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**Affordable Housing**

**Project Go - Low Income Housing Tax Credit (LIHTC)**
Project Go, Inc. communities are newly constructed of substantially renovated, and are available to individuals and families at affordable rates, generally lower than the market rate. Qualified residents are eligible under Section 42 guidelines based upon total household income. Qualification for a Section 42 community apartment is determined by the Department of Housing and Urban Development Agency (HUD).

How to apply: The community's leasing agent of the apartment owner/manager will provide you with all the necessary forms to apply for Section 42 qualification and can assist you with the applications process.

**Call direct for the following Project Go Properties:**
- Colonial Village – Roseville (916) 786-2770
- Colonial Village – Auburn (530) 889-1072
- Cameron Park Village (530) 677-5548

**Section 8 Housing**
Section 8 is the more common name for the Housing Choice Voucher Program. These vouchers are awarded to individuals who meet certain income and earned income requirements. The goal of this program is to provide affordable low cost housing to low income occupants.

**Where do I apply for Section 8 Housing?**

Placer County Housing Authority  
11552 B Avenue, Auburn, CA 95603  
(530) 889-7610

El Dorado County Housing Authority  
937 Spring Street, Placerville, CA 95667  
(530) 621-6300

Sacramento Housing and Redevelopment Agency  
701 12th Street, Sacramento, CA 9814-198  
(916) 440-1390
Child & Family Assistance

- 24 hour Parent Support Line (888)-281-3000
- Roseville Family Resource Ctr. (916) 774-6802

“HEALTHY FAMILIES” program
Provides low cost health care programs for children.
Includes, health, dental and eye care.
800-880-5305

North Roseville Recreation Center Inc.
(916) 789-7884
Community Center that provides educational, recreational and social services at NO COST in a positive atmosphere that will allow disadvantaged children to reach their full potential. In doing so we create a positive impact on their lives now, and for the future.

Children’s Crisis Nursery - 24 hour parent stress line
6699 South Land Park Dr.
Sacramento, CA 95831
(916) 394-2000
Temporary shelter for children whose parents are in crisis.

Mother Baby Program
3333 Third Ave.
Sacramento, CA 95817
(916) 456-1980
✓ Distribution of baby formula and food, disposable diapers. A three-day supply of these items offered once per month.

continued
S.A.C.A. Center
2469 Rio Linda Blvd.
Sacramento, CA 95815
(916) 648-8729
✓ FREE diapers and baby food if you attend one monthly workshop. Offers additional resources and assistance including GED, computer lab and has onsite play-care provided while you are attending services.

River City Community Services
1322 Twenty-Seventh Street
Sacramento, CA 95816
(916) 446-2627
✓ May possibly have some diapers and milk if you ask for some when you receive an emergency food basket.

Child Medical Care
Placer County CHDP
11484 B. Ave
Auburn, CA 95603
(530) 886-3620
✓ FREE Wellness screenings, physicals, vision, hearing immunization, nutrition, laboratory tests.

Birth & Beyond – “First Five” home visitation service
6015 Watt Ave. Suite 2
North Highlands, CA 95600
(916) 679-3925
Family supportive services for pregnant and families with children 0-5 years old.

Sierra Family Services Inc.
(916) 783-5207
This agency provides service to very low income families

Child Action, Incorporated-Resource & Referral Program
9961 Horn Rd.
Sacramento, CA 95827
(916) 369-0191
✓ FREE child care information and referrals to child care centers, family day care homes, nursery schools and before and after school programs.

W.I.C. Program (Women, Infants & Children)
(916) 427-5500
Clinic sites throughout the County of Sacramento. Serves low income women, breast feeding or pregnant, and children.

Access for Infants and Mothers
(AIM) program
(800) 433-2611
Low-cost health insurance for pregnant women from middle-income families who are not eligible for no-cost Medical.

Beanstalk State Funded Childcare Program for families with limited income.
(916) 361-2376
City of Roseville Utility Assistance Programs provide a discount plan to residential customers who meet the criteria of “very low income” for Placer County as defined by the United States Department of Housing and Urban Development (HUD) and also a discount plan for customers who meet the “low income” definition for Placer County and must use a qualifying medical device.

To apply call: (916) 774-5300
CLOTHING

Bayside Church in partnership with The Salvation Army
8211 Sierra College Blvd. Suite 440-C
Roseville, CA 95661
(916) 746-8602
Come into the church office M-F, 9-5 and pick up a Salvation Army Voucher for $35.00 worth of ✓ FREE clothing for adults. (we also offer a different voucher available for children’s clothing)

Dress for Career Advancement Clothes Closet
4900 Stockton Blvd., Sacramento, CA. #875-3330
5810 Pecan Ave. Orangevale, CA
(916)967-0405
Clients can use the clothes closet “once a month”. Hours 9-12:00 PM on Tuesdays

Hillsdale Career Center
5655 Hillsdale Blvd. Ste. #8
Sacramento, CA 95842
(916) 263-4100
Clothing for job interviews/ work only. Must call to set up an appointment first.

Sacramento Clothes Closet
3333 Third Ave.
Sacramento, CA 95817
(916) 456-1980
✓ FREE Men, women, children and infants emergency clothing, and shoes for infants, toddlers and babies. Monday, Tuesday, Thursday & Friday, from 10am-1:30 pm. Wednesdays from 4pm-7pm.

First Baptist Church of North Sacramento
2601 Del Paso Blvd.
Sacramento, CA 95815
✓ FREE clothing to needy people. Open Monday & Wednesdays from 9-11:30 AM.

San Juan Unified School Dist. Clothes Closet
7200 Fair Oaks Blvd. Suite #100
Carmichael, CA 95608
(916) 971-7643
By appointment only

Orangevale 7th Day Adventist
5810 Pecan Ave.
Orangevale, CA 95662
(916) 967-0405
Hours 9-12:00 PM on Tuesdays
Clients can use the clothes closet “once a month”, zip code 95662 only.
Crisis Pregnancy & Adoption Resources

New Life Pregnancy Center  
(916) 624-8990  
5050 Rocklin Road  
Rocklin, CA  
Crisis pregnancy center. Pregnancy screening, post abortion counseling, housing help, parenting classes, etc.

Alternatives Pregnancy Resource Center  
(916) 880-4040  
2628 El Camino Ave. Suite #B-1  
Sacramento, CA 95821  
If you feel you might be pregnant and would like to talk with a counselor, please call for help and assistance.

Koinonia Family Services  
916-652-5802  
3731 Magnolia St.  
Loomis, CA

Bethany Christian Services  
1-800-454-0454

Family Connections Christian Adoptions  
111 Howe Ave. Suite #395  
Sacramento, CA 95825  
(916) 568-5966  
A licensed Non-profit, full-service adoptions agency

Heartfelt Adoptions  
916-362-2300

Triad Family Services  
Foster Family Care and Intervention  
(916) 631-0771
Dental Care

Donated Dental Services (877) 357-8660

Denti-Cal Provider Information - For Dentist who accept “MEDI-CAL”
(800) 322-6384

Adult Dental Clinic - Placer County Resident’s
11526 C Avenue
Auburn, CA 95603
(530) 889-7188

Adult Dental Care - Sacramento County Resident’s
Western Career College
8909 Folsom Blvd. Sacramento, CA
(916)361-1660, call for appointment

Sacramento County Dental Clinic - Sacramento County Resident’s
4600 Broadway Suite 1400
Sacramento, CA
(916)874-8300
Emergency dental treatment, repair and services.
Walk-ins Monday – Friday between 8 AM and 12:30 PM only.

Adult Dental Care - Sacramento County Resident’s
Cleaning, fluoride treatments, pit & fissure sealants.
$20 1st visit, $9 each visit after until work is finished
Sacramento City College
3835 Freeport Blvd.
Sacramento, CA
(916)558-2303, call for appointment

Youth Dental Services - Sacramento County Resident’s
701 Dixieanne Ave.
Sacramento, CA 95815
(916) 443-8333 , or 561-2424
Will provide dental treatment resources for homeless youth that do not have dental insurance.

Sacramento City College Dental - Sacramento County Resident’s
3835 Freeport Blvd. Rodda South 134
Sacramento, CA 95822
(916) 558-2303, or 558-2356
Low cost dental hygiene services provided to adults and children one or twice a year. Including cleaning, fluoride applications, sealants, and home care dental instructions. Very child friendly!
Domestic Violence Help

**Peace for Families - #773-7273**
408 Folsom Rd.
Roseville, CA 95678
Mon-Fri. 8-12, and 1-5
- Emergency Safe House
- Emergency food, clothing and transportation
- Outpatient recovery and transitional housing program
- Individual & family therapy/counseling

**Domestic Violence Intervention Center - #728-7210**
7250 Auburn Blvd.
Citrus Heights, CA 95610

**W.E.A.V.E. (“Women Escaping A Violent Environment”)**
#920-2952
1900 K. Street
Sacramento, CA 95812

**My Sister’s House - #428-3271**
3053 Freeport Blvd. #120
Sacramento, CA 95818

**The Center for Violence-Free Relationships / Placerville**
(530) 626-1131
344 Placerville Dr. Suite #11
Placerville, CA

**Teen Challenge Christian Helpline - (530) 751-9511**

**Child Abuse Prevention of Placer County - (916) 774-6802**
Intervention and treatment services for children and families of Placer County.

**C.P.S. Child Protective Services**
(916) 784-6060
Emergency Housing & Shelters

Motel Vouchers offered by the following:
- Travelers Aid-Emergency Assistance Agency: 399-9646
- Salvation Army/Roseville: 784-3233
- Francis House/Sacramento: 443-2646

Home Start - 782-6667
410 Riverside Ave.,
Roseville, CA
99 bed facility with 28 housing units. Transitional Housing program and shelter serving homeless children and their families. (They DO NOT extend services to single adults). They do help families who are chronically homeless, substance abusers, mentally ill, victims of domestic violence, teen parents, and the disabled.

The Gathering Inn - 791-9355
201 Berkeley Ave.
Roseville, CA
Intake applications taken at 3:30 pm daily.
Overnight accommodation, supper and hospitality to homeless people. (must have current TB test)

The Lazarus Project - 772-6833
PO BOX 1241
Roseville, CA 95678
A Lazarus project participant is usually an individual who is homeless, or on the verge of homelessness who has sustained multiple losses in his or her home and family, friends and job, health and hope. In addition, participants may be recovering from alcohol or drug dependence, emotional or physical abuse as well as mental or physical impairment.

Continue
Hope, Help & Healing - (530) 885-4249  
11960 Heritage Oak Place, #20  
Auburn, CA 95603  
Faith based alcohol/drug programs and sober living environment facilities will help  
provide for the rehabilitation of men and women struggling with substance abuse and  
life recovery problems.

Powerhouse Ministries - 983-0658  
705 Wales Dr.  
Folsom, CA 95630

Acres of Hope – for homeless WOMEN WITH CHILDREN (530) 878-8030  
P.O. Box 40  
Applegate, CA 95703  
Faith-based long term housing program.

American Red Cross - 993-7070  
8928 Volunteer Lane, Suite 100  
Sacramento, CA 95826

St. John’s Shelter for WOMEN WITH CHILDREN - 453-1482  
4410 Power Inn Road  
Sacramento, CA 95826  
Emergency shelter and supportive services for 100 homeless women and children.(male  
children up to the age of 14)

Sacramento Area Emergency Housing Center  
Family Shelter - 455-2160  
Women’s Refuge Program – 455-0415  
Transitional Housing Program – 453-2900

Mather Community Campus  
Singles - 228-3107  
Families - 455-2194

Sacramento Area Emergency Housing Center  
Various locations:  
(916) 454-2112  
(916) 457-5760  
(916) 455-2160  
Shelter and transitional housing for SINGLE WOMEN AND FAMILIES  
Housing relocation services.

Department of Human Assistance - 874-2012  
1725 28th Street  
Sacramento, CA 95816  
Housing situations & shelters
Financial Counseling

- **Crown Financial Ministries (Financial Disciplines)**
  531 Oak Street, Suite #5
  Roseville, CA 95678
  (916) 787-4541

- **Faith Financial Planners**
  735 Sunrise Ave. #115
  Roseville, CA 95661
  (916) 788-8412

- **Cornerstone Financial Partners**
  9071 Foothills Blvd. #3
  Roseville, CA 95747
  (916) 771-2331

- **By Design Financial Solutions**
  4636 Watt Ave, 2nd floor
  North Highlands, CA 95660
  Toll free (800) 750-2227


Advise on bankruptcy, foreclosure and debt management: [www.financialhope.com](http://www.financialhope.com)

Advise for business owners: [www.sba.gov](http://www.sba.gov)

Advise for home business owners: [www.workingfromhome.com](http://www.workingfromhome.com)


Debt management services: [www.ccsatl.org](http://www.ccsatl.org) (888) 771-4673

Find a tax advisor who is a member of the Christian Financial Professional network: [www.cfpn.org](http://www.cfpn.org)
Food Served

Salvation Army
100 Lincoln St.
Roseville, CA 95678
(916) 784-3382
10:00 am to 1:00 pm
Lunches hot or cold, emergency food.
Fridays- lunch.
Saturdays breakfast 8-10 am

St. Vincent de Paul
503 Guiseppe Court
Roseville, CA 95678
(916) 781-3303
Hot meals, lunches & brown bag.
Mon. – Fri. 8-5 pm
Sat. – Sun. 9-3 pm

Salt Mine
590 G Street
Lincoln, CA 95648
(916) 645-3778
Emergency food and daily hot lunches.
Tues. – Fri. 10 am – 12 pm
Food Banks - Roseville

PLACER COUNTY FOOD BANK - (916) 784-3382
100 Lincoln Street
Roseville, CA
Hours: Monday – Thursday, 10:00 am – 1:00 pm

1 bag of food - every 30 days!!

- Proof of Placer County residence (1 piece of mail)
- Photo I.D.
- Social Security Card

ST. VINCENT de PAUL’S - (916) 781-3303
Each household is allowed to come in for groceries once every 30 days. On that day, single individuals receive four bags of food-breads, staples, vegetables, and meat. Families with children are given an extra bag of food when available.

SECOND HARVEST FOOD BANK - (916) 783-4013
133 Church Street Roseville, CA
For $10.00 a month, families can receive a box filled with up to 25 food items, also some household items. To apply for these programs visit the Food Bank in Roseville on Mondays and Tuesdays between 10:00 AM – 3:00 PM.

THE TREASURE BOX
Feed your family for $32.00 a week!
Receive quality food retailing between $65.00 - $100.00 for just $32.00 each. Each box contains between 21-25 pounds of high quality, frozen foods, including chicken, pork, beef or seafood, as well as vegetables, fruit, a side dish and a dessert. One Treasure Box is enough food to nutritiously feed a family of four lunch and dinner for almost a week. Sign up on their web site: www.thetreasurebox.org.

Loomis EMERGENCY Food Closet - (916) 652-5278
Food Banks - Sacramento by ZIP CODE

Central Downtown Food Basket
1701 L Street Sac. 95832
#568-7606
Tuesdays 11am – 1pm
FREE bag of groceries, baby formula available

Salvation Army Family Services
1225 North B Street Sac. 95814
#442-0303
Monday - Friday 8:30am - 11:45 am and 2:45pm - 4pm

***********

95820, 95822, 95823, 95824, 95838, 95829
Capital City 7th Day Adventist Community Services
6701 Lemon Hill Ave, Sac 95824
#381-5353
Mondays only from 12pm - 1:30pm
Must show picture ID with specified zip code required.

95608, 95609, 95610, 95621, 95821, 95840, 95841
Carmichael 7th Day Adventist Community Services
4600 Winding Way, Sac 95841
#487-8685
Wednesdays only from 9am - 12pm
Must show picture ID with specified zip code required.

continued
95608, 95610, 95621, 95660, 95821, 95825, 95841, 95842, 95843
Carmichael Presbyterian Church Food Closet
5645 Marconi Ave. Carmichael 95608
#483-9232
Food requests Monday-Friday 10am-12pm, Food pickup hours 2pm-3pm
Must show picture ID with specified zip code required.

95626, 95660, 95673, 95815, 95833, 95834, 95835, 95836, 95837, 95838
Del Paso Heights Food Locker
411 Hayes Ave. Sac, 95838
#927-6981
Monday-Friday, 10am-1:30pm
Must show picture ID with specified zip code required.

95815, 95824, 95825
El Camino Baptist Church
2805 El Camino Ave. #100, Sac. 95821
#488-1522
Fridays 1:30pm - 3:30pm
Must show picture ID with specified zip code required.

95822, 95823, 95824, 95826, 95828, 95831, 95832
Emergency Closet  South Sacramento Interfaith Partnership
5624 24th Ave. Sac. 95822
#428-5290
Monday – Friday 9am – 11:30 am
Must show picture ID with specified zip code required.

95660, 95842, 95843
North Highlands Christian Food Ministry
6125 Watt Ave. North Highlands 95660
#331-1510
Monday, Tuesday, Wednesday 9:30am – 12pm
Must show picture ID with specified zip code required.

95814, 95816, 95817, 95818, 95819, 95820
Oak Park food Locker
3333 Third Ave. Sac. 95817
#456-1980
Monday – Friday
10am – 1:30 pm
Must show picture ID with specified zip code required.

continued
**95662**
Orangevale Food Closet – 7th Day Adventist Church
5810 Pecan Ave. Orangevale 95662
#967-2838
Tuesdays 9am – 12pm
Must show picture ID with specified zip code required.

**95673, 95626, 95838**
Our Lady of Lourdes Church
1951 North Ave. Sac. 95838
#925-5313
Tuesdays 10:30 am – 12pm
Must show picture ID with specified zip code required.

**95825, 95864**
Sierra Arden Food Closet
890 Morse Ave. Sac. 95864
#483-1942
Tuesday-Friday 10am – 11:45am
Must show picture ID with specified zip code required.

**95821**
St. Matthew’s Food Closet
2300 Edison Ave. Sac. 95821
#927-0115
Tuesday & Thursday 10am – 11:30am
Must show picture ID with specified zip code required.

**95610, 95621, 95628**
Sunrise Christian Food Ministry
5901 San Juan Ave. Citrus Heights 95621
#965-5431
Monday – Friday 11:30am – 3pm
Must show picture ID with specified zip code required.
# Food – Mobile Van

**WHAT WOULD JESUS DO? INC. (916) 786-9953** - We are a MOBILE ministry that provides breakfast and an additional meal for the day to the homeless.

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<th>Day</th>
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<tr>
<td>Monday</td>
<td>Methodist Church 109 Main Street, Roseville</td>
<td>8:00 am - 9:00 am</td>
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<tr>
<td>Tuesday</td>
<td>Saugstad Park Douglas Blvd, Roseville</td>
<td>8:30 am - 9:30 am</td>
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<tr>
<td>Wednesday</td>
<td>Methodist Church 109 Main Street, Roseville</td>
<td>8:00 am - 9:00 am</td>
</tr>
<tr>
<td>Wednesday Clinic</td>
<td>St. Vincent De Paul 503 Giuseppe Court #8 Roseville</td>
<td>Clinic @ SVDP - Mornings</td>
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<tr>
<td>Thursday</td>
<td>Saugstad Park Douglas Blvd, Roseville</td>
<td>8:30 am - 9:30 am</td>
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<tr>
<td>Friday</td>
<td>Salvation Army 100 Lincoln Street, Roseville</td>
<td>8:30 am - 9:30 am</td>
</tr>
<tr>
<td>Sunday</td>
<td>Saugstad Park Douglas Blvd, Roseville</td>
<td>8:30 am - 9:30 am</td>
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Bayside Church in partnership with “Salvation Army”
8211 Sierra College Blvd. Suite 440-C
Roseville, CA 95661
(916) 746-8602
Monday – Friday, from 9-5
Pick up a Salvation Army Furniture Voucher for **ONE FREE** piece of furniture. (one-time gift ONLY)

St. Vincent de Paul Thrift Store
6105 Sunrise Vista Dr.
Citrus Heights, CA 95610
(916) 729-4077
✓ **FREE** furniture: eligibility is based on a family crisis or verifiable immediate need situation.

Our Lady of Lourdes
1951 North Ave.
Sacramento, CA 95838
(916) 925-5313
**Call first for furniture vouchers**

Craigslist
[www.craigslist.com](http://www.craigslist.com)
The site will direct you to **“FREE STUFF”** including bedroom furniture, living room furniture and kids furniture.

SN&R
[www.sn&r.com](http://www.sn&r.com)
The site will direct you to **“FREE STUFF”**. Use their search box and enter key words such as bedroom furniture, living room furniture, bed, or couch, etc.
# Job Placement Assistance

**Career Coaching Ministry - Your Job Search Resource**  
**Bayside Church**  
**Sunday Nights 6:00-8:00 PM**  
**Register online:** [www.baysideonline.com/adults/career-coaching](http://www.baysideonline.com/adults/career-coaching)

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<th>Employment Development Department</th>
<th>Advantage Services Group</th>
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<tbody>
<tr>
<td>EDD / Roseville</td>
<td>3300 Douglas Blvd. #160</td>
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<tr>
<td>(916) 774-4045</td>
<td>Roseville, CA</td>
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<td></td>
<td>(916) 780-9870</td>
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<tr>
<td>Roseville One Stop Career Center</td>
<td>Appleone Temporary &amp; Full-Time</td>
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<tr>
<td>5655 Hillsdale Blvd. #B</td>
<td>1850 Douglas Blvd.</td>
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<tr>
<td>Sacramento, CA 95842</td>
<td>Roseville, CA</td>
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<tr>
<td>(916) 263-4100</td>
<td>(916) 782-0632</td>
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<tr>
<td>Golden Sierra Job Training Agency</td>
<td>Certified Employment Group</td>
</tr>
<tr>
<td>1880 Sierra Gardens Dr.</td>
<td>1380 Lead Hill Blvd.</td>
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<tr>
<td>Roseville, CA 95661</td>
<td>Roseville, CA</td>
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<tr>
<td>(916) 746-7722</td>
<td>(916) 771-6886</td>
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<tr>
<td>Pacific Staffing</td>
<td>Dynamic Staffing Inc.</td>
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<tr>
<td>199 Cirby Way #12</td>
<td>1830 Sierra Gardens Dr. #20</td>
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<tr>
<td>Roseville, CA</td>
<td>Roseville, CA</td>
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<tr>
<td>(916) 784-3333</td>
<td>(916) 773-3900</td>
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<tr>
<td>Accountemps</td>
<td>Express Personnel Services</td>
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<tr>
<td>3721 Douglas Blvd.</td>
<td>6721 Five Star Blvd. Ste. A</td>
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<tr>
<td>Roseville, CA</td>
<td>Rocklin, CA</td>
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<tr>
<td>(916) 782-4955</td>
<td>(916) 625-0155</td>
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<tr>
<td>Accounting Solutions</td>
<td>Labor Connection</td>
</tr>
<tr>
<td>1098 Sunrise Ave. #150</td>
<td>500E Cirby Way</td>
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<tr>
<td>Roseville, CA</td>
<td>Roseville, CA</td>
</tr>
<tr>
<td>(916) 773-9880</td>
<td>(916) 780-1500</td>
</tr>
<tr>
<td>Adecco Employment Services</td>
<td>Office Team</td>
</tr>
<tr>
<td>3013 Douglas Blvd. #100</td>
<td>3721 Douglas Blvd</td>
</tr>
<tr>
<td>Roseville, CA</td>
<td>Roseville, CA</td>
</tr>
<tr>
<td>(916) 780-2400</td>
<td>(916) 782-8840</td>
</tr>
</tbody>
</table>
Non-profit law firms in California can provide **free legal assistance** to low and moderate income families and individuals, senior citizens, and the disabled. Lawyers from these organizations are committed to helping low income individuals and the disadvantaged among us. They can assist with a wide variety of legal problems, including housing problems, consumer and debt issues, foreclosures, family disputes, immigration, welfare and health benefits, and evictions. Lawyers can also offer free representation and further advice on cases such as landlord/tenant disputes, poverty issues, disability support and family benefits payments.

Each of these non-profit law firms employees a staff of lawyers and other support personnel who will help you and your family resolve your legal problems and provide counsel free of charge. Call for help as soon as a problem arises.

1. **Home Preservation**

Attorneys will help California residents with problems related to their housing, such as foreclosure, illegal mortgages or an eviction. Attorneys will work closely with clients to prevent homelessness, both preserve and expand affordable housing, fight illegal evictions, and prevent foreclosures. The organizations will provide free legal assistance in the following areas:

- **Lock-outs, heating and utility service shutoffs**
- **Eviction defense and prevention**
- **Foreclosure advice and free representation**

continue
2. Medical Concerns and Health Care Access

Lawyers and paralegals will help people deal with insurance problems, medical debt collectors, and ensure they get the health care services they need. Attorneys will assist families and individuals with enrolling in and obtaining high quality services from health insurance programs. They provide free legal help with the following concerns:

- Medicare
- Medi-Cal and Denti-Cal
- Medicare
- Health insurance companies and preexisting conditions
- Healthy Families Program
- Medical Debt collectors
- In-Home Support Services
- ParaTransit Services
- County Medically Indigent Programs
- Mental Health Services
- Health Maintenance Organizations (HMOs)

3. Domestic Issues

The non-profit firms will also assist people with domestic issues, and help those who are trying to get out of abusive or dangerous home situations. They also provide advice to deal with life’s everyday issues. Get assistance with the following:

- Divorce, annulments, or legal separation
- Temporary Restraining Orders (TROs)
- Child or spousal support
- Custody and home visitation orders and concerns
- Battered spouse waivers
- Violence Against Women Act (VAWA) enforcement and regulations
- Immigration issues faced by domestic violence survivors

4. Consumer Law, Including Debt and Financial Concerns

This service will help low-income and other qualified clients retain income, protect them from debt collectors, and help them retain assets to meet basic necessities of life. Lawyers can help with:

- Debt Collectors
- Illegal harassment and collection calls
- Wage garnishment
- Credit discrimination
- Predatory lenders and illegal credit card agreements
- Automobile repossession
- **Placer County Legal Help Center**  
  (530) 889-7465  
  [www.placerco.org](http://www.placerco.org)  
  Offers assistance in filing papers in family law, evictions, guardianships, small claims and civil harassment.

- **Lawyer Referral and Information Service**  
  (916) 444-2333  
  Service for people requiring the services of an attorney. Set one-half hour consultation appointments with an attorney for any member of the public calling in.

- **Placer Dispute Resolution Services**  
  (916) 645-9260  
  Sliding scale rate used to medication and dispute resolution. Works with a variety of disputes.

- **Legal Services of Northern California**  
  (530) 823-7560  
  Legal help with documents and filings. Also provides information on housing, health, employment, and senior’s rights.

- **Child Advocates of Placer County**  
  (530) 887-1006

- **Child Support Assistance**  
  (800) 795-1639  
  Supports kids & collects child support all across the nation.  
  [www.supportkids.com](http://www.supportkids.com)

- **Legal Center for the Elderly and Disabled**  
  (916) 486-2110, or 488-5298  
  Provides legal and benefits assistance to elder and disabled citizens of California.

- **Family Connections Christian Adoptions**  
  (916) 568-5955  
  A Licensed Non-Profit, Full Service Adoption Agency
FREE CLINIC - Community Health Clinic
201 Berkeley Ave.
Roseville, CA 95678
(916) 791-9355

Community Clinic - Roseville
1130 Conroy Lane, Suite 402
Roseville, CA 95661
(916) 784-6444

FREE CLINIC - Folsom Family Clinic
105 Dean Way
Folsom, CA 95630
(916) 983-3658

Community Clinic - Auburn
11583 C Ave.
Dewitt Center
Auburn, CA 95603
(530) 889-7215

FREE CLINIC - Mercy Clinic
1321 North C Street
Sacramento, CA 95814
(916) 446-3345
This location includes TB testing for shelter placement and medical services for the homeless and families who may not have medical insurance.

FREE CLINIC - White Rock Family Clinic
10487 White Rock Road
Rancho Cordova, CA 95670
(916) 364-0724
Acute illnesses and minor injuries.

continue
FREE CLINIC - Del Paso Health Clinic
3950 Research Drive
Sacramento, CA 95838
(916) 648-0970
Provides primary care medical services to individuals and families who do not have medical insurance.

FREE CLINIC - County of Sacramento Primary Care Clinic
4600 Broadway
Sacramento, CA 95820
(916) 874-9670 M-F, 8-5pm
Walk-in non-emergency medical center services people with Medi-Cal or no health insurance.

FREE CLINIC - CHEST Clinic
4600 Broadway
Sacramento, CA 95820
(916) 874-9823
Provides TB testing

FREE CLINIC - South City Health Clinic
7171 Bowling Dr. Suite #300
Sacramento, CA 95823
(916) 875-0802
Offers primary care clinic health services to adults and children that do not have medical insurance. Includes immunizations, STD’s HIV diagnoses and family planning.

Adult Medical Care – Placer resident adults 21-64 who cannot afford to pay their medical bills
$4-8 co-pay. Placer County Human Services
100 Stonehouse Ct. Roseville, CA
(530) 784-6000
10 AM – 3PM

Placer County Community Health (Roseville Office)
(916) 784-6465
Provides health-related services to primarily low-income families in Placer county.

Placer County – Community Clinic
Auburn, CA
(530) 889-7215

Medical Transportation:

DIAL-A-RIDE
(916) 774-5757

Health Express – Medical Transportation Service
1-800-650-7433
Transportation service that will take you to and from your medically related appointments.
Project Go: (888) 524-5705
Emergency Crisis Intervention Program. Provides financial assistance in the event of a crisis, such as a 48-hour shut-off notice. NOTE: Applicants MUST be residents of PLACER COUNTY to qualify.

Salvation Army Utility Assistance (800) 933-9677
REACH PROGRAM - Offers assistance WHEN funds are available

The Salt Mine (916) 645-3778
Offers utility assistance
Rental Payment Assistance

Placer County Rental Assistance Program      #774-5270
Renters Assistance Program                  #774-5960
Roseville Stonehouse Financial Assistance   #784-6000
Travelers Aid Financial Assistance          #399-9646
Temporary Assistance For Needy Families     #530-546-1900
Salvation Army in Roseville                #784-3233
Placer County American Red Cross            #530-885-9392
Sacramento Salvation Army                   #442-0331
Sacramento American Red Cross               #993-7070
Sacramento County Residents

“INFOLINE” - **CALL: 2-1-1**

or 498-1000

24 hours, seven days a week

Info-Line Sacramento is a FREE, multilingual, comprehensive telephone information and referral service:

- Single room occupancy hotels
- Emergency shelters
- Emergency meals
- Food closets
- Health care
- Transportation options
- Job lines
- Affordable rental housing
- Senior housing, and in-home care information
- Thrift stores
- Legal and financial assistance
- Flu shots
- Shots for tots
- Home purchase programs
- Respite care
- Etc.
Senior Citizen Assistance

The Senior Connection - (916) 334-1072
A general resource for assistance of any kind available for seniors & the disabled.

Placer County Senior Resource - 800-878-9222, extension 215
Community resources for seniors

Door-to-Door Rides - 800-878-9222, extension 202
Rides for seniors (age 60+) and for disabled under age 60 to all necessary appointments.

Health Express - 800-655-7433
Transportation to and from medically related appointments.

Meals on Wheels - 800-878-9222, extension 206
Delivers a nutritious noon meal weekdays to homebound seniors.

Senior Nutrition: Senior Café - 800-878-9222, extension 208
Eight lunch cafes for seniors.

Friendly Visitor Program - 800-878-9222, ext. 219
Weekly social visits to homebound or isolated seniors.

Senior Companion Program - (916) 875-3582
Visits clients in their homes offering transportation to medical appointments, shopping, respite care, bill paying, etc.

continue
**Home Instead Senior Care - (530) 885-3904**
Companion services, meals, medication, reading, pay bills. Home Helper Services, housekeeping, pet care, transportation, etc.

**Personalized Homecare & Homemaker Agency - (916) 979-4975**
Providing bed baths, shaving, dressing, linen change, laundry, meals housecleaning, shopping, and companionship.

**Placer County Adult System of Care - (530) 889-7240**
Works with local agencies to provide a range of services for adults and older adults. The division goal is to help adults in their care maintain as much independence and self-sufficiency as possible, while also receiving necessary medical and in-home support services.

**Senior Independent Services - (530) 885-7706**
Assist older adults to continue productive and fulfilled lives by providing services that improve or sustain their independence and well being. Programs include: nutritious meals, transportation, and home repairs.

**ComForcare Senior Services - (916) 784-9233**
Non-medical home care services provided. Housekeeping, laundry, reading, games, grooming, bathing, etc.

**Safety Repairs - 800-878-9222, extension 401**
Health and safety repairs to the home.

**Housing Placement Assistance - 800-878-9222, extension 209**
Assistance with finding long-term care facilities.

**Respite & Recreation Program through Sutter Heath (916) 781-1559**
Offers activities for the seniors while giving their caregivers the opportunity to spend a few hours pursuing their own interests. The goal is to enhance the well being of the participants while providing free time to their caregivers.

**Alzheimer's Aid Society of Northern California (800) 540-3340**
Low-income assistance (EAPR)

The Energy Assistance Program Rate (EAPR) offers eligible low-income customers a discount of more than 30 percent on their entire electric bill every month. The average savings for customers under EAPR is more than $280 a year.

Qualified customers that participate in EAPR will have discounts of:

- 35 percent on Tier 1 usage
- 30 percent on Tier 2 usage
- 50 percent on Monthly Service Charge

Does your household qualify?

The chart below will help you to determine if your household qualifies under EAPR income guidelines:

<table>
<thead>
<tr>
<th>Persons in Household</th>
<th>Monthly Income</th>
<th>Annual Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2</td>
<td>$2,608</td>
<td>$31,300</td>
</tr>
<tr>
<td>3</td>
<td>$3,067</td>
<td>$36,800</td>
</tr>
<tr>
<td>4</td>
<td>$3,700</td>
<td>$44,400</td>
</tr>
<tr>
<td>5</td>
<td>$4,333</td>
<td>$52,000</td>
</tr>
<tr>
<td>6</td>
<td>$4,967</td>
<td>$59,600</td>
</tr>
<tr>
<td>Each additional member add</td>
<td>$633</td>
<td>$7,600</td>
</tr>
</tbody>
</table>

*Households are eligible for the discounted rate if their income does not exceed 200 percent of the federal poverty level. These figures reflect that percentage.

FOR AN APPLICATION CALL:

1-888-742-7683
<table>
<thead>
<tr>
<th>Substance Abuse Programs</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Al-Anon &amp; Alateen</td>
<td>916-334-2971</td>
</tr>
<tr>
<td>Alpha Oaks Recovery for Women</td>
<td>916-944-3920</td>
</tr>
<tr>
<td>Bayside Church 12 step Recovery</td>
<td>916-746-8638</td>
</tr>
<tr>
<td>Central CA Fellowship of AA</td>
<td>916-454-1771</td>
</tr>
<tr>
<td>Charter Hospital</td>
<td>916-969-3333</td>
</tr>
<tr>
<td>Clean &amp; Sober Program</td>
<td>916-498-0331</td>
</tr>
<tr>
<td>Gateway Recovery House for Women</td>
<td>916-451-9312</td>
</tr>
<tr>
<td>Family Therapy for Effective Recovery</td>
<td>916-344-0359</td>
</tr>
<tr>
<td>Mercy Ministries for Women</td>
<td>615-831-6987</td>
</tr>
<tr>
<td>Mi Casa Recovery for Men</td>
<td>916-394-2328</td>
</tr>
<tr>
<td>New Directions Counseling Assoc.</td>
<td>916-966-4599</td>
</tr>
<tr>
<td>Pacific Hills Treatment Center</td>
<td>866-503-1004</td>
</tr>
<tr>
<td>People Reaching Out</td>
<td>916-576-3300</td>
</tr>
<tr>
<td>Placer County alcohol &amp; Drug Treatment</td>
<td>916-787-8800</td>
</tr>
<tr>
<td>Placer Hills Treatment Center</td>
<td>866-503-1004</td>
</tr>
<tr>
<td>River City Recovery Center</td>
<td>916-442-3979</td>
</tr>
<tr>
<td>Sacramento Black Alcoholism Center</td>
<td>916-454-4542</td>
</tr>
<tr>
<td>Sierra Council on Alcoholism &amp; Drug Dependence</td>
<td>530-885-1917</td>
</tr>
<tr>
<td>Teen Challenge (Adult program)</td>
<td>916-276-2926</td>
</tr>
<tr>
<td>The Effort</td>
<td>916-454-1100</td>
</tr>
</tbody>
</table>
“I just wasn’t sure my friend was showing all the signs to be at risk.”

**Suicide Warning Signs:**
- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
- Feeling hopeless
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities—seeming without thinking
- Feeling trapped—like there’s no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, and society
- Feeling anxious or agitated, being unable to sleep, or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life

**How you can help:**
- Listening to them with sincere concern for their feelings. Do NOT offer advice, but let them know that they are NOT ALONE.
- Sharing your feelings with them. If you feel that they may make a reckless decision, tell them that you are concerned. They need to know that they are important to you and that you care.
- Inquiring if they have had suicidal thoughts or if they have made a suicide plan in a straightforward and caring manner. If you feel you cannot ask the question, find someone who can.
- Call the Suicide Prevention Lifeline for more advice if needed.

**If you would rather call a local organization**

Call: “Friend for Life” (916) 773-3111
General Relief/ General Assistance:

The General Relief program is a cash aid program that provides assistance to all eligible indigent residents of Placer County. It is intended to provide short-term assistance that will enable a recipient to become self-supporting.

The primary goal of the other programs listed below is to allow needy persons to live their lives with dignity and self-respect by providing resources to meet the basic needs of food, clothing, shelter and medical care, when such persons are not supported by their own means, by their relatives or friends, or by other public or private institutions.

Public assistance programs you may apply for:

- General Relief / Assistance
- Food Stamps
- Temporary Assistance for Needy Families (TANF)
- Housing Choice Voucher Program
- Medi-CAL health insurance
- Supplemental Security Income SSI
- Medical Care Services Program (MCSP)
- Calworks

Where to apply:

1000 Sunset Blvd. #220
Rocklin, CA
Call (916) 784-6000