



Resource Guide 2018

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

Psychiatric Emergency 916.732.3637 Info/Refer Only 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

Anonymous & Confidential

WIND Youth Crisis Center EMERGENCY SHELTER

3671 5th Ave 3rd Floor Sacramento, CA 95817

M-F 9am-3pm Sa-Su 10am-2pm. For ages 18-24

Age 12-17 or 18 and in high school call **1.800.339.7177**

Counseling Assistance **916.369.5447**

National Domestic Violence Hotline 800.799.SAFE 24/7

Connects Client with Safe House Anonymous & Confidential

Twin Lakes Food Bank 916.985.6232 (F/C)

www.twinklakesfoodbank.org

327 Montrose Drive, Folsom 95630

T 9:00am-12:30pm and 4:30-7:00pm, W 9am-12:30pm,

TH 9:00am-12:30pm

Services: Food/clothing/school supplies/holiday baskets

Bring ID & proof of address

Serves Folsom, EL Dorado Hills, Granite Bay

Cordova Community Food Locker 916.364.8973 (F)

Located at St. John Vianny Church

10497 Coloma Road, Rancho Cordova, CA 95670

M,W,F 9:30am—1:30pm

Services: Food

Serves Rancho Cordova & Neighboring Area

Powerhouse Ministries 916.983.0658 (F/A)

www.phmfolsom.org

311 Market Street, Folsom , CA 95630

Programs and Services: Food/ utility/ health

Drop-in Center: M-W 9:00am-4pm, TH 9:00am-12pm

Doctor on Site 1X per month (uninsured only)

Utility Assistance (Folsom/Orangevale only)

Haircuts 1X per month, on the 1st Wed. of each month

Transitional Housing Center: 2yr. Program/Women with

Children/Single Women (must be drug & alcohol free)

Relapse Prevention Counseling/Life skills/Parenting

Folsom Cordova Community Partnership (F/C/A)

www.thefccp.org 916.361.8684

10665 Coloma Road Suite 200, Rancho Cordova, CA 95670

M, W, TH, F 8:30am-5:30pm and T 8:30am-7:00pm

Programs and Services:

Safety Net: Call First for: Food box/diapers/Bus pass

Call on T from 4:30-6:30pm & TH from 9:00-11:00am

Call on Mondays ext. 5 for Utility/Motel & Rental Assistance

Birth and Beyond: Family Support (0-5 yrs.)

Resource Center: Parenting Classes/Family activities

Intervention services/Support groups

Bridges Program: Adult employment assistance if participating in CalWorks

Sacramento Food Bank 916.456.1980 (F/C)

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 Only)

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

Next Move 916.455.2160 (S)

Must work with Department of Human Assistant directly.

www.nextmovesacramento.org

Family Shelter: 30 Days/Single or Two Parent Families

(Formerly Known as Sacramento Area Emergency Housing)

Cordova Neighborhood Meals 916.635.5992 (F)

Cordova Neighborhood Church

10600 Coloma Road, Rancho Cordova, CA 95670

Dinner on last Friday of Month 5:00pm-6:00pm

Union Gospel Mission 916.447.3268 (F/S)

400 Bannon Street, Sacramento, CA 95811

Services: Food Box—must call 1st to register

Shelter –1wk stay (men 18yrs+) / Rehab Live-In (9 month)

Showers for Men: M-TH 9-11am & 1-2:45pm, Sa 9-11am

Clothes-Women TH 9-11:45am, Men M-F 9-11am, 1-2:45pm

Dinner M-SU 8:30pm (must attend chapel at 7:30pm)

River City Food Bank 916.446.2627 (F/C)

www.rivercityfoodbank.org email@rivercityfoodbank.org

1800 28th Street, Sacramento, CA 95816

M-F 11:30am-3:00pm

Services: 3 Day Emergency Food Supply/Baby Food &

Formula. CalFresh application assistance

Bring ID (with date of birth for each family member)

VOA Residential Family Center 916.443.4688 (S)

www.voa-sac.org

Must work with Department of Human Assistant directly.

470 Bannon Street, Sacramento, CA 95811

Services: case manager/ housing specialist/ 3 meals & snack

Turning Point Community Programs 916.364.8395 (S)

www.tpcp.org

3440 Viking Drive, Suite 114, Sacramento, CA 95827

Services: Mental Health Services/ Housing Assistance

Case Management/ 30 Day Crisis Residential Program

Abiding Hope Respite House 916.287.4860

9916 Zion Way, Sacramento, CA.

Services: Recovery services for adults with psychiatric disabilities

Francis House 916.443.2646 (A)

www.francishousecenter.info

1422 C Street, Sacramento, CA 95814

Monday 9:00am-12:00pm

Get in line early—serves first 30 people.

Intakes for: CA ID assistance, Driver's Licenses,

Birth Certificates, Hygiene Kits/ blankets/ bus passes

Job Center: M/T/TH/F 9:30am-1:00pm

Sacramento Loaves & Fishes 916.446.0874 (F/S/C)

www.sacloaves.org

1351 North C Street, Sacramento, CA 95811

Dining Room: M-F 11:30am-1pm, SA-SU 11am-12:30pm

Mustard Seed School for Homeless Children: 447.3626

Mercy Clinic: 446.3345

Maryhouse Day Shelter: 446.4961 (women & children)

Breakfast M-F 8-9am, lunch 11:30-1, SA-SU 11am-12:30pm

Friendship Park: 446.9316 7:00am-2:45pm

Coffee & pastries in morning/Information Center/Activities

Meal Ticket/Haircut voucher/locker/Safe Environment

Men's Wash House: M-F 7-10:15am and 12:00-1:45pm

Shower/shave/toiletries/Laundered change of clothes

St. John's Shelter for Real Change 916.453.1482 (S)

www.stjohnsshelter.org Phone Intakes **24/7**

Wind/Youth Services 800.339.7177 (F/S/C)

www.windyouth.org

Wind Youth Drop in center 916.561.4900

M-F 8:00am-4:30pm, Shelter 24 hours (12-24yrs.)

3671 5th street 3rd Floor, Sacramento , CA 95817

Services: Showers/meals/laundry/clothes/ nurse on site,

Family & Clinical Support, Legal Clinic, Life & Academic

Skills, Case Management/Housing Referrals

Emergency Shelter: Young Shelter Placement requires

Parent consent (12-17 yrs.), or CPS Referral

Young Adult (18-24) Tay shelter **916.561.4900**

Services: Crisis Counseling/Support Groups

(Domestic Violence/Anger Management)

SHELTERS-VICTIMS OF DOMESTIC VIOLENCE

WEAVE 916.920.2952 (crisis line)

My Sister's House 916.428.3271 (Safe Haven Shelter) 24/7

GOVERNMENT SUPPORT SERVICES

Sac County Dept. of Human Assistance 916.875.8600

Make a Reservation @ www.dhweb.sacounty.net

DHA Office: M-F 8am-4pm **General Information: 874.2072**

10013 Folsom Boulevard, Rancho Cordova, CA 95670

Services: Cash Aid/CalWORKS/Food Stamps/Medi-Cal

24/7 Job Line: 875.3333 (public assistance recipients only)

Social Security 1.877.274.5419 (local) 1.800.772.1213

www.ssa.gov

8581 Folsom Blvd Suite A, Sacramento, CA 95826

M/T/TH/F 9:00am-4:00pm and Wed 9:00am-12pm

WIC (Women, Infant and Children) 916.876.5000

www.sacdhs.com Call for appointment

10665 Coloma Road Suite 400, Rancho Cordova 95670

MWTH 8:15am-5pm, 1st/2nd Tues. of month 9am-6:15pm

closed for lunch

HEALTH SERVICES

Wellspace Community Health Center

1710 Prairie city Rd. Folsom, CA 95630 916.407.2222

10423 Old Placerville Rd Sac. CA 95827 **916.569.8600**

M-F 8:30am-4:30pm

Services: Health Clinic for uninsured & straight Medi-Cal

Fees: sliding scale based on income

Medi-Cal, Family Pack, Immunizations ,Dental (make appt.)

Folsom Family Clinic 916.983.3658

Thursday only 8:00am-4:30pm

Powerhouse Ministries 916.983.0658

Doctor 1x Monthly (uninsured only)

Mercy Clinic at Loaves & Fishes 916.446.3345
1321 North C Street at 12th Street, Sacramento 95811
M-F 8:00am-3:00pm Closed for Lunch 12:12:30pm
Services: Acute Episodic Urgent Care for Homeless/TB Test

Alternatives Pregnancy Center 800.712.HELP 24/7
www.pgtest.org

1111 Howe Ave Suite 610, Sacramento, CA 95825
M-F 10:00am-4:00pm, T & W 6:00-8:00pm 916.880.4040
Services: FREE Pregnancy Test/Information & Referral
Ultra Sounds/Parenting Classes/Options Counseling

Planned Parenthood 800.230.7526
5700 Watt Ave North Highlands, CA 95660
916-332-5715 (local)

DENTAL

RC Dental Group 916.368.0440
10390 Coloma Road Suite A, Rancho Cordova, CA 95670
M-TH 7am-5pm and F 8am-4pm
Closed for lunch: M-TH 12pm-1pm (accepts Medi-Cal)

Smile Care 916.984.4591
www.smilecare.dental.com
825 East Bidwell Street Suite 400, Folsom 95630
M-F 9:00am-6:00pm (accepts Medi-Cal/Denta-Cal)

Western Dental Services
1016 Riley Street Suite 1, Folsom, CA 95630 916.605.0468
M-F: 9am-7pm SA 8am-4:30pm (accepts Medi-Cal)
10321 Folsom Boulevard, Rancho Cordova 95670
916.384.0943
M-F 9:00am-7:00pm, SA 8:00am-4:30pm (accepts Medi-Cal)

Carrington College Dental Hygiene Clinic 916.361.5168
8909 Folsom Boulevard, Sacramento 95826
Services: Free cleaning, Fluoride application, sealants,
dental screening, X-Rays (Patients must be at least 3 yrs.)

MENTAL HEALTH WELLNESS

Child and Family Access Team 916.875.9980
M-F 8am-5pm Phone Intakes or Medi-Cal Referral
Services: Counseling/Assessment Referral Services (0-21yrs)
Adult Access Team 916.875.1055 (call for more info)

ALCOHOL & OTHER DRUG SERVICES (AOD)
Alcoholics Anonymous 916.454.1100 24/7
www.aasacramento.org

Narcotics Anonymous 866.565.2135 24/7
www.sacramentona.org

AOD Prevention Treatment & Outreach 916.874.9754
www.sacdhs.com
3321 Power Inn Road Suite 120, Sacramento 95826
M-F 8:00am or 12:30pm Intake/Assessment (18yrs & older)

CHILDCARE

Family Support Services (FCUSD) 916.294.9090
www.fcusd.org/Student_Care
Located at Cordova Lane Center
2460 Cordova Lane, Rancho Cordova, CA 95670
STARS After School Program: FREE for eligible students
Student Care Centers: 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
7am-7pm (up to 30 days) 24/7
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 - Cordova Lane Center
For info. call Homeless Liaison: 916.294-9090 ext.610340
Adult Education 916.294.9106
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
Registration Process:
1. Pick application at Cordova Lane Center Pre-School
Office: 2460 Cordova Lane, Rancho Cordova, CA 95670
2. Complete application / bring immunization record
3. Call for eligibility appt. / income eligible 916.294.9090
4. Must be potty trained

Sacramento County Office of Education
Project TEACH 916.228.2392
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
M-SU 1:00pm-10:00pm
NEED: Library Card /Login to use Brainfuse through your
local library website, then create username & password
FREE Online Homework help with live tutor Grades 3-12
Math/Language/Science/Social Studies/Spanish/Writing Lab
Practice SAT/ACT/GED Tests
Adult Learning Center: Live Tutor/Resume help/Test prep

TRANSPORTATION

www.sacrt.com
Regional Transit/Light Rail 916.321.2877
Folsom Stage Line 916.355.8395
Dial-A-RIDE (55yrs & older or disabled) 916.355.8347
Rancho Cordova 916.556.0257
3 Ways to ride:

- 1- Show RT pass
- 2- Basic fare: \$2.75 single / \$7.00 Daily Pass or
- 3- Discount fares for Seniors & Students: \$1.35
Single: \$3.50 daily pass

**Student monthly Pass/Connect card: \$20 Must have stu-
dent ID.**
Please have exact change, driver does not make change.

EL Dorado Transit 530.642.5383

LIBRARIES

Folsom Public Library 916.355.7374
www.folsom.ca.us
411 Stafford Street, Folsom, CA 95630
T 10am-8pm, W/TH/F/SA 10am-5pm, SU 12pm-5pm
Homework Assistance/Activities/Games Grades 2-8

Rancho Cordova Library 916.264.2700
www.saclibrary.org
9845 Folsom Boulevard, Sacramento 95827
T-W 10am-8pm, TH 10am-6pm, F 1pm-6pm, SA 10am-5pm

ADDITIONAL RESOURCES

2-1-1 Sacramento Call 211 24/7
www.211sacramento.org
Resource and Referral Services: Housing Information
Food Programs/Children's Services/Health Care Services
Employment & Training/Financial Assistance

Sacramentostepsforward.com 916.577.9770
Provide Resources for shelter/food/health/employment

U.S. Department of Veterans Affairs 1.800.827.1000
www.va.gov

Sacramento Works One Stop Career Center 916.563.5147
www.jobs.sacramentoworks.org
Info on Job openings/resume writing assistance
Interview strategies/job skills/resources

Sacramento Self Help Housing 916.341.0593
www.sacsselfhelp.org
Services: Referrals for housing, please call for appointment

Renters Helpline 916.389.7877
www.rentershelpline.org

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
Legal Services to low-income clients

Sacramento Municipal Utility District 1.888.742.7683
SMUD.org
Utility assistance to low-income families and qualified medi-
cal devices

California Telephone Assistance Program 1.877.777.1914
Www.Californialifeline.com
Offers phone services at a low cost depending on income

Services Codes:
(F) = Food
(S) = Shelter
(C) = Clothing
(A) = Motel/Rental/Utility Assistance