



Resource Guide

Folsom Cordova Unified School District

Families In Transition

916.294.9090 Ext.610340

EMERGENCY HOTLINES & SERVICES

- **211** www.211sacramento.org/ Dial 211 or 916.498.1000 24/7
Connecting with local services - Homeless Shelters, Food Services, Family Services, Health Services, Legal Assistance, Emergency Crisis, and more.
- **Suicide Prevention Hotline** Dial 988 24/7
<https://988lifeline.org>
- **Psychiatric Emergency** 888.881.4881 24/7
<https://dhs.saccounty.gov>
- **California Youth Crisis Hotline** 800.843.5200 24/7
<https://calyouth.org>
Confidential (12-24yrs or any adults supporting youth)
- **National Runaway Hotline** 800.RUN.AWAY 24/7
www.1800runaway.org/
Anonymous & Confidential Resource for Teens AND Parents
- **National Domestic Violence Hotline** 800.799.SAFE 24/7
www.thehotline.org/
Connects Client with Safe House Anonymous & Confidential

FOOD BANKS/MEALS

- **Rancho Cordova Food Locker** 916.898.3205
www.ranhocordovafoodlocker.org/
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**
saint-clements.com/the-peoples-pantry/ 916.635.5282
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
Bring photo ID
- **Twin Lakes Food Bank** 916.985.6232
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 & Family Services** 916.456.1980
www.sacramentofoodbank.org
1951 Bell Avenue, Sacramento, CA 95838
Call for Hours & List of Programs
Services: Health & Nutrition Classes, Diapers, SMUD Energy help, Refugee Resettlement, and Immigration Services.
Bring ID for each adult (SS# or medical card for children)

EMERGENCY SHELTERS/HOUSING

- **DHA Sac County Dept. of Human Assistance** 800.560.0976
<https://ha.saccounty.gov/>
DHA Office: Mon-Fri 8:00am-4:00pm (most services are by appointment only with limited walk-in)
2700 Fulton Avenue, Sacramento, CA 95821
1725 28th St., Sacramento, CA 95816
Services: Cash Aid/CalWORKs/CalFresh/Medi-Cal/Job talk/ EBT Cards/Transportation for Medi-Cal covered services
To apply for benefits visit: www.benefitscal.com
- **Francis House Center** 916.443.2646
www.nextmovesacramento.org/francis-house-center/
1422 C Street, Sacramento, CA 95814
Open Mon/Tue/Thu/Fri: 9am-12pm & 1pm-3pm
Next Move Homeless Services 916.454.2120
- **St. John's Program for Real Change** 916.453.1482
stjohnsprogram.org (Phone Intakes) 916.383.1804
For women and their children only
2443 Fair Oaks Blvd, #369 Sacramento, CA 95825
- **Family Promise** (Phone Intakes) 916.443.3107
www.familypromisesacramentoca.org/
Must have at least one child under age 18
- **Powerhouse Ministries** 916.983.0658
www.phmfolsom.org
311 Market Street, Folsom, CA 95630
Mon-Wed 9:00am-4:00pm; Thu 9:00am-12:00pm
Transitional Housing Center: No-cost 2yr. Residential Recovery Programs for (a) men & (b) women/and children
For individuals leaving addiction/abuse/incarceration
- **Wind Youth Services** 916.504.3313
www.windyouthservices.org/ 24-hour line 916.628.1492
815 S St Sacramento, CA 95811
Mon-Sun 8:30am-4:00pm
For homeless and runaway youth ages 12 – 24
Services: Shelter/Health clinics/Meals/Laundry/Counseling/ Showers/Employment & Educational Assistance
- **SHRA Sacramento Housing and Redevelopment Agency**
www.shra.org/ 916.440.1390
SHRA does not provide immediate emergency housing.
630 I Street, Sacramento, CA 95814
Mon-Fri 8am-5pm
To apply for Housing Choice Voucher: www.sacwaitlist.com
To locate low-cost housing: www.affordablehousing.com/

- **United Way** 916.368.3000
<https://www.yourlocalunitedway.org/our-work/healthy-community/housing-navigation/>
10389 Old Placerville Road, Sacramento, CA 95827
Mon-Fri 8am-4:45pm
Services: Assists families and individuals with housing instability, deposit assistance, and sustainability services. Medi-Cal membership (Health Net, Molina Healthcare, or Anthem Blue Cross)
- **Community HealthWorks** 916.414.8333
www.cohewo.org/services/
2029 H Street, Sacramento, CA 95811
Services: Health Coverage, Mental Health, Legal Services, Transportation, Housing Supports, etc.
- **Mercy Housing** 916.414.4400
www.mercyhousing.org/ Select "Find Housing"
Services: Affordable Low-income Apartments
- **Mutual Housing California** 916.453.8400
www.mutualhousing.com/ Select "Find Housing"
3321 Power Inn Road, Suite 320, Sacramento, CA 95826
Mon-Fri 8:30 am to 5:00pm / Services: Affordable housing for low-income families and assistance for those facing eviction

SHELTERS-VICTIMS OF DOMESTIC VIOLENCE

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

SUPPORT SERVICES

- **Folsom Cordova Community Partnership**
www.thefccp.org
Family Resource Center 916.361.8684
www.thefccp.org/family-resource-center
10665 Coloma Road, Ste 200, Rancho Cordova, CA 95670
Mon-Wed 10:00am-2:30pm; Thu-Fri: by appointment
 - Safety Net: Food Box/Diapers/Bus Pass
 - Birth and Beyond: Home Visitation and Family Support
 - Parenting: Parenting Classes/Family Activities
 - Intervention Services/Support Groups
- **Job Center:** 916.294.9107
www.thefccp.org/job-center
10826 Gadsten Way, Rancho Cordova, CA 95670
Mon-Thu 9:00am-3:00pm; Fri: by appointment
 - Adult Employment Assistance: if on CalWORKs/Job Search, Resume Help, Job Training, Refugee Support
- **La Familia Maple Neighborhood Center** 916.210.8773
<https://lafcc.org/maple-neighborhood-center/>
3301 37th Ave, Room 10 Sacramento, CA 95824
Mon-Fri 9:00am-5:30pm

- Services: Offers counseling, job assistance, health services for at-risk youth and families
- **Social Security** 800.772.1213
www.ssa.gov (Local) 877.274.5419
8581 Folsom Blvd, Suite A, Sacramento, CA 95826
Mon-Fri 9:00am-4:00pm appointment is recommended
- **WIC Women, Infant and Children** 916.876.5000
<https://dhs.saccounty.gov/PUB/WIC/>
All services are by appointment only
3320 Data Drive, Suite 100, Rancho Cordova, CA 95670
Mon-Thu 8am-5:30pm, Fri 8am-4:30pm
Services: The Program helps pregnant women, new moms, and young children (under 5 years) eat well, stay healthy, and be active.

HEALTH SERVICES

- **Covered California** 800.300.1506
www.coveredca.com/
Covered California is a free service that connects Californians with brand-name health insurance.
Service Center Hours: Mon-Fri 8am-6pm
- **Immunization Clinics for students attending FCUSD**
<https://www.fcusd.org/departments/health/immunizations>
by appointment only <https://shorturl.at/IR2j8>
Education Services Center 916.294.9000
1965 Birkmont Drive, Rancho Cordova, CA 95742
 - Immunizations (FCUSD Students only)
 - TB Testing (FCUSD Volunteers only)
- **Sacramento County Immunization Program** 916.875.7468
www.saccounty.gov/services/Pages/Immunization-Assistance-Program.aspx
7001 East Parkway, Suite 600, Sacramento, CA 95823
- **Live Health Online:** 888.548.3432 24/7
livehealthonline.com/
Non-emergency doctors 24/7. Must have Medi-Cal
- **Wellspace Community Health Center**
www.wellspacehealth.org/
1710 Prairie City Rd #125, Folsom, CA 95630 916.407.2222
10423 Old Placerville Rd, Sac., CA 95827 916.737.5555
Mon-Fri 8:00am-5:00pm Call for an appointment
Services: Medical, dental and mental health care, laboratory and radiology for low-income families.
Fees: sliding scale based on income.
- **Elica Health Center** 916.454.2345
www.elicahhealth.org/ Call for an appointment
3701 J Street Suite 201, Sacramento, CA 95816
Mon-Sat 8:00am-6:00pm
Services: Primary Care, Dental, Behavioral Health for low-income families, School-Based Services, Mobile Medicine and Street Medicine
Fees: sliding scale based on income.

- **Sacramento Native American Health Center** 916.341.0575
www.snahc.org Call for an appointment
2020 J Street, Sacramento, CA 95811
Services: Adult Medicine, Pediatrics, Teen Health Care, Women's Health Care, Dental, Vision (Accepts Medi-Cal)
- **Alternatives Pregnancy Center:** 916.880.4040
alternativespc.org/ Call for an appointment
8689 Folsom Blvd. Sacramento CA, 95826
Mon-Fri 9am-4pm, Tu 9:00am-7:00pm
Services: FREE Pregnancy Test/Prenatal Care/Ultrasounds/Parenting Classes/HIV and STD Testing and Treatment
- **Planned Parenthood** 916.446.6921
www.plannedparenthood.org/ Call for an appointment
201 29th Street, Ste B, Sacramento, CA 95816
Mon-Sat 8am-6:30pm

DENTAL

- **Denti-Cal** 800.322.6384
www.dental.dhcs.ca.gov/
Help finding a Medi-Cal dental provider in your area
- **Carrington College Dental Hygiene Clinic** 916.361.5168
www.carrington.edu/location/Sacramento-dental-hygiene-clinic/
8909 Folsom Boulevard, Sacramento, CA 95826
Mon-Thu 8:00am-4:30pm Call for an appointment
Services: Free Cleaning, Fluoride Application, Sealants, Free Dental Screening, X-Rays (must be at least 3 yrs.)
- **RC Dental Group** 916.368.0440
www.rcdentalgroup.com/ (accepts Medi-Cal)
11180 Sun Center Dr., Rancho Cordova, CA 95670
Mon-Fri 7am-5:00pm Closed for lunch 12:00-1:00pm
- **Western Dental Services** 916.384.0943
<https://www.westerndental.com/en-us> (accepts Medi-Cal)
10321 Folsom Blvd., Rancho Cordova 95670
Mon-Fri 9:00am-6:00pm, Sat 8:00am-4:30pm

MENTAL HEALTH WELLNESS

- **Care Solace** 888.515.0595
www.caresolace.com/site/fcusd
FREE 24/7/365 Mental Health Care Coordination Service for FCUSD Students, Staff, and their Families
- **Sac County Department of Health Services**
dhs.saccounty.gov/BHS/Pages/Mental-Health-Services.aspx
Mon-Fri 8:00am-5:00pm
24/7 Mental Health Crisis Call: 916.875.1055/888.881.4881
Services: Counseling/Assessment Referral Services (0-21yrs)
- **The Source** Call, chat, or text 916.787.7678 24/7
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** 866.488.7386
www.thetrevorproject.org
- **Stars Behavioral Health group** 916.584.7800
www.starsinc.com/sacramento-county/
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.

ALCOHOL & OTHER DRUG SERVICES (AOD)

- **Alcoholics Anonymous** 916.454.1100 24/7
www.aasacramento.org
- **Narcotics Anonymous** 800.600.HOPE 24/7
www.sacramentona.org
- **DHS Substance Use Prevention and Treatment**
dhs.saccounty.gov/BHS/Pages/BHS-Home.aspx 888.881.4881

CHILD CARE

- **FCUSD - Before & After School Programs**
ASES After School Program: 916.294.9090 Dept. #3
<https://www.fcusd.org/family-community/before-after-school-programs>
FREE For Eligible Students
-**Student Care:** 916.294.9091
<https://www.fcusd.org/family-community/before-after-school-programs/student-care>
Before & After School Day Care
Grades K-5 (sliding fee scale)
- **Child Action** 916.369.0191
wp.childaction.org (Phone Screening)
10540 White Rock Road, Suite 180 Rancho Cordova, 95670
FREE/Low-cost child care Payment Assistance
Child Care Provider Referrals (0-13yrs)
- **Head Start California** 916.444.7760
headstartca.org/
The Head Start program prepares young children to succeed in school and in life beyond school by offering free comprehensive learning and development services.
- **Early Head Start** 916.263.3804
www.headstart.seta.net/early-head-start/
Serves infants and toddlers under the age of 3, and pregnant women.
- **Help Me Grow** 916.822.8744
www.helpmegrowsac.org/
HELP ME GROW connects families with resources to ensure children achieve their optimal, healthy development.
- **WarmLine Family Resource Center** 916.455.9500
www.warmlinefrc.org/what-we-do/
WarmLine provides information, education and support to families and children with developmental disabilities

- **Sacramento Crisis Nursery Program**
www.kidshome.org North Area
916.679.3600 South Area
916.394.2000
Parents can bring their children (ages 0-5) for confidential & free emergency child care services or overnight care (may stay up to 30 days) during difficult times.

EDUCATION

- **Folsom Cordova Unified School District** 916.294.9000
www.fcusd.org
- **Homeless Student Services / Families in Transition**
www.fcusd.org/educational-services/social-emotional-learning-sel-and-educational-equity/families-in-transition
916.294.9090 ext.610340
2460 Cordova Lane Center, Room 11, Rancho Cordova, CA
Enroll in School even if you have uncertain housing, have a temporary address, or lack a permanent address.
- **Adult Education** 916.294.9106
www.fcusd.org/adulted
Diploma & GED Program/ESL, Refugee Program & Citizenship/Career Tech Ed/Job Center
- **Preschool** 916.294.9090
State Preschool Program (CSPP) www.fcusd.org/educational-services/academics/early-childhood-education-eceregistration online application available
- **School Readiness Playgroup** 916.294.9090
<https://www.fcusd.org/educational-services/academics/early-childhood-education-eceregistration>
Mon/Wed /Thu 9-11am at 2460 Cordova Lane, RC 95670
Free program for children ages 0-5
- **Sacramento County Office of Education** 916.228.2542
SCOE Project TEACH
https://www.scoe.net/divisions/ed_services/project_teach/

TRANSPORTATION

- **Sacramento Regional Transit/Light Rail** 916.321.2877
www.sacrt.com
- RydeFreeRT pass** (Students Ride Free with RT Card and ID)
www.RydeFreeRT.com
- SmaRT Ride (corner to corner Service)** 916.556.0100
Students ride free with student ID and RT Card
Request ride by going online ondemand.sacrt.com
Or download the free SmaRT Ride App

LIBRARIES

- **Folsom Public Library** 916.461.6130
www.library.folsom.ca.us/
411 Stafford Street, Folsom, CA 95630

- Tue-Wed 10am-7pm, Thu-Sat 10am-5pm, Closed: Sun-Mon
- **Rancho Cordova Library** 916.264.2920
www.saclibrary.org/Locations/Rancho-Cordova
9845 Folsom Boulevard, Sacramento, CA 95827
Tue-Sat 10am-6pm, Closed: Sun-Mon
- **Brainfuse FREE Online Tutoring** 866.272.4638
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.
- **Khan Academy**
www.khanacademy.org/
Provides FREE standards-aligned lessons for K-12 (and early college) in math, grammar, science, history, AP, and SAT practice.

Additional RESOURCES

- **Capital Pro Bono** 916.551.2102
www.capitalprobono.org/
Free services: Family law, guardianship, debt collection, employment law, etc.
- **Legal Services of Northern CA** 916.551.2150
www.lsn.net
Services: Housing, Government Benefits, Health.
- **William R. Ridgeway Family Courthouse** 916.875.3400
www.saccourt.ca.gov/locations/wrrfrc.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** 866.272.0357
www.californialifeline.com
A state program that provides discounted home and mobile services or high-speed internet to eligible households
- **Community Resource Project** 916.567.5200
www.communityresourceproject.org/Services/Utility-Assistance
Provides utility bill assistance and discounts
- **St. Vincent de Paul** 916.469.1975
www.sjvparish.com/serve/st-vincent-de-paul
Assistance with utility bills W/F 9:00 am to 12:00PM
- **Clothes Closet Ministry** 916.452.6171
1820 28th Street, Sacramento, CA 95816
Thu: 10:00am-1:00pm
- **Union Gospel Mission** 916.447.3268
ugmsac.com/
400 Bannon Street, Sacramento, CA 95811
Men's (ages 18+) clothing & showers:
Mon-Thu 9am-11am & 1pm-2:45pm, Fri: 9am-11am
Haircuts: every other Mon 1pm-2:45pm