

## **CITY OF RANCHO CORDOVA - RESOURCES**

General Emergency 24 Hours/Day

911

### SHELTERS FOR MEN

Men's Winter Shelter Program  
Staging area for Transportation to Cal-Expo is Loaves & Fishes  
Staging begins at 3:00pm at 1321 North C Street  
Seasonal emergency shelter for men during winter

### SHELTERS FOR WOMEN/WOMEN AND CHILDREN

Sacramento Area Emergency Housing Center-Family Shelter  
4516 Parker Avenue  
455-2160  
Calls taken 24 Hours/day  
Emergency Shelter and Case Work Services for Families  
Call first for screening/space availability.

St. John's Shelter for Women and Children  
4410 Power Inn Road  
453-1482  
Call between 10:00 & 3:00 for screening/space availability  
Emergency shelter for women and children  
(male children must be under 12) – no waiting list

Sacramento Area Emergency Housing Center Women's Refuge  
4401 44<sup>th</sup> Street  
455-0415  
Calls taken 24 hours/day  
Emergency Shelter for Women only

Sacramento Army Lodge  
1200 North B Street  
442-0331  
7 days/24 hours  
Emergency shelter for single women & men age 18 & older  
Call first for screening and availability and/or show up at the patio courtyard for bed or waiting list sign-up

Sacramento Crisis Nursery  
6699 South Land Park Drive  
4533 Pasadena Avenue  
394-2000  
679-3600  
Calls taken 24 hours/day, 7 days a week;  
Office open 9:00 – 5:00. Mon – Fri  
Emergency shelter for children, new born to age 6. Provide respite for parents. Call to apply

Women Escaping a Violent Environment (WEAVE) Office  
920-2951  
448-2321  
Calls taken 24 hours a day  
Safe House & confidential shelter and counseling for women and children (boys under 16) escaping violent relationships

Sacramento Self-Help Housing Corp.  
Housing information at following locations:  
448-1074  
9:00-3:00 Mon - Fri Friendship Park, North C at 12<sup>th</sup> St  
1:00-5:00 Mon - Fri Frances House. 1422 C Street  
9:00-11:30 Mon & Thurs Wellspring, 3414 4<sup>th</sup> Street  
3:00-7:00 Tues Women's Center, 7640 Greenback Ln, C.H

Salvation Army Lodge  
1200 North B Street  
442-0331  
24 hours/7 days a week  
Emergency shelter for single men and women 18 years or older

Union Gospel Shelter  
400 Bannon Street  
447-3268  
Calls taken 24 hours/day  
Emergency shelter for single men  
Bed sign-up is at 5:30 pm daily – no waiting list

### FAMILY AND CHILDREN ISSUES

Child Abuse Reporting 24/day  
875-5437

Elder Abuse Reporting  
8:00 – 5:00 Mon – Fri  
874-9377

Medi-Cal Information  
8:00 am – 8:30 pm, Mon – Fri  
734-1600

Rape Crisis/Domestic Violence (WEAVE)  
920-2952

Women, Infants and Children Nutrition Program  
915 Broadway  
8:30 – 4:00, Mon – Fri  
326-5830  
Pregnant women and mothers with infants and children  
Call for other locations and appointment.

### FOOD AND CLOTHING

Sacramento County DHA Information Line  
Food Stamps/Assistance  
874-2072

Loaves & Fishes Dining Room  
1321 North C Street  
446-0874  
11:30 – 1:30, Mon-Fri; 11:00-1:00, Sat; 11:30 – 1:00, Sun  
Lunch tickets available at Friendship Park, North C at 12<sup>th</sup> Street from 7:30 am – 12:30 pm

Maryhouse – Loaves & Fishes  
1321 North C Street  
446-4961  
8:00 am – 9:00 am, Mon – Fri  
Breakfast for homeless women and men with children

Sacramento Food Bank  
3333 Third Avenue  
456-1980  
10:00 – 1:30, Mon – Fri, 12 noon – 1:30, Sun  
ID and proof of address required. Food and clothing.

River City Community Services 1322 27 <sup>th</sup> Street 11:30 – 3:00 Mon – Fri ID required for each food recipients	446-2627	<u>AIDS/HIV</u> Breaking Barriers 2020 V Street Mon – Fri 9:00 – 5:00, Sat 12 noon – 3:00 Homeless Outreach Program & provider of services persons with HIV and AIDS.	447-2437
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Union Gospel Missions 400 Bannon Street 7:30pm, 7 days/week Church service required followed by dinner 11:00 am Sunday service followed by lunch Call for clothing information	447-3268	Center for AIDS Research, Education and Service (CARES) 1500 21 <sup>st</sup> Street Mon – Fri, 9:00 am – 6:00 pm Serves people with HIV or AIDS. Call for appointment.	443-3299
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Wellspring Women’s Center 3414 4 <sup>th</sup> Street 7:30 – 11:30, Mon – Fri Hospitality Center for mothers and children, Breakfast served.	454-9688	Alternative Test Site Wed/Thurs Free anonymous testing. Call for appointment.	874-7720
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Women’s Civic Improvement Center (WCIC) 457-8661  
3555 3<sup>rd</sup> Avenue  
11:30-12:30 lunch, Mon-Fri Senior Nutrition Lunches  
Parenting classes available

MENTAL HEALTH AND  
SUBSTANCE ABUSE RECOVERY PROGRAMS

County Mental Health Information Line	875-1055
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MEDICAL AND DENTAL CARE

Child & Family Access Team Children Mental Health Mon – Fri, 8:00 - :00	875-9980
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County of Sacramento Primary Care 4600 Broadway 8:00 – 5:00, Mon Fri Walk-in medical services	874-9670
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Mental Health Crisis 24 hours/day	732-3637
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County of Sacramento Medically Indigent Services Program 8:00 – 5:00, Mon – Fri Call for assistance	874-9238
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Comprehensive Alcoholism Treatment Center 700 North 5 <sup>th</sup> Street 24 hours/day Detox and residential alcohol or drug recovery	448-1236
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Capital Health Center 1500 C Street 8:00 – 5:00, Mon – Fri for adults Immunizations, family planning and primary care.	874-5302
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Consumer Self-Help 3031 Franklin Blvd/4972 Date Avenue 8:30 - 4:00, Mon – Fri; 9:00 - 3:00, Sat Daytime mental health self-help program and referrals to other services	737-7100
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Mercy Clinic Nurse’s office in Friendship Park, North C at 12 <sup>th</sup> Street 7:30 – 4:00 Medical services for the homeless.	446-3345
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El Hogar Inc., Guest House Mental Health and Community Service Center 1400 North A Street, Building. # A 8:00 for walk-ins Mon – Fri Mental Health Services for homeless 18+	440-1500
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Oak Park Multi-Service 3415 Martin Luther King Blvd. 8:00 – 5:00, Mon – Fri Public Health Services	875-2995
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Clean & Sober Programs 1400 North C Street 8:00 – 3:00, Mon – Fri Alcohol and Drug Counseling AA & NA Meetings Daily	498-0331
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Sacramento County Dental Clinic 1500 C Street 7:40 – 5:00 Mon – Fri; Walk-ins at 7:40 am to 12:30 pm Emergency dental care	874-8300
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The Effort 1820 J Street 9:00 am – 7:00 pm, Mon – Fri Counseling services	325-5556
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The Effort Medical Health Service 1820 J Street Mon – Fri, 5:00 pm – 8:30 pm General health care for adults and children	325-5556
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Francis House 443-2646

1422 C Street

Mon – Fri 1:00 – 3:00; Mon, Tues, Wed 9:30 – 11:30

Counseling, referrals, transportation and resource information

Genesis 669-1536

1400 North C Street

8:00 – 3:00, Mon – Fri

Genesis is a mental health program for homeless adults next to Friendship Park gate on North C at 12<sup>th</sup> Street

Guest Health Outreach 446-3942

Friendship Park on North C Street at 12<sup>th</sup> Street

7:30 – 3:00, Mon – Fri

Medical screening, health education and medical Inage For adults and children

Psychiatric Emergency (Sacramento County) 732-3637

2150 Stockton Blvd.

Calls are taken 24 hours a day

Suicide Prevention 368-3111

Calls are taken 24 hours a day

TLCS/SHEP Intake Office 440-1500

1400 North A Street Building # A

8:00 – 11:00, Mon – Fri Walk-In

Walk-In mental health support services

Project Outreach 440-1500

Performs outreach for homeless persons who have an Immediate and rapid response

## YOUTH SERVICES

Diogenes Youth Services 369-5447

9719 Lincoln Village Drive, Ste #110 Hotline 1-800-339-7177

8:30 – 5:00, Mon – Fri

Calls are taken 24 hours/day Hotline

Counseling services and shelter for youth 12 – 17 years of age

California Youth Crisis Line Hotline 1-800-843-5200

24 hours/day

Adolfo Housing Services for Former Foster Youth 874-1370

National Runaway Switchboard Hotline 1-800-621-4000

24 hours/day

Neighborhood Alternative Center (NAC) 875-0560

Youth & Family Crisis Counseling

24 hours/day

WIND Youth Shelter 487-9494

Emergency Shelter, counseling & basic services

For homeless youths 12 – 17 years of age

Emergency pager 310-2778

WIND Youth Teen Safety Net Drop-In Center 443-8333

1400 North C Street

8:30 – 4:00, Mon – Fri, 10:00 – 12 noon, Sat

Drop in center for food; services, counselors to talk with are available

## VETERAN'S SERVICES

County of Sacramento Veterans Service Office 874-6811

2007 19<sup>th</sup> Street

8:00 – 5:00, Mon – Fri

Veteran Service

Veterans Affairs Dept. – Vet Center 566-7430

1111 Howe Avenue

8:00 – 4:30, Mon – Fri

Information, counseling and referral services.

Vietnam Veterans of California 393-8387

7270 East Southgate Drive

8:00 - 4:00, Mon – Fri

Employment based housing program for single men and women.