

2021 Assistance Resource List

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Affordable Housing (Section 8)

Section 8 is the more common name for the Housing Choice Voucher Program. These vouchers are awarded to individuals who meet certain income and earned income requirements. The goal of this program is to provide affordable low-cost housing to low-income occupants.

Where to apply:

- **Placer County Housing Authority: (530) 889-7676**
www.placer.ca.gov/
- **Sacramento Housing Choice Voucher: (916) 440-1390**
www.shra.org/housing-choice-voucher-program/
- **Sacramento Housing & Redevelopment Agency: (916) 444-9210**
www.shra.org

Bill Payment Assistance - www.needhelppayingbills.com

These are six of the primary expenses that consumers need help paying in today's challenging environment. For additional assistance email: info@needhelppayingbills.com include your STATE in the email.

- Debt help and reduction of credit card and medical debts
- Free mortgage help and foreclosure preventions
- Grants and financial aid to help with electric bills and energy expenses
- Help with medical bills
- Help with taxes, including income and property
- Lawyers provide pro-bono and free legal advice and aid

Car Seat Resource City - www.cityofsacramento.org Type in "Car Seats"

AAA Offices

Citrus Heights (916) 560-0503
Auburn (530) 886-2531
Folsom (916) 351-2601

Dignity Health

(916) 864-5779

CHP Offices

Sacramento (916) 681-2300

Fire Departments

Consumnes FD (916) 405-7114
El Dorado Hills FD (916) 933-6623

UC Davis Health Care System

(916) 734-9798

Child and Family Assistance

- **24 Hour Parent Support Line:** (888) 281-3000
- **Children's Crisis Nursery:** (916) 394-2000 www.kidshome.org
- **Child Advocates of Placer County/Court Appointed Special Advocates (CASA):** www.sacramentocasa.org
Mentors use volunteers to service community to help at-risk parents, foster youth, at-risk youth and young adults.
- **Child Action:** (916) 369-0191: **FREE** childcare information and referrals to child care centers, family day care homes, nursery schools and before and after school programs. www.childaction.org
- **Excel Roseville:** (916) 789-7884: Community Center that provides educational, recreational, and social services at NO COST. A positive atmosphere that will allow disadvantaged children to reach their full potential.
- **Folsom Cordova Community Partnership:** (916) 361-8684: **FREE** diapers and formula, rental and utility assistance, RT bus passes.
- **Kids First Family Resource:** (916) 774-6802 (Roseville) (530) 887-3536 (Auburn): Offers a variety of **FREE** and low-cost programs & services to qualifying individuals. Family support, utility discount plan, counseling, housing stabilization services, and much more. www.kidsfirst.org
- **Mother/Baby Program:** (916) 456-1980: A three-day supply of the following items - baby formula, food and disposable diapers. (Oak Park Campus). Distribution Center (916) 925-3240 www.sacramentofoodbank.org
- **River City Food Bank:** (916) 446-2627: May possibly have some diapers and milk if you ask for some when you receive an emergency food basket. www.rivercity.org

Clothing Assistance

- **Abundant Life Fellowship:** (916) 783-1989 Helping Hands Food Clothes Closet provides groceries, clothes, and toiletries.
- **Adventist Community Services:** (530) 823-0345. Offers a variety of services to families and individuals who are in need, out of work, or simply having a hard time making ends meet.
- **First Baptist Church of North Sacramento:** (916) 922-9365. **FREE** clothing to people in need.
- **Murph-Emmanuel African Methodist Church:** (916) 332-7749. Fourth Saturday of each month we give away **FREE** food.
- **New Testament Baptist Church:** (916) 344-0440. Clothing give away on 2nd Saturday of each month.
- **Sacramento Clothes Closet SFBFS:** (916) 456-1980. **FREE** clothing for the entire family.
- **Stand Up Placer Thrift Store:** (916) 771-4941 1740 Santa Clara Dr. Suite 100C, Roseville
www.standupplacer.org
- **Union Gospel Mission:** (916) 447-3268. Men & Women's emergency clothes.

Crisis Hot Lines:

- **Child Protective Services:** (916) 872-6549
- **Child Abuse Prevention:** (916) 875-5437
- **Domestic Violence:** (916) 872-6549
- **Mental Health Emergency: Placer County** (888) 886-5401
- **Sacramento Children's Home:** (916) 452-3981
- **Senior or Dependent Adult Abuse:** (916) 874-9377 www.victims.ca.gov
- **Substance Abuse Emergency/Alcohol & Drug Treatment Service:** (530) 889-7240 x7218
- **Suicide Prevention Crisis/Counseling:** (916) 368-3111 or (800) 273-8255

Dental Care Assistance:

- Chapa-De Indian Health: (530) 887-2800
- Medi-Cal Dental: (800) 322-6384
- Sacramento District Dental Society: (916) 446-1211

Domestic Violence Resource in: Placer County

ABUSE IS: verbal assaults, emotional abuse, denial of rights, intimidation, isolation, physical abuse, and sexual assault.

Stand Up Placer – 24 HOUR CRISIS COUNSELOR: (800) 575-5352

- 24-hour emergency shelter (safe house) for women & children
- Counseling
- Crisis response to hospitals
- Emergency food, clothing & transportation
- Hospital accompaniment for rape victims
- In-person crisis intervention for victims & their families
- Legal & social services with temporary restraining orders
- Support groups

Stand Up Placer's Safe House – www.standupplacer.org is located in a secure and confidential location and offers women and children of Placer County who are escaping domestic violence or human trafficking a safe place to live and recover. We also offer battered women's recovery and transitional housing program for substance abuse treatment and prevention. We offer support groups facilitated by crisis intervention counselors. We also provide individual, group, family, and children's therapy to victims of domestic violence, sexual assault and molestation. We provide legal advocacy as well as a 24-hour emergency response to calls in Placer County.

Roseville: 775 Sunrise Ave. Ste. 160, Roseville, CA 95661: (916) 773-7273

Auburn: 11985 Heritage Oaks, Ste. 200, Auburn, CA 95603: (530) 885-0443

Domestic Violence Resources in: Sacramento County

Children's Emergency Services:

- Child Protective Services (CPS) 24/7 Hotline: (916) 875-5437
- Sacramento Crisis Nursery: (916) 679-3600 www.kidshome.org

Hotlines & Shelters:

- My Sisters House / Sacramento: (916) 428-3271
- National Domestic Violence Hotline: (800) 799-7233
- St. John's Program for Real Change (Women and Children) Sacramento: (916) 453-1482
- The Center for Violence-Free Relationships / Placerville: (530) 626-1131
- W.E.A.V.E. / Sacramento 24/7 Hotline: (916) 920-2952 El Dorado County: (530) 626-1131

Victim Assistance:

- Victim Services Unit (notification of Abuser's release from jail): (877) 433-9069
- Victim Witness Assistance Program: (916) 874-5701

Emergency Housing / Motel Vouchers / Shelters:

- American Red Cross / 1565 Exposition Blvd. / Sacramento: **(916) 993-7070**
- Gathering Inn / 201 Berkeley Ave./ Roseville: **(916) 791-9355**
- Home Start Inc. / 410 Riverside Ave./ Roseville: **(916) 782-6667**
- Powerhouse Ministries / 311 Market, Folsom: **(916) 983-0658**
- Salvation Army (**OFFER MOTEL VOUCHERS**): **(916) 678-4010**
- St. John's Respite – women & children only / Sacramento: **(916) 453-1482**
- Travelers Aid (**OFFER MOTEL VOUCHERS**): **(916) 399-9646**
- Volunteers of America Family Shelter / families / Sacramento: **(916) 443-4688**
- What Would Jesus Do, Inc.? / Roseville: **(916) 786-9953**

Eviction & Legal Assistance:

Any 3-day notice, or a 30 day notice should be treated as an **EMERGENCY** and **LEGAL ASSISTANCE** should be obtained **IMMEDIATELY**. Call the phone numbers below to **STOP** your eviction:

- Legal Help Center/ Placer County: **(916) 408-6446**
- Placer County Human Services: **(530) 889-7610**

NOTE: If a landlord wants to evict you, a notice or letter must be served to you by the landlord or an attorney. To **APPEAL** the eviction, you **MUST** respond to the court within the given time frame. **IF YOU DO NOT RESPOND YOU MUST MOVE**. If you do not move, the sheriff's department can forcibly remove you from the premises

Financial Counseling/Budget Coaching

- **Crown Financial Ministries: (800) 722-1976** (call for local chapter in your area)
- **Financial Peace University: (888) 227-3223** (or www.daveramsey.com)

Food Assistance – Roseville

- **7th Day Adventist (Auburn): (530) 885-4232** (proof of zip code required: 95602, 95603, 95604, 95713, 95663)
- **Bridgeway Church: (916) 408-6560** call first for date and time of distribution
- **CalFresh:** call to see if you qualify for a food benefit card today – **(877) 847-3663** www.calfresh.ca.gov
- **Fair Oaks/Orangevale Bank (916) 304-3663** www.orangevalefoodbank.org 6483 Main St., Orangevale
- **Global Food Bank: (916) 387-9000** call first for date and time of distribution
- **Harvest Community Church: (916) 771-4781** (proof of zip code required: 95678, 95677, 95747, 95765, 95661)
- **Placer Food Bank Information: www.placerfoodbank.org** – type in your ZIP CODE and find the nearest food distribution center near you.
- **Placer Food Bank's CalFresh Office: (916) 783-0481**– call to see if you qualify for Cal Fresh, get assistance with completing the CalFresh Benefit Eligibility Form, SAR-7(food stamps), and renewal paperwork in their office or over the phone. You do not have to be on Welfare to get CalFresh.
- **Salvation Army: (916) 555-1205** (proof of zip code required: 95678, 95661)
- **St. Vincent de Paul's: (916) 781-3303** (call M-F, 9:00a-2:00p - no zip code restrictions)
- **The Salt Mine (Lincoln/Sheridan residents only): (916) 645-3778** (proof of zip code required: 95648, 95640, 95699, Tu-Fr 10am-12pm)
- **Twin Lakes Food Bank: (916) 985-6232** – call first for date and time of distribution (Tu/W/Th 9:00am-12:30pm, Tuesday 4:30pm-6:00pm). Valid CA ID, proof of address.

Food Assistance – Sacramento

- **Capitol City 7th Day Adventist Food Pantry:** (916) 381-5353 (Tu 11:30a -1:30p)
- **Carmichael 7th Day Adventist Food Closet:** (916) 487-8684 (W 9:00a -12:00p)
- **Carmichael Presbyterian Church Food Closet:** (916) 483-9232 You must call between 10:00a and 12:00 noon to request food. (Pick up food between 1:30p and 3:30p on the day you call).
- **Cordova Community Food Locker (CCFL):** (916) 364-8973 (M-F 9:30a -1:30p)
- **Fremont Presbyterian Church:** (916) 452-7132 (3rd Thursday, 5:00p - 6:30p)
- **Orangevale Food Bank:** (916) 304-3663 (M 11:00a - 1:00p, W 4:00p - 6:30p, Th 10:00a - 12:30p - Main St.
- **Fair Oaks --** M 2:00p - 4:00p)
- **Our Lady of Lourdes Church:** (916) 925-5313
- **Powerhouse Christian Ministries (Food pantry):** (916) 482-6774
- **River City Food Bank:** (916) 446-2627 (Midtown M-F 11:30a - 3:00p, Arden Arcade 2nd/4th F 11:00a -1:00p and every Saturday 11:00a - 1:00p)
- **Sierra Arden Neighborhood Food Closet:** (916) 483-1942 (Tu-F 10:00a - 11:45a, and Th 4:00p - 5:45p). Need proof of address, ID.
- **South Sacramento Interfaith Partnership Food Closet:** (916) 428-5290 (The SSIP Food Closet serves needy families and individuals with emergency food within the following zip codes within the South Sacramento area: 95822, 95823, 95824, 95826, 95828, 95831, 95832. Call for details)
- **Sunrise Christian Food Ministry:** (916) 965-5431 (Residents of Fair Oaks, Citrus Heights, and Orangevale. Mon-Fri. 11:30a - 3:00pm)

Free Dinners (Orangevale):

- Redeemer Covenant Church 6800 Main St., Orangevale: (916) 988-3124 (Tu 6:00p - 6:45p)
- First Baptist Church of Orangevale 8998 Central Ave., Orangevale: (916) 988-1139 (W 6:00p - 6:45p)
- Divine Savior Catholic Church 9079 Greenback Lane, Orangevale: (916) 989-7400 (Th 6:00p - 6:45p)

Furniture Assistance

- **Furniture for Families:** (916) 635-0664 (screening involved, call first)
- **Love Inc.:** (916) 383-3232. We work with local congregations to deliver a bed or beds to family members that don't have one, deliver food to a family without transportation, provide a kitchen table & chairs, and much, much more. info@loveinc.us

Homeless Assistance

- **211 Sacramento** www.211sacramento.org/211/online-database/categories/homeless/
- **Cirby Clubhouse:**(916) 787-8995, 101 Cirby Hills, Roseville, CA 95661. A drop-in center that provides housing resources and referrals. (M-F 9:00a – 4:00p only.)
- **Next Move** (formerly Sacramento Area Housing Center): www.nextmovesacramento.org
- **People's Guide (Sacramento County):** www.hartoffolsom.org/wp-content/uploads/2018/01/2018-Peoples-Guide.pdf
- **Placer County Homeless Resource Helpline:** 1-833-375-2237 Call for info and availability.
- **Placer County Housing Authority:** (530) 889-7676. Call for info on availability.
- **Sac Steps Forward:** www.sacramentostepsforward.org
- **Sacramento Housing and Redevelopment Agency:** (916) 440-1390. Call for info on availability.
- **The Gathering Inn:** (916) 791-9355 (intake centers in Roseville & Auburn). Must be at the center by 8:00 am. Must have a current TB test & paperwork (or come in and be tested). Must be clean & sober. Must not be on Megan's law. Must show proof of Placer County Residency. Guests have access to showers, lockers, clean clothes, and a place to relax. They can also receive healthcare, housing, and employment opportunities.

Housing Resources: SHRA-changing lives(1/2020)

- Emergency housing and housing vouchers: Dial 2-1-1 or (800) 500-4931 or (916) 498-1000
www.shra.org/housing-choice-voucher-program-participant-resourcesfaq/
www.shra.org/emergency-housing-and-other-homeless-resources/
- Everyone Matters Ministries: www.everyonemattersministries.com Help with transitional housing.
- Minor Home Modification Program: (800) 833-3453 or www.pirs.org

Job Placement Assistance

Career Coaching “JOB ONE” Program

- Weekly meetings & training sessions: M 9:00a–12:30p
- Location: www.Zoom.us/Join – Meeting ID: 910-283-386
- More information: www.granitebay.baysideonline.com/career-coaching/

“The most successful job placement program in Northern California.”

- Effective Resume-writing
- Interview preparation
- Job search effectiveness skills
- Mock interviews
- Networking and partnering opportunities
- One-on-one coaching
- Self-assessment skills identification
- Special Speakers

Placer County Jobs - www.placer.ca.gov/jobs

K-LOVE Radio – 89.7 & 99.5 – Positive & Encouraging Christian Radio

24/7 Prayer & Support - call & speak to one of our Pastors: (800) 525-5683

In addition to providing uplifting music, K-LOVE Radio has full time pastors to give you Christian advice as you walk through the challenges of life.

“God can take the worst things....and turn them into something beautiful.”

Why should I follow Jesus?

The reality is, God loves you. He wants you to experience abundant peace and eternal life. He loves you so much that He sacrificed His only son to die for your sins. God did not create robots to automatically love and obey Him. He gave you free will and a choice. All too often, this free will caused a separation from God due to disobedience.

“For everyone has sinned; we all fall short of God’s glorious standard.” Romans 3:23

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The Solution

The good news is that you matter to God. He's given an avenue for forgiveness where you can restore your relationship with Him. He gave His Son Jesus to pay the death penalty by sending Him to the cross and raising Him from the grave.

“Christ suffered for our sins once for all time. He never sinned, but He died for sinners to bring you safely home to God.” 1 Peter 3:18

It's not enough to just know this, or even agree with it. You must act on it.

1. Humbly admit to God that you need His forgiveness
2. Confess that Jesus is Lord and that He alone can save you
3. Believe in your heart that God raised Jesus from the dead to pay for your sins

“If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.” Romans 10:9

Laundry Love: Orangevale/Citrus Heights

FREE WASH/DRY: Paradise Coin Wash, 7345 Greenback Lane, Citrus Heights: www.laundrylovech.org

(2nd Saturday 8:00a-1:00p)

Legal Assistance

- **Child Advocates of Placer County:** (530) 887-1006
- **Child Support Assistance:** (800) 321-0774
- **Placer Dispute Resolution Services (mediation only):** (916) 771-0108(Cynthia), www.pdra.org
- **Legal Help Center:** (916) 408-6446
- **Legal Services of Northern California:** (916) 551-2150
- **Senior Legal Hotline:** (800) 222-1753
- **Placer County Legal Help Center:** (916) 408-6446, www.placerco.org
- **Attorney: Kristin Kaminski:** Kristin@LawMK.com (916) 786-7272 or (916) 886-5401

Medical Clinics and Medical Transportation

- **Capitol Health Network:** (916) 447-7222 (Sacramento)
- **FREE Clinic: (WellSpace Health) Folsom Family Clinic:** (916) 983-3658
- **Medical South Placer Transit Information Center:** (916) 745-7560 or (530) 745-7560
- **Medical Transportation - Dial-a-Ride:** (916) 745-7560
- **Placer County Human Services:** (530) 889-7610 (Auburn)
- **Roseville Community Health Center (WellSpace Health):** (916) 978-1738
- **Sacramento County Health Center: (Primary Care Center)** (916) 874-8277 (Sacramento)
- **Western Sierra Medical Clinic:** (530) 274-9762 (Auburn)

Placer County Adult Protective Services / Toll free: (888) 886-5401

The Placer County Health & Human Services Adult System of Care works with local agencies to provide a range of services for adults and older adults.

The division goal is to help adults in their care maintain as much independence and self-sufficiently as possible, while also receiving necessary medical and in-home support services. **Services include:**

- **ACCESS – Adult, Child & Community Emergency Services Systems** – for at-risk children and adults in emergencies and crises, to report child and elder abuse. This is a 24-hour service.
- **Adult Mental Health Services Programs** - including therapeutic intervention, case management and support, skill development, medication and employment services.
- **Adult Protective Services and Public Guardian** – a program to protect older and dependent adults from abuse and neglect.
- **In-Home Supportive Services Programs** – to provide older and disabled adults and children with domestic and personal care services which allow them to stay in their own homes and live their lives safely and with dignity.
- **Senior Peer Counseling** – a free and confidential service where county seniors receive weekly visits from counselors who are their peers, and who are trained to discuss mature-adult issues like grief, health difficulties, retirement or relocation.
- **Substance Abuse Treatment Programs** – including services to encourage self-help, out-client and residential programs.

The Placer County Network of Care:

The Placer County Network of Care is a **FREE** collaborative, **ON-LINE** resource designed to connect individuals and families with wellness improving information. www.placer.networkofcare.org/mh (888) 886-5401 or (866) 293-1940

Some of the services you will find on the web site:

- Addictions & Substance Abuse
- Advocacy & Planning
- Clothing & Household
- Community Groups
- Crisis & Emergency
- Cultural Groups & Services
- Disability Assistance
- Domestic Violence
- Education
- Emergency & Safety
- Employment Support
- Families & Children
- Financial Assistance
- Food Assistance
- General Health Education & Prevention
- Health & Dental
- Housing/Homeless Services
- Information & Referral
- Insurance & Benefits
- Legal Services & Issues
- Mental Health & Wellness
- Recreation & Leisure
- Religion & Spirituality
- Seniors
- Support & Support Groups
- Transportation
- Veterans
- Victims/Survivors
- Volunteers
- Youth & Young Adults (ages 12-25)

Pregnancy & Adoption Resources

- Alternatives Pregnancy Resource Center: (916) 880-4040
- Bethany Christian Services: (800) 454-0454
- Defending the Cause: www.defendingthecause.org Connections Christian Adoptions: (916) 568-5966
- Koinonia Family Services: (916) 652-5814
- Sierra Pregnancy Health: (916) 624-8990

Rent Assistance for “Placer County” Residents:

- HHS Program for disabled people: (530) 889-7240
- See **Housing Resources** for emergency housing and housing vouchers

Rent Assistance for “Sacramento County” Residents:

- Sacramento Housing & Redevelopment Agency: (916) 440-9210
- Sacramento Salvation: (916) 678-4010

Sacramento Information Resource Line: call 2-1-1 (or online 211.org)

2-1-1 calls are answered by an **Information & Referral Specialist**. Specialists are trained in navigating the maze of human service agencies and programs. *Bilingual Specialists are available.*

EMPLOYMENT

- Career Counseling
- Child Care Referrals
- English as a Second Language
- Job Search/Placement
- One Stop Career Center
- Regional Occupational Programs
- Resume Preparation Assistance

FAMILY SERVICES

- Baby Car Seats
- Breastfeeding Support Programs
- Crisis Pregnancy Hotlines
- Expectant/New Parent Assistance
- Family Resource Center
- Parenting/Family Support Groups
- Parenting Skills/Hotlines
- School Readiness Programs

FINANCIAL HELP

- Discounted Utility Services
- General Assistance
- Home Rehabilitation Grants
- Home Rehabilitation Loans
- Mortgage Payment Assistance
- Rent Payment Assistance (Only specific zip codes served for some programs – type in your zip code on the following page for best results)
- Utility Service Payment Assistance (Only specific zip codes served for some programs)

FOOD SERVICES

- Brown Bag Programs

- CalFresh (Food Stamps/SNAP)
- Congregate Meals (Hot Meal Programs)
- Food Pantries (only specific zip codes served for some programs – type in your zip code on the following page for best results)
- Formula/Baby Food
- Home Delivered Meals (For Seniors)
- Summer Lunch Programs
- Soup Kitchens
- WIC (Food Assistance for Pregnant Women and Young Children)

MENTAL HEALTH

- Addictions/Dependencies Support Groups
- Adolescent/Youth Counseling
- Anger Management
- Bereavement Counseling
- Bereavement Support Groups
- Individual/Family/Group Counseling
- Marriage/Divorce Counseling
- Parenting/Family Support Groups
- Suicide Prevention Hotlines Helplines/Warmlines

SENIORS

- Adult Protective Services
- Aging/Older Adult Support Groups
- Alzheimer’s Disease
- Assisted Living Referrals
- Brown Bag Food Programs
- CalFresh
- Congregate Meals/Nutrition Sites
- Disability Related Transportation
- Food Pantries

- General information
- Home Delivered Meals
- Home Health Care
- Hospice Care
- Independent Living Communities/Complexes
- Low Income/Subsidized Rental Housing
- Medi-Cal Applications
- Medicare Counseling
- Patient Rights Assistance
- Senior Advocacy Groups
- Senior Housing and Referral Information
- Skilled Nursing Facilities

- Mortgage Payment Assistance
- Rent Payment Assistance
- Runaway/Youth Shelters
- Section 8 Housing Choice Vouchers
- Sexual Assault Shelters
- Shared Housing Facilities
- Transitional Housing/Shelter

HEALTHCARE

- Adult State/Local Health Insurance Programs
- Community Clinics
- Health Insurance Information/Counseling
- Home Health Care
- Hospice
- Immunizations
- Medi-Cal Applications
- Medicare Counseling
- Pregnancy Tests
- Prescription Drug Discount Cards

SUBSTANCE ABUSE

- Alcohol Abuse Prevention
- Addictions/Dependencies Support Groups
- Alcoholism/Drug Abuse Counseling
- Comprehensive Outpatient Drug/Alcohol Use Disorder Treatment
- Drug Abuse Education/Prevention
- Smoking Education/Prevention
- Drug & Alcohol Detoxification
- Inpatient Alcoholism/Drug Abuse Treatment Facilities
- Residential Alcoholism/Drug Abuse Treatment Facilities

HOUSING

- Crisis Nurseries/Child Care
- Domestic Violence Shelters
- Homeless Permanent Supportive Housing
- Homeless Shelter
- Housing Search Assistance
- Human Trafficking Shelters
- Low-Cost Home Rental Listings
- Low Income/Subsidized Rental Housing
- Maternity Homes

VETERANS SERVICES

- Homeless Veterans
- Homeless Permanent Supportive Housing
- General Information
- Low Income/Subsidized Rental Housing
- Mental Health Evaluation
- Social Services for Military Personnel
- Transitional Housing/Shelter
- Veterans Affairs Medical Centers
- Veteran Benefits Assistance
- Veteran Outpatient Clinics
- Veteran Support Groups

Salvation Army – Assistance & Services

Assistance programs based on availability of funding, residence, and income qualification.

- Roseville: **(916) 784-3382**
- Sacramento: **(916) 678-4010**
 - Emergency lodging/shelter: (limited nights; call for details)
 - Food Boxes: 6 times per year with 30-day waiting period between boxes.
 - Rent Assistance, Eviction Avoidance (call for details)
 - Utility Assistance with your PG&E bill: (call for details)
 - Utility Assistance with your SMUD bill: (call for details)

Senior Citizen Assistance / Sacramento & Placer County Information & Assistance

Apex Elder Care: (916) 242-9111 www.apexcare.com

Seniors First / Senior Link: (530) 889-9500

Senior Link is a free service for seniors who reside in Placer County as well as individuals that care for them. Need information or assistance, we'll link you to the programs and services in the community.

- **Home-Delivered Meals** provide hot, nutritious lunches for adults 60 and older, who are homebound and unable to prepare meals alone.
- **Senior Meds and Nutrition** provides hot, nutritious lunches for adults 60 and older throughout Placer County in a congregate setting.
- **Transportation Services** - If you no longer drive and cannot take public transportation, a volunteer driver will assist you with a door-to-door ride for your medical, dental, grocery shopping, banking, and other needs.

In-Home Supportive Services

Personalized Homecare & Homemaker Agency: (530) 889-7115 (Auburn) and (916) 874-9471 (Sacramento)

Personalized Homecare provides in-home services of personal care and homemaker services to frail, functionally impaired persons 60 years of age and older who are eligible for County In-Home Supportive Services (IHSS) and cannot afford to pay out of pocket for in-home services.

Medication Management & Home Health Care Management, Inc.

Placer & Sacramento Counties: (800) 400-0727 www.homeandhealthcaremgmt.com

Provides direct medication management and community education services to adults 60 years of age and older. Registered nurses help train the patient and caregiver(s) in the use of medication disbursement machines in their homes and provide follow-up assessments quarterly.

Minor Home Modifications and Repairs

Placer Independent Resource Services:(530) 885-6100

PIRS is a nonprofit independent living center whose mission is to advocate, empower, educate the community, and provide services for people with disabilities enabling them to control their alternatives for independent living. The Home Modification/Repair services enable seniors to reduce the risk of falls and to assist with maintaining independence at home. Services include installation of grab bars, ramps, levered faucets, handles, or other controls, as well as minor home repairs such as leaking faucets, minor electrical repairs or reinforcing steps.

Additional Senior Resources:

- **www.AChangeForTheBetter.com** (Referral & Placement Agency): **(916) 532-9029**
- Alzheimer's Aid Society of Northern California: **(800) 540-334**
- Eskaton Resource Line: **(916) 334-1072**
- Health Express Medical Appointment Transportation: **(916) 745-7560** Placer and Sacramento Counties
- Home Energy Assistance Program (HEAP): **(888) 524-5705**
- Home Instead Senior Homecare Services: **(530) 885-3904 or (916) 920-2273**
www.homeinstead.com
- Home Safety & Repair Modification: **(800) 878-9222 or (530) 889-9500 ext. 205**
- In-Home Support Services: **(530) 889-7240** (Placer)
- Seniors First: **(530) 889-9500 www.seniorsfirst.org**
- Meals on Wheels: **(916) 444-9533 Coordinator (Sacramento)** Based on need, lack of mobility, and availability.
- Placer County Seniors First: **(530) 889-9500**
- Sacramento Food Bank & Family Services: **(916) 456-1980**

Substance Abuse Recovery Programs

- Al-Anon Info Service:(916) 334-2970 (Sacramento M-Th. 8:00a-3:00p) Check website to find a meeting.
- CCFAA (alcohol treatment program): (916) 454-1771
- Celebrate Recovery (Jeff Redmond): (916) 746-8638 www.granitebay.baysideonline.com/recovery/
- Clean & Sober Sacramento: (916) 961-2691 www.ctispberliving.org
- Gateway Foundation for Women (recovery, transitional living, counseling): (916) 451-9312
- Mercy Ministries: (615) 831-6987 www.mercymultiplied.com
- Substance Abuse CRISIS HOTLINE: (916) 787-8860
- Bridges Professional Treatment Services (916) 450-0700 www.bridgesinc.net

Substance Abuse Residential Programs / Transitional Housing

- Acres of Hope (530)878-8030 www.acresofhopeonline.org Long term faith-based renewal center serving homeless women with children under-12 NO emergency shelter.
- Home Start (916)782-6667 www.rosevillehomestart.org Single parent or married families with children, or individuals working to reunify with their children. One year program.
- Hope, Help & Healing, Inc.(530) 885-4249 www.recovery.com State residential recovery treatment facility and sober living environment for men and women.
- New Leaf Senior Transition (916)769-4655 www.newleafseniortransitions.com Substance Abuse/ Halfway House/Transitional Housing- Roseville.
- Recovery Now: (916) 868-2207 Clean & Sober living for men and women. Recoverynow@gmail.net
- Sacramento Crisis Center (previously Teen Challenge) (855)363-2334 www.teenchallengeusa.org (Sacramento). The person needing help is responsible to call and set up interview.

Suicide Prevention Hot Line for Advice/Counseling (available 24/7)

- **Lincoln: (916)645-8866**
- **Roseville: (916)773-3111**
- **Sacramento: (916)368-3111**
- **Well Space 24hr Suicide Prevention Hotline: (916)368-3111**
- **National Suicide Prevention Lifeline (800) 273-8255**

LOOK - your friend might not say, "I'm going to kill myself" but may give some hints such as:

- Extreme changes in eating habits
- Fascination with death, suicide
- Feeling hopeless
- Giving away belongings
- Not sleeping or sleeping a lot
- Trouble concentrating
- Withdrawing from friends and family

LISTEN -

- Let your friend know you really care by talking to him/her seriously
- Listen to their feelings, not just their words
- Tell your friend that, although right now suicide seems like the answer to their problems, there are always other solutions.

ACT -

- Ask your friend to call the hot line for advice and counseling
- Don't keep secrets about your friend's intentions
- If they won't call, YOU CALL!

Utility Bill Assistance

SMUD (Energy Assistance Program Rate)

- EMERGENCY payment arrangements: **(888) 742-7683**
- Home Energy Assistance Program (HEAP): **(916) 567-5200**
- Salvation Army: **(916) 678-4010**
- Sacramento Info Helpline (Family Services Offices) **call 211 or 211.org**

PG&E

- EMERGENCY payment arrangements: **(800) 743-5000**
- Payment assistance (Project Go): **(916) 782-3443**
- Payment assistance (REACH): **(800) 933-9677** (through Salvation Army Program)

CITY OF ROSEVILLE UTILITY: (916) 774-5300

OTHER Utility Payment Assistance Programs (*while funds are available*):

- Greater Sacramento Urban League: **(916) 286-8600** 3725 Marysville Blvd. Sacramento (M-F, 8:00a - 5:00p)
- Travelers Aid Society Utility Payment Assistance: **(916) 399-9646** (SMUD customers only)

Placer County Human Services: 1000 Sunset Blvd. #220, Rocklin (916) 784-6000 and Auburn (530) 886-1870

- Cal Works
- Food Stamps
- Housing Voucher Program
- Medical Care Services Program (MCSP)
- Medi-Cal Health Insurance
- Supplemental Security Income (SSI)

WWJD: What Would Jesus Do, Inc.? (Roseville) www.wwjd.org

They provide:

- Blankets
- Breakfast served daily – ***schedule below***
- Disability services
- Dog food
- Emergency shelter
- Employment Development Department
- Food for a second day
- Laundry soap
- Referrals to other homeless services
- Sleeping bags
- SSI assistance
- Tarps
- Toiletries
- Transportation
- Transportation to medical appointments
- Transportation to Social Security appointments
- Veteran's agencies
- Doctor offers free medical care 1 morning a week

WWJD Breakfast is served at various locations via our MOBILE VAN:

- **Monday** – Abundant Life Fellowship, 706 Atlantic Street, Roseville 8:30-9:30am
- **Tuesday** – Saugstad Park, Roseville 8:30-9:30am
- **Wednesday** – Abundant Life Fellowship, 706 Atlantic Street, Roseville 8:30-9:30am
- **Thursday** – Saugstad Park, Roseville 8:30-9:30am
- **Friday** – Abundant Life Fellowship, 706 Atlantic Street, Roseville 8:30-9:30am
- **Saturday** – No Service
- **Sunday** – Saugstad Park, 100 Buljan Drive, Roseville: 8:30-9:30 am

Youth Crisis Hot Lines

- Adult Protective Services: **(916) 874-9377** (Sacramento) **OR (888) 886-5401**(Placer)
- California Youth Crisis Line: **(800) 843-5200** (24/7)
- Child Find of America (missing or abducted children): **(800) 426-5678**
- National Center for Missing & Exploited Children: **(800) 843-5678**
- National Child Sexual Abuse Helpline (Darkness to Light, nationwide): **(866) 367-5444**
- Parent Support Line: **(888) 281-3000** (24/7)
- S.A.F.E. (Self-Abuse Finally Ends, cutting): **(800) 366-8288** www.selfinjury.com
- Suicide Prevention Crisis Line: **(916) 368-3111** or **(800) 273-8255**(24/7)
- Crisis Resolution Center - Placer **(866) 251-7584** www.KFH.org

Resources compiled by Bayside Church of Granite Bay

8191 Sierra College Blvd. Roseville: **(916) 791-1244**

Service times: Saturday – 4:45pm | Sunday – 8:15am, 9:45am, 11:30am & 7pm

For more information visit our web site: www.baysideonline.com

Care Connection

Our Care Ministry is here for you!

Whether it's prayer, a chaplain call, a support group, counseling, financial assistance, memorials, or premarital classes, we will provide you with Christ-like care.

8303 Sierra College Blvd., Suite 146, Roseville, 95661
(916) 746-8602

Email: care@baysideonline.com

Website: www.granitebay.baysideonline.com/care

Other Bayside Church Locations: (916) 791-1244

- **Bayside Adventure**
6401 Stanford Ranch Rd, Roseville, CA 95677
- **Bayside Blue Oaks**
10000 Alantown Drive, Roseville, CA 95661
- **Bayside of Folsom**
Blue Ravine Road, Folsom, CA 95630
- **Bayside Davis**
2121 Calaveras Avenue, Davis CA 95616
- **Bayside Santa Rosa**
3175 Sebastopol Road, Santa Rosa, CA 95407
- **Bayside Orange County**
55 Fair Drive, Costa Mesa, CA 95626