

RESOURCES FOR FAMILIES & STUDENTS

COMMUNITY RESOURCES IN SACRAMENTO

211 Sacramento is the area's primary information and referral source for all types of services. If you need assistance with emergency housing, food services, counseling, employment, or other services please contact 211 using one of the options listed below:

Phone: Dial 2-1-1 or 1-800-500-4931 or (916) 498-1000. Call 7-1-1 if you are hearing impaired and ask to be connected to 2-1-1.

Email: info@211sacramento.org

Website: <http://www.211sacramento.org/211>

FAMILY RESOURCE CENTERS IN SACRAMENTO

La Familia Counseling Center, Inc.

Address: 5523 34th Street, Sacramento, CA 95820

Phone: (916) 452-3601

Website: <https://lafcc.org>

Mutual Assistance Network

Website: <http://www.mutualassistance.org>

The Firehouse Community Center

Address: 810 Grand Avenue, Suite, A3, Sacramento, CA. Phone: (916) 567-9567

Arcade Community Center

Address: 2427 Marconi Avenue Suite #103, Sacramento, CA Phone: (916) 514-8096

North Sacramento Family Resource Center

Address: 1217 Del Paso Blvd., Suite B, Sacramento, CA, 95815

Phone: (916) 679-3743

Website: <https://www.kidshome.org>

Stanford Neighborhood Community Center

Address: 450 West El Camino Ave., Sacramento, CA, 95833

Phone: (916) 927-1303

Website: <https://www.stanfordsettlement.org>

WellSpace Birth & Beyond

Address: 6015 Watt Avenue, North Highlands, CA, 95660

Phone: (916) 679-3925

Website: <https://www.wellspacehealth.org/services/behavioral-health-prevention/birth-beyond-family-resource-center>

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FOOD ACCESS

Sacramento Food Bank & Family Services (SFBFS) offers a variety of different food programs (CalFresh, Food for Seniors, Produce for All) throughout Sacramento County with the assistance of partner agencies to distribute these services to our larger community.

For more information on these resources, please visit the SFBFS Website at <https://www.sacramentofoodbank.org/find-food> or call (916) 456-1980.

HEALTH ACCESS

The **Healthy Partners Program** provides primary and preventative health care services to low-income, undocumented adults residing in Sacramento County. Services are delivered at the Sacramento County Health Center and include:

- Primary Health care including health and behavioral health services
- Women's Health
- Preventative care (including immunizations, flu shots)
- Treatment of chronic conditions
- Lab and radiology
- Prescription medications (low cost)

Eligibility:

- Adults age 19 years or older
- Sacramento County residents
- Income at or below 138% of the Federal Poverty Level
- Restricted scope Medi-Cal with applicable Aid Code
- People that do not have health insurance or cannot get health insurance

Healthy Partners is located at 4600 Broadway, Sacramento, CA 95820.

Phone: (916) 874-1805.

Website: <https://dhs.saccounty.net/PRI/Pages/Healthy%20Partners/GI-PRI-Healthy-Partners>

Sacramento Covered is a community-based non-profit that connects people in the Sacramento region to the medical coverage and care they need. For more information, visit their website (www.sacramentocovered.org) or call 1-866-850-4321. Elena Carrillo, Project Manager for Sacramento Covered, can be reached at (916) 414-8338 or ecarrillo@sacramentocovered.org.

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HOUSING AND EMERGENCY SHELTER INFORMATION

Housing and Renters Information:

For information on renter's right call the **Renter's Helpline** at (916) 389-7877. For information on housing resources call **Sacramento Self Help Housing** at (916) 341-0593.

Project Sentinel provides a variety of housing services (fighting eviction, placement, admin advocacy). For more information, you can contact Ryan R. Reyes, Staff Attorney, at (916) 513 3150 or RReyes@housing.org. Website: www.housing.org.

Family Emergency Shelters (with the Sacramento County Department of Human Assistance) supports families experiencing homelessness in providing emergency shelter services. Families can **self-register** for emergency shelter services by visiting <https://dhaservices.saccounty.net/efs> and answering a few questions. The registration website can be accessed through a personal device, or at one of the County Department of Human Assistance (DHA) resource centers, located throughout the County. You will be contacted within three (3) business days.

On-site computer services and resources to register for shelter services are available Monday through Friday from 8am to 4pm at the following DHA locations:

- **Central:** 2700 Fulton Avenue Sacramento, CA 95821
- **North:** 5747 Watt Avenue North Highlands, CA 95660
- **North:** 3960 Research Drive Sacramento, CA 95838
- **East:** 10013 Folsom Blvd Rancho Cordova, CA 95827
- **South:** 2450 Florin Road Sacramento, CA 95822
- **South:** 210 North Lincoln Way Galt, CA 95632

INTERNET ACCESS FOR FAMILIES

Internet Essentials from Comcast brings affordable, high-speed Internet to low-income households [with no contract, no credit check, no installation fee] for \$9.99/month. New Internet Essentials customers will receive two free months of Internet services.

For more information and apply: <https://internetessentials.com/> or 1-855-8-INTERNET (1-855-846-8376).

Access from AT&T offers a low-cost home internet service to qualifying households [at least one member of your household receives Supplemental Security Income (SSI) benefits or SNAP] for \$9.99/month [with no contract, no credit check, no installation fee].

For more information and to apply: <https://www.att.com/shop/internet/access/> or

1-855-220-5211(English) & 1-855-220-5225 (Spanish). For flyer: [Access from AT&T](#)

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MENTAL HEALTH ACCESS

Mental Health Access Team (with the Sacramento County Department of Mental Health) provides services and an over-the-phone assessment in order to be referred to an appropriate mental health service provider. This includes [Mental Health Medi-Cal Service Providers and Prevention & Early Intervention and Mental Health Respite Service Providers](#).

For more information: [Mental Health Access Team Brochure](#) or call (916) 875-1055 or toll free (888) 881-4881 Monday-Friday, 8 am-5pm (24/7 for Mental Health Crisis Calls).

Mental Health Urgent Care Clinic provides services on a walk-in basis to individuals of all ages who are experiencing a mental health and/or co-occurring substance abuse crisis. The Mental Health Urgent Care Clinic is a resource with a team of peers, clinicians, and medical staff who can assist in a calm and supportive environment. For more call: (916) 520-2460.

The Mental Health Urgent Care Clinic is located on 2130 Stockton Boulevard, Building 300, Sacramento, CA 95817. Hours: Monday-Friday, 10 am-10 pm & Saturday-Sunday and Holidays, 10 am - 6pm.

Consumer-Operated Warm Line (with the Sacramento County Department of Mental Health) provides individuals the opportunity to speak with someone with lived experience, listening, referrals to mental health resources, and more. Call (916) 366-4668 Monday-Friday, 9 am-5pm.

Community Support Team (with the Sacramento County Department of Mental Health) support individuals with navigating mental health services, provide field-based assessments, and can refer to other community resources as needed. Call (916) 874-6015 from Monday - Friday, 8am -5pm or click [Community Support Team brochure](#).

Crisis Text Line offers the opportunity to connect with a trained crisis counselor to receive free, 24/7 crisis support via text message. Text NAMI to 741-741. For more information, visit the National Alliance on Mental Illness (NAMI) at <https://www.nami.org/> or call the NAMI Helpline at 1-800-950-6264.

Ventanilla de Salud (Health Education Council and the Mexican Consulate) provides reliable information on health topics, counseling and referrals to health services available and accessible to all local communities. For more information, call (916) 329-3502 or go to <https://healthedcouncil.org/what-we-do/programs/access-to-hlth-srvcs/vds.html>.

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ONLINE LEARNING WEBSITES FOR FAMILIES

- **Swun Math Parent Home Connect** allows families to learn more about the math curriculum our K-8th Grade Students are learning within Twin Rivers Unified.
Link: <http://bit.ly/SwunMath-TwinRivers>
- **Common Sense Education** is a one-stop online resource tool for families on learning apps, current technology resources, and recommendations on age-appropriate entertainment. Link: <https://www.commonensemedia.org/>
- **Khan Academy** provides a free, online resource for students to keep learning during this time with lessons, activities for all ages. Link: <https://www.khanacademy.org/>
- **PBS Kids for Parents** helps families with young children (ages 2-8) with reading, music and problem solving, there are opportunities and challenges at every age.
Link: <https://www.pbs.org/parents/learn-grow>
App: <https://pbskids.org/apps/pbs-parents-play--learn.html>
- **Scholastic Learn at Home** offers day-by-day online projects to keep kids reading, thinking, and growing with exciting articles and stories, videos, and fun learning challenges. Link: classroommagazines.scholastic.com/support/learnathome.html
- **Starfall** promotes learning activities for children, specializing in reading, phonics & math - educational games, movies, books, songs, and more for children K-3.
Link: <https://www.starfall.com/>

SACRAMENTO PUBLIC LIBRARY

Sacramento Public Library provides online resources (www.saclibrary.org/resources) for its cardholders with language learning apps [Mango and Pronunciator], online homework help [[Link](#)] and [free online tutoring](#) in English and Spanish [1-11 p.m., 7 days a week].

For a list of reading and learning resources, click here: [Resources for Students](#)

The **Student Success Card** allows Twin Rivers Unified students to use their student ID as a public library card. With the Student Success Library Card, students can instantly access digital tools and resources provided with the Sacramento Public Library.

How to use your Student Success Library Card:

- Use the letter code for your school district ("TR" for Twin Rivers Unified School District, or "G" for Galt Joint Union High School District) and your Student ID number wherever you are asked for a Library card number.
- For example, if your ID number were 123456, you would use SJ123456. Your 4 digit PIN will be set to the birth year on your school record. You may visit or call the library to reset this PIN.
- For more information:
www.saclibrary.org/Education/Students-Educators/Educators/Student-Success-Card

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TOBACCO INTERVENTION AND SUBSTANCE ABUSE HELPLINE

The California Smokers' Helpline provides free services to help students and adults quit smoking, vaping or chewing. It is an imperative time for youth and adults to consider quitting and avoiding tobacco and vape products to decrease respiratory illnesses and other complications, especially with the presence of the coronavirus (COVID-19).

Telephone counseling by highly-trained counselors help student's ages 13-18 and adults develop a quitting plan. Services are available in multiple languages and special services are available for tobacco chewers, pregnant smokers, and vape users. Current users are also able to receive texts that are tailored to help at critical points along the way. They can also send questions at any time and a counselor will respond within one business day. Mobile apps including: "No Butts - Quit Smoking" and "No Vape - Crush Cravings" are available to students ages 17 and up. In addition, students and adults ages 13 and older can get tips from Amazon Alexa through the "Stop Smoking Coach" & "Stop Vaping Coach" skills. Students can enable the Stop Smoking & Stop Vaping skills from Amazon.com or through the Alexa app. Students ages 12 and younger can receive free resources and self-help materials by email. Students may also receive a Quit Kit and/or be encouraged to use a Quit Smoking app for cell phones or other electronic devices.

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

Counselors are available weekdays, 7 a.m. to 9 p.m., and Saturday, 9 a.m. to 5 p.m.

- Smokers: 1-800-NO-BUTTS (1-800-662-8887)
- Vape Users: 1-844-8-NO-VAPE (1-844-866-8273)
- Tobacco Chewers: 1-800-844-CHEW (1-800-844-2439)
- Chinese: 1-800-838-8917
- Korean: 1-800-556-5564
- Spanish: 1-800-45-NO-FUME (1-800-456-6386)
- Vietnamese: 1-800-778-8440

Text Messaging: Receive texts that are tailored to help at critical points along the way. You can also send questions at any time and a counselor will respond within one business day.

Mobile Phones: Text "Quit Smoking" to 66819 & Text "Quit Vaping" to 66819.

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. SAMHSA's National Helpline- 1-800-662-HELP (4357).

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UTILITIES ASSISTANCE RESOURCES

SMUD suspends power shutoffs for non-payment as a response to the COVID-19 pandemic and growing economic challenges through March 31 as SMUD continues to monitor the evolving situation. In addition, customers who are currently disconnected for non-payment will be reconnected, as long as the meter or other equipment has not been damaged and all other conditions are safe. For more information visit <https://www.smud.org/>.

The **City of Sacramento** offers a utility rate assistance program. If you are an income-eligible customer, you can get a monthly credit on your water, sewer and garbage bill. Please call (916) 808-5454 for questions about eligibility, how to apply and help with your application. You can visit their website at <https://www.cityofsacramento.org/Utilities/Rate-Assistance-Program>.

For utility assistance programs in the Sacramento County area, contact **2-1-1 Sacramento** [Dial 2-1-1 or 1-800-500-4931 or (916) 498-1000] and <http://www.211sacramento.org/211>.