



Community Support Services in Sacramento County

HANDOUT #21

Quality Child Care Impacts Everything

Many agencies offer a variety of services. Ask about additional services they provide that may be helpful for your family. Call Child Action, Inc. at 916/369-0191 or dial 2-1-1 Sacramento for additional referrals.

2.1.1

Get Connected. Get Help.™



24-HOUR EMERGENCY AND CRISIS LINES

24-Hour Parent Support Line 888/281-3000
..... 916/737-5555
www.wellspacehealth.org

24-Hour Suicide Prevention Line 988

California Poison Control System . . . 800/222-1222
www.calpoison.org

My Sister's House 916/930-0626
24-hour domestic violence helpline and shelter
..... 916/428-3271
www.my-sisters-house.org

National Center for Missing & Exploited Children
..... 800/843-5678
www.missingkids.org

Sacramento City Police 916/808-5471
www.cityofsacramento.org/Police

Sacramento County Child Protective Services
..... 916/875-5656
www.dcfas.saccounty.net/CPS/Pages/CPS-Home.aspx

Sacramento County Sheriff 916/874-5115
www.sacsheriff.com

Sacramento Children's Home — *Crisis Nursery*
North 916/679-3600
South 916/394-2000
www.kidshome.org

WEAVE, Inc. 916/920-2952
24-hour domestic violence helpline and shelter
www.weaveinc.org

FINANCIAL ASSISTANCE

Department of Human Assistance Information Line
Cash aid, food stamps / general assistance
..... 916/874-2072
www.ha.saccounty.net/benefits/Pages/default.aspx

FOOD ASSISTANCE

Loaves and Fishes 916/446-0874
www.sacloaves.org

Sacramento Food Bank
Oak Park 916/456-1980
North Sacramento 916/925-3240
www.sacramentofoodbank.org

Union Gospel Mission 916/447-3268
www.ugmsac.com

WIC Food Program 916/572-0700
www.calwic.org

JOB ASSISTANCE

Charles A. Jones Career & Education Center
..... 916/395-5800
www.caj.scusd.edu

Sacramento County Department of Human Assistance
Employment Services. 916/875-5000
[www.ha.saccounty.gov/EmploymentServices/
Pages/
EmploymentServices.aspx](http://www.ha.saccounty.gov/EmploymentServices/Pages/EmploymentServices.aspx)

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

CHILD CARE ASSISTANCE AND INFORMATION

Child Action, Inc. 916/369-0191
Free child care referrals in Sacramento County
www.childaction.org

My Child Care Plan California 800/543-7793
Child care referrals throughout California
www.mychildcareplan.org

Sacramento County Child Care Eligibility List (CEL)
Child care payment assistance 916/369-0191
www.thecel.net

UTILITY BILL ASSISTANCE

California LifeLine 866/272-0349
www.CaliforniaLifeLine.com

Community Resource Project 916/567-5220
www.cresource.org

PG&E Financial Assistance. 800/743-5002
www.pge.com

SMUD Energy Assistance Program 888/742-7683
www.smud.org

HOUSING ASSISTANCE

Community Housing Opportunities (CHOC)
. 707/759-6043
www.chochousing.org

Lutheran Social Services 916/453-2900
www.lssnorcal.org

Next Move Sacramento 916/454.2120
www.nextmovesacramento.org

Sacramento Housing & Redevelopment Agency
. 916/444-9210
www.shra.org

Salvation Army Emergency Shelter 916/442-0331

St. John's Shelter for Women and Children
. 916/453-1482
www.stjohnsshelter.org

Volunteers of America 916/265-3400
www.voa-ncnn.org

LEGAL INFORMATION AND SUPPORT

Lawyer Referral Service 916/564-6707
www.sacbarlawyer.org

Legal Services of Northern California 916/551-2150
www.lsncl.org

Sacramento County Department of
Child Support Services. 866/901-3212
www.dcss.saccounty.net

Sacramento County Advisory Clinic
. 916/875-7846
www.saccourt.ca.gov

Sacramento County Superior Court of California
(Family Law) 916/875-3400
www.saccourt.ca.gov

Voluntary Legal Services Program of Northern
California
. 916/551-2102
www.vlsp.org

MENTAL HEALTH SERVICES

El Hogar Community Justice Support 916/234-2577
www.elhogarinc.org/cjsp

Hope Cooperative — *full range of mental health supports*
916/441-0123
24/7 Crisis Respite Center
. 916/737-7483
www.hopcoop.org/get-help

La Familia Counseling Center 916/452-3601
www.lafcc.org

Mental Health ACCESS Team 916/875-1055
[www.dhs.saccounty.net/BHS/Pages/Mental-
Health
Services.aspx](http://www.dhs.saccounty.net/BHS/Pages/Mental-Health/Services.aspx)

National Council on Alcoholism and Drug Dependence
Sacramento (NCADD) 916/922-9217
www.ncaddsac.org/

Turning Point Community Programs 916/366-4668
www.tpcp.org/county/sacramento-county/

Well Space Health 916/737-5555
www.wellspacehealth.org

PARENTING AND GRANDPARENTING SUPPORT

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

California Kinship Navigator Program
 800/546-0047
www.kinshipcareca.org

The Center for Fathers & Families 916/568-3237
www.cffsacramento.org/cms

HEALTH CARE SERVICES

Peach Tree Health Services 916/779-7656
www.pickpeach.org

Child Health & Disability Prevention Program
 916/875-7151
www.dhcs.ca.gov/services/chdp/Pages/default.aspx

Sacramento Covered 916/414-8333
www.sacramentocovered.org 866/850-4321

Well Space Health 916/737-5555
www.wellspacehealth.org

Health Reform Hotline Legal Services of
 Northern California 888/354-4474
www.lsn.net

Planned Parenthood of Sacramento
 916/325-1700
www.plannedparenthood.org

Sacramento County Health Center 916/874-9670

Sacramento County Immunization Assistance Program
 916/875-7468

SERVICES FOR CHILDREN WITH SPECIAL NEEDS

Alta California Regional Center 916/978-6400
www.altaregional.org

California Children's Services (CCS)
 916/875-9900
ccsportal.saccounty.gov/

www.saccounty.gov/services/Pages/California-Children's-Services.aspx

Head Start 916/263-3804
www.headstart.seta.net

Sacramento County Office of Education
 916/228-2500
www.scoe.net

WarmLine Family Resource Center 916/455-9500
www.warmlinefrfc.org

BREASTFEEDING SUPPORT

La Leche League 916/442-5920
www.llnocal.org

WIC Sacramento County Breastfeeding Helpline
 916/875-2120
www.icorol.info

MULTICULTURAL SUPPORT SERVICES

Asian Pacific Community Counseling
 916/383-6783

Asian Resources 916/454-1892
www.asianresources.org

California Hispanic Resource Council . 916/451-7151
www.chrcsacramento.org

Sacramento Chinese Community Services Center
 916/442-4228
www.sccsc.org

South East Asian Assistance Center 916/421-6731
www.saacenter.org

South County Services 209/745-9174
www.southcountyservices.net

TEEN RESOURCES

California Youth Crisis Line 800/843-5200
www.calyouth.org

National Runaway Switchboard. 800/786-2929
www.1800runaway.org

Sutter Teen Parent Programs 916/887-4031
www.sutterhealth.org/services/pregnancy-childbirth/teen-smcs

WIND Youth Services 916/561-4900
www.windyouth.org

SENIOR SERVICES

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

Area 4 Agency on Aging 916/486-1876
www.a4aa.com

California Senior Legal Hotline 800/222-1753
 916/551-2140
www.lsnc.net

CHILD CARE PROVIDER SUPPORT

Child Action, Inc.
Recruitment, training and technical assistance
 916/369-0191
www.childaction.org

Sacramento County Office of Education
 916/228-2500

CHILD CARE FOOD PROGRAMS

Beanstalk Food Program 916/344-6259
www.beanstalk.ws

Family Resource & Referral of San Joaquin County
 Food Program
Serves Sacramento County 800/526-1555
www.frrcsj.org

Catalyst Community 530/676-0707
Catalystcomm.org

FRAMAX. 800/755-4792
www.framax.net

Love Little Children. 916/348-7410
www.lovelittlechildren.org

Californians for Quality Early Learning
 916/304-4753
www.caqualityearlylearning.org

CHILD CARE LICENSING IN SACRAMENTO COUNTY

California Department of Social Services Community
 Care Licensing Division
River City Regional Office 916/263-5744
www.cclid.ca.gov

PROFESSIONAL CHILD CARE ASSOCIATIONS

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

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

National Association for Family Child Care
 202/796-5700
www.nafcc.org

LOCAL CHILD CARE RESOURCE & REFERRAL AGENCIES

California Child Care Resource and Referral Network
(statewide) 415/882-0234
www.rnetwork.org

El Dorado County
 Catalyst Community. 530/676-0707
www.catalystcomm.org

Placer County
 Placer County Office of Education
 Child Care Services 916/740-1641
www.placercoe.org/Pages/PCOE/Early-Childhood-Education/Early-Childhood-Education.aspx

San Joaquin County
 Family Resource and Referral Center
 209/461-2908
 800/526-1555
www.frcsj.org

Solano County
 Solano Family & Children's Services
 707/863-3950
www.solanofamily.org

Yolo County
 Children's Home Society of California —
 Woodland Office. 530/723-5225
www.chs-ca.org