



# Resource Guide

2023-2024

Folsom Cordova Unified School District

## Families In Transition

916.294.9090 Ext.610340

### EMERGENCY HOTLINES & SERVICES

- Suicide Prevention Hotline** 800.273.8255 24/7  
[www.suicidepreventionlifeline.org/](http://www.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  
[www.1800runaway.org/](http://www.1800runaway.org/)  
Anonymous & Confidential Resource for Teens AND Parents
- National Domestic Violence Hotline** 800.799.SAFE 24/7  
[www.thehotline.org/](http://www.thehotline.org/)  
Connects Client with Safe House Anonymous & Confidential  
211: [www.211sacramento.org/211](http://www.211sacramento.org/211) 24/7  
Connecting with local services - Homeless, Food services, Family Services, Health services, Legal Assistance, Emergency Crisis and more... 916.498.1000

### FOOD BANKS/MEALS

- **Rancho Cordova Food Locker** 916.364.8973  
[www.ranhocordovafoodlocker.org/patrons](http://www.ranhocordovafoodlocker.org/patrons)  
10497 Coloma Road, Rancho Cordova ,CA 95670  
Mon, Wed, Fri 9:30 am -12:30 pm  
Bring photo ID or proof of address
- **The People's Pantry by United Methodist Church** 916.635.5285  
[www.saint-clements.com/the-peoples-pantry](http://www.saint-clements.com/the-peoples-pantry)  
2101 Zinfandel Dr, Rancho Cordova, CA 95670  
**Services:** Diaper Distribution Center: drive thru and groceries 3rd Tuesday of the month from 10:00-11:30 am.  
Free Dinner 3rd Wednesday of the month 4:30-6:00pm
- **Twin Lakes Food Bank** 916.985.6232  
[www.twinlakesfoodbank.org](http://www.twinlakesfoodbank.org)  
327 Montrose Drive, Folsom, CA 95630  
Tue-Thu 9:00am-12:30pm Fri 10:00-11:30am  
**Services:** Food, Clothing, Diapers, Baby Formula, Baby Food, School Supplies, Holiday baskets Bring ID & Proof of Address. Serves Folsom, EL Dorado Hills, Granite Bay
- **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:** Health & Nutrition Classes, Diapers, SMUD Energy -help services, Refugee Resettlement Services and Immigration Services.

Bring ID for each adult (SS# or medical card for children)

### EMERGENCY SHELTERS/HOUSING

- **DHA Sac County Dept. of Human Assistance** 916.874.3100  
[www.dha.saccounty.gov](http://www.dha.saccounty.gov)  
DHA Office: Mon-Fri 8:00am-4:00pm (most services are appointment 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/ EBT Cards  
To apply for benefits visit: [www.mybenefitscalwin.org](http://www.mybenefitscalwin.org)
- **St. John's Program for Real Change** 916.453.1482  
[www.stjohnsprogram.org](http://www.stjohnsprogram.org) Phone Intakes 916.383.1804  
**For women and children only**
- **Family Promise** Phone Intakes 916.443.3107  
[www.familypromisesacramentoca.org/](http://www.familypromisesacramentoca.org/)  
Must have at least one child under age 18
- **Powerhouse Ministries** 916.983.0658  
[www.phmfolsom.org](http://www.phmfolsom.org)  
311 Market Street, Folsom, CA 95630  
**Drop-in Center:** Mon-Thu 9:00am-12:00pm  
**Transitional Housing Center:** 2yr. Program/Women with Children/Single Women (must be drug & alcohol free)  
Individuals struggling with addiction, abuse and poverty  
**Other Services:** Doctor on Site for uninsured  
Utility Assistance (Folsom/Orangevale only), ID vouchers, Low-income Housing Resources, Cal-fresh and Medical Help, Laundry Vouchers, Referrals to Treatment Centers, Job Readiness Training.
- **Wind Youth Drop in Center** 916.561.4900  
[www.windyouth.org](http://www.windyouth.org)  
815 S St, Sacramento, CA 95811  
18 to 24yrs Mon-Fri 7:00am-6pm, Sat & Sun-7:30am-3:30pm.  
12 to 18yrs+ Mon-Fri 7:30am-3:30pm  
Call if under 18.  
**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)

- **SHRA Sacramento Housing and Redevelopment Agency** 916.440.1390  
[www.shra.org/](http://www.shra.org/)  
To apply for Housing Choice Voucher visit [www.sacwaitlist.com](http://www.sacwaitlist.com)  
To locate available properties [www.affordablehousing.com/](http://www.affordablehousing.com/)
- **SSHH Sacramento Self Help Housing** 916.341.0593  
[www.sacsselfhelp.org](http://www.sacsselfhelp.org)  
**Services:** Affordable Housing, Housing Counseling, Tenant Landlord Helpline, Financial Education
- Renters Helpline** 916.389.7877  
[www.rentershelpline.org](http://www.rentershelpline.org)
- **Mercy** 916.414.4400  
[www.mercyhousing.org/contact-us/](http://www.mercyhousing.org/contact-us/)  
Select "Find Housing"  
**Services:** Affordable Low -income Apartments
- **Mutual Housing California** 916.453.8400  
[www.mutualhousing.com/](http://www.mutualhousing.com/) Select "Find Housing"  
3321 Power Inn Road, Suite 320  
Sacramento, CA 95826  
Mon-Thu 8:00 am to 5:00pm; Fri 8:00-2:00pm  
**Services:** Affordable Housing for Low- income Assistance for those facing eviction

### SHELTERS-VICTIMS OF DOMESTIC VIOLENCE

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

### SUPPORT SERVICES

- **Folsom Cordova Community Partnership** 916.361.8684  
[www.thefccp.org](http://www.thefccp.org)  
10665 Coloma Road Suite 200, Rancho Cordova, CA 95670  
Mon-Wed 10:00am-2:30pm. **By appointment only.**  
**Family Resource Center:**
  - **Safety Net:** Food Box/Diapers/Bus Pass Tue 4:30-6:30pm
  - **Birth and Beyond:** Home Visitation and Family Support  
**Parenting:** Parenting Classes/Family Activities,
  - **Intervention Services/Support Groups**
- Job Center:** 916.231.0097  
[www.thefccp.org/job-center](http://www.thefccp.org/job-center)  
10826 Gadsten Way, Rancho Cordova, CA 95670  
Mon-Thu 9:00am-3:00pm, Fri by appointment only  
**Adult Employment Assist** if on CalWORKs/Job Search, Resume Help, Job Training, Refugee Support
- **Francis House** 916.443.2646  
1422 C Street, Sacramento ,CA 95814  
Open Mon/Tue/Thu/Fri 9:00am-3:00pm  
Closed from 12:00 -1:00pm

Lottery Number Motel Voucher every Mon 10:00-11:00am with the completed documentation.

- **La Familia Maple Neighborhood Center** 916.210.8773  
[lafcc.org/maple-neighborhood-center/](http://lafcc.org/maple-neighborhood-center/)  
3301 37th Ave, Room 10 Sacramento, CA 95824  
Mon-Fri 9:00am-5:00pm  
**The Sacramento Immigrant Welcome Center** 866.973.0747  
[www.sacwelcomecenter.org/](http://www.sacwelcomecenter.org/)
- **Cal HOPE** 1.833.317.4673  
[www.calhope.org/](http://www.calhope.org/)  
**Services:** CalHOPE Schools provides a single point of access for several programs: Angst: Building Resilience; Trusted Space; and Stories of Hope programs.
- **Social Security** 1.800.772.1213  
[www.ssa.gov](http://www.ssa.gov) (Local) 1.877.274.5419  
8581 Folsom Blvd Suite A, Sacramento, CA 95826  
Mon-Fri 9:00am-4:00pm. Online and phone services, in person by appointment is recommended.
- **WIC Women, Infant and Children** 916.876.5000  
[www.fns.usda.gov/wic](http://www.fns.usda.gov/wic) Call for an appointment  
3320 Data Drive, Suite 100, Rancho Cordova  
Mon/Wed/Thu 8:00am-5:30pm  
**Services:** The Program helps pregnant women, new moms, and young children (under 5 years) eat well, stay healthy, and be active.

### HEALTH SERVICES

- **Immunization Clinics for students attending Folsom Cordova Unified School District** 916.294.9013  
[www.fcusd.org/Page/4019](http://www.fcusd.org/Page/4019)  
Education Services Center  
1965 Birkmont Drive, Rancho Cordova ,CA 95742
  - Immunizations (FCUSD Students only)
  - TB Testing FCUSD Volunteers only
Check website for dates and times
- **Sacramento County Immunization Program** 916.875.7468  
[www.saccounty.gov/services/Pages/Immunization-Assistance-Program.aspx](http://www.saccounty.gov/services/Pages/Immunization-Assistance-Program.aspx)  
7001 East Parkway Suite 600, Sacramento, CA 95823
- **Live Health Online:** 1.888.548.3432  
[Livehealthonline.com/](http://Livehealthonline.com/)  
Non-emergency doctors 24/7. Must have Medi-Cal
- **WellSpace Community Health Center**  
[www.wellspacehealth.org/](http://www.wellspacehealth.org/)  
1710 Prairie City Rd Ste 125 Folsom, CA 95630 916.407.2222  
10423 Old Placerville Rd Sac., CA 95827 916.737.5555  
Mon-Fri 8:00am-4:30pm (Closed from 1:00-:00pm)  
**Services:** Health Clinic for Uninsured & Medi-Cal  
Fees: sliding scale based on income

Medi-Cal, Family Pack, Immunizations, Dental (make appt)  
**- Elica Health Center** 916.454.2345  
<https://www.elicahealth.org/>  
 3701 J Street Suite 201, Sacramento, CA 95816 (mid town)  
 Mon-Sat 8:00am-6:00pm  
**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  
 Mon-Fri 9am-4pm, (closed 12:00-1:00 PM) 916.880.4040  
**Mobile Clinic:** Mon, Tue & Thu 11:00am-3:00pm  
**Services:** FREE Pregnancy Test/Information & Referral  
 Ultra Sounds/Parenting Classes/Counseling  
**- Planned Parenthood** 916.446.6921  
[www.plannedparenthood.org/](http://www.plannedparenthood.org/)  
 201 29th Street, Ste B, Sacramento, CA 95816

### DENTAL

**- Carrington College Dental Hygiene Clinic** 916.361.5168  
[carrington.edu/location/Sacramento-dental-hygiene-clinic/](http://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  
[www.dental.dhcs.ca.gov/](http://www.dental.dhcs.ca.gov/)  
 Help finding a Medi-Cal dental provider in your area  
**- RC Dental Group** 916.368.0440  
[www.rcdentalgroup.com/](http://www.rcdentalgroup.com/)  
 11180 Sun Center Dr., Rancho Cordova, CA 95670  
 Mon-Thu 7am-5:00pm, Fri 8:00am-4:00pm Closed for lunch  
 12:00-12:30pm (accepts Medi-Cal)  
**- Western Dental Services**  
<https://www.westerndental.com/en-us>  
 1016 Riley Street Suite 1, Folsom, CA 95630 916.605.0468  
 Mon-Fri: 9:00am-6:00pm (accepts Medi-Cal)  
 Sat 8:00am-4:30pm  
 10321 Folsom Blvd., Rancho Cordova 95670 916.384.0943  
 Mon-Fri 9:00am-6:00pm, Sat 8:00am-4:30pm  
 (accepts Medi-Cal)

### MENTAL HEALTH WELLNESS

**- Care Solace** 1.888.515.0595  
[www.caresolace.com/site/fcusd](http://www.caresolace.com/site/fcusd)  
**- Sac Department of Health Services** 916.874.6015  
<https://dhs.saccounty.gov/BHS/Pages/Mental-Health->

Mental Health Access Team 916-875-1055  
 Mon-Fri 8:00am-5:00pm 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  
[www.thesourcesacramento.com/](http://www.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) 1. 866.488.7386  
**- Stars Behavioral Health group** 916.584.7800  
[www.starsinc.com/sacramento-county/](http://www.starsinc.com/sacramento-county/)  
 Downtown Center: 401 S St. Sacramento, CA 95811  
**Services:** Full Service Partnership (FSP) program for young adults ages 16-25 that provides mental health and supports young people's independence.  
**- Sacramento Native American Health Center** 916.341.0575  
[www.snahc.org](http://www.snahc.org)  
 2020 J Street, Sacramento, CA 95811 - Accepts Medi-Cal  
**Services:** Adult Medicine, Pediatrics, Teen Health Care, Women's Health Care, Dental, Vision

### 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  
<https://dhs.saccounty.gov/BHS/Pages/BHS-Home.aspx>

### CHILD CARE

**- FCUSD- Before & After School Programs** 916.294.9090  
**ASES After School Program:** 916-294-9090 Dept. #3  
<https://www.fcusd.org/Page/1018>  
**FREE** For Eligible Students  
**Student Care:** 916.294.9091  
<https://www.fcusd.org/Page/2188>  
 Before & After School Day Care  
 Grades K-5 (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** North Area 916.679.3600  
[www.kidshome.org](http://www.kidshome.org) South Area 916.394.2000  
**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**  
[www.fcusd.org/Page/2189](http://www.fcusd.org/Page/2189)  
 2460 Cordova Lane Center Rancho Cordova, CA 95670  
**Enroll in School even if you have uncertain housing, non permanent address and a temporary address**  
 For info call Homeless Liaison: 916.294-9090 ext.610340  
**- Adult Education** 916.294.9106  
[www.fcusd.org/adulted](http://www.fcusd.org/adulted)  
 10850 Gadsden Way, Rancho Cordova, CA 95670  
 Diploma & GED Program/ESL, Refugee Program & Citizenship/Career Tech Ed/Job Center  
**- PRE-SCHOOL**  
**State & Federal Pre-School Programs** 916.294.9090  
[www.fcusd.org/Domain/3319](http://www.fcusd.org/Domain/3319) online application available  
**Registration Process:**  
 1. Print or Pick up application at: Cordova Lane Center  
 2460 Cordova Lane, Rancho Cordova 95670  
 2. Complete application/bring immunization record  
 3. Call for Eligibility Appt/income eligible  
 4. Student 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  
**SCOE 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

### TRANSPORTATION

**- Sacramento Regional Transit/Light Rail** 916.321.2877  
[www.sacrt.com](http://www.sacrt.com)  
 • Show RT pass (Students Ride Free with RT Card and ID. Check with your child's school for details or visit [www.RydeFreeRT.com](http://www.RydeFreeRT.com))  
 • Non student basic fare: \$2.50 single, \$7.00 Daily pass  
 • SmartRT Ride (corner to corner Service) 916-556-0100  
**Student ride free with student ID and RT Card**  
 Request ride by going online [ondemand.sacrt.com](http://ondemand.sacrt.com)  
**Or download the free SmARt Ride App**

### LIBRARIES

**- Folsom Public Library** 916.461.6130  
<https://www.library.folsom.ca.us/>  
 411 Stafford Street, Folsom, CA 95630  
 Tue/Wed 10am-7pm, Thu-Sun 10:00am-5:00pm

**- Rancho Cordova Library**  
<https://www.saclibrary.org/Locations/Rancho-Cordova>  
 9845 Folsom Boulevard, Sacramento, CA 95827  
 Tue-Sat 10:00am-6:00pm, Sun and Mon Closed.  
**- 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 and more...

### Additional RESOURCES

**- Voluntary Legal Services Program** 916.551.2102  
[www.vlsp.org](http://www.vlsp.org)  
**Free services:** Family law, guardianship, debt collection, employment law, etc...  
**- Legal Services of Northern CA** 916.551.2150  
[www.lsn.net](http://www.lsn.net)  
 Assistance to those being evicted  
**- William R. Ridge Family Court** 916.875.3400  
[www.saccourt.ca.gov/default.aspx](http://www.saccourt.ca.gov/default.aspx)  
 3341 Power Inn Road 9, Sacramento, CA 95826  
 Mon-Tue, Thu-Fri 8:00am-4:00pm  
 Family Court services and more...  
**- California LifeLine Program** 1.866.272.0357  
[www.Californialifeline.com](http://www.Californialifeline.com)  
 The California LifeLine Program is a state program that provides discounted home phone, mobile phone services or high-speed internet to eligible households  
**- Sacramento Municipal Utility District** 1.888.742.7683  
[SMUD.org](http://SMUD.org)  
 Low income assistance and discounts  
**- Union Gospel Mission** 916.447.3268  
<https://ugmsac.com/>  
 400 Bannon Street, Sacramento, 95811  
**Men's** clothing and showers Mon-Thu 9:00-11:00am (18 and over)  
**Women's** clothing and showers Fri & Sat 9:00-11:00am (18 and over)  
**- Grandma Ellen's Clothes Closet** 916.452.6171  
 1820 28th Street, Sacramento, CA 95816  
**Services:** Provides clothing to the homeless. Open to anyone in need  
**- Furniture for Families** 916.635.0664  
[www.furnitureforfamilies.org/](http://www.furnitureforfamilies.org/)  
**Services:** Provide children and families with furniture and other household items.