



## Resource Guide

2022-2023

Folsom Cordova Unified School District

### Homeless Student Services Serving Families in Transition 916.294.9090 Ext.610340

#### EMERGENCY HOTLINES & SERVICES

- Suicide Prevention Hotline** 800.273.TALK 24/7  
<https://suicidepreventionlifeline.org/>
- Psychiatric Emergency** 888.881.4881 24/7
- California Youth Crisis Hotline** 800.843.5200 24/7  
Confidential (12-24yrs or any adults supporting youth)
- National Runaway Hotline** 800.RUN.AWAY 24/7  
<https://www.1800runaway.org/>  
Anonymous & Confidential Resource for Teens AND Parents
- National Domestic Violence Hotline** 800.799.SAFE 24/7  
<https://www.thehotline.org/>  
Connects Client with Safe House Anonymous & Confidential

#### FOOD BANKS/MEALS

- 211:** <https://www.211sacramento.org/211>
- Rancho Cordova Food Locker** 916.364.8973  
<https://www.ranchocordovafoodlocker.org/patrons>  
10497 Coloma Road, Rancho Cordova ,CA 95670  
M,W,F 9:30am -1:20pm  
Bring photo ID or proof of address
- The People's Pantry** 916.635.4242  
2101 Zinfandel Dr, Rancho Cordova, CA 95670  
Food distribution 3rd Tue each month 10am-12 pm  
Meals 3rd Wed each month 5pm-6pm
- The Way of Life Church** 916.588.6989  
10415 Folsom Blvd. Rancho Cordova, CA 95817  
M,W, Sun 4pm-6pm
- Twin Lakes Food Bank** 916.985.6232  
[www.twinlakesfoodbank.org](http://www.twinlakesfoodbank.org)  
327 Montrose Drive, Folsom, CA 95630  
Tu, Wed, Thur 9am-12:30pm  
**Services:** Food/Clothing/ diapers, baby formula, baby food, School Supplies/Holiday Baskets  
Bring ID & Proof of Address,  
Serves Folsom, EL Dorado Hills, Granite Bay
- Fair Oaks/Orangevale Food Bank** 916.238.8868  
<https://orangevalefoodbank.org/need-help/>  
6483 Main Ave, Orangevale, CA 95662

Mon 11-1 Wed 4:30-6:30, Thurs. 10-12:30, Fri 10-12:30 and 3rd Sat 10-12:30 at New Life Church 8101 Sunset Ave  
Bring Photo ID or proof of address  
Serves Homeless without a mailing address

**- Sacramento Food Bank** 916.456.1980  
[www.sacramentofoodbank.org](http://www.sacramentofoodbank.org)  
3333 Third Avenue, Sacramento, CA 95817  
Call for Hours & List of Programs  
**Services:** Food/Free GED & Computer Literacy Class  
Serves Homeless living without a mailing address  
Free Clothing Closet (Sacramento County Residents by ap-  
pointments Only)  
Emergency diapers and baby supplies are available by ap-  
pointment only.  
Bring ID for each adult (SS# or medical card for children)

#### EMERGENCY SHELTERS/HOUSING

- DHA:** <https://dhaservices.saccounty.net/efs>
- . Sac County Dept. of Human Assistance:916.874.3100**  
**DHA Office:** M-F 8am-4pm (most services are appointments only with limited walk in)  
2700 Fulton Avenue, Sacramento, CA 95821  
725 28th St. Sacramento, CA 95816 (mid town)  
**services:** Cash Aid/CalWORKs/Cal Fresh/Medi-Cal/Job talk
- 211:** <https://www.211sacramento.org/>
- Next Move** 916.455.2160 (S) Must work with Department of Human Assistant directly  
<http://www.nextmovesacramento.org>  
Family Shelter: 30 Days/Single or Two Parent Families
- VOA Residential Family Center** 916.265.3400  
[www.voa-sac.org](http://www.voa-sac.org) Must work with Department of Human Assistant directly.  
470 Bannon Street, Sacramento, CA 95811  
**Services:** case manager/housing specialist
- St. John's Shelter for Real Change** 916.453.1482  
[www.stjohnsshelter.org](http://www.stjohnsshelter.org) Phone Intakes
- Powerhouse Ministries** 916.983.0658  
[www.phmfolsom.org](http://www.phmfolsom.org)  
311 Market Street, Folsom 95630  
**Drop-in Center:** M-TH-9am-12pm  
**Transitional Housing Center:** 2yr. Program/Women with Children/Single Women (must be drug & alcohol free)  
Individuals struggling with addiction,, abuse m and Poverty  
Other Services: Doctor on Site check for availability (uninsured )  
Utility Assistance (Folsom/Orangevale only), ID vouchers, low-income housing resources, Cal-fresh and medical help, laundry vouchers
- Wind Youth Drop in center** 916.561.4900  
[www.windyouth.org](http://www.windyouth.org)

18 to 24yrs—M-F 7am-6pm and weekends—7:30am-3:30pm  
12 to 17/18yrs—M-F 7:30am-3:30pm  
Call if under 18- 815 S St, Sacramento, CA 95811  
**Services:** Showers/Meals/Laundry/Clothes, Nurse on Site, Family & Clinical Support, Legal Clinic, Life & Academic Skills, Case Management/Housing Referrals  
Wind Youth Emergency Shelter:  
12-17 yrs. Parent or CPS consent if under 18 916.628.1492  
18-24 yrs. 916.561.4900  
**Services:** Crisis Counseling/Support Groups (Domestic Violence/Anger Management)

**- Sacramento Self Help Housing** 916.341.0593  
[www.sacselfhelp.org](http://www.sacselfhelp.org)  
<https://sacwaitlist.com/>  
**Services:** Referrals for housing, call for appointment

**- Mercy Housing** 916.414.4400  
<https://www.mercyhousing.org/>  
2512 River Plaza Drive, Suite 200  
Sacramento, California 95833  
**Services:** Rent a low –income apartment

**- Mutual Housing California** 916.453-8400  
<http://www.mutualhousing.com/>  
3321 Power Inn Road, Suite 320  
Sacramento, CA 95826  
**Services:** Affordable housing for low– income

#### SHELTERS-VICTIMS OF DOMESTIC VIOLENCE

- 211:** <https://www.211sacramento.org/>
- WEAVE (crisis line)** 916.920.2952  
<https://www.weaveinc.org/> live chat
- My Sister's House** 24/7 916.428.3271  
<http://www.my-sisters-house.org/>

#### SUPPORT SERVICES

- 211:** <https://www.211sacramento.org/>
- Folsom Cordova Community Partnership** 916.361.8684  
[www.thefccp.org](http://www.thefccp.org)  
<https://forms.gle/D3Nnkj3bg99PBX5P7>(fill for fastest call back for services)
- . Family Resource Center:** 10665 Coloma Road Suite 200, Rancho Cordova, CA 95670  
M, W, T, TH 9:00am-6:30pm, F 9:00 am-5:00pm
- . Safety Net:** Food Box/Diapers/Bus Pass Tue 4:30 - 6:30pm  
Call on Last Monday of each month ext. 5 for Utility/Motel & Rental Assistance
- . Birth and Beyond:** Home visitation and Family Support
- . Parenting:** Parenting Classes/Family Activities  
Intervention Services/Support Groups

**Job Center:** Adult Employment assist if on CalWORKs/ Job Search, resume help, Job training, Refugee support

**- Francis House** 916.443.2646  
[www.nextmovesacramento.org/francis-house-center/](http://www.nextmovesacramento.org/francis-house-center/)  
1422 C Street, Sacramento ,CA 95814  
Mon/Tue/Thurs./Fri 9am-12pm and 1pm-3pm  
Walk in at 9am. Lottery style numbers handed out.  
**Intakes for:** CA ID, CDL, Birth Certificates, Hygiene Kits, eye glass vouchers( one free eyeglasses –proof of income and prescription needed) Bus Passes ( need proof of ap-  
pointment confirmation), eviction avoidance(3 day notice to pay or quit) Utilities( 15 Day, 48 hr. or final notice) first time rent, program **Job Center:** M/T/TH/F 9:30am-1pm

**- Cal HOPE** 1.833.317.4673  
<https://www.calhope.org/>  
**Services:** crisis counseling & support for people impacted with COVID-19 and resources

**- Social Security** 1.800.772.1213  
[www.ssa.gov](http://www.ssa.gov) 1.877.274.5419 (Local)  
8581 Folsom Blvd Suite A, Sacramento, CA 95826  
Mon-Fri 9am-4pm online and phone services only

**WIC(Women, Infant and Children)** 916.876.5000  
[www.fns.usda.gov/wic](http://www.fns.usda.gov/wic) Call for Appointment  
10665 Coloma Road Suite 400, Rancho Cordova ,CA 95670  
Mon/Wed/Thur 8am-5:30p  
**Services:** Special Supplemental Nutrition Program for Women, infant and children for low income

#### HEALTH SERVICES

- Immunization Clinics for students attending Folsom Cordova Unified School District**  
<https://www.fcusd.org/Page/4019>  
Education Services Center 916.294.9013  
1965 Birkmont Drive Rancho Cordova ,CA 95742  
TB Clinics for students and volunteers  
Check website for dates and times
- LiveHealth Online:** Doctors 24/7 for non-emergency conditions. Must have Medi-cal  
<https://livehealthonline.com/>
- Sacramento Native American Health Center**  
<https://www.snahc.org/>  
M-F 7:30am– 5pm 916.341.0575  
**Services:** Medical, Dental, Vision, Behavioral health  
Open for everyone and takes uninsured
- Wellspace Community Health Center** 916.407.2222  
<https://www.wellspacehealth.org/>  
1710 Prairie city Rd. Ste 125 Folsom, CA 95630  
10423 Old Placerville Rd Sac., CA 95827 916.737.5555  
M,T, Th, Fri 8:30– 4:30pm

Services: Health Clinic for uninsured & straight Medi-Cal  
 Fees: sliding scale based on income  
 Medi-Cal, Family Pack, Immunizations, Dental (make appt)  
**- Elica Health Center:** **916.454.2345**  
<https://www.wellspacehealth.org/>  
 3701 J Street, Suite 201 Sacramento, CA 95816 (mid town)  
 M-Sat 8am-6pm  
 Services: Primary care, Dental, Behavioral health for low – income families.  
 Other programs: School based Services, Mobile medicine and Street medicine—Check Website for more details  
**- Alternatives Pregnancy Center:** **1.800.712.HELP**  
[www.pgtest.org](http://www.pgtest.org) By Appointment only  
 1111 Howe Ave Suite 610, Sacramento, CA 95825  
 M-F 9am-4pm, Tue 9am-7pm **916.880.4040**  
**Mobile Clinic: Thursdays 11am– 2pm**  
**3927 Marconi Ave. Sacramento Avenue, CA 95821**  
**Services: FREE** Pregnancy Test/Information & Referral  
 Ultra Sounds/Parenting Classes/Counseling  
**- Planned Parenthood** **916.446.6921**  
<https://www.plannedparenthood.org/>  
**201 29th street, Ste B Sacramento, CA 95816**

**DENTAL**

**-Carrington College Dental Hygiene Clinic** **916.361.5168**  
<https://carrington.edu/location/Sacramento-dental-hygiene-clinic/>  
 8909 Folsom Boulevard, Sacramento, CA 95826  
 Mon-Thu 8:00 am - 4:30pm  
**Services:** Free Cleaning, Fluoride Application, Sealants, Free Dental Screening, X-Rays (must be at least 3 yrs.)  
**- Denti-cal** **1.800.322.6384**  
<https://dental.dhcs.ca.gov/>  
 Help in locating a Medi-Cal dental provider in your area  
**- RC Dental Group** **916.368.0440**  
<https://rcdentalgroup.com/>  
 1180 Sun Center Dr. Rancho Cordova, CA 95670  
 M-TH 7am-5pm, F 8am-4pm Closed for lunch: M-TH 12pm-1pm (accepts Medi-Cal)  
**- Western Dental Services**  
 1016 Riley Street Suite 1, Folsom, CA 95630 **916.605.0468**  
 M-F: 9am-6pm (accepts Medi-Cal) Sat: 8am-4:30pm  
 10321 Folsom Blvd., Rancho Cordova 95670 **916.384.0943**  
 M-F 9am-7pm, SA 8am-4:30pm (accepts Medi-Cal)

**MENTAL HEALTH WELLNESS**

**- Care Solace** **1-888-515-0595**  
<https://www.caresolace.com/site/fcusd>

**- Sac Department of Health Services**  
<https://dhs.sacounty.net/BHS/Pages/GI-Contact-Us.asp>  
 Mental Health Access Team 916-875-1055  
 Mon-Fri 8am-5pm Medi-Cal Eligible  
 Toll Free 1-888-881-4881 (24/7 Mental health Crisis Line)  
**Services:** Counseling/Assessment Referral Services (0-21yrs)  
**- The Source** **24/7 Call, chat or text 916.787.7678**  
<https://thesourcesacramento.com/>  
 Services: immediate mental health support, assistance for overcoming family conflict and challenges, for youth ,caregivers and community referrals  
**- Trevor Project Crisis Line LGBTQ Youth**  
[www.thetrevorproject.org](http://www.thetrevorproject.org) **866.488.7386**  
**- Stars Behavioral Health group** **916.584.7800**  
<https://www.starsinc.com/sacramento-county/>  
 Sacramento – Downtown Center  
 401 S St. Sacramento, CA 95811  
**Services:** Full Service Partnership (FSP) program for young adults ages 16-25 that needs mental health and supports young people’s independence

**ALCOHOL & OTHER DRUG SERVICES (AOD)**

**- Alcoholics Anonymous** **24/7** **916.454.1100**  
[www.aasacramento.org](http://www.aasacramento.org)  
**- Narcotics Anonymous** **24/7** **866.565.2135**  
[www.sacramentona.org](http://www.sacramentona.org)  
**- AOD Prevention Treatment & Outreach** **916.874.9754**

**CHILD CARE**

**- FCUSD- Family Support Services** **916.294.9090**  
<https://www.fcusd.org/site/Default.aspx?PageID=1018>  
 Located at Cordova Lane Center  
 2460 Cordova Lane, Rancho Cordova, CA 95670  
**ASES After School Program: FREE** For Eligible Students  
**- Student Care Centers:** **916.294.9091**  
[www.fcusd.org/Student Care](http://www.fcusd.org/Student Care)  
 Community Education Center  
 10844 Gadsten Way, Room D-2 Rancho Cordova, CA 95670  
 Before & After School Day Care  
 Grades K-6 (sliding fee scale)  
**- Child Action** **916.369.0191**  
[www.childaction.org](http://www.childaction.org) Phone Screening  
**FREE/Low Cost** Childcare Payment Assistance  
 Child Care Provider Referrals (0-13yrs)  
**- Sacramento Crisis Nurseries** **916.679.3600** North Area  
[www.kidshome.org](http://www.kidshome.org) **916.394.2000** South Area  
**FREE** Emergency Temporary Childcare: Hourly/Overnight  
 Loving, Safe Homelike Environment  
 For Respite Care, Work or Other Needs (0-5yrs)

Resource Referrals Available/Confidential

**EDUCATION**

**Folsom Cordova Unified School District** **916.294.9000**  
[www.fcusd.org](http://www.fcusd.org)  
**- Homeless Student Services**  
<https://www.fcusd.org/Page/2189>  
 2460 Cordova Lane Center Rancho Cordova, CA 95670  
**Enroll in School even if : uncertain housing, no permanent address and temporary address**  
 For Info. Call Homeless Liaison: **916.294-9090 ext.610340**  
**- Adult Education** **916.294.9106**  
<https://www.fcusd.org/adulted>  
 10850 Gadsden Way, Rancho Cordova ,CA 95670  
 Diploma & GED Program/ESL Classes/Parent Education  
**- PRE-SCHOOL**  
**State & Federal Pre-School Programs** **916.294.9090**  
[www.fcusd.org/preschool](http://www.fcusd.org/preschool) online application available  
**Registration Process:**  
 • 1. Pick application at: Cordova Lane Center Pre-School  
 • Office: 2460 Cordova Lane, Rancho Cordova 95670  
 • 2. Complete application/ bring immunization record  
 • 3. Call for Eligibility Appt. / income eligible  
 • 4. Must be potty trained  
**- School Readiness Play Group** **916.294.9090**  
**Free program for Children Birth thru 3yrs**  
**- Sacramento County Office of Education** **916.228.2542**  
**Project TEACH**  
[www.scoe.net/projectteach](http://www.scoe.net/projectteach)  
**Services:** Collaborates with Shelters/Transitional Housing Programs and Community Agencies to Serve Children and their Families Living in Homeless Situations  
**- Brainfuse FREE Online Tutoring** **866.272.4638**  
[www.brainfuse.com](http://www.brainfuse.com)  
**NEED: Library Card** /Login to Brainfuse through your local library website, then create username & password  
**FREE Online Homework Help with Live Tutor** Grades k-12  
 Math/Language/Science/Social Studies/Spanish/Writing Lab  
 Practice SAT/ACT/GED Tests  
 Adult Learning Center: Live Tutor/Resume Help/Test Prep  
**TRANSPORTATION**  
**-Sacramento Regional Transit/Light Rail** **916.321.BUSS**  
[www.sacrt.com](http://www.sacrt.com)  
 • **Show RT pass (Students Ride Free with sticker and ID. Check with your child School for details or visit**

[www.RydeFreeRT.com](http://www.RydeFreeRT.com)

- **Non student Basic fare:\$2.50single, \$7.00 Daily Pass**
- **SmartRT Ride (corner to corner Service) 916-556-0100**  
**Student ride free with student ID and sticker**  
 Request ride by going online [ondemand.sacrt.com](http://ondemand.sacrt.com)  
**Or download free SmarRT Ride App**

**LIBRARIES**

**- Folsom Public Library** **916.461.6130**  
[www.folsom.ca.us](http://www.folsom.ca.us)  
 411 Stafford Street, Folsom, CA 95630  
 Tue/Wed 10am-8pm, Th-Su 10am-5pm  
 Homework Assistance/Activities/Games Grades 2-8  
**- Rancho Cordova Library** **916.264.2920**  
[www.saclibrary.org](http://www.saclibrary.org)  
 9845 Folsom Boulevard, Sacramento 95827  
 T-W 10am-8pm, TH 10am-6pm, FR 1pm-6pm, SA 10am-5pm

**Additional RESOURCES**

**-Sacramento Works One Stop Career Center** **916.563.5151**  
[www.sacramentoworks.org](http://www.sacramentoworks.org)  
 Info on Job Openings/Resume Writing Assistance  
 Interview Strategies/Job Skills/Resources  
**- Renters Helpline** **916.389.7877**  
[www.rentershelpline.org](http://www.rentershelpline.org)  
**- Legal Services of Northern CA** **916.551.2150**  
[www.lsn.net](http://www.lsn.net)  
 Assistance to those being evicted  
**-California Telephone Assistance Program** **1.877.777.1914**  
[www.Californialifeline.com](http://www.Californialifeline.com)  
**-Universal Service Administrative Company** **1 800.234.9473**  
<https://www.lifelinesupport.org/>  
 Lifeline is a federal program that lowers the monthly cost of phone and internet  
**- William R.Ridge Family Court** **916.875.3400**  
<https://www.saccourt.ca.gov/default.aspx>  
 3341 Power Inn Road9 M-F 8:30 a.m. to 4:00 pm  
 Sacramento, CA 95826  
 Family Court Services and more..  
**- Legal Services of Northern CA** **916.551.2150**  
[www.lsn.net](http://www.lsn.net)  
 Assistance to those being evicted  
**- Voluntary Legal Services Program** **916.551.2102**  
[www.vlsp.org](http://www.vlsp.org)  
 Free services: Family Law, Guardianship. Debt Collection, employment law etc..  
**- Sacramento Municipal Utility District** **1.888.742.7683**  
[SMUD.org](http://SMUD.org) Low income assistance and discounts

