874-6218
<p>SACRAMENTO CRISIS NURSERY: www.crisisnurseryonline.com Respite care for parents who are in crisis, or are temporarily unable to manage their child care duties; prevents child abuse and neglect of children by offering support to families who are experiencing a crisis. Serving children 0-5 years.</p>	North Area: 679-3600 Support Line for the Parents of Newborns- 21 yrs. 24 hr: 888-281-3000

W.E.A.V.E. (Women Escaping A Violent Environment): www.weaveinc.org 24 hour shelter and crisis line for people affected by domestic violence and sexual assault.	Hotline: 920-2952 or 866-920-2952 Business/ Counseling: 448-2321 TDD 443-3715 1900 K St Sacramento, CA 95811
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FOOD, HOUSING, CLOTHING

CLOTHES CLOSET (for SJUSD families): www.sanjuan.edu/homelesseducation Clothing provided for all family members; applications available on all school sites in the district.	971-7643
COMMUNITY SERVICES PLANNING COUNCIL www.communitycouncil.org Multiple resources for emergency shelter.	447-7063 Fax: 447-7052 909 12 th Street Suite 200 Sacramento, CA 95814
DIOGENES YOUTH SERVICES: www.diogenesnet.com 2-3 day emergency housing for youth 12-17 yrs. Transition placement 16-18 yrs. Structured living skills program. Transitional housing 18-21 yrs. Life skills, housing assistance program.	24 hr crisis: 363-0063 or 369-5447 800-339-7177 Fax: 369-5389 9719 Lincoln Village Suite 110 Sacramento, CA 95827
FURNITURE FOR FAMILIES: www.furnitureforfamilies.org Furniture for families in need.	635-0664 Fax: 635-2846
GUADALUPE CENTRAL SERVICES: Advocacy and assistance for persons who are struggling with homelessness. Office closed on Friday.	443-5367 730 S St Sacramento, CA 95814
HOUSING DISCRIMINATION HOTLINE: www.hrfh.org Bilingual (Spanish & English) assistance regarding general housing information about tenant rights, and how to file complaints.	800-669-9777 444-0178 444-6903 1112 I St Suite 250 Sacramento, CA 95814
LOAVES AND FISHERS: Needs of homeless and indigent poor; free lunch program.	446-0874 1321 North C St Sacramento, CA 95811
MCKINLEY-VENTO HOMELESS EDUCATION, EAST AND WEST: Arden/Arcade/Carmichael – WEST Citrus Heights/Fair Oaks/Orangevale – EAST www.sanjuan.edu/homelesseducation Providing help with school enrollment, transfer of school records facilitated, school supplies and resources for students, transportation resources to enable students to attend school, access to immunizations and health care, access to special programs such as preschool and special education, case management for families, coordination between schools, shelters, housing agencies and motels, referrals to community resources that assist with food, shelter and clothing, parent consultation including discussion of education rights and responsibilities	Melanie Barbeau 979-8024 Encina High School, 1400 Bell Street, RM G-3 Sacramento, CA 95825 Neomia Leeper 971-7045 San Juan High School 7551 Greenback Lane, RM B-11 Citrus Heights, CA 95610

RIVER CITY COMMUNITY SERVICES: www.rivercitycommunityservices.org Needs assessment, information and referral, follow-up, client advocacy, crisis intervention, and food distribution. Small emergency rental assistance and motel voucher programs.	446-2627 1322 27 th Street Sacramento, CA 95816
SACRAMENTO AREA EMERGENCY HOUSING CENTER: Temporary emergency housing, meals, transportation health services and clothing for those housed at SAEHC. Serving families with minor children.	Shelter: 455-2160 Office: 454-2120
SACRAMENTO CLOTHING CLOSET: Serves City of Sacramento; walk-in; bring identification; clothing and shoes for men, women and children; Spanish and Italian speaking.	456-1980 3333 Third Ave. Sacramento, CA 98817
SACRAMENTO FOOD BANK: www.sfbs.org Clothes Closet; Women’s Wisdom Project; Child Services; Community Learning Center; Sunday Lunch; Sr. Bridge Builders; Food Locker; Intel Computer Clubhouse; Mother-Baby Program; Havens Housing; Network Café; Resource Central.	456-1980 Fax: 451-5920 3333 Third Ave Sacramento, Ca 95817
ST. JOHN’S SHELTER FOR WOMEN AND CHILDREN: www.stjohnsshelter.org Short term emergency shelter; evening meals, referral and guest advocacy services.	453-1482 Fax: 443-1424 4410 Power Inn Rd Sacramento, CA 95826
ST. VINCENT DE PAULS: Food closet.	481-7113
SALVATION ARMY: Lodging and meals for homeless single men and women (30-120 days) with support system of multiple resources and specialized programs.	24 hr: 441-0331 Assistance: 442-0303
UNION GOSPEL MISSION (Men Only): www.onecaringperson.org Hot, nutritious evening meal. Facilities to accommodate thirty men in residence for forty-eight week alcohol/drug rehabilitation program.	447-3268 Fax: 447-2921 400 Bannon St Sacramento, CA 95814
VOLUNTEERS OF AMERICA: www.voa-sac.org Multi-service center providing support services for families, children and seniors; clothing, health, employment and housing referrals.	442-3691 Fax: 442-1861 1900 Point West Suite 270 Sacramento, CA 95815
YWCA (Young Women’s Christian Association): 30 low income room rentals for single females.	264-8066 1122 17 th St Sacramento, CA 95814
W.I.N.D. YOUTH CENTER: www.windyouth.org Outreach to homeless and runaway teenagers; hot meals, shower, laundry facilities, emergency clothing, counseling and referral services, and case management. Also, GED preparation and teen safety net. Alcohol and drug counseling.	Center: 443-8333 Admin: 561-2424 Tasha Norris: 628-8333 701 DixieAnn St. Sacramento, CA 95815

GAY & LESBIAN TEEN RESOURCES

A.F.T.E.R. (Associated Family Therapy for Effective Recovery): Out-patient counseling for children, adolescents, adults and families. Also provides early periodic screening and diagnostic treatment for victims of sexual abuse.	344-0249 Parent Advocate/Mentor: 344-0964 5777 Madison Ave. Suite 240 Sacramento, CA 95841
C.S.U.S. COUNSELING CENTER: Counseling related to school issues for youth K-12 school system and their families. Closed during school breaks.	278-6252
GLBT NATIONAL HELP CENTER: www.glnh.org Information and referral to gay supportive services.	Hotline: 888-843-4564 Youth Talk Line: 1-800-246-7743
P.F.L.A.G. (PARENTS, FAMILIES & FRIENDS OF LESBIANS & GAYS): www.pflag.org A support group for parents, family and friends of lesbians and gays; education about homosexuality.	863-9612 978-0410
SACRAMENTO GAY AND LESBIAN CENTER: www.saccenter.org Information and referral to gay supportive services and businesses; community outreach and support.	442-0185 1927 L St Sacramento, CA 95811
WOMEN'S HEALTH SPECIALISTS: www.womenshealthspecialists.org Offering a wide variety of confidential women's reproductive health services. These services include: Preventative care, comprehensive family planning, fertility health services, adoption choices and community education programs. Low or no cost to eligible patients.	451-0621 Spanish: 1-800-714-8151 1750 Wright St Suite 1 Sacramento, CA 95825

HEALTH SERVICES – IN-PATIENT MENTAL HEALTH

BHC HERITAGE OAKS: www.psysolutions/facilities/heritageoaks/index.html/ In-patient acute psychiatric facility.	489-3336 4250 Auburn Blvd Sacramento, CA 95841
BHC SIERRA VISTA: www.psysolutions/facilities/sierravista/index.html/ Treatment for depression, anxiety, sexual/physical abuse; 24 hour help line.	288-0300 8001 Bruceville Rd Sacramento, CA 95823
SACRAMENTO COUNTY MENTAL HEALTH TREATMENT CENTER, MINOR EMERGENCY RESPONSE TEAM (MERT): Crisis intervention and stabilization services for children and youth for up to 23 hours. Authorization for in-patient psychiatric settings and psychiatric crisis foster beds.	24 hr: 875-1113 875-1000 Office:
SUTTER CENTER FOR PSYCHIATRY: www.suttermedicalcenter.org Provides extensive in-patient psychiatric care with programs designed for the special needs of all ages.	386-3000 800-801-3077 24 hr crisis: 386-3077

U.C. DAVIS BEHAVIORAL HEALTH CARE SERVICES: www.ucdmc.ucdavis.edu Full complement of diagnostic, psychotherapy and drug therapy services for children and adults experiencing behavioral and psychological problems, including substance abuse.	734-3574 Fax: 734-0849 2230 Stockton Blvd Sacramento, CA 95817
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HEALTH SERVICES – OUT PATIENT MENTAL HEALTH

CHADD SUPPORT GROUP: www.chadd.net/134 Support group for children and adults with attention deficit/hyperactivity disorder.	888-759-9758 2756 E. Bidwell Street, Suite 300-221 Folsom, CA 95630
CHILD AND FAMILY ACCESS TEAM: Hours are Monday to Friday from 8:00 am – 5:00 pm. The team screens and links eligible youth from 0-21 to the appropriate mental health services. They offer outpatient services, school based mental health services, dual diagnosis, Intensive Mental Health Services, Psychological Assessment and Psychiatric Services.	875-9980 3331 Power Inn Rd. Suite 170 Sacramento, CA 95826
EMQ WRAPAROUND SACRAMENTO: (Families First) www.emq.org Services are provided for children in or at risk of out of home placement. Eligible families must have a current open file with mental health, child protection, or probation department.	561-0590 2335 American River Drive Suite 200 Sacramento, CA 95825
FAMILY ADVOCATES: This is the Children’s System of Care Service, Sacramento County Division of Mental Health. Provides information, support, training, and coaching for parents, caregivers, and youth to help families understand the mental health care system. The family advocate’s role is to empower, educate, and support families.	875-4182
FAMILY SERVICES ACCESS TEAM: A part of Sacramento County Mental Health. Medi-Cal or uninsured children referral source for mental health service. Care providers may telephone, all others are to fax in referral form. Service priorities are based on necessity. Liaison works with family to determine eligibility, need and providers available.	875-1055 Press #1 for Non-English Fax: 875-9970
GUEST HOUSE CLINIC: Provides full-range professional outpatient services, including psychiatric medication, evaluation and treatment, mental health nursing, service coordination and linkage/referrals for housing and ongoing services.	440-1500 1400 North A Street Bldg A Sacramento, CA 95814
MIND YOUR MIND: www.mindyourmind.ca A mental health website for youth to get information, resources and tools to help manage stress, crisis and mental health problems.	
RIVER OAK CENTER FOR CHILDREN: www.riveroak.org Provides innovative and effective early intervention and prevention, outpatient services and other mental health and social services to low-income children/youth and their families without a fee to the consumer. Services assist in developing social and emotional skills, dealing with behavioral challenges, parenting skills, healthy early childhood development, positive relationship building and family strengthening, overcoming anti-social behavioral tendencies in youth, anger management, foster parent training and support and family self-sufficiency.	609-5100 5030 El Camino Ave Carmichael, CA 95608

HEALTH SERVICES (PHYSICAL)

<p>CALIFORNIA CHILDREN’S SERVICES (CCS) – ORTHODONTIC SERVICES: www.cda.org Provides orthodontic services to children over the age of 12 who are not eligible for Denti-Cal and have a severe orthodontic problem that meets CCS criteria.</p>	<p>875-9900 1-800-CDA-SMILE (232-7645)</p>
<p>CALIFORNIA KIDS: www.californiakids.org Primary and preventative health care services for uninsured children. Healthcare coverage to foster children who have emancipated from the system. Services children ages 2-18. Income based.</p>	<p>818-755-9700</p>
<p>CAPITAL HEALTH CENTER: Provides primary care, public health care, immunizations, venereal disease diagnosis and treatment, HIV diagnosis and family planning.</p>	<p>874-5701 874-9670</p>
<p>CHILD HEALTH AND DISABILITY PREVENTION PROGRAM – CHDP: www.sacdhrs.com Provides complete health examinations, dental services and immunizations through both private and public physicians and clinics including all managed care plans. Serves Medi-Cal eligible persons ages 0-18 years, moderate income persons ages 0-18, and Head Start/State preschool enrollees of Sacramento County. Non Medi-Cal uninsured children 0-18 years with income eligible families can receive free exams at several county clinics throughout Sacramento. Children over 6 years must be seen at either the south area clinic or Rusch Park clinic.</p>	<p>875-7151 Hope Clinic: 455-3845</p>
<p>COVER THE KIDS: www.coverthekids.com Cover the Kids (CTK), Sacramento’s Children Health Initiative believe that ALL children deserve access to affordable comprehensive health coverage.</p>	<p>Phone: 808-3838 Toll Free: 1-866-850-4321 Fax: 808-6155</p>
<p>DEL PASO HEALTH CENTER:</p>	<p>648-0970 3950 Research Dr Sacramento, CA 95838</p>
<p>DENTAL HEALTH-SACRAMENTO COUNTY HEALTH AND HUMAN SERVICES DEPARTMENT’S SMILE KEEPERS PROGRAM: www.sacdhrs.com Dental education program. This program provides dental health activities for preschool through 6th grade children in a school based setting. A registered dental hygienist provides classroom educational visits and dental screening on an annual basis. Outreach services: a representative can be available for community events and education.</p>	<p>875-6259</p>
<p>THE EFFORT: www.theeffort.org General medical treatment, well child care and immunization, birth control services, family planning, pregnancy testing, physical exams by appointment, STD testing and treatment, confidential HIV testing, and counseling. Accepting Medi-Cal insurance and a sliding fee scale available to private pay individuals. All ages welcome.</p>	<p>325-5556 1820 J St Sacramento, CA 95814</p>
<p>HEALTH RIGHTS HOTLINE: www.brh.org A free, independent source of information and assistance for health care consumers. Provides information from trained counselors about consumers’ health care rights to help consumers resolve specific problems with their health care plans (HMOs or PPOs).</p>	<p>551-2100 888-354-4474 TDD: 551-2180 Fax: 551-2158</p>
<p>HEALTHY FAMILIES PROGRAM: www.healthyfamilies.ca.gov Low cost health, dental and vision insurance for children ages one to 10 years. Eligibility determined by family income every year. Benefits include prescription medicine, dental and eye care, regular checkups, and physician and hospital services.</p>	<p>324-4695 800-880-5305</p>

<p>MEDI-CAL ELIGIBILITY APPLICATIONS-UCD MEDICAL CENTER-SACRAMENTO COUNTY DEPARTMENT OF HUMAN ASSISTANCE: Processes Medi-Cal and County Medically Indigent Services Program (CMISP) applications for people who have received emergency treatment or who have been hospitalized at the UCD Medical Center. Serves ages 0-20 and 64+; pregnant, blind and/or disabled.</p>	<p>734-1600 734-1641</p>
<p>NIA, THE BIRTHING PROJECT CLINIC: www.birthingproject.com Prenatal clinic housed in a women’s resource center which offers comprehensive services including prenatal and women’s health care, case management, assistance with completing Medi-Cal applications, financial aid process and locating housing; substance abuse prevention and intervention services, parenting instruction and support and one-on-one support through the Sister-Friend program. Family planning for those who are not eligible for Medi-Cal. Accepts Medi-Cal and GMC plans.</p>	<p>558-4812 Fax: 558-4806 1900 T St Sacramento CA 95811</p>
<p>NORTHEAST HEALTH CENTER @RUSCH PARK: Public health care, immunizations, sexually transmitted infection diagnosis and treatment, HIV testing, family planning services and pregnancy testing. Fee for some services. Primary Care Clinic open to Medi-Cal insured, CHDP eligible, and private pay individuals. .</p>	<p>726-1803 969-2724</p>
<p>PRIMARY CARE CENTER-SACRAMENTO COUNTY HEALTHY AND HUMAN SERVICES: www.sacdhhs.com Provides immunizations, x-ray, pharmacy, family planning and primary care services for medically indigent adults and Sacramento County residents. Ages 21-65.</p>	<p>874-9670 2921 Stockton Blvd Sacramento, CA 95817</p>
<p>RIO VISTA CARE: Family health and wellness services. Sliding scale.</p>	<p>Family Resource Center: 707-374-5243 125 SacramentoSt Rio Vista, CA 94571</p>
<p>SACRAMENTO CITY COLLEGE DENTAL HYGIENE CLINIC: Provides low cost dental cleaning and sealants. Services provided by dental hygiene students in a supervised setting. Adults 18 and older, children seen only in February.</p>	<p>558-2111 3835 Freeport Blvd Sacramento, CA 95822</p>
<p>SACRAMENTO DISTRICT DENTAL SOCIETY: www.sdds.org Dental referrals for non Medi-Cal persons.</p>	<p>446-1211 Fax: 447-3818 915 28th St Sacramento, CA 95816</p>
<p>UC DAVIS MEDICAL CENTER: www.ucdmc.ucdavis.edu Provides a full range of in-patient and diagnostic services, primary care medicine and over 150 outpatient clinics. Accepts Medi-Cal/Medi-Care.</p>	<p>734-2011 2315 Stockton Blvd Sacramento, CA95817 TDD 734-7428, 734-2321 Interpreting Services</p>
<p>WELL CHILD CLINICS: (HOPE CLINIC) www.sacdhhs.com Provides physical examinations and immunizations to children ages 2 months to 18 years; provides counseling to parents on normal growth and development, nutrition and health-related concerns. Provides referrals for medical and other care. Serves low-income Sacramento County residents ages 2 months to 18 years. Accepting Medi-Cal insurance, CHDP eligible and non-insured. Also has Kids Care-A-Van mobile shot clinic.</p>	<p>455-3845</p>
<p>WHITE ROCK FAMILY CLINIC: Free clinic for people who do not have insurance or Medi-Cal. Basic medical care with emphasis on children’s immunization and children’s physical exams. Serves families who are without insurance and are not Medi-Cal eligible. Priority service to families but will also serve individuals.</p>	<p>364-0724 White Rock Elem. 10495 White Rock Rd Rancho Cordova, CA 95670</p>

IMMUNIZATION CLINICS

Children without health insurance can be referred to CHDP (Child Health and Disability Prevention Program) first to see if they are eligible for that program which includes immunization services: (916) 875-7151

<p>THE EFFORT, INC. www.theeffort.org (A Federally Qualified Health Center---FQHC) Part of CHDP, Gateway Straight Medi-Cal Sliding Scale (except for IZ's—they are a fixed amount) If no insurance, patients are referred to CHDP for possible eligibility.</p>	<p style="text-align: right;">325-5556 1820 J Street Sacramento, CA 95814</p>
<p>FOLSOM FAMILY CLINIC: www.mercysacramento.org (A Mercy Community Clinic, Member of CHW) Free clinic to the uninsured. Appointment and check-up required. Located on grounds of Theodore Judah Elementary School</p>	<p style="text-align: right;">983-3658 105 Dean Way Folsom, CA 95630</p>
<p>HEALTH FOR ALL COMMUNITY CLINICS: www.healthforall.org Part of CHDP, Gateway \$40.00 office visit IZ services (costs vary per type of shot) Do not see Medi-Cal patients unless Health For All is their provider.</p>	<p style="text-align: right;">448-6553 Downtown Clinic 923 V Street Sacramento, CA 95818</p> <p style="text-align: right;">924-6703 Las Palmas Clinic 577 Las Palmas Ave. Sacramento, CA 95815</p> <p style="text-align: right;">427-0368 2118 Meadowview Rd. Sacramento, CA 95815</p>
<p>MERCY CLINIC LOAVES AND FISHES: www.mercysacramento.org (A Mercy Community Clinic, Member of CHW) Free episodic and urgent healthcare to the homeless.</p>	<p style="text-align: right;">349-1568 1321 North C Street Sacramento, CA 95814</p>
<p>MERCY CLINIC NORTH HIGHLANDS: www.mercysacramento.org (A Mercy Community Clinic, Member of CHW) Free clinic to the uninsured. Appointment and check-up required. Located on the campus of the F.C. Joyce Elementary School.</p>	<p style="text-align: right;">929-8575 6060 Watt Ave. North Highlands, CA 95660</p>
<p>MERCY CLINIC NORWOOD: www.mercysacramento.org (A Mercy Community Clinic, Member of CHW) All insurance plans and Medi-Cal. For those on Medicare or without any form of insurance, a sliding fee scale is provided based on income and family size. Appointment required.</p>	<p style="text-align: right;">929-8575 3911 Norwood Ave. Sacramento, CA 95838</p>

<p>RITE-AID: www.riteaid.com Vaccinations for those 11 years old and up. The immunization fee will be billed to insurance to see if patient qualifies. If not, then fee for service. Shingles vaccination available.</p>	<p>452-1334 1125 Alhambra Blvd. Sacramento, CA 95816</p> <p>285-9372 2751 Del Paso Rd. Sacramento, CA 95835</p> <p>444-0690 831 K Street Sacramento, CA 95814</p> <p>478-2970 7211 Elk Grove Blvd. Elk Grove, CA 95758</p> <p>422-7202 980 Florin Rd. Sacramento, CA 95831</p> <p>922-8752 2214 El Camino Ave. Sacramento, CA 95821</p> <p>483-8479 4701 Whitney Ave. Carmichael, CA 95608</p> <p>786-8671 4004 Foothills Blvd. Roseville, CA 95747</p> <p>(530)626-5501 1220 Broadway St. Placerville, CA 95667</p> <p>(530) 756-3393 655 Russell Blvd. Davis, CA 95616</p> <p>(530) 753-9810 2135 Cowell Blvd. Davis, CA 95616</p>
<p>RITE AID: www.riteaid.com Vaccinations for those 7 years old and up & for children under 7 years who have a prescription from their physician. The fee will be billed to insurance to see if patient qualifies. If not, then fee for service.</p>	<p>483-3486 1309 Fulton Ave. Sacramento, CA 95825</p>
<p>SACRAMENTO COMMUNITY CLINIC: (FQHC, aka:Health & Life, Inc.): Part of CHDP, Gateway Will see Medi-Cal, Medicare patients. Will do walk-in immunizations.</p>	<p>924-7988 2200 Del Paso Blvd. Sacramento, CA 95815</p> <p>428-3788 7275 E. Southgate Drive Suite 204 Sacramento, CA 95823</p>

<p>SACRAMENTO COMMUNITY HEALTH CENTER: (MAAP) www.maap.org Part of CHDP, Gateway Accepts all insurance plans, Medi-Cal and Medicare. For those without insurance a sliding scale is used based on income and family size.</p>	<p>422-5200 7600 Hospital Dr. Suite I Sacramento, CA 95823</p>
<p>SACRAMENTO NATIVE AMERICAN HEALTH CENTER (SNAHC): (FQHC) www.SNAHC.org Part of CHDP, Gateway Medi-Cal Private insurance Sliding scale for walk-ins without insurance Will do walk-in immunizations</p>	<p>341-0575 2020 J Street Sacramento, CA 95814</p>
<p>SPRING MEDICAL CLINIC: www.SpringMedicalClinic.com (see "Screening Exams & Shots on website) Geared toward adults Vaccinations for a fee</p>	<p>371-1930 3050 Beacon Blvd. Suite 101 West Sacramento, CA 95691</p>
<p>WHITE ROCK FAMILY CLINIC: (A Mercy Community Clinic, Member of CHW) www.mercysacramento.org Free clinic to the uninsured Appointment and check-up required. Located on the grounds of White Rock Elementary School.</p>	<p>364-0724 10495 White Rock Rd. Rancho Cordova, CA 95670</p>

JOB ASSISTANCE

<p>ARDEN MANOR PARK AND RECREATION: www.amrpd.org Serves middle and high school aged youth. Junior Life Guard training in the spring.</p>	<p>487-7851 Fax: 487-2028 1415 Rushden Dr Sacramento, CA 95864</p>
<p>EMPLOYMENT TRAINING CENTER-SAN JUAN UNIFIED SCHOOL DISTRICT: Provides employment and vocational training activities for economically disadvantaged youth and adults ages 16 and above and employment career counseling. Teen leadership training programs available.</p>	<p>971-7395</p>
<p>LA FAMILIA SERVICES: www.lafcc.com Education opportunities and job training programs for youth and adults.</p>	<p>452-3601 5523 34th St Sacramento, CA 95820</p>
<p>REGIONAL OCCUPATIONAL PROGRAM (R.O.P.) SAN JUAN UNIFIED SCHOOL DISTRICT: Students in their last two years of high school and adults are given the opportunity to earn credit toward graduation while learning a job skill. High School students should contact their school's counseling department. Adults can register online at www.swol.org.</p>	<p>971-7762 228-2721 800-467-4R0P</p>
<p>SACRAMENTO CHINESE COMMUNITY SERVICE CENTER: Workforce Investment Act: Employment training and work experience for limited English low income adults and youth; job search services.</p>	<p>442-4228 Fax: 442-4281 420 I St, Suite 5 Sacramento, CA 95814</p>
<p>SACRAMENTO EMPLOYMENT AND TRAINING ASSISTANCE (SETA): www.seta.net GED classes, basic computer instruction, resume workshop and support. Access to job website, fax machines, copier and telephone. Job binder with job orders. Employer screening and interview opportunities. CalJobs connection. Serving 16 years and older.</p>	<p>263-3800 925 Del Paso Blvd Sacramento, CA 95815</p>

SACRAMENTO JOB CORPS CENTER: Houses more than 300 residential and 100 non-residential students, offering vocational training in 12 areas including building, apartment and grounds maintenance, construction trades, food service, office skills and security. Recreation, counseling and job placements are also available.	394-0770 800-733-5627 3100 Meadowview Rd Sacramento, CA 95832
WOMEN'S CIVIC IMPROVEMENT CLUB: Serves ages 0-5. Provides parenting classes and reading readiness.	457-8661

LEGAL SERVICES

LAWYER REFERRAL & INFORMATION: Referral service to lawyers; general legal information. Call for hours.	564-6707
LEGAL PROCESSING UNIT-MUNICIPAL AND SUPERIOR COURTS: Accepts documents for filing including civil, probate and family law (emancipation, divorce, dissolution of marriage, restraining orders, guardianship/conservatorship, and summary dissolution of a marriage without a court hearing.	874-5522 875-3400
LEGAL SERVICES OF NORTHERN CALIFORNIA: www.lsn.net Free legal services to low income-eligible clients in civil law matters. Monday – Friday from 8:30 a.m. – 5:00 p.m.	551-2150 Fax: 551-2196 515 12 th St Sacramento, CA 95814
MCGEORGE SCHOOL OF LAW (COMMUNITY LEGAL SERVICES CLINIC): www.mcgeorge.edu Bankruptcy Clinic, Crime Victims Legal Clinic, Elder Law Clinic and Immigration Law Clinic.	Intake Line: 340-6080 3200 5 th Ave Sacramento, CA 95817
SACRAMENTO ASSESSMENT CENTER: Provides care and comprehensive assessment of juvenile wards to determine the most appropriate placement for each minor.	
SACRAMENTO CHILD ADVOCATES, INC: www.sacchildadv.org Represents children in dependency and other legal proceedings involving the care, custody or control of a minor. Serves children ages 0-18; priority given to Sacramento residents.	364-5686 8745 Folsom Blvd. Suite 150 Sacramento, CA 95826
VICTIMS OF CRIME RESOURCE CENTER: www.1800victims.org Provides information on compensation, restitution, victim's role and rights in the criminal justice system, counseling and referral.	739-7050 800-842-8467 Fax: 739-7395 3200 Fifth Ave Sacramento, CA 95817

MENTORING

BIG BROTHERS BIG SISTERS OF GREATER SACRAMENTO www.bbbs-sac.org Big Brothers Big Sisters is a mentoring program serving boys ages 8 to 15 and girls ages 7 to 15 primarily from single-parent homes. We aim to make a positive difference in the lives of children through professionally supported one-to-one relationships with caring adults. The Big Brothers Big Sisters program focuses on teaching children to respect others, have positive relationships with peers and family, avoid delinquency, succeed in school, and manage their feelings appropriately. Through positive, one-to-one interaction with a Big Brother or Big Sister, children learn and mature. It is truly the Power of One.	Sacramento Office Phone: 676-9300 Fax: 646-9301 1540 River Park Drive Suite 214 Sacramento, CA 95815
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MENTORS REACHING OUT (PEOPLE REACHING OUT): www.peoplereachingout.org Matches volunteer mentors from business and community organizations with at-risk high school students to encourage them in their academic, personal and career development.	576-3300 5299 Auburn Blvd Sacramento, CA 95841
P.A.L.S. (PARTNERS AT LUNCH SOCIETY): Provides a monthly opportunity for staff and students to interact outside of the classroom environment. Staff members invite a student to lunch and the OSAPP staff prepares the event, purchases the food and drinks and runs a game or contest during the lunch. The program is supported by a donation from each staff person which pays for the lunch, prizes and activities for both the staff and their invited student.	971-7022
SACRAMENTO CHINESE COMMUNITY SERVICE CENTER: Club YEX program: Youth mentoring and gang prevention for at-risk Asian youth. Friends for the Future: Mentoring program for at-risk Asian youth.	442-4228 Fax: 442-4281 420 I St Suite 5 Sacramento, CA 95814
YOUNG LIFE/WILD LIFE: www.younglife.org (National Website) www.sacyouth.com (Faith-based activities for youth) High School and Jr. High youth club providing a variety of social activities and opportunities for students. Supervision provided by trained adult volunteers. Activities include weekly meeting nights, summer and weekend camps, backpacking and group sharing activities. (Christian Orientation)	967-8284

PARENTING SUPPORT SERVICES

ADOLESCENT FAMILY LIFE PROGRAM (SUTTER WOMEN'S & CHILDREN'S SERVICES): www.suttermedicalcenter.org This program provides support services for teens that are currently not receiving AFDC or are exempt from the Cal Learn Program. Teens receive family planning and parenting education, assistance in finding medical care and applying for Medi-Cal, AFDC, WIC, and GAIN, counseling, and job preparation.	1-800-4-SUTTER 1-800-478-8837
AL-ANON: www.ncwsa.org Evolved from AA. Twelve-step support group for anyone who has a friend or relative that is affected by alcoholism.	Meeting Info: 334-2970 Office: 334-2971 5429 Palm Ave, Suite A Sacramento, CA 95841
BIRTH AND BEYOND: www.birth-beyond.com Free comprehensive family services for pregnant women and families with infants to 3 months. Teens welcome.	See website for locations
CALIFORNIA CHILD CARE RESOURCE & REFERRAL NETWORK: www.rnnetwork.org Provides access to information that enables families in California to make the best child care choices from an array of highly qualified, affordable options.	1800-543-7793
CHADD SUPPORT GROUP For children and adults with attention deficit or hyper-active disorder 1 st Tuesday of the month at the Sutter Center for Psychology 7-9pm	888-759-9758 2756 E. Bidwell St Suite 300-221 Folsom, CA 95630
CHILD ACTION, INC: www.childaction.org Resource and referral to free child care information, parenting classes, alternative payment programs for child care, child care advocacy.	369-0191

THE EFFORT: www.theeffort.org Services provided to assist in family and individual concerns and to enhance family functioning.	325-5556 1820 J St Sacramento, CA 95814
GRIZZLY YOUTH ACADEMY: A free youth intervention program for at risk youth ages 16-18 3 phased program in 20 weeks-National Guard Youth Challenge	800-926-0643 PO Box3209 San Luis Obispo, CA 93403
LAUREL RUFF TEEN PARENTING PROGRAM:	971-7375 5309 Kenneth Ave Carmichael, CA 95608
LEADERSHIP WORKS: www.leadershipworks.org Parenting help & programs designed to help adolescent boys.	707-876-3100 14270 Valley Ford Rd Valley Ford, CA 94972
N.C.A.D.D.(NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE): www.ncadd.org Substance abuse evaluations; individual and group counseling for alcohol and drug problems serving families, adolescents and individuals; drug testing. Also family strengthening classes.	564-6773 1300 Ethan Way Suite 250 Sacramento, CA 95825
NIA, THE BIRTHING PROJECT: www.birthingproject.com Prenatal and women’s health care, case management, assistance with Medi-Cal application and financial aid process and locating housing; parenting instruction and support.	558-4812 Fax: 558-4806 1900 T St Sacramento CA 95811
PACIFIC EDUCATIONAL SERVICES: www.pesprograms.com Parenting skills weekend workshops, sliding scale, court ordered 52 week child abuse treatment.	1-800-346-5891
PARENT INVOLVEMENT: www.sanjuan.edu/parentinvolvement Parent education offered through San Juan Unified School District Title 1. Includes parenting classes, workshops, community forums, educational resources and materials.	979-8878
THE PARENT PROJECT: www.sanjuan.edu/parentinvolvement Parent Project Jr. – Loving Solutions – 7 week class Parent Project Sr. – 10 week class <ul style="list-style-type: none"> • San Juan Unified School District(SJUSD), Parent Family Connection/Adult Education Collaboration, Mari – 971-7392, mari.owens@sanjuan.edu • Placer County (Roseville Area), Terri, H&H Family Services 916-663-6771 • Positive Options Family Services, Darlene Hamilton, 916-973-2838 • Sacramento County Office of Education (SCOE) Family Support Project, Carol, 916-228-2206 • Grant Union School District, Diana – 916-286-3826 • The Parent Project website lists classes by county at www.parentproject.com 	971-7392
PARENT SUPPORT LINE: A confidential phone line for caregivers of children who need support, encouragement, and resources.	394-2004 888-281-3000
P.T.A. 3rd DISTRICT: www.capta.org School-based parent organization.	483-5616
RECOVERY, INC.: Help for adults 18+ to cope effectively with daily events and challenges. At free weekly group meetings, learn practical techniques for handling anger, anxiety and depression.	483-5616

<p>SACRAMENTO CRISIS NURSERY: www.crisisnurseryonline.com Respite care for parents of children 6 years old or younger who need a break from child care duties; prevents child abuse and neglect of children by offering support to families who are experiencing a crisis. Minimum 24 hour stay.</p>	<p>Crisis Nursery North: 679-3600 Fax: 979-9654 4533 Pasadena Ave Sacramento, CA, 95821</p>
<p>SACRAMENTO MEDIATION CENTER: www.sacmediation.org Provides conciliation/mediation services for adolescent/parent, family and other disputes such as neighborhood, landlord/tenant, real estate, commercial, organizational, consumer/merchant, and employer/employee. Trains community members in conflict resolution. Offers juvenile victim and offender mediation.</p>	<p>441-7979 1418 20th St Suite 201 Sacramento, CA 95811</p>
<p>SAN JUAN EARLY CHILDHOOD EDUCATION: www.sanjuan.edu Preschool classes and full day childcare programs for infants/toddlers and preschoolers. Head Start, State Preschool, Parent Toddler. Teen parenting and home based programs offer parent education classes to enrolled families.</p>	<p>971-7375</p>
<p>SIERRA FAMILY SERVICES New program called CIM, Children in the Middle: Divorce Education for Parents. They meet once weekly for 4 weeks; 3 sessions for parents and 1 session for children. It is geared towards parents going through a divorce or have divorced within the past year.</p>	<p>783-5207 Fax: 783-9145 333 Sunrise Ave., Suite 701 Roseville, CA 95661</p>
<p>SIERRA NUEVA: www.sanjuan.edu/schools/sierranueva Alternative school for pregnant and parenting teens; academic courses necessary for high school graduation and prenatal/postnatal, childbirth and parenting education.</p>	<p>971-7015 1400 Bell St Sacramento, CA 95825</p>
<p>SUTTER WOMENS HEALTH SERVICES www.checksutterfirst.org</p>	<p>1-800-4-Sutter 1-800-(478-8837) See website for location</p>

S.T.D./PREGNANCY/FAMILY PLANNING

<p>THE BIRTH CENTER: www.sactobirth.com Provides pregnancy, STD, and HIV testing, treatment/prescriptions or referrals. Birth control information, demonstration and dispensation. Unbiased counseling on pregnancy options. Health check services are also available (physical, breast, pelvic and testicular exams.) No cost and reduced fee for services provided to teens, low hassle forms. Very confidential.</p>	<p>961-1860 6622 Mercy Ct Fair Oaks, CA 95628</p>
<p>CALIFORNIA CHILDREN SERVICES (HIV CHILDREN'S PROGRAM): The HIV children's program is for anyone under the age of 21 who is at risk for infection with the AIDS virus (HIV). Provides HIV testing and counseling.</p>	<p>875-9900</p>
<p>THE EFFORT: www.theeffort.org General medical treatment, birth control services, family planning, pregnancy testing, STD testing and treatment, confidential HIV testing and counseling.</p>	<p>325-5556 1820 J St Sacramento, CA 95814</p>
<p>INDEPENDENT ADOPTION CENTER: www.adoptionhelp.org A compassionate and dedicated open adoption agency.</p>	<p>723-6962 391 Taylor Blvd Citrus Heights, CA 95610</p>
<p>NORTHEAST HEALTH CENTER @ RUSCH PARK: Public health care, immunizations, sexually transmitted infection diagnosis and treatment, HIV diagnosis, family planning services and pregnancy testing.</p>	<p>726-1803</p>

<p>OFF-CAMPUS ALTERNATIVE SCHOOL: Pregnant and parenting program for students under age 16.</p>	<p>277-6394 4701 Joaquin Way Room 12 Sacramento, CA 95822</p>
<p>PLANNED PARENTHOOD: www.plannedparenthood.org Family planning information and services including birth control services, pregnancy testing and counseling, education and training; screening and treatment for STDs and infections for men and women.</p>	<p>444-7966 1125 10th St Sacramento, CA 95814 332-5717 5700 Watt Ave Sacramento, CA 95660 781-3310 729 Sunrise Ave, Roseville, CA 95661</p>
<p>PROUD TO WAIT! www.proudtowait.org Provides an abstinence training curriculum either in an extended or intensive format to all youth.</p>	<p>443-5473 Fax: 443-1732</p>
<p>SACRAMENTO LIFE CENTER: Crisis pregnancy clinic. Provides free pregnancy testing, medical exams, and pregnancy verification by ultrasound. Crisis pregnancy and post abortion counseling provided by professionally supervised counselors. Supportive and non-pressured environment for women seeking information on the positive and negative sides of every option.</p>	<p>24 hour 451-2273 451-4357</p>
<p>SIERRA NUEVA: www.sanjuan.edu/schools/sierranueva Prenatal/postnatal, childbirth and parenting education. Alternative school for pregnant and parenting teens; academic courses necessary for high school graduation and</p>	<p>971-7015 1400 Bell St Sacramento, CA 95825</p>
<p>SUTTER WOMEN'S AND CHILDREN'S SERVICES: Sutter operates two comprehensive case management programs for teens who are pregnant or parenting in Sacramento County: The Adolescent Family Life Program and the Cal Learn Program. Services are provided without charge.</p>	<p>285-4600</p>
<p>UCD HEALTH SYSTEM OB/GYN CLINIC: www.ucdmc.ucdavis.edu Medical social and psychological services for pregnant women and their families, including prenatal care, social work counseling, nutritional screening, family planning services and genetic counseling. Accepts Medi-Cal and Medi-Care.</p>	<p>734-6982 734-6363 1-888-281-0930 Fax: 734-6110 4860 Y St, Suite 2500 Sacramento, CA 95817</p>
<p>WOMEN'S HEALTH SPECIALISTS: www.womenshealthspecialists.org Offering a wide variety of confidential women's reproductive health services. These services include: Preventative care, comprehensive family planning, fertility health services, adoption choices and community education programs. Low or no cost to eligible patients</p>	<p>451-0621 Spanish: 1-800-714-8151 1750 Wright St, Suite 1 Sacramento, CA 95825</p>

**STUDENT ASSISTANCE PROGRAM
SUPPORT GROUPS**
(Available at all SJUSD High Schools)
Website: www.sanjuan.edu/studentassistance

<p>ANGER MANAGEMENT: dealing with the emotional and physical aspects of anger and evaluating your responses and reactions.</p> <p>CONCERNED OTHERS: your life is being affected by the drug or alcohol use of someone you care about.</p> <p>CONFLICT RESOLUTION: learn to manage conflict effectively.</p> <p>INSIGHT: evaluating the ways in which drugs and alcohol affect your life.</p> <p>LIFESKILLS: skills for successful interactions with others; self-awareness.</p> <p>RECOVERY: commitment to abstain from drugs and alcohol.</p> <p>SEVEN HABITS: based on the book by Steven Covey, communicating, being responsible, planning, organizing, getting along with others, and taking care of yourself.</p> <p>STRESS MANAGEMENT: learn ways to deal with and examine feelings and triggers associated with stress.</p> <p>TEEN RELATIONSHIPS: develop awareness of unhealthy relationship behaviors and understand the dynamics of emotional and physical abuse.</p> <p>TOBACCO CESSATION: support and structure for students who want to quit.</p>	<p>For more information about the Student Assistance Program or support group offerings call: 979-8601</p>
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TB TESTING RESOURCES

<p>THE DOCTOR'S CENTER: Walk-ins accepted (open 8am to midnight, 7 days a week). PPD \$20.00</p>	<p style="text-align: right;">966-6287 4948 San Juan Ave. Fair Oaks, CA 95628</p>
<p>THE EFFORT, INC.: www.theeffort.org Walk-ins accepted. Straight Medi-Cal accepted. PPD \$16.00</p>	<p style="text-align: right;">313-8411 1820 J Street Sacramento, CA 95814</p>
<p>HEALTH FOR ALL COMMUNITY CLINICS: www.healthforall.org By appointment only. PPD \$22.00</p>	<p style="text-align: right;">448-6553 923 V Street Sacramento, CA 95818</p> <p style="text-align: right;">924-6703 577 Las Palmas Ave. Sacramento, CA 95815</p> <p style="text-align: right;">427-0368 2118 Meadowview Rd. Sacramento, CA 95815</p>
<p>HEALTHTECH MOBILE SERVICES: By appointment only. PPD \$20.00</p>	<p style="text-align: right;">355-1350 13405 Folsom Blvd. #700 Folsom, CA 95630</p>
<p>MERCY CLINIC NORTH HIGHLANDS: www.mercysacramento.org Located on the campus of the F.C. Joyce Elementary School. By appointment only. PPD is free if no insurance.</p>	<p style="text-align: right;">349-1568 6060 Watt Ave. North Highlands, CA 95660</p>
<p>MIDTOWN MEDICAL CENTER FOR CHILDREN AND FAMILIES: Appointment and check up required. PPD \$75.00</p>	<p style="text-align: right;">454-2345 3701 J Street #201 Sacramento, CA 95816</p>

<p>RITE-AID SUTTER EXPRESS: Walk-ins accepted. Mon-Fri 9:00am-8:00pm Sat& Sun 10:00am-4:00pm PPD \$15.00</p>	<p>786-8671 4004 Foothills Blvd. Roseville, CA 95747</p> <p>422-7202 980 Florin Rd. Sacramento, CA 95831</p> <p>285-9372 2751 Del Paso rd. Sacramento, CA 95835</p>
<p>SACRAMENTO COMMUNITY CLINIC: By appointment only. PPD \$25.00</p>	<p>924-7988 2200 Del Paso Blvd. Sacramento, CA 95815</p> <p>428-3788 7275 E. Southgate Dr. #204 Sacramento, CA 98523</p>
<p>SACRAMENTO COMMUNITY HEALTH CENTER (MAAP): www.maap.org Medi-Cal and Medi-Care accepted By appointment only. PPD \$21.00</p>	<p>422-5200 7600 Hospital Dr. Suite I Sacramento, CA 95823</p>
<p>SACRAMENTO NATIVE AMERICAN HEALTH CENTER: www.SNAHC.org Medi-Cal and Private Ins. Accepted. Walk-Ins accepted. PPD \$20.00</p>	<p>341-0575 2020 J Street Sacramento, CA 95814</p>
<p>SPRING MEDICAL CLINIC: www.SpringMedicalClinic.com (Open Saturdays) Walk-Ins accepted PPD \$30.00</p>	<p>371-1930 3050 Beacon Blvd. #101 W. Sacramento, CA 95691</p>
<p>TRAVEL MEDICAL INC.: By appointment only. PPD \$25.00</p>	<p>254-2100 5282 Elvas Ave. Sacramento, CA 95819</p> <p>254-2100 850 Iron Point Rd. #150 Folsom, CA 95630</p>

<p>US HEALTHWORKS: Walk-Ins accepted. PPD \$20.00</p>	<p>364-5255 9561 Folsom Blvd Suite 200 Sacramento, CA 95826</p> <p>451-4580 1675 Alhambra Blvd Suite B Sacramento, CA 95816</p> <p>373-7575 3680 Industrial Blvd Suite 550-H W. Sacramento, CA 95691</p> <p>929-6161 4700 Northgate Blvd. Suite 100 Sacramento, CA 95834</p> <p>632-9606 2305 Sunset Blvd. Rocklin, CA 95765</p>
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TOBACCO CESSATION

<p>AMERICAN LUNG ASSOCIATION: www.lungusa.org Provides the “freedom from smoking program” for smokers who want to quit; includes self-help manuals, monthly stop smoking clinics, and training for clinic leaders. Also offers the “open airways” program on asthma, and school asthma information program.</p>	<p>1-800-LUNG-USA (586-4872)</p>
<p>BECOME AN EX: www.becomeanex.com Provides smoking cessation information/quit program for smokers who want to quit. Also offers helpful tools and online support network.</p>	
<p>CALIFORNIA SMOKERS’ HELP LINE: www.nobutts.ucsd.edu Free private telephone sessions with your own telephone counselor/quit kits/and information about quitting.</p>	<p>Smokers: 800-NOBUTTS 1-800 (662-8887) Chew/Snuff: 800-844-2439 Deaf/Hearing Impaired: 800-933-4833</p>
<p>KAISER TOBACCO CESSATION: www.kaiserpermanente.org Tobacco cessation support group for Kaiser members only.</p>	<p>688-6783</p>
<p>SAN JUAN UNIFIED SAP TOBACCO CESSATION SUPPORT GROUP: www.sanjuan.edu/prevention This group identifies the symptoms of nicotine addiction and the associated risks of tobacco use. Students evaluate their use of tobacco and explore ways to reduce or eliminate tobacco use. Once students have an understanding of their pattern of use they can choose the most effective quitting technique.</p>	<p>See your campus SAP Intervention Specialist or Call 979-8601</p>
<p>TOBACCO EDUCATION PROGRAMS-HEALTH & HUMAN SERVICES DEPARTMENT: www.sacdshs.com Provides referrals for tobacco education and cessation and coordinates tobacco use prevention and cessation education for the community.</p>	<p>875-5869 9719 Lincoln Village Dr Suite 300A Sacramento, CA 95827</p>

TRUTH.ORG www.truth.org	
UCD MEDICAL CENTER-CARDIOLOGY DEPARTMENT: www.ucdmc.edu Stop smoking program given by the Cardiac Unit.	734-5513 2315 Stockton Blvd Sacramento, CA 95817
Way2Quit.com www.way2quit.com Thinking about quitting? Find out how to get ready.	Support Line: 1-877-NO_ASHES 1-877-(662-7437)

TRANSPORTATION

PARA TRANSIT: www.paratransit.org Operates specialized transportation for the frail elderly ages 75+ & disabled individuals.	429-2009 Ride Requests: 429-2744 800-956-6776
SACRAMENTO REGIONAL TRANSIT DISTRICT: www.sacrt.com Regular daily bus routes, light rail service; discounts available to eligible Seniors, students and youth. Neighborhood Rides. Call for additional information.	321-BUSS 321-2877

TUTORING SERVICES

BRIGHT STUDENT TUTORING: www.brightstudenttutoring.com One on one in home affordable tutoring	212-9985
MATH MASTER TUTORING: www.mathsuccessnow.com Free first time visit to observe, free testing and evaluation. 90 minutes, 1x week with credentialed teacher.	Information: 489-MATH 489-(6284) Business: 725-6284
MERCY EDUCATION RESOURCE CENTER: www.mercyeducation.com A non- profit service for children and adults providing educational assessment support to maximize potential	737-6026 6007 Folsom Blvd #200 Sacramento, CA 95819
SYLVAN LEARNING CENTER: www.educate.com Assessment test for grade level and problem areas. One on one tutoring with certificated teacher. On-line tutoring also available.	1-888-EDUCATE 1-888-(338-2283) Multiple locations
www.globalscholar.com Online tutoring K-12 for \$1.00 an hour	1-877-824-4040

VIOLENCE PREVENTION/INTERVENTION

ASIAN RESOURCE VIOLENCE PREVENTION: www.asianresources.org A program to develop community based violence prevention/intervention programs within Sacramento's Chinese, Vietnamese, Hmong, Lao, Mien, Russian and Vietnamese groups.	454-1892
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<p>CHANGING COURSES: Anger management program; evening hours.</p>	<p>332-5056 3355 Myrtle Ave Suite 265 North Highlands, CA 95660</p>
<p>DIOGENES YOUTH SERVICES: www.diogenesnet.com Anger management groups.</p>	<p>369-5447x222</p>
<p>SECOND STEP: www.sanjuan.edu/osapp Second Step is a violence prevention program for schools and families to use to encourage children to get along well with others. The program teaches children to think about others' feelings, to solve problems cooperatively, and to manage their anger in a positive way.</p>	<p>979-8611</p>
<p>PEACE FOR FAMILIES (P.E.A.C.E.): www.peaceforfamilies.org Program to educate and prevent violent dating, sexual harassment, and abuse; teen support group once a week. Drop in group and closed group. Serving 18 years and older.</p>	<p>1-530-885-0443 Fax: 1-530-885-2347 24 hr. crisis line: 800-575-5352</p>
<p>W.E.A.V.E. (WOMEN ESCAPING A VIOLENT ENVIRONMENT): www.weaveinc.org 24 hours shelter and crisis line for people affected by domestic violence and sexual assault.</p>	<p>Hotline: 920-2952 Business/Counseling: 448-2321 1900 K St Sacramento, CA 95814</p>

**SECTION II
SERVICES BY ETHNICITY**

AFRICAN AMERICAN

<p>SACRAMENTO BLACK ALCOHOLISM CENTER (SBAC): Also known as Sobriety Brings A Change. Alcoholism program with group, family and individual counseling; referrals to other agencies. State certification as outpatient alcoholism treatment unit. Poly drug diversion group counseling, adolescent chemical dependency treatment, co-addiction, intervention and domestic conflict counseling.</p>	<p style="text-align: right;">454-4242 3307 Broadway Suite 200 Sacramento, CA 95817</p>
<p>SACRAMENTO URBAN LEAGUE: www.gsul.org Project Success. Training classes for high school diploma and GED preparation. Various programs for job training and assistance for adults in their job search, also health education and awareness activities, tobacco, HIV, and teen pregnancy.</p>	<p style="text-align: right;">286-8600 Fax: 286-8620 3725 Marysville Blvd Sacramento, CA 95838</p>
<p>100 BLACK MEN: www.100blackmen.org The mission of the 100 Black Men of America, Inc. is to improve the quality of life within our communities and enhance educational and economic opportunities for all African Americans.</p>	<p style="text-align: right;">428-8203 2251 Florin Rd Sacramento, CA 95822</p>

AMERICAN INDIAN

<p>AMERICAN INDIAN CHILD RESOURCE CENTER: Indian child welfare services and recruitment of Native American foster homes.</p>	<p style="text-align: right;">483-9190 2020 J St Sacramento, CA 95814</p>
<p>AMERICAN INDIAN TRAINING: Training and technical assistance, specializing in alcoholism prevention program training.</p>	<p style="text-align: right;">920-0731 4221 Northgate Blvd. Suite #2 Sacramento, CA 95834</p>
<p>BUREAU OF INDIAN AFFAIRS, SACRAMENTO AREA (BIA): Employment assistance, vocational training, higher education, housing improvement program. Primary function of the Bureau in California is the administration of Indian Trust Properties, chiefly land belonging to individual Indians or tribal groups. You must be a federally recognized individual to receive these services.</p> <p>EDUCATION DEPARTMENT: Johnson O'Malley, Higher Education, Wellness Model, Healthy Bodies and Minds, Substance Abuse. College scholarships available to Native Americans, eligibility is based on membership of federally recognized tribes. Areas served on or near an Indian reservation, statewide.</p>	<p style="text-align: right;">978-6000 Fax: 978-6099 2800 Cottage Way Suite W2820 Sacramento, CA 95825</p>
<p>CALIFORNIA INDIAN ASSISTANCE PROGRAM: Department of Housing & Community Development Works with grant to improve housing. Helps unrecognized tribes to pursue federal recognition, assists in strengthening tribal government, implements construction programs.</p>	<p style="text-align: right;">552-9398 1800 3rd St Room 365 Sacramento, CA 95814</p>
<p>CALIFORNIA INDIAN LEGAL SERVICES: www.calindian.org Legal assistance in non-criminal cases for low-income California Indians.</p>	<p style="text-align: right;">1-800-829-0284</p>

<p>CALIFORNIA INDIAN MANPOWER CONSORTIUM, INC. (CIMC): www.cimcinc.org Employment, JTPA positions, etc., for Native American Indians only. Provides education, employment, housing, scholarships, utility assistance, food vouchers and economic development. Eligibility: Economically disadvantaged Native Americans. Area served: 92 reservations and 37 counties in California. Source of funding: US Department of Labor, State Office of Economic Opportunity/Community Service Block Grant Program.</p>	<p>1-800-640-CIMC 1-800-640-(2462) Fax: 641-6338 738 N. Market Blvd. Sacramento, CA 95834</p>
<p>CALIFORNIA RURAL INDIAN HEALTH BOARD, INC.: www.crihb.org Administration for rural area health projects.</p>	<p>929-9761 4400 Auburn Bl 2nd Floor Sacramento, CA 95841</p>
<p>CALIFORNIA STATE DEPARTMENT OF EDUCATION: American Indian Education Unit Conducts training on Indian Education. Supervises State Indian Education funding.</p>	<p>319-0800 1430 N Street Suite 6408 Sacramento, CA 95841</p>
<p>CALIFORNIA STATE INDIAN MUSEUM: Presents materials and cultural information on California Indians. School forms available.</p>	<p>324-0971 2618 K Street Sacramento, CA 95816</p>
<p>CAPITAL AREA INDIAN RESOURCES: Private non-profit organization that provides tutorial and cultural activities for Native American Indian Students. Provides a mentoring program and Mesa program for Native American youth K-12. Library resource room, trips and cultural presentations. Eligibility: Native American youth grades K-12 and interested community members.</p>	<p>971-9190 2701 Cottage Way Suite 9 Sacramento, CA 95825</p>
<p>CATCHING THE DREAM: www.catchingthedream.org Scholarship funds.</p>	<p>505-262-2351 8200 Mountain Rd NE Suite 203 Albuquerque, NM 87110-9724</p>
<p>ELK GROVE UNIFIED SCHOOL DISTRICT: www.egusd.k12.ca.us Programs available to all State and Federally recognized individuals. Title IX Indian Education provides liaison services, tutoring and academic support, and cultural awareness for Native American Indian students.</p>	<p>686-5085 9510 Elk Grove-Florin Rd Elk Grove, CA 95624</p>
<p>INDIAN HEALTH SERVICES: Federally administrated. Offers scholarships for Indians going into health careers.</p>	<p>930-3927 650 Capitol Mall Suite 7-100 Sacramento, CA 95814</p>
<p>AMERICAN INDIAN TRAINING INSTITUTE, INC.: www.aitiinc.org Training and consulting organization dedicated to delivering quality technical assistance and training to American Indian and Alaskan Natives. Specializing in substance abuse prevention program training.</p>	<p>920-0731 4221 Northgate Blvd Suite 2 Sacramento, CA 95834</p>
<p>INTER-TRIBAL COUNCIL OF CALIFORNIA: Provides social and economic services to reservations in California.</p>	<p>973-9581 Fax: 973-0117 2755 Cottage Way Suite 14 Sacramento, CA 95825</p>

<p>NATIVE AMERICAN HEALTH CENTER: www.snahc.org Medical and dental clinics provide direct health care services. Community health workers provide referrals, social service assistance, and home visits. Drug and alcohol counseling, public health education. Fees are determined by income.</p>	<p>341-0575 Fax: 341-0574 2020 J Street Sacramento, CA 95814</p>
<p>NATIVE AMERICAN STUDIES DEPARTMENT: Student organization which sponsors Indian Cultural Week and other activities during the year, in addition to assisting students with their needs.</p>	<p>278-7566 CSUS 6000 J Street Sacramento, CA 95819-6068</p>
<p>SACRAMENTO CITY UNIFIED SCHOOL DISTRICT (TITLE IX INDIAN EDUCATION PROGRAM): www.scusd.edu Provides cultural activities for Native American Indian students. Classes and resource materials for students, teachers, and parents.</p>	<p>277-6254 Fax: 277-7153 Marian Anderson Sp. Ed. Center 2850 49th Street Sacramento, CA 95819</p>
<p>SACRAMENTO TRIBAL TANF PROGRAM: Sacramento Regional Office for cash assistance, child care, cultural activities, marriage promotion and maintenance, training and education, teenage pregnancy prevention.</p>	<p>925-3582 744 P Street, Rm. 1031 Sacramento, CA 95814</p>
<p>SACRAMENTO URBAN INDIAN HEALTH PROJECT, INC.: www.ihs.gov Offers medical and dental services, a community health service department offering mental health services, diabetic programs. AIDS testing and counseling. A program for teenage mothers in their third trimester. Also offer crisis and outpatient counseling to individuals and groups. Youth group, cultural activities, dance and drum group, AA meetings. Provides infant and toddler car seat with verification of tribe number.</p>	<p>341-0575 Fax: 341-0574 2020 J St Sacramento, CA 95814</p>
<p>(GREATER) SACRAMENTO URBAN LEAGUE: www.gsul.org Project success – GED prep program, ages 16-21. Training classes for high school diploma and GED preparation. Various programs for job training and assistance in job search for adults.</p>	<p>286-8600 Fax: 286-8620 3725 Marysville Blvd Sacramento, CA 95838</p>
<p>SAN JUAN UNIFIED SCHOOL DISTRICT: www.sanjuan.edu Title IX Indian Education provides tutoring, a computer lending library, a school and community worker to assist families and a large resource library.</p>	<p>971-5386 971-5383 971-5382 Fax: 971-5375 4425 Laurelwood Wy Sacramento, CA 95864</p>
<p>UNDERGRAD ADMINISTRATION & OUTREACH SERVICE UCDAVIS – OUTREACH SERVICE: www.ucdavis.edu Public relations with schools regarding student enrollment for college.</p>	<p>530-754-9707 220 Mrak Hall One Shields Ave Davis, CA 95616</p>

ASIAN AMERICAN

<p>ASIAN COMMUNITY CENTER OF SACRAMENTO VALLEY, INC.: www.accsv.org Assists non-English speaking seniors with renter's credit and renter's assistance. Japanese interpreters on staff and interpreters for other Asian languages can be arranged.</p>	<p style="text-align: right;">393-9026 7375 Park City Dr Sacramento, CA 95831</p>
<p>ASIAN COMMUNITY NURSING HOME: www.accsv.org Skilled nursing care, interpreters for various Asian languages on staff.</p>	<p style="text-align: right;">393-9020x223 7801 Rush River Dr Sacramento, CA 95831</p>
<p>ASIAN PACIFIC COMMUNITY COUNSELING (FORMERLY STEPPING STONES): Community mental health services to the Chinese, Japanese, Korean, Filipino, Hmong and Pacific Islander communities of Sacramento County. Assists Asian/Pacific Islander client/community in obtaining and utilizing mental health and other related services. Provides client services of office/home visits, brief and short term counseling and referral services; consultation to other agencies working with Asian/Pacific clients; Pacific Islander drug education and prevention; bicultural and bilingual services in Samoan and Tongan to youth and their families for related problems. Provide information, education workshops, discussion groups, brief counseling home visits, referral service.</p>	<p style="text-align: right;">383-6783 Fax: 383-8488 5330 Power Inn Rd Suite A Sacramento, CA 95820</p>
<p>BACH VIET ASSOCIATION: www.bachviet.org Provides employment services, emergency services, cultural orientation classes, advocacy of refugee rights. Speak Vietnamese, Laotian, Cambodian and Romanian.</p>	<p style="text-align: right;">481-0340 Fax: 481-2815 1050 Fulton Ave Suite 110 Sacramento, CA 95825</p>
<p>CATHOLIC CHARITIES & CATHOLIC SOCIAL SERVICES: Catholic community service is the corporate umbrella responsible for coordinating servicing and expanding social service programs which operate under the Catholic Church within the counties comprising the Diocese of Sacramento. Laotian and Vietnamese interpreters can be obtained. Initial resettlement services to US Catholic Conference sponsored refugees from camps overseas. Assists refugees already in the U.S. in sponsoring close relatives from refugee camps and through the Order Departure Program directly from Vietnam. Hmong project: Serves needs of Hmong refugees.</p>	<p style="text-align: right;">733-0253 2110 Broadway Sacramento, CA 95818 452-7481 5890 Newman Ct Sacramento, CA 95819</p>
<p>FREMONT ADULT SCHOOL: Largest city adult English as a Second Language program. Day and evening classes at all levels from non-literate to sixth grade. Translators available as needed.</p>	<p style="text-align: right;">277-6620 2420 N St Sacramento, CA 95816</p>
<p>SACRAMENTO LAO FAMILY COMMUNITY, INC.: A self help group made up of and formed by refugees from Laos, to assist members to adapt to life in the U.S. Provides medical interpretation, assistance and advocacy for non-English speaking refugees; basic education classes for non-literate; cooperative agriculture projects; various cultural exchange projects and employment services, and family planning. Hmong, Mien, and Lao interpreters available.</p>	<p style="text-align: right;">424-0864 5840 Franklin Blvd Sacramento, CA 95824 331-0323 5405 Palm Ave Suite 5 Sacramento, CA 95814</p>

<p>LUTHERN SOCIAL SERVICES: Provides housing information and referral services. Counseling referrals, crisis intervention and training for low income people. Child abuse prevention information, educational and related interpretation, translation services for Asians. Medi-Cal outreach, sign up children for low/no cost medical coverage.</p>	<p>453-2900 Fax: 453-2904 3734 Broadway Sacramento, Ca 95817</p>
<p>CALIFORNIA PROTECTION & ADVOCACY SYSTEM: www.disabilityrightsca.org Information about legal rights of persons with disabilities and/or identified mental illness and procedures and sources of assistance, training and support to persons with disabilities and/or identified as mentally ill and their families and direct representation of those individuals.</p>	<p>1-800-776-5746 488-9950 100 Howe Ave Suite 235 N Sacramento, CA 95825</p>
<p>SACRAMENTO CHINESE COMMUNITY SERVICE CENTER, INC.: www.sccsc.org Counseling, job referrals, language translation and interpretation, cultural programs and activities and youth employment programs.</p>	<p>442-4228 Fax: 442-4281 420 I Street Suite 5 Sacramento, CA 95814</p>
<p>ST. PATRICK'S HOME FOR CHILDREN/ST.PATRICK'S DAY CARE CENTERS: Residential treatment center providing 24 hour care for children needing out of home placement. Provide structured day care programs for pre-school and after school day care for older children. Garden plots available to community, but primarily to Southeast Asian refugees on which to develop gardens for home consumption.</p>	<p>421-1620 Daycare: 422-0123 5945 Franklin Bl Sacramento, CA 95824</p>
<p>MY SISTER'S HOUSE www.my-sisters-house.org My Sister's House is the first and only non-profit organization to specifically identify and address the unique needs of women and children impacted by domestic violence in the Central Valley's highly diverse Asian and Pacific Islander community.</p>	<p>Business: 868-7820 24 hour line: 428-3271 3053 Freeport Blvd. Suite 120 Sacramento, CA 95818</p>
<p>SOUTHEAST ASIAN ASSISTANCE CENTER (FORMERLY INDOCHINESE ASSISTANCE CENTER): Assists various Asian populations in obtaining and utilizing mental health and related services. Provides bilingual and bicultural short-term counseling, outreach, consultation, and referral services to Asian community resources. Legal defense of indigent persons charged with a crime.</p>	<p>421-1036 Fax: 421-6731 5625 24th St Sacramento, CA 95822</p>
<p>TRANSITIONAL ENGLISH OFFICE: Books, articles, videos and artifacts about South east Asians (Cambodian, overseas Chinese, Lao, Hmong, Mien, Vietnamese.) Items can be borrowed. Offers free use of Macintosh Desktop Publishing in Chinese, Khmer, Lao and Vietnamese.</p>	<p>635-6815 10850 Gadsten Way Rancho Cordova, CA 95670</p>

HISPANIC AMERICAN

<p>CALIFORNIA HISPANIC COMMISSION ON ALCOHOL AND DRUG ABUSE, INC.: www.chcada.org Training and technical assistance in the area of alcohol and drug abuse services to agencies serving the Spanish speaking communities in California. Also provides educational materials relating to Hispanics and alcohol abuse. No direct services to individuals. Administrative office only. Projects controlled by this office are located in Southern California.</p>	<p style="text-align: right;">443-5473 Fax: 443-1732 2101 Capitol Ave Sacramento, CA 95816</p>
<p>CATHOLIC CHARITIES & CATHOLIC SOCIAL SERVICES: Catholic Community Services is the corporate umbrella responsible for coordinating, servicing and expanding social service programs which operate under the auspices of the Roman Catholic Church within the counties comprising the Diocese of Sacramento.</p>	<p style="text-align: right;">733-0253 2110 Broadway Sacramento, CA 95818</p> <p style="text-align: right;">452-7481 5890 Newman Ct Sacramento, CA 95819</p>
<p>CENTRO GUADALUPE: Sliding scale fees; telephone or walk-in; individual, couple, family counseling, Spanish speaking.</p>	<p style="text-align: right;">443-5367 730 S Street Sacramento, CA 95814</p>
<p>COALITION OF CALIFORNIA WELFARE RIGHTS ORGANIZATION: www.ccwro.org Legal services back-up center. Training to welfare rights groups or interested parties on AFDC, general assistance, food stamps and welfare. Representation of low-income clients in dealing with the welfare department, including representation at administrative hearings. Specialist in class action suits on staff. Assists parents in dealing with child protective services. Spanish interpreter can be obtained.</p>	<p style="text-align: right;">736-0616 Fax: 736-2645 1901 Alhambra Blvd 2nd Floor Sacramento, CA 95816</p>
<p>EL HOGAR MENTAL HEALTH AND COMMUNITY SERVICE CENTER: This is an outpatient clinic which provides group and individual counseling, evaluation, assistance, medications and monitoring to adults 18 and older with chronic mental illnesses. This clinic is not funded for anyone under 18 years of age.</p>	<p style="text-align: right;">441-2933 608 10th St Sacramento, CA 95814</p>
<p>GOODWILL INDUSTRIES OF SACRAMENTO VALLEY, INC.: www.goodwill.org Vocational and work evaluation using Jevs, Singer, McMarron-Dial and Valpar work sample systems; work adjustment and work experience to develop appropriate work behaviors and attitudes; job seeking skills training; food service training program; word processing training; social and vocational training and speech therapy. VRS staff at EDD site to provide placement services to disabled adults. Supported employment programs provided for severely disabled. Spanish interpreter available.</p>	<p style="text-align: right;">Headquarters 395-9000 6648 Franklin Blvd Sacramento, CA 95823</p>
<p>LA FAMILIA COUNSELING CENTER: www.lafcc.com Provides multi-cultural/multi-level counseling, outreach, and support services to low income, at-risk youth and families. Services are free and bilingual staff is available. Services include home visitation, counseling support, employment and training, tutoring and after school program, recreational activities for youth, mental health services, parenting and life skills training, gang prevention activities, and general supportive services.</p>	<p style="text-align: right;">452-3601 Fax: 394-2480 5523 34th St Sacramento, CA 95820</p>

<p>MEXICAN AMERICAN ALCOHOLISM PROGRAM (M.A.A.P.): www.maap.org Alcoholism services targeted to the Hispanic community. Bilingual/bicultural staff available to assist clients. Services encompass substance abuse rehabilitation and educational services.</p>	<p>Headquarters 394-2320 Fax: 394-2480 4241 Florin Rd Suite 110 Sacramento, CA 95823</p>
<p>MI CASA ALCOHOL RECOVERY HOME: A 90 day bilingual/bicultural alcoholism rehabilitation program designed to provide services to Hispanic males.</p>	<p>Ray Martinez 394-2328 Fax:394-2457 2515 48th Ave Sacramento, CA 95822</p>
<p>CALIFORNIA PROTECTION AND ADVOCACY SYSTEM: www.disabilityrightsca.org Information about the legal and service rights of persons with developmental disabilities and procedures and sources of assistance including other advocacy services. Technical assistance, training and support to persons with developmental disabilities and their families and advocates in the resolution of individual and systemic problems. Direct representation of individuals with developmental disabilities. Spanish interpreters available.</p>	<p>1-800-776-5746 488-9950 100 Howe Ave Suite 185 N Sacramento, CA 95825</p>
<p>SACRAMENTO DRINKING DRIVER PROGRAM: www.maap.org A year long structured alcoholism education and rehabilitation program for individuals convicted of 2 or more drunk driving offenses. Program is offered in both English and Spanish.</p>	<p>394-2320 394-3495 7100 Bowling Dr Suite 160 Sacramento, CA 95823</p>
<p>SACRAMENTO MEDIATION CENTER: www.sacmediation.org Available for neighborhood and personal disputes which may be self referred or referred by the courts. Interpreters can be arranged for Spanish, Russian or sign language.</p>	<p>441-7979 1418 20th Street Suite 201 Sacramento, CA 95811</p>
<p>ST. PATRICK'S HOME FOR CHILDREN/ST. PATRICK'S DAY CARE CENTER: Residential treatment center providing 24 hour care for children needing out of home placement. Day care centers provide structured day care programs for pre-school children and after school care for older children. Garden plots available to community, primarily to Southeast Asian refugees on which to develop gardens for home consumption. Spanish interpreters on staff.</p>	<p>421-1620 Daycare: 422-0123 5945 Franklin Blvd Sacramento, CA 95824</p>
<p>TURNING POINT INTEGRATED AGENCY SERVICES (IAS): TURNING POINT TRANSITIONAL SUPPORT SERVICES (TSS): www.tpcp.org Residential treatment program for mentally disabled adults – 40 bed capacity. Treatment services include: individual counseling, rehabilitation services to improve independent living skills, recreational programming, group counseling and resident self government. Spanish interpreters on staff.</p>	<p>364-8395 3440 Viking Dr Suite 114 Sacramento, CA 95811</p>

JEWISH AMERICAN

<p>JEWISH FEDERATION OF THE SACRAMENTO REGION: www.jewishsac.org Community organization, planning and coordination, community relations, publicity, allocations, social services, fund raising and counseling. Activities for all ages, including community events. Monthly newspaper.</p>	<p>486-0906 2014 Capital Ave. Sacramento, CA 95811</p>
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SHALOM SCHOOL: www.shalomschool.org Infant, toddler, preschool and K-8. Both AM and PM day care is provided. Instruction includes general and Judaic studies.	485-4151 Fax: 485-3970 2320 Sierra Blvd Sacramento, CA 95825
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RUSSIAN/UKRAINIAN/SLAVIC

SLAVIC ASSISTANCE CENTER: Providing Russian/Ukrainian speaking people with assistance and information.	925-1071 2117 Cottage Way, Sacramento, CA 95825
SLAVIC COMMUNITY CENTER: Providing Russian/Ukrainian speaking people with social and cultural orientation; information on education options; immigration, financial and educational assistance and support; citizenship lessons and applications.	485-6410 2999 Fulton Ave Sacramento, CA 95821
WORLD RELIEF: Services for the refugee and immigrant community in the Sacramento area including: family reunification, counseling, document translation, passport assistance, tutors, teachers, mentors and job training.	978-2650 4721 Engle Rd Suite 11 Carmichael, CA 95608

OTHER COMMUNITY RESOURCES GENERAL MENTAL HEALTH AND COUNSELING

CATHOLIC CHARITIES AND CATHOLIC SOCIAL SERVICES: Case advocacy and immigration services for low income persons.	733-0253 2110 Broadway Sacramento, CA 95818 452-7481 5890 Newman Ct Sacramento, CA 95819
CENTER FOR EMPLOYMENT TRAINING (CETWEB): www.cetweb.org This is a private vocational center with federal funding. A diploma is not necessary for enrollment. Persons may earn GED while being retrained for agricultural employment. They also provide assistance with job placement.	393-7401 6853 65 th St Sacramento, CA 95828
THE EFFORT: www.theeffort.org Services are primarily intended to aid the Drug Dependent person in need of help and/or treatment within the community. One to one and group counseling, medical aid, opiate detoxification and counseling services, AIDS education and prevention speakers, bureau for local school and organizational requests.	325-5556 1820 J Street Sacramento, CA 95814
COMMUNITY LEGAL SERVICES: www.mcgeorge.edu Clinical education programs provide legal services to a broad section of the Sacramento community, including assistance in domestic problems, landlord tenant problems, bankruptcy, administrative law, advise/assist preparation of small claims appeals, a mediation clinic, victims of crimes clinic, and a variety of matters applicable to the elderly.	340-6080 3200 5 th Ave Sacramento, CA 95817

<p>FREMONT EDUCATION CENTER: Largest city adult ESL program. Day and evening classes at all levels from non-literate to 6th grade. Translators available as needed.</p>	<p>277-6620 2420 N St Sacramento, CA 95816</p>
<p>HEALTH FOR ALL COMMUNITY CLINICS: www.health-forall.org Provides primary care, health screening and health education. Three locations. Sliding scale fees. Accepts Medi-Cal.</p>	<p>446-6553 Fax: 448-5647 923 V St Sacramento, CA 95818</p>
<p>INTERFAITH SERVICE BUREAU: www.isbsacramento.org Purpose is to promote and encourage dialogue and understanding between faith groups through discussions, worship services, and sharing in service to the community. Community needs are addressed; Interfaith Food Closet Network, central administrative structure for receiving and distributing donations and gifts for member organizations; Brown Bag Network; semi-monthly distribution of food to low-income seniors; Clergy Concerns Committee, offers range of religious programming on Channel 20; Anti-Violence Task Force, and Faith in Crisis Weekly Support Group. Facilities also used by many faith and community groups.</p>	<p>448-2212 2212 K St Sacramento, CA 95616</p>
<p>MILHAUS TREATMENT CENTER (REFORM SCHOOL): Assessment, interim care, comprehensive treatment/placement planning.</p>	<p>423-1157 8111 Lenhart Sacramento, CA 95828</p>
<p>PUBLIC DEFENDER: www.publicdefender.saccounty.net Provides legal defense of indigent persons charged with a crime. Eligibility is based on income and other economic assets. Interpreters are available for non-English speaking and the deaf.</p>	<p>874-6056 Fax: 874-8707 700 H St Suite 0270 Sacramento, CA 95814</p>
<p>SUTTER COUNSELING CENTER: www.sutterhealth.org Youth in-patient and partial hospitalization psychiatric service. Out-patient services.</p>	<p>929-0808 855 Howe Ave Room 1 Sacramento, CA 95825</p>
<p>VOLUNTEER CENTER OF SACRAMENTO: www.volunteersacramento.org The vision of the Volunteer Center of Sacramento is to "enrich lives and community through leadership in volunteerism." Our vision conveys a strong and positive message about the agency's commitment to the greater Sacramento community.</p>	<p>567-3100 1111 Howe Ave. Suite 600 Sacramento, CA 95825</p>
<p>WINTERSTEIN ADULT SCHOOL: Specializing in high school diploma and GED equivalency classes for adults. There is an ESL program available servicing levels 1-6. Daytime, evening, traditional and summer school classes available. There is no charge for these classes.</p>	<p>971-7419 900 Morse Ave Sacramento, CA 95864</p>