



2020 - 2021

Natomas Unified School District Community Resource Guide



Organized by:
Natomas Unified School District

Nothing is more important than the health, safety and well-being of your student. Natomas Unified has developed this Community Resource Guide to provide families with the names and phone numbers of resources, within NUSD and the Sacramento community, that can provide intervention, support and assistance in times of crisis or need.

Through Natomas Unified’s website, www.natomasunified.org, families can request numerous services for students who need social-emotional, mental health or other assistance but are not in an emergency situation requiring immediate law enforcement intervention, which is available by calling 9-1-1. Services accessible through NUSD include:

- Suicide Prevention Hotline, 1-800-273-8255
- Teen Line, open evenings from 6-10 pm, 1-800-852-8336
- Referral for Social-Emotional Support or Mental Health Services
- Report Bullying

The following pages list dozens of resources provided to Sacramento families by local nonprofit groups, government agencies and service organizations.

Every effort is made to include appropriate resources on a wide range of topics. Some services are free, some are based on income or eligibility and others may have a set fee. If you find that a service is no longer available, or that the phone number has changed, please contact the Office of the Chief Academic Officer at 916-567-5828, so that revisions can be made for the next publication of this Guide.

Frequently Used Numbers

Name/Resource

Phone Number

Please Note: *The resources provided in this guide are referrals only. They are not recommendations.*

TABLE OF CONTENTS:

Emergency Phone Numbers	Page 3
Non-Emergency Phone Numbers	Page 4
Food Resources	Page 5
Low Income Housing	Page 6
Emergency Housing / Shelters	Page 7
Health Clinics	Page 8, 9, 10
Counseling / Support / Therapy	Page 10, 11
Legal Aid /Clinics	Page 12
Preschools	Page 13
Subsidized Child Care	Page 14
Mentoring Programs	Page 15
Libraries	Page 16

EMERGENCY PHONE NUMBERS:

Emergency (Police, Sheriff, Fire, Ambulance)

Sacramento Police	911
Sacramento County Sheriff's Department	916-732-3637
Adult Protective Services	916-874-5111
Child Abuse Bureau (Sacramento County Sheriff)	916-874-9377
Child Find Hotline	916-874-5191
Child Protective Services (CPS)	800-IAMLOST (426-5678)
County Mental Health Crisis Line (24 hours)	916-875-KIDS (5437)
National Runaway Switchboard	916-732-3637
Parent Support Line (Crisis)	800-RUNAWAY (786-2929)
Poison Control Center	888-281-3000
Pregnancy Hotline	800-222-1222
Sacramento Crisis Nursery (North)	916-451-2273
Sacramento Crisis Nursery (South)	916-679-3600
Speech to Speech (Assistive Communication Service)	916-394-2000
Suicide Prevention Crisis Line	711
Safely Surrendered Baby Information Line	916-368-3111
Youth Crisis Hotline	877-222-9723
WEAVE Hotline (Domestic Abuse)	800-843-5200
Wind Youth Services (Emergency Youth Shelter)	916-920-2952
	800-339-7177

NON-EMERGENCY PHONE NUMBERS:

InfoLine Sacramento	916-498-1000 (211)
Alcoholics Anonymous	916-454-1771
Al-Anon Information Service	916-334-2970
Caltrans: Highway/Road Conditions	800-427-7623
California Highway Patrol	916-861-1300
California Smokers' Helpline	800-NOBUTTS (662-8887)
Child Abuse Prevention Council	916-244-1900
County Public Works: Sandbags	916-875-7246
Diogenes Youth Services	916-369-5447
Help Me Grow Sacramento County	916-822-8744
Nar-Anon Information Service (Family of Substance Abuser)	800-477-6291
Narcotics Anonymous	877-623-6363
Power Failure: PG&E (24 hour hotline)	800-743-5000
Power Failure: SMUD	888-456-7683
Sacramento Sheriff Non-Emergency	916-874-5115
Sacramento City Fire	916-808-1300
Sacramento County Public Health Department	916-875-5881
Sheriff Community Service Center	916-876-5700
Victim/Witness Center	916-874-5701
WEAVE (Local Agency)	916-448-2321
Wind Youth Services (Drop-In Center)	916-561-4900

FOOD RESOURCES:

Links	Contact Info	Description
<p>Mexican Consulate: Ventanilla De Salud - Produce For All http://www.sacramentofoodbank.org/food-access 2093 Arena Boulevard Sacramento, CA 95834</p>	<p>(916) 456-1980</p>	<p>Distribution items for the Produce For All program are fresh fruits and vegetables. Clients receive 15-35 pounds of fresh produce per recipient. Food demonstrations, recipe cards, and nutrition information may be available during distribution. Clients are not limited to the frequency that they can go to these food distributions in a month. CalFresh application assistance and educational resources will be available during Produce for All distributions.</p> <p>Produce for All - Food Distribution: 1st Monday 10 - 11:30 am; Food Resource Specialist: Monday through Thursday 9 am - 1 pm; Receptionist: Monday through Thursday 8 am - 4 pm, Friday 8 am - 3:30 pm</p>
<p>Joey's Food Locker - Natomas Unified School District http://www.natomasunified.org/ Located @ Natomas High School, 3301 Fong Ranch Rd. (Near the B. Teri Burns Health Clinic and Tennis Courts) Sacramento, CA 95834</p>	<p>Joel Schwieger (530) 312-9799 jschwieger@natomasunified.org</p>	<p>Joey's Food Locker offers free food and a clothes closet to all Natomas Residents.</p> <p>Food Giveaway- Every 3rd Friday of the month 4-5:30 pm</p> <ul style="list-style-type: none"> Starting September of 2018 - Every 3rd and 4th Friday of the month 4-5:30 pm
<p>Peach Tree North Sacramento - Produce for All http://www.sacramentofoodbank.org/food-access 3810 Rosin Court Sacramento, CA 95834</p>	<p>(916) 456-1980</p>	<p>Program At Site Hours: Produce for All - Food Distribution: 1st Wednesday 2 - 3 pm; Food Resource Specialist: Monday through Thursday 9 am - 1 pm; Receptionist: Monday through Thursday 8 am - 4 pm, Friday 8 am - 3:30 pm</p>

LOW INCOME HOUSING:

Links	Contact Info	Description
<p>Mercy Housing California http://www.mercyhousing.org/</p>	<p>(916) 414-4400</p>	<p>As one of the largest and most experienced nonprofit affordable housing providers in the country, Mercy Housing has the ability to handle every aspect of affordable real estate development including project financing, community outreach and planning, construction management, property management and asset management. We are one of only a few national organizations that provide affordable housing for all low- and moderate-income populations. We serve families, seniors, and people with special needs with the full spectrum of affordable housing, including supportive housing for the formerly homeless, transitional housing, permanent rental, and affordable homeownership opportunities.</p>
<p>Affordable Housing - Eskaton http://www.eskaton.org/</p>	<p>(916) 920-3282</p>	<p>Independent, affordable apartment living for older adults with limited incomes. Rental assistance is offered through the U.S. Department of Housing and Urban Development (HUD) and other public agencies at most locations. Other subsidies and below market rate units are also available.</p>
<p>Sacramento Housing and Redevelopment Agency - Affordable Housing Options Program http://www.shra.org/Housing/PublicHousingProgram/HowtoApply.aspx</p>	<p>(916) 440-1390</p>	<p>SHRA manages the Public Housing program on behalf of the City and County. Assists over 12,000 families by providing over 3,000 affordable housing units, which are rented out to eligible tenants at affordable rates. These housing units consist of a variety of apartments, duplexes and single family homes. Applications for public housing are being accepted for selected sites and bedroom sizes. The availability of specific sites and bedroom sizes is subject to periodic changes based on demand. Eligible applicants are placed on a waiting list and will be contacted when a housing unit for which they are eligible becomes available. Other requirements such as a criminal background check and landlord reference check must be completed prior to admission into the program.</p>

EMERGENCY HOUSING/SHELTERS:

Links	Contact Info	Description
<p>Residential Family Shelter - Volunteers of America http://www.voa-ncmn.org/greater-sacramento-services</p>	<p>Weekly intake is on Mondays at 8pm. Individuals who physically show up at 1400 North A Street, building B, Sacramento at that time and have all of the qualifications in hand (identification and TB test) will be given any available beds that night or be placed on a priority list for that week.</p>	<p>Volunteers of America's Men's Shelter provides up to 90 days of services for up to 80 residents. Services include shelter, meals, transportation, personal-need items, housing and employment services, in addition to life-skills and anger management classes. The Men's Shelter can serve as the entry point to additional services, such as transitional housing, employment services and more.</p>
<p>WEAVE https://www.weaveinc.org/</p>	<p>(916) 920-2952 (24-hour line)</p>	<p>Temporary shelter for victims of domestic abuse and their children. Provides a safe place to stay, food, clothing, emergency transportation, and social service advocacy. Phone 24-hour hotline for help.</p>
<p>Program: My Sister's House http://www.my-sisters-house.org/</p>	<p>(916) 428-3271 (24-hour helpline)</p>	<p>As the only shelter that specifically serves the needs of the highly diverse Asian and Pacific Islander population in the Central Valley region, the emergency Safe Haven at My Sister's House is a much needed place for Asian and Pacific Islander women and children fleeing domestic violence and human trafficking. The shelter provides a safe, comfortable and culturally-appropriate environment for its residents. Clients can stay at the shelter for up to 90 days and are provided with basic food and supplies, case management and support. Additionally, My Sister's House operates a 6-bed transitional house and recently opened a 6-bed shelter for victims of human trafficking focused upon massage parlor and brothel victims.</p>
<p>Salvation Army Shelter https://sacramento.salvationarmy.org/sacramento_metro/center-of-hope-shelter/</p>	<p>(916) 442-0331</p>	<p>Services include shelter, food and other services for homeless men and women (18-over). Telephone or walk-in. Monday-Friday 8 am to 1 pm. TB card required.</p>

HEALTH CLINICS:

Links	Contact Info	Description
<p>B. Teri Burns Clinic https://natomasunified.org/b-teri-burns-health-clinic-newly-reopened-with-wide-variety-of-health-care-services/ 3301 Fong Ranch Rd. Sacramento, CA 95834</p>	<p>(916) 642-1867 x4351</p>	<p>We provide the following services:</p> <ul style="list-style-type: none"> ● Adult and Adolescent Physical (Sports, Annual, DMV, Work) ● Child Health and Disability Prevention (CHDP) ● Vaccines/Immunizations ● Flu Shots ● Diabetic Management ● General Medical Care ● Family Medical Care ● Preventive Care ● Specialist Referral Services
<p>Program: Medical Care - WellSpace Health http://www.wellspacehealth.org/medical_care.htm 4150 Truxel Road Sacramento, CA 95834</p>	<p>(916) 515-1698</p>	<p>Services Offered:</p> <ul style="list-style-type: none"> ● Women's Health & OB/GYN ● Prenatal Care (pregnancy-related) <ul style="list-style-type: none"> ❖ Monday 9 am–12 pm ❖ Monday 1 pm–3:30 pm ❖ Tuesday 9 am–12 pm ❖ Tuesday 1 pm–5:30 pm ❖ Wednesday 9 am–12 pm ❖ Wednesday 1 pm–3:30 pm ❖ Thursday 9 am–12 pm ❖ Thursday 1 pm–4 pm ❖ Friday 8:30 am–12 pm ❖ Friday 1:30 pm–3:30 pm
<p>Program: Peach Tree Health http://www.pickpeach.org/ 3810 Rosin Court, Suite 100 Sacramento, CA 95834</p>	<p>(916) 779-7656</p>	<p>Welcome to Peach Tree North Sacramento! We are here to provide care for children and adults of all ages. We offer personalized service and educational information to help support your health decisions. We want to make sure you and your family stays healthy.</p>

HEALTH CLINICS:

Links	Contact Info	Description
<p>Program: Peach Tree Health (cont.)</p>		<p>Services Offered:</p> <ul style="list-style-type: none"> ● Diabetes ● DMV / Sports Physicals ● Private: Hepatitis C Treatment ● Pediatrics ● Family Medicine ● Optometry ● Non-Surgery Orthopedics <p>Languages Spoken English, Spanish, Punjabi, Hindi</p> <p>Monday - Friday</p> <ul style="list-style-type: none"> ● 8am - 5pm
<p>Program: Golden Shore Medical Clinic http://www.molinahealthcare.com/ 3946 Norwood Ave Sacramento, CA 95838</p>	<p>Office: (916) 564-0521 Fax: (877) 860-2907 Call us today to make an appointment!</p>	<p>Services Offered:</p> <ul style="list-style-type: none"> ● Primary Care ● Pediatrics <p>Languages Spoken English, Spanish</p> <p>Monday to Friday</p> <ul style="list-style-type: none"> ● 8:30 am - 5:30 pm
<p>Del Paso Heights Medical Center - Elica Health http://www.elicahealth.org/ 1281 North Avenue Sacramento, CA 95838</p>	<p>To schedule an appointment at any of our clinics, please phone (855) 354-2242. For after hours care, please call (888) 831-6032</p>	<p>Elica North Avenue Monday to Thursday (Open)</p> <ul style="list-style-type: none"> ● 9 am - 12 pm & 1 pm - 5:30 pm

HEALTH CLINICS:

Links	Contact Info	Description
<p>Program: Dental - Sacramento Community Clinics - HALO http://www.halocares.org/ 2138 Del Paso Blvd Sacramento, CA 95815</p> <hr/> <p>Program: Dental Services - Sacramento Native American Health Center http://www.snahc.org/dental 2020 J Street Sacramento, CA 95811</p>	<p>Dental Phone: (916) 642-1890 Fax: (888) 428-9931</p> <hr/> <p>(916) 341-0575 Fax: (916) 498-9040 Email: info@snahc.org</p>	<p>Dental Care - Health and Life Organization, Inc.</p> <hr/> <p>Monday – Saturday, 7:30 am – 5 pm Same-Day Appointments Available</p>

COUNSELING SUPPORT/THERAPY:

Links	Contact Info	Description
<p>Agency: El Hogar Community Services http://www.elhogarinc.org/ 3870 Rosin Court, Suite 130 Sacramento, CA 95834</p>	<p>(916) 441-0226</p>	<p>Operates outpatient mental health and prevention programs utilizing the Psychosocial Rehabilitation Model serving adults in Sacramento who are facing challenges with mental health and/or substance abuse problems.</p>

COUNSELING SUPPORT/THERAPY:

Links	Contact Info	Description
<p>Mental Health Access Team http://www.dhs.sacounty.net/BHS/Documents/Provider-Forms/Brochures/BR-Access-Team-Brochure.pdf</p>	<p>(916) 875-1055 or toll free (888) 881-4881</p>	<p>Simply call the Mental Health Access Team to request services and an over-the-phone assessment in order to be referred to an appropriate mental health service provider (click here for a list of our Mental Health Medi-Cal Service Providers, Prevention & Early Intervention Service Providers, and Crisis Respite Service Providers).</p>
<p>Program: Mental Health Services - WellSpace Health https://www.wellspacehealth.org 631 H Street Sacramento, CA 95814</p>	<p>(916) 313-8433 Adults (916) 679-3925 ext 5 Children</p>	<p>A broad spectrum of mental health services including psychiatric evaluation, medication management, and professional counseling for couples, individuals, families, children and adolescents.</p>
<p>Program: Sacramento Chinese Community Service Center http://www.sccsc.org/ 420 I Street, Suite 5 Sacramento, CA 95814</p>	<p>(916) 442-4228</p>	<p>Educational, vocational, human services, and health programs in the greater Sacramento area for Asians, new immigrants, refugees, and welfare recipients. Bilingual translation and referral services. Employment training and on-the-job training for limited-English speaking low-income adults and youth. Youth mentoring, and gang prevention for at-risk youth. Friends for the Future: mentoring program for at-risk youth. Senior Companion Program: companionship for at-risk elderly or developmentally disabled people. Community Services: Chinese Brush Painting and Tai-Chi. Tobacco education and outreach programs.</p>
<p>Mental Health Crisis Center Suicide Prevention Crisis Line</p>	<p>(916) 732-3637 (916) 368-3111</p>	<p>Sacramento/National Alliance on Mental Illness Sacramento Crisis Phone Number</p>

LEGAL AID/CLINICS:

Links	Contact Info	Description
<p>Better Business Bureau https://www.bbb.org/en/us/ca/west-sacramento/categories 3075 Beacon Blvd. West Sacramento, CA 95691</p>	<p>(916) 443-6843</p>	<p>Provides information on business practices of firms; offers complaint services for consumers and third party help in disputes. There is no fee.</p>
<p>Family Law/Self Help Center Superior Court of California https://www.saccourt.ca.gov/family/self-help-center.aspx 3341 Power Inn Road Sacramento, CA 95826</p>	<p>(916) 875-3400</p>	<p>Free legal help for low-income persons who need assistance in the following areas: child support, divorce, child custody, visitation, paternity. Workshops and clinics are offered in the area of family law and probate.</p>
<p>Pacific McGeorge School of Law http://www.mcgeorge.edu/ 3200 5th Ave Sacramento, CA 95817</p>	<p>(916) 739-7191</p>	<p>Provides legal services to low-income people. Assistance in landlord/tenant issues, bankruptcy, immigration and senior issues. Apply by telephone.</p>
<p>Victim-Witness Assistance Program http://www.saccounty.net/services/Pages/Victim-Witness-Assistance-District-Attorney.aspx 901 G Street Sacramento, CA 95814</p>	<p>(916) 874-5701</p>	<p>Assistance in filing a claim, provides crisis counseling. Assists the victims of a crime find emotional, physical and financial recovery.</p>

PRESCHOOLS:

Links	Contact Info	Description
<p>Natomas School Readiness Program schoolreadiness@natomasunified.org</p> <p>American Lakes School 2800 Stonecreek Drive, 95833</p> <p>Jefferson School 2001 Pebblewood Drive, 95833</p> <p>Natomas Park Elementary 4700 Crest Park, 95835</p> <p>H. Allen Hight 3200 North Park Drive, 95835</p> <p>Two Rivers Elementary 3201 W. River Drive, 95833</p> <p>Witter Ranch Elementary 3790 Poppy Hill Way, 95834</p>	<p>(916) 567-5516</p> <p>(916) 567-5500</p> <p>(916) 567-5580</p> <p>(916) 928-5234</p> <p>(916) 567-5700</p> <p>(916) 567-5520</p> <p>(916) 567-5620</p>	<p>Free half- day (3hr) School Readiness preschool program led by credentialed teachers. NUSD School Readiness preschools provide developmentally appropriate experiences with foundational academic and social-emotional skills to prepare students for school success. This program runs from August-May, same calendar as our schools. Enrollment priority given to:</p> <ul style="list-style-type: none"> ● Students living in the Natomas Unified attendance areas ● Students who meet the income qualifications for state preschool ● Student who will be 4 on or before December 2nd
<p>Help Me Grow https://www.helpmegrowsac.org/ Sacramento County</p>	<p>(916) 822-8744</p>	<p>Help Me Grow Sacramento County can help answer questions about how your child age 0-5, is Growing, Learning, Behaving or Speaking.</p>

SUBSIDIZED CHILD CARE:

Links	Contact Info	Description
<p>Child Development Center (CDC) https://www.cdiedc.org/locations/bannon-creek-cdc/ Bannon Creek 2775 Millcreek Drive, 95833 Headstart</p>	<p>(916) 563-5004 (916) 923-2184</p>	<p>To improve the lives of low-income children by providing comprehensive child development services that are family focused, including education, health, nutrition, and mental health. Our mission is accomplished by involving parents in the total operation and administration of the program supporting the growth of children, families, and staff through encouragement, nurturing, and empowerment.</p>
<p>Jefferson - Beanstalk http://www.beanstalk.ws/ 2001 Pebblewood Drive, 95833</p>	<p>(916) 920-8188</p>	<p>Beanstalk center-based programs are designed to meet the developmental needs of children. Programs provide experiences that support and enrich children's thinking, language, social/emotional, physical, and creative abilities.</p>
<p>Natomas Park- Beanstalk http://www.beanstalk.ws/ 4700 Crest Park, 95835</p>	<p>(916) 419-8331</p>	<p>Beanstalk center-based programs are designed to meet the developmental needs of children. Programs provide experiences that support and enrich children's thinking, language, social/emotional, physical, and creative abilities.</p>
<p>Child Action, Inc. https://wp.childaction.org/</p>	<p>(916) 369-0191</p>	<p>Child Action, Inc. is a private, non-profit corporation created in 1976 to provide for the education and social welfare of children and families by organizing, sponsoring and administering services to children.</p>

MENTORING PROGRAMS:

Links	Contact Info	Description
<p>Roberts Family Development Center https://www.robertsfdc.org/</p>	<p>(916) 646-6631</p>	<p>Our services are focused on serving low-income families who struggle to secure quality care and academic support for their children</p>
<p>Program: People Reaching Out http://www.peoplereachingout.org/ 5299 Auburn Blvd Sacramento, CA 95841</p>	<p>(916) 576-3300</p>	<p>Community-based, nonprofit education, support and referral agency serving youth and families of the greater Sacramento area.</p>
<p>Program: Big Brothers/Big Sisters info@bbbs-sac.org 800 Howe Ave, Suite 440 Sacramento, CA</p>	<p>(916) 646-9300</p>	<p>Since 1964, Big Brothers Big Sisters has been changing the lives of children in the Greater Sacramento region by matching them with caring adult mentors to guide them on a path to success.</p>

LIBRARIES:

Links	Contact Info	Description
<p>South Natomas Library http://www.saclibrary.org/Locations/South-Natomas 2901 Truxel Rd Sacramento, CA 95833</p>	<p>(916) 264-2920</p>	<p>The children’s wing at the South Natomas Library was remodeled in October 2012 and features a large seating area and floor space for babies and toddlers, as well as children’s computers, early learning iPads, and lots of books.</p> <p>For homework help, visit the Homework Zone, where drop-in homework help for school-aged and high school children is available on certain days of the week.</p>
<p>North Natomas Library http://www.saclibrary.org/Locations/North-Natomas 4660 Via Ingoglia Sacramento, CA 95835</p>	<p>(916) 264-2920</p>	<p>The North Natomas Library is a joint-use facility serving the community as well as the students and faculty of Inderkum High School and the Natomas Center of American River College. The library also features a Friends bookstore run by the Friends of the North Natomas Library, which raises funds for events, programs, supplies, and materials.</p> <p>For homework help, visit the Homework Zone, where drop-in homework help for school-aged and high school children is available on certain days of the week.</p>