



Resource Guide

2021-2022

Folsom Cordova Unified School District

Homeless Student Services Serving Families in Transition 916.294.9090 Ext.610340

EMERGENCY HOTLINES & SERVICES

- Suicide Prevention Hotline** 800.273.TALK 24/7
<https://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
<https://www.1800runaway.org/>
Anonymous & Confidential Resource for Teens AND Parents
- National Domestic Violence Hotline** 800.799.SAFE 24/7
<https://www.thehotline.org/>
Connects Client with Safe House Anonymous & Confidential

FOOD BANKS/MEALS

- 211:** <https://www.211sacramento.org/211>
- Rancho Cordova Food Locker** 916.364.8973
<https://www.ranchocordovafoodlocker.org/patrons>
10497 Coloma Road, Rancho Cordova ,CA 95670
M,W,F 9:30am -1:20pm
Bring photo ID or proof of address
- The People's Pantry** 916.635.4242
2101 Zinfandel Dr, Rancho Cordova, CA 95670
Food distribution 3rd Tue each month 10am-12 pm
Meals 3rd Wed each month 5pm-6pm
- The Way of Life Church** 916.588.6989
10415 Folsom Blvd. Rancho Cordova, CA 95817
M,W, Sun 4pm-6pm
- Twin Lakes Food Bank** 916.985.6232
www.twinlakesfoodbank.org
327 Montrose Drive, Folsom, CA 95630
Tu, Wed, Thur 9am-12:30pm
Services: Food/Clothing/ diapers, baby formula, baby food, School Supplies/Holiday Baskets
Bring ID & Proof of Address,
Serves Folsom, EL Dorado Hills, Granite Bay
- Fair Oaks/Orangevale Food Bank** 916.304.3663
<https://orangevalefoodbank.org/need-help/>
6483 Main Ave, Orangevale, CA 95662

Mon 11-1 Wed 4:30-6:30, Thurs. 10-12:30, Fri 10-12:30 and 3rd Sat 10-12:30 at New Life Church 8101 Sunset Ave
Bring Photo ID or proof of address
Serves Homeless without a mailing address

- Sacramento Food Bank 916.456.1980
www.sacramentofoodbank.org
3333 Third Avenue, Sacramento, CA 95817
Call for Hours & List of Programs
Services: Food/Free GED & Computer Literacy Class
Serves Homeless living without a mailing address
Free Clothing Closet (Sacramento County Residents by ap-
pointments Only)
Emergency diapers and baby supplies are available by ap-
pointment only.
Bring ID for each adult (SS# or medical card for children)

EMERGENCY SHELTERS/HOUSING

- DHA:** <https://dhaservices.saccounty.net/efs>
- . Sac County Dept. of Human Assistance:916.875.3100**
DHA Office: M-F 8am-4pm (most services are appointments 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
- 211:** <https://www.211sacramento.org/>
- Next Move** 916.455.2160 (S) Must work with Department of Human Assistant directly
<http://www.nextmovesacramento.org>
Family Shelter: 30 Days/Single or Two Parent Families
- VOA Residential Family Center** 916.443.4688
www.voa-sac.org Must work with Department of Human Assistant directly.
470 Bannon Street, Sacramento, CA 95811
Services: case manager/housing specialist
- St. John's Shelter for Real Change** 916.453.1482
www.stjohnsshelter.org Phone Intakes
- Powerhouse Ministries** 916.983.0658
www.phmfolsom.org
311 Market Street, Folsom 95630
Drop-in Center: M-TH-9am-12pm
Transitional Housing Center: 2yr. Program/Women with Children/Single Women (must be drug & alcohol free)
Individuals struggling with addiction,, abuse m and Poverty
Other Services: Doctor on Site 1X per month (uninsured)
Utility Assistance (Folsom/Orangevale only), ID vouchers,
low-income housing resources, Cal-fresh and medical help,
laundry vouchers
- Wind Youth Drop in center** 916.561.4900
www.windyouth.org
18 to 24yrs—M-F 7am-6pm and weekends—7:30am-3:30pm

12 to 17/18yrs—M-F 7:30am-3:30pm
Call if under 18- 815 S St, Sacramento, CA 95811
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)

- Sacramento Self Help Housing 916.341.0593
www.sacselfhelp.org
<https://sacwaitlist.com/>
Services: Referrals for housing, call for appointment

- Mercy Housing 916.414.4400
<https://www.mercyhousing.org/>
2512 River Plaza Drive, Suite 200
Sacramento, California 95833
Services: Rent a low -income apartment

- Mutual Housing California 916.453-8400
<http://www.mutualhousing.com/>
3321 Power Inn Road, Suite 320
Sacramento, CA 95826
Services: Affordable housing for low- income

SHELTERS-VICTIMS OF DOMESTIC VIOLENCE

- 211:** <https://www.211sacramento.org/>
- WEAVE (crisis line)** 916.920.2952
<https://www.weaveinc.org/> live chat
- My Sister's House** 24/7 916.428.3271
<http://www.my-sisters-house.org/>
- Community for Peace** 10am -4pm 916.728.5613
<http://www.acommunityforpeace.org/>

SUPPORT SERVICES

- 211:** <https://www.211sacramento.org/>
- Folsom Cordova Community Partnership** 916.361.8684
www.thefccp.org
<https://forms.gle/D3Nnkj3bg99PBX5P7> (fill for fastest call back for services)
- . Family Resource Center:** 10665 Coloma Road Suite 200, Rancho Cordova, CA 95670
M, W, T, TH 9:00am-6:30pm, F 9:00 am-5:00pm
- . Safety Net:** Food Box/Diapers/Bus Pass Tue 4:30 - 6:30pm
Call on Last Monday of each month ext. 5 for Utility/Motel & Rental Assistance
- . Birth and Beyond:** Home visitation and Family Support
- . Parenting:** Parenting Classes/Family Activities

Intervention Services/Support Groups
Job Center: Adult Employment assist if on CalWORKs/ Job Search, resume help, Job training, Refugee support

- Francis House 916.443.2646
www.nextmovesacramento.org/francis-house-center/
1422 C Street, Sacramento ,CA 95814
Mon/Tue/Thurs./Fri 9am-12pm and 1pm-3pm
Walk in at 9am. Lottery style numbers handed out.
Intakes for: CA ID, CDL, Birth Certificates, Hygiene Kits, eye glass vouchers(one free eyeglasses -proof of income and prescription needed) Bus Passes (need proof of ap-
pointment confirmation), eviction avoidance(3 day notice to pay or quit) Utilities(15 Day, 48 hr. or final notice) first time rent, program **Job Center:** M/T/TH/F 9:30am-1pm

- Cal HOPE 1.833.317.4673
<https://www.calhope.org/>
Services: crisis counseling & support for people impacted with COVID-19 and resources

- Social Security 1.800.772.1213
www.ssa.gov 1.877.274.5419 (Local)
8581 Folsom Blvd Suite A, Sacramento, CA 95826
Mon-Fri 9am-4pm online and phone services only
WIC(Women, Infant and Children) 916.876.5000
www.fns.usda.gov/wic Call for Appointment
10665 Coloma Road Suite 400, Rancho Cordova ,CA 95670
Mon/Wed/Thur 8am-5:30p
Services: Special Supplemental Nutrition Program for Women, infant and children for low income

HEALTH SERVICES

- Immunization Clinics for students attending Folsom Cordova Unified School District**
<https://www.fcusd.org/Page/4019>
Education Services Center 916.294.9013
1965 Birkmont Drive Rancho Cordova ,CA 95742
TB Clinics for students and volunteers
Check website for dates and times
- LiveHealth Online:** Doctors 24/7 for non-emergency conditions. Must have Medi-cal
<https://livehealthonline.com/>
- Sacramento Native American Health Center**
<https://www.snahc.org/>
M-F 7:30am- 5pm 916.341.0575
Services: Medical, Dental, Vision, Behavioral health
Open for everyone and takes uninsured
- Wellspace Community Health Center** 916.407.2222
<https://www.wellspacehealth.org/>
1710 Prairie city Rd. Ste 125 Folsom, CA 95630
10423 Old Placerville Rd Sac., CA 95827 916.737.5555

M,T, Th, Fri 8:30– 4:30pm
 Services: Health Clinic for uninsured & straight Medi-Cal
 Fees: sliding scale based on income
 Medi-Cal, Family Pack, Immunizations, Dental (make appt)
- Elica Health Center: **916.454.2345**
<https://www.wellspacehealth.org/>
 3701 J Street, Suite 201 Sacramento.CA 95816 (mid town)
 M-Sat 8am-6pm
 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 By Appointment only
 1111 Howe Ave Suite 610, Sacramento, CA 95825
 M-F 9am-4pm, Tue 9am-7pm **916.880.4040**
Mobile Clinic: Thursdays 11am– 2pm
3927 Marconi Ave. Sacramento Avenue, CA 95821
 Services: **FREE** Pregnancy Test/Information & Referral
 Ultra Sounds/Parenting Classes/Counseling
- Planned Parenthood **916.446.6921**
<https://www.plannedparenthood.org/>
201 29th street, Ste B Sacramento, CA 95816

DENTAL

-Carrington College Dental Hygiene Clinic **916.361.5168**
<https://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**
<https://dental.dhcs.ca.gov/>
 Help in locating a Medi-Cal dental provider in your area
- RC Dental Group **916.368.0440**
<https://rcdentalgroup.com/>
 1180 Sun Center Dr. Rancho Cordova, CA 95670
 M-TH 7am-5pm, F 8am-4pm Closed for lunch: M-TH 12pm-1pm (accepts Medi-Cal)
- Western Dental Services
 1016 Riley Street Suite 1, Folsom, CA 95630 **916.605.0468**
 M-F: 9am-6pm (accepts Medi-Cal) Sat: 8am-4:30pm
 10321 Folsom Blvd., Rancho Cordova 95670 **916.384.0943**
 M-F 9am-7pm, SA 8am-4:30pm (accepts Medi-Cal)

MENTAL HEALTH WELLNESS

- Sac Department of Health Services
<https://dhs.saccounty.net/BHS/Pages/GI-Contact-Us.asp>
 Mental Health Access Team 916-875-1055
 Mon-Fri 8am-5pm 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
<https://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 **866.488.7386**
- Stars Behavioral Health group **916.584.7800**
<https://www.starsinc.com/sacramento-county/>
 Sacramento – Downtown Center
 401 S St. Sacramento, CA 95811
 Services: Full Service Partnership (FSP) program for young adults ages 16-25 that needs mental health and supports young people’s independence

ALCOHOL & OTHER DRUG SERVICES (AOD)

- Alcoholics Anonymous 24/7 **916.454.1100**
www.aasacramento.org
- Narcotics Anonymous 24/7 **866.565.2135**
www.sacramentona.org
- AOD Prevention Treatment & Outreach **916.874.9754**

CHILD CARE

- FCUSD- Family Support Services **916.294.9090**
<https://www.fcusd.org/site/Default.aspx?PageID=1018>
 Located at Cordova Lane Center
 2460 Cordova Lane, Rancho Cordova, CA 95670
ASES After School Program: FREE For Eligible Students
- Student Care Centers: **916.294.9091**
www.fcusd.org/Student Care
 Community Education Center
 10844 Gadsten Way, Room D-2 Rancho Cordova, CA 95670
 Before & After School Day Care
 Grades K-6 (sliding fee scale)
- Child Action **916.369.0191**
www.childaction.org Phone Screening
FREE/Low Cost Childcare Payment Assistance
 Child Care Provider Referrals (0-13yrs)
- Sacramento Crisis Nurseries **916.679.3600** North Area
www.kidshome.org **916.394.2000** South Area
FREE Emergency Temporary Childcare: Hourly/Overnight
 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
- Homeless Student Services
<https://www.fcusd.org/Page/2189>
 2460 Cordova Lane Center Rancho Cordova, CA 95670
Enroll in School even if : uncertain housing, no permanent address and temporary address
 For Info. Call Homeless Liaison: **916.294-9090 ext.610340**
- Adult Education **916.294.9106**
<https://www.fcusd.org/adulted>
 10850 Gadsden Way, Rancho Cordova ,CA 95670
 Diploma & GED Program/ESL Classes/Parent Education
- PRE-SCHOOL
State & Federal Pre-School Programs **916.294.9090**
www.fcusd.org/preschool online application available
Registration Process:

- 1. Pick application at: Cordova Lane Center Pre-School
- Office: 2460 Cordova Lane, Rancho Cordova 95670
- 2. Complete application/ bring immunization record
- 3. Call for Eligibility Appt. / income eligible
- 4. 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**
Project TEACH
www.scoe.net/projectteach
 Services: Collaborates with Shelters/Transitional Housing Programs and Community Agencies to Serve Children and their Families Living in Homeless Situations
- Brainfuse FREE Online Tutoring **866.272.4638**
www.brainfuse.com
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
 Adult Learning Center: Live Tutor/Resume Help/Test Prep

TRANSPORTATION
-Sacramento Regional Transit/Light Rail **916.321.BUSS**
www.sacrt.com

- Show RT pass (Students Ride Free with sticker and ID. Check with your child School for details or visit

www.RydeFreeRT.com

- **Non student Basic fare:\$2.50single, \$7.00 Daily Pass**
- **SmartRT Ride (corner to corner Service) 916-556-0100**
Student ride free with student ID and sticker
 Request ride by going online ondemand.sacrt.com
Or download free SmarRT Ride App

LIBRARIES

- Folsom Public Library **916.461.6130**
www.folsom.ca.us
 411 Stafford Street, Folsom, CA 95630
 Tue/Wed 10am-8pm, Th-Su 10am-5pm
 Homework Assistance/Activities/Games Grades 2-8
- Rancho Cordova Library **916.264.2920**
www.saclibrary.org
 9845 Folsom Boulevard, Sacramento 95827
 T-W 10am-8pm, TH 10am-6pm, FR 1pm-6pm, SA 10am-5pm

Additional RESOURCES

-Sacramento Works One Stop Career Center **916.563.5151**
www.sacramentoworks.org
 Info on Job Openings/Resume Writing Assistance
 Interview Strategies/Job Skills/Resources
- Renters Helpline **916.389.7877**
www.rentershelpline.org
- Legal Services of Northern CA **916.551.2150**
www.lsn.net
 Assistance to those being evicted
-California Telephone Assistance Program **1.877.777.1914**
www.Californialifeline.com
-Universal Service Administrative Company **1 800.234.9473**
<https://www.lifelinesupport.org/>
 Lifeline is a federal program that lowers the monthly cost of phone and internet
- William R.Ridge Family Court **916.875.3400**
<https://www.saccourt.ca.gov/default.aspx>
 3341 Power Inn Road9 M-F 8:30 a.m. to 4:00 pm
 Sacramento, CA 95826
 Family Court Services and more..
- Legal Services of Northern CA **916.551.2150**
www.lsn.net
 Assistance to those being evicted
- Voluntary Legal Services Program **916.551.2102**
www.vlsp.org
 Free services: Family Law, Guardianship. Debt Collection, employment law etc...
- Sacramento Municipal Utility District **1.888.742.7683**
SMUD.org Low income assistance and discounts