

## Family Resource Guide

CATEGORY/AGENCY	LOCATION(S)	PHONE	Description
<b>FAMILY SUPPORT</b>			
<a href="#">Big Brothers, Big Sisters</a>	Sacramento	(916) 646-9300	Mentor program info@bbbs-sac.org
<a href="#">Boys &amp; Girls Club</a>	Auburn	(530) 889-2273	Homework help, tutoring, sports & recreation, career development, character & leadership development, health & life skills, arts & crafts
<a href="#">California Youth Connection</a>	Placer County	(415) 442-5060	Foster youth advocacy organization
<a href="#">Child Support Office</a>	Rocklin	(866) 901-3212	1000 Sunset Blvd. #200, Rocklin 95765
Head Start Preschools	Entire County	(530) 886-4122	For low-income families
Foster & Kinship Care Education Program	Placer County	(916) 781-6207	Sierra College -Facilitated training for foster, kinship and adoptive parents
Foster & Kinship Care Education Program	Sacramento	(916) 484-8626	American River College -Facilitated training for foster American River College Facilitated training for foster, kinship and adoptive parents
<a href="#">KidsFirst Counseling &amp; Family Resource Centers</a>	Roseville Auburn	(916) 774-6802 (530) 887-3536	Evidence-based, Trauma-informed programs and services for children, parents, caregivers and families including individual and family counseling. Case management services include: system navigation, caregiver coaching, caregiver connections, basic needs assistance, information and referrals. Parent & child education and workshops, home visitation, Leadership Enrichment for youth, and more
<a href="#">Lincoln Lighthouse Family Resource Center</a>	Lincoln	(916) 645-3300	Parenting classes, groups , counseling, resources
Legal Help Center	Roseville	(916) 408-6446	Assistance with court documentation and filing
Literacy Support Council	Auburn	(530) 886-4530	PO Box 5291, Auburn, CA 95604
North Tahoe Family Resource Center- Kinship Services & Support Program	Incline Village Kings Beach North Tahoe	(530) 546-0952	<a href="#">Bi-lingual advocacy, resource referral, community connections &amp; assistance. 9:00 am -5: 00 pm. info@ntfrc.org</a>
<a href="#">Placer County Safe Kids</a>	Roseville Fire	(916) 772-6300	Car seat check-ups & possible seats available
<a href="#">Placer County Office of Education (PCOE) Child Care Services</a>	Placer County	(530) 745-1380	Provides child care referrals. Subsidized childcare available. State preschools
<a href="#">Postpartum Support International</a>	Placer County	(800) 944-4PPD	Free support/ resources for postpartum women and families. Local contact is Kelly 916-770-9394
<a href="#">Seniors First</a>	Auburn	(530) 889-9500	Senior support and resources
<a href="#">Sierra Mental Wellness Group</a>	Roseville Auburn Tahoe City	(916) 783-5207 (530) 885-0441 (530) 581-4054	Family Support services, Parenting Enhancement groups and General Family Counseling
<b>FOOD</b>			
<a href="#">Adventist Community Services</a>	Auburn	(530) 823-0345	Monthly for needy and weekly for homeless
<a href="#">Elijah's Jar</a>	Foresthill	(530) 367-3085	2 times per week emergency food
<a href="#">Interfaith Food Closet</a>	Auburn	(530) 885-1921	Emergency food, based on residence
<a href="#">St. Vincent De Paul</a>	Roseville	(916) 781-3303	Many food programs
<a href="#">Salt Mine</a>	Lincoln	(916) 645-3778	Emergency food and hot lunches

<a href="#">Salvation Army</a>	Auburn Roseville Colfax	(530) 889-3990 (916)784-3382 (530) 346-2722	Monthly and/or weekly emergency food
<a href="#">Women, Infants, and Children (WIC)</a>	Auburn Roseville	(530)889-7187 (916)784-6447	Food, education and referrals for pregnant women & kids under 5 Financial eligibility
<b>CLOTHING/FURNITURE</b>			
<a href="#">Adventist Community Services</a>	Auburn	(530) 823-0345	Free closet-many types of items
<a href="#">St. Vincent De Paul</a>	Roseville	(916) 781-3303	Many types of items Can deliver furniture
<b>DISABILITIES</b>			
<a href="#">ALTA Regional Center</a>	Roseville	(916) 978-6595	Provides many services to developmentally delayed persons Must meet eligibility criteria
<a href="#">Placer County Office of Education (PCOE) Infant Development Program</a>	Placer County	(916) 277-8796	Special in-home therapies or play groups for kids under 3 years with developmental concerns
<a href="#">Placer Independent Resource Services (PIRS)</a>	Auburn	(800) 833-3453	Advocacy, referrals, support groups, equipment for persons with disabilities
<a href="#">Warmline Family Resource Center</a>	Roseville	(916) 771-2733	Assistance to families with special needs kids
<b>EMPLOYMENT</b>			
<a href="#">Golden Sierra Job Training</a>	Roseville Auburn	(916) 746-7722 (919) 773-8540	Employment services, training and placement
One-Stop/Connections Career Centers	Roseville	(916) 865-2440	Assistance for people seeking employment
Placer County Foster Youth Services	Placer County	(916) 784-6437	Works with Placer County foster youth ages 16-19 years old to help with finding employment and job training
Youth Employment Opportunity Program	Placer County	(916) 774-4009 (916) 654-7799	Services to youth, ages 15 to 21; Peer advising, referrals to supportive services, workshops, job referrals and placement assistance, and referrals to training and community outreach efforts
Placer County Office of Education (PCOE) - Anne Ashton	Placer County	(530) 745-1313	<a href="mailto:Foster_youth_tutor_assessment_aashton@placercoe.k12.ca.us">Foster youth tutor assessment aashton@placercoe.k12.ca.us</a>
<b>HEALTH INSURANCE/FINANCIAL/GENERAL</b>			
Golden Sierra Job Training	Roseville	(916) 746-7722 (916) 865-2440	Employment services, training and placement
Roseville Home Start	Roseville	(916) 782-6667	Transitional housing for homeless families
Medi-Cal Aid CAL Works	Roseville	(916) 784-6000	Financial and health insurance coverage for those financially eligible
One-Stop/Connections Career Centers	Roseville	(916) 865-2440	Assistance for people seeking employment
Project Go	Roseville	(916) 782-3443	Utility bill assistance and other services
The Welcome Center	Auburn	(530) 889-7200	Resources, education, support for homeless or needy individuals/families
<b>MEDICAL/DENTAL CLINICS</b>			
Western Sierra Clinic	Kings Beach	(530) 546-1970	Family planning, Sexually transmitted disease testing and treatment, HIV testing, Pregnancy testing and counseling, Physical exams for infants, children and teens, Occupational health exams, including county employment physical exams
Carrington College Dental	Sacramento	(916) 361-1660	Free dental cleaning; Low cost other services
Chapa De Dental	Auburn	(530) 887-2800	Sliding scale fee for services available; Accepts Denti-Cal
The Gathering Inn	Roseville	(916) 791-9355	Free triage care for uninsured every Saturday at 9:30 am

Lion's Club for area (Eye Exams and Glasses)	Placer County	Contact Representative nearest you	Free exam and glasses. Application needed. •Lincoln (916) 408-0103 •Auburn Host (530) 823-7347 •Auburn 49ers (530) 885-9698 •Meadow Vista (530) 637-5359 •Newcastle (916) 807-0790 •Roseville (916)783-8144 •Loomis (916) 652-6015 •Rocklin (916) 316-0054
Sacramento City College	Sacramento	(916) 558-2303	Low cost dental cleaning, fluoride, and sealants
St. Vincent de Paul Medical	Roseville	(916) 781-3303	Free clinic every Wednesday at 8:30 am
<b>SAFETY/VIOLENCE -ANGER MANAGEMENT/MENTAL HEALTH</b>			
A.C.C.E.S.S.-Adult Services	Placer County	1-888-886-5401	Social services. Report elder abuse
Family and Children's Services	Placer County	1-866-293-1940	Social services. Report child abuse
Pacific Educational Services	Auburn	(530) 888-1010	Anger management-sliding scale or required referral from SW
Sierra Mental Wellness Group	Roseville Auburn Tahoe City	(916) 783-5207 (530) 885-0441 (530) 581-4054	Anger Management and Batterer's Treatment programs available at Roseville site; Individual Anger Management and Mental Health counseling available at all 3 sites
The Calm Program	Auburn	(530) 888-7958	Anger management *Requires referral from SW *
Stand Up Placer	Auburn Roseville Crisis Line	(530) 885-0443 (916) 773-7273 (800) 575-5352	Domestic violence crisis intervention, therapy, SART, legal services, housing
Tahoe SAFE Alliance	Kings Beach Truckee Incline Village	(530) 546-7804 (530) 582-9117 (775) 298-0010	Provides direct services to victims of domestic violence, sexual assault, child abuse and other individuals in crisis
Regional Crisis Nurseries	Grass Valley	(530) 265-6520 (530) 575-1567 (24hr Emergency line)	A safe, free place for kids needing daytime and/or 24 hour emergency care/respite to stressed families
Roseville Fire Dept Juvenile Fire setter Program	Roseville	(916) 774-5889	Education to prevent injuries and loss from fires
Victims of Crime Compensation	Placer County	(916) 543-8000	Direct services to all victims & non-defending members of crime Crisis intervention, emergency assistance
<b>SUBSTANCE ABUSE</b>			
AA-Alcoholics Anonymous	Roseville	(916) 454-1100 (24hr hotline)	Support Groups for anyone concerned about their alcohol use
AI-ANON	Many locations	(916) 334-2970	Support information and groups for family & friends of problem drinkers
California Smokers' Helpline	Placer County	(800) NO-BUTTS	Tobacco help through phone counseling, self-help, information, and referrals
Full Circle Treatment Center	Roseville	(916) 787-4357 (916) 787-HELP	Early intervention and rehab for youth & families, aftercare, parenting education *Requires referral from SW*
Perinatal Substance Abuse Program, Adult System of Care (ASOC)	Auburn	(530) 889-7221	Referral and advocacy for women with chemical dependency who are pregnant or parenting
Substance Abuse Services, Adult System of Care (ASOC)	Auburn	(530) 889-7240	Information & referrals & assessment for residential treatment
Sierra Mental Wellness Group	Roseville Auburn Tahoe City	(916) 783-5207 (530) 885-0441 (530) 581-4054	Out client Drug Free and Co-Occurring Disorders treatment groups Individual AOD counseling (Accepts AB109 referrals and Medi-Cal clients)
Sutter Tobacco Cessation	Roseville	(916) 781-1446 (916) 781-1130	Free 1-2 hour class
<b>TRANSPORTATION</b>			

Bus Passes	Various		Bus passes available from your assigned social worker
Health Express	Western Placer County	(800) 878-9222	Low cost transportation for medically related and/or mental health appointments
Placer County Transit	Placer County	(916) 784-6177 (530) 885-BUSS	Provides a safe and direct means of transportation service for western Placer County residents; TDD Hearing Impaired (530) 745-8732