

## **General Assistance**

**Department of Human Assistance** (Cash Aid, CalWorks, Health Insurance, Child Support Services and more)

<https://ha.saccounty.gov>

**CalWORKs** (California's name for the federal Temporary Assistance for Needy Families (TANF) program. It gives people with kids in the home a monthly cash benefit, help finding work, and other helpful services. Parents with children under 18, people who are pregnant, and teen parents under 18 may be eligible for CalWORKs. If the child has a disability, they may be eligible up to age 21.)

<https://www.calworks.org/>

## **Rental Assistance**

**Salvation Army** (Rent/utility assistance) (916) 678-4010

[https://sacramento.salvationarmy.org/sacramento\\_metro/family-services/](https://sacramento.salvationarmy.org/sacramento_metro/family-services/)

**Francis House/Next Move** (Rent/utility assistance. Family at risk of losing housing should visit in person at 1422 C St. during operating hours) (916) 443-2646

<https://www.nextmovesacramento.org/francis-house-center/>

**Lutheran Social Services** (assistance for 18-24 year olds, families with young children, households with a disabled adult) (916) 453-2900

<https://www.lssnorcal.org/>

**St. John's Program for Real Change** (residential program and employment training for formerly homeless women and children) (916) 453-1482

<https://saintjohnsprogram.org/program/employment-training/>

## **Other Housing Resources**

**To apply for section 8 housing**

**County of Sacramento Housing Authority** (916) 440-1319

<https://www.sacwaitlist.com/home>

Email: [lsdozier@shra.org](mailto:lsdozier@shra.org)

801 12th Street, Sacramento CA 95814

**United Way** (Utilizes Medi-Cal membership to assist families and individuals with housing instability, deposit assistance and sustainability services.) (916) 368-3000

<https://www.yourlocalunitedway.org/our-work/healthy-community/housing-navigation/>

**Independent Living Systems** (Help finding housing resources through insurance coverage)  
916-202-4687

**Hope Cooperative** (On-site services to a number of properties around Sacramento County. The types of housing include interim, transitional, permanent supportive housing and sober living)

<https://hopecoop.org/>

**Volunteers of America Sacramento** (Housing, emergency shelter) (916) 265-3400

<https://www.voa-ncnn.org/services/housing-northern-california/>

**Next Move Sacramento** (Services include providing individual success plans, self-sufficiency workshops and groups on living skills, parenting, budgeting, housing, health and mental health care, housing relocation assistance, employment readiness and community support services) (916) 454-2120

<https://www.nextmovesacramento.org/>

**Sacramento Housing and Redevelopment Agency (SHRA)** (Apply online for subsidized housing.) (916) 440-1390

<https://www.sacwaitlist.com/home>

**Sacramento Supportive Housing** (Group Homes, Boarding Homes, Sober Homes, Transitional Living Homes, Care Homes, special needs housing options) (916) 999-5144

[sacsupportivehousing.com](https://sacsupportivehousing.com)

**Waking the Village** (Housing programs for young families experiencing homelessness) (916) 601-2979

[wakingthevillage.org/home](https://wakingthevillage.org/home)

**Family Promise** (Works with five families at a time. Once a family “graduates” into either transitional or permanent housing, another family is able to participate in the program. Two goals for each family: gaining permanent housing and gaining the skills required to make homelessness less likely to reoccur.) (916) 443-3107

<https://www.familypromisesacramentoca.org>

## **Utilities Assistance**

**HEAP** (Utility payment program that can offer income-eligible residents a credit to their energy bill(s). HEAP is available to customers of PG&E, SMUD, and those who heat their homes using wood, propane, or oil purchased from a vendor.) Apply online.

<https://www.communityresourceproject.org/Services/Utility-Assistance>

**HEAP Final notice status only:** 916-970-2135

**PG&E Financial Assistance** (877) 660-6789

[pge.com](http://pge.com)

**SMUD Customer Support** (Request low income rate) (888) 742-7683

## **Employment Resources**

**California Employee Development Department** (Provides a range of employment and training services with state and local agencies. These services help job seekers, laid off workers, youth, people currently working, veterans, and people with disabilities. This website allows one to register online, enter resume information and search job listings.)

<https://edd.ca.gov/>

**CalWORKs (California Work Opportunity and Responsibility to Kids)** (A program of the Department of Human Assistance designed to promote and encourage work to enable families to become self-sufficient, among other objectives. Eligibility factors include: deprivation (in the case of a child, deprived of parental support or care because of various reasons), age (through 18 years old) and property (low income with maximum limits).

<https://www.calworks.org/>

**Welfare-to-Work (WTW)** (Helps participants prepare for work and find a job. CalWORKs recipients are required to participate in the WTW program unless they are exempt, excused or have good cause for not participating. The county offers a variety of services designed to help all Welfare to Work participants achieve self-sufficiency.

<https://ha.saccounty.gov/EmploymentServices/Pages/EmploymentServices.aspx>

**SETA Sacramento Works** (Provides resources and services to employers and job seekers in Sacramento County. Conducts regular workshops which can be found at:

<https://sacramentoworks.org/events/>

**Greater Sacramento Urban League** (Rental, homelessness, and employment counseling)  
(916) 286-8600  
<https://www.gsul.org/>

**Women's Empowerment** (Educates and empowers women who are experiencing homelessness/financial insecurity with the skills and confidence necessary to get a job, maintain a healthy lifestyle, and regain a home for themselves and their children) (916) 669-2307  
<https://womens-empowerment.org/>

**Sacramento Employment and Training Agency (SETA)** (Education, training, childcare and more) (916) 263-3800  
925 Del Paso Boulevard Suite 100; Sacramento, CA 95815  
<https://www.seta.net/>

**Building Careers Foundation Job Training Programs (apply online)**  
<https://building-careers.org/skills-seeker/>

**Job Centers** (Facilities around Sacramento County that provide various resources and services like job announcements, employer recruitment events, workshops, computers with internet and WiFi access, telephones, fax machines, copiers, reference materials, coaching and career planning, etc.)

- Asian Resources: 2411 Alhambra Boulevard, Suite 110, Sac, CA 95817. (916) 324-6202
- Florin Job Center: 3801 Florin Road, Suite 107, Sac, CA 95823. (916) 282-0711
- Folsom Cordova: 10826 Gadsten Way, Rancho Cordova, CA 95670. (916) 294-9107
- Franklin: 7000 Franklin Blvd, Suite 540, Sac, CA 95823. (916) 563-5151
- Fruitridge Community Collaborative- Job Center: 4625 44th St., Sac, CA 95820. (916) 233-5153
- Galt: 1000 C Street, Suite 100, Galt, CA 95632. (209) 744-7702
- Greater Sacramento Urban League: 3725 Marysville Boulevard, Sac, CA 95838. (916) 286-8600
- Hillsdale: 5655 Hillsdale Boulevard, Suite 8, Sac, CA 95842. (916) 263-4100
- La Familia: 5523 34th Street, Sac, CA 95820. (916) 452-3601
- Lao Family Community Development Inc., North Office- Job Center: 3205 Hurley Way, Sac, 95864. (916) 359-2788
- Lemon Hill- Charles A. Jones Skill Center: 5451 Lemon Hill Avenue, Sac, CA 95824. (916) 433-2600 ext. 1060 or 1058
- Mark Sanders: 2901 50th Street, Sac, CA 95817. (916) 227-0301

- Mather Community Campus: 10638 Schirra Avenue, Mather, CA 95655. (916) 876-4022
- Pride Industries- Career Hub: 7011 Sylvan Road, Suite A, Citrus Heights, CA 95610. (916) 676-2540
- South County- Elk Grove Adult Education: 8401-A

## **Refugee Assistance**

**California Department of Social Services:**

**Refugee Cash Assistance Program** <https://www.cdss.ca.gov/refugees>

**Afghan Support and Investment Program** (619) 375-5200

<https://cdss.ca.gov/asip>

**Lao Family Development Center** (Variety of services) (916) 359-2788

[https://lfcd.org/our\\_location/sacramento-county/](https://lfcd.org/our_location/sacramento-county/)

**Norcal Resist (916) 382-0256**

(Hosts educational events and trainings, organizes actions and maintains a variety of resources and programs that provide support to those in need.)

<https://www.norcalresist.org/>

**Al-Misbaah** (Resource navigation, case management, emergency food assistance, job placement, home essential assistance, cultural awareness classes)

2020 Hurley Way 110, Sacramento, 95825

<https://al-misbaah.org/>

## **Food Resources**

**Sacramento Food Bank** (Distributions in various locations. See website.) (916) 456-1980

<https://www.sacramentofoodbank.org/find-food>

To arrange food delivery for disabled (916) 456-1980 x2621

**Sierra Arden Food Closet** (10 AM: Monday, Wednesday, Thursday, Friday and 4 PM Thursday. CLOSED TUESDAY. Please come early as we serve only 30 families each time. Families or individual may come once every 21 days. (916) 483-1942

[sierravistacc.org/food-closet](http://sierravistacc.org/food-closet)

**River City Food Bank** (916) 446-2627

- Midtown: 1800 28th St. Sacramento, CA 95816; Tuesday & Thursday: 10:30am – 1:30pm

- Arden-Arcade (The Center at St. Matthew's) 2300 Edison Ave. Sacramento, CA 95821; Wednesday & Friday: 10:30am – 1:30pm  
<https://rivercityfoodbank.org/emergency-food-distribution/>

**St. Philomene Church** (The Food Pantry is open on Monday - Tuesday 9:00 am to 12:00 pm.) (916) 481-7113

<https://stphilomene.com/>

**Arcade Church** (2nd, 4th Tue of the Month, 9:00 AM - 11:00 AM) (916) 972-1617

[info@arcadechurch.com](mailto:info@arcadechurch.com)

## **Support for Victims of Domestic Violence**

**Weave** (916) 920-2952 (Multilingual services for those impacted by domestic violence, sexual assault, and sex trafficking)

<https://www.weaveinc.org/>

**Family Justice Center** (Safe place where victims of domestic violence, elder abuse, and those who have been trafficked can talk to an advocate, plan for their safety, apply for a Temporary Restraining Order, meet with law enforcement, receive trauma informed counseling, social services, spiritual care, and more.) (916) 875-4673

<https://www.sacramentofjc.org>

## **Medical/Dental**

### **Mental Health Hotline**

24/7 National Suicide and Crisis Hotline Call or text: 988  
Sacramento County 24-hour Crisis Line (888) 881-4881

**Hope Cooperative Wellness Center** (916) 485-6500 ext. 249

[info@hopecoop.org](mailto:info@hopecoop.org)

**Elica Health Centers – Arden Arcade** (916) 454-2345

[elicahealth.org](http://elicahealth.org)

**One Community Health** (916) 443-3299

[onecommunityhealth.com](http://onecommunityhealth.com)

**Medi-Cal Info and Online Application** (Medi-Cal is California's Medicaid health care program. This program pays for a variety of medical services for children and adults with limited income and resources.)

<https://www.coveredca.com/health/medi-cal/>

**Department of Public Health Women, Infants and Children Program (WIC)** (For women who are pregnant, breastfeeding or chestfeeding, just had a baby (or recent pregnancy loss) in the last six months; or have a child or care for a child under age 5; and have low-to-medium income or receive Medi-Cal, CalWORKs (TANF), or CalFresh (SNAP) benefits. WAlso working families and families of farm workers.)

<https://www.cdph.ca.gov/Programs/CFH/DWICSN/Pages/HowCanIGetWIC.aspx#>

## **Legal Services**

Renter's Helpline (legal help only) (916) 389-7877

[rentershelpline.org](https://rentershelpline.org)

**Legal Services of Northern California Senior Legal Services** (Provides free legal information and assistance for older adults (60+) regardless of income. Types of cases handled include housing, estate planning, grandparents' rights, pensions, and public benefits.) 515 12th Street, Sacramento, CA 95814; (800) 222-1753 or 916-551-2150

<https://lsnc.net>

**Capital Pro Bono** (This non-profit organization helps low-income clients with a variety of legal issues, including completing estate and incapacity planning documents, conservatorship, and debt collection defense.) (916) 551-2102

<https://capitalprobono.org/>

**McGeorge School of Law Elder & Health Law Clinic** (Law students work under the supervision of licensed attorneys to provide health and elder legal services.)

2925 34th St., Sacramento, CA 95817 (916) 340-6080; [clsmcg@pacific.edu](mailto:clsmcg@pacific.edu)

<https://law.pacific.edu/law/legal-clinics/elder-and-health-law-clinic>

## **Clothing/Household Goods**

Call the St. Vincent de Paul Conference at (916) 775-5748 for assistance in purchasing items.

**St. Vincent de Paul Thrift Store;** 2275 Watt Ave, Sacramento, 95825

10 AM – 6 PM, M-Sun

**Deseret Industries Thrift Store;** 3000 Auburn Blvd Ste B, Sacramento, 95821

9 AM – 6 PM, M-Sat

## **Diapers/Feminine Hygiene**

**Sacramento Food Bank** (916) 456-1980

<https://www.sacramentofoodbank.org>



**Wellspring Women's Center** (916) 454-9688 ext. 207

[wellspringwomen.org/programs](http://wellspringwomen.org/programs)

**Saint Paul COGIC** (916) 956-2135 (call ahead) Wednesdays 9 AM – 11 AM

## **Daycare/Parenting**

**San Juan Unified School District Free Preschool**

5309 Kenneth Ave., Carmichael 95608 (916) 971-5988

[www.sanjuan.edu/preschool](http://www.sanjuan.edu/preschool)

**SETA Head Start** (916) 263-3804

[headstart.seta.net](http://headstart.seta.net)

**Child Action, Inc.** (916) 369-0191

[wp.childaction.org](http://wp.childaction.org)

**Mutual Assistance Network** (916) 567-9567

[www.mutualassistance.org](http://www.mutualassistance.org)

## **Miscellaneous Resources**

**Mutual Assistance Network** (Works to strengthen the existing social and economic infrastructure of Del Paso Heights, Arden Arcade and the surrounding Northern Sacramento neighborhoods.) (916) 514-8096

<https://www.mutualassistance.org/>

**Financial Empowerment Center** (Free, professional, 1-on-1 financial coaching for Sacramento County residents 18+.) 916-808-4927

<https://www.cityofsacramento.gov/city-manager/oied/community-engagement/financial-empowerment/financial-empowerment-center>

**First Step Communities Safe Parking**

South Front St, Sacramento, 95818; Call 311 for pre-screening

**Warming/Cooling Centers**

Arden-Dimick Library; 891 Watt Ave, Sacramento, 95864; 10 AM – 6 PM, Tues-Sat

Carmichael Library; 5605 Marconi Ave, Carmichael, 95608; 10 AM – 6 PM, Tues-Sat

**Bus Passes**

**Francis House/Next Move** 1422 C St. during operating hours (916) 443-2646



9 AM – Noon & 1:00 PM – 3:00 PM Mon, Tue, Thu, Fri