

# Assistance Resource List

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## **Affordable Housing (Section 8)**

Where to apply:

- Placer County Housing Authority – (530) 889-7610  
11552 B Avenue, Auburn, CA 95603
- Sacramento Housing & Redevelopment Agency – (916) 440-1390  
701 12<sup>th</sup> Street, Sacramento, CA 95814

Section 8 is the more common name for the Housing Choice Voucher Program. These vouchers are awarded to individuals who meet certain income and earned income requirements. The goal of this program is to provide affordable low cost housing to low-income occupants.

## **Anger Management Groups, Classes and Counseling**

- (court accepted) - Violence Intervention & Prevention: 484-6738  
10020 Foothills Blvd. #27, Roseville, CA 95747
- (court accepted) - Valley Hi-Florin Family Resource Center: 290-8282  
7000 Franklin Blvd. #820, Sacramento, CA 95823
- (court accepted) - Family Conflict Resolution Center: 446-1500, or 271-4634\  
3000 T Street #105, Sacramento, CA 95816
- (court accepted) - Del Paso Heights Neighborhood Service Agency: 648-0309  
3970 Research Dr., Sacramento, CA 95838
- (court accepted) - Fathers Resource Center: 739-0894  
3443 Ramona Ave. #25, Sacramento, CA 95826
- (court accepted) -Terra Nova counseling: 344-0249  
5777 Madison Ave. Sacramento, ca 95841

- (court accepted) – Strategies For Change: 473-5764  
4441 Auburn Blvd. #E, Sacramento, CA 95841
- (court accepted) – Sacramento Counseling Associates: 962-7101  
7844 Madison Ave. #105, Fair Oaks, CA 95628
- (court accepted) – Positive Options: 973-2838  
2400 Glendale Lane, #G, Sacramento, CA 95825
- (court accepted) – Pacific Educational Services: (530) 346-5891  
11837 Kemper Rd. #2, Auburn, CA 95603

## **Bill Payment Assistance: [www.needhelppayingbills.com](http://www.needhelppayingbills.com)**

- Grants and financial aid to help with electric bills and energy expenses
- Help with medical bills
- Free mortgage help and foreclosure preventions
- Debt help and reduction of credit card and medical debts
- Help with Taxes, including income and property
- Lawyers provide pro-bono and free legal advice and aid

These are the six of the primary expenses that consumers need help paying in today's challenging economic environment. For additional assistance email: [info@needhelppayingbills.com](mailto:info@needhelppayingbills.com), include your state in the email.

## **Car Repair Service For Qualified Low-Income Families**

- Flying Monkey Automotive Service, Inc. 267-1750, [www.flyingmonkeyautomotive.com](http://www.flyingmonkeyautomotive.com),  
Or email us at [fmasinc@gmail.com](mailto:fmasinc@gmail.com)

We are a non-profit charity that repairs cars and light trucks for working\* low income clients at our facility in Sacramento. (\*a working client would include the employed, students and retired persons, unemployed recipients and SSDI recipients.)

## Child & Family Assistance (♥ = FREE STUFF)

- 24 hour parent support line: 1-888-281-3000
- Roseville Family Resource Center: 774-6802
- Healthy Family Program: 1-800-880-5305  
Provides low cost health care programs for children. Includes, health, dental and eye care.
- North Roseville Recreations Center: 789-7884  
Community Center that provides educational, recreational and social services at NO COST in a positive atmosphere that will allow disadvantaged children to reach their full potential. In doing so we create a positive impact on their lives now, and in the future.
- Children's Crisis Nursery: 394-2000  
Temporary shelter for children who parents are in crisis.
- ♥ Mother/Baby Program: 456-1980 (A three day supply of the following items: baby formula, food & disposable diapers).
- ♥ S.A.C.A Center: 648-8729 (FREE diapers and baby food if you attend one monthly workshop).
- ♥ River City Community Services: 446-2627 (May possibly have some diapers and milk if you ask for some when you receive an emergency food basket.)
- ♥ Child Action: 369-0191 (FREE child care information and referrals to child care centers, family day care homes, nursery schools and before and after school programs).
- ♥ SFBFS Mother/Baby Program: 456-1980 (provides emergency baby/toddler food, clothing, diapers, formula and hygiene items, miscellaneous baby and maternity items, baby furniture. Attendance in a parent education classes are require).
- ♥ Folsom Cordova Community Partnership: 361-8684 (includes rental & utility assistance, RT passes, FREE diapers & formula).
- ♥ The Effort at North Highlands Family Resource Center: 679-3925 (Each third Monday FREE kids clothes closet)

## Clothing Assistance

- Dress for Career Advancement Clothes Closet: 967-0405  
Job seeking clients can use the clothes closet once a month.
- Hillsdale Career Center: 263-4100  
FREE clothing for job interviews only. Must call first to schedule an appointment.
- Sacramento Clothes Closet: 456-1980  
FREE clothing for the entire family.
- First Baptist Church of North Sacramento: 971-7643

FREE clothing to people in need.

- Orangevale 7<sup>th</sup> Day Adventist: 967-0405 (95662 zip code residents only)  
FREE clothes once a month.
- Union Gospel Mission: 447-3268  
Men & women's emergency clothes.
- Murph-Emmanuel African Methodist Church: 332-7749  
Third Friday of each month we give away FREE food and clothes.
- New Testament Baptist Church: 344-0440  
Clothing giveaway on the 2<sup>nd</sup> and 4<sup>th</sup> Saturday of each month.
- Genesis Missionary Baptist Church: 422-8772  
Clothing giveaway every other Monday.
- The Effort at North Highlands Family Resource Center: 679-3925  
Third Monday of each month FREE clothes closet.

## **Crisis Pregnancy & Adoption Resources**

- New Life Pregnancy Center: 624-8990  
Pregnancy screening, post abortion counseling, housing help, parenting classes, etc.
- Alternatives Pregnancy Resource Center: 880-4040  
If you feel you might be pregnant and want to talk to a counselor, please call.
- Koinonia Family Services: 652-5802
- Bethany Christian Services: 800-454-0454
- Heartfelt Adoptions: 362-2300
- Family Connections Christian Adoptions: 568-5966  
Licensed non-profit, full-service adoption agency.

## **Dental Care Assistance**

- Donated Dental Services: (877) 357-8660
- Denti-Cal Provider Information: (800) 322-6384  
Information about dentists who accept Medi-Cal

- Adult Dental Clinic – Placer County Residents: (530) 889-7188
- Adult Dental Care-Sacramento County Residents: 361-1660
- Sacramento County Dental Clinic: 874-8300
- Youth Dental Services: 443-8333
- Sacramento City College Dental: 558-2303

## Domestic Violence Help

- Peace for Families: 773-7273  
Emergency Safe House, emergency food, clothing, transportation, counseling.
- Domestic Violence Intervention Center: 728-7210
- W.E.A.V.E. (Sacramento): 920-2952
- My Sisters House: 428-3271
- The Center for Violence-Free Relationships/Placerville: (530) 626-1121
- Child Abuse Prevention of Placer County: 774-6802
- C.P.S. Child Protective Services: 784-6060

## Emergency and/or Transitional Housing

- **Motel Vouchers** / Salvation Army / Roseville: 784-3233
- **Motel Vouchers** / Sacramento Area Emergency Housing: 455-2160
- **Motel Vouchers** / Sacramento Travelers Aid Emergency Assistance Agency: 399-9646
- **Motel Vouchers** / Francis House / Sacramento: 443-2646
- Home Start Family Center / 410 Riverside Ave. / Roseville: 782-6667
- The Gathering Inn / 201 Berkeley Ave. / Roseville: 791-9355
- Powerhouse Ministries / 705 Wales Dr. / Folsom: 983-0658
- Acres of Hope - women & children only / Applegate: (530) 878-8030
- Hope, Help & Healing / 11960 Heritage Oak Place / Auburn: (530) 885-4249
- The Lazarus Project / Roseville: 772-6833
- St. John's Shelter - women & children only / Sacramento: 453-1482
- Sacramento Area Housing / family shelter: 455-2160

- Sacramento Area Housing / women's refuge shelter: 455-0415
- Mather Community Campus / singles: 228-3107
- Mather Community Campus / families: 455-2194
- American Red Cross / 8928 Volunteer Lane / Sacramento: 993-7070
- Department of Human Assistance / 1725 28<sup>th</sup> Street / Sacramento: 874-2012

## **Eviction / 3 day notice Information**

Any 3 day notice, or 30 day notice should be treated as an EMERGENCY and legal assistance should be obtained immediately. If a landlord wants to evict you, a notice or letter must be served to you by the landlord or an attorney. To appeal the eviction you must respond to the court within the given time frame. IF YOU DO NOT RESPOND YOU MUST MOVE. If you do not move, the sheriffs department can forcibly remove you from the premises.

### **To avoid eviction call:**

- Placer Dispute Resolution Service: 645-9260
- River City Community Services : 446-2627
- Human Rights / Fair Housing Commission: 444-6903
- Sacramento Mediation Center: 441-7979

## **Financial Counseling**

- Financial Disciplines / 531 Oak Street, Suite 5 / Roseville: 787-4541
- Faith Financial Planners / 735 Sunrise Ave. #115 / Roseville: 788-8412
- Cornerstone Financial Partners / 9071 Foothills Blvd. #3 / Roseville: 771-2331
- By Design Financial Solutions / 4636 Watt Ave / North Highlands: (800) 750-2227

## **Food Banks – Roseville**

- Placer County Food Bank / 100 Lincoln Street, Roseville: 784-3382
- St. Vincent de Paul's / 503 Guiseppe Court, Roseville: 781-3303
- Second Harvest Food Bank / 133 Church Street, Roseville: 783-4013

## **Food Banks - Sacramento**

- Central Downtown Food Basket / 1701 L Street, Sacramento– 568-7606  
FREE bag of groceries, baby formula
- Salvation Army Family Services / 1225 North B Street, Sacramento – 442-0303

## **Neighborhood Food Banks listed by ZIP CODES:**

95820, 95822, 95823, 95824, 95838, 95829 - Capital City 7<sup>th</sup> Day Adventist Community Services: 381-5353

95608, 95609, 95610, 95621, 95821, 95840, 95841 - Carmichael 7<sup>th</sup> Day Adventist Community Services: 487-8685

95608, 95610, 95621, 95660, 95821, 95825, 95841, 95842, 95843 - Carmichael Presbyterian Church Food Closet: 483-9232

95626, 95660, 95673, 95815, 95833, 95834, 95835, 95836, 95837, 95838 - Del Paso Heights Food Locker: 927-6981

95815, 95824, 95825 - El Camino Baptist Church: 488-1522

95822, 95823, 95824, 95826, 95828, 95831, 95832 - Emergency Closet South Sacramento Interfaith Partnership: 428-5290

95660, 95842, 95843 - North Highlands Christian Food Ministry: 331-1510

95814, 95816, 95817, 95818, 95819, 95820 - Oak Park food Locker: 456-1980

95662 - Orangevale Food Closet – 7<sup>th</sup> Day Adventist Church: 967-2838

95673, 95626, 95838 - Our Lady of Lourdes Church: 925-5313

95825, 95864 - Sierra Arden Food Closet: 483-1942

95821 - St. Matthew’s Food Closet: 927-0115

95610, 95621, 95628 - Sunrise Christian Food Ministry: 965-5431

## **Furniture Assistance**

- Love Inc. / 251 Valdez Ave., Sacramento : 383-3232  
Beds, kitchen table & chairs, etc.
- St. Vincent de Pauls’s Thrift Store / 2275 Watt Ave, Sacramento: 729-4077  
FREE furniture based on family crisis & verification of immediate need.
- Our Lady of Lourdes / 1951 North Ave, Sacramento: 925-5313  
Offers furniture vouchers.

## Job Placement Assistance

- Bayside Church “Get Equipped” Workshops: [www.baysideonline.com/adults/career-coaching](http://www.baysideonline.com/adults/career-coaching)  
Over 360 job seekers re-employed through this program!
- Employment Development Department: 774-4045
- Roseville One Stop Career Center: 263-4100
- Golden Sierra Job Training: 746-7722
- Pacific Staffing: 784-3333
- Accountemps: 782-3333
- Accounting Solutions: 773-9880
- Adecco Employment Services: 780-2400
- Advantage Service Group: 780-9870
- Appleone Temporary & Full-Time: 782-0632
- Certified Employment Group: 771-6886
- Dynamic Staffing: 773-3900
- Express Personnel Service: 625-0155
- Labor Connection: 780-1500
- Office Team: 782-8840

## K-LOVE Radio 89.7 – Positive & Encouraging

**24/7 Prayer & Support call one of our Pastors: (800) 525-5683**

### Life and Faith

In addition to providing uplifting music, K-LOVE has six full-time pastors to give you Christian advice and as you walk through the challenges of life. “God can take the worst things...and turn them into something beautiful”.

“Why should I follow Jesus?” The reality is, God loves you. He wants you to experience abundant peace and eternal life. He loves you so much that He sacrificed His only son to die for your sins. God did not make robots to automatically love and obey Him. He gave you free will and a choice. All too often, this free will causes a separation from God due to disobedience. “For everyone has sinned; we all fall short of God’s glorious standard.” – **Romans 3:23**

### The Solution

The good news is that you matter to God. He’s given an avenue for forgiveness where you can restore your relationship with Him. He gave His son Jesus to pay the death penalty by sending Him to the cross and raising Him

from the grave. “Christ suffered for our sins once for all time. He never sinned, but He died for sinners to bring you safely home to God.”– 1 Peter 3:18

**So, now what? It’s not enough to just know about this, or even agree with it. Act on it.**

1. Humbly **admit** to God that you need His forgiveness
2. **Confess** that Jesus is Lord and that He alone can save you
3. **Believe** in your heart that God raised Jesus from the dead to pay for your sins

**“If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.” – Romans 10:9**

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## Legal Assistance Services

- FREE Legal Services of Northern California: 551-2150
- Placer County Legal Help Center: (530) 889-7465, [www.placerco.org](http://www.placerco.org)
- Lawyer Referral & Information Service: 444-2333
- Dispute Resolution Services: 645-9260, [www.pdrs.org](http://www.pdrs.org)
- Legal Services of Northern California: (530) 823-7560
- Child Advocates of Placer County: (530) 887-1006
- Child Support Assistance: (800) 795-1639, [www.supportkids.com](http://www.supportkids.com)
- Legal Center for the Elderly and Disabled: 486-2110, or 488-5298

## Medical Clinics

- FREE Clinic – Community Health Clinic / Roseville: 791-9355
- Community Clinic: 784-6444
- Capitol Community Health Network: 447-7222
- FREE Clinic – Folsom Family Clinic: 983-3658
- Community Clinic / Auburn: (530) 889-7215
- FREE Clinic – Mercy Clinic / Sacramento: 446-3345
- FREE Clinic – White Rock Family Clinic / Rancho Cordova: 364-0724
- FREE Clinic – Del Paso Health Clinic / Sacramento: 648-0970
- FREE Clinic – County of Sacramento Primary Care Clinic: 874-9670

## Medical Transportation

- Health Express: (800) 650-7433
- Dial-A-Ride: 774-5757

## **Rent Payment Assistance – Placer County Residents**

- Placer county Rental Assistance Program: 774-5270
- Salvation Army: 784-3233
- Stonehouse Financial Assistance: 784-6000
- Placer County American Red Cross: (530) 885-9392
- Renters Assistance Program: 774-5960
- Travelers Aid Financial Assistance: 399-9646
- Temporary Assistance For Needy Families: (530)- 546-1900

## **Rent Payment Assistance – Sacramento County Residents**

- Sacramento Housing Agency: 440-1317
- River City Community Services: 446-2627
- Sacramento Salvation Army: 442-0303
- Greater Sacramento Urban League: 286-3725
- Powerhouse Ministries: 482-6774
- Travelers Aid Society: 399-9646
- St. Joseph’s Catholic Church: 925-3584

## **Sacramento Information & Referral Service: “INFO” line – call 2-1-1**

- Emergency shelters, affordable rental housing
- Emergency meals, food closets, thrift stores
- Job information, transportation
- Health care, flu shots, shots for kids
- Legal & financial assistance
- Senior housing, in-home care, respite care

## **Senior Citizen Assistance**

- The Senior Connection Resource Line: 334-1072
- Placer County Senior Resource Line: (800) 878-9222, ext. 215
- Door-to-door Rides: (800) 878-9222, ext. 202
- Meals on Wheels: (800) 878-9222, ext. 206
- Senior Nutrition Senior Café: (800) 878-9222, ext. 208
- Friendly Senior Visitor Program: (800) 878-9222, ext. 219
- Senior Safety Repair Service: (800) 878-9222, ext. 401
- Housing Placement Assistance: (800) 878-9222, ext. 209
- Health Express Medical Appointment Transportation: (800) 655-7433
- Senior Companion Program: 875-3582
- Home Instead Senior Services: (530) 885-3904
- Personalized Homecare & Homemaker Agency: 979-4975
- Placer County Medical and In-Home Support Services: (530) 889-7240
- Senior Independent Services: (530) 885-7706
- ComForCare Senior Services: 784-9233
- Respite & Recreation Program through Sutter Health: 781-1559
- Alzheimer's Aid Society of Northern California: (800) 540-3340

## **Substance Abuse Programs**

- Bayside Celebrate Recovery – A Christ Centered 12 Step Program (Friday's 7PM)  
8171 Sierra College Blvd. Room B121, Roseville, CA
- Al-Anon & Alateen: 334-2972
- Alpha Oaks Recovery for Women: 944-3920
- Central CA Fellowship of AA: 454-1771
- Clean & Sober Program: 498-0331
- Hope, Help & Healing: (530) 885-4249
- Pacific Hills Treatment Center: (866) 503-1004
- Gateway Recovery House for Women: 451-3912
- Family Therapy for Effective Recovery: 344-0359

- Mercy Ministries for Women: (615) 831-6987
- People Reaching Out: 576-3300
- Placer County Alcohol & Drug Treatment: 787-8800
- Teen Challenge (Adult Program): 276-2926
- The Effort: 454-1100

**Suicide Prevention and Advise Line: 773-3111 ([www.fsa-sac.org](http://www.fsa-sac.org))**

### **Utility Bill Assistance**

- City of Roseville bill / Utility Assistance Program: 774-5300
- PG&E bill / Project Go Emergency Assistance Program: (888) 524-5705
- PG&E bill / REACH Program: (800) 933-9677
- SMUD bill / HEAP Program: 567-5200
- Salvation Army Utility Assistance Program: 442-0303
- The Salt Mine Utility Assistance Program: 645-3778
- EnergyHELP Utility Program: (866) 675-6624
- EARP Utility Assistance Program: 875-1355
- Sacramento Emergency Utility Assistance Program: 455-2160

**Welfare Office / Placer County – 1000 Sunset Blvd. #220, Rocklin, CA: 784-6000**

- General Relief
- Food Stamps
- Temporary Assistance for Needy Families (TANF)
- Housing Choice Voucher Program
- Medi-Cal health insurance
- Supplemental Security Income (SSI)
- Medical Care Services Program (MCSP)
- Cal Works

## **Youth Crisis Hot Lines**

- Parent Support Line: (888) 281-3000
- California Youth Crisis Line: (800) 843-5200
- National Runaway Hotline: (800) 231-6946
- Child Find Hotline: (800) 426-5678
- Child Molester Identification Hotline: (800) 463-0400
- Missing, Abused & Exploited Children: (800) 818-4673
- Suicide Prevention Lifeline: 773-3111
- S.A.F.E. (Self Abuse Finally Ends/cutting): (800) 366-8288
- Sacramento County Juvenile Hall: 875-5150
- Youth/Adult Protective Services: 874-9377

**Information compiled by: Bayside Church of Granite Bay**

**(916) 791-1244**

**For more information go to: [www.baysideonline.com](http://www.baysideonline.com)**

**Service Times:**

**Saturday, 4:15 & 5:45 PM**

**Sunday: 8:15, 9:45, & 11:30 AM**