

2017 Pregnancy Resource Guide



Referral Resource for Perinatal Medical Providers
In the County of Sacramento

*This project was supported by funds received from the
California Department of Public Health, Maternal, Child and Adolescent Health Division*

Table of Contents

Adoption Services-----	5
Birthing Centers -----	5
Breastfeeding Resources -----	5-6
Childbirth Classes -----	6-7
Children’s Services	
<i>Car Seat Fitting Stations/Resources/Classes</i> -----	7-8
<i>Health Insurance</i> -----	9
<i>Immunizations</i> -----	9
<i>Pediatricians</i> -----	9
<i>Other</i> -----	10
<i>CHDP</i> -----	10
Dental Health Services	
<i>Dental Insurance Plans/Referrals</i> -----	10
<i>Free or Low Cost Dental</i> -----	10-11
Emergency/Crisis Services	
<i>Emergency Food Resources</i> -----	11-12
<i>Emergency Housing</i> -----	12-13
<i>Emergency Mental Health</i> -----	13-14
<i>Crisis Pregnancy-</i> -----	14
<i>Child/Women/Adult Crisis Services</i> -----	14-15
Family Planning-----	16
Family Support Services -----	17-18
Genetic Services -----	18
Gestational Diabetes -----	18
Grief and Bereavement-----	18-19
Health Insurance—Free and Low Cost -----	19-20

Table of Contents

HIV/AIDS Referrals and Services

<i>Hotlines</i> -----	20
<i>Medical Care/ Case Management for Women with HIV/AIDS</i> -----	20
<i>HIV Resources</i> -----	21
<i>HIV/AIDS Advocacy</i> -----	21

Hospitals

<i>Dignity Health: Mercy Hospitals</i> -----	22
<i>Sutter Hospitals</i> -----	22
<i>Kaiser Hospitals</i> -----	22
<i>UC Davis Hospitals</i> -----	22

Housing Assistance/Shelters-----	23-24
----------------------------------	-------

Mental Health-----	24-26
--------------------	-------

Mothers' Support Groups-----	26
------------------------------	----

Nutrition Resources-----	26-27
--------------------------	-------

Parenting Classes/Resources-----	27-28
----------------------------------	-------

Prenatal Referrals-----	28
-------------------------	----

Comprehensive Perinatal Services Program (CPSP) & Medi-Cal Prenatal Providers

<i>North Area</i> -----	29
<i>Carmichael</i> -----	29
<i>Del Paso Heights</i> -----	29
<i>Downtown/Midtown</i> -----	29
<i>Rancho Cordova</i> -----	30
<i>East Sacramento and Arden Area</i> -----	30
<i>Fair Oaks</i> -----	30
<i>South Area</i> -----	30-31
<i>Elk Grove</i> -----	31

Table of Contents

Prenatal and Postpartum Programs -----	32
Primary Health Care-Adult -----	33
<i>Community Clinics for undocumented Residents</i> -----	33-34
Substance Treatment Programs -----	34-35
Teen Program and Services-----	36-37
Translation Services -----	37
Transportation-----	38
Utility Payment Assistance-----	38
Vision Care-----	39
Additional Resources-----	39

Adoption Services

County of Sacramento, Adoption Services-----916-875-5967

www.dhhs.saccounty.net/CPS

3701 Branch Center Rd., Sacramento 95826

P.O. Box 269057, Sacramento 95826

Chicks in Crisis-----916-441-1243

www.chicksincrisis.org/

9455 East Stockton Blvd, Sacramento 95624

Services provided: Open adoption services, parenting classes, clothes closet, life skills classes.

Independent Adoption Center-----1-800-877-6736

Languages offered: Spanish

Birth Centers

The Birth Center-----916-344-1860

5440 Laurel Hills Dr., Sacramento 95841

Breastfeeding Resources

Community Resource Project WIC (CRP WIC)-----916-326-5830

www.cresource.org

915 Broadway, Sacramento 95818 (Main Office)

5655 Hillsdale Blvd., North Highlands 95842

7636 Greenback Lane, Citrus Heights 95610

226 4th St., Galt 95632

8231 E. Stockton Blvd., Suite B, Sacramento 95828

1440 Ethan Way, Sacramento 95825

8031 Fruitridge Rd., #D, Sacramento 95820

Services provided: Classes, lactation consultants, breast pumps and other products.

Wellspace Health

<http://www.wellspacehealth.org/index.htm>

6015 Watt Ave., Suite 2, Sacramento 95660-----916-679-3925

811 Grand Ave., Sacramento 95838-----916-325-5556

3415 Martin Luther King Jr. Blvd., Sacramento 95817-----916-233-4910

8233 E. Stockton Blvd., Suite D, Sacramento 95828-----916-368-3077

10423 Old Placerville Rd., Sacramento 95827-----916-368-0815

Services provided: Lactation consultants

Breastfeeding Resources

Kaiser (Members Only)

www.kp.org

19725 International Dr., Rancho Cordova 95670-----916-631-2027
 1650 Response Rd., Sacramento 95815-----916-480-6900
 2155 Iron Pt. Rd., Folsom 95630-----916-817-5278
 1600 Eureka Rd., Roseville 95661-----916-784-4150
 6600 Bruceville Rd., Sacramento 95823-----916-688-6676
 24-Hour Line -----916-784-4150

Services provided: Classes, lactation consultants, support groups, breast pumps and products.

La Leche League-----916-442-5920

www.LLLnorthcal.org

5265 H St., Sacramento 95816

Spanish Line -----916-684-5283

24-Hour Line-----1-877-452-5324

Sacramento County, DHHS, Women, Infants and Children Program (WIC) -----916-876-5000

<http://www.dhhs.sacounty.net/PRI/WIC/Pages/Women-Infants-and-Children-Home.aspx>

2251 Florin Rd., Suite 100, Sacramento 95822

3415 Martin Luther King Jr. Blvd., Sacramento 95817

10665 Coloma Rd., Suite 400, Rancho Cordova 95670

811A Grand Ave., Sacramento 95838

9270 Bruceville Rd., Elk Grove 95758

1160 Duchow Way, Folsom 95630

Services provided: Classes, lactation consultants, support groups and breast pumps and products.

Sutter Medical Center Lactation Station (Patients Only)-----916-887-4037

www.suttermedicalcenter.org

2825 Capital Avenue, Sacramento 95816

Services provided: Classes, lactation consultants, support groups and breast pumps and products.

UC Davis Lactation Clinic (Patients & Families) -----916-734-3112

www.ucdavis.edu/lactation

2521 Stockton Blvd., Suite 2100, Sacramento 95817

Must go through advice nurses for services:

OB: -----916-734-6900

Pediatrics: -----916-734-2107

After Hours: -----916-734-2011

Childbirth Classes

Birthing Project Clinic (Patients Only)-----916-558-4800

www.cchwb.org

1900 T St., Sacramento 95814

Childbirth Classes

University of California, Davis Medical Center (UCDMC)----- 916-734-9797

www.ucdmc.ucdavis.edu/wellness/classes/preparedchildbirth.html

4900 Broadway, Suite 1630, Sacramento 95820

Cost: Price to patients: \$75.00 | Price to community: \$90.00

Sutter Medical Center | Parent Education Department----- 916-887-4039

www.suttermedicalcenter.org

2825 Capital Avenue, Sacramento 95819

**Classes open to the public. \$75 per couple (checksutterfirst.org)*

Kaiser----- 916-474-2506

www.kp.org

**Members Only*

Wellspace Health

<http://www.wellspacehealth.org/index.htm>

6015 Watt Ave., Suite 2, Sacramento 95660----- 916-679-3925

811 Grand Ave., Sacramento 95838----- 916-325-5556

3415 Martin Luther King Jr. Blvd., Sacramento 95817----- 916-233-4910

8233 E. Stockton Blvd., Suite D, Sacramento 95828----- 916-368-3077

10423 Old Placerville Rd., Sacramento 95827----- 916-368-0815

Children's Services

Car Seat Fitting Stations/Resources

California Rural Indian Health Board----- 916-929-9761

www.crihb.org

4400 Auburn Blvd., 2nd floor, Sacramento 95841

Services provided: Car seat fittings available to Native American families by appointment only.

Sacramento Native American Health Center----- 916-341-0575 x213

www.snahc.org

2020 J St., Sacramento 95811

Services provided: Monthly car seat fittings and child passenger safety classes available by appointment only.

Free car seats available to families who qualify and complete the class. Please call for more information.

Greater Sacramento Safe Kids Coalition----- 916-864-5779

www.safekidssacramento.org

6501 Coyle Ave., Carmichael 95608

Services provided: Car seat safety checks at Mercy San Juan Medical Center and Methodist Hospital, offered once a week, please call for date and location. Low-cost car seat program available for low-income families with proof of assistance. Program includes two hour car seat education class and inspection appointment with low-cost car seat.

Languages offered: English, Spanish, Russian and Hmong.

Children's Services

Car Seat Fitting Stations/Resources

County of Sacramento, DHHS, Childhood Illness and Injury Prevention (CHIIPP)----- **916-875-5869**

www.dhhs.saccounty.net/pub/pages/pub-home.aspx

9616 Micron Avenue, Suite 670, Sacramento 95827

Services provided: Violators program by appointment and court referral only. Languages offered: Spanish

California Highway Patrol

www.chp.ca.gov

1801 9th St., Sacramento 95811-----**916-322-3337**

5109 Tyler St., Sacramento 95841 -----**916-338-6710**

6 Massie Ct., Sacramento 95823-----**916-681-2300**

11336 Trade Center Dr., Rancho Cordova 95742-----**916-464-1450**

2555 1st Ave., Sacramento 95818 -----**916-264-2090**

Services provided: Car seat fittings by appointment only. Some stations offer free car seats based on income in exchange for defective seats. Languages offered: Spanish

City Police Departments

8380 Laguna Palms Way, Elk Grove 95758-----**916-478-8117**

University of California Davis Medical Center (UCDMC)-----**916-734-9784**

www.ucdavis.edu

4900 Broadway, Suite 1650, Sacramento 95820

Services provided: Monthly 2-Hour car seat safety class open to the public with low-cost seat available. Car seat fittings by appointment only. Languages offered: Spanish

Yolo County Health Department-----**530-666-8561**

137 N. Cottonwood Street, Woodland 95695

Services provided: Violators program by appointment and court referral only.

Kaiser-----**916-614-4502**

Services provided: Women 19 years or younger receive a free car seat upon completing a series of 5 childbirth and parenting classes (open to the public). Car seat is given at a 1-hour car seat safety fitting appointment at Kaiser Point West or Roseville.

Fire Departments

8760 Elk Grove Blvd., Elk Grove 95624-----**916-405-7114**

3670 Bass Lake Rd., El Dorado Hills 95762-----**916-933-6692**

Children's Services	
Health Insurance	
County of Sacramento, DHHS, Child Health & Disability Prevention (CHDP) ----- 916-875-7151 www.dhhs.saccounty.net	
Access for Infants and Mothers (AIM) ----- 1-800-433-2611 Medical Access Program mcap.dhcs.ca.gov <i>Languages offered: Spanish, Chinese, Korean, Vietnamese, Cambodian, Lao, and Russian</i>	
Sacramento Covered ----- 1-866-850-4321 www.sacramentocovered.com <i>Services provided: Staff is focused on reaching families throughout Sacramento County with children who are eligible for subsidized programs including: Medi-Cal, Healthy Families, Kaiser Permanente's Child Health Plan, Healthy Kids and Access for Infants and Mothers (AIM) Program. Citizenship is not required for some programs.</i> <i>*Translators are available to help applicants.</i>	

Children's Services	
Immunizations	
County of Sacramento, DHHS, Immunization Assistance Program (IAP) ----- 916-875-7468 www.dhhs.saccounty.net/pub/pages/pub-home.aspx 7001 East Parkway, Suite 600A, Sacramento 95823 <i>*For families with children with no insurance. Call for an appointment</i>	

Children's Services	
Pediatricians	
County of Sacramento, DHHS, Child Health & Disability Prevention (CHDP) ----- 916-875-7151 www.dhhs.saccounty.net/pub/pages/pub-home.aspx 9616 Micron Avenue, Suite 950, Sacramento 95827	

Children's Services	
Other	
Alta California Regional Center -----916-978-6400 Assists people w/developmental disabilities and thier families www.atlaregional.org 2241 Harvard St. #100, Sacramento 95815	
County of Sacramento, DHHS, California Children's Services (CCS) -----916-875-9900 9616 Micron Ave., Suite 640, Sacramento 95827 www.dhhs.saccounty.net/pub/pages/pub-home.aspx	
Child Action -----916-369-0191 www.childaction.org 9961 Horn Rd., Sacramento 95827	
Poison Action Line -----1-800-222-1222 www.calpoison.org	
County of Sacramento, DHHS, Child Health & Disability Prevention (CHDP) -----916-875-7151 9616 Micron Ave., Suite 950, Sacramento 95827 <i>Services provided: Referrals to pediatricians, dental and other health providers. Languages offered: Spanish</i>	

Dental Health Services	
Dental Insurance Plans/Referrals	
Denti-Cal -----1-800-322-6384 www.dentical.ca.gov <i>Services provided: Statewide referral service to dentists accepting Medi-Cal.</i>	
Access Dental -----1-800-707-6453 www.premierlife.com <i>Through Medi-Cal GMC or Healthy Families.</i>	
County of Sacramento, DHHS, Child Health & Disability Prevention (CHDP) -----916-875-7151 www.dhhs.saccounty.net/pub/pages/pub-home.aspx 9616 Micron Avenue, Suite 950 Sacramento 95827	

Dental Health Services	
Free or Low-Cost Dental	
Western Career College -----916-361-5168 www.ehow.com/ist-6849516-dental-clinics-sacramento.html <i>Services provided: Free dental 4-hour cleaning *Call for an appointment.</i>	

Dental Health Services

Free or Low Cost Dental

Sacramento City College -----916-558-2356
www.scc.losrios.edu/current-student-services/dental-health-clinic.htm

Services provided: Low-cost dental clinic (3-hour visit) *Cost:* Initial Free. Cleaning, xrays and sealants.

Sacramento Native American Clinic-----916-341-0575
www.snahc.org

2020 J St., Sacramento 95811

Services provided: General dentistry for adults and children.

**Must pay fee the day of appointment (no payment plan available)*

Wellspace Health
<http://www.wellspacehealth.org/index.htm>

6015 Watt Ave., Suite 2, Sacramento 95660-----916-679-3925

3415 Martin Luther King Jr. Blvd., Sacramento 95817-----916-233-4910

8233 E. Stockton Blvd., Suite D, Sacramento 95828-----916-368-3077

Emergency/Crisis Services

Emergency Food Resources

California Emergency Food Link-----916-387-9000
www.foodlink.org

P.O. Box 292700, Sacramento 95829

St. Johns Food Closet-----916-444-0874
www.stjohnslc.org

1701 L St., Sacramento 95815, Office Hours: TH 10am

General Assistance & Food Stamps-----916-498-1000
www.dha.web.saccounty.net

www.benefitscalwin.org

1725 28th St., Sacramento 95816

Loaves and Fishes, Friendship Park Maryhouse-----916-446-0874
www.sacloaves.org

1321 North C St., Sacramento 95811

Services provided: Breakfast, showers, and drug/alcohol counseling

**Not a shelter*

Mercy Clinic at Loaves and Fishes-----916-446-0874
 1321 North C St., Sacramento 95814

Emergency/Crisis Services

Emergency Food Resources

River City Community Services-----916-446-2627

www.rivercityfoodbank.org

1800 28th St. Sacramento 95816

Services provided: Provides a three-day supply of emergency food, including baby food and formula, emergency rental assistance and motel voucher program. *Photo ID required

Sacramento Food Bank Services-----916-456-1980

www.sacramentofoodbank.org

3333 3rd Ave., Sacramento 95817

Services provided: Emergency food distributed in Oak Park, Del Paso Heights, and North Sacramento, transitional housing, case management, clothes closet and Mother Baby Program.

St. Lawrence Church-----916-332-4777

www.saintlawrencechurch.org

4325 Don Julio Blvd., North Highlands 95660

Wellsprings Women's Center-----916-454-9688

www.wellspringwomen.org

3414 4th Ave., Sacramento 95817

Services provided: Breakfast served, referrals provided, and other resources *For mothers and children

Emergency/Crisis Services

Emergency Housing

Transitional Living & Community Support (Carol's Place)-----916-441-0123

2230 9th St., Sacramento 95814

Services provided: Provides emergency housing and supportive services program for adults with a targeted psychiatric disability who are homeless or are at risk of homelessness *24 hour staffing.

WIND Youth Services -----1-800-339-7177

www.diogeneseyouthservices.org

Services provided: Emergency shelter, transitional housing and supportive services for runaway, homeless, and other at-risk youth, individual and family counseling and support groups for parents.

Francis House-----916-443-2646

www.francishousecenter.org

1422 C St., Sacramento 95814

Services provided: Provides emergency housing vouchers for families with children, bus tickets, CA IDs, employment program and help with getting birth certificates. For emergency housing vouchers, call on Tuesdays at 9am.

Emergency/Crisis Services

Emergency Housing

St John's Shelter for Women ----- 916-453-1482 www.stjohnsshelter.org 4410 Power Inn Rd., Sacramento 95826	
The Salvation Army: Sacramento Bethsaida Corps ----- 916-442-0331 www.salvationarmy.org 1200 North B St., Sacramento 95814	
Bishop Gallegos Maternity Home ----- 916-395-9370 www.bgmh.org <i>Services provided: Housing for pregnant women</i>	
Next Move Family Shelter ----- 916-455-2160 www.nextmovesacramento.org <i>Services provided: 60-day family emergency shelter and assistance for women, families and single fathers</i> <i>*Must have at least one child under 18 years old</i>	
Sacramento Mutual Housing Association ----- 916-453-8400 8001 Fruitridge Rd. Ste A, Sacramento 95820	
Wind Youth Services Wind Youth Center ----- 916-561-4900 www.windyouth.org 3671 5th Avenue, Sacramento 95817 <i>Services provided: Hot meals, showers, laundry, emergency clothing and shelter to homeless or at-risk youth.</i>	

Emergency/Crisis Services

Emergency Mental Health

California Youth Crisis Line ----- 1-800-843-5200 www.youthcrisesline.org <i>Services provided: Confidential crisis intervention counseling, resources, referrals, and message center service to at-risk youth and their families.</i>	
WIND Youth Services ----- 916-363-0128 24-Hour Line ----- 1-800-339-7177 <i>Services provided: Crisis resolution, individual, group & family counseling, support groups, and skills-building workshops for youth.</i>	

Emergency/Crisis Services

Emergency Mental Health

Adult Mental Health Access-----916-875-1055

3331 Power Inn Rd., Sacramento 95826

Services provided: Access to mental health services for Medi-Cal recipients in Sacramento County, referrals to treatment and counseling, and resources to mental health clients in Sacramento.

**Client must be available to speak on phone themselves.*

Mental Health Treatment Center-----916-732-3637

www.dhhs.saccounty.net/bhs/pages/adult.mental-health-services.aspx

2150 Stockton Blvd., Sacramento 95817

Services provided: **24-hour phone** and walk-in crisis intervention for **children**, and **teens**.

Suicide Prevention Services-----916-368-3111

<http://www.wellspacehealth.org/index.htm>

Services provided: 24-hour crisis intervention and suicide prevention by highly trained paraprofessionals.

Emergency/Crisis Services

Crisis Pregnancy

Emergency Contraception-----1-888-668-2528

www.ec.princeton.edu

Services provided: Clinics and pharmacies that dispense "Emergency Contraception" pills *Call for locations

Sac Valley Pregnancy Clinic-----916-451-2273

www.svpclinic.com

Services provided: Pregnancy testing, Non-diagnostic limited ultrasound, STD testing, Well-woman exam, PAP smear

**Locations across Sacramento*

Emergency/Crisis Services

Child/Women/Adult Crisis Services

Sacramento County, Child Protective Services-----1-800-422-5543

Report child abuse:

Sacramento County, DHHS, Adult Protective Services-----916-874-9377

www.saccountydhhs.net

3701 Bradshaw Rd., Sacramento 95826

Services provided: Investigation of elder abuse/neglect reports.

Emergency/Crisis Services

Child/Women/Adult Crisis Services

Childrens Home Crisis Nursery-----916-679-3600

www.php.com/sacramento-crisis-nursery

4533 Pasadena Ave., Sacramento 95821

6699 South Land Park Dr., Sacramento 95831

Services provided: Respite care for parents in crisis, temporary care of children ages 0 to 5 years, counseling, support & referral services to families, and emergency childcare (daytime only).

**Call for appointment and bed availability.*

Women Escaping a Violent Environment (WEAVE)-----916-448-2321

www.weaveinc.org

24-Hour Line -----916-920-2952

Services provided: Temporary shelter, support services, emergency response, escort to report rape and receive medical attention, counseling and legal assistance to battered women and children in crisis.

My Sisters House-----916-930-0626

www.my-sisters-house.org

24-Hour Line -----916-428-3271

Services provided: 24-Hour help for women and children impacted by domestic violence in the Central Valley Asian and Pacific Islander Community.

A Community for Peace-----916-728-7210

6060 Sunrise Vista, Ste. 2340, Citrus Heights 95616

Trauma informed social justice center for victims and survivors of domestic violence, family violence and sexual assault.

Sexual Assault Hotline -----800-656HOPE

24-Hour Line

Domestic Violence Hotline-----800-799-SAFE

24-Hour Line

Family Planning

Peach Tree Health Clinic -----916-422-2229

www.cchwb.org

1900 T St., Sacramento 95814

Services provided: Prenatal care, family planning, pregnancy and HIV testing, substance abuse counseling, and parenting and childbirth classes to patients.

Wellspace Health

<http://www.wellspacehealth.org/index.htm>

6015 Watt Ave., Suite 2, Sacramento 95660-----916-679-3925

811 Grand Ave., Sacramento 95838-----916-325-5556

3415 Martin Luther King Jr. Blvd., Sacramento 95817-----916-233-4910

8233 E. Stockton Blvd., Suite D, Sacramento 95828-----916-368-3077

10423 Old Placerville Rd., Sacramento 95827-----916-368-0815

Services provided: A full range of reproductive health services, including family planning, birth control, STI / HIV counseling and testing, pregnancy testing, counseling and prenatal care and gynecology.

Women's Health Specialists-----916-451-0621

www.cawhs.org

1442 Ethan Way #100, Sacramento 95825

Clinic appointment-----1-800-714-8151

Services provided: Family planning, emergency contraception, annual exams, gynecology services, pregnancy, STD and HIV testing, adoption information, referral for sterilization, and abortions.

*Services are free to men and women who qualify.

Sacramento Life Center | Sac Valley Pregnancy Clinic-----916-451-4357

www.saclife.org

930 Alhambra Blvd., Suite 230, Sacramento 95816

Services provided: Offering pregnancy testing, counseling, non-diagnostic ultrasounds to confirm pregnancy, provide resources and referrals to community organizations and post abortion counseling services.

Planned Parenthood

www.plannedparenthood.org

201 29th St., Suite B, Sacramento 95816*-----916-325-1740

1125 10th St., Sacramento 95814*-----916-558-1400

5385 Franklin Blvd., Suite A-D, Sacramento 95820-----916-450-2500

5700 Watt Ave., North Highlands 95660-----916-338-8360

Services provided: Pregnancy testing and options counseling, birth control, breast and cervical cancer screening, annual gynecology check ups, STI testing and treatment, HIV testing, sterilization for men and women and referrals for adoptions. All sites except **1125 10th St** also provide abortion services.

*Does not provide prenatal/postpartum care

Family PACT (Planning-Access-Care-Treatment)-----1-800-942-1054

www.dhcs.ca.gov

Services provided: Referrals to free confidential family planning services for short-term, long-term or permanent birth control for men and women. This includes emergency contraception, pregnancy testing, and STI and HIV testing.

*Call for locations

Family Support Services

Department of Child Support Services, County of Sacramento-----**1-866-901-3212**
3701 Power Inn Rd., Sacramento 95826

Services provided: Enforces child support orders, establishes paternity.

Social Security Administration-----**1-800-772-1213**

www.socialsecurity.gov

8581 Folsom Blvd., Sacramento 95826

Friends Care-----**916-446-3838**

2324 L St., Sacramento 95816

Services provided: Services to families of incarcerated inmates, transportation, emergency referrals for food, clothing, housing, children's activities, and support groups.

Legal Services of Northern California-----**916-551-2150**

www.vlsp.org

515 12th St., Sacramento 95814

Services provided: Free legal services to eligible low-income clients in civil law matters such as housing and public benefits.

Warmline Family Resource Center-----**916-922-9276**

www.warmlinefrc.org

2025 Hurley Way, Suite 100, Sacramento 95825

Services provided: Resources and support to families of children with special needs.

Superior Court of California, Family Law Facilitator-----**916-875-3400**

www.saccourt.ca.gov

3341 Power Inn Rd., Sacramento 95826

Services provided: Assistance with forms, instructions and referrals for family law, workshops, classes and individual assistance with divorce, separation, paternity, child custody, visitation, and child support.

*Children's playroom available.

Cal-Learn

www.checksutterfirst.org/women/community/aflp.cfm

1625 Stockton Blvd., #112, Sacramento 95818-----**916-285-4600**

2143 Hurley Way, Suite 230, Sacramento 95825-----**916-262-9141**

Services provided: Provides assistance and referrals for legal issues, health care, domestic violence, housing, supportive services, childcare, transportation, and school expenses. Elaine Ellers 887-4031

Birth and Beyond

*See page 32 for locations & phone numbers.

Family Support Services

Employment Development Department (EDD)

www.edd.ca.gov

English-----1-800-300-5616
 Spanish-----1-800-326-8937
 Chinese-----1-800-547-3506
 Vietnamese-----1-800-547-2058
 TTY-----1-800-815-9387

Services provided: Unemployment information, disability insurance, and job search assistance.

Genetic Services

Sacramento Maternal Fetal Medicine-----916-678-5400

www.sacmfm.com

1792 Tribute Rd., Suite 200, Sacramento 95825

UC Davis Medical Center (UCDMC), Prenatal Diagnosis-----916-734-6124

www.ucdmc.ucdavis.edu

4860 Y St., Suite 2500, Sacramento 95817

Gestational Diabetes

Sutter 'Sweet Success' Diabetes and Pregnancy Program-----916-733-7060

www.checksutterfirst.org

5151 F St., Bldg. E, Sacramento 95819

*Services provided: Specialized programs for pregnant women with diabetes. *Physician referral required.*

Wellspace Health 'Sweet Success'-----916-737-5555

<http://www.wellspacehealth.org/index.htm>

6015 Watt Ave., Suite 2, Sacramento 95660

3415 Martin Luther King Jr. Blvd., Sacramento 95817

8233 E. Stockton Blvd., Suite D, Sacramento 95828

*Services provided: Specialized programs for pregnant women with diabetes. *Physician referral required.*

Grief and Bereavement

Compassionate Friends-----1-877-969-0010

www.compassionatefriends.org

P.O. Box 163294, Sacramento 95816

Services provided: Support for parents who have lost a child.

Grief and Bereavement

Sudden Infant Death Syndrome (SIDS) Program-----1-800-369-SIDS (7431)
www.californiasids.cdph.co.gov

Services provided: Information, emotional support, and referral to a Public Health Nurse to families of SIDS infants.

Sharing Parents-----916-424-5150
www.sharingparents.org

650 Howe Ave., Suite 500, Sacramento 95825

Services provided: Support groups for bereaved parents at the Mercy Women's Center.

Health Insurance—Free and Low Cost

California Department of Health Services | Every Woman Counts Cancer Detection Program-----1-800-511-2300
www.dhs.ca.gov/cancerdetection

1616 Capitol Ave., MS-7203, Suite 74.421, Sacramento 95814

Services provided: Free breast exams and mammograms for income-eligible women over age 40. Also provides gynecological exams for income-eligible women over age 25 and referrals for free treatment services.

Family PACT-----1-800-942-1054
www.dhs.ca.gov/services/medi-cal/pages/familypactmedi-calwaiver.aspx

Services provided: Referrals to free confidential family planning services including short term, long term or permanent birth control, emergency contraception, pregnancy, STD and HIV testing.

Sacramento Covered-----916-808-3838
www.sacramentocovered.org/

Services provided: Sacramento Covered staff is focused on reaching families throughout Sacramento County with children who are eligible for subsidized programs including: Medi-Cal, Healthy Families, Kaiser Permanente's Child Health Plan, Healthy Kids and Access for Infants and Mothers (AIM) Program.

*Citizenship is not required for some programs. *Translators are available.

Medi-Cal
www.dha.web.saccounty.net

Walk-in application sites -----916-874-2072

Automated phone applications & appointments-----916-874-2215

Medi-Cal service center-----916-874-3100

Medi-Cal Geographic Managed Care Plans (GMC's):

Kaiser-----1-800-464-4000

Molina-----1-888-665-4621

Health Net-----1-800-675-6110

Anthem Blue Cross-----1-800-407-4627

Health Insurance—Free and Low Cost

Medical Access Program----- **1-800-433-2611**

www.mcap.dhcs.ca.gov

P.O. Box 15559, Sacramento 95852

Services provided: State program that provides insurance services for pregnant women less than 30 weeks gestation who are not eligible for no-cost Medi-Cal.

Presumptive Eligibility----- **1-888-824-2229**

Services provided: Referral to Dr. office providing immediate, 60 day temporary insurance coverage for prenatal care while waiting for Medi-Cal approval. The pregnant woman **MUST** submit the Medi-Cal application to a Medi-Cal eligibility office even though she was approved for Presumptive Eligibility and is receiving early prenatal care and/or abortion services.

HIV Referrals and Services

Hotlines

California HIV/AIDS, STD & Hepatitis Hotline----- **1-800-367-2437**

www.hivservices.com

HIV Referrals and Services

Medical Care/Case Management for Women with HIV/AIDS

Center for AIDS Research, Education & Service (CARES)----- **916-443-3299**

www.Caresclinic.org

1500 21st St., Sacramento 95811

Services provided: Case Management program including medical & dental care, counseling and other services for people living with HIV/AIDS.

Rx Staffing & Home Care AIDS Project----- **916-485-8200**

www.rxnursing.com

4640 Marconi Ave., Suite 1, Sacramento 95821

Services provided: Medical and psychosocial case management and personal care for symptomatic HIV positive and AIDS clients.

Sunburst Projects----- **916-440-0889**

www.sunburstprojects.org

1025 19th St., Suite 1A, Sacramento 95811, Office Hours: M—TH, 1—4pm

Services provided: Offers support groups, case management and respite child care for HIV positive women and their families.

HIV Referrals and Services

HIV Resources

Wellspace Health-----916-368-3077

<http://www.wellspacehealth.org/index.htm>

8233 E. Stockton Blvd., Suite D, Sacramento 95828

Services provided: Psychiatric services for adolescents with HIV/AIDS. Also provides counseling and therapy for children and adults.

Alternative Test Site-----916-874-7720

Services provided: Free, anonymous HIV testing. *By appointment only.

Planned Parenthood

www.plannedparenthood.org

201 29th St., Suite B, Sacramento 95816-----916-325-1740

1125 10th St., Sacramento 95814-----916-558-1400

5385 Franklin Blvd., Suite A-D, Sacramento 95820-----916-450-2500

5700 Watt Ave., North Highlands 95660-----916-338-8360

Services provided: HIV testing, counseling and referrals.

HIV Referrals and Services

HIV/AIDS Advocacy

Legal Services of Northern California-----916-551-2150

www.visp.org

515 12th St., Sacramento 95814

Services provided: Free legal services to low-income clients.

Sutter Women's & Children's Services (WE CARE Program)-----916-262-9132

1625 Stockton Blvd #112, Sacramento 95816

Services provided: Outreach, referrals & medical case management to women of childbearing age at high risk.

Hospitals	
Dignity Health: Mercy Hospitals	
Mercy General -----916-453-4545 www.mercygeneral.org 4001 J St., Sacramento 95819	
Mercy of Folsom -----916-983-7400 1650 Creekside Dr., Folsom 95630	
Mercy San Juan Medical Center -----916-537-5000 www.mercysanjuan.org 6501 Coyle Ave., Carmichael 95608	
Methodist Hospital of Sacramento -----916-423-3000 7500 Hospital Dr., Sacramento 95823	
Sutter Hospitals	
Sutter Memorial -----916-454-2222 www.sutterhealth.org 2825 Capital Avenue, Sacramento 95816	
Sutter Roseville Medical Center -----916-781-1000 www.sutterhealth.org One Medical Plaza, Roseville, 95661	
Kaiser Hospitals	
Roseville Medical Center -----916-734-2011 www.kp.org 1600 Eureka Rd., Roseville 95661	
Sacramento Medical Center -----916-973-5000 www.kp.org 2025 Morse Ave., Sacramento 95825	
South Sacramento Medical Center -----916-688-2000 www.kp.org 6600 Bruceville Rd., Sacramento 95823	
UC Davis Hospitals	
UC Davis Medical Center 2315 Stockton Blvd., Sacramento 95817 Patient Resource Center-----916-734-2011 New patient number-----1-800-282-3284	

Housing Assistance

Bishop Gallegos Maternity Home-----916-395-9370
www.bgmh.org
 6423 Lang Ave., Sacramento 95823

Central Tenant Selection Office-----916-492-2244
www.shra.org
 701 12th St., Sacramento 95814
Services provided: Low income housing programs including Section 8

Family Promise of Sacramento-----916-443-3107
www.familypromise.org
 1321 North C St., Sacramento 95814
*Services provided: Homeless assistance. *Not an emergency shelter*

Community Housing Opportunities Corporation (CHOC)
www.chochousing.org
 Auberry Park Apts-----916-681-5944
 8120 Power Inn Rd., Sacramento 95827
 Danbury Park Apts-----916-725-7385
 7840 Walerga Rd., Antelope 95843
 Hallmark Apts-----916-363-7060
 2852 Paseo Rio Way, Sacramento 95827
 Holly Court Apts-----916-372-0160
 445 Maple St., West Sacramento 95691
Services provided: Affordable housing for families, seniors, and single people in Sacramento.

WIND Youth Services -----916-369-5447 x207
 24-Hour Line-----1-800-339-7177
www.windyouth.org
 3671 5th Avenue, Sacramento 95817
Services provided: Long-term transitional housing and supportive services for homeless youth. Also provides counseling and short-term emergency shelter for runaways and other at-risk youth. Additional services available.

Tubman Program-----916-601-2979
www.wakingthevillage.org
Services provided: Transitional living community serving young parents and their children.

Francis House-----916-443-2646
www.francishousecenter.org
 1422 C St., Sacramento 95814
Services provided: Client advocacy, counseling, referrals and housing vouchers for families with children.

Lance Apartments-----916-482-6460
 4828 El Camino Ave., Carmichael 95608
Services provided: Affordable housing for low income residents.

Housing Assistance

Lutheran Social Services-----916-453-2900 x209

www.lssnorcal.org

4390 47th Avenue, Sacramento 95824

Services provided: Case management, transitional housing for homeless families, crisis intervention, budgeting education and support services.

Sacramento Area Emergency Housing Center (SAEHC), Family Resource Center-----916-454-2120

www.saehc.org

2925 34th St., Sacramento 95817

Services provided: Shelter and assistance for families, children and individuals in crisis.

St. John's Shelter for Women-----916-453-1482

www.stjohnshelter.org

4410 Power Inn Rd., Sacramento 95826

Services provided: Temporary housing to single women and women with children *Males up to 14 years

Mental Health

Sacramento County MediCal Patients

For individual, group counseling, medication monitoring, and psychiatric consultation, clients contact their GMC health plan:

Anthem Blue Cross -----888-831-2246

Health Net/Managed Health Network -----888-426-0030

Molina Healthcare -----888-426-4621

Kaiser Psychiatric Department:

Sacramento/Roseville -----916-973-5300

South Sacramento -----916-525-6100

Adult Access Team-----916-875-1055

3331 Power Inn Rd., Sacramento 95826

Services provided: Referral service for Medi-Cal patients with mental health issues.

Asian Pacific Community Counseling (APCC)-----916-383-6783

www.Apccounseling.org

7273 14th Ave., Suite 120, Sacramento 95820

Services provided: Mental health services and drug and alcohol prevention counseling to the Asian and Pacific Islander community.

California Youth Crisis Line-----1-800-843-5200

www.youthcrisisline.org

Services provided: Confidential crisis counseling, resource referrals & message center for at-risk youth/families.

Mental Health

WIND Youth Services -----1-800-339-7177

Services provided: Crisis resolution, individual, group & family counseling, support groups and skills-building workshops for youth. Call for additional services.
Call for additional services.

La Familia Counseling Center-----916-452-3601

www.lafamiliacounselingcenter/afcc.org/contact.html

5523 34th St., Sacramento 95820

Languages offered: Spanish, Hmong

County of Sacramento, DHHS, Mental Health Treatment Center (SCMHTC)-----916-732-3637

www.dhhs.saccounty.net/bhs/pages/adult-mental-health-services.aspx

2150 Stockton Blvd., Sacramento 95817

Services provided: 24-hour phone or walk-in crisis intervention and point of entry for evaluation and referral for adult inpatient and outpatient mental health care.

Kaiser-----916-525-6100

www.kp.org

6600 Bruceville Rd., Sacramento 95823

Services provided: "Mood During Pregnancy and Postpartum" classes offered to Kaiser patients.

Mental Health of Northern California's Consumer-Operated Warm Line-----916-366-4668

Services provided: Non-crisis phone line for those living with mental illness. Phone support offers supportive listening, coaching, mentoring and referrals and linkage to community resources catered to their needs. [Www.warmline.org](http://www.warmline.org)

Wellspace Health

www.wellspacehealth.org

3415 Martin Luther King Jr. Blvd., Sacramento 95817-----916-233-4910

8233 E. Stockton Blvd., Suite D, Sacramento 95828-----916-368-3080

Services provided: Professional counseling for families, children, couples and individuals.

*Accepts Medi-Cal and sliding fee scale.

Genesis Mental Health Services – Loaves & Fishes-----916-669-1536

1321 North C St., Sacramento 95811

Services provided: Free individual counseling, group counseling and referrals to homeless adults.

Southeast Asian Assistance Center (SAAC)-----916-421-1036

www.saacenter.org

5625 24th St., Sacramento 95822

Services provided: Mental health program assists Russian, Southeast Asian, and Ukrainian people in obtaining mental health services. Languages offered: Chinese, Hmong, Lao, Mien, Cambodian, Vietnamese, Spanish, Russian, Romanian

Visions Unlimited, Incorporated-----916-394-0800

6833 Stockton Blvd., Suite 485, Sacramento 95818

Services provided: Individual, group, & family counseling.

*Medi-Cal accepted

Serious Mental Health

Sacramento County Adult Access Team -----916-876-1055
 24-Hour line -----888-881-4881
 TTY line -----916-876-8892
 Fax number -----916-875-1190

Services provided: Inpatient/outpatient services for those with serious, persistent psychiatric illness

To refer a client print out the following form: <http://www.dhhs.saccounty.net/BHS/Documents/Provider-Forms/Adult-MH-Forms/Service-Request-Form.pdf> Fill out form and fax to 916-875-1190 for Adults or 916-875-9970 for Children.

Mothers Support Groups

Birth and Beyond

Services provided: Offers support for pregnant women or families with children ages 0-6.

*See page 32 for locations & phone numbers.

Black Infant Health Program County of Sacramento, DHHS-----916-876-5504

www.dhhs.saccounty.net/pub/pages/pub-home.aspx

9616 Micron Avenue, Suite 670, Sacramento 95827

Services provided: Assistance and support services for pregnant and parenting African American women 18 and older and their children. Provides social support, group intervention, enhanced social service case management and health related services including Public Health Nursing services. *Bus vouchers for medical appointments are available.

Teen Success-----916-325-1706

www.plannedparenthood.org/mar-monte/teen-success-program-3482.htm

201 29th St., Suite B, Sacramento 95816

Services provided: Support group for teens to maintain family size and finish high school. There are weekly meetings and the teen receives \$10 for each time she attends and \$100 for every six months of participation. Free on-site child care, snacks, and scholarship opportunities available. There are several locations throughout the Sacramento region, including: Oak Park, Meadowview, Del Paso Heights, Arden/Arcade, Woodland and Yuba City.

Nutrition Resources

Certified California Grown Farmers Markets

Locations: www.california-grown.com

County of Sacramento, Department of Human Assistance (DHA), -----916-874-2072

General Assistance & Food Stamps Program

www.dha.web.saccounty.net

www.benefitscalwin.org

1725 28th St., Sacramento 95816

*For individuals and families with no or low-income.

Nutrition Resources

Sacramento County, DHHS, Women, Infants, Children (WIC) -----916-876-5000

www.dhhs.saccounty.net/pri/wic/pages/women-infant-children/home.aspx

2251 Florin Rd., Suite 100, Sacramento 95822

3415 Martin Luther King Jr. Blvd. Sacramento 95817

10665 Coloma Rd., Suite 400, Rancho Cordova 95670

811 A Grand Ave., Sacramento 95838

9270 Bruceville Rd., Elk Grove 95758

Services provided: Supplemental food vouchers and nutritional counseling to low-income pregnant or breastfeeding mothers. Lactation consultants, breastfeeding support services and breast pumps available.

Community Resource Project WIC (CRP WIC) -----916-326-5830

www.cresource.org

915 Broadway, Sacramento 95818 (Main Office)

5655 Hillsdale Blvd., Suite 1, North Highlands 95842

7690 Greenback Lane, Citrus Heights 95610

602 C Street, Galt 95632

8231 E. Stockton Blvd., Suite B, Sacramento 95828

2143 Hurley Way, Sacramento 95825

8031 Fruitridge Rd., #D, Sacramento 95820

3821 41st Avenue, Sacramento 95820

141 Grace Street, Walnut Grove, 95690

Services provided: Supplemental food vouchers and nutritional counseling to low-income pregnant or breastfeeding mothers. Lactation consultants, breastfeeding support services and breast pumps available.

Parenting Classes/Resources

La Familia Counseling Center -----916-452-3601

5523 34th St., Sacramento 95820

Languages offered: Spanish

Sutter Health, Adolescent Family Life Program (AFLP) -----916-887-4031

1625 Stockton Blvd., Suite 112, Sacramento 95818

Services provided: Parenting classes available to Adolescent Family Life Program clients only, ages 12—17 years.

Chicks in Crisis -----916-441-1243

www.chicksincrisis.org

9455 East Stockton Blvd, Elk Grove 95624

Services provided: Parenting classes, open adoptions, clothes closet, life skills classes.

Center for Community Health & Well-Being | The Birthing Project -----916-558-4812

www.birthingprojectsac.org

1900 T St., Sacramento 95814

Services provided: Parenting and anger management classes available to patients.

Parenting Classes/Resources

Center for Fathers and Families-----916-568-3237
www.centerforfatherandfamilies.com
 920 Del Paso Blvd., Sacramento 95815

Birth & Beyond

**See page 32 for locations and phone numbers*

Relationship Skills Center-----916-504-7710
www.skillscenter.org

Services provided: Parenting classes for couples and single parents

**Meals, play care and transportation costs provided. Must be at least 17 years old and income-eligible.*

Prenatal Referrals

County of Sacramento DHHS-----916-875-2229
www.dhhs.saccounty.net/pri/pages/pri-home.aspx

Toll-Free Pregnancy Line----- 1-888-824-2229

Services provided: Referrals for pregnant women to local prenatal care providers and/or home visitation programs.

Prenatal Care Providers

Comprehensive Perinatal Services Program (CPSP) & Medi-Cal Prenatal Providers: North

North Area

Kaiser-----916-614-4055

www.kp.org

2025 Morse Ave., Sacramento 95825

Planned Parenthood Mar Monte North Highlands-----916-332-5715

www.Plannedparenthood.org

5700 Watt Ave., North Highlands 95660

Wellspace North Highlands Community Health Center-----916-679-3925

www.Plannedparenthood.org

6015 Watt Ave., Suite 2, North Highlands 95660

Carmichael

Anne Marie Adams, MD-----916-961-1742

6444 Coyle Ave., Suite 2 Carmichael 95608

Camellia Women's Health-----916-486-0411

5821 Jameson Ct., Carmichael 95608

New Earth Midwifery Home Birth Service-----916-267-1149

**Certified Nurse Midwife, call for address*

Del Paso Heights

HALO-Sacramento Community Clinic-----916-428-3788

2200 Del Paso Blvd., Sacramento 95815

Wellspace at Del Paso Community Health Center-----916-737-5555

811 Grand Ave., Sacramento 95838

Downtown/Midtown

Peach Tree Health Clinic-----916-558-4800

1900 T St., Sacramento 95814

University of California, Davis Medical Center (UCDMC) | Outpatient Obstetrics/Gynecology Clinic-----916-734-6900

www.ucdmc.ucdavis.edu/obgyn

4860 Y St., Suite 2500, Sacramento 95817

Wellspace Health | Oak Park Clinic-----916-233-4910

<http://www.wellspacehealth.org/index.htm>

3415 Martin Luther King Jr. Blvd., Sacramento 95817

Sutter Sweet Success-----916-733-0909

**Translators available*

Prenatal Care Providers	
Comprehensive Perinatal Services Program (CPSP) & Medi-Cal Prenatal Providers: North	
Rancho Cordova	
Wellspace Health -----916-386-0815 10423 Old Placerville Rd. North, Suite A, Sacramento 95827	
Kaiser Permanente Rancho Cordova -----916-631-3080 www.kp.org 10725 International Dr., Rancho Cordova 95670	
East Sacramento/Arden Area	
Capitol OB/GYN -----916-920-2082 www.capitalobgyn.com 77 Cadillac Dr., Suite 230, Sacramento 95825 <u>Languages offered:</u> <i>Russian, Spanish, Ukrainian</i>	
Fair Oaks	
The Birth Center -----916-344-1860 www.sactobirth.com 5440 Laurel Hills Dr., Sacramento 95841 <u>Services provided:</u> <i>Certified Nurse Midwife; Labor and delivery services.</i>	

Prenatal Care Providers	
Comprehensive Perinatal Services Program (CPSP) & Medi-Cal Prenatal Providers: South	
South Area	
Sacramento Community Clinic -----916-428-3788 5524 Assembly Ct., Sacramento 95823	
Capital OB/GYN -----916-920-2082 8120 Timberlake Way, Suite 201, Sacramento 95823	
Fauod Darwish, MD -----916-423-3084 8120 Timberlake Dr., Suite 208, Sacramento 95823 <u>Languages offered:</u> <i>Arabic, Spanish, Vietnamese</i>	
Wellspace Health South Valley Clinic -----916-368-3077 http://www.wellspacehealth.org/index.htm 8233 E. Stockton Blvd., Suite D, Sacramento 95828	

Prenatal Care Providers

Comprehensive Perinatal Services Program (CPSP) & Medi-Cal Prenatal Providers: South

South Area

Galt Medical Services-----1-209-745-6105

www.lodihealth.org

387 Civic Dr., Galt 95632

2415 W. Vine St., Suite 103, Lodi

Healthcare for Women by Women-----916-689-3433

www.healthcareforwomenmedicalgroup.com

7601 Hospital Dr., Suite 220, Sacramento 95823

Languages offered: Spanish

Kaiser Permanente South-----916-688-2055

www.kp.org

6600 Bruceville Rd., Sacramento 95823

Overton, Katherine, MD-----916-681-4434

7600 Hospital Dr., Suite K, Sacramento 95823

Languages offered: Spanish

Anjali Sharma, MD-----916-681-2660

7501 Hospital Dr., Suite 204, Sacramento 95823

Mark Zhang, MD-----916-399-8833

1740 Fruitridge Rd., Sacramento, 95822

Capital OB/GYN-----916-920-2082

8120 Timberlake Way, Ste 201

Sacramento, CA 95823

WellSpace Health Healthcare for Women-----916-689-3433

7601 Hospital Dr. Ste 220

Sacramento, CA 95823

Elk Grove

Kaiser-----916-478-5300

9201 Big Horn Blvd., Elk Grove 95758

Prenatal/Postpartum Programs

Adolescent Family Life Program /Cal-Learn-----916-262-9141

www.checksutterfirst.org/women/community/ahp.cfm

1625 Stockton Blvd., #112, Sacramento 95818

Services provided: Comprehensive case management services for pregnant or parenting adolescents ages 12-19 years. Also provides medical, educational and legal services and referrals to parenting and child development classes. Eliane Ellers 887-4031 *Bus vouchers for emergency visits also provided.

Black Infant Health Program County of Sacramento, DHHS-----1-888-824-2229

www.dhhs.saccounty.net/pub/pages/pub-home.aspx

9616 Micron Avenue, Suite 670, Sacramento 95827

Services provided: Assistance and support services for pregnant and parenting African American women 18 and older and their children. Provides social support, group intervention, enhanced social service case management and health related services including Public Health Nursing services. *Bus vouchers for medical appointments are available.

Nurse-Family Partnership County of Sacramento, DHHS-----1-888-824-2229

www.dhhs.saccounty.net/pub/pages/pub-home.aspx

9616 Micron Ave., Suite 950, Sacramento 95827

Services provided: Home visitation by a Public Health Nurse for first time mothers. Visits begin in early pregnancy and continue until the first baby is 2 years old. Provides pregnancy and parenting education and assistance with finding transportation for medical appointments. *Participants must enroll in the program no later than 28 weeks gestation.

Birth and Beyond

www.birth-beyond.com/sites/fccp/fccp.htm

La Familia Family Resource Center -----916-452-3601

5523 34th St., Sacramento 95820

Folsom Cordova Family Resource Center-----916-361-8684

10665 Coloma Road, Rancho Cordova 95670

River Oak Family Resource Center -----916-244-5800

4322 4th Ave., Sacramento 95817

North Sacramento Family Resource Center-----916-679-3743

1217 Del Paso Blvd., Sacramento 95815

Valley Hi Family Resource Center-----916-290-8281

7000 Franklin Blvd., Suite 820, Sacramento 95823

Meadowview Family Resource Center-----916-394-6300

2251 Florin Rd., Suite 158, Sacramento 95822

Wellspace Health at North Highlands Family Resource Center-----916-679-3925

6015 Watt Ave., Suite 2, North Highlands 95660

The Firehouse Family Resource Center-----916-927-7694

811 Grand Ave., Suite A-3, Sacramento 95383

Services provided: Free and voluntary parent and family support services

Primary Health Care—Adult

Health for All, Incorporated

www.health-forall.org/cclinics.htm

Las Palmas Community Clinic -----916-924-6703

1281 North Ave., Sacramento 95838

Freeport Clinic -----916-427-0368

2118 Meadowview Rd., Sacramento 95832

V Street Clinic-----916-448-6553

923 V St., Sacramento 95818

Services provided: Primary care, family planning, health education.

Planned Parenthood Mar Monte

www.Plannedparenthood.org

201 29th St., Suite B, Sacramento 95816-----916-446-6921

1125 10th St., Sacramento 95814-----916-444-7966

5385 Franklin Blvd., Suite A-D, Sacramento 95820-----916-452-7305

5700 Watt Ave., North Highlands 95660-----916-332-5715

County of Sacramento, DHHS, Primary Care Center -----916-874-9670

www.dhhs.saccounty.net/pub/pages/pub-home.aspx

4600 Broadway, Sacramento 95820

Services provided: Travel immunizations, X-rays, pharmacy, family planning, adult immunizations, communicable disease testing and treatment and pregnancy testing.

Mercy Clinic at Loaves and Fishes-----916-446-3345

www.dhhs.saccounty.net/pub/pages/pub-home.aspx

1321 North C St., Sacramento 95814

Services provided: Free general medical care for homeless with urgent medical needs and HIV and STD testing.

Wellspace Health-----916-737-5555

<http://www.wellspacehealth.org/index.htm>

Services provided: Multiple locations throughout the Sacramento region. Provides general medical care, family planning, STI and pregnancy tests, immunizations, physical exams, substance abuse treatment and free HIV tests and counseling by appointment.

Primary Health Care—Adult

Community Clinics for Undocumented Residents

Tepati Clinic-----1-530-752-7028

1820 J St | Saturdays, 8am—4pm

Imani Clinic-----916-475-9582

3415 Martin Luther King Blvd. | Saturdays, 8am—1pm

1281 North Ave., Sacramento, CA 95838-----916-833-1112

Saturdays, 9am—12:30pm

Primary Health Care—Adult

Community Clinics for Undocumented Residents

3647 40th Street, Sacramento ----- **916-456-4849**
Saturdays, 12pm—5pm

Substance Treatment Resources

County of Sacramento, DHHS, Alcohol and Drug Division System of Care-----**916-874-9754**

<http://www.dhhs.saccounty.net/BHS/Pages/Alcohol-Drug-Services/Alcohol-and-Drug-Services.aspx>

3321 Power Inn Rd. Suite 120, Sacramento 95826

Services provided: Alcohol and other drug assessment, treatment and referrals.

Drop-In Services: M-F, 8am—11am and 12pm—4pm

Alcoholics Anonymous 24-Hour Line-----**916-454-1100**

www.aa.org

BAART Behavioral Health Services, Inc.-----**916-974-8090**

6127 Fair Oaks Blvd., Carmichael 95608

Services provided: Outpatient substance abuse treatment, detox

County of Sacramento DHHS, Tobacco Education Program-----**916-875-5869**

www.dhhs.saccounty.net/pub/pages/pub-home.aspx

9616 Micron Avenue, Suite 670, Sacramento 95827

Services provided: Quit kits and referrals

Narcotics Anonymous 24-Hour Line-----**1-800-600-4673**

www.norcalna.org

National Council on Alcohol and Drug Dependence NCADD-----**916-924-4818**

www.ncaddsac.org

2134 Hurley Way, Sacramento 95825

Services provided: Outpatient, partial hospitalization, day treatment

Promise House-----**916-452-3073**

www.bridgesinc.net/PromiseHouse

2727 P St., Sacramento 95816

Services provided: Residential long-term treatment

C.O.R.E. Medical Clinic, Inc. -----**916-442-4985**

www.coremedicalclinic.com

2100 Capitol Ave., Sacramento 95816

Services provided: Services provided: Methadone maintenance and buprenorphine maintenance treatment for pregnant individuals, which includes medical lab testing, weekly urinalysis screening, participation in the Pregnancy and Parenting Support Group, and individual medical appointments with Program Physician.

Substance Treatment Resources

California Smokers' Helpline

www.californiasmokershelpline.org

English-----	1-800-662-8887
Korean-----	1-800-556-5564
Chinese-----	1-800-838-8917
Spanish-----	1-800-466-3863
TDD-----	1-800-933-4833
Vietnamese-----	1-800-778-8440
Helpline-----	1-800-844-2439

Wellspace Health | J Street Community Center-----916-325-5556

<http://www.wellspacehealth.org/index.htm>

1820 J St., Sacramento 95811

Services provided: Residential treatment, medically supervised detoxification, individual/group outpatient counseling.

National Center for Substance Abuse Treatment-----1-800-662-4357

www.samhsa.gov/about/csap.aspx

Services provided: The 24-hour help line answers questions about drug use, HIV/AIDS and IV drug use and provides referrals to local support groups and drug treatment.

Panacea Services, Inc.-----916-854-4564

www.panacea.worldbreak.com

Clinic #1: 3353 Bradshaw Rd., Suite #106 Sacramento 95827

Clinic #2: 5437 Palm Ave., Sacramento 95841

Services provided: Community services organization that offers comprehensive youth and family drug and alcohol treatment, anger management counseling and other supportive counseling services throughout Sacramento County.

Sobriety Brings About A Change-----916-454-4242

4600 47th Avenue, Sacramento 95824

Services provided: Outpatient alcohol and drug abuse counseling, including dealing with anger and domestic violence issues. *Languages offered:* Spanish

Strategies for Change

www.Strategiesforechange.org

4330 Auburn Blvd., Suite 2200, Sacramento 95841----- 916-473-5764

4343 Williamsborough Dr., Sacramento 95823-----916-395-3552

Services provided: Alcohol and drug treatment, counseling and support.

Volunteers of America Options for Recovery-----916-929-1951

4875 Broadway, Suite 129, Sacramento 95838

Services provided: Residential short term, residential long term treatment for substance abuse. Provides residential treatment, medically supervised detoxification, individual/group outpatient counseling.

Teen Programs and Services

Adolescent Family Life Program (AFLP)-----916-887-4031

www.checksutterfirst.org/women/community/aflp.cfm

1625 Stockton Blvd., Suite 112, Sacramento 95818

Services provided: Provides case management for all pregnant or parenting teens ages 12-19 years (mother and father), child development education, and parenting classes. *Fathers must have custody of child to partake in medical, educational, and legal services.

Cal-Learn Program-----916-887-4031

1625 Stockton Blvd., Suite 112, Sacramento 95818

Services provided: Services for pregnant or parenting adolescents under 19 years without a high school diploma.

Diogenes Youth Services 24-Hour Line-----1-800-339-7177

www.Diogenesyouthservices.org

9719 Lincoln Village Dr., Suite 500 Sacramento 95827

Services provided: Services for runaway, homeless, abandoned, abused and neglected youth including: crisis resolution, counseling, support groups, health education, emergency shelter and transitional housing.

Panacea Services Inc.-----916-854-4564

www.panacea.worldbreak.com

Services provided: Comprehensive youth and family drug and alcohol treatment, anger management services, and other counseling services.

Elk Grove Unified School District

www.egusdk12.ca.us

Valley High School-----916-686-7717

6300 Ehrhardt Ave., Sacramento 95823

Daylor High School-----916-427-5428

6131 Orange Ave., Sacramento 95823

Services provided: Cal-Safe programs and support for parenting teens.

Walnutwood High School Adolescent Parent Program-----916-638-2598

10848 Gadsten Way, Rancho Cordova 95670

Services provided: Childcare

National Runaway Switchboard 24-Hour Line-----1-800-786-2929

Services provided: Crisis intervention, counseling and a confidential message center for kids and adults.

Hiram Johnson Family Education Center-----916-277-6767

www.hiramjohnson.net

3535 65th Ave., Sacramento 95820

Services provided: Alternative schools for pregnant/parenting teens under 18. *Call for locations.

Teen Programs and Services

San Juan Unified School District Office-----916-971-7015
7200 Fair Oaks Blvd., Suite 101, Carmichael 95608

Services provided: Support to parenting or pregnant students including on-site childcare, and Lamaze classes

Strategies for Change

www.strategiesforchange.org

4330 Auburn Blvd., Suite 2200, Sacramento 95841-----916-473-5764

4343 Williamsborough Dr., Sacramento 95823 -----916-395-3552

Services provided: Substance abuse treatment, support and referral services, and food and outreach services.

Wind Youth Services | Wind Youth Center-----916-561-4900

www.Windyouth.org

1722 J Street, 3rd Floor Sacramento 95811

Services provided: Hot meals, showers, laundry facilities, emergency clothing, and emergency shelter for homeless or at-risk youth.

Translation Services

All Global Solutions-----561-889-6488

www.allgsi.com

P.O. Box 3634, Lantana, FL 33465

Languages offered: Many languages

Asian Resources-----916-454-1892

5709 Stockton Blvd., Sacramento 95824

Languages offered: Chinese, Lao, Russian, Spanish, Vietnamese

Carmazzi-----916-714-7848

8692 Beckington Dr., Elk Grove 95624

Languages offered: Many languages

Language World-----916-473-0100

www.languageworldservices.com

7220 Fair Oaks Blvd., Suite D, Carmichael 95608

Languages offered: Many languages

South Count Services-----209-745-9176

www.southcountservices.org

539 N. Lincoln Way, Galt 95632

Languages offered: Spanish

Transportation

Anthem Blue Cross/Medi-Cal-----1-800-407-4627

Services provided: Bus voucher provided to pregnant women with Blue Cross/Medi-Cal for medical appointments
**Must give 7 days advance notice.*

Paratransit-----916-429-2744

www.paratransit.org

Services provided: Provides transportation services within Sacramento County for disabled.
**Call for schedules, requests and fee information.*

Regional Transit-----916-321-2877

www.sacrt.com

1400 29th St., Sacramento 95816

Services provided: Bus and Light Rail information

Health Net-----1-866-779-5165

**24-Hour notice, Medi-cal # and Health Net # required*

Utility Payment Assistance

Community Resources Project-----916-567-5200

www.cresources.org

250 Harris Avenue, Suite 6, Sacramento 95838

Services provided: Home Energy Assistance Program and weatherization assistance based on income eligibility.

Salvation Army-----916-443-1088

www.salvationarmy.org

1200 North B Street, Sacramento, CA 95814

Services provided: Utility assistance, rental assistance and food boxes.

Vision Care

Anthem Blue Cross Medi-Cal Vision Service Plan-----1-800-877-7195
www.Anthem.com

Molina Medi-Cal-----1-800-526-8196
Services provided: Customer Service Care Provider through Premier Vision Service.

Additional Resources

211 Sacramento-----Dial 2-1-1
www.211sacramento.org

Services provided: Referrals to over 2,400 community services in Sacramento.

Community Services Directory, Sacramento, California----- 916-447-7063
 909 12th St., Suite 200, Sacramento 95814

County of Sacramento Perinatal Toll Free Line-----1-888-824-2229
Services provided: Perinatal resources and referrals.

Infoline Sacramento----- 916-498-1000
Services provided: Information and resources over the phone.

Warmline Family Resource Center-----916-455-9500
www.warmlinefrc.org
 151 N. Sunrise Ave., Suite 1307, Roseville 95677
 2025 Hurley Way, Suite 100 Sacramento 95815
 907 3rd St., Davis 95616
Services provided: Resources and support to families of children with special needs

Primary Care Center----- 916-874-9670
www.dhhs.saccounty.net/pri/pages/pri-home.aspx
 4600 Broadway, Suite 1100, Sacramento 95820
CMISP Eligibility----- 916-874-9238
**Adults only - 21 to 65 years of age without dependants*



**DEPARTMENT OF HEALTH
AND HUMAN SERVICES**
Division of Public Health

Sherri Z. Heller, Director

County Health Officer
Olivia Kasirye, M.D.

www.scph.com

County of Sacramento
Board of Supervisors

Phil Serna, District 1
Patrick Kennedy, District 2
Susan Peters, District 3
Sue Frost, District 4
Don Nottoli, District 5

Nav Gill, County Executive

www.sacounty.net

Updated January 2017

For corrections or updates contact
Jacalyn Washington-Ansley, Sr. PHN
Comprehensive Perinatal Services Program
Washington-AnsleyJ@SacCounty.net