

2023 - 2024 EDITION

SENIOR RESOURCE GUIDE



YOUR FREE GUIDE

for resources in Sacramento
and Yolo counties

PROVIDED BY 2-1-1 SACRAMENTO,
A PROGRAM OF COMMUNITY LINK CAPITAL REGION.



Your local Aging & Disability Resource Connection (ADRC) has four core services you could draw upon to help you reach your goals.

Enhanced Information and Assistance (EI&A): Highly visible and trusted call centers with an online, comprehensive, searchable database, quickly identify which needs are most pressing and connect you to the appropriate Critical Pathways Providers. EI&A uses warm transfers and follow-up to make sure your needs are met.

Options Counseling: An interactive process where individuals receive guidance in their deliberations to make informed choices about long-term supports. Plan for your future care needs with Case Manager/Navigators or Independent Living Peer Counselors.

Short-Term Service Coordination: Assistance to older adults and people living with disabilities who urgently need help with multiple services and programs for 90 days or less.

Transition Services: Individualized Hospital-to-Home or Nursing Facility-to-Home transition services.

To reach the ADRC in Sacramento, Placer, Nevada, Yolo, Yuba or Sutter Counties call or email:

Phone: 800-211-4545

Email: CM@agencyonaging4.org





ACC SENIOR SERVICES

At ACC we are redefining “active aging.” We offer programs and services that promote health, wellness, and independence for older adults and their caregivers.

- Caregiver Support
- Care Coordination
- Transportation
- Lifelong Learning & Wellness
- Senior Employment Training
- Senior Living & Skilled Nursing

7334 Park City Drive, Sacramento, CA 95831
(916)394-6399 | accsv.org



Yolo Health Aging Alliance (YHAA) is a nonprofit organization whose mission is to enhance the wellbeing of older adults in Yolo County through education, collaboration, and advocacy. We work to identify and address gaps in services and connect people to the many resources and services throughout the County.

530-776-5006
www.yolohealthyaging.org
 600 A Street, Suite C
 Davis, CA, 95616



Resources For Independent Living seeks to promote the socio-economic independence of persons with disabilities by providing peer-supported, consumer-directed independent living services and advocacy.

916-446-3074
 www.ril-sacramento.org
 420 I Street, Level B: Suite 3
 Sacramento, CA 95814



Agency on Aging \ Area 4 (AAA4) funds and monitors programs for seniors in a seven-county planning and service area with funding under the Older Americans Act. The programs and services are offered free with a request for a voluntary donation. No participant is turned away who cannot contribute. AAA4 is a Joint Powers

Authority with the counties of Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba to provide a system of services for persons 60 years of age and over. AAA4 is governed by a 17-member board comprised of members of the Boards of Supervisors or their appointees from the seven-county area. The Agency also has a 35-member Advisory Council which serves as the principal advocacy body for programs and services for older persons. Monthly meetings are open to the public. Following is a list of services provided/funded by AAA4.

CAREGIVER RESPITE <i>RELEVO DEL CUIDADOR</i>	CAREGIVER SUPPORT <i>APOYO AL CUIDADOR</i>	DISEASE PREVENTION & HEALTH PROMOTION <i>PREVENCIÓN DE ENFERMEDADES Y PROMOCIÓN DE LA SALUD</i>
Del Oro Caregiver Resource Center 916-728-9333 www.deloro.org	ACC Senior Services 916-393-9026 Del Oro Caregiver Resource Center 916-728-9333 www.deloro.org	DEEP (Diabetes Education Empowerment Program) 916-486-1876 agencyonaging4.org

<p>EMPLOYMENT SERVICES <i>SERVICIOS DE EMPLEO</i></p> <p>Mature Edge Job Readiness Program 916-486-1876 <i>agencyonaging4.org</i></p>	<p>LONG-TERM CARE OMBUDSMAN SERVICES <i>SERVICIOS DEL DEFENSOR PARA CUIDADO DE LARGO PLAZO</i></p> <p>Long-Term Care Ombudsman Program 916-376-8910 <i>agencyonaging4.org</i></p>	<p>RESIDENTIAL REPAIRS, MODIFICATIONS <i>REPARACIONES RESIDENCIALES, MODIFICACIONES</i></p> <p>Rebuilding Together, Sacramento County 916-455-1880 <i>rebuildingtogether sacramento.org</i></p>
<p>HEALTH INSURANCE COUNSELING <i>CONSEJERÍA DE SEGUROS DE SALUD</i></p> <p>HICAP-Health Insurance Counseling and Advocacy Program 916-376-8915 <i>www.hicapservices.net</i></p>	<p>CONGREGATE MEALS AND HOME DELIVERED MEALS <i>COMIDAS CONGREGADAS Y COMIDAS A DOMICILIO</i></p> <p>Meals on Wheels by ACC, Sacramento County 916-444-9533 <i>www.mowsac.org</i></p>	<p>TRANSPORTATION <i>TRANSPORTACIÓN</i></p> <p>ACC Rides Transportation Service, Sacramento County 916-393-9026 ext333 <i>www.accsv.org</i></p>
<p>INFORMATION AND ASSISTANCE <i>INFORMACIÓN Y ASISTENCIA</i></p> <p>2-1-1 Sacramento Dial 2-1-1 or 916-498-1000 <i>www.211sacramento.org</i></p> <p>2-1-1 Yolo Dial 2-1-1 or 530-392-4182 <i>www.211yolocounty.com</i></p>	<p>Meals on Wheels, Yolo County 530-662-7035 <i>www.mowyolo.org</i></p> <p>Yolo Mobile Meals for Healthy Aging 530-776-5006 <i>yolohealthyaging.org</i></p>	<p>Dignity Health, Yolo Adult Day Health Center, Yolo County 530-666-8828 <i>www.dignityhealth.org</i></p> <p>Stanford Settlement Senior Center, Sacramento County 916-927-1303 <i>www.stanfordsettlement.org</i></p>
<p>LEGAL SERVICES <i>SERVICIOS DE LEGAL</i></p> <p>LSNC Senior Legal Hotline 916-551-2140 or 530-662-1065 <i>lsnc.net</i></p>	<p>OLDER RELATIVE CARE SERVICES <i>SERVICIOS DE ATENCIÓN A PARIENTES MAYORES</i></p> <p>Wayfinder Family Services 916-654-1987 <i>www.wayfinderfamily.org</i></p>	

CAREGIVING
CUIDADO

SACRAMENTO COUNTY _____	9
YOLO COUNTY _____	73

Adult Day Care; Adult Day Health Care; Care Management; Companionship, Reassurance; In-Home Services; Respite Services.

Centro de Cuidado para Adultos; Cuidado de la Salud Diurno para Adultos; Administración de Cuidados; Compañerismo, Seguridad; Servicios a Domicilio; Servicios de Relevo.

CONSUMER ASSISTANCE
ASISTENCIA AL CONSUMIDOR

SACRAMENTO COUNTY _____	14
YOLO COUNTY _____	77

Advocacy; Consumer Assistance and Protection; Employment and Training Assistance; Forms Assistance; Health Education; Information and Assistance; Library Services; Ombudsman for Nursing Home Residents; Tax Preparation, Information; Translation and Interpreter Services; Veterans Services; Volunteerism.

Abogar; Asistencia y Protección al Consumidor; Asistencia al Empleo y a la Formación; Asistencia de Formularios; Educación para la Salud; Información y Asistencia; Servicios Bibliotecarios; Defensor/Mediador para Residentes de Hogares de Ancianos; Preparación y Información de Impuestos; Servicios de Traducción e Interpretación; Servicios para Veteranos; Voluntariado.

FINANCIAL RESOURCES
RECURSOS FINANCIEROS

SACRAMENTO COUNTY _____	31
YOLO COUNTY _____	90

Counseling, Money Management; General Assistance; Rent Assistance; Reverse Mortgage; Social Security, Supplemental Security Income; Utility, Internet, Energy Discounts.

Asesoramiento, Administración del Dinero; Asistencia General; Asistencia de Alquiler; Hipoteca Inversa; Seguro Social, Ingreso de Seguridad Suplementario; Descuentos en Servicios Públicos, La Red, Energía.

FOOD, CLOTHING
COMIDA, ROPA

SACRAMENTO COUNTY _____ 36
YOLO COUNTY _____ 93

Calfresh (Food Stamps); Clothes Closets; Congregate Meals; Food Banks; Home-Delivered Meals.

Calfresh (Cupones De Alimentos); Asistencia para Solicitud de Calfresh; Provisión de Ropa; Comidas Congregadas; Bancos de Alimentos; Comidas a Domicilio.

HEALTH SERVICES
SERVICIOS DE SALUD

SACRAMENTO COUNTY _____ 41
YOLO COUNTY _____ 97

Community Clinics; Dental Services; Disability Services; Health Insurance Counseling; Hospice; Hospitals; Independent Living Resources; In-Home Health Care; Medi-Cal; Medical Equipment, Assistive Technology; Medicare; Mental Health Services; Substance Abuse Assistance; Urgent Care.

Clínicas Comunitarias; Servicios Dentales; Servicios para Discapacitados; Consejería de Seguros de Salud; Hospicio; Hospitales; Recursos de Vida Independiente; Atención Médica en el Hogar; Medi-Cal; Equipo Médico, Tecnología Auxiliar; Medicare; Servicios de Salud Mental; Asistencia para Abuso de Sustancias; Atención de Urgencia.

HOUSING
VIVIENDA

SACRAMENTO COUNTY _____ 58
YOLO COUNTY _____ 110

Assisted Living; Home Modification; Homeless Shelters; Housing Agencies; Independent Living; Minor Home Repair, Weatherization; Placement and Referral Services; Skilled Nursing Facilities.

Vivienda Asistida; Modificación del Hogar; Refugios para Personas sin Hogar; Agencias de Vivienda; Vivienda Independiente; Reparación Menor del Hogar, Climatización; Servicios de Colocación y Referencia; Centros de Enfermería Especializada.

LEGAL

LEGAL

SACRAMENTO COUNTY	62
YOLO COUNTY	114

Adult Protective Services; Immigration Services; Legal Assistance.
Servicios de Protección para Adultos; Servicios de Inmigración; Asistencia Legal.

SENIOR, COMMUNITY CENTERS

CENTROS PARA ADULTOS MAYORES, CENTROS COMMUNITARIOS

SACRAMENTO COUNTY	64
YOLO COUNTY	115

SUPPORT GROUPS

GRUPOS DE APOYO

SACRAMENTO COUNTY	66
YOLO COUNTY	116

Addictions, Substance Use Disorders; Bereavement, Grief; Caregiver Support; Domestic Violence, Sexual Assault; Health Conditions; LGBTQ; Mental Health.
Adicciones, Trastornos por Uso de Sustancias; Pérdida de un Ser, Duelo; Apoyo al Cuidador; Condiciones de Salud; LGBTQ; Salud Mental; Sobrevivientes de Violencia Doméstica, Agresión Sexual.

TRANSPORTATION

TRANSPORTACIÓN

SACRAMENTO COUNTY	70
YOLO COUNTY	120

Driver Safety; Fixed Route; Senior and Disabled.
Seguridad del Conductor; Ruta Fija; Mayores, Discapacitados.

SACRAMENTO COUNTY

**CAREGIVING
CUIDADO****ADULT DAY CARE
CENTRO DE CUIDADO
PARA ADULTOS****City of Sacramento Youth,
Parks, & Community
Enrichment - Triple R Adult
Day Program**

www.cityofsacramento.org/ParksandRe/Recreation/older-adult-services/Programs/TripleR

- 5962 South Land Park Drive
Sacramento, CA 95831
916-808-4003
- 915 27th Street
Sacramento, CA 95816
916-808-8375
- 700 Southgate Road
Sacramento, CA 95815
916-808-6475

**Easter Seals Superior
California - ACE IT Programs**

www.easterseals.com/superior-ca

- 1250 Howe Avenue,
Unit 14-B
Sacramento, CA 95825
916-564-6117
- 8089 Madison Avenue,
Suite 4
Citrus Heights, CA 95610
916-962-2766

Eskaton

916-334-0810

www.eskaton.org/short-term-stays

- 11300 Fair Oaks Boulevard
Sacramento, CA 95628
- 455 Florin Road
Sacramento, CA 95831
- 5318 Manzanita Avenue
Carmichael, CA 95608
- 3421 Palmer Drive
Cameron Park, CA 95682
- 11390 Coloma Road
Gold River, CA 95670
- 8550 Barton Road
Granite Bay, CA 95746
- 3939 Walnut Avenue
Carmichael, CA 95608
- 3380 Blairs Lane
Placerville, CA 95667
- 1650 Eskaton Loop
Roseville, CA 95747

YoloCares

530-758-3704

www.yolocares.org/our-services/adult-day-program

1909 Galileo Court, Suite A
Davis, CA 95618

**ADULT DAY HEALTH CARE
CUIDADO DE LA SALUD
DIURNO PARA ADULTOS****InnovAge PACE Program**

916-713-3885

www.innovage.com/locations/ca-sacramento#location

3870 Rosin Court
Sacramento, CA 95834

**Sacramento Based
Adult Day Services, Inc**

916-444-7700

www.kingdomlivingca.com

620 Bercut Drive
Sacramento, CA 95811

**CARE MANAGEMENT
ADMINISTRACIÓN
DE CUIDADOS****Alta California Regional
Center**

916-978-6400

www.altaregional.org

- 2241 Harvard Street,
Suite 100
Sacramento, CA 95815
- 283 West Court Street,
Suite B
Woodland, CA 95695

Amada Senior Care

916-945-3515
www.amadaroseville.com
 13405 Folsom Boulevard,
 Suite 700
 Folsom, CA 95630

California Health Collaborative

916-374-7739
www.healthcollaborative.org/multipurpose-senior-services-program
 7311 Greenhaven Drive,
 Suite 270
 Sacramento, CA 95831

Care First Resources

916-277-4148
www.carefirstresources.net
 5325 Elkhorn Boulevard,
 Suite 425
 Sacramento, CA 95842

Del Oro Caregiver Resource Center

916-728-9333
www.deloro.org/services
 8421 Auburn Boulevard,
 Suite 265
 Citrus Heights, CA 95610

Dignity Health

916-281-2300
www.dignityhealth.org/sacramento/services/home-health-and-hospice
 3400 Data Drive
 Rancho Cordova, CA 95670

Elder Care Management

916-206-4420
www.eldercm.com
 1333 Howe Avenue,
 Suite 206
 Sacramento, CA 95825

Elder Options, Inc.

www.elderoptionsca.com

- 1024 Iron Point Road
 Folsom, CA 95630
 916-391-8083
- 630 Main Street
 Placerville, CA 95667
 530-626-6939

Helping Hearts Foundation, Inc.

916-368-7200
www.helping-hearts.org
 3050 Fite Circle, Suite 108
 Sacramento, CA 95827

Interim Healthcare

916-779-0811
www.interimhealthcare.com/sacramentohospice/our-services/supportive-services/
 2233 Watt Avenue, Suite 330
 Sacramento, CA 95825

Iu Mien Community Services

916-383-3083
www.iumiencommunityservices.org/CulturalProgramsServices.html
 5657 Stockton Boulevard
 Sacramento, CA 95824

Nation's Finest

916-393-8387
www.nationsfinest.org/our-services
 7270 East Southgate Drive
 Sacramento, CA 95823

Resources for Independent Living

916-446-3074
www.ril-sacramento.org
 420 I Street, Level B: Suite 3
 Sacramento, CA 95814

UC Davis Health

916-734-2737
www.health.ucdavis.edu/internationalmedicine/general/GMgeriatrics.html
 4860 Y Street, Suite 0100
 Sacramento, CA 95817

**COMPANIONSHIP,
 REASSURANCE
 COMPAÑERISMO,
 SEGURIDAD**

AARP

888-281-0145
www.aarp.org/home-family/friends-family/friendly-voice/

El Hogar Community Services

916-369-7872
www.elhogarinc.org/seniorlink
 3870 Rosin Court, Suite 130
 Sacramento, CA 95834

Eskaton

916-334-1072
www.eskaton.org/post-telephone-reassurance
 1640 Eskaton Loop
 Roseville, CA 95747

Front Porch - Social Call

877-797-7299
www.covia.org/programs/social-call/

Stanford Settlement Neighborhood Center

916-927-1303
www.stanfordsettlement.org
 450 West El Camino Avenue
 Sacramento, CA 95833

**IN-HOME SERVICES
 SERVICIOS A DOMICILIO**

A Better Living Home Care Agency

916-361-3000
www.BLHC.org
 591 Watt Avenue, Suite 240
 Sacramento, CA 95864

ACC Senior Services

916-503-5386
www.accsv.org/services/friendly-visitor/

Aging Assistant

916-897-4752
www.agingassistant.com
 9578 2nd Avenue
 Elk Grove, CA 95624

All Ways Caring HomeCare

916-484-7701
www.allwayscaring.com/
 5346 Madison Avenue,
 Suite E
 Sacramento, CA 95841

AllureCare

916-534-8955
www.allurecareservices.com
 2941 Sunrise Boulevard,
 Suite 220
 Rancho Cordova, CA 95742

Ally Independence

800-630-6156
www.allyindependence.com
 2941 Sunrise Boulevard,
 Suite 220
 Rancho Cordova, CA 95742

Amada Senior Care

916-945-3515
www.amadaroseville.com
 13405 Folsom Boulevard,
 Suite 700
 Folsom, CA 95630

American Home Care

916-429-3277
www.american-home-care.com
 1104 Corporate Way
 Sacramento, CA 95831

American River Companion Care

916-242-2200
www.arccsac.com
 1451 River Park Drive,
 Suite 275
 Sacramento, CA 95815

BrightStar Care of Roseville, Sacramento & Carmichael

916-781-6500
www.brightstarcare.com/roseville-south-placer-county/home-care-2
 151 North Sunrise Avenue,
 Suite 1011
 Roseville, CA 95661

California CareGivers

916-478-2828
www.californiacaregivers.net
 1100 Corporate Way,
 Suite 200
 Sacramento, CA 95831

Comfort Keepers

530-666-4300
www.CKWoodland.com
 123 Court Street
 Woodland, CA 95695

Craig Cares

916-782-7121
www.craigcares.com/home-care-aides
 151 North Sunrise Avenue,
 Suite 1106
 Roseville, CA 95661

Elder Options, Inc.

www.elderoptionsca.com

- 1024 Iron Point Road
 Folsom, CA 95630
 916-391-8083
- 630 Main Street
 Placerville, CA 95667
 530-626-6939

Eskaton

916-459-3220
www.livewellathome.com/
 1640 Eskaton Loop
 Roseville, CA 95747

Helping Hearts Foundation, Inc.

916-368-7200
www.helping-hearts.org
 3050 Fite Circle, Suite 108
 Sacramento, CA 95827

Indecare Corporation

916-973-1264
www.indecareathome.com
 8795 Folsom Boulevard,
 Suite 111
 Sacramento, CA 95826

Maxim Healthcare Services

916-488-8819
www.maximhealthcare.com/home-healthcare/personal-caregiving-services
 1651 Response Road,
 Suite 200
 Sacramento, CA 95815

Partners in Care

916-632-7423
www.picseniorcare.com
 11899 Edgewood Road,
 Suite O
 Auburn, CA 95603

Personalized Homecare Services, Inc.

916-979-4975
www.personalizedhomecare.com
 4700 Northgate Boulevard,
 Suite 160
 Sacramento, CA 95834

Right at Home South Placer

916-302-4243
www.rightathome.net/south-placer

- 5842 Lonetree Boulevard
 Rocklin, CA 95765
- 2865 Sunrise Boulevard,
 Suite 102
 Rancho Cordova, CA 95742

Rx HealthCare Services

916-333-6980
www.rxnursing.com/our-services/caregiving
 4640 Marconi Avenue
 Sacramento, CA 95821

Senior Assistance at Home

916-461-3390
www.seniorassistanceathome.com/
 3017 Douglas Boulevard,
 Suite 300
 Roseville, CA 95661

Smile Awhile Care Agency

916-501-7178
smileawhilecare.com/Home
 7958 Graylodge Court
 Sacramento, CA 95828

YoloCares

530-758-3704
yolocares.org
 1909 Galileo Court, Suite A
 Davis, CA 95618

Your Home Assistant

916-970-9001
www.yourhomeassistant.com
 2234 Longport Court,
 Suite 120
 Elk Grove, CA 95758

**RESPIRE SERVICES
 SERVICIOS DE RELEVO**

ACC Senior Services

916-503-5386
www.accsv.org/services/friendly-visitor/

AllureCare

916-534-8955
www.allurecareservices.com
 2941 Sunrise Boulevard,
 Suite 220
 Rancho Cordova, CA 95742

American Home Care

916-429-3277
www.american-home-care.com
 1104 Corporate Way
 Sacramento, CA 95831

**City of Sacramento Youth,
 Parks, & Community
 Enrichment - Triple R Adult
 Day Program**

www.cityofsacramento.org/ParksandRec/Recreation/older-adult-services/Programs/TripleR
 • 5962 South Land Park Drive
 Sacramento, CA 95831
 916-808-4003
 • 915 27th Street
 Sacramento, CA 95816
 916-808-8375

• 700 Southgate Road
 Sacramento, CA 95815
 916-808-6475

Comfort Keepers

530-666-4300
www.CKWoodland.com
 123 Court Street
 Woodland, CA 95695

Craig Cares

916-782-7121
www.craigcares.com/home-care-aides
 151 North Sunrise Avenue,
 Suite 1106
 Roseville, CA 95661

**Del Oro Caregiver Resource
 Center**

916-728-9333
www.deloro.org/services
 8421 Auburn Boulevard,
 Suite 265
 Citrus Heights, CA 95610

Elder Care Management

916-206-4420
www.eldercm.com
 1333 Howe Avenue,
 Suite 206
 Sacramento, CA 95825

Elder Options, Inc.

www.elderoptionsca.com

- 1024 Iron Point Road
Folsom, CA 95630
916-391-8083
- 630 Main Street
Placerville, CA 95667
530-626-6939

Eskaton

916-334-0810

www.eskaton.org/short-term-stays

- 11300 Fair Oaks Boulevard
Sacramento, CA 95628
- 455 Florin Road
Sacramento, CA 95831
- 5318 Manzanita Avenue
Carmichael, CA 95608
- 3421 Palmer Drive
Cameron Park, CA 95682
- 11390 Coloma Road
Gold River, CA 95670
- 8550 Barton Road
Granite Bay, CA 95746
- 3939 Walnut Avenue
Carmichael, CA 95608
- 3380 Blairs Lane
Placerville, CA 95667
- 1650 Eskaton Loop
Roseville, CA 95747

Helping Hearts Foundation, Inc.

916-368-7200

www.helping-hearts.org

3050 Fite Circle, Suite 108
Sacramento, CA 95827

Maxim Healthcare Services

916-488-8819

www.maximhealthcare.com/home-healthcare/personal-caregiving-services

1651 Response Road,
Suite 200
Sacramento, CA 95815

Personalized Homecare Services, Inc.

916-979-4975

www.personalizedhomecare.com

4700 Northgate Boulevard,
Suite 160
Sacramento, CA 95834

YoloCares

530-758-3704

www.yolocares.org/our-services/adult-day-program

1909 Galileo Court, Suite A
Davis, CA 95618

Your Home Assistant

916-970-9001

www.yourhomeassistant.com

2234 Longport Court,
Suite 120
Elk Grove, CA 95758

**CONSUMER ASSISTANCE
ASISTENCIA AL
CONSUMIDOR**

**ADVOCACY
ABOGAR**

AARP

888-687-2277

www.aarp.org/membership

1415 L Street, Suite 960
Sacramento, CA 95814

Agency on Aging \ Area 4

916-376-8910

www.agencyonaging4.org/long-term-care-ombudsman

American Civil Liberties

Union of Northern California

415-621-2488

www.aclunc.org

**California Advocates for
Nursing Home Reform**

800-474-1116

www.canhr.org/about/index.html

California Department of Aging

800-231-4024
www.aging.ca.gov/Programs_and_Services/Long-Term_Care_Ombudsman

California Department of Social Services - Adult Protective Services

833-401-0832
www.cdss.ca.gov/adult-protective-services

Community Engaged Payee Support - CEPS

916-348-1890
www.cepsonline.org

Disability Rights California

800-776-5746
www.disabilityrightsca.org
1831 K Street
Sacramento, CA 95811

El Hogar Community Services - SeniorLink

916-369-7872
www.elhogarinc.org/seniorlink
3870 Rosin Court, Suite 130
Sacramento, CA 95834

Legal Services of Northern California - Health Program

888-354-4474
lsnc.net/office/lsnc-health-program
515 12th Street
Sacramento, CA 95814

Legal Services of Northern California - Senior Legal Hotline

916-551-2150
lsnc.net/office/senior-legal-services

McGeorge School of Law - Elder and Health Law Clinic

916-340-6080
law.pacific.edu/law/students/academics/experiential-learning/legal-clinics/elder-and-health-law-clinic
3455 Fifth Avenue
Sacramento, CA 95817

National Active and Retired Federal Employee Association

703-838-7760
www.narfe.org

Resources for Independent Living

916-446-3074
www.ril-sacramento.org
420 I Street, Level B: Suite 3
Sacramento, CA 95814

Retired Public Employees Association of California

866-979-0540
www.rpea.com
300 T Street
Sacramento, CA 95811

Sacramento County Senior and Adult Services Division - Adult Protective Services

916-874-9377
dcfas.saccounty.net/SAS/Pages/Adult-Protective-Services/SP-Adult-Protective-Services.aspx

**CONSUMER ASSISTANCE AND PROTECTION
ASISTENCIA Y PROTECCIÓN AL CONSUMIDOR**

AARP Fraud Watch Network Helpline

877-908-3360
www.aarp.org/money/scams-fraud/helpline.html

ACC Senior Services
 916-393-9026
www.accsv.org/classes/utilities-assistance
 7334 Park City Drive
 Sacramento, CA 95831

Better Business Bureau of Northeast California
 916-443-6843
www.bbb.org/us/ca/yolo
 10399 Old Placerville Road
 Sacramento, CA 95827

California Advocates for Nursing Home Reform
 800-474-1116
www.canhr.org/about/index.html

California Department of Consumer Affairs - Consumer Information Center
 800-952-5210
www.dca.ca.gov
 1625 North Market Boulevard, Suite N 112
 Sacramento, CA 95834

California Department of Consumer Affairs - Medical Board of California
 800-633-2322
www.mbc.ca.gov/
 2005 Evergreen Street, Suite 1200
 Sacramento, CA 95815

California Department of Developmental Services Office of Consumer Rights, Appeals, and Complaints
 916-651-6309
www.dds.ca.gov/general/appeals-complaints-comments/consumer-rights-complaint/
 1215 O Street
 Sacramento, CA 95814

California Department of Financial Protection and Innovation
 866-275-2677
dfpi.ca.gov/outreach/
 2101 Arena Boulevard
 Sacramento, CA 95834

California Department of Health Care Services - Medical Managed Care Ombudsman
 888-452-8609
www.dhcs.ca.gov/services/MH/Pages/MH-Ombudsman.aspx

California Department of Housing and Community Development
 800-952-8356
www.hcd.ca.gov/
 9342 Tech Center Drive, Suite 500
 Sacramento, CA 95826

California Department of Insurance
 800-927-4357
www.insurance.ca.gov

California Department of Justice Office of the Attorney General
 800-952-5225
www.oag.ca.gov
 1300 I Street
 Sacramento, CA 95814

**California Department of
Managed Health Care**

888-466-2219

www.dmhc.ca.gov/?referral=healthhelp.ca.gov

980 Ninth Street, Suite 600
Sacramento, CA 95814

**California Department of
Motor Vehicles Senior
Ombudsman Program**

916-657-6464

www.dmv.ca.gov/portal/driver-education-and-safety/special-interest-driver-guides/senior-drivers/

4700 Broadway
Sacramento, CA 95820

**California Department of
Public Health –
Health Facilities Consumer
Information**

800-236-9747

www.cdph.ca.gov/Programs/CHCQ/LCP/CalHealthFind/pages/home.aspx

**California Department of
Real Estate**

877-373-4542

www.dre.ca.gov

1651 Exposition Boulevard
Sacramento, CA 95815

**California Department of
Social Services**

916-651-8848

www.cdss.ca.gov/benefits-services

744 P Street
Sacramento, CA 95814

**California New Motor
Vehicle Board**

916-445-1888

www.nmvb.ca.gov
1507 21st Street, Suite 330
Sacramento, CA 95811

**California Partnership for
Long-Term Care**

916-552-8990

www.rureadyca.org

California Secretary of State

916-653-6814

www.sos.ca.gov/
1500 11th Street, 2nd Floor
Sacramento, CA 95814

**Community Engaged Payee
Support - CEPS**

916-348-1890

www.cepsonline.org

**Federal Bureau of
Investigation**

855-466-7243

www.fbi.gov

**Federal Trade Commission
Consumer Complaint
Division**

877-382-4357

reportfraud.ftc.gov/#/?pid=B

**Federal Trade Commission -
National Do Not Call Registry**

888-382-1222

www.donotcall.gov

**Federal Trade Commission -
Scam Alerts**

www.consumer.ftc.gov/features/scam-alerts

**Helping Hearts Foundation,
Inc.**

916-368-7300

www.helping-hearts.org/payee-services
3050 Fite Circle, Suite 108
Sacramento, CA 95827

**Homeownership
Preservation Foundation**

888-995-4673

www.995hope.org

**Housing & Economic Rights
Advocates**

510-271-8443

www.heraca.org/#ourwork

Legal Services of Northern California - Health Program

888-354-4474
lsnc.net/office/lsnc-health-program
 515 12th Street
 Sacramento, CA 95814

Legal Services of Northern California - Senior Legal Hotline

916-551-2150
lsnc.net/office/senior-legal-services

McGeorge School of Law

916-340-6080
law.pacific.edu/law/
 3455 Fifth Avenue
 Sacramento, CA 95817

National Credit Union Administration Fraud Prevention Center

800-827-9650
www.mycreditunion.gov/fraud-prevention-center

National Highway Traffic Safety Administration

888-327-4236
www.nhtsa.gov/report-a-safety-problem#index

Sacramento County Department of Human Assistance - Ombudsperson

916-875-3555
www.dha.saccounty.net/Pages/Ombudsperson.aspx

Sacramento County Sheriff's Office Community Service Centers

www.sacsheriff.com/pages/community_service_center.php

- 4510 Orange Grove Avenue
 Sacramento, CA 95641
 916-875-5484
- 9372 Madison Avenue,
 Suite 4
 Orangevale, CA 95662
 916-876-6730
- 2897 Kilgore Road
 Rancho Cordova, CA 95670
 916-875-9602
- 15160 Jackson Road
 Rancho Murieta, CA 95683
 916-354-8509
- 7000 65th Street
 Sacramento, CA 95823
 916-876-8309
- 14160 Grove Street
 Walnut Grove, CA 95690
 916-874-9472
- 9800 Dillard Road
 Wilton, CA 95693
 916-876-9800

Sacramento District Dental Society

916-446-1211
www.sdds.org

Sacramento Housing and Redevelopment Agency - Ombudsman Program

916-449-1299
www.shra.org/ombudsman
 630 I Street
 Sacramento, CA 95814

Sacramento Metropolitan Cable Television Commission

916-874-6661
sacmetro.cable.saccounty.gov/MetroCable/Pages/default.aspx

Sacramento Regional Transit District

916-321-2877
www.sacrt.com

United States Department of Housing and Urban Development

415-489-6400
www.hud.gov/topics/rental_assistance

**EMPLOYMENT AND
TRAINING ASSISTANCE
ASISTENCIA AL EMPLEO
Y A LA FORMACIÓN**

AARP

866-448-3614
www.aarp.org/work

ACC Senior Services

916-503-5390
www.accsv.org/senior-job-training-program
7334 Park City Drive
Sacramento, CA 95831

Agency on Aging \ Area 4

916-486-1876
www.agencyonaging4.org
1401 El Camino Avenue,
Suite 400
Sacramento, CA 92815

Asian Resources, Inc.

916-324-6202
www.asianresources.org
2411 Alhambra Boulevard,
Suite 110
Sacramento, CA 95817

**California Department of
Human Resources -
CalCareers Job Center**

866-844-8671
www.jobs.ca.gov
1810 16th Street
Sacramento, CA 95811

**California Department of
Rehabilitation Vocational
Rehabilitation and
Employment Services**

dor.ca.gov/Home/EmploymentServices

- 8701 Center Parkway,
Suite 100
Sacramento, CA 95823
916-691-1555
- 7840 Madison Avenue,
Suite 160
Fair Oaks, CA 95628
916-537-2640
- 1166 Broadway, Suite S
Placerville, CA 95667
530-626-0900
- 151 North Sunrise Avenue,
Suite 601
Roseville, CA 95661
916-774-4400
- 721 Capitol Mall, Suite 110
Sacramento, CA 95814
916-558-5300

- 11641 Blocker Drive,
Suite 125
Auburn, CA 95603
530-823-4040

**California Department of
Veterans Affairs**

800-952-5626
www.calvet.ca.gov
1227 O Street
Sacramento, CA 95814

**California Employment
Development Department -
Workforce Services**

916-654-7799
www.edd.ca.gov/Jobs_and_Training

**California State University,
Sacramento**

916-278-6231
www.csus.edu/student-life/career-center/
6000 J Street, Lassen Hall,
Room 1013
Sacramento, CA 95819

**Center for Employment
Opportunities**

916-794-4526
www.ceoworks.org/locations/sacramento
713 9th Street, 3rd Floor
Sacramento, CA 95814

City of Sacramento Office of Innovation and Economic Development

916-808-7223
www.cityofsacramento.org/Economic-Development

Dress for Success Sacramento, Workforce Readiness Program

916-243-1282
sacramento.dressforsuccess.org/programs/suiting/
 4215 Norwood Avenue, Suite 3B
 Sacramento, CA 95838

Elk Grove Unified School District - Adult and Community Education

916-686-7717
egace.egusd.net
 8401-B Gerber Road
 Sacramento, CA 95828

Folsom Cordova Community Partnership

916-294-9107
www.thefccp.org/job-center
 10826 Gadsten Way
 Rancho Cordova, CA 95670

Goodwill Industries of Sacramento Valley & Northern Nevada, Inc. - GoodU Program

916-395-9000 ext 205
goodwillsacto.org/goodu-programs/

Greater Sacramento Urban League

916-286-8600
www.gsul.org/program-services/job-training
 3725 Marysville Boulevard
 Sacramento, CA 95838

Highlands Community Charter & Technical Schools

916-844-2283
www.hccts.org
 1333 Grand Avenue, Building B
 Sacramento, CA 95838

Impact Foundry

impactfoundry.org/jobs/

La Familia Counseling Center, Inc.

916-210-8773
www.lafcc.org
 3301 37th Avenue
 Sacramento, CA 95824

Lao Family Community Development, Inc.

lafd.org/our_service/jobs-careers/

- 3205 Hurley Way
 Sacramento, CA 95864
 916-359-2788
- 7171 Bowling Drive, Suite 1120
 Sacramento, CA 95823
 916-393-7501

NorCal Services for Deaf and Hard of Hearing

916-349-7500
www.norcalcenter.org
 4044 North Freeway Boulevard
 Sacramento, CA 95834

Sacramento County Department of Personnel Services

916-874-5593
www.saccountyjobs.org

Sacramento Employment and Training Agency

sacramentoworks.org/job-centers/

- 2411 Alhambra Boulevard, Suite 110
 Sacramento, CA 95817
 916-324-6202

(continued on next page)

- 3801 Florin Road, Suite 107
Sacramento, CA 95823
916-282-0711
- 10826 Gadsten Way
Rancho Cordova, CA 95670
916-294-9107
- 4625 44th Street
Sacramento, CA 95820
916-620-3502
- 1000 C Street, Suite 100
Galt, CA 95632
209-744-7702
- 3725 Marysville Boulevard
Sacramento, CA 95838
916-286-8600
- 5655 Hillsdale Boulevard,
Suite 8
Sacramento, CA 95842
916-263-4100
- 5523 34th Street
Sacramento, CA 95820
916-452-3601
- 3205 Hurley Way
Sacramento, CA 95864
916-359-2788
- 7171 Bowling Drive,
Suite 1120
Sacramento, CA 95823
916-393-7501
- 5451 Lemon Hill Avenue
Sacramento, CA 95824
916-395-5800 ext 701060

- 2901 50th Street
Sacramento, CA 95817
916-227-0301
- 10638 Schirra Avenue
Mather, CA 9565
916-876-4022
- 7011 Sylvan Road, Suite A
Citrus Heights, CA 95610
916-676-2540
- 8401 A Gerber Road
Sacramento, CA 95828
916-793-2319

**Sacramento Public Library -
Virtual Job Coach**

www.saclibrary.org/Education/Adult-Education/Career-Development/Virtual-Job-Coach

**Salvation Army - Del Oro
Division - Workforce
Development Job Skills
Training**

916-678-4009
sacramento.salvationarmy.org/sacramento_metro/workforce-development/

- 500 Ninth Street
Sacramento, CA 95814
- 1200 North B Street
Sacramento, CA 95814

**United States Office of
Personnel Management -
Federal Job Information**

202-606-1800
www.usajobs.gov

**United States Social Security
Administration - Ticket to
Work**

866-968-7842
www.ssa.gov/work/

**Volunteers of America
Northern California and
Northern Nevada**

916-661-5149
www.voa-ncnn.org/Veterans-Services
10636 Schirra Avenue
Mather, CA 95655

**FORMS ASSISTANCE
ASISTENCIA DE
FORMULARIOS**

ACC Senior Services

916-393-9026 ext 339
www.accsv.org/classes/utilities-assistance
7334 Park City Drive
Sacramento, CA 95831

California Foundation for Independent Living Centers Digital Access Project
 800-390-2699
www.digitalaccessproject.org
 1000 G Street, Suite 100
 Sacramento, CA 95814

California Guide and File
 800-297-5377
california.tylerhost.net/SRL

Capital Pro Bono
 916-551-2102
capitalprobono.org/our-services
 1860 Howe Avenue,
 Suite 130
 Sacramento, CA 95825

Legal Services of Northern California - Senior Legal Hotline
 916-551-2150
lsnc.net/office/senior-legal-services

Sacramento Covered
 916-414-8333
www.sacramentocovered.org/enroll
 • 724 Seventh Street
 Sacramento, CA 95814
 • 1351 North C Street
 Sacramento, CA 95811

- 4600 Broadway
 Sacramento, CA 95820
- 1545 River Park Drive,
 Suite 450
 Sacramento, CA 95815
- 4815 Watt Avenue
 North Highlands, CA 95660
- 819 19th Street
 Sacramento, CA 95811
- 1000 C Street, Suite 100
 Galt, CA 95632

Superior Court of California - Family Law Facilitator/Self Help Center
 916-875-3400
www.saccourt.ca.gov/family/self-help-center.aspx
 3341 Power Inn Road,
 Room 113
 Sacramento, CA 95826

**HEALTH EDUCATION
 EDUCACIÓN PARA LA SALUD**

ACC Senior Services
 916-393-9026 ext 330
www.accsv.org/online
 7334 Park City Drive
 Sacramento, CA 95831

Bayanihan Clinic
 916-234-6773
www.bayanihanclinic.com
 3030 Explorer Drive
 Sacramento, CA 95827

Breathe California Sacramento Region
 916-444-5900
www.sacbreathe.org

California Department of Public Health Chronic Disease and Injury Control
 916-558-1784
www.cdph.ca.gov/Programs/CCDPHP/DCDIC/DCDCB/Pages/ChronicDiseaseControlBranch.aspx

- Dignity Health**
www.dignityhealth.org
- Mercy General Hospital
 4001 J Street
 Sacramento, CA 95819
 916-453-4545
 - Mercy Hospital of Folsom
 1650 Creekside Drive
 Folsom, CA 95630
 916-983-7400
 - Mercy San Juan Medical Center
 6501 Coyle Avenue
 Carmichael, CA 95608
 916-537-5000
 - Methodist Hospital of Sacramento
 7500 Hospital Drive
 Sacramento, CA 95823
 916-423-3000
(continued on next page)

- Woodland Memorial Hospital
1325 Cottonwood Street
Woodland, CA 95695
530-662-3961

Health Education Council

916-556-3344
www.healthedcouncil.org
7617 Alma Vista Way, Suite C
Sacramento, CA 95831

Iu Mien Community Services

916-383-3083
www.iuuiencommunityservices.org/CulturalProgramsServices.html
5657 Stockton Boulevard
Sacramento, CA 95824

Kaiser Permanente Health Education Centers

healthy.kaiserpermanente.org/health/care/consumer/health-wellness/programs-classes

- 9201 Big Horn Boulevard
Elk Grove, CA 95758
916-478-5680
- 10305 Promenade Parkway
Elk Grove, CA 95757
916-544-6220
- 2155 Iron Point Road
Folsom, CA 95630
916-817-5278

- 1650 Response Road
Sacramento, CA 95815
916-614-4035
- 1600 Eureka Road
Roseville, CA 95661
916-614-4979
- 1011 Riverside Avenue
Roseville, CA 95678
916-784-5775
- 501 J Street
Sacramento, CA 95814
866-454-8855
- 6600 Bruceville Road
Sacramento, CA 95823
916-688-242

National Institute on Aging

800-438-4380
www.nia.nih.gov/health/about-adear-center

One Community Health

916-443-3299
oncommunityhealth.com

- 1442 Ethan Way, Suite 100
Sacramento, CA 95825
- 1500 21st Street
Sacramento, CA 95811

Sacramento Native American Health Center

916-341-0575
www.snahc.org
2020 J Street
Sacramento, CA 95811

Sutter Health

www.sutterhealth.org

- Sutter Davis Hospital
2000 Sutter Place
Davis, CA 95616
530-756-6440
- Sutter Medical Center,
Sacramento
2825 Capitol Avenue
Sacramento, CA 95816
916-887-0000

The National Alliance for Hispanic Health

866-783-2645
www.healthyamericas.org/help-line

UC Davis Medical Center

916-734-2011
health.ucdavis.edu/welcome
2315 Stockton Boulevard
Sacramento, CA 95817

UC Davis Health – Healthy Aging Clinic

916-731-1831
health.ucdavis.edu/aging/clinic-location/healthy-aging-clinic.html
 3160 Folsom Boulevard,
 Suite 1400
 Sacramento, CA 95816

VA Northern California Health Care System

800-382-8387
www.va.gov/northern-california-health-care/
 • 10535 Hospital Way
 Mather, CA 95655
 • 5342 Dudley Boulevard,
 Building 88
 McClellan Park, CA 95652

WellSpace Health

916-737-5555
wellspacehealth.org
 • 2425 Alhambra Boulevard
 Sacramento, CA 95817
 • 2433 Marconi Avenue
 Sacramento, CA 95821
 • 3441 Marysville Boulevard
 Sacramento, CA 95838
 • 4241 Florin Road, Suite 40
 Sacramento, CA 95823
 • 1710 Prairie City Road,
 Suite 125
 Folsom, CA 95630

- 1820 J Street
 Sacramento, CA 95811
- 3946 Norwood Avenue
 Sacramento, CA 95838
- 3415 Martin Luther King
 Junior Boulevard
 Sacramento, CA 95817
- 10423 Old Placerville Road
 Sacramento, CA 95827
- 5 Medical Plaza Drive,
 Suite 170
 Roseville, CA 95661
- 5959 Greenback Lane,
 Suite 500
 Citrus Heights, CA 95621
- 8233 East Stockton
 Boulevard, Suite A
 Sacramento, CA 95828
- 7777 Sunrise Boulevard,
 Suite 2500
 Citrus Heights, CA 95610

INFORMATION AND ASSISTANCE
INFORMACIÓN Y ASISTENCIA

2-1-1 Bay Area
 2-1-1 (Within the Bay Area)
 or 800-273-6222
www.211bayarea.org

2-1-1 National
www.211.org

2-1-1 Nevada County
 2-1-1 (Within Nevada County) or 530-265-1340
211connectingpoint.org

2-1-1 Placer County
 2-1-1 (Within Placer County) or 833-375-2237
211connectingpoint.org

2-1-1 Sacramento
 2-1-1 (Within Sacramento County) or 916-498-1000
www.211sacramento.org

2-1-1 San Joaquin
 2-1-1 (Within San Joaquin County) or 800-436-9997
www.211sj.org

2-1-1 Yolo County
 2-1-1 (Within Yolo County) or 530-392-4182
www.211yolocounty.com

AARP
 888-687-2277
www.aarp.org/statepages/ca.html
 1415 L Street, Suite 960
 Sacramento, CA 95814

ACC Senior Services

916-503-5390
www.accsv.org/services/bridge-to-healthy-families
 7334 Park City Drive
 Sacramento, CA 95831

Administration for Community Living Eldercare Locator

800-677-1116
eldercare.acl.gov

California Advocates for Nursing Home Reform

800-474-1116
www.canhr.org/index.html

California Department of Insurance - California Senior Gateway

Seniors.insurance.ca.gov

California Partnership for Long-Term Care

916-552-8990
www.rureadyca.org

Del Oro Caregiver Resource Center

916-728-9333
www.deloro.org/services
 8421 Auburn Boulevard,
 Suite 265
 Citrus Heights, CA 95610

Meeting Seniors Needs Hotline

866-960-9261
www.msnhglobal.org

Resources for Independent Living

916-446-3074
www.ril-sacramento.org
 420 I Street, Level B: Suite 3
 Sacramento, CA 95814

The Light for Seniors

858-360-7818
www.lightforseniorssandiego.com

USA.gov

844-872-4681
www.usa.gov

LIBRARY SERVICES

SERVICIOS BIBLIOTECARIOS

California State Archives

916-653-7715
www.sos.ca.gov/archives
 1020 O Street
 Sacramento, CA 95814

California State Library

916-323-9843
library.ca.gov
 900 N Street
 Sacramento, CA 95814

California State Library - Braille and Talking Book Library

916-654-0640
www.btbl.ca.gov
 900 N Street, Room 100
 Sacramento, CA 95814

California State Law Library

916-323-9839
www.library.ca.gov/law
 Stanley Mosk Library and
 Courts Building,
 914 Capitol Mall
 Sacramento, CA 95814

Folsom Public Library

916-461-6130
www.folsom.ca.us/library
 411 Stafford Street
 Folsom, CA 95630

Lavender Library, Archives, and Cultural Exchange of Sacramento, Inc.

916-492-0558
www.lavenderlibrary.com
 1414 21st Street
 Sacramento, CA 95811

Sacramento Public Library

916-264-2920

www.saclibrary.org

- 2443 Marconi Avenue
Sacramento, CA 95821
- 891 Watt Avenue
Sacramento, CA 95864
- 5600 South Land Park Drive
Sacramento, CA 95822
- 5605 Marconi Avenue
Carmichael, CA 95608
- 828 I Street
Sacramento, CA 95814
- 4799 Stockton Boulevard
Sacramento, CA 95820
- 170 Primasing Avenue
Courtland, CA 95615
- 920 Grand Avenue
Sacramento, CA 95838
- 8900 Elk Grove Boulevard
Elk Grove, CA 95624
- 2112 22nd Street
Sacramento, CA 95818
- 11601 Fair Oaks Boulevard
Fair Oaks, CA 95628
- 10055 Franklin High Road
Elk Grove, CA 95757
- 1000 Caroline Avenue
Galt, CA 95632
- 412 Union Street
Isleton, CA 95641
- 7340 24th Street Bypass
Sacramento, CA 95822

- 601 Alhambra Boulevard
Sacramento, CA 95816
- 4235 Antelope Road
Antelope, CA 95843
- 4660 Via Ingoglia
Sacramento, CA 95835
- 2109 Del Paso Boulevard
Sacramento, CA 95815
- 8820 Greenback Lane,
Suite L
Orangevale, CA 95662
- 9845 Folsom Boulevard
Sacramento, CA 95827
- 6724 Sixth Street
Rio Linda, CA 95673
- 7335 Gloria Drive
Sacramento, CA 95831
- 2901 Truxel Road
Sacramento, CA 95833
- 6132 66th Avenue
Sacramento, CA 95823
- 6700 Auburn Boulevard
Citrus Heights, CA 95621
- 7400 Imagination Parkway
Sacramento, CA 95823
- 14177 Market Street
Walnut Grove, CA 95690

**OMBUDSMAN FOR NURSING
HOME RESIDENTS
DEFENSOR/MEDIADOR
PARA RESIDENTES DE
HOGARES DE ANCIANOS**

Agency on Aging \ Area 4

916-376-8910

www.agencyonaging4.org/long-term-care-ombudsman

**California Department of
Aging**

916-486-1876

www.aging.ca.gov/Programs_and_Services/Long-Term_Care_Ombudsman

**TAX PREPARATION,
INFORMATION
PREPARACIÓN Y
INFORMACIÓN DE
IMPUESTOS**

2-1-1 Sacramento

2-1-1 (Within Sacramento County) or 916-498-1000

www.211sacramento.org

2-1-1 Yolo

2-1-1 (Within Yolo County) or 530-392-4182

211YoloCounty.com

AARP

taxaide.aarpfoundation.org/online-self-and-assisted-prep

California Department of Tax and Fee Administration

800-400-7115
www.cdtfa.ca.gov
 3321 Power Inn Road,
 Suite 210
 Sacramento, CA 95826

Cash App Taxes

800-969-1940
cash.app/taxes

City of Sacramento Finance Department Revenue Division

916-808-8500
www.cityofsacramento.org/finance/revenue
 915 I Street, Room 1214
 Sacramento, CA 95814

Military OneSource

800-342-9647
www.militaryonesource.mil/financial-legal/taxes/miltax-military-tax-services/

Sacramento County Assessor's Office and Appeals Board

916-875-0700
assessor.saccounty.gov
 3636 American River Drive,
 Suite 200
 Sacramento, CA 95864

Sacramento County Department of Finance Division of Business Licensing

916-874-6644
finance.saccounty.gov/Tax/Pages/default.aspx
 700 H Street, Room 1710
 Sacramento, CA 95814

Sacramento County Department of Finance Division of Tax Collection

916-874-6622
finance.saccounty.gov/Tax/Pages/default.aspx
 700 H Street, Room 1710
 Sacramento, CA 95814

State of California Franchise Tax Board

800-852-5711
www.ftb.ca.gov

United States Internal Revenue Service Taxpayer Advocate

877-777-4778
www.taxpayeradvocate.irs.gov

United States Internal Revenue Service Taxpayer Assistance Center

800-829-1040
www.irs.gov/help/contact-your-local-irs-office
 4330 Watt Avenue
 Sacramento, CA 95821

United Way California Capital Region

www.getyourrefund.org/en

United Way California Capital Region VITA Coalition

yourfreetaxprep.org/

United Way Worldwide

866-698-9435
www.myfreetaxes.com

**TRANSLATION AND INTERPRETER SERVICES
 SERVICIOS DE TRADUCCIÓN E INTERPRETACIÓN**

Asian Resources, Inc.

916-454-1892
www.asianresources.org
 • 2411 Alhambra Boulevard,
 Suite 110
 Sacramento, CA 95817
(continued on next page)

- 5750 Sunrise Boulevard,
Suite 100
Citrus Heights, CA 95610
- 6270 Elder Creek Road
Sacramento, CA 95824

**Deaf and Disabled
Telecommunications
Program (DDTP)**

800-735-2929
ddtp.cpuc.ca.gov/relay.aspx

Iu Mien Community Services

916-383-3083
www.iuuiencommunityservices.org/CulturalProgramsServices.html
5657 Stockton Boulevard
Sacramento, CA 95824

**NorCal Services for Deaf and
Hard of Hearing**

916-349-7500
www.norcalcenter.org

**VETERANS SERVICES
SERVICIOS PARA VETERANOS**

**Berkeley Food & Housing
Project**

833-255-4899
www.bfhp.org/services/homeless-veteran-services

**California Department of
Veterans Affairs**

800-952-5626
www.calvet.ca.gov
1227 O Street
Sacramento, CA 95814

**California Department of
Veterans Affairs - CalVet
Healthcare/Long-term Care**

800-952-5626
www.calvet.ca.gov/VetHomes
1227 O Street
Sacramento, CA 95814

**California Department of
Veterans Affairs - Cal-Vet
Home Loans**

866-653-2510
www.calvet.ca.gov/HomeLoans
1227 O Street
Sacramento, CA 95814

**California Department of
Veterans Affairs - Caregiver
Support**

916-843-9043
www.va.gov/northern-california-health-care/health-services/caregiver-support/
10535 Hospital Way
Mather, CA 95655

**Defense Centers of
Excellence Psychological
Health Center of Excellence**

866-966-1020
www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence

**Meeting Seniors Needs
Hotline**

866-960-9261
www.msnhglobal.org

Nation's Finest

833-468-9676
www.nationsfinest.org/our-services
7270 East Southgate Drive
Sacramento, CA 95823

PRIDE Industries

844-426-2253
www.prideindustries.com
10030 Foothills Boulevard
Roseville, CA 95747

Retiree Activities Office

916-640-8446
www.travis.af.mil/About-Us/Retiree-Activities-Office/
3401 Beech Street,
Building 949, Room 114
McClellan, CA 95652

**Sacramento County
Department of Human
Assistance - Veterans
Services Office**

916-874-6811
ha.saccounty.gov/benefits/VeteransServices/Pages/VeteranHome.aspx
3970 Research Drive
Sacramento, CA 95838

**United States Department of
Veterans Affairs -
Sacramento Veterans Center**

877-927-8387
www.va.gov/sacramento-vet-center/
1111 Howe Avenue,
Suite 390
Sacramento, CA 95825

**VA Northern California
Health Care System**

800-382-8387
www.va.gov/northern-california-health-care/
• 10535 Hospital Way
Mather, CA 95655
• 5342 Dudley Boulevard,
Building 88
McClellan Park, CA 95652

**VA Northern California
Health Care System
Homeless Veterans Drop-In
Services**

877-424-3838
www.va.gov/northern-california-health-care/health-services/homeless-veteran-care/
10535 Hospital Way,
Building 650
Mather, CA 95655

**Volunteers of America
Northern California and
Northern Nevada - Veteran
Employment Services**

916-661-5149
www.voa-ncnn.org/Veterans-Services
10636 Schirra Avenue
Mather, CA 95655

**Volunteers of America
Northern California and
Northern Nevada - Veteran
Housing**

916-228-3153
www.voa-ncnn.org/Veterans-Services
10636 Schirra Avenue
Mather, CA 95655

Wounded Warrior Project
888-997-2586
www.woundedwarriorproject.org

**VOLUNTEERISM
VOLUNTARIADO**

ACC Senior Services

916-503-5386
www.accsv.org/services/friendly-visitor/

**American Red Cross
California Gold Country
Region**

916-993-7070
www.redcross.org/local/california/gold-country/volunteer.html

**Assistance League of
Sacramento**

916-488-0828
www.assistanceleague.org/sacramento
2751 Fulton Avenue
Sacramento, CA 95821

**Big Brothers Big Sisters of
Greater Sacramento Area**

916-646-9300
www.bbbs-sac.org
800 Howe Avenue, Suite 440
Sacramento, CA 95825

California Volunteers

916-323-7646
www.californiavolunteers.ca.gov/
 1400 10th Street
 Sacramento, CA 95814

Court Appointed Special Advocates of Sacramento County

916-875-6460
www.sacramentocasa.org

City of Elk Grove Animal Services

916-687-3042
www.elkgrovecity.org/city_hall/departments_divisions/animal_services
 9150 Union Park Way
 Elk Grove, CA 95624

City of Sacramento Police Department

916-808-0483
www.cityofsacramento.org/Police/Participate/Volunteer-Program
 5770 Freeport Boulevard
 Sacramento, CA 95822

Community Link - HandsOn Sacramento

619-249-8773
www.handsonsacto.org

County of Sacramento Juvenile Justice Commission

916-875-5686
www.saccourt.ca.gov/juvenile/delinquency/jjdpc/jjdpc.aspx
 9605 Kiefer Boulevard
 Sacramento, CA 95827

Front Porch

877-797-7299
covia.org/programs/social-call/

Health Insurance Counseling and Advocacy Program (HICAP)

916-376-8915
www.hicapservices.net

Sacramento County Senior and Adult Services Division - Senior Volunteer Services - Foster Grandparent Program

916-875-3569
[dcfas.saccounty.net/SAS/Pages/Senior-Volunteer-Services/FGP-\(Foster-Grandparents-Program\)--.aspx](http://dcfas.saccounty.net/SAS/Pages/Senior-Volunteer-Services/FGP-(Foster-Grandparents-Program)--.aspx)
 9750 Business Park Drive, Suite 104
 Sacramento, CA 95827

Sacramento County Volunteer Referral Line

3-1-1 or 916-875-4311
www.saccounty.net

Sacramento Public Library

800-561-4636
www.saclibrary.org/Support-Us/Volunteer
 828 I Street
 Sacramento, CA 95814

Salvation Army - Del Oro Division

800-728-7825
volunteer.usawest.org

Snowline Hospice

530-621-7820 option 1
www.snowlinehospice.org
 100 Howe Avenue, Suite 240 N
 Sacramento, CA 95825

Teaching Everyone Animals Matter

916-368-7387
www.team4animals.org

Team Giving, Inc.

916-824-2118
www.teamgiving.org
 2030 West El Camino Avenue, Suite 210
 Sacramento, CA 95833

UCP of Sacramento and Northern California
 916-565-7700
www.ucpsacto.org
 5450 Georgia Drive
 North Highlands, CA 95660

Union Gospel Mission Sacramento
 916-447-3268
ugmsac.com
 400 Bannon Street
 Sacramento, CA 95811

United Way California Capital Region Volunteer Services
 916-368-3000
www.yourlocalunitedway.org/get-involved/volunteer

University of California Cooperative Extension Capitol Corridor - Sacramento County Master Gardeners
 916-876-5338
sacmg.ucanr.edu
 • 4145 Branch Center Road
 Sacramento, CA 95827
 • 11549 Fair Oaks Boulevard
 Fair Oaks, CA 95628

WEAVE
 916-643-4606 option 2
www.weaveinc.org
 1900 K Street
 Sacramento, CA 95811

Wildlife Care Association
 916-965-9453
wildlifecareassociation.com
 5211 Patrol Road
 McClellan, CA 95652

**FINANCIAL RESOURCES
 RECURSOS FINANCIEROS**
**COUNSELING, MONEY
 MANAGEMENT
 ASESORAMIENTO,
 ADMINISTRACIÓN DEL
 DINERO**

AARP
 888-687-2277
www.aarp.org/money/

Benefits Management Corporation - Living in Familiar Environments
 916-340-7000
www.webpayee.com
 2640 Cordova Lane, Suite 101
 Rancho Cordova, CA 95670

CEPS - Community Engaged Payee Support
 916-348-1890
www.cepsonline.org
 3111 Fulton Avenue, Suite 100
 Sacramento, CA 95821

Cities for Financial Empowerment Fund Inc. - Bank On
joinbankon.org

City of Sacramento Office of Innovation and Economic Development - Financial Empowerment Center
 916-808-4927
www.cityofsacramento.org/Economic-Development/Financial-Empowerment

Credit Karma - Free Credit Reports and Scores
www.creditkarma.com

Federal Trade Commission - Free Credit Report
 877-322-8228
www.consumer.ftc.gov/articles/free-credit-reports

Health Education Council - Economic Well-Being
 916-329-3502
www.healthedcouncil.org/what-we-do/programs/economic-well-being/vaf.html
 7617 Alma Vista Way, Suite C
 Sacramento, CA 95831

Helping Hearts Foundation, Inc. - Representative Payee Services for Social Security Beneficiaries
 916-368-7300
www.helping-hearts.org/payee-services
 3050 Fite Circle, Suite 108
 Sacramento, CA 95827

Homeownership Preservation Foundation - Homeowner's HOPE Hotline
 888-995-4673
www.995hope.org

Housing & Economic Rights Advocates - Debt Counseling
 510-271-8443
www.heraca.org/#ourwork

Legal Services of Northern California - Senior Legal Services
 916-551-2150
lsnc.net/office/senior-legal-services
 505 12th Street
 Sacramento, CA 95814

McGeorge School of Law - Bankruptcy Clinic
 916-340-6080
www.mcgeorge.edu
 3455 Fifth Avenue
 Sacramento, CA 95817

Money Management International
 866-889-9347
www.moneymanagement.org

National Foundation for Credit Counseling
 800-388-2227
www.nfcc.org

NeighborWorks HomeOwnership Center Sacramento Region
 916-452-5356
nwsacramento.org
 2411 Alhambra Boulevard,
 Suite 200
 Sacramento, CA 95817

NID Housing Counseling
 916-719-0347
www.nidhousing.com

The Light for Seniors - Financial Care Management
 858-360-7818
www.lightforseniorssandiego.com/

**GENERAL ASSISTANCE
 ASISTENCIA GENERAL**

California Department of Social Services - Complaints/State Hearing Requests
 916-651-8848
www.cdss.ca.gov/reporting/file-a-complaint/county-complaints/how-to-complain-about-public-assistance-programs

Sacramento County Department of Human Assistance
 916-874-3100 or 209-744-0499 for Galt location
www.dha.saccounty.net

- 2700 Fulton Avenue
 Sacramento, CA 95821
- 210 North Lincoln Way
 Galt, CA 95632
- 5747 Watt Avenue
 North Highlands, CA 95660

(continued on next page)

- 1725 28th Street
Sacramento, CA 95816
- 3960 Research Drive
Sacramento, CA 95838
- 2450 Florin Road
Sacramento, CA 95822

RENT ASSISTANCE
ASISTENCIA DE ALQUILER

Sacramento Housing and Redevelopment Agency - Sacramento Emergency Rental Assistance Program
916-449-1266
www.shra.org/sera

Salvation Army Family Services
916-678-4010
sacramento.salvationarmy.org/sacramento_metro/family-services

SHELTER, Inc.
916-448-6344
shelterinc.org/what-we-do

South County Services
209-745-9174
www.southcountyservice.com
431 South Lincoln Way
Galt, CA 95632

REVERSE MORTGAGE
HIPOTECA INVERSA

NID Housing Counseling Agency
916-719-0347
www.nidhousing.com

United States Department of Housing and Urban Development - Home Equity Conversion Mortgages for Seniors
800-569-4287
www.hud.gov/program_offices/housing/sfh/hecm/hecmhome

SOCIAL SECURITY, SUPPLEMENTAL SECURITY INCOME
SEGURO SOCIAL, INGRESO DE SEGURIDAD SUPLEMENTARIO

Benefits Management Corporation - Living in Familiar Environments
916-340-7000
www.webpayee.com
2640 Cordova Lane, Suite 101
Rancho Cordova, CA 95670

CEPS - Community Engaged Payee Support
916-348-1890
www.cepsonline.org
3111 Fulton Avenue, Suite 100
Sacramento, CA 95821

Coalition of California Welfare Rights Organizations - Public Benefits Assistance
916-736-0616
www.ccwro.org
1111 Howe Avenue, Suite 635
Sacramento, CA 95825

Helping Hearts Foundation, Inc. - Representative Payee Services for Social Security Beneficiaries
916-368-7300
www.helping-hearts.org/payee-services
3050 Fite Circle, Suite 108
Sacramento, CA 95827

U.S. Social Security Administration
www.ssa.gov
• 1110 West Kettleman Lane, Suite 3
Lodi, CA 95240
888-257-2641
(continued on next page)

- 2424 Arden Way, Suite 200
Sacramento, CA 95825
855-782-9153
- 910 Cirby Way, Suite 130
Roseville, CA 95661
866-348-7830
- 8581 Folsom Boulevard,
Suite A
Sacramento, CA 95826
877-274-5419
- 40 Massie Circle
Sacramento, CA 95823
866-708-3208
- 825 Riverside Parkway,
Suite 1000
West Sacramento, CA
95605
866-726-8136

**UTILITY, INTERNET, AND
ENERGY DISCOUNTS**
**DESCUENTOS EN SERVICIOS
PÚBLICOS, LA RED, ENERGÍA**

Access from AT&T

866-861-6075
www.att.com/internet/access/

**California Lifeline Assistance
Program (Landline
& Wireless)**

866-272-0349
www.californialifeline.com/en

**California Low-Cost Internet
Plans**

www.cpuc.ca.gov/industries-and-topics/internet-and-phone/california-low-cost-internet-plans

**City of Folsom - Utility
Billing/Utility Relief**

916-461-6101
www.folsom.ca.us/government/finance/utility-billing
50 Natoma Street
Folsom, CA 95630

**City of Sacramento
Department of Utilities -
Sacramento Utility Rate
Assistance (SURA)**

916-808-5454
www.cityofsacramento.org/Utilities/Rate-Assistance-Program
1395 35th Avenue
Sacramento, CA 95822

Comcast Internet Essentials

855-846-8376
www.InternetEssentials.com

**Community Resource Project
- Home Energy Assistance
Program (HEAP)**

916-567-5200
www.communityresourceproject.org/Apply-Online

**Community Resource Project
- Low Income Household
Water Assistance Program
(LIHWAP)**

916-567-5200
www.communityresourceproject.org/Services/Utility-Assistance

**Elk Grove Food Bank
Services**

916-685-8453
elkgrovefoodbank.org/services-programs/utility-assistance/
9888 Kent Street
Elk Grove, CA 95624

**Federal Communications
Commission - Affordable
Connectivity Program**

877-384-2575
www.fcc.gov/acp

Pacific Gas & Electric

866-743-2273
www.pge.com/en_US/residential/save-energy-money/help-paying-your-bill/payment-assistance-overview/payment-assistance-overview.page?WT.pgeac=Home_PaymentAssistance

We're here to help you!

EAPR - Energy Assistance Program Rate

888-742-7683

Learn more at SMUD.org/LowIncome

Medical Discount Rate

888-742-7683

Learn more at SMUD.org/MED

SMUD income qualified Energy Saving Home Upgrades

916-732-5659

Learn more at Smud.org/EnergySaverBundles

SMUD Senior Related Programs and Services

888-742-7683

Learn more at SMUD.org/seniors

SMUD Energy Store

Smart Home (smudenergystore.com)

SMUD 2030 Clean Energy Vision

2030 Clean Energy Vision (smud.org)



Sacramento County Waste Management & Recycling - Consolidated Utilities Billing and Service

916-875-5555
sacutilities.saccounty.gov/Pages/RateAssistance.aspx
 9700 Goethe Road, Suite C
 Sacramento, CA 95827

Sacramento Housing and Redevelopment Agency - Sacramento Emergency Rental Assistance Program

916-449-1266
www.shra.org/sera

Sacramento Municipal Utility District (SMUD) Energy Assistance Program Rate

888-742-7683
www.smud.org/lowincome

Sacramento Municipal Utility District (SMUD) Medical Discount Rate

888-742-7683
www.smud.org/MED

Sacramento Municipal Utility District (SMUD) Senior Resources

www.smud.org/seniors

Sacramento Regional County Sanitation District - Sewer Lifeline Rate Assistance Program

916-875-5500
www.regionalsan.com/rate-assistance-program

Salvation Army Family Services

916-678-4010
sacramento.salvationarmy.org/sacramento_metro/family-services

South County Services

209-745-9174
www.southcountyservice.com
 431 South Lincoln Way
 Galt, CA 95632

United Way California Capital Region - Digital Equity

2-1-1 or 916-498-1000
united-way-ccr.forms.fm/digital-equity-program-2021/forms/8841

**FOOD, CLOTHING
 COMIDA, ROPA**

**CALFRESH (FOOD STAMPS)
 CALFRESH
 (CUPONES DE ALIMENTOS)**

California Department of Social Services

916-651-8848
www.cdss.ca.gov/benefits-services/food-nutrition
 744 P Street
 Sacramento, CA 95814

Coalition of California Welfare Rights Organizations

916-736-0616
www.ccwro.org
 1111 Howe Avenue,
 Suite 635
 Sacramento, CA 95825

Sacramento County Department of Human Assistance

916-874-3100
www.dha.saccounty.net/benefits/Pages/default.aspx#cf
 • 1725 8th Street
 Sacramento, CA 95816
 • 2700 Fulton Avenue
 Sacramento, CA 95821
 • 210 North Lincoln Way
 Galt, CA 95632
 • 5747 Watt Avenue
 North Highlands, CA 95660
(continued on next page)

- 3960 Research Drive
Sacramento, CA 95838
- 2450 Florin Road
Sacramento, CA 95822

**CALFRESH APPLICATION
ASSISTANCE
ASSISTENCIA PARA
SOLICITUD DE CALFRESH**

2-1-1 Sacramento
916-498-1000
www.211sacramento.org/211/calfresh

Alchemist CDC
916-890-4539
alchemistcdc.org/calfresh-at-farmers-markets/applying-for-calfresh/

Elk Grove Food Bank Services
916-685-8453
www.elkgrovefoodbank.org
9888 Kent Street
Elk Grove, CA 95624

Health Education Council
916-556-3344
healthedcouncil.org/what-we-do/programs/access-to-hlth-srvcs/healthy-food-access.html
7617 Alma Vista Way, Suite C
Sacramento, CA 95831

River City Food Bank
916-233-4075
www.rivercityfoodbank.org
1800 28th Street
Sacramento, CA 95816

Sacramento Covered
916-414-8333
www.sacramentocovered.org

- 1545 River Park Drive, Suite 450
Sacramento, CA 95815
- 724 Seventh Street
Sacramento, CA 95814
- 1351 North C Street
Sacramento, CA 95811
- 4600 Broadway
Sacramento, CA 95820
- 4815 Watt Avenue
North Highlands, CA 95660
- 819 19th Street
Sacramento, CA 95811
- 1000 C Street, Suite 100
Galt, CA 95632

Sacramento Food Bank & Family Services
916-779-0052
www.sacramentofoodbank.org/calfresh

- 1951 Bell Avenue
Sacramento, CA 95838
- 3333 Third Avenue
Sacramento, CA 95817

**CLOTHES CLOSETS
PROVISIÓN DE ROPA**

(Contact Clothes Closets for Service Area Zip Codes.)

Daughters of Zion Enterpryz
916-422-3875
www.dozenterpryz.org/foodandclothescloset

Dress for Success Sacramento
916-243-1282
sacramento.dressforsuccess.org/programs/suiting/
4215 Norwood Avenue, Suite 3B
Sacramento, CA 95838

Elk Grove Food Bank Services
916-685-8453
www.elkgrovefoodbank.org
9888 Kent Street
Elk Grove, CA 95624

Francis House Center - A Program of Next Move
 916-443-2646
www.nextmovesacramento.org/emergency-housing/additional-services
 1422 C Street
 Sacramento, CA 95814

Orangevale Seventh-day Adventist Church
 916-967-2838
ovsda.org/community
 5810 Pecan Avenue
 Orangevale, CA 95662

Outside the Walls - Community Closet
 916-287-1293
www.otw98.org
 4625 44th Street, Room 104
 Sacramento, CA 95820

Powerhouse Ministries Folsom
 916-983-0658
www.phmfolsom.org/what-we-do
 311 Market Street
 Folsom, CA 95630

South County Services
 209-745-9174
www.southcountyservice.com
 431 South Lincoln Way
 Galt, CA 95632

Union Gospel Mission
 916-447-3268
ugmsac.com/homeless-resources/
 400 Bannon Street
 Sacramento, CA 95811

CONGREGATE MEALS
COMIDAS CONGREGADAS

Loaves & Fishes
 916-446-0874
www.sacloaves.org/programs-services
 1321 North 12th Street
 Sacramento, CA 95811

Meals on Wheels by ACC - All Seasons Cafe
 916-586-8435
www.mowsac.org/our-meals/our-cafes

- Chabolla Community Center
 660 Chabolla Avenue
 Galt, CA 95632
- Creekside Village Senior Apartments
 6465 Village Centre Drive
 Sacramento, CA 95823
- Delta Cove - A Senior Community
 6800 Woodbine Avenue
 Sacramento, CA 95822
- Fruitridge Community Center
 4000 Fruitridge Road
 Sacramento, CA 95816
- Hagginwood Community Center
 3271 Marysville Boulevard
 Sacramento, CA 95815
- Hart Senior Center
 915 27th Street
 Sacramento, CA 95816
- Light of the Valley Church
 9270 Bruceville Road
 Elk Grove, CA 95758

(continued on next page)

- Mission Oaks Community Center
4701 Gibbons Drive
Carmichael, CA 95608
- Rio Linda/Elverta Recreation & Parks District
810 Oak Lane
Rio Linda, CA 95673
- Sam and Bonnie Pannell Community Center
2450 Meadowview Road
Sacramento, CA 95832
- Stanford Settlement
450 West El Camino Avenue
Sacramento, CA 95833
- The Comstock Senior Community Center
1725 K Street
Sacramento, CA 95814

Saint Vincent de Paul - Roseville Area Conference
916-781-3303
www.placersvdp.com/get-help/#togo
105 Bonita Street
Roseville, CA 95678

Salvation Army of Roseville
916-784-3382
www.roseville.salvationarmy.org
100 Lincoln Street
Roseville, CA 95678

Wellspring Women's Center
916-454-9688
www.wellspringwomen.org/programs
3414 Fourth Avenue
Sacramento, CA 95817

Carmichael Presbyterian Church
916-483-9232
www.carmichaelpres.org
5645 Marconi Avenue
Carmichael, CA 95608

Carmichael Seventh-day Adventist Church
916-487-8684 ext 117
www.carmsda.org
4694 Pasadena Avenue,
Community Service Building
Sacramento, CA 95841

Daughters of Zion Enterpryz
916-422-3875
www.dozenterpryz.org/foodandclothescloset
6489 47th Street
Sacramento, CA 95823

**FOOD BANKS
BANCOS DE ALIMENTOS**

(Contact Food Banks for Service Area Zip Codes.)

Bridge Network Corporation
916-244-1406
www.bridge-network.org/
7851 35th Avenue
Sacramento, CA 95824

Elk Grove Food Bank Services
916-685-8453
www.elkgrovefoodbank.org
9888 Kent Street
Elk Grove, CA 95624

Love In the Name of Christ
916-383-3232
www.loveincsacramento.com

**Orangevale Seventh-day
Adventist Church**

916-967-2838
ovsda.org/community/
5810 Pecan Avenue
Orangevale, CA 95662

**Powerhouse Ministries
Folsom**

916-983-0658
*www.phmfolsom.org/what-
we-do*
311 Market Street
Folsom, CA 95630

**Rio Linda/Elverta Food
Closet**

916-717-3265
151 West Delano Street
Elverta, CA 95626

River City Food Bank

916-446-2627
www.rivercityfoodbank.org
• 1800 28th Street
Sacramento, CA 95816
• 2300 Edison Avenue
Sacramento, CA 95821

**Sacramento Food Bank &
Family Services - Emergency
Response Agencies (Food)**

*www.sacramentofoodbank
.org/find-food*

**Sacramento Food Bank &
Family Services - Food for
Seniors**

916-925-3240
*www.sacramentofoodbank.o
rg/food-for-seniors*

- 3867 Marconi Avenue
Sacramento, CA 95821
- 9888 Kent Street
Elk Grove, CA 95624
- 915 27th Street
Sacramento, CA 95816
- 6483 Main Avenue
Orangevale, CA 95662
- 431 South Lincoln Way
Galt, CA 95632
- 5625 24th Street
Sacramento, CA 95822
- 3213 Orange Grove Avenue
North Highlands, CA 95660

**Saint Paul Church of God In
Christ**

916-927-3663
2771 Grove Avenue
Sacramento, CA 95815

**Salvation Army - Del Oro
Division**

916-678-4010
*sacramento.salvationarmy
.org/sacramento_metro
/family-services*

- 2550 Alhambra Boulevard
Sacramento, CA 95817
- 3213 Orange Grove Avenue
North Highlands, CA 95660

**San Juan Unified School
District**

916-979-8794
*www.sanjuan.edu
/Page/49852*
3700 Garfield Avenue,
Room 14
Carmichael, CA 95608

**Sierra Arden Neighborhood
Food Closet**

916-483-1942
*www.sierravistacc.org/food-
closet*
890 Morse Avenue
Sacramento, CA 95864

Southpointe Christian Center

916-504-3370
www.southpointecc.com
7520 Stockton Boulevard
Sacramento, CA 95823

South Sacramento Interfaith Partnership Food Closet
 916-428-5290
www.ssipfoodcloset.org
 5625 24th Street
 Sacramento, CA 95822

St. Paul Baptist Church
 916-737-7070
stpaulsac.org/
 3996 14th Avenue
 Sacramento, CA 95820

Sunrise Christian Food Ministry
 916-965-5431
www.sunrisechristianfoodministry.org
 5901 San Juan Avenue
 Citrus Heights, CA 95610

Twin Lakes Food Bank
 916-985-6232
www.twinlakesfoodbank.org
 327 Montrose Drive
 Folsom, CA 95630

Union Gospel Mission Sacramento
 916-447-3268
www.ugmsac.com/food-box-program
 400 Bannon Street
 Sacramento, CA 95811

Woodside Seventh-day Adventist Church
 916-482-6444
www.woodsidesda.org
 3300 Eastern Avenue
 Sacramento, CA 95821

**HOME-DELIVERED MEALS
 COMIDAS A DOMICILIO**

Lasagna Love, Inc.
www.lasagnalove.org/request

Meals on Wheels by ACC
 916-444-9533
www.mowsac.org
 7375 Park City Drive
 Sacramento, CA 95831

Mom's Meals
 877-508-6667
www.momsmeals.com

**HEALTH SERVICES
 SERVICIOS DE SALUD**

**COMMUNITY CLINICS
 CLÍNICAS COMUNITARIAS**

Bayanihan Clinic
 916-234-6773
www.bayanihanclinic.com
 3030 Explorer Drive
 Sacramento, CA 95827

Camellia Women's Health
 916-486-0411
www.camelliawomenshealth.com

- 5821 Jameson Court
 Carmichael, CA 95608
- 621 Capitol Mall , Suite 950
 Sacramento, CA 95814
- 1625 Creekside Drive,
 Suite 200
 Folsom, CA 95630
- 8735 Sierra College
 Boulevard, Suite 210
 Roseville, CA 95661

Clinica Tepati
 916-209-0912
clinatepati.com
 1820 J Street
 Sacramento, CA 95811

Dignity Health, Mercy Family Health Center
 916-681-1600
www.dignityhealth.org/sacramento/locations/methodist-hospital-of-sacramento/mercy-family-health-center
 7500 Hospital Drive
 Sacramento, CA 95823

Elica Health Centers

916-454-2345

www.elicahealth.org

- 77 Cadillac Drive, Suite 200
Sacramento, CA 95825
- 5385 Franklin Boulevard,
Suite K
Sacramento, CA 95820
- 1276 Halyard Drive
West Sacramento, CA
95691
- 3701 J Street, Suite 201
Sacramento, CA 95816
- 6339 Mack Road
Sacramento, CA 95823
- 3234 Marysville Boulevard
Sacramento, CA 95815
- 4815 Watt Avenue
North Highlands, CA 95660
- 923 V Street
Sacramento, CA 95818
- 155 15th Street, Suite A
West Sacramento, CA
95691

Health And Life Organization (HALO)

916-642-1867

www.halocares.org

- 5524 Assembly Court
Sacramento, CA 95823
- 3301 Fong Ranch Road
Sacramento, CA 95834
- 2200 Del Paso Boulevard
Sacramento, CA 95815

- 965 El Camino Avenue
Sacramento, CA 95815
- 3030 Explorer Drive
Sacramento, CA 95827
- 7275 East Southgate Drive,
Suites 204 - 206
Sacramento, CA 95823

One Community Health

916-443-3299

oncommunityhealth.com

- 1442 Ethan Way, Suite 100
Sacramento, CA 95825
- 1500 21st Street
Sacramento, CA 95811

Peach Tree Health

916-779-7656

pickpeach.org/location/peach-tree-north-sacramento/
3810 Rosin Court, Suite 100
Sacramento, CA 95834

Sacramento County Primary Health Services, County Health Center

916-874-9670

dhs.saccounty.gov/PRI/Pages/Health%20Center/GI-Sacramento-County-Health-Center.aspx

4600 Broadway, Suite 2100
Sacramento, CA 95820

Sacramento Native American Health Center

916-341-0575

www.snahc.org

2020 J Street
Sacramento, CA 95811

Shifa Community Clinic

916-441-6008

shifaclinic.org/services

419 V Street
Sacramento, CA 95818

UC Davis Health, Geriatrics Clinic

916-734-2737

health.ucdavis.edu/internalmedicine/general/GMgeriatrics.html

4860 Y Street, Suite 0100
Sacramento, CA 95817

UC Davis Health, Healthy Aging Clinic

916-731-1831

health.ucdavis.edu/healthy-aging/services/healthy-aging-clinic

3160 Folsom Boulevard,
Suite 1400
Sacramento, CA 95816

WellSpace Health

916-737-5555

wellspacehealth.org

- 2425 Alhambra Boulevard
Sacramento, CA 95817
- 2433 Marconi Avenue
Sacramento, CA 95821
- 3441 Marysville Boulevard
Sacramento, CA 95838
- 4241 Florin Road, Suite 40
Sacramento, CA 95823
- 1710 Prairie City Road,
Suite 125
Folsom, CA 95630
- 1820 J Street
Sacramento, CA 95811
- 3946 Norwood Avenue
Sacramento, CA 95838
- 3415 Martin Luther King
Junior Boulevard
Sacramento, CA 95817
- 10423 Old Placerville Road
Sacramento, CA 95827
- 5 Medical Plaza Drive,
Suite 170
Roseville, CA 95661
- 5959 Greenback Lane,
Suite 500
Citrus Heights, CA 95621
- 8233 East Stockton
Boulevard, Suite A
Sacramento, CA 95828
- 7777 Sunrise Boulevard,
Suite 2500
Citrus Heights, CA 95610

WellSpace Health, Women's Health Center

916-392-2290

www.wellspacehealth.org/services/womens-health

- 7601 Hospital Drive,
Suite 220
Sacramento, CA 95823
- 3946 Norwood Avenue
Sacramento, CA 95838
- 10423 Old Placerville Road
Sacramento, CA 95827
- 151 North Sunrise Avenue,
Suite 1309
Roseville, CA 95661
- 7601 Hospital Drive,
Suite 220
Sacramento, CA 95823

**DENTAL SERVICES
SERVICIOS DENTALES****Carrington College**

916-361-5168

carrington.edu/location/sacramento-dental-hygiene-clinic/8909 Folsom Boulevard
Sacramento, CA 95826**Elica Health Centers**

916-454-2345

www.elicahealth.org

- 77 Cadillac Drive, Suite 200
Sacramento, CA 95825

- 5385 Franklin Boulevard,
Suite K
Sacramento, CA 95820
- 1276 Halyard Drive
West Sacramento, CA
95691
- 3701 J Street, Suite 201
Sacramento, CA 95816
- 3234 Marysville Boulevard
Sacramento, CA 95815
- 4815 Watt Avenue
North Highlands, CA 95660

Health And Life Organization (HALO)

916-642-1867

www.halocares.org/services/Dentistry

- 7215 55th Street
Sacramento, CA 95823
- 5524 Assembly Court
Sacramento, CA 95823
- 2138 Del Paso Boulevard
Sacramento, CA 95815
- 965 El Camino Avenue
Sacramento, CA 95815
- 3030 Explorer Drive
Sacramento, CA 95827
- 7275 East Southgate Drive,
Suite 106
Sacramento, CA 95823
- 4986 Watt Avenue
North Highlands, CA 95660

One Community Health
916-443-3299
www.onecommunityhealth.com/services/dental

Sacramento City College - Dental Health Clinic
916-558-2303
scc.losrios.edu/campus-life/health-and-safety/dental-clinic

Sacramento District Dental Society
916-446-1211
www.sdds.org

Sacramento Native American Health Center
916-341-0575
www.snahc.org/dental

Shifa Community Clinic
916-441-6008
shifaclinic.org/services/dental-clinic/

VA Northern California Health Care System
916-333-5500
www.va.gov/northern-california-health-care/locations/mcclellan-va-clinic/

DISABILITY SERVICES
SERVICIOS PARA
DISCAPACITADOS

California Department of Rehabilitation - Disability Access Services
916-558-5755
www.dor.ca.gov/Home/DisabilityAccessServices

California Department of Veterans Affairs
800-952-5626
www.calvet.ca.gov

California Employment Development Department - State Disability Insurance
800-480-3287
www.edd.ca.gov/disability

California Foundation for Independent Living Centers
916-325-1690
www.cfilc.org

Developmental Living Center
916-424-1111

Disability Rights California
800-776-5746
www.disabilityrightsca.org

McGeorge School of Law Elder and Health Law Clinic
916-340-6080
law.pacific.edu/law/students/academics/experiential-learning/legal-clinics/elder-and-health-law-clinic

NorCal Services for Deaf and Hard of Hearing
916-349-7500
www.norcalcenter.org

Resources for Independent Living
916-446-3074
www.ril-sacramento.org

Sacramento County Department of Personnel Services - Disability Compliance Office
916-874-7642
www.personnel.saccounty.net/Pages/DCOHome.aspx

Society for the Blind
916-452-8271
societyfortheblind.org/programs-services/programs-for-55/

United States Department of Labor - Job Accommodation Network (JAN)
800-526-7234
www.askjan.org

United States Social Security Administration
 800-772-1213
www.ssa.gov

VA Northern California Health Care System
 916-561-7400
www.va.gov/northern-california-health-care/locations/mcclellan-va-clinic
 5342 Dudley Boulevard
 McClellan, CA 95652

**HEALTH INSURANCE COUNSELING
 CONSEJERÍA DE SEGUROS DE SALUD**

AARP
 888-687-2277
www.aarp.org/states/ca

California Advocates for Nursing Home Reform - Long-Term Care Information
 415-974-5171
www.canhr.org/about/index.html

California Partnership for Long-Term Care
 916-552-8990
www.rureadyca.org

Centers for Medicare & Medicaid Services
 800-633-4227
www.medicare.gov

Covered California
 800-300-1506
www.coveredca.com

Health Insurance Counseling and Advocacy Program (HICAP)
 916-376-8915
www.hicapservices.net

La Familia Counseling Center
 916-452-3601
lafcc.org

Lao Family Development, Inc.
 916-359-2788
www.lfcd.org
 3205 Hurley Way
 Sacramento, CA 95864

Legal Services of Northern California - Health Program
 916-551-2150
www.lsn.net/office/lsnc-health-program
 515 12th Street
 Sacramento, CA 95814

Sacramento Covered
 916-414-8333
www.sacramentocovered.org

The Light for Seniors
 858-360-7818
www.lightforseniorssandiego.com

**HOSPICE
 HOSPICIO**

A Better Living Home Care Agency
 916-361-3000
www.BLHC.org
 591 Watt Avenue, Suite 240
 Sacramento, CA 95864

AllureCare
 916-534-8955
www.allurecareservices.com

Ally Independence
 800-630-6156
www.allyindependence.com

Blossom Ridge Home Health & Hospice
 916-779-1140
www.blossomridge.com/hospice-services

BrightStar Care of Roseville, Sacramento & Carmichael
916-781-6500
www.brightstarcare.com/roseville-south-placer-county/home-care-2

California Hospice & Palliative Care Association
916-925-3770
www.calhospice.org

Comfort Keepers
530-666-4300
CKWoodland.com

Craig Cares
916-782-7121
www.craigcares.com
151 North Sunrise Avenue,
Suite 1106
Roseville, CA 95661

Dignity Health
916-281-3900
www.dignityhealth.org/sacramento/services/home-health-and-hospice

Home Care Assistance of Roseville and Carmichael
916-226-3737
www.homecareassistancecarmichael.com

Interim Healthcare
916-779-0811
www.interimhealthcare.com

JB Homecare Referral Agency
916-489-6941
www.jbhomecare.com/services.html
2100 Watt Avenue, Suite 130
Sacramento, CA 95825

Kaiser Permanente
916-486-5300 ext 1
thrive.kaiserpermanente.org/care-near-you/northern-california/northvalley/departments/hospice/

Partners in Care
530-885-9948
www.pichospice.com

Rx HealthCare Services
916-485-8200
www.rxnursing.com/hospice-care

Snowline Hospice
916-817-2338
www.snowlinehospice.org

Sutter Health
916-388-6255
www.sutterhealth.org/services/home-health-hospice/hospice

UC Davis Health
916-734-2458
health.ucdavis.edu/homecare/hospice/about_hospice.html

YoloCares
530-758-5566
yolocares.org/our-services/center-for-loss-hope/

HOSPITALS HOSPITALES

Dignity Health
www.dignityhealth.org

- Mercy General Hospital
4001 J Street
Sacramento, CA 95819
916-453-4545
- Mercy Hospital of Folsom
1650 Creekside Drive
Folsom, CA 95630
916-983-7400
- Mercy San Juan Medical Center
6501 Coyle Avenue
Carmichael, CA 95608
916-537-5000
(continued on next page)

- Methodist Hospital of Sacramento
7500 Hospital Drive
Sacramento, CA 95823
916-423-3000
- Woodland Memorial Hospital
1325 Cottonwood Street
Woodland, CA 95695
530-662-3961

Kaiser Permanente

thrive.kaiserpermanente.org

- 1600 Eureka Road
Roseville, CA 95661
916-784-4000
- 2025 Morse Avenue
Sacramento, CA 95825
916-973-5000
- 6600 Bruceville Road
Sacramento, CA 95823
916-688-2000

Sutter Health

www.sutterhealth.org

- Sutter Davis Hospital
2000 Sutter Place
Davis, CA 95616
530-756-6440
- Sutter Medical Center,
Sacramento
2825 Capitol Avenue
Sacramento, CA 95816
916-887-0000

UC Davis Medical Center
916-734-2011
health.ucdavis.edu/welcome
2315 Stockton Boulevard
Sacramento, CA 95817

**INDEPENDENT LIVING
RESOURCES
RECURSOS DE VIDA
INDEPENDIENTE**

California Foundation for Independent Living Centers, Ability Tools
800-390-2699
www.abilitytools.org
1000 G Street, Suite 100
Sacramento, CA 95814

California Foundation for Independent Living Centers, Disability Disaster Access & Resources
800-390-2699
disabilitydisasteraccess.org
1000 G Street, Suite 100
Sacramento, CA 95814

California Foundation for Independent Living Centers, FreedomTech
916-737-5358
www.freedomtech.org
1000 G Street, Suite 100
Sacramento, CA 95814

National Federation of the Blind
410-659-9314
nfb.org

NorCal Services for Deaf & Hard of Hearing
916-349-7500
www.norcalcenter.org
4044 North Freeway
Boulevard
Sacramento, CA 95834

Resources for Independent Living
916-446-3074
www.ril-sacramento.org
420 I Street, Level B: Suite 3
Sacramento, CA 95814

Society for the Blind, Senior IMPACT Project
916-452-8271
societyfortheblind.org
/programs-services
/programs-for-55/
1238 S Street
Sacramento, CA 95811

IN-HOME HEALTH CARE
ATENCIÓN MÉDICA
EN EL HOGAR

A Better Living Home Care Agency

916-361-3000
www.BLHC.org
 591 Watt Avenue, Suite 240
 Sacramento, CA 95864

Ally Independence

800-630-6156
www.allyindependence.com
 9717 Elk Grove-Florin Road,
 Suite F
 Elk Grove, CA 95624

Blessed Hearts Home Health Care, Inc.

916-588-2458
www.blessedheartshhc.com
 3105 Fite Circle, Suite 105
 Sacramento, CA 95827

Blossom Ridge Home Health & Hospice

916-550-9546
www.blossomridge.com
 520 Ninth Street, Suite 240
 Sacramento, CA 95814

BrightStar Care of Roseville, Sacramento & Carmichael

916-781-6500
www.brightstarcare.com/roseville-south-placer-county/home-care-2
 151 North Sunrise Avenue,
 Suite 1011
 Roseville, CA 95661

Comfort Keepers

530-666-4300
CKWoodland.com
 123 Court Street
 Woodland, CA 95695

Dignity Health

916-281-2300
www.dignityhealth.org/sacramento/services/home-health-and-hospice
 3400 Data Drive
 Rancho Cordova, CA 95670

Interim Healthcare

855-230-4161
www.interimhealthcare.com/sacramentohospice/our-services/supportive-services
 2233 Watt Avenue, Suite 330
 Sacramento, CA 95825

JB Homecare Referral Agency

916-489-6941
www.jbhomecare.com/services.html
 2100 Watt Avenue, Suite 130
 Sacramento, CA 95825

Maxim Healthcare Services

916-974-2599
www.maximhealthcare.com/home-healthcare/home-healthcare
 1651 Response Road,
 Suite 200
 Sacramento, CA 95815

Personalized Homecare Services, Inc.

916-979-4975
www.personalizedhomecare.com
 4700 Northgate Boulevard,
 Suite 160
 Sacramento, CA 95834

RX HealthCare Services

916-485-8200
www.rxnursing.com/home-health-care
 4640 Marconi Avenue
 Sacramento, CA 95821

Sutter Health, Home Health Care

916-388-6200
www.sutterhealth.org/services/home-health-hospice/home-health
 8334 Ferguson Avenue
 Sacramento, CA 95828

UC Davis Health

916-734-2458
health.ucdavis.edu/homecare/homehealth/about_home_health.html
 3630 Business Drive
 Sacramento, CA 95820

VA Northern California Health Care System

800-382-8387
www.va.gov/northern-california-health-care/locations/sacramento-va-medical-center

**MEDI-CAL
 MEDI-CAL**

California Department of Health Care Services - Assisted Living Waiver

844-494-6303
www.dhcs.ca.gov/services/ltc/Pages/AssistedLivingWaiver.aspx

California Department of Health Care Services - Medi-Cal Fraud Complaint

800-822-6222
www.dhcs.ca.gov/individuals/Pages/stopmedi-cal/fraud.aspx

California Department of Health Care Services - Medi-Cal Managed Care Division

888-452-8609
www.dhcs.ca.gov/services/Pages/Medi-CalManagedCare.aspx

California Department of Health Care Services – Medi-Cal Managed Care Ombudsman

888-452-8609
www.dhcs.ca.gov/services/MH/Pages/MH-Ombudsman.aspx

California Department of Health Care Services - Medi-Cal Transportation Services

888-452-8609
www.dhcs.ca.gov/services/medi-cal/Pages/Transportation.aspx

California Department of Health Care Services – Medi-Nurse Line

877-409-9052
www.dhcs.ca.gov/Pages/DHCS-COVID%E2%80%919119-Medi-Nurse-Line.aspx

La Familia Counseling Center, Community Health Navigator Program

916-452-3601
lafcc.org
 • 5523 34th Street
 Sacramento, CA 95820
 • 3301 37th Avenue
 Sacramento, CA 95824

Sacramento County Department of Human Assistance, Medi-Cal

916-874-3100
www.dha.saccounty.net/benefits/medi-cal/Pages/Medi-Cal.aspx
 • 2700 Fulton Avenue
 Sacramento, CA 95821
 • 210 North Lincoln Way
 Galt, CA 95632
 209-744-0499
 • 5747 Watt Avenue
 North Highlands, CA 95660
 • 1725 28th Street
 Sacramento, CA 95816
 (continued on next page)

- 4600 Broadway, Suite 2600
Sacramento, CA 95820
- 3960 Research Drive
Sacramento, CA 95838
- 2450 Florin Road
Sacramento, CA 95822

Sacramento Covered, Health Navigation

916-414-8333

www.sacramentocovered.org

- 1545 River Park Drive,
Suite 450
Sacramento, CA 95815
- 819 19th Street
Sacramento, CA 95811

**MEDICAL EQUIPMENT,
ASSISTIVE TECHNOLOGY
*EQUIPO MÉDICO,
TECNOLOGÍA AUXILIAR***

101 Mobility Sacramento Valley

916-304-4372

www.101mobility.com

/sacramento

1940 Terracina Drive
Sacramento, CA 95834

The ALS Association – Greater Sacramento Chapter

916-979-9265

websac.alsa.org/site

*/PageServer?pagename=SAC
_homepage*

AT&T - Telecommunication Services

800-288-2020

www.att.com

California Foundation for Independent Living Centers, Ability Tools

800-390-2699

www.abilitytools.org

California Foundation for Independent Living Centers, FreedomTech

916-737-5358

www.freedomtech.org

California Connect/ California Telephone Access Program

800-806-1191

cconnect.org

1300 Ethan Way, Suite 105
Sacramento, CA 95825

ClearCaptions

866-868-8695

www.clearcaptions.com

Easter Seals Superior California, Medical Rehabilitation Services

916-485-6711

www.myeasterseals.org

9812 Old Winery Place,
Suite 21

Sacramento, CA 95827

Francis House Center - A Program of Next Move, Eyeglasses Program

916-443-2646

www.nextmovesacramento.org/francis-house-center

1422 C Street

Sacramento, CA 95814

National Federation of the Blind

410-659-9314

nfb.org

New Eyes, Eyeglasses Program

new-eyes.org

Parkinson Association of Northern California

916-357-6641

www.Panctoday.org

1024 Iron Point Road,
Suite 1046

Folsom, CA 95630

**Peach Tree Health -
Eyeglasses**

916-779-7656
pickpeach.org/location/peach-tree-vision-north-sacramento
3810 Rosin Court, Suite 100
Sacramento, CA 95834

**Resources for Independent
Living**

916-446-3074
www.ril-sacramento.org
420 I Street, Level B: Suite 3
Sacramento, CA 95814

Society for the Blind

916-889-7510
societyfortheblind.org/programs-services/braille-production/the-braille-production-training-program/
2791 24th Street
Sacramento, CA 95818

**VA Northern California
Health Care System**

800-382-8387
www.va.gov/northern-california-health-care/locations/sacramento-va-medical-center/
10535 Hospital Way
Mather, CA 95655

**MEDICARE
MEDICARE**

**Centers for Medicare &
Medicaid Services**

800-633-4227
www.medicare.gov

**LSNC, Health Insurance
Counseling and Advocacy
Program (HICAP)**

916-376-8915
www.hicapservices.net

**McGeorge School of Law,
Elder and Health Law Clinic**

916-340-6080
law.pacific.edu/law/students/academics/experiential-learning/legal-clinics/elder-and-health-law-clinic

**United States Social Security
Administration, 24/7
National Toll Free**

800-772-1213
www.ssa.gov/medicare

**MENTAL HEALTH SERVICES
SERVICIOS
DE SALUD MENTAL**

**ACC Senior Services, Bridge
to Healthy Families - Family
Caregiver Support Program**

916-503-5386
www.accsv.org/services/bridge-to-healthy-families
7334 Park City Drive
Sacramento, CA 95831

**Awareness & Empowerment
Projects of Servant Hearts,
Wisdom Project**

218-760-2415
www.servant-hearts.org

Better Decisions Counseling

916-368-0700
www.betterdecisionsinc.org
10366 Rockingham Road
Sacramento, CA 95827

CalHOPE Connect

www.calhopeconnect.org

CalHOPE - Warm Line

833-317-4673
www.calhope.org/pages/current-services.aspx

California Department of Public Health, Office of Problem Gambling

800-426-2537

problemgambling.ca.gov
*/ccpgwebsite/default.aspx***California State University, Sacramento, Center for Counseling and Diagnostic Services**

916-278-6252

*www.csus.edu/center/counseling-diagnostic-services*6000 J Street, Eureka Hall 421
Sacramento, CA 95819**Cal Voices**

916-875-4710

*www.calvoices.org/programs-and-services***Clinica Tepati**

916-209-0912

*clinatepati.com*1820 J Street
Sacramento, CA 95811**Clutterers Anonymous**

866-402-6685

*www.clutterersanonymous.org***Community Helpline**

877-541-2525

*chelpline.org***El Hogar Community Services, SeniorLink**

916-369-7872

*www.elhogarinc.org/seniorlink*3870 Rosin Court, Suite 130
Sacramento, CA 95834**El Hogar Community Services, Sierra Elder Wellness Program**

916-363-1553

*www.elhogarinc.org/sierra-elder-wellness-program*3870 Rosin Court, Suite 130
Sacramento, CA 95834**Elica Health Centers**

916-454-2345

www.elicahealth.org

- 3701 J Street, Suite 201
Sacramento, CA 95816
- 3234 Marysville Boulevard
Sacramento, CA 95815

HOPE Counseling Center

916-780-1059

www.hope-counselingcenter.org

- 530 Plaza Drive, Suite 130
Folsom, CA 95630

- 1430 Alhambra Boulevard,
Suite 200
Sacramento, CA 95816
- 2540 Douglas Boulevard,
Suite 200
Roseville, CA 95661

Health Education Council, Social Connection

916-556-3344

*healtheducouncil.org*7617 Alma Vista Way, Suite C
Sacramento, CA 95831**Horizon Counseling Center**

916-752-8965

www.horizoncounseling.org

- 1130 Conroy Lane,
Suite 301
Roseville, CA 95661
- 3960 Industrial Boulevard,
Suite 200
West Sacramento, CA
95691

Life Practice Counseling Group

916-300-6576

www.LifePractice.org

- 3336 Bradshaw Road,
Suite 215
Sacramento, CA 95827
- 3820 Auburn Boulevard,
Suite 100
Sacramento, CA 95821

Mental Health Association of San Francisco

855-845-7415
www.mentalhealthsf.org/peer-support-services

One Community Health

916-443-3299
www.onecommunityhealth.com/services/behavioral-health

- 1442 Ethan Way, Suite 100
Sacramento, CA 95825
- 1500 21st Street
Sacramento, CA 95811

Sacramento County Behavioral Health Services, Access Team

916-875-1055
mentalhealthservicerequest.saccounty.net

Sacramento County Behavioral Health Services - Mental Health Urgent Care Clinic

916-520-2460
www.tpcp.org/programs/urgent-care
 2130 Stockton Boulevard,
 Building 300
 Sacramento, CA 95817

Sacramento Native American Health Center

916-341-0575
www.snahc.org
 2020 J Street
 Sacramento, CA 95811

SAGE LGBTQ+ Elder Hotline

877-360-5428
www.sageusa.org/what-we-do/sage-national-lgbt-elder-hotline

Shifa Community Clinic

916-441-6008
shifaclinic.org/services
 419 V Street
 Sacramento, CA 95818

Sierra Mental Wellness Group

916-783-5207
www.sierramentalwellness.org
 406 Sunrise Avenue,
 Suite 300
 Roseville, CA 95661

Suicide Prevention Crisis Line

9-8-8
www.988california.org/

Sunburst Projects

916-440-0889
sunburstprojects.org
 2143 Hurley Way, Suite 240
 Sacramento, CA 95811

Sutter Center for Psychiatry

916-386-3620
www.suttermedicalcenter.org/psychiatry/services/partial_hospitalization.php
 7919 Folsom Boulevard,
 Suite 100
 Sacramento, CA 95826

Turning Point Community Programs, Mental Health Urgent Care Clinic

916-520-2460
www.tpcp.org/programs/urgent-care
 2130 Stockton Boulevard,
 Building 300
 Sacramento, CA 95817

UC Davis Health, Psychiatry and Behavioral Health Services

916-734-3574
health.ucdavis.edu/psychiatry/
 2230 Stockton Boulevard
 Sacramento, CA 95817

USC Telehealth

866-740-6502
dworakpeck.usc.edu/research/research-centers/telebehavioral-health

VA Northern California Health Care System

916-843-9460
www.va.gov/northern-california-health-care/locations/sacramento-va-medical-center/
 10535 Hospital Way
 Mather, CA 95655

WellSpace Health

916-313-8433
www.wellspacehealth.org/services/behavioral-health-prevention/integrated-behavioral-health

- 2425 Alhambra Boulevard
Sacramento, CA 95817
- 2433 Marconi Avenue
Sacramento, CA 95821
- 1820 J Street
Sacramento, CA 95811
- 10423 Old Placerville Road
Sacramento, CA 95827
- 5 Medical Plaza Drive,
Suite 170
Roseville, CA 95661
- 5959 Greenback Lane,
Suite 500
Citrus Heights, CA 95621

- 8233 East Stockton
Boulevard, Suite A
Sacramento, CA 95828

**SUBSTANCE ABUSE
ASSISTANCE
ASISTENCIA PARA
ABUSO DE SUSTANCIAS**

**American River Area
Narcotics Anonymous**
 800-600-4673
www.sacramentona.org

**Associated Rehabilitation
Program for Women**
 916-944-3920
www.alphaoaks.com

- 8400 Fair Oaks Boulevard
Carmichael, CA 95608
- 6348-6350 Appian Way
Carmichael, CA 95608

Azure Acres Recovery Center
 855-750-1004
www.azureacres.com
 2264 Green Hill Road
 Sebastopol, CA 95472

BAART Programs

baartprograms.com

- 6127 Fair Oaks Boulevard
Carmichael, CA 95608
916-974-8090
- 310 Harris Street, Suite A
Sacramento, CA 95838
916-649-6793

Better Decisions Counseling
 916-368-0700
www.betterdecisionsinc.org
 10366 Rockingham Road
 Sacramento, CA 95827

Bridges Professional Treatment Services

916-450-0700
www.bridgesinc.net
 3600 Power Inn Road, Suite C
 Sacramento, CA 95826

C.O.R.E. Medical Clinic

www.coremedicalclinic.com

- 2100 Capitol Avenue
Sacramento, CA 95816
916-442-4985
- 3990 Industrial Boulevard
West Sacramento, CA
95691
916-796-0020

California Department of Health Care Services, Substance Use Disorder Compliance Division

916-327-3728
www.dhcs.ca.gov/provgovpart/Pages/SUD-Directories.aspx

**Calvary Christian Center,
Men's Overcomers Program**

916-920-3082
[overcomersprogram.org
 /?page_id=7](http://overcomersprogram.org/?page_id=7)

**Calvary Christian Center,
Women's Overcomers
Program**

916-924-3113
[overcomersprogram.org
 /?page_id=2160](http://overcomersprogram.org/?page_id=2160)

Elica Health Centers

916-454-2345
www.elicahealth.org
 • 3701 J Street, Suite 201
 Sacramento, CA 95816
 • 3234 Marysville Boulevard
 Sacramento, CA 95815

Fair Oaks Recovery Center

916-514-8500
fairoaksrecoverycenter.com/
 2221 Fair Oaks Boulevard
 Sacramento, CA 95825

Granite Wellness Centers

916-782-3737
www.granitewellness.org
 730 Sunrise Avenue, Building
 200, Suite 210
 Roseville, CA 95661

HOPE Counseling Center

916-780-1059
[www.hope-
 counselingcenter.org](http://www.hope-counselingcenter.org)
 • 530 Plaza Drive, Suite 130
 Folsom, CA 95630
 • 1430 Alhambra Boulevard,
 Suite 200
 Sacramento, CA 95816
 • 2540 Douglas Boulevard,
 Suite 200
 Roseville, CA 95661

Kick It California (Tobacco)

800-300-8086
kickitca.org

**Life Practice Counseling
Group**

916-300-6576
www.LifePractice.org
 • 3336 Bradshaw Road,
 Suite 215
 Sacramento, CA 95827
 • 3820 Auburn Boulevard,
 Suite 100
 Sacramento, CA 95821

**MedMark Treatment
Centers**

916-391-4293
www.MedMark.com
 7240 East Southgate Drive
 Sacramento, CA 95823

**Nation's Finest Behavioral
Health Center**

916-393-8387
[www.nationsfinest.org/our-
 services](http://www.nationsfinest.org/our-services)
 7270 East Southgate Drive
 Sacramento, CA 95823

**New Dawn Treatment
Centers**

866-969-4300
[www.newdawn-treatment
 centers.com](http://www.newdawn-treatment-centers.com)

One Community Health

916-443-3299
[oncommunityhealth.com
 /services/behavioral-health/](http://oncommunityhealth.com/services/behavioral-health/)
 • 1442 Ethan Way, Suite 100
 Sacramento, CA 95825
 • 1500 21st Street
 Sacramento, CA 95811

**Powerhouse Ministries
Folsom**

916-983-0658
[www.phmfolsom.org/what-
 we-do](http://www.phmfolsom.org/what-we-do)

River City Recovery Center

916-442-3979
rivercityrecovery.org
 500 22nd Street
 Sacramento, CA 95816

Sacramento Comprehensive Treatment Center

888-986-4270
www.sacramentoctc.com
 7225 East Southgate Drive,
 Suite D
 Sacramento, CA 95823

Sacramento County Behavioral Health Services, Substance Use Prevention and Treatment Services

916-874-9754
dhs.saccounty.net/BHS/Pages/SUPT/Substance-Use-Prevention-and-Treatment.aspx

Sacramento County Primary Health Services, Sacramento County Health Center

916-874-9670
www.dhs.saccounty.net/PRI/Pages/Health%20Center/GI-Sacramento-County-Health-Center.aspx
 4600 Broadway, Suite 2100
 Sacramento, CA 95820

Sacramento County Public Health Division, Tobacco Education Program

916-875-5869
www.dhs.saccounty.net/PUB/Pages/Tobacco-Education-Program/SP-Tobacco-Education-Program.aspx

Sacramento Native American Health Center

916-341-0575
www.snahc.org
 2020 J Street
 Sacramento, CA 95811

Sacramento Recovery House

916-455-6258
www.sacrecovery.org
 1914 22nd Street
 Sacramento, CA 95816

Sierra Vista Hospital

916-288-0300
www.sierravistahospital.com
 8001 Bruceville Road
 Sacramento, CA 95823

Sobriety Brings A Change

916-454-4242
www.sobrietybringsachange.net
 4600 47th Avenue, Suite 102
 Sacramento, CA 95824

Terra Nova Counseling

www.terranovacounseling.org

- 2012 H Street, Suite 210
 Sacramento, CA 95811
 916-444-5680
- 4700 Northgate Boulevard,
 Suite 122
 Sacramento, CA 95834
 916-564-0600

Turning Point Community Programs, Mental Health Urgent Care Clinic

916-520-2460
www.tpcp.org/programs/urgent-care
 2130 Stockton Boulevard,
 Building 300
 Sacramento, CA 95817

Union Gospel Mission Sacramento

916-447-3268
www.ugmsac.com/rehabilitation-program
 400 Bannon Street
 Sacramento, CA 95811

USC Telehealth, Online Counseling Services

866-740-6502
dworakpeck.usc.edu/clinical-programs/telebehavioral-health

WEAVE, Counseling Services

916-920-2952
www.weaveinc.org/services-counseling
 1900 K Street
 Sacramento, CA 95811

WellSpace Health

www.wellspacehealth.org/services/behavioral-health-prevention/addictions-counseling

- 1820 J Street
Sacramento, CA 95811
916-313-8434
- 4441 Auburn Boulevard,
Suite E
Sacramento, CA 95841
916-473-5764
- 4343 Williamsborough
Drive
Sacramento, CA 95823
916-395-3552

**Wellspring Women's Center,
Women's Wellness Program**

916-454-9688
www.wellspringwomen.org
3414 Fourth Avenue
Sacramento, CA 95817

**URGENT CARE
ATENCIÓN DE URGENCIA****Dignity Health, Mercy Family
Health Center**

916-681-1600
www.dignityhealth.org/sacramento/services/mercy-family-health-center
7500 Hospital Drive
Sacramento, CA 95823

**Kaiser Permanente Urgent
Care**

916-688-2000
thrive.kaiserpermanente.org/care-near-you/northern-california/southsacramento/departments/urgent-care-center-2/

6600 Bruceville Road
Medical Office Building 4
Sacramento, CA 95823

Peach Tree Health

916-779-7656
pickpeach.org/location/sacramento-immediate-care/
3810 Rosin Court, Suite 100
Sacramento, CA 95834

**Sacramento County
Department of Health
Services - Health Care for the
Homeless**

dhs.saccounty.gov/PRI/Pages/HCH%20Co-App/Health-Care-for-the-Homeless.aspx

- 4600 Broadway
Sacramento, CA 95820
916-874-9670
- 401 North 12th Street
Sacramento, CA 95811
916-874-9456

Sutter Health Walk-In Care

800-972-5547
www.sutterhealth.org/walk-in-care

- 5406 Sunrise Boulevard,
Suite 3
Citrus Heights, CA 95610
- 2020 Sutter Place,
Suite 101
Davis, CA 95616
530-750-5830
- 3919 Park Drive, Suite 80
El Dorado Hills, CA 95762
- 4810 Elk Grove Boulevard,
Suite 180
Elk Grove, CA 95758
- 2766 East Bidwell Street,
Suite 600
Folsom, CA 95630
- 2860 Del Paso Road,
Suite 100
Sacramento, CA 95834
- 4010 Foothills Boulevard,
Suite 102
Roseville, CA 95747
- 781 Pleasant Grove
Boulevard, Suite 170
Roseville, CA 95678
- 1360 16th Street
Sacramento, CA 95814
- 2537 Fair Oaks Boulevard
Sacramento, CA 95825
- 2055 Town Center Plaza,
Suite G130
West Sacramento, CA
95691

Turning Point Community Programs, Mental Health Urgent Care Clinic

916-520-2460

www.tpcp.org/programs/urgent-care2130 Stockton Boulevard,
Building 300
Sacramento, CA 95817**WellSpace Health**

916-737-5555

wellspacehealth.org

- 2425 Alhambra Boulevard
Sacramento, CA 95817
- 2433 Marconi Avenue
Sacramento, CA 95821

**HOUSING
VIVIENDA****ASSISTED LIVING
VIVIENDA ASISTIDA****ACC Senior Services,
Greenhaven Terrace**

916-395-0210

www.accgt.org1180 Corporate Way
Sacramento, CA 95831**ACC Senior Services, Maple
Tree Village**

916-395-7579

www.accsv.org/housing/maple-tree-village18 Kado Court
Sacramento, CA 95831**Country Club Manor,
CiminoCare**

916-702-8560

www.ciminocare.com/country-club-manor2100 Butano Drive
Sacramento, CA 95825**Eskaton, Assisted Living**

916-334-0810

www.eskaton.org/assisted-living

- 3421 Palmer Drive
Cameron Park, CA 95682
- 11390 Coloma Road
Gold River, CA 95670
- 8550 Barton Road
Granite Bay, CA 95746
- 3939 Walnut Avenue
Carmichael, CA 95608
- 3380 Blairs Lane
Placerville, CA 95667
- 1650 Eskaton Loop
Roseville, CA 95747

**Eskaton, Memory,
Alzheimer's, and Dementia
Care**

916-334-0810

www.eskaton.org/memory-care

- 11390 Coloma Road
Gold River, CA 95670
- 3939 Walnut Avenue
Carmichael, CA 95608

- 1650 Eskaton Loop
Roseville, CA 95747
- 3380 Blairs Lane
Placerville, CA 95667

**Greenfair Towers and
Garden Apartments**

916-456-6427

702 Fairgrounds Drive
Sacramento, CA 95817**HOME MODIFICATION
MODIFICACIÓN DEL HOGAR****California Foundation for
Independent Living Centers**

916-737-5358

www.freedomtech.org1000 G Street, Suite 100
Sacramento, CA 95814**City of Citrus Heights**

916-727-4830

www.citrusheights.net/378/Home-Repair-Loans-Grants
6360 Fountain Square Drive
Citrus Heights, CA 95621**City of Folsom**

916-461-6203

www.folsom.ca.us/government/community-development/housing-services/seniors-helping-seniors-home-repair-program
50 Natoma Street
Folsom, CA 95630

**City of Sacramento
Department of Utilities**

916-808-5605

www.cityofsacramento.org/Utilities/Water/Conservation/Residents/Residential-Water-Wise-Services/Leak-Free-Sacramento

Grid Alternatives North Valley

530-217-6115

www.gridalternatives.org/northvalley

1417 North Market Boulevard, Suite 3
Sacramento, CA 95834

Rebuilding Together Sacramento

916-455-1880

www.rebuildingtogether.sacramento.org

Sacramento County Department of Water Resources

916- 874-6851

waterresources.saccounty.net/scwa/Pages/Cash-for-Grass.aspx

827 Seventh Street, Suite 301
Sacramento, CA 95814

United States Department of Agriculture

530-792-5800

www.rd.usda.gov/programs-services/single-family-housing-programs/single-family-housing-repair-loans-grants/ca

430 G Street, Suite 4169
Davis, CA 95616

**HOMELESS SHELTERS
REFUGIOS PARA PERSONAS
SIN HOGAR**

Union Gospel Mission Sacramento, Men's Shelter

916-447-3268

www.ugmsac.com/homeless-resources

400 Bannon Street
Sacramento, CA 95811

Volunteers of America - Northern California and Northern Nevada

916-451-1765

www.voa-ncnn.org/open-arms

**HOUSING AGENCIES
AGENCIAS DE VIVIENDA**

Sacramento Housing and Redevelopment Agency - Public Housing Program

916-440-1390

www.shra.org/shra-housing-programs/public-housing-program-frequently-asked-questions-faq

630 I Street
Sacramento, CA 95814

**INDEPENDENT LIVING
VIVIENDA INDEPENDIENTE**

ACC Senior Services, Greenhaven Terrace

916-395-0210

www.accgt.org
1180 Corporate Way
Sacramento, CA 95831

Albert Einstein Residence Center

916-972-9555

www.einsteincenter.org
1935 Wright Street
Sacramento, CA 95825

California Department of Veterans Affairs

800-952-5626

www.calvet.ca.gov/VetHomes

1227 O Street
Sacramento, CA 95814

**Country Club Manor,
CiminoCare**

916-702-8560

[www.ciminocare.com
/country-club-manor](http://www.ciminocare.com/country-club-manor)2100 Butano Drive
Sacramento, CA 95825**Eskaton**

916-334-0810

[www.eskaton.org
/independent-living](http://www.eskaton.org/independent-living)

- 11390 Coloma Road
Gold River, CA 95670
- 8550 Barton Road
Granite Bay, CA 95746
- 3939 Walnut Avenue
Carmichael, CA 95608
- 3225 Freeport Boulevard
Sacramento, CA 95818
- 3380 Blairs Lane
Placerville, CA 95667
- 1650 Eskaton Loop
Roseville, CA 95747

**Greenfair Towers and
Garden Apartments**

916-456-6427

702 Fairgrounds Drive
Sacramento, CA 95817**Pioneer Towers, Retirement
Housing Foundation**

916-443-6548

www.pioneertower.org515 P Street
Sacramento, CA 95814**Russell Manor Apartments**

916-681-3715

8200 Bruceville Road
Sacramento, CA 95823

**MINOR HOME REPAIR,
WEATHERIZATION
REPARACIÓN MENOR DEL
HOGAR, CLIMATIZACIÓN**

City of Folsom

916-461-6203

[www.folsom.ca.us/governme
nt/community-development
/housing-services/seniors-
helping-seniors-home-repair-
program](http://www.folsom.ca.us/government/community-development/housing-services/seniors-helping-seniors-home-repair-program)50 Natoma Street
Folsom, Ca 95630**City of Sacramento
Department of Utilities**

916-808-5605

[www.cityofsacramento.org/
Utilities/Water/Conservation
/Residents/Residential-
Water-Wise-Services/Leak-
Free-Sacramento](http://www.cityofsacramento.org/Utilities/Water/Conservation/Residents/Residential-Water-Wise-Services/Leak-Free-Sacramento)**Pacific Gas & Electric
Company**

800-933-9555

[www.pge.com/en_US/reside
ntial/save-energy-
money/help-paying-your-
bill/energy-reduction-and-
weatherization/energy-
savings-assistance-
program/energy-savings-
assistance-program.page](http://www.pge.com/en_US/residential/save-energy-money/help-paying-your-bill/energy-reduction-and-weatherization/energy-savings-assistance-program/energy-savings-assistance-program.page)**Rebuilding Together
Sacramento**

916-455-1880

[www.rebuildingtogether
sacramento.org](http://www.rebuildingtogether.sacramento.org)**Sacramento Municipal
Utility District (SMUD)
Income-Qualified Energy
Saving Home Upgrades**

916-732-5659

[www.smud.org/EnergySaver
Bundles](http://www.smud.org/EnergySaverBundles)

**PLACEMENT AND
REFERRAL SERVICES**
*SERVICIOS DE COLOCACIÓN
Y REFERENCIA*

**Arise Senior Placement
Agency**

916-273-3512
www.ariseseniorplacement.com

9245 Laguna Springs Drive,
Suite 200
Elk Grove, CA 95758

A Senior Connection

916-759-9829
www.aseniorconnection.com/services

California CareGivers

916-478-2828
www.californiacaregivers.net
1100 Corporate Way,
Suite 200
Sacramento, CA 95831

**California Department of
Social Services**

916-657-2592
www.cdss.ca.gov/inforesources/community-care-licensing
2525 Natomas Park Drive,
Suite 270
Sacramento, CA 95833

**California Department of
Veterans Affairs**

800-952-5626
www.calvet.ca.gov/VetHomes
1227 O Street
Sacramento, CA 95814

Carachutes

916-967-1428
www.carachutes.com

Care First Resources

916-277-4148
www.carefirstresources.net
5325 Elkhorn Boulevard,
Suite 425
Sacramento, CA 95842

CarePatrol of Sacramento

916-580-3280
www.carepatrol.com

**Helping Hearts Foundation,
Inc.**

916-368-7200
www.helping-hearts.org
3050 Fite Circle, Suite 108
Sacramento, CA 95827

**Housing Options Made Easy
for Elders**

916-977-0188
www.housing-options.com

Indecare Corporation

916-973-1264
www.indecareathome.com/how-services-work
8795 Folsom Boulevard,
Suite 111
Sacramento, CA 95826

Senior Assistance at Home

916-461-3390
seniorassistanceathome.com
3017 Douglas Boulevard,
Suite 300
Roseville, CA 95661

**Senior Care Authority -
Sacramento Metro**

916-573-2120
www.seniorcareauthority.com/locations/sacramento-county

Senior Care of Sacramento

916-877-6904
seniorcareofsacramento.com

Senior Care Solutions

916-965-5565
www.seniorcs.com
8910 Sunset Avenue, Suite B
Fair Oaks, CA 95628

SKILLED NURSING FACILITIES
*CENTROS DE ENFERMERÍA
ESPECIALIZADA*

ACC Senior Services

916-393-9020
www.accsv.org
7801 Rush River Drive
Sacramento, CA 95831

**California Department of
Veterans Affairs**

800-952-5626
www.calvet.ca.gov
/VetHomes
1227 O Street
Sacramento, CA 95814

**Dignity Health, Bruceville
Terrace Skilled Nursing
Facility**

916-423-6000
www.dignityhealth.org/sacramento/services/bruceville-terrace
8151 Bruceville Road
Sacramento, CA 95823

Eskaton

916-334-1087
www.eskaton.org/rehabilitation-and-skilled-nursing

- 5105 Manzanita Avenue
Carmichael, CA 95608
- 11300 Fair Oaks Boulevard
Fair Oaks, CA 95628

- 455 Florin Road
Sacramento, CA 95831
- 5318 Manzanita Avenue
Carmichael, CA 95608
- 3939 Walnut Avenue
Carmichael, CA 95608

LEGAL
LEGAL

**ADULT PROTECTIVE
SERVICES**
*SERVICIOS DE PROTECCIÓN
PARA ADULTOS*

**Sacramento County Senior
and Adult Services Division**

916-874-9377
dcfas.saccounty.net/SAS/Pages/Adult-Protective-Services/SP-Adult-Protective-Services.aspx

**Sacramento County Sheriff's
Office - Sexual and Elder
Abuse Bureau**

916-874-5070
www.sacsheriff.com/pages/centralized_investigations_division.php

IMMIGRATION SERVICES
SERVICIOS DE INMIGRACIÓN

**California Hispanic Resource
Council**

916-451-7151
www.chrcsacramento.org
500 Capitol Mall, Suite 2350
Sacramento, CA 95814

**California Rural Legal
Assistance Foundation**

916-446-7904
www.crlaf.org
2210 K Street, Suite 201
Sacramento, CA 95816

**McGeorge School of Law -
Immigration Clinic**

916-340-6080
www.mcgeorge.edu
3455 Fifth Avenue
Sacramento, CA 95817

**Opening Doors - Immigration
Legal Services**

916-492-2591
www.openingdoorsinc.org
1111 Howe Avenue,
Suite 125
Sacramento, CA 95825

Sacramento Food Bank & Family Services
 916-313-7604
www.sacramentofoodbank.org/immigration
 1951 Bell Avenue
 Sacramento, CA 95838

South County Services
 209-745-9174
southcountyservices.net
 431 South Lincoln Way
 Galt, CA 95632

World Relief Sacramento - Immigration Legal Services
 916-707-5038
worldrelief.org/sacramento/for-clients/immigration-legal-services
 2233 Watt Avenue, Suite 110
 Sacramento, CA 95825

**LEGAL ASSISTANCE
 ASISTENCIA LEGAL**

American Bar Association - California Free Legal Answers
ca.freelegalanswers.org/

California Association of Legal Document Assistants
www.calda.org

California Department of Justice Office of the Attorney General
 916-445-9555
www.oag.ca.gov
 1300 I Street
 Sacramento, CA 95814

California Guide and File - Legal Form Filing
 833-307-2324
california-efm.tylertech.cloud/SRL

California Lawyers for the Arts - Sacramento Mediation Center
 916-441-7979
www.calawyersforthearts.org/sacramento-mediation-center.html
 2015 J Street, Suite 204
 Sacramento, CA 95811

California State Library (CSL) - Law Library
 916-323-9839
www.library.ca.gov/law
 Stanley Mosk Library and Courts Building
 914 Capitol Mall
 Sacramento, CA 95814

Capital Pro Bono
 916-551-2167
capitalprobono.org
 1860 Howe Avenue,
 Suite 130
 Sacramento, CA 95825

Disability Rights California
 916-504-5800
www.disabilityrightsca.org
 1831 K Street
 Sacramento, CA 95811

Legal Aid Association of California - LawHelpCA.org
www.lawhelpca.org

Legal Services of Northern California
 916-551-2150
lsnc.net
 517 12th Street
 Sacramento, CA 95814

McGeorge School of Law - California Victims Resource Center
 916-739-7056
1800victims.org
 3200 Fifth Avenue
 Sacramento, CA 95817

**McGeorge School of Law -
Legal Clinics**

916-340-6080

law.pacific.edu/law/legal-clinics/community-legal-services

2925 34th Street

Sacramento, CA 95817

**Sacramento Collaborative
Divorce Group**

916-863-9777

*sacramentocollaborative
divorce.com*

4740 Folsom Boulevard

Sacramento, CA 95819

**Sacramento County Public
Law Library - Legal
Information Services**

916-874-6012

saclaw.org

609 Ninth Street

Sacramento, CA 95814

**Sacramento County Public
Law Library –
Self Help @ the Law Library**916-476-2731
saclaw.org/self-help

609 Ninth Street

**Sacramento Regional Family
Justice Center**

916-875-4673

*www.sacramentofjc.org*3701 Power Inn Road,
Suite 3100

Sacramento, CA 95826

**Shifa Community Clinic -
Legal Clinic**

916-441-6008

shifaclinic.org/services/legal-clinic

419 V Street

Sacramento, CA 95818

**Superior Court of California -
Family Law Facilitator /
Self Help Center**

916-874-6400

*www.saccourt.ca.gov*William R Ridgeway Family
Relations Courthouse
3341 Power Inn Road,
Room 113

Sacramento, CA 95826

**Superior Court of California -
Legal Workshops**

916-875-3400

*www.saccourt.ca.gov/family/
self-help-center.aspx
#workshops*

3341 Power Inn Road

Sacramento, CA 95826

**SENIOR, COMMUNITY
CENTERS
CENTROS PARA ADULTOS
MAYORES, CENTROS
COMMUNITARIOS****ACC Senior Services**

916-393-9026 ext 330

www.accsv.org/classes

7334 Park City Drive

Sacramento, CA 95831

**City of Folsom Parks and
Recreation Department -
Folsom Senior Center**

916-461-6601

*www.folsom.ca.us/governme
nt/parks-recreation/facilities
/senior-center*

48 Natoma Street

Folsom, CA 95630

**City of Sacramento
Community Centers***www.cityofsacramento.org
/ParksandRec/Community-
Centers*

- Belle Cooledge Community Center
5699 South Land Park Drive
Sacramento, CA 95822
916-808-5610

(continued on next page)

- Coloma Community Center
4623 T Street
Sacramento, CA 95819
916-808-6060
- Hart Senior Center
915 27th Street
Sacramento, CA 95816
916-808-5462
- George Sim Community Center
6207 Logan Street
Sacramento, CA 95824
916-808-3761
- Joe Mims Jr. - Hagginwood Community Center
3271 Marysville Boulevard
Sacramento, CA 95815
916-808-6439
- Oak Park Community Center
3425 Martin Luther King Junior Boulevard
Sacramento, CA 95817
916-808-6151
- Sam & Bonnie Pannell Community Center
2450 Meadowview Road
Sacramento, CA 95832
916-808-6680

Cordova Recreation & Park District - Neil Orchard Senior Activities Center
916-366-3133
crpd.com/parks/neil-orchard-senior-activities-center
3480 Routier Road
Sacramento, CA 95827

Fair Oaks Recreation and Park District - Active Adults
916-966-1036
www.forpd.org/391/Active-Adults-Program
7997 California Avenue
Fair Oaks, CA 95628

Fulton - El Camino Recreation and Park District - Senior Classes & Programs
916-927-3802
www.fecrpd.com/senior-classes-programs
2201 Cottage Way
Sacramento, CA 95825

Galt Parks and Recreation Department - Chabolla Community Center
209-366-7130
www.cityofgalt.org/government/parks-recreation/activities/senior-activities
600 Chabolla Avenue
Galt, CA 95632

Iu Mien Community Services - Healthy Village Senior Group
916-383-3083
www.iuuiencommunityservices.org/HealthyVillageSeniorGroup.html
5657 Stockton Boulevard
Sacramento, CA 95824

Mission Oaks Recreation and Park District
916-488-2890
www.morpd.com/adult-senior

- Mission Oaks Community Center
4701 Gibbons Drive
Carmichael, CA 95608
- Swanston Community Center
2350 Northrup Avenue
Sacramento, CA 95825

North Highlands Recreation and Park District
916-332-7440
www.nhrpd.org
6040 Watt Avenue
North Highlands, CA 95660

Rio Linda Elverta Recreation and Park District

916-991-5929
www.rleparks.com
 810 Oak Lane
 Rio Linda, CA 95673

Sacramento LGBT Community Center

916-442-0185
saccenter.org
 1015 20th Street
 Sacramento, CA 95811

Senior Center of Elk Grove

916-685-3160
thesceg.com
 8230 Civic Center Drive,
 Suite 140
 Elk Grove, CA 95757

Sierra 2 Senior Center

916-455-6339
sierra2.org/senior-center
 2791 24th Street
 Sacramento, CA 95818

Southgate Recreation and Park District

916-428-1171
www.southgaterecandpark.net

- Fruitridge Community and Aquatic Center
 4000 Fruitridge Road
 Sacramento, CA 95820
 916-422-7610
- Jose Rizal Community Center
 7320 Florin Mall Drive
 Sacramento, CA 95823
 916-395-0601
- Pat O'Brien Community Center
 8025 Waterman Road
 Sacramento, CA 95829
 916-526-0234

Stanford Settlement Neighborhood Center

916-927-1303
www.stanfordsettlement.org/senior-center.html
 450 West El Camino Avenue
 Sacramento, CA 95833

Sunrise Recreation and Park District

916-725-1585
www.sunriseparks.com

- Crosswoods Community Center
 6742 Auburn Boulevard
 Citrus Heights, CA 95621
- Foothill Community Center
 5510 Diablo Drive
 Sacramento, CA 95842
- Rusch Park Community Center
 7801 Auburn Boulevard
 Citrus Heights, CA 95610

SUPPORT GROUPS

GRUPOS DE APOYO

ADDICTIONS, SUBSTANCE USE DISORDERS
ADICCIONES, TRASTORNOS POR USO DE SUSTANCIAS

Adult Children of Alcoholics & Dysfunctional Families

World Service Organization
 209-614-1058
www.acanorcal.com

Alcoholics Anonymous

916-454-1100
aasacramento.org/meetings

American River Area Narcotics Anonymous

800-600-4673
sacramentona.org

Capital Christian Center

916-856-5683
www.capitalonline.cc/celebrate-recovery
 9470 Micron Avenue
 Sacramento, CA 95827

Sacramento Area Al-Anon Information Service

916-334-2970
sacal-anon.blogspot.com/p/find.html

BEREAVEMENT, GRIEF**PÉRDIDA DE UN SER, DUELO****Bereavement Network Resources of Sacramento**

916-557-5882
griefhelpsacramento.com

Compassionate Friends Sacramento Valley Chapter

916-282-4699
www.compassionatefriends.org/chapter/sacramento-valley-chapter-1

Friends for Survival

916-392-0664
friendsforsurvival.org

Front Porch

877-797-7299
covia.org/programs/well-connected

Neimah Care

916-860-7090
www.neimahcare.org

River City Christian - Divorce & Grief

916-861-2240
www.rivercitychristian.org/connect
 10933 Progress Court
 Rancho Cordova, CA 95670

Snowline Hospice

916-817-2338
snowlinehospice.org
 100 Howe Avenue,
 Suite 240N
 Sacramento, CA 95825

Sutter Health

916-388-6255
www.sutterhealth.org/services/home-health-hospice/hospice

UC Davis Health

916-734-2458
health.ucdavis.edu/homecare/hospice/about_hospice.html

Widowed Persons**Association of California**

916-972-9722
sacwidowed.org
 2628 El Camino Avenue,
 Suite D-18
 Sacramento, CA 95821

YoloCares

530-758-5566
yolocares.org/our-services/center-for-loss-hope
 1909 Galileo Court, Suite A
 Davis, CA 95618

CAREGIVER SUPPORT**APOYO AL CUIDADOR****ACC Senior Services**

916-503-5386
www.accsv.org/services/bridge-to-healthy-families
 7334 Park City Drive
 Sacramento, CA 95831

Del Oro Caregiver Resource Center

916-728-9333
www.deloro.org/services
 8421 Auburn Boulevard,
 Suite 265
 Citrus Heights, CA 95610

Dignity Health

530-669-3700

*www.dignityhealth.org/sacramento/classes-and-events/support-groups***Elk Grove United Methodist Church**

916-686-8303

elkgroveumc.org/community
8986 Elk Grove Boulevard
Elk Grove, CA 95624**VA Northern California Health Care System**

916-843-9043

www.va.gov/northern-california-health-care/health-services/caregiver-support
10535 Hospital Way
Mather, CA 95655**HEALTH CONDITIONS
CONDICIONES DE SALUD****Alzheimer's Aid Society of Northern California**

916-483-2002

www.alzaid.org
2641 Cottage Way, Suite 4
Sacramento, CA 95825**Alzheimer's Association**

800-272-3900

www.alz.org/norcal
1455 Response Road,
Suite 190
Sacramento, CA 95815**American Association of Kidney Patients**

800-749-2257

*aakp.org***American Cancer Society**

800-227-2345

*www.cancer.org/about-us/what-we-do/providing-support.html***American Liver Foundation**

800-465-4837

*liverfoundation.org***Arthritis Foundation**

800-283-7800

*connectgroups.arthritis.org***Crohn's and Colitis Foundation Northern California**

415-356-2232

*www.crohnscolitisfoundation.org/chapters/northern-california***Dignity Health**

916-281-3900

*www.dignityhealth.org/sacramento/services/home-health-and-hospice***Front Porch - Well Connected**

877-797-7299

*covia.org/programs/well-connected/***Head Trauma Support Project**

916-568-6660

*headtraumasupportproject.org***IMPACT Program - Prostate Cancer**

800-409-8252

*caimpact.org***Kaiser Permanente**

916-486-5300

*thrive.kaiserpermanente.org***Leukemia and Lymphoma Society - Greater Sacramento Area Chapter**

800-955-4572

www.lls.org/cencal

Myotonic Dystrophy Foundation

866-968-6642
www.myotonic.org/find-support

National Brain Tumor Society

617-924-9997
braintumor.org

National Fibromyalgia Association - Sacramento Support Group

916-204-7199

National Multiple Sclerosis Society - Northern California Chapter

800-344-4867
www.nationalmssociety.org/Chapters/CAN
 4153 Northgate Boulevard,
 Suite 6
 Sacramento, CA 95834

National Ovarian Cancer Coalition

888-682-7426
ovarian.org

NorCal Services for Deaf and Hard of Hearing

916-349-7500
norcalcenter.org
 4044 North Freeway
 Boulevard
 Sacramento, CA 95834

Parkinson Association of Northern California

916-357-6641
www.panctoday.org

Resources for Independent Living

916-446-3074
www.ril-sacramento.org

Society for the Blind

916-452-8271
societyfortheblind.org/programs-services/programs-for-55/
 1238 S Street
 Sacramento, CA 95811

Susan G. Komen Breast Cancer Foundation

877-465-6636
www.komen.org/support-resources/breast-cancer-helpline

Sutter Health - Sutter Davis Hospital

530-756-6440
www.sutterhealth.org/davis
 2000 Sutter Place
 Davis, CA 95616

Sutter Health - Sutter Medical Center, Sacramento

916-887-0000
www.sutterhealth.org/smcs
 2825 Capitol Avenue
 Sacramento, CA 95816

UC Davis Health - Comprehensive Cancer Services

916-734-5959
health.ucdavis.edu/cancer
 2279 45th Street
 Sacramento, CA 95817

UC Davis Health - Health Care Services

916-734-2011
health.ucdavis.edu/welcome
 2315 Stockton Boulevard
 Sacramento, CA 95817

Zero Prostate Cancer

916-300-4025
zerocancer.org/get-support/peer-support

**LGBTQ
LGBTQ**

**Awareness & Empowerment
Projects of Servant Hearts**
218-760-2415
www.servant-hearts.org

PFLAG Sacramento
916-978-0410
www.pflagsacramento.org

**Sacramento LGBT
Community Center**
916-442-0185 ext 100
saccenter.org/community-groups

- Marsha P. Johnson Center
South
7725 Stockton Boulevard,
Suite O
Sacramento, CA 95823
- Sacramento LGBT
Community Center
1015 20th Street
Sacramento, CA 95811

**MENTAL HEALTH
SALUD MENTAL**

Clutterers Anonymous
866-402-6685
clutterersanonymous.org

**Co-Dependents Anonymous
- Greater Sacramento Area**
www.greatersaccoda.org

**Debtors Anonymous
Intergroup of Sacramento**
916-304-3328
sactoda.org

**Depression and Bipolar
Support Alliance California**
916-776-6171
dbsacalifornia.org

**Mental Health Association of
San Francisco**
855-845-7415
[www.mentalhealthsf.org/
/support-groups/](http://www.mentalhealthsf.org/support-groups/)

**National Alliance on Mental
Illness - Sacramento**
916-890-5467
namisacramento.org

**Overeaters Anonymous,
Sacramento Valley
Intergroup**
916-786-0330
www.sacvalleyoa.org

Recovery International
916-483-5616
[www.recoveryinternational
.org/pre-meeting-page/](http://www.recoveryinternational.org/pre-meeting-page/)

**Sacramento Native
American Health Center**
916-341-0575
snahc.org
2020 J Street
Sacramento, CA 95811

USC Telehealth
866-740-6502
[dworakpeck.usc.edu/
research/research-centers
/telebehavioral-health](http://dworakpeck.usc.edu/research/research-centers/telebehavioral-health)

**SURVIVORS OF DOMESTIC
VIOLENCE, SEXUAL ASSAULT
SOBREVIVIENTES DE
VIOLENCIA DOMÉSTICA,
AGRESIÓN SEXUAL**

My Sister's House
916-428-3271
www.my-sisters-house.org

WEAVE
916-920-2952
[www.weaveinc.org/services-
counseling](http://www.weaveinc.org/services-counseling)

**TRANSPORTATION
TRANSPORTACIÓN**

**DRIVER SAFETY
SEGURIDAD DEL
CONDUCTOR**

AARP
800-350-7025
www.aarpdriversafety.org

California Department of Motor Vehicles
 916-657-7109
www.dmv.ca.gov/portal/driver-education-and-safety/special-interest-driver-guides/senior-drivers

**FIXED ROUTE
 RUTA FIJA**

Amtrak - Sacramento
 800-872-7245
www.amtrak.com
 401 I Street
 Sacramento, CA 95814

City of Rancho Cordova - Rancho CordoVan Shuttle Service
 916-556-0257
www.cityofranhocordova.org/residents/resident-services/public-transportation

Greyhound Lines, Inc.
 916-444-6858
www.greyhound.com
 420 Richards Boulevard
 Sacramento, CA 95811

Sacramento Regional Transit District
 916-321-2877
www.sacrt.com

South County Transit
 209-745-3052
www.sctlink.com

**SENIOR, DISABLED
 MAYORES, DISCAPACITADOS**

ACC Senior Services
 916-393-7433
www.accsv.org

Access In Motion
 916-660-3934
www.accessinmotion.com

Aloha Non-Emergency Medical Transport, LLC
 916-500-2581
alohanemt.com

America West Medical Transport, Inc.
 888-678-6801
www.america-west.com

American Medical Response
 916-563-0600
www.amr.net

Arsha8 Senior Services
 916-838-4994
arsha8.com

California Department of Health Care Services
 888-452-8609
www.dhcs.ca.gov/services/medi-cal/Pages/Transportation.aspx

EZ Transportation
 844-397-4337
eztransportrides.com

GoGo Grandparent
 855-464-6872
gogograndparent.com

Sacramento Regional Transit District - SacRT GO Paratransit Services
 916-321-2877
www.sacrt.com/accessible

South County Transit - Dial-A-Ride
 209-745-3052
www.sctlink.com

Trauma Life Care Medical Transport, Inc.
 916-368-2222
www.transportmenow.com

YOLO COUNTY

**CAREGIVING
CUIDADO****ADULT DAY CARE
CENTRO DE CUIDADO
PARA ADULTOS****Easter Seals Superior
California - ACE IT Programs**

www.easterseals.com/superior-ca

- 1250 Howe Avenue,
Unit 14-B
Sacramento, CA 95825
916-564-6117
- 8089 Madison Avenue,
Suite 4
Citrus Heights, CA 95610
916-962-2766

Eskaton

916-334-0810
www.eskaton.org/short-term-stays

- 11300 Fair Oaks Boulevard
Sacramento, CA 95628
- 455 Florin Road
Sacramento, CA 95831
- 5318 Manzanita Avenue
Carmichael, CA 95608
- 3421 Palmer Drive
Cameron Park, CA 95682
- 11390 Coloma Road
Gold River, CA 95670
- 8550 Barton Road
Granite Bay, CA 95746
- 3939 Walnut Avenue
Carmichael, CA 95608

- 3380 Blairs Lane
Placerville, CA 95667
- 1650 Eskaton Loop
Roseville, CA 95747

YoloCares

530-758-3704
www.yolocares.org/our-services/adult-day-program
1909 Galileo Court, Suite A
Davis, CA 95618

**ADULT DAY HEALTH CARE
CUIDADO DE LA SALUD
DIURNO PARA ADULTOS****Dignity Health - Yolo Adult
Day Health Center**

530-669-3700
www.dignityhealth.org/sacramento/services/yolo-adult-day-health-services/yolo-adult-day-health-center
20 North Cottonwood Street
Woodland, CA 95695

**Golden Days Adult Day
Health Care Center**

916-371-6011
1217 Merkley Avenue
West Sacramento, CA 95691

**Sacramento Based Adult Day
Services, Inc**

916-444-7700
www.kingdomlivingca.com
620 Bercut Drive
Sacramento, CA 95811

**CARE MANAGEMENT
ADMINISTRACIÓN
DE CUIDADOS****Alta California Regional
Center**

916-978-6400
www.altaregional.org
• 2241 Harvard Street,
Suite 100
Sacramento, CA 95815
• 283 West Court Street,
Suite B
Woodland, CA 95695

Amada Senior Care

916-945-3515
www.amadaroseville.com
13405 Folsom Boulevard,
Suite 700
Folsom, CA 95630

California Health Collaborative

916-374-7739
www.healthcollaborative.org/multipurpose-senior-services-program
 7311 Greenhaven Drive,
 Suite 270
 Sacramento, CA 95831

Care First Resources

916-277-4148
www.carefirstresources.net
 5325 Elkhorn Boulevard,
 Suite 425
 Sacramento, CA 95842

Del Oro Caregiver Resource Center

916-728-9333
www.deloro.org/services
 8421 Auburn Boulevard,
 Suite 265
 Citrus Heights, CA 95610

Dignity Health

916-281-2300
www.dignityhealth.org/sacramento/services/home-health-and-hospice
 3400 Data Drive
 Rancho Cordova, CA 95670

Elder Care Management

916-206-4420
www.eldercm.com
 1333 Howe Avenue,
 Suite 206
 Sacramento, CA 95825

Elder Options, Inc.

www.elderoptionsca.com

- 1024 Iron Point Road
 Folsom, CA 95630
 916-391-8083
- 630 Main Street
 Placerville, CA 95667
 530-626-6939

Helping Hearts Foundation, Inc.

916-368-7200
www.helping-hearts.org
 3050 Fite Circle, Suite 108
 Sacramento, CA 95827

Interim Healthcare

916-779-0811
www.interimhealthcare.com/sacramentohospice/our-services/supportive-services/
 2233 Watt Avenue, Suite 330
 Sacramento, CA 95825

Iu Mien Community Services

916-383-3083
www.iuuiencommunityservices.org/CulturalProgramsServices.html
 5657 Stockton Boulevard
 Sacramento, CA 95824

Nation's Finest

916-393-8387
www.nationsfinest.org/our-services
 7270 East Southgate Drive
 Sacramento, CA 95823

Resources for Independent Living

916-446-3074
www.ril-sacramento.org
 420 I Street, Level B: Suite 3
 Sacramento, CA 95814

UC Davis Health

916-734-2737
www.health.ucdavis.edu/internalmedicine/general/GMgeriatrics.html
 4860 Y Street, Suite 0100
 Sacramento, CA 95817

COMPANIONSHIP, REASSURANCE <i>COMPAÑERISMO, SEGURIDAD</i>	IN-HOME SERVICES <i>SERVICIOS A DOMICILIO</i>	
<p>AARP 888-281-0145 www.aarp.org/home-family/friends-family/friendly-voice/</p>	<p>A Better Living Home Care Agency 916-361-3000 www.BLHC.org 591 Watt Avenue, Suite 240 Sacramento, CA 95864</p>	<p>Comfort Keepers 530-666-4300 www.CKWoodland.com 123 Court Street Woodland, CA 95695</p>
<p>Eskaton 916-334-1072 www.eskaton.org/post/telephone-reassurance 1640 Eskaton Loop Roseville, CA 95747</p>	<p>Aging Assistant 916-897-4752 www.agingassistant.com 9578 2nd Avenue Elk Grove, CA 95624</p>	<p>Co-op Home Care 530-746-5730 www.coophomecare.coop/services 979 F Street, Suite A-1 Davis, CA 95616</p>
<p>Front Porch - Social Call 877-797-7299 www.covia.org/programs/social-call/</p>	<p>Amada Senior Care 916-945-3515 www.amadaroseville.com 13405 Folsom Boulevard, Suite 700 Folsom, CA 95630</p>	<p>Elder Options, Inc. www.elderoptionsca.com</p> <ul style="list-style-type: none"> • 630 Main Street Placerville, CA 95667 530-626-6939 • 1024 Iron Point Road Folsom, CA 95630 916-391-8083
<p>Institute on Aging - Friendship Line 800-971-0016 www.ioaging.org/services-for-elders-and-care-givers/friendship-line</p>	<p>American River Companion Care 916-242-2200 www.arccsac.com 1451 River Park Drive, Suite 275 Sacramento, CA 95815</p>	<p>Eskaton 916-459-3220 www.livewellathome.com 1640 Eskaton Loop Roseville, CA 95747</p>
<p>Yolo Healthy Aging Alliance - YHAA Phone Friends 530-776-5006 www.yolohealthyaging.org/phone-friend-forms</p>	<p>ApexCare 916-924-9111 www.apexcare.com 1333 Howe Avenue, Suite 206 Sacramento, CA 95825</p>	<p>Helping Hearts Foundation, Inc. 916-368-7200 www.helping-hearts.org 3050 Fite Circle, Suite 108 Sacramento, CA 95827</p>

Indecare Corporation

916-973-1264
www.indecareathome.com
 8795 Folsom Boulevard,
 Suite 111
 Sacramento, CA 95826

JB Homecare Referral Agency

916-489-6941
www.jbhomecare.com/services.html
 2100 Watt Avenue, Suite 130
 Sacramento, CA 95825

Maxim Healthcare Services

916-488-8819
www.maximhealthcare.com/home-healthcare/personal-caregiving-services
 1651 Response Road,
 Suite 200
 Sacramento, CA 95815

Partners in Care

916-632-7423
www.picseniorcare.com
 11899 Edgewood Road,
 Suite O
 Auburn, CA 95603

Personalized Homecare Services, Inc.

916-979-4975
www.personalizedhomecare.com
 4700 Northgate Boulevard,
 Suite 160
 Sacramento, CA 95834

Rx HealthCare Services

916-333-6980
www.rxnursing.com/our-services/caregiving
 4640 Marconi Avenue
 Sacramento, CA 95821

Senior Assistance at Home

916-461-3390
www.seniorassistanceathome.com
 3017 Douglas Boulevard,
 Suite 300
 Roseville, CA 95661

Smile Awhile Care Agency

916-501-7178
www.smileawhilecare.com/Home
 7958 Graylodge Court
 Sacramento, CA 95828

WeCare4Yolo

530-564-6229
www.wecare4yolo.com

Welcome Home Care

707-200-3883
www.whcvaca.com/services
 555 Mason Street, Suite 250A
 Vacaville, CA 95688

Your Home Assistant

916-970-9001
www.yourhomeassistant.com
 2234 Longport Court,
 Suite 120
 Elk Grove, CA 95758

Your Home Nursing Services

530-753-7478
Yourhomenursingservices.com
 3188 Jefferson Street
 Napa, CA 94558

**RESPITE SERVICES
SERVICIOS DE RELEVO****American River Companion Care**

916-242-2200
www.arccsac.com
 1451 River Park Drive,
 Suite 275
 Sacramento, CA 95815

Comfort Keepers

530-666-4300
www.CKWoodland.com
 123 Court Street
 Woodland, CA 95695

Elder Care Management

916-206-4420
www.eldercm.com
1333 Howe Avenue,
Suite 206
Sacramento, CA 95825

Elder Options

916-391-8083
www.elderoptionsca.com
1024 Iron Point Road
Folsom, CA 95630

Eskaton - Live Well at Home

916-459-3220
livewellathome.com/
1640 Eskaton Loop
Roseville, CA 95747

**Helping Hearts Foundation,
Inc.**

916-368-7200
www.helping-hearts.org
3050 Fite Circle, Suite 108
Sacramento, CA 95827

Indecare Corporation

916-973-1264
www.indecareathome.com
8795 Folsom Boulevard,
Suite 111
Sacramento, CA 95826

Maxim Healthcare Services

916-488-8819
[www.maximhealthcare.com/
home-healthcare/personal-
caregiving-services](http://www.maximhealthcare.com/home-healthcare/personal-caregiving-services)
1651 Response Road,
Suite 200
Sacramento, CA 95815

**Personalized Homecare
Services, Inc.**

916-979-4975
[www.personalizedhomecare.
com](http://www.personalizedhomecare.com)
4700 Northgate Boulevard,
Suite 160
Sacramento, CA 95834

Rx HealthCare Services

916-333-6980
[www.rxnursing.com/our-
services/caregiving](http://www.rxnursing.com/our-services/caregiving)
4640 Marconi Avenue
Sacramento, CA 95821

YoloCares

530-758-3704
[www.yolocares.org/our-
services/adult-day-program](http://www.yolocares.org/our-services/adult-day-program)
1909 Galileo Court, Suite A
Davis, CA 95618

Your Home Assistant

916-970-9001
[www.yourhomeassistant
.com](http://www.yourhomeassistant.com)
2234 Longport Court,
Suite 120
Elk Grove, CA 95758

WeCare4Yolo

530-564-6229
www.wecare4yolo.com

Welcome Home Care

707-200-3883
whcvaca.com/services
555 Mason Street, Suite 250A
Vacaville, CA 95688

**CONSUMER ASSISTANCE
ASISTENCIA AL
CONSUMIDOR**

**ADVOCACY
ABOGAR**

AARP

888-687-2277
www.aarp.org/membership
1415 L Street, Suite 960
Sacramento, CA 95814

Agency on Aging \ Area 4

916-376-8910
[www.agencyonaging4.org
/long-term-care-ombudsman](http://www.agencyonaging4.org/long-term-care-ombudsman)

**American Civil Liberties
Union of Northern California**
415-621-2488
www.aclunc.org

**California Advocates for
Nursing Home Reform**
800-474-1116
www.canhr.org/about/index.html

**California Department of
Aging**
800-231-4024
www.aging.ca.gov/Programs_and_Services/Long-Term_Care_Ombudsman

**California Department of
Social Services - Adult
Protective Services**
833-401-0832
www.cdss.ca.gov/adult-protective-services

**City of Davis Parks and
Community Services - Senior
Citizens Commission**
530-757-5696
www.cityofdavis.org/city-hall/commissions-and-committees/senior-citizen-commission
23 Russell Boulevard, Suite 5
Davis, CA 95616

Disability Rights California
800-776-5746
www.disabilityrightsca.org
1831 K Street
Sacramento, CA 95811

**National Active and Retired
Federal Employee
Association**
800-456-8410
www.narfe.org

**Resources for Independent
Living**
916-446-3074
www.ril-sacramento.org
420 I Street, Level B: Suite 3
Sacramento, CA 95814

**Retired Public Employees
Association of California**
866-979-0540
www.rpea.com
300 T Street
Sacramento, CA 95811

**Yolo County Health and
Humans Services Agency -
Adult Protective Services**
530-661-2727
www.yolocounty.org/government/general-government-departments/health-human-services/adults/adult-protective-services

- 137 North Cottonwood Street
Woodland, CA 95695
- 500A Jefferson Boulevard, Suite 100
West Sacramento, CA 95605

Yolo County Public Guardian
530-666-8100
www.yolocounty.org/government/general-government-departments/health-human-services/adults/public-guardian
25 N Cottonwood Street
Woodland, CA 95695

**CONSUMER ASSISTANCE
AND PROTECTION
ASISTENCIA Y PROTECCIÓN
AL CONSUMIDOR**

**AARP Fraud Watch Network
Helpline**
877-908-3360
www.aarp.org/money/scams-fraud/helpline.html

ACC Senior Services

916-393-9026

www.accsv.org/classes/utilities-assistance7334 Park City Drive
Sacramento, CA 95831**Better Business Bureau of
Northeast California**

916-443-6843

www.bbb.org/us/ca/yolo
10399 Old Placerville Road
Sacramento, CA 95827**California Advocates for
Nursing Home Reform**

800-474-1116

www.canhr.org/about/index.html**California Department of
Consumer Affairs - Medical
Board of California**

800-633-2322

www.mbc.ca.gov/
2005 Evergreen Street,
Suite 1200
Sacramento, CA 95815**California Department of
Financial Protection and
Innovation**

866-275-2677

dfpi.ca.gov/outreach
2101 Arena Boulevard
Sacramento, CA 95834**California Department of
Health Care Services - Medi-
Cal Managed Care
Ombudsman**

888-452-8609

[www.dhcs.ca.gov/services
/MH/Pages/MH-
Ombudsman.aspx](http://www.dhcs.ca.gov/services/MH/Pages/MH-Ombudsman.aspx)**California Department of
Housing and Community
Development**

800-952-8356

www.hcd.ca.gov
9342 Tech Center Drive,
Suite 500
Sacramento, CA 95826**California Department of
Insurance**

800-927-4357

www.insurance.ca.gov**California Department of
Justice Office of the
Attorney General**

800-952-5225

www.oag.ca.gov
1300 I Street
Sacramento, CA 95814**California Department of
Managed Health Care**

888-466-2219

[www.dmhc.ca.gov/?referral=
healthhelp.ca.gov](http://www.dmhc.ca.gov/?referral=healthhelp.ca.gov)980 Ninth Street, Suite 600
Sacramento, CA 95814**California Department of
Motor Vehicles Senior
Ombudsman Program**

916-657-6464

[www.dmv.ca.gov/portal/driv
er-education-and-
safety/special-interest-driver-
guides/senior-drivers/](http://www.dmv.ca.gov/portal/driver-education-and-safety/special-interest-driver-guides/senior-drivers/)
4700 Broadway
Sacramento, CA 95820**California Department of
Public Health - Cal Health
Find**

800-236-9747

[www.cdph.ca.gov/Programs/
CHCQ/LCP/CalHealthFind/pa
ges/home.aspx](http://www.cdph.ca.gov/Programs/CHCQ/LCP/CalHealthFind/pages/home.aspx)**California Department of
Real Estate**

877-373-4542

www.dre.ca.gov
1651 Exposition Boulevard
Sacramento, CA 95815

California Department of Social Services

916-651-8848
www.cdss.ca.gov/benefits-services
 744 P Street
 Sacramento, CA 95814

California New Motor Vehicle Board

916-445-1888
www.nmvb.ca.gov
 1507 21st Street, Suite 330
 Sacramento, CA 95811

California Partnership for Long-Term Care

916-552-8990
www.rureadyca.org

California Secretary of State

916-653-6814
www.sos.ca.gov/
 1500 11th Street, 2nd Floor
 Sacramento, CA 95814

Federal Bureau of Investigation

855-466-7243
www.fbi.gov

Federal Trade Commission Consumer Complaint Division

877-382-4357
reportfraud.ftc.gov/#/?pid=B

Federal Trade Commission - National Do Not Call Registry

888-382-1222
www.donotcall.gov

Federal Trade Commission - Scam Alerts

www.consumer.ftc.gov/features/scam-alerts

Helping Hearts Foundation, Inc.

916-368-7300
www.helping-hearts.org/payee-services
 3050 Fite Circle, Suite 108
 Sacramento, CA 95827

Homeownership Preservation Foundation

888-995-4673
www.995hope.org

Housing & Economic Rights Advocates

510-271-8443
www.heraca.org/#ourwork

National Credit Union Administration Fraud Prevention Center

800-827-9650
www.mycreditunion.gov/fraud-prevention-center

National Highway Traffic Safety Administration

888-327-4236
www.nhtsa.gov/report-a-safety-problem#index

United States Department of Housing and Urban Development

415-489-6400
www.hud.gov/topics/rental_assistance

Yolo County District Attorney

855-496-5632
www.yoloda.org
 301 Second Street
 Woodland, CA 95695

EMPLOYMENT AND TRAINING ASSISTANCE ASISTENCIA AL EMPLEO Y A LA FORMACIÓN

AARP

866-448-3614
www.aarp.org/work

Agency on Aging \ Area 4

916-486-1876
www.agencyonaging4.org
 1401 El Camino Avenue, Suite 400
 Sacramento, CA 92815

California Career Resource Network - California CareerZone

www.cacareerzone.org

California Department of Human Resources - CalCareers Job Center

866-844-8671

www.jobs.ca.gov

1810 16th Street

Sacramento, CA 95811

California Department of Rehabilitation Vocational Rehabilitation and Employment Services

dor.ca.gov/Home/EmploymentServices

- 8701 Center Parkway, Suite 100
Sacramento, CA 95823
916-691-1555
- 7840 Madison Avenue, Suite 160
Fair Oaks, CA 95628
916-537-2640
- 1166 Broadway, Suite S
Placerville, CA 95667
530-626-0900
- 151 North Sunrise Avenue, Suite 601
Roseville, CA 95661
916-774-4400

- 721 Capitol Mall, Suite 110
Sacramento, CA 95814
916-558-5300
- 11641 Blocker Drive, Suite 125
Auburn, CA 95603
530-823-4040

California Department of Veterans Affairs

800-952-5626

www.calvet.ca.gov

1227 O Street

Sacramento, CA 95814

California Employment Development Department - Workforce Services

916-654-7799

www.edd.ca.gov/Jobs_and_Training

California State University, Sacramento

916-278-6231

www.csus.edu/student-life/career-center/

6000 J Street, Lassen Hall, Room 1013

Sacramento, CA 95819

Center for Employment Opportunities

916-794-4526

www.ceoworks.org/locations/sacramento

713 9th Street, 3rd Floor
Sacramento, CA 95814

Dress for Success Sacramento

916-243-1282

sacramento.dressforsuccess.org/programs/suiting/

4215 Norwood Avenue, Suite 3B

Sacramento, CA 95838

Goodwill Industries of Sacramento Valley & Northern Nevada, Inc. - GoodU

916-395-9000 ext 205

goodwillsacto.org/goodu-programs/

Impact Foundry

impactfoundry.org/jobs

NorCal Services for Deaf and Hard of Hearing

916-349-7500

www.norcalcenter.org

4044 North Freeway
Boulevard

Sacramento, CA 95834

**United States Office of
Personnel Management -
Federal Job Information**

202-606-1800
www.usajobs.gov

**United States Social Security
Administration - Ticket to
Work**

866-968-7842
www.ssa.gov/work

**Volunteers of America
Northern California and
Northern Nevada**

916-661-5149
www.voa-ncnn.org/Veterans-Services
10636 Schirra Avenue
Mather, CA 95655

**Yolo County Administrator
Office**

530-666-8055
www.governmentjobs.com/careers/yolococa
625 Court Street, Room 202
Woodland, CA 95695

**Yolo County Health and
Human Services Agency -
YoloWorks Career Center**

www.yoloworks.org/vosnet/default.aspx

- 25 North Cottonwood Street
Woodland, CA 95695
530-661-2641
- 500 Jefferson Boulevard
West Sacramento, CA 95605
916-375-6307
- 111 East Grant Avenue
Winters, CA 95694
530-406-4444
- 600 A Street
Davis, CA 94616
530-757-5502

**FORMS ASSISTANCE
ASISTENCIA DE
FORMULARIOS**

ACC Senior Services

916-393-9026
www.accsv.org/classes/utilities-assistance
7334 Park City Drive
Sacramento, CA 95831

**California Foundation for
Independent Living Centers**

800-390-2699
www.digitalaccessproject.org
1000 G Street, Suite 100
Sacramento, CA 95814

California Guide and File

800-297-5377
california.tylerhost.net/SRL

Capital Pro Bono

916-551-2102
capitalprobono.org/our-services/
1860 Howe Avenue,
Suite 130
Sacramento, CA 95825

Empower Yolo

530-661-6336
empoweryolo.org
175 Walnut Street
Woodland, CA 95695

RISE, INC.

530-787-4110
www.riseinc.org

- 17317 Fremont Street
Esparto, CA 95627
- 417 Haven Street
Winters, CA 95694

**Yolo County Superior Court -
Family Law Facilitator/Self
Help Center**

530-406-6794
www.yolo.courts.ca.gov/self-help
1000 Main Street, 2nd Floor
Woodland, CA 95695

**HEALTH EDUCATION
EDUCACIÓN PARA LA SALUD**

**Breathe California
Sacramento Region**
916-444-5900
www.sacbreathe.org

**California Department of
Public Health Chronic
Disease and Injury Control**
916-558-1784
[www.cdph.ca.gov/Programs/
CCDPHP/DCDIC/CDCB/Pages/
ChronicDiseaseControlBranch
.aspx](http://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDCB/Pages/ChronicDiseaseControlBranch.aspx)

**California Health Care
Foundation**
916-329-4540
www.chcf.org/
1415 L Street, Suite 820
Sacramento, CA 95814

Dignity Health
www.dignityhealth.org

- Mercy General Hospital
4001 J Street
Sacramento, CA 95819
916-453-4545
- Mercy Hospital of Folsom
1650 Creekside Drive
Folsom, CA 95630
916-983-7400

- Mercy San Juan Medical Center
6501 Coyle Avenue
Carmichael, CA 95608
916-537-5000
- Methodist Hospital of Sacramento
7500 Hospital Drive
Sacramento, CA 95823
916-423-3000
- Woodland Memorial Hospital
1325 Cottonwood Street
Woodland, CA 95695
530-662-3961

Health Education Council
916-556-3344
www.healthedcouncil.org
7617 Alma Vista Way, Suite C
Sacramento, CA 95831

Iu Mien Community Services
916-383-3083
[www.iumiencommunityservic
es.org/CulturalProgramsServi
ces.html](http://www.iumiencommunityservices.org/CulturalProgramsServices.html)
5657 Stockton Boulevard
Sacramento, CA 95824

**Kaiser Permanente Health
Education Centers**
[healthy.kaiserpermanente.or
g/health/care/consumer/hea
lth-wellness/programs-
classes](http://healthy.kaiserpermanente.org/health/care/consumer/health-wellness/programs-classes)

- 1955 Cowell Boulevard
Davis, CA 95618
530-757-7100
- 9201 Big Horn Boulevard
Elk Grove, CA 95758
916-478-5680
- 10305 Promenade Parkway
Elk Grove, CA 95757
916-544-6220
- 2155 Iron Point Road
Folsom, CA 95630
916-817-5278
- 1650 Response Road
Sacramento, CA 95815
916-614-4035
- 1600 Eureka Road
Roseville, CA 95661
916-614-4979
- 1011 Riverside Avenue
Roseville, CA 95678
916-784-5775
- 501 J Street
Sacramento, CA 95814
866-454-8855
- 6600 Bruceville Road
Sacramento, CA 95823
916-688-242

Nadezhda Clinic

530-794-8671
www.nadezhdaclinic.org

National Institute on Aging

800-438-4380
www.nia.nih.gov/health/about-adear-center

Sutter Health

www.sutterhealth.org

- Sutter Davis Hospital
 2000 Sutter Place
 Davis, CA 95616
 530-756-6440
- Sutter Medical Center,
 Sacramento
 2825 Capitol Avenue
 Sacramento, CA 95816
 916-887-0000
- Sutter Davis Walk-In Care
 4647 Second Street,
 Suite 130
 Davis, CA 95618
 800-972-5547
- Sutter West Sacramento
 Walk-In Care
 2055 Town Center Plaza,
 Suite G130
 West Sacramento, CA
 95691
 800-972-5547

**The National Alliance for
 Hispanic Health**

866-783-2645
www.healthyamericas.org/help-line

UC Davis Medical Center

916-734-2011
health.ucdavis.edu/welcome
 2315 Stockton Boulevard
 Sacramento, CA 95817

**UC Davis Health Healthy
 Aging Clinic**

916-731-1831
health.ucdavis.edu/aging/clinic-location/healthy-aging-clinic.html

3160 Folsom Boulevard,
 Suite 1400
 Sacramento, CA 95816

**VA Northern California
 Health Care System**

800-382-8387
www.va.gov/northern-california-health-care

- 10535 Hospital Way
 Mather, CA 95655
- 5342 Dudley Boulevard,
 Building 88
 McClellan Park, CA 95652

Winters Healthcare

530-795-4377
www.wintershealth.org

**INFORMATION AND
 ASSISTANCE
 INFORMACIÓN Y ASISTENCIA**

2-1-1 Bay Area

2-1-1 (Within the Bay Area)
 or 800-273-6222
www.211bayarea.org

2-1-1 National

www.211.org

2-1-1 Nevada County

2-1-1 (Within Nevada
 County) or 530-265-1340
www.211connectingpoint.org

2-1-1 Placer County

2-1-1 (Within Placer County)
 or 833-375-2237
www.211connectingpoint.org

2-1-1 Sacramento

2-1-1 (Within Sacramento
 County) or 916-498-1000
www.211sacramento.org

2-1-1 San Joaquin

2-1-1 (Within San Joaquin
 County) or 800-436-9997
www.211sj.org

2-1-1 Yolo County

2-1-1 (Within Yolo County)
or 530-392-4182
www.211yolocounty.com

AARP

888-687-2277
www.aarp.org/statepages/ca.html
1415 L Street, Suite 960
Sacramento, CA 95814

**Administration for
Community Living Eldercare
Locator**

800-677-1116
eldercare.acl.gov/

**California Advocates for
Nursing Home Reform**

800-474-1116
www.canhr.org/index.html

**California Department of
Insurance - California Senior
Gateway**

Seniors.insurance.ca.gov

**California Partnership for
Long-Term Care**

916-552-8990
www.rureadyca.org

City of Davis Senior Center

530-757-5696
www.cityofdavis.org/Seniorservices
646 A Street
Davis, CA 95616

**Del Oro Caregiver Resource
Center**

916-728-9333
www.deloro.org/services
8421 Auburn Boulevard,
Suite 265
Citrus Heights, CA 95610

**Meeting Seniors Needs
Hotline**

866-960-9261
www.msnhglobal.org

**Resources for Independent
Living**

916-446-3074
www.ril-sacramento.org
420 I Street, Level B: Suite 3
Sacramento, CA 95814

USA.gov

844-872-4681
www.usa.gov

Yolo Healthy Aging Alliance

530-776-5006
www.yolohealthyaging.org

LIBRARY SERVICES**SERVICIOS BIBLIOTECARIOS****California State Archives**

916-653-7715
www.sos.ca.gov/archives
1020 O Street
Sacramento, CA 95814

California State Library

916-323-9843
library.ca.gov/
900 N Street
Sacramento, CA 95814

**California State Library -
Braille and Talking Book
Library**

916-654-0640
www.btbl.ca.gov
900 N Street, Room 100
Sacramento, CA 95814

**City of Woodland Senior
Center**

530-661-2001
www.cityofwoodland.org/Seniors
2001 East Street
Woodland, CA 95776

Yolo County Library

www.yolocountylibrary.org

- 1212 Merkley Avenue
West Sacramento, CA 95691
916-375-6465
- 52915 Netherlands Avenue
Clarksburg, CA 95612
916-744-1755
- 17065 Yolo Avenue
Esparto, CA 95627
530-787-3426
- 42351 Third Street
Knights Landing, CA 95645
530-735-6593
- 315 East 14th Street
Davis, CA 95616
530-757-5593
- 1441 Danbury Street
Davis, CA 95618
530-759-2100 ext 8
- 708 Railroad Avenue
Winters, CA 95694
530-795-4955
- 37750 Sacramento Street
Yolo, CA 95697
530-662-2363

**OMBUDSMAN FOR NURSING
HOME RESIDENTS
DEFENSOR/MEDIADOR
PARA RESIDENTES DE
HOGARES DE ANCIANOS**

Agency on Aging \ Area 4

916-376-8910
www.agencyonaging4.org/long-term-care-ombudsman

**California Department of
Aging**

916-486-1876
www.aging.ca.gov/Programs_and_Services/Long-Term_Care_Ombudsman

**TAX PREPARATION,
INFORMATION
PREPARACIÓN Y
INFORMACIÓN DE
IMPUESTOS**

2-1-1 Sacramento

2-1-1 (Within Sacramento County) or 916-498-1000
www.211sacramento.org

2-1-1 Yolo

2-1-1 (Within Yolo County) or 530-392-4182
211YoloCounty.com

AARP

taxaide.aarpfoundation.org/online-self-and-assisted-prep

California Department of Tax and Fee Administration

800-400-7115
www.cdtfa.ca.gov
3321 Power Inn Road, Suite 210
Sacramento, CA 95826

Cash App Taxes

800-969-1940
cash.app/taxes

Military OneSource

800-342-9647
www.militaryonesource.mil/financial-legal/taxes/miltax-military-tax-services/

State of California Franchise Tax Board

800-852-5711
www.ftb.ca.gov

United States Internal Revenue Service Taxpayer Advocate

877-777-4778
www.taxpayeradvocate.irs.gov

United States Internal Revenue Service Taxpayer Assistance Center

800-829-1040
www.irs.gov/help/contact-your-local-irs-office
 4330 Watt Avenue
 Sacramento, CA 95821

United Way California Capital Region

www.getyourrefund.org/en

United Way California Capital Region VITA Coalition

yourfreetaxprep.org/

United Way Worldwide

866-698-9435
www.myfreetaxes.com/

Yolo County Assessor

530-666-8135
www.yolocounty.org/government/general-government-departments/assessor
 625 Court Street, Room 104
 Woodland, CA 95695

Yolo County Department of Financial Services

530-666-8190
www.yolocounty.org/government/general-government-departments/financial-services/revenues-taxes-fees
 625 Court Street, Room 102
 Woodland, CA 95695

**TRANSLATION AND INTERPRETER SERVICES
 SERVICIOS DE TRADUCCIÓN E INTERPRETACIÓN**

Deaf and Disabled Telecommunications Program (DDTP)

800-735-2929
ddtp.cpuc.ca.gov/relay.aspx

Iu Mien Community Services

916-383-3083
www.iumiencommunityservices.org/CulturalProgramsServices.html
 5657 Stockton Boulevard
 Sacramento, CA 95824

NorCal Services for Deaf and Hard of Hearing

916-349-7500
www.norcalcenter.org

**VETERANS SERVICES
 SERVICIOS PARA VETERANOS**

California Department of Veterans Affairs

800-952-5626
www.calvet.ca.gov
 1227 O Street
 Sacramento, CA 95814

California Department of Veterans Affairs - CalVet Healthcare/Long-term Care

800-952-5626
www.calvet.ca.gov/VetHomes
 1227 O Street
 Sacramento, CA 95814

California Department of Veterans Affairs - Cal-Vet Home Loans

866-653-2510
www.calvet.ca.gov/HomeLoans
 1227 O Street
 Sacramento, CA 95814

California Department of Veterans Affairs - Caregiver Support

916-843-9043
www.va.gov/northern-california-health-care/health-services/caregiver-support/
 10535 Hospital Way
 Mather, CA 95655-4200

Defense Centers of Excellence Psychological Health Center of Excellence
 866-966-1020
www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence

Legal Services of Northern California
 530-662-1065
www.lsn.net
 619 North Street
 Woodland, CA 95695

Meeting Seniors Needs Hotline
 866-960-9261
www.msnhglobal.org

Nation's Finest
 833-468-9676
www.nationsfinest.org/our-services
 7270 East Southgate Drive
 Sacramento, CA 95823

PRIDE Industries
 844-426-2253
www.prideindustries.com
 10030 Foothills Boulevard
 Roseville, CA 95747

Retiree Activities Office
 916-640-8446
www.travis.af.mil/About-Us/Retiree-Activities-Office
 3401 Beech Street, Building 949, Room 114
 McClellan, CA 95652

United States Department of Veterans Affairs - Sacramento Veterans Center
 877-927-8387
www.va.gov/sacramento-vet-center
 1111 Howe Avenue, Suite 390
 Sacramento, CA 95825

VA Northern California Health Care System
 800-382-8387
www.va.gov/northern-california-health-care

- 10535 Hospital Way
 Mather, CA 95655
- 5342 Dudley Boulevard, Building 88
 McClellan Park, CA 95652

VA Northern California Health Care System Homeless Veterans Drop-In Services
 877-424-3838
www.va.gov/northern-california-health-care/health-services/homeless-veteran-care
 10535 Hospital Way, Building 650
 Mather, CA 95655

Volunteers of America Northern California and Northern Nevada - Veteran Employment Services
 916-661-5149
www.voa-ncnn.org/Veterans-Services
 10636 Schirra Avenue
 Mather, CA 95655

Volunteers of America Northern California and Northern Nevada - Veteran Housing
 916-228-3153
www.voa-ncnn.org/Veterans-Services
 10636 Schirra Avenue
 Mather, CA 95655

Wounded Warrior Project
888-997-2586
www.woundedwarriorproject.org

**VOLUNTEERISM
VOLUNTARIADO**

Alchemist CDC
916-204-8260
www.marketmatch.org

**American Red Cross
California Gold Country
Region**
916-993-7070
www.redcross.org/local/california/gold-country/volunteer.html

**Big Brothers Big Sisters of
Greater Sacramento Area**
916-646-9300
www.bbbs-sac.org
800 Howe Avenue, Suite 440
Sacramento, CA 95825

California Volunteers
916-323-7646
www.californiavolunteers.ca.gov/
1400 10th Street
Sacramento, CA 95814

**Capay Valley Fire Protection
District**
530-796-3300
cvfpd.specialdistrict.org
7447 Highway 16
Guinda, CA 95637

**City of Woodland, Senior
Center**
530-661-2001
www.cityofwoodland.org/Seniors
2001 East Street
Woodland, CA 95776

**Clarksburg Fire Protection
District**
916-744-1700
clarksburgfire.specialdistrict.org
52902 Clarksburg Avenue
Clarksburg, CA 95612

**Dunningan Fire Protection
District**
530-724-3515
dunniganfire.com
29145 Main Street
Dunnigan, CA 95937

Empower Yolo
530-661-6336
empoweryolo.org
• 175 Walnut Street

Woodland, CA 95695
• 1025 Triangle Court,
Suite 600
West Sacramento, CA
95605

**Esparto Fire Protection
District**
530-787-3300
www.espartofire.org/
16960 Yolo Avenue
Esparto, CA 95627

Front Porch - Social Call
877-797-7299
covia.org/programs/social-call/

**Health Insurance Counseling
and Advocacy Program
(HICAP)**
916-376-8915
www.hicapservices.net

Junior League of Sacramento
916-921-1096
www.jlsac.org/
778 University Avenue
Sacramento, CA 95825

Knights Landing Fire Protection District
 530-735-6409
knightslandingfire.specialdistrict.org/
 42115 Sixth Street
 Knights Landing, CA 95645

Madison Fire Protection District
 530-662-5745
www.madison-fire.com
 17880 Stephens Street
 Madison, CA 95653

Union Gospel Mission Sacramento
 916-447-3268
ugmsac.com/
 400 Bannon Street
 Sacramento, CA 95811

United Way California Capital Region Volunteer Services
 916-368-3000
www.yourlocalunitedway.org/get-involved/volunteer

West Plainfield Fire Protection District
 530-756-0212
www.wpfd.net
 24901 County Road 95
 Davis, CA 95616

Wildlife Care Association
 916-965-9453
wildlifecareassociation.com/
 5211 Patrol Road
 McClellan, CA 95652

Winters Fire Protection District
 530-795-4131
www.wintersfire.org
 700 Main Street
 Winters, CA 95694

Yolo County Sheriff's Office
 530-668-5280
www.yolocountysheriff.com/join/volunteer/stars/
 140 Tony Diaz Drive
 Woodland, CA 95776

Yolo Healthy Aging Alliance
 530-776-5006
www.yolohealthyaging.org/phone-friend-forms

YoloCares
 530-758-5566
yolocares.org/
 1909 Galileo Court, Suite A
 Davis, CA 95618

Zamora Fire Protection District
 530-304-4964
zamorafire.specialdistrict.org
 33715 First Street
 Zamora, CA 95698

**FINANCIAL RESOURCES
 RECURSOS FINANCIEROS**

**COUNSELING, MONEY
 MANAGEMENT
 ASESORAMIENTO,
 ADMINISTRACIÓN DEL
 DINERO**

AARP
 888-687-2277
www.aarp.org/money

Benefits Management Corporation - Living in Familiar Environments
 916-340-7000
www.webpayee.com
 2640 Cordova Lane, Suite 101
 Rancho Cordova, CA 95670

Cities for Financial Empowerment Fund Inc. - Bank On
joinbankon.org

Credit Karma - Free Credit Reports and Scores
www.creditkarma.com

Federal Trade Commission - Free Credit Report

877-322-8228
www.consumer.ftc.gov/articles/free-credit-reports

Health Education Council - Economic Well-Being

916-329-3502
www.healthdcouncil.org/what-we-do/programs/economic-well-being/vaf.html
 7617 Alma Vista Way, Suite C
 Sacramento, CA 95831

Helping Hearts Foundation, Inc. - Representative Payee Services for Social Security Beneficiaries

916-368-7300
www.helping-hearts.org/payee-services
 3050 Fite Circle, Suite 108
 Sacramento, CA 95827

Homeownership Preservation Foundation - Homeowner's HOPE Hotline

888-995-4673
www.995hope.org

Housing & Economic Rights Advocates - Debt Counseling

510-271-8443
www.heraca.org/#ourwork

Money Management International

866-889-9347
www.moneymanagement.org

National Foundation for Credit Counseling

800-388-2227
www.nfcc.org

NID Housing Counseling

916-719-0347
www.nidhousing.com

The Light for Seniors - Financial Care Management

858-360-7818
www.lightforseniorssandiego.com

Yolo County Health and Human Services Agency

855-278-1594
www.yolocounty.org/government/general-government-departments/health-human-services/welfare/general-assistance

- 600 A Street, Suite A
 Davis, CA 95616
- 500 A Jefferson Boulevard, Suite 100
 West Sacramento, CA 95605
- 111 East Grant Avenue
 Winters, CA 95694
- 137 North Cottonwood Street
 Woodland, CA 95695

**GENERAL ASSISTANCE
 ASISTENCIA GENERAL**

California Department of Social Services -

Complaints/State Hearing Requests

916-651-8848
www.cdss.ca.gov/reporting/file-a-complaint/county-complaints/how-to-complain-about-public-assistance-programs

RENT ASSISTANCE

ASISTENCIA DE ALQUILER

Short Term Emergency Aid Committee (STEAC)

530-758-8435
www.steac.org
 1712 Picasso Avenue, Suite D
 Davis, CA 95618

**REVERSE MORTGAGE
HIPOTECA INVERSA**

**NID Housing Counseling
Agency**

916-719-0347
www.nidhousing.com

**United States Department of
Housing and Urban
Development - Home Equity
Conversion Mortgages for
Seniors**

800-569-4287
www.hud.gov/program_offices/housing/sfh/hecm/hecmhome

**SOCIAL SECURITY,
SUPPLEMENTAL SECURITY
INCOME
SEGURO SOCIAL, INGRESO
DE SEGURIDAD
SUPLEMENTARIO**

**Benefits Management
Corporation - Living in
Familiar Environments**

916-340-7000
www.webpayee.com
2640 Cordova Lane, Suite 101
Rancho Cordova, CA 95670

**Coalition of California
Welfare Rights Organizations
- Public Benefits Assistance**

916-736-0616
www.ccwro.org
1111 Howe Avenue,
Suite 635
Sacramento, CA 95825

**Helping Hearts Foundation,
Inc. - Representative Payee
Services for Social Security
Beneficiaries**

916-368-7300
www.helping-hearts.org/payee-services
3050 Fite Circle, Suite 108
Sacramento, CA 95827

**U.S. Social Security
Administration**

www.ssa.gov

- 1110 West Kettleman Lane,
Suite 3
Lodi, CA 95240
888-257-2641
- 2424 Arden Way, Suite 200
Sacramento, CA 95825
855-782-9153
- 910 Cirby Way, Suite 130
Roseville, CA 95661
866-348-7830
- 8581 Folsom Boulevard,
Suite A
Sacramento, CA 95826
877-274-5419

- 40 Massie Circle
Sacramento, CA 95823
866-708-3208
- 825 Riverside Parkway,
Suite 1000
West Sacramento, CA
95605
866-726-8136

**UTILITY, INTERNET, AND
ENERGY DISCOUNTS
DESCUENTOS EN SERVICIOS
PÚBLICOS, LA RED, ENERGÍA**

Access from AT&T

866-861-6075
www.att.com/internet/access

**California Lifeline Assistance
Program (Landline
& Wireless)**

866-272-0349
www.californialifeline.com/en

**California Low-Cost Internet
Plans**

www.cpuc.ca.gov/industries-and-topics/internet-and-phone/california-low-cost-internet-plans

Comcast Internet Essentials

855-846-8376
www.InternetEssentials.com

Empower Yolo - REACH Program

530-661-6336
empoweryolo.org
 175 Walnut Street
 Woodland, CA 95695

Federal Communications Commission - Affordable Connectivity Program

877-384-2575
www.fcc.gov/acp

North Coast Energy Services - Home Energy Assistance Program (HEAP)

530-669-5700
www.nces.org
 1250 Harter Avenue, Suite F
 Woodland, CA 95776

Pacific Gas & Electric

866-743-2273
www.pge.com/en_US/residential/save-energy-money/help-paying-your-bill/payment-assistance-overview/payment-assistance-overview.page?WT.pgeac=Home_PaymentAssistance

Short Term Emergency Aid Committee (STEAC)

530-758-8435
www.steac.org
 1712 Picasso Avenue, Suite D
 Davis, CA 95618

FOOD, CLOTHING COMIDA, ROPA

CALFRESH (FOOD STAMPS) CALFRESH (CUPONES DE ALIMENTOS)

Coalition of California Welfare Rights Organization

916-736-0616
www.ccwro.org
 1111 Howe Avenue, Suite 635
 Sacramento, CA 95825

California Department of Social Services

916-651-8848
www.cdss.ca.gov/benefits-services/food-nutrition
 744 P Street
 Sacramento, CA 95814

Yolo County Health and Human Services Agency - CalFresh

www.yolocounty.org/government/general-government-departments/health-human-services/welfare/calfresh-formerly-food-stamps

- 600 A Street, Suite A
 Davis, CA 95616
 530-757-5502
- 500 A Jefferson Boulevard, Suite 100
 West Sacramento, CA 95605
 916-375-6200
- 111 East Grant Avenue
 Winters, CA 95694
 530-406-4444
- 25 North Cottonwood Street
 Woodland, CA 95695
 530-661-2750

CALFRESH APPLICATION ASSISTANCE ASSISTENCIA PARA SOLICITUD DE CALFRESH

Alchemist CDC

916-204-8260
www.marketmatch.org

Catholic Charities of Yolo-Solano

707-644-8909

www.ccyoso.org/food-assistance125 Corporate Place, Suite A
Vallejo, CA 94590**Empower Yolo**www.empoweryolo.org

- 9586 Mill Street
Knights Landing, CA 95645
530-309-4740
- 175 Walnut Street
Woodland, CA 95695
530-661-6336
- 441 D Street
Davis, CA 95616
530-757-1261
- 1025 Triangle Court,
Suite 600
West Sacramento, CA
95605
916-873-8824

Family Action Centers of Colusa Countywww.afackids.org/health-safety

- 812 King Street
Arbuckle, CA 95912
530-476-0822
- 1404 E Street, Room 102
Williams, CA 95987
530-473-4311

Health Education Council

916-556-3344

www.healthedcouncil.org7617 Alma Vista Way, Suite C
Sacramento, CA 95831**RISE, Inc.**

530-787-4110

www.riseinc.org

- 17317 Fremont Street
Esparto, CA 95627
- 417 Haven Street
Winters, CA 95694

Yolo County Children's Alliance

530-757-5558

www.yolokids.org/access-food

- 1200 Anna Street
West Sacramento, CA
95605
- 52910 Netherlands Avenue
Clarksburg, CA 95612
- 25 North Cottonwood
Street
Woodland, CA 95695
- 600 A Street, Suite Y
Davis, CA 95616

**CLOTHES CLOSETS
PROVISIÓN DE ROPA**(Contact Clothes Closets for
Service Area Zip Codes.)**Davis Community Meals and Housing**

530-753-9204

[daviscommunitymeals.org/re
source-center](http://daviscommunitymeals.org/resource-center)1111 H Street
Davis, CA 95616**Dress for Success****Sacramento**

916-243-1282

[sacramento.dressforsuccess.
org/programs/suiting](http://sacramento.dressforsuccess.org/programs/suiting)4215 Norwood Avenue,
Suite 3B
Sacramento, CA 95838**Francis House Center - A Program of Next Move**

916-443-2646

[www.nextmovesacramento.o
rg/emergency-](http://www.nextmovesacramento.org/emergency-housing/additional-services)[housing/additional-services](http://www.nextmovesacramento.org/emergency-housing/additional-services)1422 C Street
Sacramento, CA 95814**Shores of Hope**

916-372-0200

www.shoresofhope.org110 Sixth Street
West Sacramento, CA 95605

Short Term Emergency Aid Committee (STEAC)

530-758-8435
www.steac.org
 1712 Picasso Avenue, Suite D
 Davis, CA 95618

Union Gospel Mission Sacramento

916-447-3268
ugmsac.com/homeless-resources
 400 Bannon Street
 Sacramento, CA 95811

West Sacramento Baptist Church

916-371-2111
 2124 Michigan Boulevard
 West Sacramento, CA 95691

**CONGREGATE MEALS
 COMIDAS CONGREGADAS**

City of Winters, Parks Department

530-795-4241
www.cityofwinters.org
 201 Railroad Avenue
 Winters, CA 95694

City of Woodland, Senior Center Inc.

530-661-2001
www.cityofwoodland.org/seniors
 2001 East Street
 Woodland, CA 95776

Davis Community Meals and Housing

530-756-4008
www.daviscommunitymeals.org
 640 Hawthorn Lane
 Davis, CA 95616

Fourth and Hope

530-661-1218
www.fourthandhope.org
 1901 East Beamer Street
 Woodland, CA 95776

Union Gospel Mission Sacramento

916-447-3268
www.ugmsac.com/homeless-resources
 400 Bannon Street
 Sacramento, CA 95811

Yolo Healthy Aging Alliance - Yolo Mobile Meals

530-776-5006
www.yolohealthyaging.org/mobile-meals

- 620 Pole Line Road
 Davis, CA 95618
- 1525 Merkley Avenue
 West Sacramento, CA 95691
- 147 East Baker Street
 Winters, CA 95694
- 400 Morgan Street
 Winters, CA 95694

**FOOD BANKS
 BANCOS DE ALIMENTOS**

(Contact Food Banks for Service Area Zip Codes.)

Church on the Rock

530-406-8579
www.cotrwoodland.org/manna

630 Cottonwood Street
 Woodland, CA 95695

Manna House Food Pantry

530-735-6227
 9493 Mill Street
 Knights Landing, CA 95645

Pole Line Road Baptist Church

530-753-4315
www.polelinebaptist.org
 770 Pole Line Road
 Davis, CA 95618

RISE, Inc

530-787-4110
www.riseinc.org
 • 26479 Grafton Street
 Esparto, CA 95627
 • 17317 Fremont Street
 Esparto, CA 95627
 • 417 Haven Street
 Winters, CA 95694

Saint Vincent de Paul Society - Our Lady of Grace Conference

916-371-5264
www.svdp-sacramento.org
 911 Park Boulevard
 West Sacramento, CA 95691

Saint Vincent de Paul Society - Saint James Catholic Church

530-979-4338
www.stjamesdavis.org

Salvation Army of Yolo County

530-661-0141
www.salvationarmyusa.org
 413 Main Street
 Woodland, CA 95695

Shores of Hope

916-372-0200
www.shoresofhope.org
 110 Sixth Street
 West Sacramento, CA 95605

Union Gospel Mission Sacramento

916-447-3268
www.ugmsac.com/food-box-program
 400 Bannon Street
 Sacramento, CA 95811

West Sacramento Baptist Church

916-371-2111
 2124 Michigan Boulevard
 West Sacramento, CA 95691

Woodland Volunteer Food Closet

530-662-7020
www.woodlandfoodcloset.org
 420 Grand Avenue
 Woodland, CA 95695

Yolo Food Bank - Eat Well Yolo

530-668-0690
www.yolofoodbank.org/programs/eat-well-yolo
 • 812 King Street
 Arbuckle, CA 95912
 • 2501 County Road 88
 Dunnigan, CA 95937
 • 1271 West Capitol Avenue
 West Sacramento, CA 95691
 • 52902 Clarksburg Road
 Clarksburg, CA 95612
 • 9586 Mill Street
 Knights Landing, CA 95645
 • 441 D Street
 Davis, CA 95616
 • 16787 Forest Avenue
 Guinda, CA 95637
 • 108 W Woodland Avenue
 Woodland, CA 95695
 • 470 Kentucky Avenue
 Woodland, CA 95696
 • 28963 Main Street
 Madison, CA 95653
 • 700 Glide Avenue
 West Sacramento, CA 95691
 • 17317 Fremont Street
 Esparto, CA 95627
 • 417 Haven Street
 Winters, CA 95694
 • 1720 Jade Street
 Davis, CA 95616

- 250 West Quad
Davis, CA 95616
- 315 Mace Boulevard
Davis, CA 95616
- 101 Grant Avenue
Winters, CA 95694
- 2001 East Street
Woodland, CA 95695
- 2300 East Gibson Road
Woodland, CA 95776
- 1200 Anna Street
West Sacramento, CA 95691
- 1250 Gum Avenue
Woodland, CA 95695
- 37817 Sacramento Street
Yolo, CA 95697

Yolo Food Bank - Emergency Food Assistance Program

530-668-0690
www.yolofoodbank.org

- 1221 Kennedy Place
Davis, CA 95616
- 3023 Albany Avenue
Davis, CA 95618
- 17317 Fremont Street
Esparto, CA 95627
- 685 Lighthouse Drive
West Sacramento, CA 95691
- 62 Shams Way
Winters, CA 95694
- 2124 Michigan Boulevard
West Sacramento, CA 95691

- 110 Sixth Street
West Sacramento, CA 95605
- 1321 Anna Street
West Sacramento, CA 95605
- 470 Kentucky Avenue
Woodland, CA 95695
- 37817 Sacramento Street
Yolo, CA 95697
- 42114 Seventh Street
Knights Landing, CA 95645
- 16787 Forrest Avenue
Guinda, CA 95637
- 500 A Jefferson Boulevard,
Community Room 1
West Sacramento, CA 95605
- 52902 Clarksburg Road
Clarksburg, CA 95612

Yolo Food Bank - FreshText

888777
www.yolocounty.org/Home/ShowDocument?id=38558

Yolo Food Bank - MarketText

888777
www.yolocounty.org/Home/ShowDocument?id=38560

**HOME-DELIVERED MEALS
COMIDAS A DOMICILIO**

Meals on Wheels Yolo County

530-662-7035
www.mowyolo.org
711 Main Street, Suite B
Woodland, CA 95695

Lasagna Love, Inc.

www.lasagnalove.org/request-a-meal/

Mom's Meals

877-508-6667
www.momsmeals.com

Yolo Food Bank - Eat Home Yolo

530-668-0690
yolofoodbank.org/programs/eat-home-yolo/

**HEALTH SERVICES
SERVICIOS DE SALUD**

**COMMUNITY CLINICS
CLÍNICAS COMUNITARIAS**

Clinica Tepati

916-209-0912
clinatepati.com
1820 J Street
Sacramento, CA 95811

Communicare Health Centers

communicarehc.org/primary-care

- 2051 John Jones Road
Davis, CA 956156
530-758-2060
- 215 West Beamer Street
Woodland, CA 95695
530-405-2800
- 500 B Jefferson Boulevard,
Suite 180 & 195
West Sacramento, CA
95605
916-403-2900
- 954 Sacramento Avenue
West Sacramento, CA
95605
916-914-2650

Elica Health Centers

916-454-2345

www.elicahealth.org

- 77 Cadillac Drive, Suite 200
Sacramento, CA 95825
- 5385 Franklin Boulevard,
Suite K
Sacramento, CA 95820
- 1276 Halyard Drive
West Sacramento, CA
95691
- 3701 J Street, Suite 201
Sacramento, CA 95816
- 6339 Mack Road
Sacramento, CA 95823

- 3234 Marysville Boulevard
Sacramento, CA 95815
- 4815 Watt Avenue
North Highlands, CA 95660
- 923 V Street
Sacramento, CA 95818
- 155 15th Street, Suite A
West Sacramento, CA
95691

Peach Tree Health

916-779-7656

pickpeach.org/location/peach-tree-north-sacramento

3810 Rosin Court, Suite 100
Sacramento, CA 95834

Shifa Community Clinic

916-441-6008

shifaclinic.org/services

419 V Street
Sacramento, CA 95818

UC Davis Health, Healthy Aging Clinic

916-731-1831

health.ucdavis.edu/healthy-aging/services/healthy-aging-clinic

3160 Folsom Boulevard,
Suite 1400
Sacramento, CA 95816

UC Davis Health, Geriatrics Clinic

916-734-2737

health.ucdavis.edu/internalmedicine/general/GMgeriatrics.html

4860 Y Street, Suite 0100
Sacramento, CA 95817

WellSpace Health

916-737-5555

wellspacehealth.org

- 2425 Alhambra Boulevard
Sacramento, CA 95817
- 2433 Marconi Avenue
Sacramento, CA 95821
- 3441 Marysville Boulevard
Sacramento, CA 95838
- 4241 Florin Road, Suite 40
Sacramento, CA 95823
- 1710 Prairie City Road,
Suite 125
Folsom, CA 95630
- 1820 J Street
Sacramento, CA 95811
- 3946 Norwood Avenue
Sacramento, CA 95838
- 3415 Martin Luther King
Junior Boulevard
Sacramento, CA 95817
- 10423 Old Placerville Road
Sacramento, CA 95827
- 5 Medical Plaza Drive,
Suite 170
Roseville, CA 95661
(continued on next page)

- 5959 Greenback Lane,
Suite 500
Citrus Heights, CA 95621
- 8233 East Stockton
Boulevard, Suite A
Sacramento, CA 95828
- 7777 Sunrise Boulevard,
Suite 2500
Citrus Heights, CA 95610

Winters Healthcare

530-795-4377
www.wintershealth.org
172 East Grant Avenue
Winters, CA 95694

**DENTAL SERVICES
SERVICIOS DENTALES**

**Communicare Health
Centers**

communicarehc.org/dental-care

- 2051 John Jones Road
Davis, CA 956156
530-757-4667
- 455 First Street
Woodland, CA 95695
530-297-8617
- 215 West Beamer Street
Woodland, CA 95695
530-405-2811
- 500 B Jefferson Boulevard,
Suite 180 & 195
West Sacramento, CA
95605
916-403-2960

Elica Health Centers

916-454-2345
www.elicahealth.org

- 77 Cadillac Drive, Suite 200
Sacramento, CA 95825
- 5385 Franklin Boulevard,
Suite K
Sacramento, CA 95820
- 1276 Halyard Drive
West Sacramento, CA
95691
- 3701 J Street, Suite 201
Sacramento, CA 95816
- 3234 Marysville Boulevard
Sacramento, CA 95815
- 4815 Watt Avenue
North Highlands, CA 95660

**Northern Valley Indian
Health**

530-661-4400
nvih.org/locations/woodland
175 West Court Street
Woodland, CA 95695

**Sacramento City College -
Dental Health Clinic**

916-558-2303
scc.losrios.edu/campus-life/health-and-safety/dental-clinic

**Sacramento District Dental
Society**

916-446-1211
www.sdds.org

Shifa Community Clinic

916-441-6008
shifaclinic.org/services/dental-clinic

**VA Northern California
Health Care System**

916-333-5500
www.va.gov/northern-california-health-care/locations/mcclellan-vaclinic/

Winters Healthcare

530-795-4377
www.wintershealth.org
172 East Grant Avenue
Winters, CA 95694

**DISABILITY SERVICES
SERVICIOS PARA
DISCAPACITADOS**

**Agency on Aging \ Area 4 -
Aging and Disability
Resource Connection (ADRC)
of Yolo County**

530-248-2421
adrc4.org/yolo-county
1401 El Camino Avenue,
Suite 400
Sacramento, CA 92815

California Department of Rehabilitation - Disability Access Services
916-558-5755
www.dor.ca.gov/Home/DisabilityAccessServices

California Department of Veterans Affairs
800-952-5626
www.calvet.ca.gov

California Employment Development Department - State Disability Insurance
800-480-3287
www.edd.ca.gov/disability

California Foundation for Independent Living Centers
916-325-1690
www.cfilc.org

Disability Rights California
800-776-5746
www.disabilityrightsca.org

NorCal Services for Deaf and Hard of Hearing
916-349-7500
www.norcalcenter.org

Resources for Independent Living
916-446-3074
www.ril-sacramento.org

Society for the Blind
916-452-8271
societyfortheblind.org/programs-services/programs-for-55

United States Department of Labor - Job Accommodation Network (JAN)
800-526-7234
www.askjan.org

United States Social Security Administration
800-772-1213
www.ssa.gov

VA Northern California Health Care System
916-561-7400
www.va.gov/northern-california-health-care/locations/mcclellan-va-clinic/
5342 Dudley Boulevard
McClellan, CA 95652

Yolo County Health and Human Services Agency - Veterans Services Office
530-406-4850
www.yolocounty.org/government/general-government-departments/health-human-services/adults/veterans-service-office
37 North Cottonwood Street
Woodland, CA 95695

**HEALTH INSURANCE
COUNSELING
CONSEJERÍA DE SEGUROS
DE SALUD**

AARP
888-687-2277
www.aarp.org/states/ca

California Advocates for Nursing Home Reform - Long-Term Care Information
415-974-5171
www.canhr.org/about/index.html

California Partnership for Long-Term Care
916-552-8990
www.rureadyca.org

Centers for Medicare & Medicaid Services
800-633-4227
www.medicare.gov

City of Davis Senior Center
916-376-8915
www.cityofdavis.org/seniorservices
646 A Street
Davis, CA 95616

Covered California
800-300-1506
www.coveredca.com

Empower Yolo

empoweryolo.org

- 441 D Street
Davis, CA 95616
530-757-1261
- 9586 Mill Street
Knights Landing, CA 95645
530-309-4740
- 1025 Triangle Court,
Suite 600
West Sacramento, CA
95605
916-873-8824
- 175 Walnut Street
Woodland, CA 95695
530-661-6336

**Health Insurance Counseling
and Advocacy Program
(HICAP)**

916-376-8915
www.hicapservices.net

**Legal Services of Northern
California - Health Program**

916-551-2150
www.lsn.net/office/lsnc-health-program
515 12th Street
Sacramento, CA 95814

The Light for Seniors

858-360-7818
www.lightforseniorssandiego.com

**HOSPICE
HOSPICIO****A Better Living Home Care
Agency**

916-361-3000
www.BLHC.org
591 Watt Avenue, Suite 240
Sacramento, CA 95864

**Blossom Ridge Home Health
& Hospice**

916-779-1140
www.blossomridge.com/hospice-services

**California Hospice &
Palliative Care Association**

916-925-3770
www.calhospice.org

Comfort Keepers

530-666-4300
CKWoodland.com

Dignity Health

916-281-3900
www.dignityhealth.org/sacramento/services/home-health-and-hospice

Interim Healthcare

916-779-0811
www.interimhealthcare.com

**JB Homecare Referral
Agency**

916-489-6941
www.jbhomecare.com/services.html
2100 Watt Avenue, Suite 130
Sacramento, CA 95825

Kaiser Permanente

916-486-5300 ext 1
thrive.kaiserpermanente.org/care-near-you/northern-california/northvalley/departments/hospice

Partners in Care

530-885-9948
www.pichospice.com

Rx HealthCare Services

916-485-8200
www.rxnursing.com/hospice-care

Sutter Health

916-388-6255
www.sutterhealth.org/services/home-health-hospice/hospice

UC Davis Health

916-734-2458
health.ucdavis.edu/homecare/hospice/about_hospice.html

WeCare4Yolo

530-564-6229

www.wecare4yolo.com**YoloCares**

530-758-5566

yolocares.org/our-services/center-for-loss-hope**HOSPITALS
HOSPITALES****Dignity Health**www.dignityhealth.org

- Mercy General Hospital
4001 J Street
Sacramento, CA 95819
916-453-4545
- Mercy Hospital of Folsom
1650 Creekside Drive
Folsom, CA 95630
916-983-7400
- Mercy San Juan Medical Center
6501 Coyle Avenue
Carmichael, CA 95608
916-537-5000
- Methodist Hospital of Sacramento
7500 Hospital Drive
Sacramento, CA 95823
916-423-3000
- Woodland Memorial Hospital
1325 Cottonwood Street
Woodland, CA 95695
530-662-3961

Kaiser Permanentethrive.kaiserpermanente.org

- 1600 Eureka Road
Roseville, CA 95661
916-784-4000
- 2025 Morse Avenue
Sacramento, CA 95825
916-973-5000
- 6600 Bruceville Road
Sacramento, CA 95823
916-688-2000

Sutter Healthwww.sutterhealth.org

- Sutter Davis Hospital
2000 Sutter Place
Davis, CA 95616
530-756-6440
- Sutter Medical Center,
Sacramento
2825 Capitol Avenue
Sacramento, CA 95816
916-887-0000

UC Davis Medical Center

916-734-2011

health.ucdavis.edu/welcome
2315 Stockton Boulevard
Sacramento, CA 95817**INDEPENDENT LIVING
RESOURCES
RECURSOS DE VIDA
INDEPENDIENTE****California Foundation for
Independent Living Centers,
Ability Tools**

800-390-2699

www.abilitytools.org1000 G Street, Suite 100
Sacramento, CA 95814**California Foundation for
Independent Living Centers,
Disability Disaster Access &
Resources**

800-390-2699

disabilitydisasteraccess.org1000 G Street, Suite 100
Sacramento, CA 95814**California Foundation for
Independent Living Centers,
FreedomTech**

916-737-5358

www.freedomtech.org1000 G Street, Suite 100
Sacramento, CA 95814**National Federation of the
Blind**

410-659-9314

nfb.org

NorCal Services for Deaf & Hard of Hearing

916-349-7500
www.norcalcenter.org
 4044 North Freeway
 Boulevard
 Sacramento, CA 95834

Resources for Independent Living

916-446-3074
www.ril-sacramento.org
 420 I Street, Level B: Suite 3
 Sacramento, CA 95814

Society for the Blind, Senior IMPACT Project

916-452-8271
societyfortheblind.org/programs-services/programs-for-55
 1238 S Street
 Sacramento, CA 95811

IN-HOME HEALTH CARE
ATENCIÓN MÉDICA
EN EL HOGAR

A Better Living Home Care Agency

530-297-5500
www.BLHC.org
 591 Watt Avenue, Suite 240
 Sacramento, CA 95864

Blessed Hearts Home Health Care, Inc.

916-588-2458
www.blessedheartshhc.com
 3105 Fite Circle, Suite 105
 Sacramento, CA 95827

Blossom Ridge Home Health & Hospice

916-550-9546
www.blossomridge.com
 520 Ninth Street, Suite 240
 Sacramento, CA 95814

Comfort Keepers

530-666-4300
CKWoodland.com
 123 Court Street
 Woodland, CA 95695

Dignity Health

916-281-2300
www.dignityhealth.org/sacramento/services/home-health-and-hospice
 3400 Data Drive
 Rancho Cordova, CA 95670

Interim Healthcare

855-230-4161
www.interimhealthcare.com/sacramentohospice/our-services/supportive-services/
 2233 Watt Avenue, Suite 330
 Sacramento, CA 95825

JB Homecare Referral Agency

916-489-6941
www.jbhomecare.com/services.html
 2100 Watt Avenue, Suite 130
 Sacramento, CA 95825

Maxim Healthcare Services

916-974-2599
www.maximhealthcare.com/home-healthcare/home-healthcare
 1651 Response Road,
 Suite 200
 Sacramento, CA 95815

Personalized Homecare Services, Inc.

916-979-4975
www.personalizedhomecare.com
 4700 Northgate Boulevard,
 Suite 160
 Sacramento, CA 95834

RX HealthCare Services

916-485-8200
www.rxnursing.com/home-health-care
 4640 Marconi Avenue
 Sacramento, CA 95821

Sutter Health, Home Health Care**916-388-6200**

www.sutterhealth.org/services/home-health-hospice/home-health
8334 Ferguson Avenue
Sacramento, CA 95828

UC Davis Health

916-734-2458

health.ucdavis.edu/homecare/homehealth/about_home_health.html
3630 Business Drive
Sacramento, CA 95820

VA Northern California Health Care System

800-382-8387

www.va.gov/northern-california-health-care/locations/sacramento-va-medical-center/

Welcome Home Care

707-200-3883

whcvaca.com/services
555 Mason Street, Suite 250A
Vacaville, CA 95688

Your Home Nursing Services

530-753-7478

Yourhomenursingservices.com

**MEDI-CAL
MEDI-CAL****California Department of Health Care Services - Assisted Living Waiver**

844-494-6303

www.dhcs.ca.gov/services/ltc/Pages/AssistedLivingWaiver.aspx

California Department of Health Care Services - Medi-Cal Fraud Complaint

800-822-6222

www.dhcs.ca.gov/individuals/Pages/stopmedi-calfraud.aspx

California Department of Health Care Services - Medi-Cal Managed Care Division

888-452-8609

www.dhcs.ca.gov/services/Pages/Medi-CalManagedCare.aspx

California Department of Health Care Services - Medi-Cal Managed Care Ombudsman

888-452-8609

www.dhcs.ca.gov/services/MH/Pages/MH-Ombudsman.aspx

California Department of Health Care Services - Medi-Cal Transportation Services

888-452-8609

www.dhcs.ca.gov/services/medi-cal/Pages/Transportation.aspx

California Department of Health Care Services - Medi-Nurse Line

877-409-9052

www.dhcs.ca.gov/Pages/DHCS-COVID%E2%80%9119-Medi-Nurse-Line.aspx

Yolo County Health and Human Services Agency - Medi-Cal

855-278-1594

www.yolocounty.org/health-human-services/welfare/medi-cal

- 600 A Street, Suite A
Davis, CA 95616
- 500 A Jefferson Boulevard,
Suite 100
West Sacramento, CA 95605
- 111 East Grant Avenue
Winters, CA 95694
- 25 North Cottonwood
Street
Woodland, CA 95695

**MEDICAL EQUIPMENT,
ASSISTIVE TECHNOLOGY
EQUIPO MÉDICO,
TECNOLOGÍA AUXILIAR**

101 Mobility Sacramento Valley

916-304-4372
www.101mobility.com/sacramento
1940 Terracina Drive
Sacramento, CA 95834

The ALS Association – Greater Sacramento Chapter

916-979-9265
websac.alsa.org/site/PageServer?pagename=SAC_homepage

American Lutheran Church - Woodland Medical Closet

530-662-6338
alcwoodland.org
1114 College Street
Woodland, CA 95695

AT&T - Telecommunication Services

800-288-2020
www.att.com

California Connect/California Telephone Access Program

800-806-1191
caconnect.org
1300 Ethan Way, Suite 105
Sacramento, CA 95825

California Foundation for Independent Living Centers, Ability Tools

800-390-2699
www.abilitytools.org

California Foundation for Independent Living Centers, FreedomTech

916-737-5358
www.freedomtech.org

City of Davis Senior Center

530-757-5696
www.cityofdavis.org/seniorservices
646 A Street
Davis, CA 95616

ClearCaptions

866-868-8695
www.clearcaptions.com

Easter Seals Superior California, Medical Rehabilitation Services

916-485-6711
www.myeasterseals.org
9812 Old Winery Place,
Suite 21
Sacramento, CA 95827

Francis House Center - A Program of Next Move, Eyeglasses Program

916-443-2646
www.nextmovesacramento.org/francis-house-center
1422 C Street
Sacramento, CA 95814

National Federation of the Blind

410-659-9314
nfb.org

New Eyes, Eyeglasses Program

new-eyes.org

Parkinson Association of Northern California

916-357-6641
www.Panctoday.org
1024 Iron Point Road,
Suite 1046
Folsom, CA 95630

**Peach Tree Health -
Eyeglasses**

916-779-7656
pickpeach.org/location/peach-tree-vision-north-sacramento
 3810 Rosin Court, Suite 100
 Sacramento, CA 95834

**Resources for Independent
Living**

916-446-3074
www.ril-sacramento.org
 420 I Street, Level B: Suite 3
 Sacramento, CA 95814

Society for the Blind

916-889-7510
societyfortheblind.org/programs-services/braille-production/the-braille-production-training-program
 2791 24th Street
 Sacramento, CA 95818

**VA Northern California
Health Care System**

800-382-8387
www.va.gov/northern-california-health-care/locations/sacramento-va-medical-center/
 10535 Hospital Way
 Mather, CA 95655

**MEDICARE
MEDICARE****Centers for Medicare &
Medicaid Services**

800-633-4227
www.medicare.gov

**LSNC, Health Insurance
Counseling and Advocacy
Program (HICAP)**

916-376-8915
www.hicapservices.net

**United States Social Security
Administration, 24/7**

National Toll Free
 800-772-1213
www.ssa.gov/medicare

**MENTAL HEALTH SERVICES
SERVICIOS****DE SALUD MENTAL****Awareness & Empowerment
Projects of Servant Hearts,
Wisdom Project**

218-760-2415
www.servant-hearts.org

CalHOPE Connect

www.calhopeconnect.org

CalHOPE - Warm Line

833-317-4673
www.calhope.org/pages/current-services.aspx

**California Department of
Public Health, Office of
Problem Gambling**

800-426-2537
problemgambling.ca.gov/ccpgwebsite/default.aspx

**California State University,
Sacramento, Center for
Counseling and Diagnostic
Services**

916-278-6252
www.csus.edu/center/counseling-diagnostic-services
 6000 J Street, Eureka Hall 421
 Sacramento, CA 95819

Cal Voices

916-875-4710
www.calvoices.org/programs-and-services

Clinica Tepati

916-209-0912
clinatepati.com
 1820 J Street
 Sacramento, CA 95811

Clutterers Anonymous

866-402-6685
www.clutterersanonymous.org

Community Helpline

877-541-2525
chelpline.org

Elica Health Centers

916-454-2345

www.elicahealth.org

- 3701 J Street, Suite 201
Sacramento, CA 95816
- 3234 Marysville Boulevard
Sacramento, CA 95815

HOPE Counseling Center

916-780-1059

www.hope-counselingcenter.org

- 530 Plaza Drive, Suite 130
Folsom, CA 95630
- 1430 Alhambra Boulevard,
Suite 200
Sacramento, CA 95816
- 2540 Douglas Boulevard,
Suite 200
Roseville, CA 95661

**Health Education Council,
Social Connection**

916-556-3344

healthedcouncil.org

7617 Alma Vista Way, Suite C
Sacramento, CA 95831

Horizon Counseling Center

916-752-8965

www.horizoncounseling.org

- 1130 Conroy Lane,
Suite 301
Roseville, CA 95661

- 3960 Industrial Boulevard,
Suite 200
West Sacramento, CA
95691

**Life Practice Counseling
Group**

916-300-6576

www.LifePractice.org

- 3336 Bradshaw Road,
Suite 215
Sacramento, CA 95827
- 3820 Auburn Boulevard,
Suite 100
Sacramento, CA 95821

**Mental Health Association of
San Francisco**

855-845-7415

www.mentalhealthsf.org/peer-support-services

SAGE LGBTQ+ Elder Hotline

877-360-5428

www.sageusa.org/what-we-do/sage-national-lgbt-elder-hotline

**SAMHSA, 988 Suicide &
Crisis Lifeline**

9-8-8 or 800-273-8255

988lifeline.org

Shifa Community Clinic

916-441-6008

shifaclinic.org/services

419 V Street
Sacramento, CA 95818

Sunburst Projects

916-440-0889

sunburstprojects.org

2143 Hurley Way, Suite 240
Sacramento, CA 95811

Sutter Center for Psychiatry

916-386-3620

www.suttermedicalcenter.org/psychiatry/services/partial_hospitalization.php

7919 Folsom Boulevard,
Suite 100
Sacramento, CA 95826

**UC Davis Health, Psychiatry
and Behavioral Health
Services**

916-734-3574

health.ucdavis.edu/psychiatry

2230 Stockton Boulevard
Sacramento, CA 95817

USC Telehealth

866-740-6502

dworakpeck.usc.edu/research/research-centers/telebehavioral-health

VA Northern California Health Care System

916-843-9460
www.va.gov/northern-california-health-care/locations/sacramento-va-medical-center/
 10535 Hospital Way
 Mather, CA 95655

Winters Healthcare

530-795-4377
www.wintershealth.org/integrated-behavioral-health
 172 East Grant Avenue
 Winters, CA 95694

**SUBSTANCE ABUSE
 ASSISTANCE
 ASISTENCIA PARA
 ABUSO DE SUSTANCIAS**

American River Area Narcotics Anonymous

800-600-4673
www.sacramentona.org

Azure Acres Recovery Center

855-750-1004
www.azureacres.com
 2264 Green Hill Road
 Sebastopol, CA 95472

BAART Programs

baartprograms.com
 • 6127 Fair Oaks Boulevard
 Carmichael, CA 95608
 916-974-8090
 • 310 Harris Street, Suite A
 Sacramento, CA 95838
 916-649-6793

Bridges Professional Treatment Services

916-450-0700
www.bridgesinc.net
 3600 Power Inn Road, Suite C
 Sacramento, CA 95826

C.O.R.E. Medical Clinic

www.coremedicalclinic.com
 • 2100 Capitol Avenue
 Sacramento, CA 95816
 916-442-4985
 • 3990 Industrial Boulevard
 West Sacramento, CA
 95691
 916-796-0020

Cache Creek Lodge Inc. - Substance Abuse Treatment

530-662-5727
www.cachecreeklodge.com
 435 Aspen Street
 Woodland, CA 95695

California Department of Health Care Services, Substance Use Disorder Compliance Division

916-327-3728
www.dhcs.ca.gov/provgovpart/Pages/SUD-Directories.aspx

Elica Health Centers

916-454-2345
www.elicahealth.org
 • 3701 J Street, Suite 201
 Sacramento, CA 95816
 • 3234 Marysville Boulevard
 Sacramento, CA 95815

Fair Oaks Recovery Center

916-514-8500
fairoaksrecoverycenter.com
 2221 Fair Oaks Boulevard
 Sacramento, CA 95825

Fourth and Hope

888-965-6647
www.fourthandhope.org

HOPE Counseling Center

916-780-1059
www.hope-counselingcenter.org
 • 530 Plaza Drive, Suite 130
 Folsom, CA 95630
(continued on next page)

- 1430 Alhambra Boulevard,
Suite 200
Sacramento, CA 95816
- 2540 Douglas Boulevard,
Suite 200
Roseville, CA 95661

Kick It California (Tobacco)
800-300-8086
kickitca.org

**Life Practice Counseling
Group**
916-300-6576
www.LifePractice.org

- 3336 Bradshaw Road,
Suite 215
Sacramento, CA 95827
- 3820 Auburn Boulevard,
Suite 100
Sacramento, CA 95821

**MedMark Treatment
Centers**
916-391-4293
www.MedMark.com
7240 East Southgate Drive
Sacramento, CA 95823

**New Dawn Treatment
Centers**
866-969-4300
*www.newdawn-treatment
centers.com*

River City Recovery Center
916-442-3979
rivercityrecovery.org
500 22nd Street
Sacramento, CA 95816

Sacramento Recovery House
916-455-6258
www.sacrecovery.org
1914 22nd Street
Sacramento, CA 95816

Terra Nova Counseling
*www.terranovacounseling
.org*

- 2012 H Street, Suite 210
Sacramento, CA 95811
916-444-5680
- 4700 Northgate Boulevard,
Suite 122
Sacramento, CA 95834
916-564-0600

**Union Gospel Mission
Sacramento**
916-447-3268
*www.ugmsac.com/rehabilita
tion-program*
400 Bannon Street
Sacramento, CA 95811

**USC Telehealth, Online
Counseling Services**
866-740-6502
*dworakpeck.usc.edu/clinical-
programs/telebehavioral-
health*

Winters Healthcare
530-795-4377
*www.wintershealth.org/integ
rated-behavioral-health*
172 East Grant Avenue
Winters, CA 95694

**Yolo County Health and
Human Services Agency -
Substance Use Disorder**
888-965-6647
*www.yolocounty.org/govern
ment/general-government-
departments/health-human-
services/substance-
abuse/substance-use-
disorder-services*
137 North Cottonwood
Street
Woodland, CA 95695

URGENT CARE**ATENCIÓN DE URGENCIA****Kaiser Permanente Urgent Care**

916-688-2000

thrive.kaiserpermanente.org/care-near-you/northern-california/southsacramento/departments/urgent-care-center-2/

6600 Bruceville Road

Medical Office Building 4

Sacramento, CA 95823

Peach Tree Health

916-779-7656

pickpeach.org/location[/sacramento-immediate-care](http://sacramento-immediate-care)

3810 Rosin Court, Suite 100

Sacramento, CA 95834

Sutter Health Walk-In Care

800-972-5547

www.sutterhealth.org/walk-in-care

- 5406 Sunrise Boulevard, Suite 3
Citrus Heights, CA 95610
- 2020 Sutter Place, Suite 101
Davis, CA 95616
530-750-5830
- 3919 Park Drive, Suite 80
El Dorado Hills, CA 95762

- 4810 Elk Grove Boulevard, Suite 180
Elk Grove, CA 95758
- 2766 East Bidwell Street, Suite 600
Folsom, CA 95630
- 2860 Del Paso Road, Suite 100
Sacramento, CA 95834
- 4010 Foothills Boulevard, Suite 102
Roseville, CA 95747
- 781 Pleasant Grove Boulevard, Suite 170
Roseville, CA 95678
- 1360 16th Street
Sacramento, CA 95814
- 2537 Fair Oaks Boulevard
Sacramento, CA 95825
- 2055 Town Center Plaza, Suite G130
West Sacramento, CA 95691

WellSpace Health

916-737-5555

wellspacehealth.org

- 2425 Alhambra Boulevard
Sacramento, CA 95817
- 2433 Marconi Avenue
Sacramento, CA 95821

HOUSING**VIVIENDA****ASSISTED LIVING****VIVIENDA ASISTIDA****ACC Senior Services - Maple Tree Village**

916-395-7579

www.accsv.org/housing/maple-tree-village

18 Kado Court

Sacramento, CA 95831

Eskaton - Assisted Living

916-334-0810

www.eskaton.org/assisted-living

- 3421 Palmer Drive
Shingle Springs, CA 95682
- 11390 Coloma Road
Rancho Cordova, CA 95670
- 8550 Barton Road
Granite Bay, CA 95746
- 3939 Walnut Avenue
Carmichael, CA 95608
- 3380 Blairs Lane
Placerville, CA 95667
- 1650 Eskaton Loop
Roseville, CA 95747

**Eskaton - Memory,
Alzheimer's and Dementia
Care**

916-334-0810
www.eskaton.org/memory-care

- 3380 Blairs Lane
Placerville, CA 95667
- 3939 Walnut Avenue
Carmichael, CA 95608
- 1650 Eskaton Loop
Roseville, CA 95747

**HOME MODIFICATION
MODIFICACIÓN DEL HOGAR**

**California Foundation for
Independent Living Centers**

916-737-5358
www.freedomtech.org
1000 G Street, Suite 100
Sacramento, CA 95814

**Grid Alternatives North
Valley**

530-217-6115
www.gridalternatives.org/northvalley
1417 North Market
Boulevard, Suite 3
Sacramento, CA 95834

North Coast Energy Services

530-669-5700
www.nces.org
1250 Harter Avenue, Suite F
Woodland, CA 95776

**Pacific Gas & Electric
Company**

800-933-9555
www.pge.com/en_US/residential/save-energy-money/help-paying-your-bill/energy-reduction-and-weatherization/energy-savings-assistance-program/energy-savings-assistance-program.page

**United States Department of
Agriculture**

530-792-5800
www.rd.usda.gov/programs-services/single-family-housing-programs/single-family-housing-repair-loans-grants/ca
430 G Street, Unit 4169
Davis, CA 95616

**Yolo County Administrator
Office - Housing
Rehabilitation Loan Program**

530-662-5428
tinyurl.com/HousingRehabLoanProgram

**HOMELESS SHELTERS
REFUGIOS PARA PERSONAS
SIN HOGAR**

Fourth and Hope

530-661-1218
fourthandhope.org/programs/#emergencysHELTER
1901 East Beamer Street
Woodland, CA 95776

**Union Gospel Mission
Sacramento - Men's Shelter**

916-447-3268
www.ugmsac.com/homeless-resources
400 Bannon Street
Sacramento, CA 95811

**Volunteers of America -
Northern California and
Northern Nevada**

916-451-1765
www.voa-ncnn.org/open-arms

**HOUSING AGENCIES
AGENCIAS DE VIVIENDA**

Yolo County Housing

530-662-5428
www.ych.ca.gov
147 West Main Street
Woodland, CA 95695

**INDEPENDENT LIVING
VIVIENDA INDEPENDIENTE**
**Albert Einstein Residence
Center**

916-972-9555
www.einsteincenter.org
1935 Wright Street
Sacramento, CA 95825

**California Department of
Veterans Affairs**

800-952-5626
www.calvet.ca.gov/VetHomes
1227 O Street
Sacramento, CA 95814

Eskaton

916-334-0810
www.eskaton.org/independent-living

- 11390 Coloma Road
Rancho Cordova, CA 95670
- 8550 Barton Road
Granite Bay, CA 95746
916-789-0326
- 3225 Freeport Boulevard
Sacramento, CA 95818
916-441-1015
- 3939 Walnut Avenue
Carmichael, CA 95608
916-974-2000
- 3380 Blairs Lane
Placerville, CA 95667
- 1650 Eskaton Loop
Sacramento, CA 95747

**Greenfair Towers and
Garden Apartments**

916-456-6427
702 Fairgrounds Drive
Sacramento, CA 95817

**New Hope Senior Village
Apartments**

209-745-7794
890 Village Run Drive,
Suite 300
Galt, CA 95632

**MINOR HOME REPAIR,
WEATHERIZATION
REPARACIÓN MENOR DEL
HOGAR, CLIMATIZACIÓN**
**Habitat for Humanity of
Greater Sacramento - Home
Repair Loan Program**

916-440-1215
habitatgreatersac.org/home-ownership/homerepair/home-repair
819 North 10th Street
Sacramento, CA 95811

Kiwanis Club of Woodland

530-661-2001
www.woodlandkiwanis.com

North Coast Energy Services

530-669-5700
www.nces.org
1250 Harter Avenue, Suite F
Woodland, CA 95776

**Pacific Gas & Electric
Company**

800-933-9555
www.pge.com/en_US/residential/save-energy-money/help-paying-your-bill/energy-reduction-and-weatherization/energy-savings-assistance-program/energy-savings-assistance-program.page

**PLACEMENT AND
REFERRAL SERVICES
SERVICIOS DE COLOCACIÓN
Y REFERENCIA**
A Senior Connection

916-759-9829
www.aseniorconnection.com/services

**Arise Senior Placement
Agency**

916-273-3512
www.ariseseniorplacement.com
9245 Laguna Springs Drive,
Suite 200
Elk Grove, CA 95758

**California Department of
Veterans Affairs**

800-952-5626
www.calvet.ca.gov/VetHomes
1227 O Street
Sacramento, CA 95814

Carachutes

916-967-1428
www.carachutes.com

Care First Resources

916-277-4148
www.carefirstresources.net
 5325 Elkhorn Boulevard,
 Suite 425
 Sacramento, CA 95842

CarePatrol of Sacramento

916-580-3280
www.carepatrol.com

Helping Hands Senior Resources

707-451-8724
www.helpinghandsseniorresources.com

Helping Hearts Foundation, Inc.

916-368-7200
www.helping-hearts.org
 3050 Fite Circle, Suite 108
 Sacramento, CA 95827

Housing Options Made Easy for Elders

916-977-0188
www.housing-options.com

Indecare Corporation

916-973-1264
www.indecareathome.com/home-services-work

8795 Folsom Boulevard,
 Suite 111
 Sacramento, CA 95826

Senior Assistance at Home

916-461-3390
seniorassistanceathome.com

3017 Douglas Boulevard,
 Suite 300
 Roseville, CA 95661

Senior Care Authority - Sacramento Metro

916-573-2120
www.seniorcareauthority.com/locations/sacramento-county

Senior Care Solutions

916-965-5565
www.seniorcs.com
 8910 Sunset Avenue, Suite B
 Fair Oaks, CA 95628

Welcome Home Care

707-200-3883
whcvaca.com/services
 555 Mason Street, Suite 250A
 Vacaville, CA 95688

**SKILLED NURSING FACILITIES
 CENTROS DE ENFERMERÍA
 ESPECIALIZADA**

California Department of Veterans Affairs

800-952-5626
www.calvet.ca.gov/VetHomes

1227 O Street
 Sacramento, CA 95814

Dignity Health - Bruce Terrace Skilled Nursing Facility

916-423-6000
www.dignityhealth.org/sacramento/services/bruceville-terrace

8151 Bruceville Road
 Sacramento, CA 95823

Eskaton

916-334-1087
www.eskaton.org/rehabilitation-and-skilled-nursing

- 5105 Manzanita Avenue
 Carmichael, CA 95608
- 11300 Fair Oaks Boulevard
 Fair Oaks, CA 95628
- 455 Florin Road
 Sacramento, CA 95831
- 5318 Manzanita Avenue
 Carmichael, CA 95608
- 3939 Walnut Avenue
 Carmichael, CA 95608

**LEGAL
LEGAL****ADULT PROTECTIVE
SERVICES
SERVICIOS DE PROTECCIÓN
PARA ADULTOS****Yolo County Health and
Human Services Agency -
Adult Protective Services**

530-661-2727

www.yolocounty.org/government/general-government-departments/health-human-services/adults/adult-protective-services

- 137 North Cottonwood Street
Woodland, CA 95695
- 500 A Jefferson Blvd,
Suite 100
West Sacramento, CA
95605

**IMMIGRATION SERVICES
SERVICIOS DE INMIGRACIÓN****California Hispanic Resource
Council**

916-451-7151

www.chrcsacramento.org
500 Capitol Mall, Suite 2350
Sacramento, CA 95814

**California Rural Legal
Assistance Foundation**

916-446-7904

www.crlaf.org

2210 K Street, Suite 201
Sacramento, CA 95816

**Opening Doors - Immigration
Legal Services**

916-492-2591

www.openingdoorsinc.org

1111 Howe Avenue,
Suite 125

Sacramento, CA 95825

**World Relief Sacramento -
Immigration Legal Services**

916-707-5038

worldrelief.org/sacramento/for-clients/immigration-legal-services

2233 Watt Avenue, Suite 110
Sacramento, CA 95825

**LEGAL ASSISTANCE
ASISTENCIA LEGAL****American Bar Association -
California Free Legal
Answers**ca.freelegalanswers.org**American Civil Liberties
Union of Northern California**

415-621-2488

www.aclunc.org

39 Drumm Street
San Francisco, CA 94111

**California Association of
Legal Document Assistants**www.calda.org**California Department of
Justice Office of the
Attorney General**

916-445-9555

www.oag.ca.gov

1300 I Street
Sacramento, CA 95814

**California Guide and File -
Legal Form Filing**

833-307-2324

california-efm.tylertech.cloud/SRL

**California Lawyers for the
Arts - Sacramento Mediation
Center**

916-441-7979

www.calawyersforthearts.org/sacramento-mediation-center.html

2015 J Street, Suite 204
Sacramento, CA 95811

**California State Library (CSL)
- Law Library**

916-323-9839

www.library.ca.gov/lawStanley Mosk Library and
Courts Building
914 Capitol Mall
Sacramento, CA 95814**Capital Pro Bono**

916-551-2102

www.capitalprobono.org1860 Howe Avenue,
Suite 130
Sacramento, CA 95825**Disability Rights California**

916-504-5800

www.disabilityrightsca.org1831 K Street
Sacramento, CA 95811**Legal Aid Association of
California - LawHelpCA.org**www.lawhelpca.org**Legal Services of Northern
California**

530-662-1065

www.lsn.net619 North Street
Woodland, CA 95695**Sacramento Collaborative
Divorce Group**

916-863-9777

[Sacramentocollaborative
divorce.com](http://Sacramentocollaborative
divorce.com)4740 Folsom Boulevard
Sacramento, CA 95819**Yolo County Superior Court -
Family Law Facilitator/Self
Help Center**

530-406-6794

[www.yolo.courts.ca.gov/self-
help](http://www.yolo.courts.ca.gov/self-
help)1000 Main Street, 2nd Floor
Woodland, CA 95695**SENIOR, COMMUNITY
CENTERS****CENTROS PARA ADULTOS
MAYORES, CENTROS
COMMUNITARIOS****City of Davis Senior Center**

530-757-5696

[www.cityofdavis.org/city-
hall/parks-and-community-
services/senior-services](http://www.cityofdavis.org/city-
hall/parks-and-community-
services/senior-services)646 A Street
Davis, CA 95616**City of West Sacramento
Parks and Recreation
Department**

916-617-5320

[www.cityofwestsacramento.
org/government/department
s/parks-
recreation/adults/active-
aging](http://www.cityofwestsacramento.
org/government/department
s/parks-
recreation/adults/active-
aging)1075 West Capitol Avenue
West Sacramento, CA 95691**City of Winters, Parks
Department**

530-795-4241

www.cityofwinters.org
201 Railroad Avenue
Winters, CA 95694**City of Woodland, Senior
Center Inc.**

530-661-2001

[cityofwoodland.org/351/Seni
ors](http://cityofwoodland.org/351/Seni
ors)
2001 East Street
Woodland, CA 95776**Iu Mien Community Services**

916-383-3083

[www.iuuiencommunityservic
es.org/HealthyVillageSeniorG
roup.html](http://www.iuuiencommunityservic
es.org/HealthyVillageSeniorG
roup.html)5657 Stockton Boulevard
Sacramento, CA 95824

SUPPORT GROUPS GRUPOS DE APOYO	BEREAVEMENT, GRIEF PÉRDIDA DE UN SER, DUELO	Suicide Prevention of Yolo County
ADDICTIONS, SUBSTANCE USE DISORDERS ADICCIONES, TRASTORNOS POR USO DE SUSTANCIAS	Bereavement Network Resources of Sacramento 916-557-5882 griefhelpsacramento.com	530-756-7542 www.suicidepreventionyolocounty.org/friends-families-of-suicide-loss-support-group
Adult Children of Alcoholics & Dysfunctional Families World Service Organization 209-614-1058 www.acanorcal.com	Compassionate Friends Sacramento Valley Chapter 916-282-4699 www.compassionatefriends.org/chapter/sacramento-valley-chapter-1/	Sutter Health - Hospice 916-388-6255 www.sutterhealth.org/services/home-health-hospice/hospice
Alcoholics Anonymous 916-454-1100 aasacramento.org/meetings	Friends for Survival 916-392-0664 friendsforsurvival.org	UC Davis Health - Hospice 916-734-2458 health.ucdavis.edu/homecare/hospice/about_hospice.html
American River Area Narcotics Anonymous 800-600-4673 sacramentona.org	Front Porch 877-797-7299 covia.org/programs/well-connected	Widowed Persons Association of California 916-972-9722 sacwidowed.org 2628 El Camino Avenue, Suite D-18 Sacramento, CA 95821
Capital Christian Center 916-856-5683 www.capitalonline.cc/celebrate-recovery 9470 Micron Avenue Sacramento, CA 95827	River City Christian - Divorce & Grief 916-861-2240 www.rivercitychristian.org/connect 10933 Progress Court Rancho Cordova, CA 95670	YoloCares 530-758-5566 yolocares.org/our-services/center-for-loss-hope 1909 Galileo Court, Suite A Davis, CA 95618
Sacramento Area Al-Anon Information Service 916-334-2970 sacal-anon.blogspot.com/p/find.html		

**CAREGIVER SUPPORT
APOYO AL CUIDADOR**

Del Oro Caregiver Resource Center

916-728-9333
www.deloro.org/services
 8421 Auburn Boulevard,
 Suite 265
 Citrus Heights, CA 95610

Dignity Health

530-669-3700
www.dignityhealth.org/sacramento/classes-and-events/support-groups

VA Northern California Health Care System

916-843-9043
www.va.gov/northern-california-health-care/health-services/caregiver-support
 10535 Hospital Way
 Mather, CA 95655

**HEALTH CONDITIONS
CONDICIONES DE SALUD**

Acoustic Neuroma Association

770-205-8211
www.anausa.org/programs/support-groups/find-a-group

Alzheimer's Aid Society of Northern California

916-483-2002
www.alzaid.org
 2641 Cottage Way, Suite 4
 Sacramento, CA 95825

Alzheimer's Association

800-272-3900
www.alz.org/norcal
 1455 Response Road,
 Suite 190
 Sacramento, CA 95815

American Association of Kidney Patients

800-749-2257
aakp.org

American Cancer Society

800-227-2345
www.cancer.org/about-us/what-we-do/providing-support.html

American Liver Foundation

800-465-4837
liverfoundation.org

Arthritis Foundation

800-283-7800
connectgroups.arthritis.org

Crohn's and Colitis Foundation Northern California

415-356-2232
www.crohnscolitisfoundation.org/chapters/northerncalifornia

Dignity Health

530-669-3700
www.dignityhealth.org/sacramento/classes-and-events/support-groups

Epilepsy Foundation of Northern California

800-632-3532
epilepsynorcal.org/support-groups

Front Porch - Well Connected

877-797-7299
covia.org/programs/well-connected

Head Trauma Support Project

916-568-6660
Headtraumasupportproject.org

IMPACT Program - Prostate Cancer

800-409-8252
caimpact.org

Kaiser Permanente

530-757-7100

*thrive.kaiserpermanente.org***Leukemia and Lymphoma Society - Greater Sacramento Area Chapter**

800-955-4572

www.lls.org/cencal

*www.lls.org/cencal***Myotonic Dystrophy Foundation**

866-968-6642

*www.myotonic.org/find-support***National Brain Tumor Society**

617-924-9997

*braintumor.org***National Multiple Sclerosis Society - Northern California Chapter**

800-344-4867

*www.nationalmssociety.org/Chapters/CAN*4153 Northgate Boulevard,
Suite 6

Sacramento, CA 95834

National Ovarian Cancer Coalition

888-682-7426

*ovarian.org***NorCal Services for Deaf and Hard of Hearing**

916-349-7500

*norcalcenter.org*4044 North Freeway
Boulevard

Sacramento, CA 95834

Outa Sight Group of Woodland, Inc.

530-662-0535

*www.outasightgroup.com***Parkinson Association of Northern California**

916-357-6641

*www.panctoday.org***Resources for Independent Living**

916-446-3074

*www.ril-sacramento.org***Society for the Blind**

916-452-8271

societyfortheblind.org/programs-services/programs-for-55

1238 S Street

Sacramento, CA 95811

Susan G. Komen Breast Cancer Foundation

877-465-6636

*www.komen.org/support-resources/breast-cancer-helpline***Sutter Health - Sutter Davis Hospital**

530-756-6440

*www.sutterhealth.org/davis*2000 Sutter Place
Davis, CA 95616**Sutter Health - Sutter Medical Center, Sacramento**

916-887-0000

www.sutterhealth.org/smcs

2825 Capitol Avenue

Sacramento, CA 95816

UC Davis Health - Comprehensive Cancer Services

916-734-5959

health.ucdavis.edu/cancer

2279 45th Street

Sacramento, CA 95817

UC Davis Health - Health Care Services

916-734-2011

health.ucdavis.edu/welcome

2315 Stockton Boulevard

Sacramento, CA 95817

Western Neuropathy Association

833-980-4181

pnhelp.org

Yolo Prostate Cancer Support Group

www.yoloprostate.net

- Woodland Community & Senior Center

2001 East Street
Woodland, CA 95776
530-661-2000

- Yolo County Library, Mary L. Stephens Davis Branch
314 East 14th Street
Davis, CA 95616
530-666-8005

Zero Prostate Cancer

916-300-4025
zerocancer.org/get-support/peer-support

**LGBTQ
LGBTQ**

Awareness & Empowerment Projects of Servant Hearts

218-760-2415
www.servant-hearts.org

Communicare Health Centers

530-758-2060
communicarehc.org/lgbtq-care

PFLAG Sacramento

916-978-0410
www.pflagsacramento.org

Sacramento LGBT Community Center

916-442-0185 ext 100
saccenter.org/community-groups

- Marsha P. Johnson Center South
7725 Stockton Boulevard, Suite O
Sacramento, CA 95823
- Sacramento LGBT Community Center
1015 20th Street
Sacramento, CA 95811

**MENTAL HEALTH
SALUD MENTAL**

Clutterers Anonymous

866-402-6685
clutterersanonymous.org

Debtors Anonymous Intergroup of Sacramento

916-304-3328
sactoda.org

Depression and Bipolar Support Alliance California

916-776-6171
dbsacalifornia.org

Mental Health Association of San Francisco

855-845-7415
www.mentalhealthsf.org/support-groups

NAMI Yolo County

530-756-8181
namiyolo.org

Overeaters Anonymous, Sacramento Valley Intergroup

916-786-0330
www.sacvalleyoa.org

Recovery International

916-483-5616
www.recoveryinternational.org/pre-meeting-page

USC Telehealth

866-740-6502
dworakpeck.usc.edu/research/research-centers/telebehavioral-health

**SURVIVORS OF DOMESTIC VIOLENCE, SEXUAL ASSAULT
SOBREVIVIENTES DE VIOLENCIA DOMÉSTICA,
AGRESIÓN SEXUAL**

Empower Yolo

530-661-6336
empoweryolo.org
175 Walnut Street
Woodland, CA 95695

My Sister's House

916-428-3271
www.my-sisters-house.org

**TRANSPORTATION
TRANSPORTACIÓN**

**DRIVER SAFETY
SEGURIDAD DEL
CONDUCTOR**

AARP

800-350-7025
www.aarpdriversafety.org

**California Department of
Motor Vehicles**

916-657-7109
www.dmv.ca.gov/portal/driver-education-and-safety/special-interest-driver-guides/senior-drivers/

**FIXED ROUTE
RUTA FIJA**

Amtrak - Davis

800-872-7245
www.amtrak.com
840 Second Street
Davis, CA 95616

Greyhound Lines, Inc.

916-444-6858
www.greyhound.com

- Sacramento Valley Station
420 Richards Boulevard
Sacramento, CA 95811
- Davis Bus Stop
655 Russell Boulevard
Davis, CA 95616

**Sacramento Regional Transit
District**

916-321-2877
www.sacrt.com

**University of California,
Davis - Unitrans**

530-752-2877
unitrans.ucdavis.edu

**Yolo Transportation District -
YoloBus**

530-666-2877
yolobus.com

**SENIOR, DISABLED
MAYORES, DISCAPACITADOS**

**Aloha Non-Emergency
Medical Transport, LLC**

916-500-2581
alohanemt.com

**America West Medical
Transport, Inc.**

888-678-6801
www.america-west.com

American Medical Response

916-563-0604
www.amr.net

**California Department of
Health Care Services**

888-452-8609
www.dhcs.ca.gov/services/m edi-cal/Pages /Transportation.aspx

**City of Davis Parks and
Community Services - Davis
Community Transit**

530-747-8240
www.cityofdavis.org/city-hall/parks-and-community-services/davis-community-transit

EZ Transportation

844-397-4337
eztransportrides.com

GoGo Grandparent

855-464-6872
gogograndparent.com

**Partnership Healthplan of
California**

888-828-1254
www.partnershiphp.org

**Precious Hearts
Transportation**

530-665-6908
precious-hearts.net

**Shores of Hope -
Transportation Services**
916-372-0200
*www.shoresofhope.org/trans
portation.html*
110 Sixth Street
West Sacramento, CA 95605

**Trauma Life Care Medical
Transport, Inc.**
916-368-2222
www.transportmenow.com

**Woodland Community Care
Car**
530-662-7800
www.communitycarecar.org
2001 East Street
Woodland, CA 95776

**Yolo Transportation District -
Paratransit**
530-661-0816
yolobus.com

NOTES:

Community Services and Information (24-hour)

Sacramento County:
2-1-1 or 916-498-1000
Yolo County:
2-1-1 or 530-392-4182

Non-Emergency Government Services/Operator (24-hour)

Sacramento County: 3-1-1
City of Sacramento: 3-1-1

Directory Assistance (24-hour)

4-1-1

Travel/Road Conditions (24-hour)

5-1-1

Phone Repair

6-1-1

Telecom Relay Services (TTY) (24-hour)

7-1-1

Call Before You Dig (24-hour)

8-1-1

Emergency Services (24-hour)

9-1-1

Suicide & Crisis Lifeline (24-hour)

9-8-8

Adult Protective Services - Elder Abuse Hotline

Sacramento County:
916-874-9377
Yolo County: 530-661-2727

Agency on Aging \ Area 4

916-486-1876

Better Business Bureau of Northeast California

916-443-6843

CalFresh (Food Stamps)

Sacramento County:
916-874-3100
Yolo County: 855-278-1594

California Department of Motor Vehicles

800-777-0133

California Highway Patrol

800-835-5247

Caltrans – Road and Traffic Conditions (24-hour)

800-427-7623

CalVoices – Warmline

833-317-4673

Consumer Complaints - Consumer Information Division

800-952-5210

Domestic Violence Hotline (24-hour)

800-799-7233

Food Pantries

Sacramento Food Bank & Family Services:
916-925-3240
Yolo Food Bank:
530-668-0690

Garbage, Recycling and Hazardous Waste

City of Sacramento:
3-1-1 or 916-808-5454
Sacramento County:
3-1-1 or 916-875-5555
Yolo County: 530-662-8748

Health Insurance Counseling and Advocacy Program (HICAP)

916-376-8915

In-Home Supportive Services

Sacramento County:
916-874-2888
Yolo County: 530-661-2955

Meals on Wheels

Sacramento County:

916-444-9533

Yolo County: 530-662-7035

Medical, Food, and Cash Assistance Programs

Sacramento County:

www.mybenefitscalwin.orgYolo County: benefitscal.com**Medi-Cal Information**

Sacramento County:

916-874-3100

Yolo County: 855-278-1594

Medicare Helpline

800-633-4227

Mental Health Services - Adult Access Team (24-hour)

Sacramento County:

888-881-4881

Yolo County: 888-965-6647

Office of Emergency Services

Sacramento County:

sacoes.org

Yolo County:

yolocounty.org/government/general-government-departments/office-of-emergency-services**Poison Control (24-hour)**

800-222-1222

Police**(24-hour non-emergency)****Sacramento County**

Citrus Heights: 916-727-5500

Elk Grove: 916-714-5115

Folsom: 916-461-6400

Galt: 209-366-7000

Rancho Cordova:

916-362-5115

City of Sacramento:

916-808-5471

Yolo County

Davis: 530-747-5400

West Sacramento:

916-372-3375

Winters: 530-795-4561

Woodland: 530-666-2411

Regional Transit

Sac RT: 916-321-2877

YoloBus: 530-666-2877

Utilities (24-hour)

SMUD: 888-742-7683

PG&E: 800-743-5000

Sheriff**(24-hour non-emergency)**

Sacramento County:

916-874-5115

Yolo County: 530-666-8282

Social Security**Administration - Social****Security & Medicare****Eligibility**

800-772-1213

Telephone Access Program (CTAP)

800-806-1191

Veterans Service Office

Sacramento County:

916-874-6811

Yolo County: 530-406-4850

Volunteer Opportunities – HandsOn Superior Californiawww.handsonsacto.org

2023 - 2024 EDITION

SENIOR RESOURCE GUIDE



THIS GUIDE IS SUPPORTED BY AGING & DISABILITY RESOURCES CONNECTIONS OF SACRAMENTO AND YOLO COUNTY.