



Family Resource Guide

2013

Folsom Cordova Unified School District

Homeless Student Services Serving Families in Transition

916.996.0076

916.996.0073

EMERGENCY HOTLINES & SERVICES

Suicide Prevention Hotline 800.273.TALK 24/7

Psychiatric Emergency 916.732.3637 Info/Refer Only 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

Anonymous & Confidential

WIND Youth Crisis Center EMERGENCY SHELTER

M-F 8:00am-4:30pm 916.443.8333

M-SU 4:30pm-8:30am 916.628.1492

National Domestic Violence Hotline 800.799.SAFE 24/7

Connects Client with Safe House Anonymous & Confidential

FOOD/SHELTER/CLOTHING

Service Codes: (F)ood (S)helter (C)lothing

Motel/Rental/Utility (A)ssistance

Twin Lakes Food Bank 916.985.6232 (F/C)

www.twinlakesfoodbank.org

327 Montrose Drive, Folsom 95630

T 9am-12:30pm & 4:30-7pm, W 9am-12pm, TH 9-12:30pm

Services: Food/Clothing/School Supplies/Holiday Baskets

Bring ID & Proof of Address,

Serves Folsom, EL Dorado Hills, Orangevale, Granite Bay

St. Vincent de Paul 916.985.4630 (F/C)

311 Montrose Drive, Folsom 95630

MWF 9am-12pm

Services: Food/Clothing/Financial Assist.

Bring ID & Proof of Address/Serves Folsom & El Dorado Hills

Cordova Community Food Locker 916.364.8973 (F)

10497 Coloma Road, Rancho Cordova 95670

MWF 9:30am -1:30pm Located at St. John Vianny Church

Services: Food/Serves Rancho Cordova & Neighboring Areas

Bring ID & Proof of Address

St. Vincent De Paul 916.362.4792 (F/C)

10497 Coloma Road, Rancho Cordova 95670

MWF 9am-2pm Located at St. John Vianney Church

Services: Food/clothing/Financial Assist. for rent & utilities

Bring ID & Proof of Address

Powerhouse Ministries 916.983.0658 (F/S/C)

www.phmfolsom.org

311 Market Street, Folsom 95630

M-F 9am-4pm

Programs and Services: Faith Based

Drop-in Center: M-F 9am-1pm

Doctor on Site 1X per month (uninsured only)

Utility Assistance (Folsom/Orangevale only)

Hair Cuts 1x per month

Bible Study Groups for Youth, Men & Women

Transitional Housing Center: 2yr. Program/Women with

Children/Single Women (must be drug & alcohol free)

Relapse Prevention Counseling/Life skills/Parenting

Folsom Cordova Community Partnership (F/C/A)

www.thefccp.org 916.361.8684

10665 Coloma Road Suite 200, Rancho Cordova 95670

M-F 8:30am-5:30pm

Programs and Services:

Safety Net: Call First for: Food Box/Diapers/Bus Pass

Call on: (T 4:30-6:30pm & TH 9-11am)

Call on Mondays ext. 5 for Utility/Motel & Rental Assistance

Birth and Beyond: Family Support (0-5 yrs)

Resource Center: Parenting Classes/Family Activities

Intervention Services/Support Groups

Bridges Program: Adult Employment Assistance if Cal Works

Sacramento Food Bank 916.456.1980 (F/C)

www.sacramentofoodbank.org

3333 Third Avenue, Sacramento 95817

Call for Hours & List of Programs

Some Services: Food/Free GED & Computer Literacy Class

Serves Homeless living without a mailing address

Free Clothing Closet (Sacramento County Residents Only)

Bring ID for Each Adult (SS# or medical card for children)

Next Move 916.455.2160 (S/C)

www.nextmovesacramento.org Phone Intakes 24/7

Family Shelter: 30 Days/Single or Two Parent Families

(Formerly Known as Sacramento Area Emergency Housing)

Cordova Neighborhood Meals 916.635.5992 (F)

Located at Cordova Neighborhood Church

10600 Coloma Road, Rancho Cordova 95670

Dinner on Last Friday of Month 5:30-6:30pm

Union Gospel Mission 916.447.3268 (F/S)

400 Bannan Street, Sacramento 95811

Services: Food Box—call 1st to register

Shelter—1wk stay (men 18yrs+) / Rehab Live-In (9 month)

Showers for Men: M-TH 9-11am & 1-2:45pm, Sa 9-11am

Clothes-Women TH 9-11:45am, Men M-F 9-11am, 1-2:45pm

Dinner M-SU 8:30pm (must attend chapel at 7:30pm)

River City Food Bank 916.446.2627 (F/C)

www.rivercityfoodbank.org email@rivercityfoodbank.org

1800 28th Street, Sacramento 95816

M-F 11:30am-3pm

Services: 3 Day Emergency Food Supply/Baby Food/Formula

Bring ID (with date of birth for each family member)

VOA Residential Family Center 916.443.4688 (S)

www.voa-sac.org Must be on Calworks

470 Bannan Street, Sacramento 95811

Intakes @ Maryhouse 1321 North C Street, TH 8-11:30am

Services: case manager/housing specialist/3 meals & snack

Turning Point Community Programs 916.364.8395 (S)

www.tpcp.org

3440 Viking Drive Suite 114, Sacramento 95827

Services: Mental Health Services/Housing Assistance

Case Management/30 Day Crisis Residential Program

Francis House 916.443.2646 (A)

www.francishousecenter.info

1422 C Street, Sacramento 95814

MTWF 9am-12pm TH 12-3pm (serves first 30 people)

Services: Get in line early, numbers given to 1st 30 people

Intakes for: ID Assistance: CA ID, Drivers License,

Birth Certificates, Hygiene Kits/Blankets/Bus Passes

Career Center: MTWF 9am-12pm, 1-3pm

Emergency Motel Vouchers (for families w/minor children)

Sacramento Loaves & Fishes 916.446.0874 (F/S/C)

www.sacloaves.org

1351 North C Street, Sacramento 95811

Dining Room: M-F 11:30am-1pm, SA-SU 11am-12:30pm

Mustard Seed School for Homeless Children: 447.3626

Mercy Clinic: 446.3345

Maryhouse Day Shelter: 446.4961 (women & children)

Breakfast M-F 8-9am, Lunch 11:30-1, SA/SU 11am-12:30pm

Friendship Park: 446.9316 7am-2:45pm

Coffee & Pastries in morning/Information Center/Activities

Meal Ticket/Hair Cut Voucher/Locker/Safe Environment

Men's Wash House: M-F 7-10:15am and 12:00-1:45pm

Shower/Shave/Toiletries/Laundered Change of Clothes

Salvation Army 916.678.4010 (F/S)

www.salarmysacto.org

4350 Raley Boulevard #200, Sacramento 95838

Food Distribution TWTH 9am-3pm (for Sacramento County)

Bring: ID, Proof of Income, Current Utility Bill, Soc.Sec. Card,

Services: Food/Shelter/Rent 678-4050/Utilities 678-4040

St. John's Shelter 916.453.1482 (S)

www.stjohnsshelter.org Phone Intakes 24/7

4410 Power Inn Road, Sacramento 95826 (no walk Ins)

120 Day Program: single moms with kids, on Sac Cal WORKS

Wind/Diogenes Youth Services 800.339.7177 (F/S/C)

www.windyouth.org

Wind Youth Day Center 916-443-8333

M-TH 8am-4:30pm, F 8am-1pm (12-17 yrs.)

701 Dixieanne Avenue, Sacramento 95815

Services: Showers/Meals/Laundry/Clothes Nurse on Site,

Family & Clinical Support, Legal Clinic

Life & Academic Skills, Case Management/Housing Referrals

Emergency Shelter: 628.1492 24/7

Shelter Placement Requires Parent Consent (12-17 yrs)

Diogenes Youth Services 800.339.7177 (S)

www.diogenesyouthservices.org

9719 Lincoln Village Drive #502, Sacramento 95827

Services: Crisis Counseling/Support Groups (Youth 12-17)

Adult Groups (Domestic Violence/Anger Management)

Emergency Shelter: CPS Referral or Come with a Parent

SHELTERS-VICTIMS OF DOMESTIC VIOLENCE

WEAVE 916.920.2952 (crisis line)

My Sister's House 916.428.3271 (Safe Haven Shelter) 24/7

GOVERNMENT SUPPORT SERVICES

Sac County Dept. of Human Assistance 916.875.8600

www.dhweb.saccounty.net

DHA Office: M-F 8am-4pm **General Information:** 874.2072

10013 Folsom Boulevard, Rancho Cordova 95670

Services: Cash Aid/CalWORKS/Food Stamps/Medi-Cal

24/7 Job Line: 875.3333 (public assistance recipients only)

Social Security 1.877.274.5419 (local) 1.800.772.1213

www.ssa.gov

8581 Folsom Boulevard Suite A, Sacramento 95826

M-F 9:00am-3:30pm

WIC (Women, Infants, and Children) 916.876.5000

www.sacdhs.com Call for Appointment

10665 Coloma Road Suite 400, Rancho Cordova 95670

MWTH 8:15am-5pm, 1st/2nd Tues. of month 9am-6:15pm

closed for lunch

HEALTH SERVICES MEDICAL

www.theeffort.org

Well Spring Health 916-983-3658

101 Dean Way Folsom 95630

M & F 8:30-4:00 TH 8:30-12:00 closed for lunch 12-1
Services: Health Clinic for uninsured & straight Medi-Cal
Fees: sliding scale based on income
Medi-Cal, Family Pack, Immunizations coming soon

Powerhouse Ministries 916. 983.0658

Doctor 1x Monthly (uninsured only)

Mercy Clinic at Loaves & Fishes 916.446.3345

1321 North C Street at 12th Street, Sacramento 95811

M-F 7:30am-12pm & 12:30-2pm

Services: Acute Episodic Urgent Care for Homeless/TB Test

Alternatives Pregnancy Center 800.712.HELP 24/7

www.pgtest.org

1111 Howe Ave Suite 610, Sacramento 95825

M-F 10am-4pm, TW 6-8pm, SA by appt. **916.880.4040**

Services: FREE Pregnancy Test/Information & Referral
Ultra Sounds/Parenting Classes/Options Counseling

Planned Parenthood 800.230.7526

DENTAL

RC Dental Group 916.368.0440

10390 Coloma Road Suite A, Rancho Cordova 95670

M-TH 8am-5pm, F 8am-4pm (accepts Medi-Cal)

Smile Care 916.984.4591

www.smilecare.dental.com

825 East Bidwell Street Suite 400, Folsom 95630

M-F 8am-5pm

(accepts Medi-Cal/Denta-Cal)

Western Dental Services 916.984.4127

1016 Riley Street Suite 1, Folsom 95630

MTWF 9am-7pm SA 8am-4:30pm (accepts Medi-Cal)

10321 Folsom Boulevard, Rancho Cordova 95670

MTTHF 9am-7pm, SA 8am-4:30pm (accepts Medi-Cal)

Carrington College Dental Hygiene Clinic 916.361.5168

8909 Folsom Boulevard, Sacramento 95826

Services: Free Cleaning, Fluoride Application, Sealants,
Dental Screening, X-Rays (Patients must be at least 3 yrs.)

MENTAL HEALTH WELLNESS

Child and Family Access Team 916.875.9980

M-F 8am-5pm Phone Intakes or Medi-Cal Referral

Services: Counseling/Assessment Referral Services (0-21yrs)

Adult Access Team 916.875.1055 (call for more info)

ALCOHOL & OTHER DRUG SERVICES (AOD)

Alcoholics Anonymous 916.454.1100 24/7

www.aasacramento.org

Narcotics Anonymous 866.565.2135 24/7

www.sacramentona.org

AOD Prevention Treatment & Outreach 916.874.9754

www.sacdhs.com

3321 Power Inn Road Suite 120, Sacramento 95826

M-F 8am or 12:30pm Intake/Assessment (18yrs & older)

CHILD CARE

Family Support Services (FCUSD) 916.635.4301

www.fcusd.org/Student_Care

Located at Cordova Lane Center

2460 Cordova Lane, Rancho Cordova 95670

STARS After School Program: FREE For Eligible Students

Student Care Centers: Before & After School Day Care

Grades K-6 (sliding fee scale)

Child Action 916.369.0191

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 916.394.2000 South Area

FREE Emergency Temporary Childcare: Hourly/Overnight

7am-7pm **24/7** (up to 30 days)

Loving, Safe Homelike Environment

For Respite Care, Work or Other Needs (0-5yrs)

Resource Referrals Available/Confidential

PRE-SCHOOL

State & Federal Pre-School Programs 916.635.4301

www.fcusd.org/preschool sfps@fcusd.org

Registration Process: (starts at the end of April)

1. Pick Up Application at: Cordova Lane Center Pre-School

Office: 2460 Cordova Lane, Rancho Cordova 95670

2. Complete Application/Child must have Physical

3. Call for Eligibility Appt. **916.635.4301 x 142**

Priority given to oldest children with lowest income

*Placement Notification-Late July

EDUCATION

Folsom Cordova Unified School District 916.294-9000

www.fcusd.org

Homeless Student Services (Learning Express Program)

For Information Call Homeless Liaison: Charlene Hunt

916.996.0076 or Trish Antonetti **916.996.0073**

Adult Education 916.635.6810

10850 Gadsten Way, Rancho Cordova 95670

Diploma & GED Program/ESL Classes/Parent Education

Cordova Lane Center 916.635.4301 (F)

www.fcusd.org/familysupport

2460 Cordova Lane, Rancho Cordova 95670

Family Support Services:

Free Summer Lunch Program: Call for Location

Pre School: No Cost for Eligible Families Call for Locations

Lil' Cougars Preschool/Childcare: Sliding Fee Scale

Student Care: Before & After School Care/Sliding Fee Scale

STARS: After School Program Grades 2-8 No Cost

School Readiness Program: (0-5yrs) No Cost

Transitional English Program

Voucher: Eye Exam/Glasses (for uninsured children)

Link Families: with Medical/Dental Care Providers

Referral: to Health & Human Services

Application Assistance for Medi-Cal & Healthy Families

Sacramento County Office of Education

Project TEACH 916.228.2392

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

M-SU 1pm-10pm

NEED: Library Card /Login to Brainfuse through your

local library website, then create username & password

FREE Online Homework Help with Live Tutor Grades 3-12

Math/Language/Science/Social Studies/Spanish/Writing Lab

Practice SAT/ACT/GED Tests

Adult Learning Center: Live Tutor/Resume Help/Test Prep

TRANSPORTATION

Regional Transit/Light Rail

916.321.2877

Folsom Stage Line

916.355.8395

Dial-A-RIDE (55yrs & older or disabled)

916.355.8347

EL Dorado Transit

530.642.5383

LIBRARIES

Folsom Public Library 916.355.7374

www.folsom.ca.us

411 Stafford Street, Folsom 95630

T 10am-8pm, WTHFSA 10am-5pm, SU 12pm-5pm

Homework Assistance/Activities/Games Grades 2-8

Rancho Cordova Library 916.264.2700

www.saclibrary.org

9845 Folsom Boulevard, Sacramento 95827

TW 10am-8pm, TH 10am-6pm, FR 1pm-6pm, SA 10am-5pm

OTHER RELATED RESOURCES

www.211sacramento.org

2-1-1 Sacramento Call 211 24/7

Resource and Referral Services: Housing Information

Food Programs/Children's Services/Health Care Services

Employment & Training/Financial Assistance

Sacramentostepsforward.com 916.577-9770

Provide Resources for Shelter/Food/Health/Employment

www.va.gov

Sacramento Works One Stop Career Center 916.563.5147

www.jobs.sacramentoworks.org

Info on Job Openings/Resume Writing Assistance

Interview Strategies/Job Skills/Resources

Sacramento Self Help Housing 916-341-0593

www.sacselfhelp.org

Services: Referrals for housing, call for appointment

Veterans Affairs Department 800.827.1000

Legal Services of Northern CA 916.551.2150

www.lsn.net

Assistance to those being evicted

Voluntary Legal Services Program 916.551.2102

www.vlsp.org

Legal Services to Low Income Clients



SMUD

SACRAMENTO MUNICIPAL UTILITY DISTRICT

The Power To Do More.®

SMUD offers discounts for low-income customers and qualified medical devices.

To learn more and apply

SMUD.org • 1-888-742-SMUD (7683)

This Guide is supported in part by SMUD June 8, 2013