Community Resource Guide

2012 - 2013
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Updated for 2012-2013 by Kim Toledo, Katie Abbot & Bobby S. Gosal; the original Folsom Lake College Community Resource Guide was created by Jill Morrison.
Abuse/Assault Services

Adult Protective Services - Sacramento County Department of Health & Human Services
3701 Branch Center Road
Sacramento, CA 95827
Phone: (916) 874-9377
Website: www.sacdhhs.com
Contact: (she retired and are in process of hiring new Program Manager)

Services Provided:
- Investigates & assesses reports of abuse, neglect of elderly and dependent adults.
- Assistance with information and referrals.
- Provides emergency services & crisis intervention.
- Also provides In-Home Supportive Services (IHSS): provides in-home assistance to those eligible aged, blind, or disabled individuals who need help at home.

Adult Protective Services - El Dorado County Department of Health & Human Services
3057 Briw Road
Placerville, CA 95667
(530) 642-4800

Services Provided:
- Investigates & assesses reports of abuse, neglect of elderly and dependent adults.
- Assistance with information and referral.
- Provides emergency services & crisis intervention.
- Also provides In-Home Supportive Services (IHSS): provides in-home assistance to those eligible aged, blind, or disabled individuals who need help at home.

California Sex Offender Info (Megan’s Law)
4949 Broadway
Sacramento, CA 95820
Phone: Info Line (916) 227-4877
CA Sex Offender: (900) 448-3000 to pay for additional information
Website: www.meganslaw.gov

CASA - Court Appointed Special Advocate
Seeking volunteers to join who are appointed by judges to help children as they move through the court system due to abuse or neglect or who are in family law custody cases. Training classes required.
El Dorado County (530) 622-9882
Website: www.casaeldorado.org
Child Protection Services
P.O. Box 269057
Sacramento, CA 95826
Phone: (916) 875-0189 - Administration
(916) 875-5437 - to report abuse 24-hours, 875-kids
El Dorado County (530) 642-7100
Website: www.sacdhhs.com

Service Provided:
- Emergency Response (ER) (916) 874-4001: a system designed to provide in-person response 24 hours a day to report abuse, neglect, or exploitation.
- Determine the child’s needs and provide emergency shelter needs, provide crisis intervention and/or protect the child through emergency shelter care.

The Center for Violence Free Relationships
344 Placerville Drive Suite 11
Placerville, CA 95667
Contact: Matt Huckabay, Executive Director
Phone: (530) 626-1450 - Office; 24-hours (530) 626-1131 and (916) 939-6616, this provider does accept collect calls.
Email: matth@thecenternow.org

Services Provided:
- Many services provided for women and men.
- Counseling for domestic violence and sexual assault, women’s shelter, and legal services.

New Morning Youth & Family Services
6765 Green Valley Rd.
Placerville, CA 95667
Phone: (530) 622-5551 - Counseling
Youth Shelter: (530) 626-4190
Contact: David Ashby, Executive Director
Email Address: mail@newmorningys.org

Services Provided:
- Emergency Youth Shelter- Runaway or homeless, Counseling services for families in crisis, pregnancy & parenting, alcohol & drug use; delinquency, school problems, behavior problems, etc.

RAINN (Rape Abuse Incest National Network)
Hotline: 1-800-656-4673
Summit View Child and Family Services  
(530) 644-8226

Services Provided:
- Support with child abuse & family violence issues.

Victims of Domestic Violence Crisis Line  
Phone: (916) 920-2952

WEAVE (Women Escaping a Violent Environment)  
1900 K Street Sacramento, CA 95811  
General Information and 24-hour Crisis Line (916) 920-2952  
Toll Free: 1-866-920-2952  
Phone: www.weaveinc.org

Family Connections - Home Visitation Program (530) 642-3511

Services Provided:  
- Works with CPS to prevent child abuse.  
- They also offer family therapy on a sliding scale for ages 5 years old and up.
**Animal Control**

El Dorado County (530) 621-5795  
Sacramento Co. (916) 368-7387  
Sacramento SPCA Shelter (916) 383-7387

**Animal Outreach**  
6101 Enterprise Dr. Diamond Springs, CA (530) 642-2287  
Website: www.Animaloutreachcats.com

Services Provided:  
- Low cost spay and neuter and vaccines.

**Folsom City Zoo Sanctuary**  
50 Natoma St. Folsom, CA 95630  
Contact: Vicki Valentine, Education Coordinator

Services Provided:  
- Vicki is an excellent resource for wild animal information & questions.

**Loaves & Fishes - Mercer Veterinary Clinic for the Homeless**  
Contact: UC Davis, Veterinarian Intern  
Phone: (530) 752-1143

Service Provided:  
- Free food & medical care for pets of the homeless.  
- Meets second Saturday of the month from 11-3pm at the Loaves & Fishes facility in Sacramento.

**Pawed-People for Animal Welfare in ED County**  
4050 Durock Rd. #19  
Shingle Springs, CA 95682  
(530) 677-2476  
Website: www.pawedpets.org

Services Provided:  
- All-volunteer non-profit whose focus is saving and improving the lives of service animals.  
- This is not an animal shelter and they do not house animals at this organization.
Sierra Wildlife Rescue
P.O. Box 2127
Placerville, CA 95667
Phone: (530) 621-4661

Service Provided:
- Helps rescue & rehabilitate birds and mammals, release back to the wild.
- Volunteers needed.

Spay Day USA
Sac. County (916) 473-5827 - fax
Website: www.sacanimal.org

Service Provided:
- Spay/neuter dogs and cats in Sacramento County for $15.00.
- This is done 1x a year. For Placer/
- Yolo county, see Website.
Armed Forces Recruiting Offices

Air Force (916) 638-4311
Army (916) 853-6289
Coast Guard (916) 721-6877
Marine Corps (916) 646-6980
Navy (916) 965-3730
Child Care Services

Boys & Girl’s Club of El Dorado County, Western Slope
(530) 295-8019
212 Armory Road
Placerville, CA 95667

Services Provided:
- $22.00 a year after school childcare.
- Ages 6 Yrs. & older.

Child Action, Inc.
9800 Old Winery Place
Sacramento, CA 95827
Phone: (916) 369-0191
Website: www.childaction.org

Service Provided:
- Child care information for low-income families.

Choices for Children
3161 Cameron Park Dr., Suite 101
Cameron Park, CA 95682
Contact: Rene Line, Resource Coordinator
Phone: (530) 676-0707-office
Website: www.choices4children.org
Email Address: choices@jps.net

Services Provided:
- Childcare referral, subsidized reimbursement for childcare to eligible low/moderate income families.
- Childcare costs are reimbursed for parents in crisis. Provides parent training, offers items for loan such as, books, toys/videos, curriculum & activity packets.
- Serves El Dorado County to El Dorado Hills and childcare food program.

El Dorado County Child Development Programs
Head Start/State Preschool/Early Head Start Children’s Center/CalSAFE
(530) 295-2270

Services Provided:
- Based on income.
Trustline - California’s Background Check for In-Home Child Care
Toll free line (800) 822-8490
Website: www.trustline.org

Service Provided:
- Trustline is a database of registered licensed exempt childcare providers who have cleared criminal background checks in California.
Counseling Services (See also Emergency & Mental Health Services)

Bereavement Network Outreach
(916) 557-5882

Services Provided:
- Promotes effective healing through a referral service.
- No fees.

Bereavement Network Resources of Sacramento
Websites to help support adults who have lost parents
- www.griefhelpsacramento.com
- www.griefnet.org
- www.aarp.org
- www.parentlessparents.com
- www.alwaystoosoon.com

Center For Counseling & Diagnostic Services  CSU Sacramento - In Eureka Hall (Room 421)
Contact: Dr. Darryly Henderson
Phone: (916) 278-6252
Website: http://edweb.csus.edu/departments/ccds

Services Provided:
- Counseling is provided by counseling graduate students.
- Supervision is done by faculty.
- Free services for students and is open to the community.
- Individual, couples & family counseling.
- Gate & Children’s Diagnostic testing - may have a waiting list for these two services.
- Also have vocational rehab counseling and career counseling.
- See Website for details, hours & map.

Child & Family Institute
2951 Performance Drive.
Sacramento, CA 95820
Contact: Dennis O’Reilly, Executive Director
Phone: (916) 736-0828
www.cfisac.org

Service Provided:
- Prevention & treatment services for children 2-18 yrs old and their families, who are dealing with abuse.
Family Connections
El Dorado (530) 626-5164
2860 Smith Flat School Road
Placerville, CA 95667
www.familyconnected.org

Services Provided:
- Provides therapy and the Pride & Joy program is a resource for children 3 years old and younger to work with their parents develop skills appropriate the to the students disabilities.

The Effort
Phone: (916) 368-3080
Medical (916) 875-1055

Service Provided:
- Provides counseling and medical services for children, adults and families.
- Sliding fee is provided based on monthly income.

Friends for Survival, Inc.
(916) 392-0664
www.friendsforsurvival.org

Services Provided:
- A non-profit national outreach organization to support family and friends who are the survivors of a loved one to suicide.

La Familia Counseling Center
5523 34th Street
Sacramento, CA 95820
Contact: Rachelle Rios, Executive Director
Phone: (916) 452-3601

Service Provided:
- Multi-cultural professional counseling; outreach and supportive services for at-risk youth, adults and families.
- One-on-one counseling, crisis intervention, recreational and tutorial programs.

Life Practice Counseling Group
Two Locations
4144 Winding Way, Sacramento or
9719 Lincoln Village Dr., Suite 502, Sac.
(916) 804-4471 - Erin Fleming/ Gary Henderson
www.lifepractice.org
Sliding-scale, nonprofit.
New Morning Youth & Family Services  
6765 Green Valley Road  
Placerville, CA 95667  
(530) 622-5551  
www.mail@newmomingyfs.org

Services Provided:  
- Individual, group and family counseling; case management services for families in conflict; teen pregnancy and parenting counseling; alcohol and drug use; delinquency and school problems, behavior problems; abused or neglected children.  
- Also, has emergency youth shelter to temporarily house runaway or homeless youth.

Progress House Counseling Center  
P.O. Box 1666  
Placerville, CA 95667  
(530) 642-1715

Services Provided:  
- Adolescent program (after school hours), phased groups including session (Proposition 36), dual diagnosis, day and night treatment, and relapse prevention

Psychological Counseling Services - CSUS  
Located in Student Health Center- (See Health & Disease Services for address)  
Contact: Medical Records Clerk (will refer call to appropriate person) Phone: (916) 278-6416  
Website: www.csus.edu/psysru

Service Provided:  
- Free counseling for CSUS students only. Psychologists, Social Workers, Psychiatrics & Marriage, Family & Child Counselors provide support to students.  
- Also, a training site for interns (both Doctoral/Master’s degree levels).

Snowline Hospice Grief & Bereavement  
(530) 621-7820

The Center for Violence Free Environment  
(530) 626-1450 (Main number - Placerville)  
(916) 939-6616 El Dorado Hills 24 Hour Crisis Line  
(530) 626-1131 Placerville 24 Hour Crisis Line  
Website: www.thecenternow.org

Service Provided:  
- Free counseling for domestic violence and sexual abuse for men and women.
The Compassionate Friends- Supporting family after a child dies
Toll Free: 1-877-969-0010
www.compassionatefriends.org

Service Provided:
  ● Self-help support group with no memberships fees.

White House Counseling Center - San Juan Unified School District
6147 Sutter Ave.
Carmichael, CA 95608
Phone: (916) 971-7640

Services Provided:
  ● Must live in the San Juan Unified School District.
  ● Standard fees: $30.00/hr. for interns, $70.00/hr. for licensed counselors, but a sliding scale fee is available based on need.
  ● Provides individual, group, and family counseling, consulting, and training in parenting and relationship skills.
  ● Divorce and single parenting advising available also.
Courts

El Dorado County Superior Court
Adm. (530) 621-7470
Superior Court (530) 621-6426

Sacramento County Superior Court
(916) 874-5522
Municipal Court, (916) 874-5476

US District Court
(916) 930-4000
**Disability Services**

**Alta California Regional Center**
2135 Butano Dr. Sacramento, CA 95825  
Contact: James Huyck, Executive Director  
Phone: (916) 978-6400  
Website: www.altaregional.org

Service Provided:
- Serves developmentally disabled individuals with diagnosis and evaluation, counseling services, financial assistance, information and referral service.

**Alta California Regional Center Developmentally Disabled**  
Phone: (530) 626-1353

**Braille and Talking Book Library-State Library**  
900 N St.  
Sacramento, CA 95814  
(916) 654-0640

Services Provided:
- Lends books in Braille and on long-playing records and tapes (talking books) to blind people or those who are unable to read conventional print because of visual or physical disability.

**California Council for the Blind**  
1-800-221-6359

**California Department of Rehabilitation-District Office**  
Address: 2225 19th St.  
Sacramento, CA 95818  
Contact: Rita Harrington, District Administrator  
Phone: (916) 322-8500- Answering machine; (916) 322-8612  
Website: www.dor.ca.gov  
Languages: Most languages by arrangement

Service Provided:
- Develops rehabilitation services through research/education.  
- Promotes independent living, public education & cooperation with public agencies.  
- May have a waiting list.

**California State Library**  
Braille & Talking Book Library (BTBL)  
800-952-5666  
19,000 downloadable books for eligible participants and institutions - free to those eligible.
Community Access Program, Adult Development Center- M.O.R.E.
Address: 399 Placerville Dr.
Placerville, CA 95667
Contact: Carol Keates, Program Director; Phone: (530) 622-4848
Website: www.morerehab.com
Email Address: susiedavies@morerehab.com

Service Provided:
- Vocational: community based work (paid & volunteer), and in house work (paid),
  communication: socialization, relationships, assistive devices, safety training,
  community experience, domestic, recreation, & behavioral support for adults with
disabilities.

Crisis Line For The Handicapped
800-426-4263

DSP&S - Folsom Lake College
Contact: Tim McHargue, Director
Phone: (916) 608-6579
Website: www.flc.losrios.edu

Services Provided:
- Qualifying students can receive services that will help with their educational success.

El Dorado Center for the Visually Impaired
4600 Farnsworth Lane
El Dorado, CA 95623
(530) 626-6715

Family Connections
(530) 626-5164 x 29
Contact: Ann Mindler
2860 Smith Flat School Road
Placerville, CA 95667
www.familyconnected.org

Services Provided:
- Promotes the health and well-being of children, youth and their families through
  education, training, advocacy, professional services, and community partnerships.

Folsom Project for the Visually Impaired
Folsom, CA (916) 351-3032
See more details under Education section
Monday - Thursday  6am - 4pm
M.I.N.D. - UC Davis Mind Institute Resource Center
Contact: Phyllis Brown  (916) 734-9023
Email: phyllisbrown@ucdmc.ucdavis.edu
Information on autism - library and materials available.
www.universityofcalifornia.edu

NAMI - National Alliance for Mentally Ill
1851 Heritage Lane
Sacramento, CA 95815
(916) 567-0163
Website: www.nami.org
Information: Bipolar Disorder, Depression, Schizophrenia, Borderline Personality Disorder, & other illnesses.
Provides: recovery, research, support, & legislative advocacy information.

Pathways Residential Home - M.O.R.E.
(530) 626-0322
Email: same as above
Website: www.more.rehab.com

P.R.I.D.E & Joy - Early Intervention for Children with Special Needs
(530) 626-5164 ext. 29
Contact: Anne Mindeler
amindeler@familyconnected.org

Services Provided:
- For developmentally delayed and at-risk infants and toddlers to age three, offers guidance, information and early intervention services for the entire family in home and community settings.
- Specialists in speech and language therapy, early development, physical therapy, occupational therapy, nursing and education.

Social Security Administration
1-800-772-1213

Supported Employment Program - M.O.R.E.
Phone: (530) 621-4027
Email: susiedavies@morerehab.com
Website: same as above

Services Provided:
- Vocational training, work orientation, individualized job training, paid work experience, on-the-job coaching, off-the-job support services, referrals to other services (supported living assistance, mental health, etc. and help with employment placement.
Work Activity Center - M.O.R.E.
Phone: (530) 622-4848
Cap Director - Diane Lighthall
Same Website and Email address.

Services Provided:
- Connects disabled adults to the community.
- Participates in community projects such as in-house landscaping, gift baskets, fire clean-up, highway patrol projects, lawn mowing, janitorial crew.
- Adults learn life/social skills.
**Drug & Alcohol Rehabilitation & Treatment Services**

**EDC LifeSkills**  
Phone: (530) 622-8193 (El Dorado County)  
893 Spring Street  
Placerville, CA 95667

Services Provided:  
- Mandated programs and services for men and women.  
- Services are no longer provided to juveniles due to funding.

**Al-Anon Adult Children**  
5429 Palm Ave., Suite A Sacramento, CA 95841  
Phone: (916) 334-2970  
Meeting times (916) 334-2971 - Office  
Website: www.alanon.alateen.org

Services Provided:  
- To those who are affected by others with alcohol addiction and drugs.

**Alcoholics Anonymous (AA)**  
24-hour hotlines (916) 454-1100  
Western Slope (530) 622-3500  
Sac. County (916) 454-1100

Service Provided:  
- A 12-step program of recovery for alcoholism for those who wish to stop drinking.

**Alcohol & Drug Abuse Action Helpline & Treatment**  
Phone: 1-800-888-9383 or 1-800-234-0420

**Alcohol & Drug Prevention Division**  
Phone: (530) 621-7560

**Associated Rehabilitation Program for Women**  
8400 Fair Oaks Blvd. Carmichael, CA 95608  
Contact: Deborah Vogel, Executive Director  
Phone: (916) 944-3920  
Service Provided:  
- Recovery home - 90 day treatment program for 18 + female alcohol and drug abuse.

**Bi-Valley Medical Group - Drug detox, Maintenance program & Counseling**  
Downtown (916) 442-4985  
Norwood-Natomas (916) 649-6793  
Both locations have sliding scale.
California Department Of Alcohol & Drug Programs  
Phone: 1-800-879-2772  
www.adp.ca.gov  
Reference Line Only  
1708 K Street  
Sacramento, CA 95811  

New Morning Youth & Family Services Family Services  
Counseling  
6765 Green Valley Road  
Placerville, CA 95667  
Email Address: mail@newmorningyfs.org  
Phone: (530) 622-5551 - Counseling Center  
Phone: (530) 626-4190 - Shelter (Limited parameters, but must be a youth between the ages of 6-17).

Options for Recovery (Department of Health & Services)  
4875 Broadway, Suite 129  
Sacramento, CA 95820  
Website: www.sacdhhs.com  

Services Provided:  
- Provides free parenting classes, help in finding recovery programs and short-term counseling for women only.  
- For many of these programs, individual needs an assessment, if they need program funding. See address and number below.

Progress House  
Phone: (530) 642-1715  
2844 Coloma Street  
Placerville, CA 95667  

Services Provided:  
- Outpatient, inpatient, and transitional housing for those seeking treatment.

Recovery International  
Phone: (916) 483-5616  

Service Provided:  
- Support and coping skills to handle anxiety and depression.  
- Meetings in Sacramento, Folsom, Roseville, Modesto & Woodland.  
- Free/donations only.

Sacramento County Alcohol and Drug Center  
Phone: (916) 874-9754  
3321 Power Inn Road Suite 120  
Sacramento, CA
Service Provided:

- Offers outpatient counseling.
- There is a $25 intake fee then a scale fee based on income.
- Also, offers drug testing, detoxification, HIV Education/Prevention Project, Medical Clinic, and a Residential Program.
Education

Adult Literacy Program, Adult Education
San Juan Unified School District
900 Morse Ave.
Sacramento, CA 95864
Phone: (916) 971-7414
Website: www.sanjuan.edu/schools/winterstein
Email Address: mrogers@sanjuan.edu

Service Provided:
- Adult Basic education in English, spelling, reading, writing and math skills.
- ESL classes are taught as well.

El Dorado Adult School
Independence High School
Diamond Springs, CA 95619 (Physical address only)

4675 Missouri Flad Road
Placerville, CA 95667 (Mailing address only)
Phone: (530) 622-7073

Services Provided:
- Adults 18 years or older can complete G.E.D
- Fees: 150.00 per GED test

Folsom Lake College
CalWORKS      FLC     (916) 608-6638
              EDC     (916) 608-6638
              RCC     (916) 255-4450
EOP&S/CARE - FLC (916) 608-6560
              EDC     (530) 642-5648
              RCC     (916) 255-4810
Folsom Project for the Visually Impaired
P.O. Box 6422
Folsom, CA 95763
Phone: (916) 351-3032
Contact: Bob Schmitz, Project Supervisor
Eligibility: Legally blind or visually impaired
Fee: None

Services Provided:
- Transcribes and provides listening materials for the visually impaired & individuals with learning disabilities.
- Transcriptions can be done from any book. Has library of previously taped materials for loan. (Novels, cookbooks, self-help, children’s books).
- Also in Spanish.
- Tapes are recorded by selected Folsom State Prison inmates.
- Films- closed captions.

ROP - El Dorado Central Sierra Regional Occupational Program
Phone: (530) 621-0123
Website: www.csrop.org

Services Provided:
- Career prep for students 16 years old to adults - free to students attending high school and minimal fee for adults.
- Helps clients prepare to go straight to work on college pathway prep classes.
Emergency Services

Community Health Library (part of Marshall Hospital)
681 Main Street, Suite 103
Placerville, CA 95667
Phone: (530) 626-2778

Services Provided:
- Information on diseases and list of support groups in the area.

El Dorado County Mental Health
670 Placerville Drive #3
Placerville, CA 95667
Phone: (530) 622-3345
Website: www.countyofeldorado.ca.us

Service Provided:
- Group and individual counseling services child, adult and psychiatric care.

The Center for Violence Free Relationships
344 Placerville Drive Suite 11
Placerville, CA 95667
Contact: Matt Huckabay, Executive Director
Phone: (530) 626-1450 - Office;
24-hours (530) 626-1131 and (916) 939-6616 collect calls accepted
Email: matth@thecenternow.org

Services Provided:
- Many services provided for women and men.
- Counseling for domestic violence and sexual assault, women’s shelter, and legal services.

Folsom Police
Phone: (916) 355-7230 - administration
Emergency: 911
Fax: (916) 985-7643 - FAX (916) 985-6812

Folsom Fire Department
Phone: (916) 355-7250 - Business
Fax: (916) 985-4480 - FAX
(916) 355-7258- Fire Marshall
Sacramento County Mental Health Center
7001-A East Parkway, Suite 400
Sacramento, CA 95823
Phone: (916) 732-3637
Website: www.sacdhs.com
Service Provided:
  • 24-hour crisis service provided to adults that are processed through emergency room or through police services.
  • Crisis service is walk-in for children aged 5 to 17 years old.

UCD Psychiatric Outpatient Clinic
2230 Stockton Blvd.
Sacramento, CA 95817
Contact: Lloyd Benjamin, Medical Director
Phone: (916) 734-3574

Services Provided:
  • Psychiatric outpatient services to adult, families & children.

Weave - Women Escaping a Violent Environment
1900 K Street
Sacramento, CA 95825
Contact: Al Millan, Executive Director
Phone: (916) 922-9276 - Office, answering machine
(800) 660-7995 - Toll free
Email Address: warmlinefrc@warmlinefrc.org
Website: www.warmlinefrc.org

Services Provided:
  • Provides counseling for men and women for domestic violence and sexual assault and a safe house for women and children.
  • Also provides education.
Family Services

Adoption Services Program
3057 Briw Rd. Placerville, CA 95667
Phone: (530) 642-7100
Website: www.co.el-dorado.ca.us/socialservices

Service Provided:
- Training, education & support for pre & post-adoptive parents.
- Placement services for children, free adoption services for birth parents who wish to adopt their child.
- This program is offered under the umbrella of Children Protective Services.

Child Help USA - National Child Abuse Hotline
Phone: 800-422-4453
www.childhelp.org

Crisis Pregnancy Center
(916) 972-0299

Alternative Pregnancy Center
Phone: (530) 621-6100
1111 Howe Ave Suite 610
Sacramento, CA 95825
www.pgtest.com

Services Provided:
- Confidential, fully-licensed facility.
- Provide free pregnancy tests, free ultrasounds, STD information, options counseling, post-abortion counseling, and parenting classes.

Food Assistance/Stamps
General Relief/Aid to Families with Dependent Children
Phone: (530) 642-7300

National Domestic Violence Hotline
24 Hour Informational line: 1-800-799-7233

Planned Parenthood
Phone: (800) 711-9848 (24-Hr. facts of life line)
Sacramento (916) 444-7966
Roseville (916) 791-3310
Sacramento County Department of Health & Human Services - Dental Health Program
9333 Tech Center Drive Sacramento, CA 9582
Contact: Kate Varanelli, Dental Health Program Coordinator
Phone: (916) 875-6259
Website: www.sacdhhs.com

Service Provided:
- Program called Smile Keepers, pre-school based dental health education and prevention.
- Programs for low-income schools.
- Provides fluoride varnish, dental education; dental referrals.

Sacramento Life Center
(916) 451-4357
930 Alhambra Suite 230
Sacramento, CA 95816
www.saclife.org

Services Provided:
- Pregnancy Resource Center
Food Banks & Closets

Cordova Community Food Locker
St. John Vianney Church
10497 Coloma Road Rancho Cordova, CA
(916) 364-8973

El Dorado County Community Services
(Energy Assistance, Weatherization, Senior Center)
(530) 621-6150
El Dorado County Department of Human Services
(530) 642-7300
Food Stamp Eligibility-Placerville, Medi-Cal

Food Bank of El Dorado County
3291 B Coach Lane
Cameron Park, CA 95682
Phone: (530) 621-9950 - Office - Please call this number first instead of visiting office.
www.foodbankedc.org

Services Provided:
- Food to less fortunate families & seniors in El Dorado County that qualify.

Healthy Start Program
Kristine Bannard, case worker, Sac. County Dept.
Phone: (916) 984-1989

Service Provided:
- Distributes food to people in need.
- Other services include parenting classes, anger management, 12-step drug and alcohol recovery courses, counseling, support to low income and families of prisoners.
- Help with utility payments prior to shut-off. (1x per year- Salvation Army Reach Program)

Native TANF Program
(530) 344-0549
Powerhouse Ministries
705 Wales Drive
Folsom, CA 95630
Contact: Bart Lipanovich, Associate Pastor
Phone: (916) 983-0658- Office
Daycare/preschool (916) 984-0184, not run by Powerhouse, State run, called Bee Stock Childcare.
Website: www.powerhouse-ministries.org

Services Provided:
- Helps individuals/families with referral services.
- Homeless shelters available from Nov.-March.
- Various churches in area support w/ temp overnight stay.

Rancho Cordova Neighborhood Church
10600 Coloma Road Rancho Cordova, CA (916) 635-5992
Free dinner, last Sat. each month 5:00-6:15 pm

Sacramento Food Bank
333 Third Ave. Sacramento, CA (916) 456-1980

S.H.A.R.E. (food)
(530) 626-8299

Snowline Hospice Thrift Store (Clothing only)
(530) 621-1802

St. Patrick’s Aid Ministry-Clothes Closet
(530) 621-7773

St. Patrick’s- Upper room (Hot Meals)
(530) 621-7730

St. Vincent de Paul - Food Locker
307 Montrose Drive, Folsom 95630
Contact: Tom Laverty, President
Phone: (916) 985-4630
Hours: Mon., Wed, & Friday, 9-12

Service Provided:
- Emergency food for needy once a month and up to 12 months a year.
- Two forms of ID are required - one must show current address (e.g. rent, bills)

Twin Lakes Food Bank
327 Montrose Drive
Folsom, CA 95630
Contact: Kathy Boone, Director
Phone: (916) 985-6232
Hours: Tues.-Thurs, 9-12:00

Service Provided:
- Food & clothes closet.
- Requires verification of current address and Social Security card or birth certificate for each family member.
- Also includes gas vouchers, blankets, infant needs.
- Christmas baskets, Thanksgiving turkeys, and back-to-school clothing giveaway in August.
- Works with Folsom Police Department for Xmas baskets & toys for children
- Jill Crichton, Executive Assistant to Police Chief, (916) 355-7234 - has some funds from Salvation Army for displaced family. Serves mainly Folsom & Orangevale.

Women, Infants, & Children (WIC)
(530) 621-6176
Government Services - Folsom

Department of Motor Vehicles
323 E. Bidwell St., Suite A
Folsom, CA
Phone: 1-800-777-0133
Website: www.dmv.ca.gov

Folsom City Hall (Neighborhood Service Dept.)
50 Natoma St. Folsom, CA 95630
Contact: Jill Hertel, Adm. Assistant
Phone: (916) 355-7262
General Info. (916) 355-7200
Email Address: jhertel@folsom.ca.us

Services Provided:
- Neighborhood Services Dept.
- Many community Programs - Seniors-Helping Seniors Handyman Program, Folsom Redevelopment Agency, Mobile home Rehab. Loan Program, etc.

Folsom Building Inspection Requests
Phone: (916) 355-7210

Folsom City Clerk
(916) 355-7270

Folsom City Hall General Info.
Phone: (916) 355-7200

Folsom Fire
General Info. (916) 355-7250

Folsom Library
(916) 355-7374
Recorded Message (916) 355-7373
Reference Desk (916) 355-7357

Folsom Lock & Key
Emergency Service (916) 985-2708

Folsom Neighborhood Watch
Phone: (916) 355-7367

Folsom Police
Non-emergency: (916) 355-7230
Folsom Police Youth Services  
Phone: (916) 355-7309

Folsom Public Works  
Sewer, signs, flooding, drains, street trees/lights, street sweeping  
(916) 355-7272  
After hours/Emergency (916) 985-4848 or 911

Megan’s Law  
Disclosure of known local sex offenders  
(916) 355-7259

National Poison Emergency Hotline  
Phone: 1-800-222-1222  
Sacramento 1-800-876-4766
Health Care

**Air Lifeline**
50 Fullerton Ct., Suite 200
Sacramento, CA 95825
Contact: Lori Howton, Director of Operations
Phone: (916) 641-0600
Website: www.airlifeline.org
Email Address: staff@airlifeline.org

Service Provided:
- Nationwide organization of private pilots who have volunteered to fly medical missions, either time-critical medical supplies (blood, organs for transplant, etc.), patients who are financially needy and must travel for medical treatment.

**California Kids**
Phone: (818) 755-9700
Website: www.californiakids.org

Services Provided:
- Provides affordable, preventive & primary health care benefits for children of families who don’t qualify for any state health care program. Non-profit agency

**El Dorado County Public Health Department-Health Promotions**
929 Spring St.
Placerville, CA 95667
Contact: Sharon Elliott, Manager
Phone: (530) 621-6130
Email Address: health02@el-dorado.ca.us

Service Provided:
- A network to improve the health & well-being of El Dorado Counties communities.
- Includes: physical, social, cultural, emotional, & environment health. Cooperates with individuals, communities, and health providers. Has an Alcohol & Drug Prevention Program, Tobacco Use Prevention Program also.

**Folsom Family Clinic (Theodore Judah Elementary School)**
105 Dean Way
Folsom, CA
Phone: (916) 983-3658
Contact: Clinic receptionist (Dr’s Office)

Services Provided:
- Primary care for individuals/families that don’t have insurance.
Folsom Pediatric Dental
1568 Creekside Dr. Folsom, CA
(916) 984-4224

Health & Safety- Red Cross
89f28 Volunteer Lane, Suite 100
Sacramento, CA 95826
Contact: Alia Fitzgerald, Director Phone: (530) 626-5491
Website: www.sacramento-redcross.org
Email Address: fitzgeralda@usa.redcross.org

Service Provided:
- A variety of first aid programs for different age groups. (General/Professional groups)
  First Aid, Community First Aid, First Aid for Children Today, CPR classes, classes in
  community water safety, life guarding, baby-sitting, parenting and HIV/AIDS education.

Healthy Families Program
1000 G St., Suite 450
Sacramento, CA 95814
Contact: Sandara Shewry, Executive Director
Phone: (916) 324-4695- State Office; 1-800-880-5305- Toll Free
Website: www.healthyfamilies.ca.gov

Services Provided:
- Low-cost health, dental & vision insurance for children birth-19 years. Eligibility
determined by family income.

Health Insurance Information
(800) 234-1317
Website: www.coverageforall.org

Health Rights Hotline
519 12th St. Sacramento, CA 95814
Contact: Shelley Rouillard, Program Manager
Phone: (916) 551-2100, 1-800-354-4474
Website: www.hrh.org

Service Provided:
- Free information & aid for health care consumers. Experienced counselors answer
  questions, give advice & resolve problems involving health care rights.
Help At Home
550 Main St, Suite D-2
Placerville, CA 95667
Contact: Marie Harlow, Director
Phone: (530) 622-9020 - Office, answering machine
Email Address: harlow@cwnet.com

Services Provided:
- Supplies companions homemakers and home health aides.
- Help with house work, transportation, meal preparation. $18.00 an hour fee.
- Can be referred by county agencies or Marshall Hospital.
- Financial assistance through some county programs.
- Available 7 days, 24-hours a day.

Kaiser Permanente Roseville Medical Center
(916) 784-4313

Marshall Hospital
1095 Marshall Way
Placerville, CA 95667
Phone: (530) 622-1441 General
Website: www.marshallhospital.org Also, www.marshallmedical.org (classes)
Contact: Kay Courter, Education Services Coordinator
Penny Lehrman, Health promotion manager (530) 626-2990

Service Provided:
- Education, medical, and health classes, nursing certifications.
- Classes include: nutrition, parenting, nursing, diabetes, childbirth, etc.

Marshall Hospital Home Care
(530) 626-4960

Medical Board Of California Physician
Complaint Unit 1-800-633-2322

Medi-Cal Information
(530) 642-7300
Mercy-Folsom Hospital
1650 Creekside Drive
Folsom, CA
Contact: Kim Griffin, Communications & Marketing Phone: (916) 983-7400- General, (916) 817-2405 (Kim) Website: www.mercyfolsom.org
For Education classes, contact Marsha Talor-Carlile
Community Health Coordinator - (916) 817-8656

Service Provided:
- Care for people without insurance, education classes such as nutrition, diabetes, stress management and parenting topics.

National Cancer Institute
Information: 1-800-422-6237

Sacramento County Dental Clinic
1500 C Street Sacramento, CA (916) 874-8300

Smiles for Big Kids
(916) 361-5168
Free cleaning by Western Career College
Tues. -Thurs. 8am-1pm

Sutter General Hospital
(916) 454-2222

Gold Country BCEDP (Breast Cancer Early Detection Program)
Regional Partnership Health Education Council
(916) 556-3344
800-511-2300
1721 Second Street, Ste. 1011
Sacramento, CA 95814

Services Provided:
- For women 40 and over who are un-insured.

The Medicine Program
Website: www.themedicineprogram.com

Services Provided:
- Designed to help people of all ages receive free prescription medicine.
Tribal Health Program
4140 Mother Load Dr., Suite 112
Shingle Springs, CA 95682
Phone: (530) 672-8059
Website: www.shinglespringsrancheria.com

Services Provided:
- The Shingle Springs Rancheria Health care for Native Americans and their families
  Medical, mental, community, dental and hospital services provided. See Website for details

UC Davis Medical Center & Children’s Hospital (916) 734-2011 or 800-282-3284
www.ucdmc.ucdavis.edu/children

US Department Of Health & Human Services
National Health Information Center
1-800-336-4797

White Rock Family Clinic, Dept. of Mercy-Folsom Hospital
10487 White Rock Rd. Rancho Cordova, CA 95670
(916) 368-7974 or (916) 861-0611-Linda Burkholder
Contact: Clinic receptionist

Services Provided:
- Provides health care services, health education.
- On-site welfare eligibility, social services and walk-in health clinic for low-income families. Clinic is impacted at this time.
- Only taking new children and their parents.
- Available for individual & family counseling.
- Paula Bertram, Manager for both clinics.
- Mark Lean-part-time Social worker.
**Health & Disease Services**

**AIDS/HIV Nightline**
Toll Free: 800-273-2437
California HIV/AIDS Hotline 1-800-367-2437

Services Provided:
- Providing emotional support in a non-Judgmental manner, empowering callers and chat visitors to look at options and make their own decisions, providing crisis management, and providing information and referrals when appropriate.

**AIDS Housing - See Infoline Sacramento**
Phone: (916) 498-1000

Services Provided:
- When contacting this number there will be a number of steps to follow.
- First you will have a number of options to select from push number 8 for housing information. You then will be directed to a specialist who will refer you to different services that might benefit you.
- They also will direct you to a company called Breaking Barriers that deals with people who have AIDS that are looking for resources.
- Contact number for this company is 916-447-2437.

**AIDS Information**
P.O. Box 6303
Rockville, MD 20849
Phone: (800) 448-0440
Email: contactus@aidsinfo.nih.gov
Website: www.aidsinfo.nih.gov
Contact: Cynthia Cadden, Manager

Services Provided:
- Information on current treatment for HIV/AIDS for persons with HIV/AIDS, their families and friends, and health care providers.
- Free Information available to the public by internet site, www.hivatis.org
Alzheimer’s Day Care Resource Center
935 A Spring St.
Placerville, CA 95667
Contact: Wanda Demarest, Program Supervisor
Phone: (530) 621-6180 - Office
Website: www.co.el-dorado.ca.us

Service Provided:
- Day care for persons with different stages of Alzheimer’s disease or other related dementias.
- Identifies needs and assists them to function at individual function.
- Provides support and educational services for family caregivers & community at large.
- See Support group section also.

American Cancer Society - North Valley Regional Office
Phone: 1-800-227-2345 or (916) 446-7933

Services Provided:
- Cancer treatment and prevention

American Diabetes Association
2720 Gateway Oaks Dr.
Sacramento, CA 95833
Contact: Judy Combs, Executive Director
Phone: (916) 924-3232 - ext. 7427
(800) 828-8293 - Toll Free
Website: www.diabetes.org

Service Provided:
- Quarterly education meetings; peer support; patient, professional and public education, information and referral.
- Classes also held at Folsom Mercy Hospital on Diabetes.

American Red Cross
8928 Volunteer Ln., Suite 100
Sacramento, CA 95826
Contact: Richard Davis, Chief Executive Officer
Phone: 1-800-733-2767
Website: www.sacramento-redcross.org

Service Provided:
- Disaster assistance, emergency services to military personnel and their families; classes in CPR, first aid, health and safety and AIDS education, babysitting, California Child Care, pet first aid, disaster volunteer training, CPR/First Aid Instructor training.
California State University Sacramento Student Health Services
Student Health Center
6000 J Street
Sacramento, CA 95819
Contact: Joyce Harris, Director
Phone: (916) 278-6461
Director: (916) 278-6035
Website: www.csus.edu

Service Provided:
- Offers general medical care; walk-in or by appointment.
- Support services include laboratory, x-ray, pharmacy, general family practice, optometry, & health education.
- Psychological services are available to all students for counseling & mental health issues.

Child Health & Disability Prevention Program (CHDP)
Health Programs for infants, children & teens
Phone: (916) 875-7151

Services Provided:
- Medical services provided to children all the way up to the age of 18 years old.
- They complete a full physical exam to every patient.

Divide Wellness Center
Georgetown, CA
Phone: (530) 333-2548

El Dorado County Birth Control & STI Services (Planned Parenthood)
344 Placerville Dr., # 10
Placerville, CA 95667
Phone: 1-800-733-2767

El Dorado County Child Health & Disability Prevention Program
931 Spring Street Placerville, CA 95667
(530) 621-6110

Services Provided:
- Preventive healthcare for Medi-Cal children to 21 years, and non-Medi-Cal eligible children at or below 200% of the Federal poverty level from birth - 18 yrs.
- Care provided by doctor’s office & clinics in the community.
Folsom Family Clinic - Students without health insurance
105 Dean Way - on campus of Theodore Judah Elem. School
Folsom, CA 95630
Phone: 916-983-3658

Services Provided:
- Nurse Practitioners, Clinics & Medical Centers, and Medical Diagnostic Clinics.

Folsom Lake College - Wellness Services
College Nurse: Mary Hansen, RS, MSN, PHN
10 College Parkway, FL1-52
Folsom, CA 95630
Office: (916) 608-6782 Cell: (916) 919-3188
FLC emergency: (916) 558-2221, on campus 2221 - ext.0

Services Provide:
- First aid, evaluation of medical problems, confidential counseling, health screening, TB testing, health insurance information, health & wellness information, drug & alcohol abuse guidance, smoking information, outreach/prevention services.

Med 7 Urgent Care Center
2350 E. Bidwell St.
Folsom, CA
(916) 920-6337
www.med7.com

Services Provided:
- General medical care, urgent care and minor trauma, physicals-basic sports, DOT, pre-employment, post-accident drug and alcohol testing.
- CLIA waived laboratories on site, X-ray services on site, EKG, pulmonary function, pulse oximeter and pharmacy and refill services on site.

Muscular Dystrophy Association
650 University Ave., Suite 108
Sacramento, CA 95825
Contact: Heather Cralle, District Director
Phone: (916) 921-9518
Website: www.mdausa.org
Email Address: info@mdausa.org

Service Provided:
- Promotes educational programs & research on muscular dystrophy.
- Diagnostic/re-evaluation clinic, patient treatment, follow-up, occupational therapy, physical therapy & orthopedic equipment.
- Wheelchairs, hospital equipment loaned for home use.
- Summer camps for kids ages 6-21.
- Support groups and public education material available.
National AIDS Hotline - 24 hours
Website: http://www.thebody.com/index/hotlines/national.html
Email: cdcinfo@cdc.gov

Services Provided:
- Operators listen to callers, share their own stories and provide calm, clear and encouraging information about AIDS disease and its care.
- They draw on a wealth of real-life experience in helping people navigate health care obstacles and talk to doctors about their concerns.
- English and Spanish speakers available.

National Prevention Information Network
1-800-458-5231
SIDA (Spanish) 1-800-344-7432
TDD 1-800-243-7889
Email: info@cdcnpin.org

Planned Parenthood - Capital Plaza Center - Teen Smart
Pregnancy Prevention, sexually transmitted diseases & HIV Prevention
(916) 444-7966

Sacramento County Mental Health Treatment Center
2150 Stockton Blvd. Sacramento, CA (916) 875-1000
Emergencies: (916) 732-3637
Website: http://www.dhhs.saccounty.net/Pages/Home.aspx

Senior Health Education Program (S.H.E.P.)
937 Spring St. Placerville, CA 95667
Contact: Michelle Hunter, Nutrition Services Supervisor
Phone: (530) 621-6251
Website: www.co.el-dorado.ca.us

Service Provided:
- Screen tests for diabetes, cancer, cholesterol, blood pressure, osteoporosis, colorectal, hearing & vision.
- Services available at different locations in the county.
- Informational lectures help monthly at the Placerville Senior Center.
Senior Citizen Services - Nutrition
8580 Elder Creek Rd
Sacramento, CA 95828
(916) 381-7794
Website: http://seniorcitizenssac.org/

Services Provided:
- Surplus food that volunteers sort and give out to the members each week.

Snowline Hospice- Partners In Care
670 Placerville Dr., Suite 3C
Placerville, CA 95667
Contact: Eileen Keavery, LCSW, Community Ed. Coordinator
Phone: (530) 621-7820
Website: www.snowlinehospice.org
Email Address: ekeavery@snowlinehospice.org

Service Provided:
- Tailored staff training for health care providers, social service agencies, churches as well as community professional on topics of compassionate care of the dying, caregiver stress, grief and loss.

Sutter Resource Library
2800 L Street Suite 600
Sacramento, CA 95816
(916) 733-3880
Email: smcslibrary@sutterhealth.org
Website: http://www.suttermedicalcenter.org/library/

Services Provided:
- The Sutter Resource Library provides information on latest medical information from reliable sources through books, journals, clipping files, videotapes, audiotapes, and computer databases.

Terkensha Associates North Area Mental Health Clinic
811 D Grand Ave. Sacramento, CA 95838
(916) 922-9868
Website: http://www.suttermedicalcenter.org/library/

Services Provided:
- Ages 15-18, sliding scale fees
Urgent Care Center of Folsom
1600 Creekside Folsom, CA
(916) 984-8244
Website: http://urgentcarefolsom.com/ourservices.html

Services Provided:
- Adult and pediatric care, treating of minor injuries and illnesses, sport injuries, walk-in basis, lab and X-ray on site, and insurances welcome.

Western Sierra Medical Center
1345 Whispering Pines
Grass Valley, CA 95945
Medical: (530) 273-9339
Pediatrics: (530) 273-9344
Maternity Health: (530) 273-9342
Dental: (530) 273-9340
Administration: (530) 273-4984
Website: http://wsmcmed.org/call-find-a-clinic/

Services Provided:
- Western Sierra Medical Clinic offers primary care services for the entire family.
- In addition to the primary care services Western Sierra also offers dental care for all ages.

White Rock Family Clinic - Students without health insurance
10487 White Rock Road
Rancho Cordova, CA 95670
(916) 364-0724

Women, Infants, & Children (WIC) - Nutrition
Toll-free in-state: 1-888-942-96  75
Voice: 916-928-8806
Website: www.wicworks.ca.gov/
Housing

Crisis Hotline (Wind Youth Services)
701 Dixieanne Ave.
Sacramento, CA 95815
916-561-4900
Emergency after hours: (800) 339-7177
Website: http://windyouth.org/

Services Provided:
- Outreach, meals, teen utilizing services for homeless youths.

Convoy of Hope
General Information: (916) 549-9922
Yearly Event at CalExpo
http://sacramentocoh.org/

Services Provided:
- Provides free food, health screenings, hair-cuts and plenty of games and activities for children.

Diogenes Youth Services
9719 Lincoln Village Drive Suite#502
Sacramento, CA 95827
(916) 369-5447 x 207
24 hour hotline: 1-800-339-7177
Website: http://diogenesyouthservices.org/services

Services Provided:
- Emergency Shelter and Counseling

El Dorado County Housing Authority/Section 8
937 Spring Street
Placerville, CA 95667
(530) 621-6150
Website: www.co.el-dorado.ca.us

El Dorado County Senior & Family Housing
937 Spring Street
Placerville, CA 95667
(530) 621-6150
Website: www.co.el-dorado.ca.us

El Dorado County Social Services Department - Emergency Shelter
937 Spring Street
Placerville, CA 95667
Information (530) 642-7300
El Dorado Women’s Center
See information above. (Family Services section)

Francis House of Sacramento
1422 C Street
Sacramento, CA 95814
Phone: 916-443-2646
Website: http://francishousecenter.org/
“Street Sheet” with resources both in English & Spanish available on website.

Habitat for Humanity, Inc. - El Dorado County
Phone: (530) 621-2111
Store: for donations (530) 621-3972
Hours: M-F, 9-1 pm
Website: www.eldoradocountyhabitat.org
Email Address: hfhedc@innercite.com

Services Provided:
  ● Build simple homes for deserving low-income families.
  ● Eligibility: Income must be 50% of county median.

Housing for the Elderly- Compassion House
(530) 621-3245
Private residential care facility in Diamond Springs which has been open since June 2007.

Mary House - Women & Children only
1321 North C St.
Sacramento, CA
(916) 446-4961

Services Provided:
  ● Helps feed the hungry and provides shelters for the homeless.
  ● They provided a welcome, safety and cleanliness for homeless men, women and children seeking survival services.

Mobile Home Rehabilitation Program (Folsom Only)
Program through the city of Folsom.
Contact: Mary O’Connell
Phone: (916) 355-7262
Website: www.folsom.ca.us

Services Provided:
  ● Low-interest loans or grants for low income mobile-home owners whose homes need repair for health & safety reasons, and for emergency repairs.
  ● Check Website for other community programs.
  ● Go to neighborhood services.
  ● Jill has packet of information on this program.
National Shared Housing Resource Center - share a home
Contact: Laura Fanucchi
Phone: (650) 348-6660 x303
Email: lfanucchi@hiphousing.org
Website: www.nationalsharedhousing.org

Services Provided:
- NSHRC is a clearinghouse for people looking to find a shared housing organization in their community or to help get a program started.

New Morning Youth & Family Services
6765 Green Valley Road
Placerville, CA 95667
Phone: (530) 622-5551
Children’s Shelter - See address and information above.

Services Provided:
- Youth Counseling, Family Counseling, Early childhood counseling, and parent-child interactive therapy.

R & G Family Home
14 Breland Court, Sacramento, CA 95823
Ph. (916) 209-0474

Services Provided:
- Nice Home located in South Sacramento drug free zone on a nice quite cul de sac clear and sober living.
- Co-ed single men or women 475.00 per month to month fully furnished home with all utilities including cable TV and internet.
- Off site resources and life skills counseling.

Sacramento Emergency Housing
(916) 455-0415 or (916) 455-2160

Services Provided:
- Assists people with rent, utilities that organizations on the “Street Sheet” don’t cover.

Sacramento Area Emergency Housing Center
2988 35th St. Sacramento, CA
Contact: Bonnie Hyer, Executive Director
Phone: (916) 454-2120
Email Address: saehcbkhyer@hotmail.com

Services Provided:
- For homeless, single women, or transitional housing
Sacramento Neighborhood Housing Services  
(916) 452-5356  
Website: www.nwsac.org  
Email: info@nwsac.org

Services Provided:  
- Providing opportunities for successful homeownership and strong communities.

Shelter Services for Runaway or Homeless Teens (New Morning Family Services)  
3100 Spanish Ravine  
Placerville, CA 95667  
Contact: Debby Savage, Shelter Manager  
Phone: (530) 626-4193-answering machine  
(530) 626-4190 - Office, 24-hours

Services Provided:  
- Six-bed facility in Placerville is a temporary house for runaway or homeless youth ages 6-17, who would be out on the street, otherwise. Services include crisis intervention, individual & family counseling.  
- Try to reunite families if possible.

The Center  
344 Placerville DR, Suite 11  
Placerville, CA 95667  
(530) 626-1450 OR 916-939-6616  
Website: www.thecenternow.org

Services Provided:  
- 24 hour crisis line, information and referrals, individual counseling, drop-in and group support for victims, emergency food, clothing, and transportation, legal assistance and accompaniment; a play/art studio for children who are residing living in the shelter; a safe-pet program; hospital and court accompaniment and advocacy.

US Department of Housing & Urban Development  
Discrimination Hotline 1-800-669-9777

Volunteers of America Shelter (Men)  
1400 North A Street  
Sacramento, CA  
(916) 448-5507  
Website: www voa-sac org/
Job Assistance

CalJOBS- Employment Development Department
1-800-758-0398
www.caljobs.ca.gov
www.edd.cahwnet.gov

Services Provided:
- Employer Services, Job seeker services, resumes, search for jobs

CalWORKS/Employee Services
916-657-2128
Email: piar@dss.ca.gov
Website: www.edd.cahwnet.gov

Career Centers and One-Stops
www.servicelocator.org
(877) 872-5627

Services Provided:
- The U.S. Department of Labor maintains a database of government run career centers.
- SETA - This agency offers free services, from training, education, workshops, workshops on resume-writing & interviewing in the Sacramento Region.
- (916) 263-3800

California State University Sacramento (CSUS) Career Center
Click on the “Community Resources” link www.csus.edu/careercenter/

Services Provided:
- Website has long list of local job-searching resources.

El Dorado County Employment Development Dept.
(530) 642-4850
www.edd.ca.gov

Folsom Lake College - Human Services
Contact: Sarah Pender - Human Services
Phone: (530) 642-5631
Email: penders@flc.losrios.edu

Services Provided:
- Sarah has put together a large list of El Dorado County organizations that use volunteers.
- The list is in your site binder.
- Also, the areas marked with a star are organizations that have employed our students when they graduate from Folsom Lake College.
Fraud Investigation
3057 Briw Rd
Placerville, CA 95667
(530) 642-7250
Contact: Silva Salazar

Golden Sierra Job Training Agency/One-Stop Career Center
1919 Grass Valley Hwy Ste. 100
Auburn, CA 95603
Phone: Office answering machine
Phone: (530)-823-4635
Website: www.goldensierra.com
Email: gsonestp@psyber.com

Services Provided:
- Provides career counseling, job postings, vocational assessment, job seeking skills, and help with resumes, job referrals and interviewing skills.
- Youth vocational services are available year-round for low-income youth ages 16-21.

Government Jobs
(916) 653-1705
For federal jobs - www.usajob.gov

Services Provided:
- For state jobs, start with State Personnel Board’s Website - www.spb.ca.gov for the schedule of employment exams & details on applying, click on the “Exam Bulletins” links for a list of positions currently open for applications.
- For positions in local government, hit the jobs pages on the websites of individual cities & counties.

Job One Career Center - One-Stop Employment Resource Center
4535 Missouri Flat Road, Suite 1A
Placerville, CA 95667
Phone: (530) 823-4635
Website: www.goldensierra.com
Email: pvillejobstop@yahoo.com

Services Provided:
- Similar to the services at Golden Sierra Job Training Agency.
- Different location.
- See website for more details.

JOB ONE-Golden Sierra Job Training Agency
Phone: (530) 642-4850
www.connectioncenters.com
Loaves & Fishes - Our Daily Bread
1300 North C Street
Sacramento, CA 95814
Contact: Gary Cox, Director
Phone: (916) 208-0472

Service Provided:
- Individuals work for the day by a referral program.
- $7 min. wage, 4 hours min., cash paid at the end of the day.
- First come first served.
- Sign-ups at Friendship Park on Fridays at 2 pm.
**Legal Services**

**Child Support Services**  
(530) 621-5600

**District Attorney**  
Criminal Division (530) 621-6472  
Law Library (530) 621-6423  
Mediator (530) 621-6725  
Senior Legal Center (530) 621-6154  
The Center (530) 626-1450

**El Dorado Women’s Center**  
1248 Broadway, Suite C  
Placerville, CA 95667  
Contact: Ken Stefan, Director  
Phone: (530) 626-1450  
Email: edwc@mindspring.com

Service Provided:  
- Helps women get restraining orders, fill out paper work to start divorce process.  
- Helps with childcare custody issues and has anger management classes.  
- Paralegal & attorney on site.

**Legal Center for the Elderly & Disabled**  
2862 Arden Way, Suite 200  
Sacramento, CA 95825  
Contact: Jonathan Ellison, Director  
Email: Jellison@california.net

Services Provided:  
- Free Civil legal assistance in areas such as: Social Security, landlord/tenant, foreclosure defense, Medicare, elder abuse, rights of the disabled and consumer issues.  
- The center will also help with filling out forms.  
- Clients served at sites in their communities.
Voluntary Legal Services Program - Legal Services of No. Calif.
517 12th Street
Sacramento, CA 95814
Contact: Vicki Jacobs, Managing Attorney
Phone: (916) 551-2102
Website: www.sacbar.org/VLSPhomepage.html
Email Address: vlsp@vlsp.org

Service Provided:
- Pro bono program of Sacramento County. Refers low-income clients to volunteer attorneys and paralegal advocates for advice & representation on most areas of civil law.
- Special projects for individuals with AIDS, the elderly, & clients who need representation at administrative hearings.
**Mental Health Services**

**African-American Mental Health Providers Directory**
3650 Auburn Blvd., Suite A-100
Sacramento, CA 95821
Contact: Dee Bridges, M.F.T. President
Phone: (916) 484-7522
Website: www.africanamericanmentalhealthproviders.com
Email Address: info@africanamericanmentalhealthproviders.com

**Services Provided:**
- Provides services with clinical Psychologists, Marriage & Family Therapists, Social Workers, & Psychiatry services.

**California Department of Mental Health**
Phone: (916) 654-2309 - Community Relations
(916) 654-3551 - Systems of Care
(916) 654-2378 - Administration
Website: www.dmh.ca.gov

**Services Provided:**
- Statewide delivery of mental health services in the counties.
- Regulates state & federal laws are followed.
- Hospital treatment for adults & children with serious emotional problems.

**California State University Sacramento - Psychological Services Center**
See details in Counseling section

**California State University Sacramento - Health Services**
See Disease & Health section

**El Dorado County Mental Health Department**
670 Placerville Dr Suite 1B
Placerville, CA 95667
Contact: Darryl Keck, LCSW, Manager
Phone: (530) 621-6200 - Office
(530) 622-3345- 24-hours crisis intervention
(530) 621-6290 - Outpatient

**Service Provided:**
- Individual, group & family services, outreach services to school sites, services targeted to youth with serious psychiatric disorders.
El Dorado County Psychiatric Health Facility
935-B Spring Street
Placerville, CA 95667
Contact: Barry Wasseman, Program Manager
Phone: (530) 621-6210
24-hours crisis line (530) 622-3345

Services Provided:
- Open 24-hours & county-operated.
- Has 15 bed acute psychiatric treatment/referral facility.
- Treatment team consists of a psychiatrist, social workers, nurses, psychiatric technicians and mental health workers.

Loaves & Fishes
1321 North C Street
Sacramento, CA 95814
Contact: Tim Brown, Executive Director
Phone: (916) 446-0874
Website: www.sacramento.org/loaves/
Email: loaves@pacbell.net

Services Provided:
- Works with issues relating to the needs of the homeless and poor population.
- Loaves & Fishes also has Mental Health Services, health education and services for homeless men, women and children.
- They also have free, hot, nutritious lunches seven days per week and many walk-in services.

Mental Health Support Groups
Depression/Bipolar Support Alliance (DBSA)
Meets at Sutter Center for Psychiatry 2nd/4th Wed. monthly (7:30)
Phone: (916) 684-1358 Marilyn or Andrea

Obsessive-Compulsive Disorder Support Group (OCD)
Meetings 2/month Contact: Rachelle (916) 966-5917

Overcoming Depression
Weekly meetings
(916) 966-2295

The Center Crisis Line
(530) 626-1131
Website: www.thecenternow.org

Toughlove Parent Support Group
Free for parents with out of control children, teens and Adult children.
(916) 483-8508
Recreation & Organizations

Boys & Girls Club of Greater Sacramento
1117 G St
Sacramento, CA 95814
Physical Activity
(916) 442-2582 or (916) 392-1350

Boy Scouts of America, Golden Empire
251 Commerce Circle
Sacramento, CA 95853
(916) 929-1417
Website: www.gec-bsa.org

Cameron Park Community Services District
2502 Country Club Dr
Cameron Park, CA 95682
Contact: Larry McBride, General Manager
Phone: (530) 677-2231
Website: www.cameronpark.org
Email Address: jrice@cameronpark.org

El Dorado Hill Community Services District - (Rec. Dept.)
1021 Harvard Way
El Dorado Hills, CA 95762
Contact: Wayne Lowery, General Manager
Phone: (916) 933-6624 - Adm.
Recreation Office: (916) 614-3216
Website: www.edhcscd.org
Email Address: edhcscd@eldoradohillscsd.org

Services Provided:
- Variety of services including police, fire, vector control, library, animal control, water, sewer, etc.
- Park, recreation activities for adults & youth. Enforces CC&Rs, manages street lighting landscaping and provides garbage collection.

Folsom Athletic Association
P.O. Box 835
Folsom, CA 95763
Phone: 989-4752
Website: www.folsomathleticassociation.com

Services Provided:
- Youth sports and youth scholarships
Folsom City Zoo Sanctuary
403 Stafford Street
Folsom, CA 95630
(916) 351-3527
Website: www.folsomzoofriends.org

Folsom Community Center
52 Natoma St
Folsom, CA 95630
(916) 355-7299
Website: http://www.folsom.ca.us/depts/parks_n_recreation/rental/community.asp

Services Provided:
- There are a number of services.
- When you log on you can go city services and that is where you will locate everything
  or you can call the number above.

Folsom Historical Society & Museum
823 Sutter St
Folsom, CA 95630
(916) 985-2707
Website: http://folsomhistorymuseum.org/

Folsom Lake State Recreation Area
7806 Folsom Auburn Rd
Folsom, CA 95630
(916) 988-0205
Website: http://www.parks.ca.gov/?page_id=500

Folsom Parks & Recreation
48 Natoma St.
Folsom, CA 95630
Contact: Admin. Office
Phone: (916) 355-7285
Website: www.folsom.ca.us

Services Provided:
- Community activities for adults & kids. Youth & adult classes, dance, sports, trips &
  tours.
- See activity guide.

Folsom Senior Citizens’ Group
48 Natoma St
Folsom, CA 95630
Phone: 916-355-7285

Services Provided:
- A variety of social programs, services, and classes.

**Folsom Women’s Club**
P.O. Box 551  
Folsom, CA 95763  
Phone: 916-989-4224  
Email: FolsomWSC@yahoo.com  
Website: http://www.folsomwsc.com/

Services Provided:
- Scholarships for graduating seniors from public high schools in Folsom.
- Also they provide Women clubs such as crafters, book lovers, and garden friends.

**Girl Scouts.**
6601 Elvis Ave  
Sacramento, CA 95819  
Phone: 1-800-322-4475  
Website: www.girlscoutshcc.org

**Rotary Club-Folsom**
7150 Baldwin Dam Road  
Folsom, CA 95630  
Phone: 916-962-6216  
Email: Folsom.Rotary.Secretary@gmail.com  

Services Provided:
- Support youth, serve people in need and support organizations who serve the less fortunate and to help to make our community a better place to live.

**Sacramento State Aquatic Center**
1901 Hazel Ave  
Gold River, CA 95670  
Phone: 916-278-2842  
Website: www.sacstateaquaticcenter.com

Services Provided:
- Youth programs, team building, equipment rentals, facility reservations, sailing and windsurfing, paddling, rowing, water ski and wakeboarding, boating and jet skiing.
Salvation Army - Placerville Service Extension Unit
Youth Summer Camp at Camp Del Oro (Nevada)
Salvation Army (530) 672-3147
www.campdeloro.org

Services Provided:
- No income qualifications, but they encourage foster children, low-income and disadvantaged kids to apply.
- Fee: $20.00 Camp is one week from Monday- Saturday.
- Physical needed.
- Boys/Girls ages 7-11 or 12-15
- See Jill for details and application process
- Sacramento County has same program

Senior Activities - El Dorado County
937 Spring St. Placerville, CA 95667
Contact: Celeste Cooney, Program Coordinator
Phone: 530-621-6150
Website: www.co.el-dorado.ca.us
Email Address: cooney@co.el-dorado.ca.us

Services Provided:
- A variety of recreational activities for seniors (60+) which include, fitness, card groups, art, pottery, ceramics, quilting and hiking group, as well as multi-day tours.
- Lots of senior care in Placerville for seniors.
- Senior Day Care, Health & Nutrition Programs, Legal Services & Volunteer Programs for seniors.

Sierra Moms’ Club
P.O. Box 1522
Folsom, CA 95763
(916) 978-5995
Website: http://www.sierramoms.org/

The CAVE (Folsom Middle School)
500 Blue Ravine Road
Folsom, CA 95630
Cave Cell: (916) 351-3530
Land Line :( 916) 355-7203
Website: http://www.folsom.ca.us/depts/parks_n_recreation/teen/default.asp

Services Provided:
- After school program for grades sixth thru eighth.

Veterans of Foreign Wars (Folsom)
(916) 985-7911
Support Groups/Hotlines

ADHD Parent
Support Group Weds. 7-8:30pm
EDH-see Jill for address

Adoption Referral(Lifetime adoption referral)
(916) 987-9565
Website: http://www.lifetimeadoption.com/

Al-Anon Family Group/Alateen
Phone: 1-888-425-2666
Website: http://www.al-anon.alateen.org/local-meetings

Alcoholic Anonymous
9960 Business Park Dr.
Sacramento, CA 95827
Western Slope (530) 622-3500
Sacramento (916) 454-1100
Website: http://www.aa.org/?Media=NoFlash

Services Provided:
- A self-supporting group that helps each other through their own contributions.

Alzheimer’s Support Group
82 Main Street
Placerville, CA 95667
(530)626-6939
Website: http://elderoptionsca.com/

Services Provided:
- Assessments to identify the issue, eligibility and needs.
- Develop a plan of care, conduct family meetings to address family/client issue.

American Cancer Society
1765 Challenge Way Ste. 115
Sacramento, CA 95815
(916) 446-7933
Website: http://www.cancer.org/

Anger Management & Recovery Group
Email: recoveryworldinfo@yahoo.com
Website: http://www.recovery-world.com/Anger-Management.html
Arthritis Foundation  
1851 Heritage Lane #183  
Sacramento, CA 95815  
(916) 368-5599  
Website: http://www.arthritis.org/

Birth & Beyond  
5621 Watt Ave Ste. 200  
North Highlands, CA 95660  
Phone: 916-679-3925  
Website: http://birth-beyond.com/

Services Provided:  
- Home visitation program that provides family support services to pregnant women and families with children through five years of age in the home.

Bipolar/Depression  
Phone: 1-800-826-3632  
www.dbsalliance.org

Breaking Barriers (Gay & Lesbian issues)  
221 21 street  
Sacramento, CA 95811  
(916) 447-2437  
Website: http://www.breakingbarriers-sacramento.org/

Services Provided:  
- HIV partner testing, workshops and groups, individualized prevention counseling, holiday food baskets, talking about positive prevention.  
- Breast cancer services, referrals, treatment navigation.

Burn Support Group  
(916) 734-3636  
Contact: Deb Jones (Outreach Specialist)  
916-601-3636  
Website: http://www.burnsurvivor.com/supportgroups.html

California Smokers’ Help Line  
1-800-662-8887  
Website: www.nobutts.org

Services Provided:  
- Service hotline to help smokers quit
California Youth Crisis Hotline
1-800-843-5200
Website: www.youthcrisisline.org

Services provided:
- 24 hour youth crisis line.
- The crisis line can help youths find shelters, youth-serving medical clinics, and on-going counseling services.

Chemical Dependency Recovery Program - Kaiser
(916) 482-1132

Child Access (Counsel. Ref.)
(916) 875-9980
Website: www.saccounty.net

Child Abuse Treatment Services (EMQ Families First)
9343 Tech Center Drive, 2nd Floor
Sacramento, CA 95826
Phone: 916-388-6400
Website: http://emqff.org/

Services Provided:
- Foster Care, adoption services and therapeutic behavioral services.

Children/Adult w/Attention Deficit Disorders
Phone: 1-800-233-4050
Website: http://www.chadd.org/

Cocaine Anonymous
4445 Fruitridge Rd
Sacramento, CA 95820
Phone: 916-349-4230
Website: http://riverunity.com/schedules/SierraFoothills.asp

Co-dependence Anonymous

Toll Free: 1-888-444-2359
Spanish Toll Free- 1-888-444-2379
Website: http://www.coda.org/

Services Provided:
- Working with men and women whose common purpose is to build healthy relationships.
Compassionate Friends Crisis Hotline
916-457-4096
Website: http://www.compassionatefriends.org/contact_us.aspx

Delinquency Prevention Project
Website: http://preventdelinquency.org/about.php

Services Provided:
- Teaching parents how to be proactive and take a holistic approach to supervision that targets risk factors, to providing guidelines on how to effectively deal with children already exhibiting behavioral problems.

Diabetes Assoc.
4600 Roseville Rd. Suite 130
North Highlands, CA 95660
Website: http://www.diabetes.org/
(916) 924-3232

Family Resource Center
3501 Spruce Ave
South Lake Tahoe, CA 96150
(530) 542-0740
Website: http://tahoefamilyresourcecenter.com/

Services Provided:
- Community learning center, English classes, teen leadership, Latino engagement: mental health services for adults, parabajitos youth program, and parent education-FKCE.

Firefighters Burn Institute
3101 Stockton Blvd
Sacramento, CA 95820
(916) 739-8525
Website: http://ffburn.org/

Folsom Crime Tip Hotline
Non-Emergency: 916-355-7230
Anonymous Tip line: 916-930-1098
Website: http://www.folsom.ca.us/depts/police/get_involved/crime.asp

Folsom Police Dept.
46 Natoma St.
Folsom, CA 95630
(916) 355-7231
Website: http://www.folsom.ca.us/depts/police/telephone_numbers.asp
Gambler’s Anonymous
916) 447-5588
Website: http://www.gamblersanonymous.org/ga/

Med Clinic Behav. Health Dept.
(916) 924-6400
Website: http://www.mercysanjuan.org/index.htm

Mothers Against Drunk Driving (MADD)
4629 Whitney #7
Sacramento, CA 95821
Phone: 916-481-6233
Email: ca.state@madd.org
Website: http://www.madd.org/

Muscular Dystrophy Association- Sac.
3010 Lava Ridge Court #160
Roseville, CA 95661
(916) 921-9518
Website: http://www.mdausa.org/office/sacramento

Services Provided:
- Clinics, equipment assistance, advocacy, summer camp, caregivers, education resources, MDA transition services, flu season resources, MDA publications.

Nar-Anon
(916) 646-6534
Website: www.nar-anon.org

Narcotics
Toll Free 1-800-756-4576
www.CNOA.org

Narcotics Anonymous
www.na.org

National Dating Abuse Hotline
1-866-331-9474
Website: www.loveisrespect.org

Services provided:
- Online chat website, and you can text Love is to 77054.

Parenting After Divorce/Co-Parent.
Website: http://www.parentingafterdivorce.org/
Poison Control
1-800-222-1222
Website: http://www.aapcc.org/dnn/default.aspx

Rational Recovery
(530) 621-2667
Website: https://rational.org/index.php?id=1

Recovery, Inc.
(916) 483-5616
Free self-help grp.

Runaway Hotline
Phone: 1-800-786-2929
Website: http://www.1800runaway.org/

Sac. Learning Disabilities Assoc.
Answering mach. 1-800-203-7542
Website: http://www.sacramentolda.org/

Senior Legal Hotline
Toll Free (800) 222-1753
Sacramento (916) 551-2145
Website: http://slh.lsnc.net/

Sex & Love Addicts Anonym.
(916) 552-1442
Website: http://slh.lsnc.net/

Smokers Helpline
800-662-8887
Website for teens- Notobacco.org

Stroke Support Grp.
Email: vsiebert-thomas@stroke.org
Website: http://www.stroke.org/site/PageServer?pagename=support_groups

Sudden Infant Death Syndrome (SIDS)
Website: http://sids.org/

Suicide Prevention
1-800-273-8255 or (916) 368-3111
www.suicidepreventionlifeline.org

Summit Counseling & Education Serv.
550 Main Street # I
Placerville, CA 95667
Sutter Hospice Support
(916) 388-6215
El Dorado Co. (530) 621-7820
Website: http://www.suttervnaandhospice.org/support/

Tough Love (Parents only)
Website: http://www.naturalchild.org/jan_hunt/tough_love.html

United Cerebral Palsy Assoc. UCP
(916) 565-7700
Website: http://www.ucp.org/

Victims of Crime Resource Center
1-800-842-8467
Email: victims2@pacific.edu
Website: http://www.1800victims.org/

Women Escaping a Violent Environment (WEAVE)
(916) 920-2952; available 24-hours (916) 728-7210
Website: http://www.weaveinc.org/

Services Provided:
- Prevention and education on domestic violence and sexual assault in Sacramento county.
Transportation

Donate Your Car
1-877-Kars-4-Kids
Website: www.Kars4Kids.org

El Dorado Transit
6565 Commerce Way. Diamond Springs
Contact: Mindy Jackson, Transit Director
Phone: (530) 642-5383
Website: www.eldoradotransit.com

Services Provided:
- Commuter service to Sacramento & Rancho Cordova.
- Dial-A-Ride curb-to-curb service seven days a week, 8 a.m. - 5 p.m.
- Local bus service to the public.

Folsom Dial-a-Ride
(916) 355-8347
Western Slope (530) 642-5383

Service Provided:
- Folsom dial-a-ride (for seniors & handicapped) Info on routes, fares, schedules.
- Curb-to-curb service.
- Registration required.
- Attendant can ride free.

Folsom Stage Line (bus)
(916) 355-8347

Folsom Transit Hotline
24-hour information on schedule changes & route changes
Phone: 916-355-8395

Greyhound Bus Lines
1-800-231-2222

Regional Transit & Light Rail
1400 29th Street
Sacramento, CA 95816
Phone: 916-321-2800
Website: http://www.sacrt.com/
Rideshare-Sacramento Area Council of Governments
3000 S. Street
Sacramento, CA 95816
Contact: Debra Behrens, Research Analyst
Phone: 916-340-6229
Website: http://www.sacregion511.org/rideshare/
Commute toll free (1-800-commute

Services Provided:
- Ridesharing includes carpooling, telecommuting, public transit & bicycle commuting.
- Information for ridesharing/placement assistance to employers, individuals, developers and other organizations interested.

Student RT Pass (F.L.C.) Contact: Scott Crow (916) 608-6993
Utilities

Folsom Recycling Info.
(916) 355-8393
Website: http://www.folsom.ca.us/depts/utilities/solid_waste_division/recycling.asp

Garbage & Water Services
Billing, Questions (916) 355-7295
Website: www.folsom.ca.us

Hazardous Waste
Phone:916-355-8367
Website: www.folsomhazmat.com

Services Provided:
- Pick-up service.
- Safe & legal disposal.
- Paint, motor oil, anti-freeze, rechargeable batteries, propane tanks, etc.
- See Website for details.

Hazardous Waste
Household - (916) 355-8350

PG&E Customer Service
1-800-743-5000
Website: http://www.pge.com/myhome/customerservice/

Recycling Center
Wal-Mart Lot at Riley & Glenn
Behind Raley’s - EDH

Recycle Electronics
(530) 626-4141 (ED Disposal)

Relief for Energy Assistance Through Community Help (REACH)
Phone: 1-800-743-5000
Website: http://www.pge.com/reach/

Sewer Troubles
(916) 355-7272
(916) 985-4848 - After Hours

SMUD Energy Assistance Program
1-888-742-7683
Website: https://www.smud.org/en/index.htm
Water Leaks
8am-5pm (916) 355-7272
After hours: (916) 985-4848

Water Treatment
(916) 355-9337
Veteran Affairs

The Department of Veterans Affairs
www.mentalhealth.va.gov/
Emotional Crisis line: 1-800-273-TALK (Suicide Prevention) Press #1 for Veterans
www.suicidepreventionlifeline.org

Services Provided:
- New Website for college counselors and mental health professionals.
- Resource list helpful also.
Women Services

El Dorado Women’s Center - Placerville
Refer to Emergency Services section.

La Leche League
Nutrition & breastfeeding support
1-800-525-3243
Website: http://www.lli.org/

Women, Infants, and Children - El Dorado
937 Spring Street
Placerville, CA 95667
Contact: Ellen Deutsche, Nutrition Supervisor
Phone: (530) 621-6176 24-hours, answering machine

Services Provided:
- A health & food assistance program, offering participants nutrition, education &
  vouchers for supplemental foods.
- Serves women who are pregnant, breast-feeding, or just had a baby & children under 5
  years old. (Also, foster children)
- 7 locations in El Dorado and Alpine Counties.

YWCA
1122 17th Street
Sacramento, CA 95814
Contact: Jennifer Shimabukuro
Phone: 916-264-8066
Website: www.ywcasacramento.org
Email Address: mail@ywcasacramento.org

Services Provided:
- A variety of physical activities, breast cancer early detection program, will pay for
  breast cancer testing and treatment (women under 40 only).
Misc. Resources

Boys & Girls Club
Pick-up Service 1-800-788-6444

Campfire Boys/Girls
Website: http://campfireusa.org/

El Dorado Hills Chamber
981 Governor Dr., Ste. 103
P.O. Box 5055
El Dorado Hills, CA 95762
Phone: (916) 933-1335
Website: www.eldoradohillschamber.org
Email Address: chamber@eldoradohillschamber.org

Families First
(916) 641-9595 or (916) 448-2433
Websites: http://www.familiesfirst.org/T80-home-page

Foothill Physical Therapy Center
Andrew Glidewell, MPT, CSCS, Owner, Physical Therapist.

Service Provided:
- Will give the uninsured individual 3 free visits.
- See Jill Morrison for more details.
- For counselor referral only.
- Not to be given out freely.
- Center located in El Dorado Hills.

Operation Christmas Child (Samaritan’s Purse)
For more information, call 1-800-353-5949
Website at: www.samaritanspurse.org

Services Provided:
- Shoebox gifts are sent around the world to less fortunate children.
- National Collection Week is November 15th-22nd.

Sacramento Association for the Retarded
4641 Pell Dr.
Sacramento, CA 95838
Phone: 916-737-3433
Donation pick-up call
Email: sacramentoar@sbcglobal.net

Salvation Army
Pick-Up Service (800) 728-7825
Sams Club
2495 Iron Point Rd., #11
Folsom, CA
Phone: (916) 817-8965

Service Provided:
- Employment opportunities for our students.
- Computer application, first interview.
- Applications viewed weekly.
- Second interview in person- by appointment only.
- Mostly part-time jobs.
- Starting salary is $8.00 an hour.

**SMUD Free Shade Tree's Call the Sacramento Tree Foundation**
Ph. (916) 924-8733 to receive up to 10 free SMUD shade trees, stakes, and ties.

Services Provided:
- A forester from the Sacramento Tree Foundation will visit your home to help you pick the right trees for your property.
- Ten days later we will deliver your trees to you, along with stakes and ties, all for free.
- Rentals are included with the owner’s permission.
- For more information call the Sacramento Tree Foundation at 916-924-8733 or visit www.sactree.com

**The James Redford Institute for Transplant Awareness**
10573 West Pico Blvd. #214
Los Angeles, CA 90064
Phone: (310) 559-6325
Website: www.jrifilms.org

**The Sam Harry Foundation**
Pediatric Brain Tumor Research
Website: www.samharryfoundation.org

Services Provided:
- The website focuses on pediatric brain tumor research and resources for parents of children stricken with a similar illness.

**The Susan G. Komen Breast Cancer Foundation**
Sacramento Valley Affiliate
Donate your car, boat, RV or real estate
Phone: 1-877-465-6636
Website: http://ww5.komen.org/Contact.aspx

Services Provided:
- Provides free towing, tax deductible, and handles all DMV paperwork.
- Website: http://ww5.komen.org/Contact.aspx
Vietnam Veterans of America
Pick-up Service (916) 391-VETS
**Important Websites**

**www.folsom.ca.us**  
Official website for the city of Folsom

**www.visitfolsom.com**  
Great links - things to do in Folsom, places to go, events, places to stay...

**www.eldoradobusiness.com**  
13,000+ businesses in El Dorado County.  
A comprehensive online business directory.

**www.xamire.com**

Services Provided:
- Provides a list of companies to apply online that will consider hiring someone with a felony conviction.
- There are no charges associated with the use of Xamire.com or its services.
**Other Important Community Resources**

**Children & Families Commission of El Dorado County**
El Dorado County Community Services Directory
4111 Creekside Dr., Suite B Shingle Springs, CA 95682

**Community Services Planning Council**
Extensive community resource list on Website: www.communitycouncil.org
909 12th Street, Suite 200
Sacramento, CA 95814

Services Provided:
- Russell Medeiros - in charge of Website resource list
- 10 years here, Los Rios CCD alumni (916) 447-7063
- cspc@communitycouncil.org
- Community Resource Programs such as: volunteer work, links to career information, help for disabled & the elderly, Provide opportunities for low-income families to obtain food, clothing, and basic living necessities.
- Also involved with hands on Sacramento, adult & aging commission, children’s coalition, HIV Health Services, Hunger coalition, Ten year plan to end chronic homelessness in Sacramento, etc.

www.beehivesacramento.org
Help with money, health, jobs, school work (English/Spanish), and housing (foreclosure & 1st time buyers info.

**Folsom Lake College Annual Fund - The Los Rios Student Emergency Loan Fund**
Contribute to the fund or make a payment or one-time contribution.
(916) 608-6643

**InfoLine Sacramento Community Service Directory**
909 12th Street, Suite 200
Sacramento, CA 95814
Phone: (916) 447-7063
Website: www.communitycouncil.org
Email Address: cspc@communitycouncil.org

**Senior Information and Assistance**
937 Spring Street
Placerville, CA 95667
Phone: (530) 621-6150
Toll Free: (800) 295-7779

**Smog Check-Consumer Assistance Program**
Financial Assistance
Website: www.smogcheck.ca.gov