



Resource Guide

2019

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
- WIND Youth EMERGENCY SHELTER** 800.339.7177 24/7
Age 12-17 or 18 and in high school
- National Domestic Violence Hotline** 800.799.SAFE 24/7
<https://www.thehotline.org/>
Connects Client with Safe House Anonymous & Confidential

FOOD BANKS/MEALS

- Cordova Community Food Locker** 916.364.8973 (F)
10497 Coloma Road, Rancho Cordova ,CA 95670
M,W,F 9:30am -1:30pm
Services: Food/Serves Rancho Cordova
- Cordova Neighborhood Meals** 916.635.5992 (F)
Cordova Neighborhood Church
10600 Coloma Road, Rancho Cordova, CA 95670
Dinner on Last Friday of Month 5:00-6:00pm
- Fair Oaks/Orangevale Food Bank** 916.304.FOOD (F)
USDA food for those outside Fair Oaks/Orangevale
Mon 11-1 and 2-4, Wed 4:30-6:30, Thurs. 10-12:30
- The People's Pantry** 916-635-4242 (F)
Corner of Hirschfeld Way and Zinfandel Drive
Food distribution 3rd Tue each month 10am-12pm
Meals 3rd Wed each month 5pm-6pm
- Produce for All** 916-925-3240 (F)
<https://www.sacramentofoodbank.org/produce-for-all>
Locations vary throughout the month.
White Rock Elementary 2:30-3:30pm 3rd Thursday each

month.
River City Food Bank 916.446.2627 (F/C)
www.rivercityfoodbank.org 2300 Edison Ave
Sat 11am-1pm, 2nd/4th Friday 11am-1pm

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)

Twin Lakes Food Bank 916.985.6232 (F/C)
www.twinlakesfoodbank.org
327 Montrose Drive, Folsom, CA 95630
T 9am-12:30pm & 4:30-6pm
Services: Food/Clothing/School Supplies/Holiday Baskets
Bring ID & Proof of Address,
Serves Folsom, EL Dorado Hills, Granite Bay

HOUSING/EMERGENCY SHELTERS

Francis House 916.443.2646 (A)
www.nextmovesacramento.org/francis-house-center/
1422 C Street, Sacramento ,CA 95814
Mon/Tue/Thurs./Fri 9am-12pm and 1pm-3pm
Services: Get in line early, numbers given to 1st 30 people
Intakes for: CA ID, CDL, Birth Certificates, Hygiene Kits/
Blankets/Bus Passes **Job Center:** M/T/TH/F 9:30am-1pm

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)

Powerhouse Ministries 916.983.0658 (F/A)
www.phmfolsom.org
311 Market Street, Folsom 95630
Transitional Housing Center: 2yr. Program/Women with
Children/Single Women (must be drug & alcohol free)
Relapse Prevention Counseling/Life skills/Parenting

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

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

www.stjohnsshelter.org Phone Intakes

Turning Point Community Programs 916.364.8395 (S)
www.tpcp.org
10850 Gold Center Drive, Suite 325, Rancho Cordova
Services: Mental Health Services/Housing Assistance
Case Management/30 Day Crisis Residential Program
Abiding Hope Respite House 916.287.4860
9916 Zion Way, Sac, CA.
Recovery services for adults with psychiatric disabilities

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: Fri/Sat 9am-11am
Clothes-Women: 9am-12pm
Lunch Sundays at 12pm—must attend chapel service

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

Wind Youth Drop in center 916.561.4900 (F/S/C)
www.windyouth.org
18 to 24yrs—M-F 7am-6pm
12 to 17/18yrs—M-F 7:30am-3:30pm
Call if under 18815 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:
Requires Parent or CPS consent if under 18
12-17 yrs. 916-628-1492
18-24 yrs. 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

SUPPORT SERVICES

Folsom Cordova Community Partnership (F/C/A)
www.thefccp.org 916.361.8684
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

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:916. 447.3626
Mercy Clinic: 916.446.3345
Day Shelter: 916.446.4961 (women & children)
Friendship Park: 916.446.9316 7am-2:45pm
Coffee & Pastries in morning/Information Center/Activities
Meal Ticket/Hair Cut 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

Powerhouse Ministries 916.983.0658 (F/A)
www.phmfolsom.org
311 Market Street, Folsom 95630
Programs and Services: Food/ Utility/Health
Drop-in Center: M-W 9am-4pm, TH-9am-12pm
Doctor on Site 1X per month (uninsured only)
Utility Assistance (Folsom/Orangevale only)
Hair cuts upon request

Sac County Dept. of Human Assistance: 916.875.8600
Make a Reservation: www.dhweb.saccounty.net
DHA Office: M-F 8am-4pm
General Information: 916.874.2072
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
Social Security www.ssa.gov 1.877.274.5419 (Local)
8581 Folsom Blvd Suite A, Sacramento, CA 95826
M/T/Th/F 9-4p Wed 9-12pm

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-5:30pm

HEALTH SERVICES MEDICAL

Alternatives Pregnancy Center 800.712.HELP 24/7

www.pgtest.org By Appt only

1111 Howe Ave Suite 610, Sacramento, CA 95825

M-F 9am-4pm, Tue 6-8pm, 916.880.4040

Services: FREE Pregnancy Test/Information & Referral
Ultra Sounds/Parenting Classes/Options Counseling

Folsom Family Clinic 916.983.3658

105 Dean Way

Thursday only 8am-4.30pm

Mercy Clinic at Loaves & Fishes 916.446.3345

1321 North C Street at 12th Street, Sacramento, CA 95811

M-F 8:00am-3:00pm

Services: Acute Episodic Urgent Care for Homeless/TB Test

Planned Parenthood 800.230.7526

5700 Watt Ave North Highlands, CA 95660 916-332-5715

Powerhouse Ministries 916.983.0658

Doctor 1x Monthly (uninsured only)

Wellspace Community Health Center

1710 Prairie city Rd. Folsom, CA 95630 916.407.2222

10423 Old Placerville Rd Sac., CA 95827 916. 737-5555

M-Fr 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)

DENTAL

Carrington College Dental Hygiene Clinic 916.361.5168

8909 Folsom Boulevard, Sacramento, CA 95826

Services: Free Cleaning, Fluoride Application, Sealants,
Dental Screening, X-Rays (Patients must be at least 3 yrs.)

RC Dental Group 916.368.0440

10390 Coloma Road Suite A, Rancho Cordova, CA 95670

M-TH 7am-5pm, 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, CA 95630

M-F:9am-6pm

(accepts Medi-Cal/Denta-Cal)

Western Dental Services

1016 Riley Street Suite 1, Folsom, CA 95630 916.605.0468

M-F: 9am-7pm (accepts Medi-Cal)

10321 Folsom Boulevard, RC, CA 95670 916.384.0943

M-F 9am-7pm, SA 8am-4:30pm (accepts Medi-Cal)

MENTAL HEALTH WELLNESS

Child and Family Access Team 916.875.1055

M-F 8am-5pm Phone Intakes or Medi-Cal Referral

Services: Counseling/Assessment Referrals (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 8am or 12:30pm Intake/Assessment (18yrs & older)

CHILD CARE

Child Action 916.369.0191

www.childaction.org Phone Screening

FREE/Low Cost Childcare Payment Assistance

Child Care Provider Referrals (0-13yrs)

FCUSD—Family Support Services 916.294.9090

www.fcusd.org/Student_Care

Located at Cordova Lane Center

2460 Cordova Lane, Rancho Cordova, CA 95670

ASES After School Program: FREE For Eligible Students

Student Care Centers: Before & After School Day Care

Grades K-6 (sliding fee scale)

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 916.294-9090 ext. 610340

<https://www.fcusd.org/Page/2189>

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 95670
- 2. Complete application/ bring immunization record
- 3. Call for Eligibility Appt. / income eligible
- 4. Must be potty trained

School Readiness Play Group: Free program for Children (Birth thru 3yrs) 916-0294.9090 ext. 610117

Sacramento County Office of Education

Project TEACH 916.228.2542

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 1pm-10pm

NEED: Library Card /Login to 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.sacrtr.com

Regional Transit/Light Rail 916.321.BUSS

Dial-A-RIDE (55yrs & older or disabled) 916.355.8347

3 Ways to ride:

- Show RT pass
- Basic fare: \$2.50single, \$7.00 Daily Pass
- Discount fares: Seniors \$1.25 single, \$3.50 daily pass
- Sac County Students Ride Free with sticker and ID. Check at school site for details or visit www.RydeFreeRT.com

EL Dorado Transit 530.642.5383

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

2-1-1 Sacramento Call 211 24/7

www.211sacramento.org

Resource and Referral Services

California Telephone Assistance Program 1.877.777.1914

www.Californialifeline.com

Legal Services of Northern CA 916.551.2150

www.lsn.net

Assistance to those being evicted

Renters Helpline: 916.389.7877

www.rentershelpline.org

Sacramento Municipal Utility District 1.888.742.7683

SMUD.org

Sacramento Works One Stop Career Center 916.563.5151

www.sacramentoworks.org

Info on Job Openings/Resume Writing Assistance

Interview Strategies/Job Skills/Resources

Veterans Affairs Department 844.698.2311

Voluntary Legal Services Program 916.551.2102

www.vlsp.org

Legal Services to Low Income Clients

Codes: F (Food) S (Shelter) C (Clothing)

Motel/Rental/Utility (A) Assistance