

Resource Sheet (Midtown):

Community Against Sexual Harm (CASH): (916)856-2900
Cashsac.org
Help For trafficked and sexually exploited women. Peer Support and Harm Reduction.

LGBTQ resources:

Drop-In Centers

LGBTQ Drop-In Centers (Adult) (916)442-0185
LGBTQ Drop-In Center (Youth) (916)442-0185

SUPPORT:

Parents, Family, and Friends of Lesbian and Gays (916)978-0410
www.pflagsacramento.org

Transgender Suicide support hotline. (877)565-8860
<https://www.translifeline.org>

FAMILY/FRIENDS:

Up Lift Family Services (916)921-0828
<https://uplifts.org>
Child and family team facilitation program, transitional housing program, psychiatric services, outpatient mental health services.

Hot Meals:

Francis House Center (916)443-2646
1422 C St
Tuesdays/Thursdays 9AM-9:45AM
First 20 people get meal tickets
Meal served at 10AM

Loaves and Fishes: (916)446-0874
1321 N. C St
Meals provided Mon-Fri 11:30AM-1PM, Sat. and Sun. 11AM-12:30PM

St. Ignatius Loyola Parish (916)482-9666 (ext. 217)
3235 Arden Way
Meals served 6PM-7PM on the last Wednesday of the month
Takeout Basis

Williams Memorial COGIC: (916)455-9201
4495 ML King Jr. Blvd.
Food give-away every other Fri 11AM

St. Vincente de Paul: (916)781-3303
105 Bonita Ave.
Tuesday, Wednesday, Thursday 12PM-1:30PM
Sunday, Saturday 2:30PM-4PM

PANTRIES/FRIDGES:

Midtown Pantry	1617 25 th Street
Midtown Mini Fridge	1322 F Street
Oak Park Fridge	4200 4 th Street

COUNSELING CENTERS:

Community for Peace (916)728-5613
Phone/Zoom Appointment
Call to Make Appointment

Harmony House Crisis Line (916)728-7210

Wellspace Health Counseling (916)737-5555
Mon-Fri 8AM-5PM
Scale fee, A&D counseling, group counseling, and HIV test by appointment

DOMESTIC VIOLENCE SHLETERS:

My Sisters House (916)930-0626
24HR Multilingual Help Line (916)428-3271
Safe haven and transitional house for Asian and Pacific Islander women and children impacted by domestic violence and human trafficking; Women to work program is for domestic violence survivors of all ethnicities.

WEAVE 1900 K St.
24HR Crisis Line (916)920-2952
Free walk-in triage assessment for abused and batter women and children. Crisis counseling, safe houses for women and children (programs and services are available for children).

Sacramento Advocacy for Family Empowerment (916)855-5427
720 Howe Avenue, Suite 108
Mental health, advocacy and support services to families and youth, free cost. They facilitate a Teen Co-Ed group, Teen Anger Management Group, and Two Family Support Groups

Sacramento Crisis Nursery

4533 Pasadena Ave.

(916)679-3600

6699 South Land Park Drive

(916)394-2000

24HR family strengthening program where parents can bring their children, newborn through age five for emergency child care for overnight care during stressful or difficult times.

OPIOD ADDICTION TREATMENT CENTERS:

BAART Programs

301 Harris Ave. suite A

(916)649-6793

6127 Fair Oaks Blvd.

(916)974-8090

MedMark Treatment Centers:

7240 East Southgate Dr. Suite G

(916)391-4293

DAY SHELTER/ HOSPITALITY CENTERS:

Friendship Park (Loaves and Fishes)

(916)443-7378

N. C St.

A private park providing activities, information, restroom facilities, etc.

(916)446-4961

Maryhouse:

1321 N. C St.

A daytime shelter for women and children.

City Hall Parking Garage

1000 I Street

Everyday 8PM-8AM

For anyone who has a vehicle or on foot.

Sacramento Public Library

9th street entrance

Warming Center. Open every day from 9PM-8AM

OTHER NEEDED HELP:

Child Abuse Prevention Center

(916)244-1900

Safe Sleep Baby

Every Smile Counts

Associated Prison Ministries of California

(916)581-0021

By Appointments Only

Transitional services for the incarcerated, formerly incarcerated, and families.

Legal Servixes of Northern California

(916)551-2150

Mon-Fri 8:30AM-12PM & 1PM-5PM

Problem with public benefits, landlord, tenant; Call for appointment

Senior Legal Hotline (916)551-2140
444 N. 3rd St. suite 312
Senior Hotline 1-800-222-1753
Free legal services for seniors and individuals who are low income.

Welfare Rights (916)736-0616
Mon-Fri 9AM-5PM
1111 Howe Ave, Suite 635
CalWORKS, food stamps, and Medi-Cal at hearing.

Womens Empowerment Program (916)669-2307
Mon-Fri 8:30AM-4:30PM
Eight-week program for the homeless women to develop job skills and personal strengths.

Disability Action Advocate (916)838-7001
(CALL TO MAKE APPOINTMENT)
Assistance with applying for SSI/SSDI 1-877-322-1044

Sacramento Works Job Centers
Call for nearest location (916)263-3800

Gender Health Center (916)455-2391
2020 29th St. suite 201
Genderhealthcenter.org
Programs, advocacy, and counseling for LGBTQ

Department of Rehabilitation
(call for nearest location) (916)558-5300
Free services to help the disabled work and live independently.

SHELTERS:

Emergency Family Shelters (Next Move and VOA)
To make a reservation for the Next Move or VOA family shelter's please visit
<https://dhaservices.saccounty.net/efs> or you can go to any DHA office

Union Gospel Mission (men only)
400 Bannon St (916)447-3268
Showers/shaves, Mon-Fri 9-11PM, and Mon-Thurs 1-2:30PM. Open weekends
Men's Drug and Alcohol Recovery Program- 9 month residential program intake hours; M-Th
10:00-11:00 AM and 1-2PM

Salvation Army Shelter: 12th and N B St. (916)442-0331
General Office (916)678-4010
1PM bed sign up (women only)
1PM bed sign up (men only)

Family Promise (916)443-3107
Committed to helping low-income families achieve lasting independence. 90 day program (families only), will accept boys 14+, Must have an income.

First Step Communities (916)822-4900
1400 North A Street, Sacramento, CA 95811
Walk-ins only for waitlist
M-F 8AM-9PM/ weekend 1:30PM-10PM

St. Johns Program for Real Change waitlist- (916)453-1482
Vocational training program; residential shelter, mental health, AOD, and educational service for single women or women with children
Mental Health respite program; 7-day respite for single women or women with children currently experiencing a mental health crisis assessment- (916)383-1804

Wind Youth Services (916)504-3313
Emergency shelter for youth (18-24 yrs old)
Drop-In center (homeless 12-24 yrs old) everyday 7AM-3PM. Other services provided; street outreach on Wednesdays, case management, mental health referrals, CA-ID vouchers

MENTAL HEALTH SERVICES:

Guest House Homeless Clinic (El Hogar) (916)440-1500
600 Bercut Dr.
www.elhogarinc.org/guest-house-homelessclinic/
Outpatient medication and mental health support services to adults experiencing homelessness and struggling with mental health challenges.

Capital Adoptive Families Alliance (CAFA) (916)383-3083
<https://www.capadoptfam.org>

Sacramento County Mental Health Services 2150 Stockton Blvd.
24HR (916)875-1000
Crisis Line (916)732-3637
Adult Services (916)875-1055
Children's Services (916)875-9980

Hope Cooperative Respite Center (916)737-7483
24/7 crisis hotline. Any Sacramento County resident at least 18 year old who is in mental health crisis (23-hour max stay) Transportation provided.

Wellness and Recovery Center (WRC) (916)394-9195
7171 Bowling Drive, STE 300, Sacramento
<https://www.consumersselfhelp.org/>
Groups and other wellness Services (Mon-Sat 9am-5pm)
Clinical services (including psychiatry) (Mon-Fri 9am-5pm)

Abiding Hope Respite Services (916)287-4860
<https://www.tpcp.org/programs/abiding-hope/>
7-14 day respite facility for individuals 18+ with psychiatric disability

NAMI Sacramento (916)287-4860
4625 44th Street
<https://namisacramento.org/contract/>
Support individuals coping with mental illness and their families. Offering crisis help, support groups, NAMI educational courses, and an extensive list of resources

HIV/AIDS SERVICES:

Harm Reduction Services (916)456-4849
2800 Stockton Blvd. – Mon-Fri 12-6PM (walk-ins)
Free medical clinic most Saturdays 12-5PM (sign up at 12pm at 3647 4oth St.
Free women’s clinic 8AM-12PM on the last Saturday of the month

Golden Rule Services (916)427-4653
4433 Florin Rd. suite 860
Goldenruleservicesacramento.org
Mon-Fri 9AM-5PM (appointments and walk-ins are welcomed)
Free HIV, STD, and HEP C testing, needle exchange, condom distribution, and HIV prevention.

One Community Care (916)443-3299
1500 21st street
Provide HIV services, ensuring continued health Care to patients after testing positive for HIV

GENERAL HEALTH:

Wellspring Women’s Center (916)454-9688
3414 4th Ave.
Drop In hospitality center for women and children. Nutritious breakfast and light lunch is served Monday through Friday from 8:30am-11am

Del Oro Resources Center
www.deloeo.org/services

(916)728-9333

Willow Medical Clinic
Phone Appointment only
Call to make appointment

(916)572-4502

Medical help every Sat 9am-1pm, for homeless and uninsured. First come first served (current TB card required)

Sacramento LGBTQ Community Center
www.saccenter.org
1927 L St., Sacramento

(916)442-0185

OTHER SERVICES:

Veteran Services Office
2007 19th St.

(916)874-6811

Walk in Mon-Thurs 8am-4pm// Fri 9:30am-4pm
Counseling, claim dev, advocacy, benefit entitlement

Sacramento Veteran's Resource Center
7270 E. Southgate Dr.

(916)393-8387