

2019 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 individual 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**
11552 B Avenue, Auburn, CA 95603
- **Sacramento Housing Choice Voucher – (916) 440-1390**
630 I Street, Sacramento, CA 95814
- **Sacramento Housing & Redevelopment Agency – (916) 444-9210**
801 12th Street, Sacramento, CA 95814

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 Resources

Below is a list of agencies that assist parents and caregivers with installing child safety seats correctly.

AAA Offices

Citrus Heights (Sacramento County)

6109 Sunrise Blvd.
Donna Kinnear (916) 560-0503

Auburn (Placer County)

2495 Bell Rd.
Robyn Gentry (530) 886-2540

Folsom

2405 Iron Point Rd. Ste. 130
Debbie Tidwell or Marie Punzal
(530) 295-6614 or (916) 351-2634

CHP Offices

(916) 681-2300 (6 Massie Ct., Sacramento)

By appointment ONLY, ask for car seat coordinator.

Dignity Health

Low Cost Car Seat Program

Call (916) 864-5779

2 hour class & FREE CAR SEAT with fitting for qualified low-income families

Methodist Hospital (South Area)
7500 Hospital Drive
Mercy San Juan Hospital (North Area)
6501 Coyle Ave, Carmichael

Fire Departments

Cosumnes Fire Department

Fire Station: (916) 405-7114

El Dorado Hills Fire Department, Station #87

Fire Station (916) 933-6623

UC Davis Health Care System

Low Cost Car Seat Program

Call (916) 734-9798

4900 Broadway, Suite 1650
Sacramento, CA

Child and Family Assistance (FREE STUFF)

- **24 Hour Parent Support Line: (888) 281-3000**
- **Children's Crisis Nursery: (916) 394-2000**
- **Child Action: (916) 369-0191**. FREE child care information and referrals to child care centers, family day care homes, nursery schools and before and after school programs
- **Excel Roseville: (916) 789-7884**. Community Center that provides educational, recreational and social services at NO COST in 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.
- **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
- **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. (1800 28th Street, Sacramento)
- **W.I.C. Program (Women, Infants & Children): (916) 427-5500**. Clinic sites throughout the county of Sacramento. Serves low income women, breast feeding or pregnant, and children.

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**. Third Friday of each month we give away FREE food and clothes.
- **New Testament Baptist Church: (916) 344-0440**. Clothing giveaway on 2nd Saturday of each month.
- **Sacramento Works One Stop Career Center Hillsdale: (916) 263-4100 or (916) 563-5147**. FREE clothing for job interviews only. Must call first to schedule an appointment.
- **Sacramento Clothes Closet SFBFS: (916) 456-1980**. FREE clothing for the entire family.
- **Union Gospel Mission: (916) 447-3268**. Men & Women's emergency clothes.

Crisis Hot Lines:

- 24 Hr Parent Support Line – (888) 281-3000
- California Youth Crisis Line – (800) 843-5200 (24/7, 12-24years old)
- Child Protective Services – (916) 872-6549
- Child Abuse Prevention – (888) 281-3000 or (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
- Substance Abuse Emergency/Alcohol & Drug Treatment Service – (530) 889-7240x7218
- Suicide Prevention Crisis/Counseling – (916) 368-3111 or (800) 273-8255

Dental Care Assistance:

- Adult Dental Care: (916) 558-2303
- Chapa-De Indian Health: (530) 887-2800
- Denti-Cal Provider Information: (800) 322-6384
- Sacramento City College Dental Clinic: (916) 558-2303
- 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 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 24-hour emergency response to calls in Placer County.

www.standuplacer.org

Roseville: 700 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

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) 626-1450
- W.E.A.V.E. / Sacramento 24/7 Hotline: (916) 920-2952

Victim Assistance:

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

Emergency Housing / Motel Vouchers / Shelters:

- Acres of Hope – women & children only / Auburn: (530) 878-8030
- 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
- Sacramento Area Housing / women's refuge / Sacramento: (916) 455-0415 or (916) 454-2120
- 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
- VOA 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: 916-408-6446
- Placer County Human Services (530) 889-7610
- Placer Dispute Resolution Services: (916) 771-0108
- River City Community Services: (916) 446-2627

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

- **ClearPoint Credit Counseling Solutions (Sacramento County):** (877) 422-9045
- **Crown Financial Ministries:** (800) 722-1976 (call for local chapter in your area)
- **Financial Peace University:** (888) 227-3223 or daveramsey.com

Food Assistance – Roseville

- **7th Day Adventist (Auburn):** (530) 885-4232 (proof of zip code required: 95602, 95603, 95604, 95713, 95663)
- **Abundant Life Fellowship:** (916) 783-1989
- **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, or www.calfresh.ca.gov
- **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)
- **Metro Calvary Church:** (916) 774-9673 – call first for date and time of distribution
- **Placer Food Bank Information:** www.placerfoodbank.org – type in your ZIP CODE and find the nearest food distribution center near you.
- **Salvation Army:** (916) 784-3382 (proof of zip code required: 95678, 95661)
- **St. Vincent de Paul's:** (916) 781-3303 (no zip code restrictions)
- **The Salt Mine (Lincoln):** (916) 645-3778 (proof of zip code required: 95648, 95640, 95699)
- **Twin Lakes Food Bank:** (916) 985-6232 – call first for date and time of distribution

Food Assistance – Sacramento

- **Capitol City 7th Day Adventist Food Pantry:** (916) 381-5353
- **Carmichael 7th Day Adventist Food Closet:** (916) 487-8684 (Wed. 9a-12p)
- **Carmichael Presbyterian Church Food Closet:** (916) 483-9232. You must call 483-9232 between 10:00 a.m. and 12:00 noon to request food. Pick up food between 2:00 p.m. and 3:30 p.m. on the day you call.
- **Cordova Community Food Locker (CCFL):** (916) 364-8973
- **El Camino Baptist Church (Sacramento):** (916) 488-1522 (Fridays 12:30pm)
- **Fremont Presbyterian Church:** (916) 452-7132
- **Orangevale Food Bank:** (916) 304-3663
- **Our Lady of Lourdes Church:** (916) 925-5313
- **River City Food Bank:** (916) 233-4075
- **Sacramento Food Bank & Family Services:** (916) 456-1980
- **Sierra Arden Neighborhood Food Closet:** (916) 483-1942
- **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-3pm)

1st Mortgage Assistance: Keep Your Home California (888) 954-5337

A FREE service for homeowners who have suffered a financial hardship, to help them stay in their homes, maintain an affordable mortgage payment and avoid foreclosure. Call to see if you qualify.

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

- **Cirby Clubhouse:** (916) 787-8995, 101 Cirby Hills, Roseville, CA 95661: A drop in center that provides housing resources and referrals. Monday – Thursday from 9:00 – 4:00 p.m. only.
- **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.
- **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.

Job Placement Assistance – Career Coaching “JOB ONE” Program

Weekly meetings & training sessions: Mon., 9am – 12pm (sign in 8:45am)

Location: 8303 Sierra College Blvd. Suite 140, Roseville, CA 95661

The registration fee for the Career Coaching Program is only \$30 to cover materials. Scholarships are available.

Register online: <http://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

Are there job openings? To receive open position information, job seekers should register with Placer County at <http://www.placer.ca.gov/jobs>

K-LOVE Radio – 89.7 – 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 six 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

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

Legal Assistance

- **Child Advocates of Placer County:** (530) 887-1006
- **Child Support Assistance:** (866) 656-6642, www.supportkids.com
- **Placer Dispute Resolution Services (mediation only):** (916) 771-0108, www.pdrs.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

Medical Clinics and Medical Assistance

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

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: <http://placer.networkofcare.org/mh/>

(888) 886-5401 or (866) 293-1940

The Placer county Network of Care is a **FREE** collaborative, **ON-LINE** resource designed to connect individuals and families with wellness improving information.

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
- Family 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

Rent Assistance for “Sacramento County” Residents:

- Sacramento Housing & Redevelopment Agency: (916) 440-9210
- Sacramento Salvation: (916) 678-4010
- Powerhouse Christian Ministries: (916) 482-6774

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/Hotlines/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

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

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

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

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

Country House Residence / 916-586-7104

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, which 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 / Auburn (530) 889-7115 / **Sacramento** (916) 874-9471

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 can not afford to pay out of pocket for in-home services.

Medication Management & Home Health Care Management, Inc. Placer & Sacramento Counties / (800) 400-0727

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 (PIRS) / (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:

- AChangeForTheBetter.com (Referral & Placement Agency): (916) 532-9029
- Alzheimer's Aid Society of Northern California: (800) 540-3340
- City of Roseville/Seniors First: Handyperson Program: (800) 878-9222 x205
- ComForCare Senior Services: (916) 784-9233
- Eskaton Resource Line: (916) 334-1072
- Health Express Medical Appointment Transportation: Sac.(916) 745-7560/Placer (530) 745-7560
- Home Energy Assistance Program (HEAP): (888) 524-5705
- Home Instead Senior Homecare Services: (530) 885-3904 or (916) 920-2273
- Home Safety & Repair Modification: (800) 878-9222 or (530) 889-9500 ext. 205
- In-Home Support Services: (530) 889-7240 - Placer County

- Meals on Wheels: (877) 434-8075 or (916) 444-9533
- Personalized Homecare Agency: (916) 979-4975
- Placer County Seniors First: (530) 889-9500
- Respite & Recreation Program through Sutter Health: (916) 705-3552 / (530) 889-9500
- Sacramento Food Bank & Family Services: (916) 456-1980
- Senior Companion Program: (916) 875-3622
- Seniors First/Friendly Visitor Program: (530) 889-9500 ext. 216 or 218
- Senior Independent Services: (530) 885-7706 - Auburn
- Senior Nutrition Senior Café: (800) 878-9222 - Placer County only

Substance Abuse Recovery Programs

- Al-Anon Info Service: (916) 334-2970
- Associated Family Therapy for Effective Recovery: (916) 344-0249
- CCFAA (alcohol treatment program): (916) 454-1771
- Central CA Fellowship of AA: (916) 454-1100 (24/7)
- Clean & Sober Sacramento: (916) 961-2691
- Gateway Foundation for Women (recovery, transitional living, counseling..): (916) 451-9312
- Mercy Ministries for Women: (615) 831-6987
- Placer County Alcohol & Drug Treatment (24/7): (916) 787-8800
- Substance Abuse CRISIS HOTLINE: (916) 787-8860

Substance Abuse Residential Programs / Transitional Housing

- Acres of Hope - (530) 878-8030. Long term faith based renewal center serving homeless women with children under 12, by providing them with a safe and healing environment with effective, ongoing structured programming.
- Home Start – (916) 782-6667. Single parents or married families with children, or individuals working to reunify with their children. A one-year program, which includes drug & alcohol support groups, financial education, family violence and parenting classes including health clinic.
- Hope, Help & Healing, Inc. – (530) 885-4249. State licensed & certified drug & alcohol residential recovery treatment facility and sober living environment for men & women.
- New Leaf – (530) 889-9195. Substance Abuse / Halfway house/ Transitional Housing in Auburn.
- NOR-CAL Clean & Sober Living – (916) 676-2825. Clean & sober living for men & women in recovery, also now offers a house for women & children.
- Recovery Now – (916) 868-2207. Clean & sober living for men & women who are committed to working the program.
- Re-Entry California Treatment Center – (916) 223-3619 / (866) 720-3784. Drug & alcohol rehab, life skills, parenting skills, one-on-one or group therapy.
- Sacramento Valley Teen Challenge (Christian Based Program) (916) 443-3049 – The person needing help must take responsibility and call to set up an interview for themselves.

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

- Lincoln (916) 645-8866
- Roseville (916) 773-3111
- Sacramento (916) 368-3111
- WellSpace 24hr Suicide Prevention Hotline: (916) 368-3111

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 advise 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: (916) 498-1000 or call 211 (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

- For customers requiring additional time to pay their City of Roseville utility bill, payment arrangements *may be available*. Payment arrangements must be established prior to the customer's final date to pay. To establish a payment arrangement the customer must come to the City of Roseville Finance Department located at 311 Vernon Street to sign the agreement. At that time the customer will be required to provide photo identification.

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

- Greater Sacramento Urban League: (916) 286-8656
- Travelers Aid Society Utility Payment Assistance: (916) 399-9646 (SMUD customers only)

Placer County Human Services – 1000 Sunset Blvd. #220, Rocklin (916) 784-6000

- 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.? – (916) 786-9953 (Roseville)

They provide:

- Blankets
- Breakfast served daily – **see 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 medical or Social Security appointments
- Veteran's agencies
- Volunteer physician offers free medical care one 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: Sacramento County (916) 874-9377 **OR** Placer County (888) 886-5401
- California Youth Crisis Line / 24 hours: (800) 843-5200
- Child Find of America (missing or abducted children): (800) 426-5678 **OR** (800) 843-5678
- National Center for Missing & Exploited Children: (800) 843-5678

- National Child Sexual Abuse Helpline (Darkness to Light, nationwide): (866) 367-5444
- Parent Support Line / 24 hours: (888) 281-3000
- S.A.F.E. (Self-Abuse Finally Ends, cutting): (800) 366-8288
- Suicide Prevention Crisis Line / 24 hours: (916) 368-3111 or (800) 273-8255

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, memorials or premarital classes, we'll provide you with Christ-like care.

8303 Sierra College Blvd., Suite 146, Roseville, 95661

(916) 746-8602 or email care@baysideonline.com

Website: granitebay.baysideonline.com/care

Other Bayside Church Locations:

- **Bayside Adventure – (916) 791-1244**

6401 Stanford Ranch Road, Roseville, CA 95677

Service Times: Saturday: 5:15pm, Sunday: 8:30am & 10:30am

- **Bayside Blue Oaks - (916) 791-1244**

10000 Alantown Drive, Roseville, CA 95661

Service Times: Saturday: 5pm, Sunday: 9:00am & 11:15am

- **Bayside of Folsom - (916) 791-1244**

500 Blue Ravine Road, Folsom, CA 95630

Service Times: Sunday: 9:30am & 11:15am

- **Bayside Midtown Sacramento Campus - (916) 706-2337**

2225 19th Street, Sacramento, CA 95818

Service Times: Sunday – 8:30am, 10:00am & 11:30am, 12:55pm & 7pm, Thursday 7pm

- **Bayside Davis – (916) 791-1244**

2121 Calaveras Avenue, Davis, CA 95616

Service Time: Sunday – 10am

- **Bayside Santa Rosa – (707) 528-8463**

3175 Sebastopol Road, Santa Rosa, CA 95407

Service Times: Sunday – 9:30am, 11:11am