



**WASHINGTON UNIFIED SCHOOL DISTRICT
FAMILY RESOURCE GUIDE
2018—2019**

The Family Resource Guide is designed to connect families of our school community with resources that help in times of need. The Guide is made possible through the Washington Unified School District. There are many additional services located throughout Yolo County and the surrounding areas that residents may want to turn to for help. Please call 211 for more options.

Before making your phone call for a particular service, you may want to write down:

WHO do you want to talk to?

WHAT information do you want to know, or

WHY do you need this service

REMEMBER if this particular service is unable to assist you, can they make a referral to someone who can?

Some programs in this Guide may have limited their services due to budget cuts.

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

Frequently Used Numbers

Name

Phone Number

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Emergency Phone Numbers

Police, Sheriff, Fire, Ambulance.....	911
Adult Protective Services	888-675-1115
Child Welfare Services	530-669-2345 or 888-400-0222
Child Find Hotline	800-IAMLOST (426-5678)
County Mental Health Crisis Line (24 hour)	888-965-6647
Crisis Nursery (Help for Parents/Families in Crisis)	530-758-6680
National Runaway Switchboard 800-RUNAWAY	786-2929
Poison Control Center	800-222-1222
Pregnancy Hotline	916-451-2273
Safely Surrendered Baby Info Line	877-222-9723
Speech to Speech (Assistive Communication Service)	711
Suicide Prevention Crisis Line	530-756-5000
WEAVE Hotline (Domestic abuse)	866-920-2952
Well Space - Parent Support Line (Crisis)	888-281-3000
Wind Youth Services (Teenagers)	800-339-7177
Youth Crisis Hotline	800-843-5200
InfoLine Sacramento.....	530-686-8080
Alcoholics Anonymous West Sacramento.....	916-454-1100
Al-Anon / Alateen (Family/friend of alcoholic) Info Line	530-376-0159
California Smokers' Helpline Want to Quit Smoking?	800-NOBUTTS (662-8887)
Child Abuse Prevention Council.....	244-1900
Nar-Anon (Family/friend of substance abuser) Info Line	800-477-6291 (nar-anon.org)
Narcotics Anonymous	877-623-6363
Yolo County Sheriff Department (non emergency).....	530-666-8282
140 Tony Diaz Drive Woodland, CA 95776	
Victim / Witness Center.....	530-666-8187
WEAVE (Domestic Violence).....	916-448-2321
Wind Youth Services	916-3695447
Yolo 211	

Food Resources

Cal-Fresh

500-A Jefferson
West Sacramento, CA
Text GRAPE to 888777
855-278-1594

Friendship Park

1351 North C St.
Sacramento
916-443-7378
Free breakfast 7am-8:30 am Monday-Friday.

Loaves & Fishes Dining Room

1321 North C St.
Sacramento
916-446-0874 Lunch is served 7 days a week,
11:30 am- 12:30 pm

River City Food Bank

1800 28th St.
Sacramento
916-446-2627
A three-day supply of emergency food, offered once a month. This includes baby food and formula, if needed. ID required.
Monday—Friday
11:30 am - 3 pm

Sacramento Food Bank & Family Services

3308 Third Ave.
Sacramento 95817
916-456-1980
Call for hours & locations
Provides 3 to 5 days of take home groceries.
Must provide photo ID & proof of address.

Mercy Coalition

3605 Gregory Ave
West Sacramento, Ca
(916) 371-7606
Free lunches every M-F 11am -12pm at 500 Jefferson Ave.

Yolo County Food Bank

1244 Fontina Ave
Woodland, CA 95776
530-668-0690

YCCA

637 Todhunter
Portable 21B
West Sacramento, CA
Can help with CalFresh enrollment, Medi-Cal enrollment and clothing resources
(916) NEED TELEPHONE NUMBER

1st Southern Baptist Church

NEED NFO

Shores of Hope

NEED INFO

Welfare Office

NEED INFO

**Yolo 211 website call for additional resources

Clothing Resources

Holy Cross St. Vincent De Paul

2275 Watt Avenue

Sacramento, California 95825

(Watt Avenue and Butano Drive)

1321 Anna Street, West Sacramento, CA 95695

(916) 371-1211 OR (916) 972-1212

Goodwill

3607 West Capitol

West Sacramento

(916) 375-0697

Salvation Army

315 16th St.

Sacramento, CA

(916)448-0890

Weave Second Hand Store

clothing for jobs

1900 K. Street, Sacramento (downtown)

2401 Arden Way, Sacramento, CA

(916) 448-2321 Or (916) 643-4606

Family Thrift and Boutique

1600 Sacramento Ave

West Sacramento, CA

(916) 370-8501

Housing Resources

Affordable Rental Housing in West Sacramento

Bryte Gardens	815 Bryte Ave	(916) 520-6373
Capital Place	850 Sacramento Ave	(916) 372-5450
Courtyard Village	3429 Evergreen Circle	(916) 371-4515
Cummins Row	685 Lighthouse Dr.	(916) 375-1828
East Yolo Manor	500 6th St.	(916) 371-1008
Eskaton Wilson Manor	2140 Evergreen Ave	(916) 371-2060
Evergreen Apt	2139-2145 Evergreen Ave	(916) 372-4866
Holly Courts	455 Maple St.	(916) 515-1800
Hunter's Pointe	900 Todhunter Ave	(916) 375-1977
Las Casitas	685 Lighthouse Dr.	(916) 371-0582
Margaret McDowell Manor	1525 Merkley Ave	(916) 371-7788
Metro Place	4th and B St.	(877) 603-9696
Monticello Apts	2150 Valley Oak Lane	(916) 617-2951
Parkside at Sycamore	2119 West Capitol Ave	(888) 233-0081
Patios de Castillo	200 and 500 4th St.	(916) 375-1828
Rivermark	959 Bridge St.	(916) 873-8620
Rivers Senior Apts	750 Dorothy Adamo Lane	(888) 655-0466
Riverside Apts	289 3rd St.	(916) 913-9722
River Rose Apts	219 6th St, 220 5th St, 511 B St	(916) 375-1828
Riverbend Manor	664 Cummings Ave	(916) 371-0582
Savannah Apts	3401 Savannah Lane	(916) 371-4331
Washington Courtyard	500 7th St.	(916) 375-1828
West Gateway Place	825 Tower Bridge Gateway	(916) 561-0323
Westwood Vistas	731 F St.	(916) 375-1090

Low Income Housing and Housing Support Programs

Community Housing Opportunities Corporation (CHOC)

(707) 759-6043

Affordable housing units in Yolo County, but not West Sacramento

Mercy Housing

(916) 414-4400

mercyhousing.org/california

Low-income housing, resident services - locations in Sacramento County

Mutual Housing California

(916) 453-8400

www.mutualhousing.com

Low-income housing - locations in Yolo County, but not West Sacramento

Sacramento Self Help Housing

Assists persons who are homeless or at risk of becoming homeless to find and retain stable and affordable housing

(916) 341-0593

www.sacselfhelp.org

Salvation Army Woodland

413 Main St. Woodland

(530) 661-0141

Casework Services, Disaster Services, Emergency Shelter, Food & Nutrition Programs, Residential Camping Activities, Seasonal Services, rental assistance, utility bill assistance

Yolo County Housing

Housing voucher program

(530) 662-5428

YWCA Sacramento

1122 17th St.

Sacramento 95811

(916) 264-8066

www.ywcacccc.org

Low-income women's residency program. Single women, no children.

Shelters and Emergency Housing Support

City of West Sacramento Homeless Coordinator

Walk-in hours - Thursdays 9-3 at 500 Jefferson Blvd.

Support with emergency housing and low-income housing

Davis Community Meals and Housing

202 F St. Davis, CA 95616

530-756-4008

Emergency shelter and transitional housing

Empower Yolo

24 hour Crisis Line (530) 662-1133

Emergency shelter for adults and children escaping domestic violence, sexual abuse or human trafficking.

Family Promise

(916) 443-3107

Sacfamilypromise.org

Shelter for families for up to 90 days, with case management support and assistance finding permanent housing.

4th and Hope

207 4th St. Woodland

(530) 661-1218

Emergency shelter and transitional housing program for families

Francis House

1422 C St. Sacramento 95814

(916) 443-2646

Motel vouchers

Loaves & Fishes

1351 North C St. Sacramento

(916) 446-0874

Maryhouse - Daytime shelter for women and children - services and support (916) 446-4961

Help to all homeless in finding shelter, food and health care.

Lutheran Social Services

4390 47th Ave. Sacramento 95824

(916) 453-2900

Lssnorcal.org

Housing & case-management services for homeless families, transitional housing programs, also transitional & supported housing for former foster youth and transition age youth.

My Sister's House

Office (916) 930-0626

24 hour multi-lingual helpline (916) 428-3271

www.my-sisters-house.org

A safe haven for Asian and Pacific Islander women and children escaping domestic violence. A 6-bed Safe Haven shelter and 6 bed transitional house for women and children for up to 90 days.

Next Move

Call to inquire about shelter: (916) 455-2160

Next Move main office (916) 454-2120

Nextmovesacramento.org

Family Shelter - Up to 30 days - accepts all family units including 2 parent families, single fathers, and sons over age 14

Women's Shelter - Up to 30 days

Saint John's Program for Real Change

(916) 453-1482

www.saintjohnsprogram.org

Longer term housing program including job training, career education, and support services

Shores of Hope

110 6th St. West Sacramento

(916) 372-0200

Transitional housing for homeless families including youth transitioning out of foster care, victims of human trafficking and those seeking refuge from domestic violence.

Travelers Aid Emergency Assistance Agency

(916) 399-9646

Provides daytime and after-hours emergency assistance to homeless families through motel, food vouchers, rental assistance, SMUD assistance, and case management services.

Volunteers of America

Family Shelter Intake Process and registration can be accessed at

<https://dhaservices.saccounty.net/efs>

WEAVE

Temporary shelter, transitional housing, advocacy and support for victims of rape, sexual assault, sex trafficking, domestic abuse and their children.

24 hour Support Line (916) 920-2952

www.weaveinc.org

WIND Youth Services

3671 5th Ave. Sacramento 95817

24 hour Hotline: 800-339-7177

Drop-In Center - 3671 5th Ave. Sacramento 95817

(916) 561-4900

www.windyouth.org

Emergency housing for youth ages 12 to 24 who have run away, been pushed out of their homes, or simply need time to “cool off” for a few days.

Dental Services

Acme Dental

820 Westacre West Sacramento, CA 95691
(916) 822-6842

Harbor Dental

825 Harbor West Sacramento, CA 95691
(916) 372-8525

Salud Clinic- *Dental*

500B Jefferson West Sacramento, CA 95605
(916) 403-2960

Wellspace

1820 J St. Sacramento, CA 95811
(916) 737-5555

Sacramento District Dental Society

2035 Hurley Way. Suite 200 Sacramento, CA 95825
(916) 446-1211
sdds@sdds.org

Sacramento Native American Health Center Inc (Dental)

2020 J St Sacramento, CA 95811
(916) 341-0575

Sacramento County Dental Clinic

4600 Broadway, Ste 2100 Sacramento, CA 95820
(916) 874-8300

Sacramento City College Dental Hygiene Clinic: Cash Only

3835 Freeport Blvd Roddah Hall, RS135 Sacramento, CA 95822
(916) 558-2303
www.scc.losris.edu/dentclinic.html

Medi-Cal Number

(888) 747-1222

Denti-Cal Number

(800) 423-0507

Health Services

Communicare Health Center/Salud Clinic

500 Jefferson Blvd Suite B180 West Sacramento, CA 95605

(916) 403-2900

Mon-Fri | 8am-5pm

Harbor Medical Clinic

804 Harbor Blvd. West Sacramento, CA 95691

(916) 375-0720

Mon-Fri | 9am - 6pm

Elica Healthcare Center/West Sac Medical Center

155 15th St. West Sacramento, CA 95691

(855) 354-2242

Mon-Sat | 8am-6pm

Mercy Clinic *Located at Loaves & Fishes*

(Healthcare for the homeless program)

1321 North C St. Sacramento, CA 95811

(916) 874-2811 | (916) 446-3345

www.sacloaves.org

Riverbend Medical Associates

2101 Stone Blvd. West Sacramento, CA 95691

(916) 371-4939

www.rbmafamilydocs.com

Planned Parenthood

1125 10th St Sacramento, CA 95814

(916) 444-7966 | (800) 230-PLAN

www.plannedparenthood.org

Mon - Fri | 8am - 5pm

West Sac Urgent Care

2455 Jefferson Blvd #100 West Sacramento, CA 95691

(916) 617-2377

www.westsacuc.care

Mon - Sun | 9am - 9pm

Gender Health Center

2020 29th St #201, Sacramento, CA 95817

(916) 455-2391

Mon - Fri | 9am - 9pm

<http://www.thegenderhealthcenter.org>

Sacramento Native American Health Center Inc

2020 J St Sacramento, CA 95811

(916) 341-0575

Mon - Sat | 7:30am - 5pm

info@snahc.org

Communicare Health Center-Teen Clinic

500 B Jefferson Blvd. Suite-195 West Sacramento, CA 95691

(916) 403-2900

Mon - Fri | 8:30am - 4pm

Service Description: offers free confidential sexual reproductive health services to patients 12 and over.

Vision Resources**California Vision Foundation**

(800) 877-5738

\$10 eye exam and glasses for uninsured. Requirements and application available at

www.californiavision.org

Medi-Cal Beneficiary Number

(800) 322-6384

Call this number if you need to find a provider who accepts Medi-Cal

Sacramento Native American Health Center

(916) 341-0575

2020 J Street, Sacramento 95811

Medical, Dental, Vision, Hearing, Behavioral, Substance Abuse, and more. You do NOT have to be Native American to access services. Accepts. Medi-Cal.

Peach Tree Health Center North

(916) 779-7656

Sliding fee scale. Diabetes, physicals, pediatrics, family medicine, optometry, orthopedics.

Parenting Classes/ Support

Center For Fathers and Families

920 Del Paso Blvd. Sacramento, CA 95815

(916) 568-3237

www.cffsacramento.org

Mon - Fri | 9am - 5pm

Fathers Resource Center

(916) 739-0894

Resources and support for fathers provide fathers with the inner resources to become the kind of father their children need.

Sacramento Crisis Nursery

South Nursery | (916) 394-2000

North Nursery | (916) 679-3600

Counseling and Support Services 24-hours a day.

Yolo County Crisis Nursery

1477 Drew Ave, Suite 103 Davis, CA 95618

(530) 758-6680

Open 24 hours

WellSpace Health

8912 Volunteer Lane, Ste. 100, Sacramento, CA 95826

(916) 368-3080

WellSpace Health

6015 Watt Ave. Ste. 2, Sacramento, CA 95660

(916) 679-3925

www.wellspacehealth.org

Yolo County Children's Alliance

Family Resource Center

637 Todhunder Ave. #21B West Sacramento, CA 95605

(916) 572-0560

www.yolokids.org

Help Me Grow/First 5 Yolo

1321 College St, Woodland, CA 95695

(844) 410-4769

www.helpmegrowyolo.org

National Parent Helpline

(855) 427-2736

www.nationalparenthelpline.org

Agency On Aging | Area 4

1401 El Camino Avenue, 4th Floor, Sacramento, CA 95815

(916) 486-1876

www.a4aa.com

Mon - Fri | 8:30am - 4:30PM

Service Description: Provides links and information on grandparent support groups.

Coordinates and develops senior services for seniors 60 and over

Counseling Resources

Mental Health Urgent Care

500 Jefferson Blvd, Building B West Sacramento, CA 95605

(885) 897-2033

Open 7 days per week, 12pm-9pm (closed holidays)

No appointment necessary!

This program is for urgent mental health concerns or situations. Services provided include: crisis assessment, medication interventions, and referrals to community services.

La Familia Counseling Center

5523 34th St. Sacramento, CA 95820

(916) 452-3601

Service Description: One to one counseling, crisis intervention, and supportive services to youth (ages birth - 21) and their families. No fee.

Life Practice Counseling Group

3650 Auburn Blvd., Bldg C Ste 208 Sacramento, CA 95821

(916) 300-6576

Service Description: Non-profit counseling offering affordable and low cost counseling. We currently have English speaking, Spanish speaking counselors. 24-hour support line providing emotional support, information, and resources.

Overcomers Program Women & Men

Women | (916) 924-3113

Men | (916) 920-3082

Service Description: Drug and Alcohol Recovery Program for women and men.

Pro Youth and Families

(916) 576-3300

Service Description: Addresses the issues of alcohol and drug abuse and violence among youth. Focus on prevention and intervention. No fee.

NAMI Yolo

Woodland, CA 95695

(530) 756-8181

Wind Youth Services

3671 5th Ave, Sacramento, CA 95817

(916) 369-5447 | Ext. 207

Mon - Fri | 9am - 3pm | Sat -Sun | 10am - 2pm

Service Description: Crisis resolution; individual, group and family counseling for youths 12-17

Victor Community Support Services

3050 Beacon Blvd. Suite 200A West Sacramento, CA 95691

(916) 462-3105

www.victor.org

CommuniCare

500 Jefferson Blvd, West Sacramento, CA 95605

(916) 403-2900

Mon - Sun | 8am - 10pm

www.communicarehc.org

Yolo County Health and Human Services

500 Jefferson Blvd # A, West Sacramento, CA 95605

(916) 375-6200

Mon - Fri | 8am - 4pm

www.yolocounty.org/health-human-services

Gender Health Center

2020 29th St #201, Sacramento, CA 95817

(916) 455-2391

Mon - Fri | 9am - 9pm

www.thegenderhealthcenter.org/

Empower Yolo Domestic Violence Hotline

(530) 662-1133 | (530) 661-6336

(916) 371-1907

24 hours a day

Suicide Prevention of Yolo County *Confidential and Anonymous*

(530) 668-8445

Trevor Lifeline *Crisis intervention and suicide prevention*

(866) 488-7386 *Open 24/7*

California Youth Crisis Line

(800) 843-5200 *Open 24/7*

www.Calyouth.org

Sexual Assault Hotline

(800) 656-4673

ASK Teen Crisis Line

(916) 371-3779

Crisis Text Line

Text LISTEN to 741741

Grief Counseling

Yolo Hospice - groups for teens
 1909 Galileo Ct, Davis, CA 95618
 (530) 758-5566
 Mon - Fri | 8:30am - 5pm
www.yolohospice.org

Sutter Health -Children's Art therapy and Children's Bereavement
 Peggy Gulshen, Program Coordinator, Sutter Cancer Center
 2800 L. Street, #400, Sacramento, CA 95816
 (916) 454-6555
<http://www.checksutterfirst.org/children/services/pedprgms/childbereave/>

Kaiser Bereavement Support Group
 901 G St, Sacramento, CA 95814
 (916) 557-5882 | (916) 486-5300

Yolo Compassionate Friends (loss of a child)
 1105 Kennedy Pl # 5, Davis, CA 95616
 (530) 759-7865

Friends For Survival (suicide survivors)
 P.O. Box 214463, Sacramento, CA 95821
 (916) 392-0664
FFS@TrueVine.net

Sacramento LGBT Community Center
 1927 L St, Sacramento, CA 95811
 (916) 442-0185
 Mon - Sat | 10am - 6PM
www.saccenter.org

WUSD (Student Support Groups)
 River City High School - Gay Straight Alliance lunch support group
 Yolo High School - Gay Straight Alliance lunch support group

St. Marks- Trans Families
 2391 St. Marks Way Sacramento C 95864

Drug and Alcohol Treatment/Recovery Resources

CommuniCare Health Centers

500 B Jefferson Blvd. West Sacramento, CA 95605
(916) 403-2970

Substance Abuse Counseling and Education. Services are available to Adults and Adolescents. Walk-in screenings are provided on Mondays or Thursdays in West Sacramento and Woodland from 10:00am -12pm. Walk-in or call (916) 403-2970.

Visit your Primary Care doctor for other needed referrals for treatment and recovery programs.

Alcoholics Anonymous Meetings

East Yolo Fellowship (English)

1040 Soule Street, West Sacramento, CA 95691

Sundays 10:00am and 7:00pm

Mondays 6:30am, Noon, 6pm (women), 8pm

Tuesdays Noon, 6pm (men), 8pm

Wednesdays 6:30am, Noon, 6pm, 8pm

Thursdays Noon, 7pm

Fridays 6:30am, Noon, 6pm, 8pm

Saturdays 10am, 7pm, 9pm

Open meetings – all are welcome

Un Nuevo Camino Group (Spanish)

1361 Merkley Ave.

Sundays Noon and 8pm

Mondays Noon and 8pm

Tuesdays Noon and 8pm

Wednesdays 8pm

Thursdays Noon and 8pm

Fridays Noon and 8pm

Saturdays 8pm

Destiny Group

Trinity Presbyterian Church

1500 Park Blvd.

Tuesdays, 7pm

Southport Serenity Group

Center for Spiritual Awareness

1275 Starboard Drive West Sacramento, CA 95691

Fridays, 7:30pm

Al-Anon Meetings (for family members of alcoholics)

Center for Spiritual Awareness

1275 Starboard Drive, West Sacramento, CA 95691

Tuesdays, 6pm

Westminster Presbyterian Church

1300 N Street, Sacramento, CA 95814

Mondays, Noon

All Saints Episcopal Church

2076 Sutterville Road, Sacramento, CA 95822

Mondays, 6:30pm (Spanish)

Legal Aid Clinics

Better Business Bureau

3075 Beacon Blvd. West Sacramento, CA
(916) 443-6843

Service Description: Provides information on business practices of firms; offers complaint services for consumers and third party help in disputes. There is no fee.

Family Law / Self Help Center

Superior Court of California

3341 Power Inn Rd, Sacramento, CA 95826
(916) 875-3400

www.lawhelpca.org

Service Description: 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. NA Find legal aid and self help resources.

Pacific McGeorge School of Law

3200 Fifth Ave. Sacramento, CA 95817
(916) 739-7191

Provides legal services to low-income people. Assistance in landlord / tenant issues, bankruptcy, immigration, and senior issues. Apply by telephone.

Senior Legal Hotline

(916) 551-2140 | (800) 222-1753

Service Description: For seniors age 60+. Free legal advice in civil law matters, including: Social Security / SSI, Medi-cal / Medicare, wills and probate, family law, power of attorney, housing, elder abuse and grandparents' rights.

State Bar Association

(866) 442-2529

Service Description: For information on reduced-fee lawyers or those lawyers who offer their services pro bono.

Yolo County Victim Witness

301 2nd St, Woodland, CA 95695
(530) 666-8187

www.yolocounty.org

Legal Services of Northern Cal

619 North St, Woodland, CA 95695

(916) 447-5798

www.lsnc.net

Mon -Fri | 9am - 5pm

Catholic Charities/Immigration Legal Support

125 Corporate Pl Suite A Vallejo, CA 94590

(707) 644-8909

admin@csssolano.org

http://www.diocese-sacramento.org/social_service_ministry/catholic_charities.html

Yolo County Child Support Services

100 W Court St, Woodland, CA 95695

(530) 661-2880

Mon - Fri | 8am - 5pm

<http://www.yolocounty.org/law-justice/child-support-services>

Public Transportation

Yolobus

<http://www.yolobus.com/index.php>

Yolobus Customer Service:

(530) 666-2877 or (916) 371-2877

For Yolobus Route and Schedule information call:

Woodland/Davis: (530) 666-BUSS (2877)

West Sacramento: 916-371-BUSS (2877)

Rural Yolo County: Toll Free: 1-800-371-BUSS (2877)

TTY Machine: 530-666-5842

Via On-Demand Rideshare

Customer Service Support (916) 318.5101

Standard fares are just \$3.50 one-way, or \$1.75 for Seniors & Disabled Riders

Get anywhere in West Sacramento for one flat fare. Passengers can book a ride using the free Via App. Customers enter their pick-up and drop-off locations and a vehicle will pick them up at their doorstep or within a block or two. Those who don't have a smartphone or tablet can book a ride over the phone by calling 916-318-5310. Please note, an account must be set-up before attempting to book-by-phone.

AMTRAK

1-800-268-7252

401 I St., Sacramento 95814 Or

1389 10th St., Sacramento 95815

1-800-872-7245

840 Second Street, Davis, CA 95616

Greyhound Bus Lines

(916) 444-6858

420 Richards Blvd., Sac 95811

Or

(916) 783-4101

201 Pacific St., Roseville 95678

ParaTransit

*(for disabled individuals
and seniors aged 75+)*

(530) 666-2877

Regional Transit (RT)

(916) 321-2877

1225 R St., Sacramento

Monday thru Friday

Lost & Found

RT ID Cards

Sacramento International Airport

(916) 929-5411

6900 Airport Blvd.

Sacramento 95837

Yellow Cab

(916) 444-2222

900 Richards Blvd.

Sacramento 95811

Service available 24 hours a day

7 days a week.

Utilities

EAPR (Energy Assistance Program Rate)

(888) 742-7683

HEAP (Home Energy Assistance Program)

(866) 675-6623

YOLO COUNTY

1250 Harter Ave, Suite F

Woodland, CA 95776

Toll-free:(800) 233-4480

Phone:(530) 669-5700

FAX:(530) 669-5800

Needhelppayingbills.com

Pacific Gas & Electric

(800) 743-5000

REACH Program

(800) 933-9677

Salvation Army Utility Assistance Program

4350 Raley Blvd, Ste. 200, Sacramento, California 95838

(916) 678-4010

STEAC (Short Term Emergency Aid Committee)

1900 E 8th St Davis

530-758-8435

Yolo County School Districts

Davis Joint Unified School District

526 B Street
Davis, CA 95616
(530) 757-5300

Esparto Unified School District

26675 Plainfield Street
Esparto, CA 95627
(530) 787-3446

Washington Unified School District

930 Westacre Road
West Sacramento, CA 95691
(916) 375-7600

Winters Joint Unified School District

909 West Grant Avenue
Winters, CA 95694
(530) 795-6100

Woodland Joint Unified School District

435 Sixth Street
Woodland, CA 95695
(530) 406-3200

Subsidized Child Care/ Pre-schools

Alyce Norman:

1200 Anna St, Broderick, CA 95605
(916) 375-7650

James Marshall

919 Westacre Rd, West Sacramento, CA 95691
(916) 371-0405

HEAD START

Contact 1-866-763-6481
Email: HeadStart@eclkc.info

FIRST 5 YOLO

502 Mace Blvd, Davis, CA 95618
(530) 669-2475

Children's Home Society of California

Serving Yolo County

Child Care Assistance

Child Care Referrals

1100 Main Street, Suite 120, Woodland, CA 95695
(530) 723-5225

City of West Sacramento Preschool Learning Ladder

Open Monday-Friday, 7 a.m.-6 p.m. for full day or half day care

1075 W Capitol Ave, West Sacramento, CA 95691

Site Supervisor Anne Schultze,

(916) 617-5317

Discovery Preschool

8:00 a.m. - 11:00 a.m. and from 11:30 a.m. to 2:30 p.m.

205 Stone Blvd, West Sacramento, CA 95691

(916) 371-1344

Storybook Cottage

2475 Higgins Rd, West Sacramento, CA 95691

(916) 371-464

After School Programs

City of West Sacramento Parks and Recreation

Kid Zone

Kindergarten-5th Grade

(916) 617-4620

Club West

6th, 7th, 8th Grade

1125 Riverbank Rd, Broderick, CA 95605

(916) 373-5877

Collings Teen Center

1541 Merkley Ave, West Sacramento, CA 95691

(916) 375-0681

Hours:

M-F 2-6:30 pm

The Bounce Spot

2939 Promenade St, West Sacramento, CA 95691

Hours:

(916) 371-2386

Tutoring

Arthur F. Turner Community Library

Homework Help

1212 Merkley Avenue

West Sacramento, CA 95691

916-375-6465

Kumon Math and Reading Center

4321 Truxel Rd., Ste. F3, Sacramento

(916) 574-9810

*****Please check with your school site for any possible on site tutoring services.***

Mentoring Programs

The Boys and Girls Club

Hours: M-F 10am-8pm

1117 G St, Sacramento, CA 95814

(916) 442-2582

Hours: M-F 10am-8pm

Or

5212 Lemon Hill Ave, Sacramento, CA 95824

(916) 392-2582

Hours:

M-F 2-6pm

YMCA

2021 W Street

Sacramento, CA 95818

916.452.9622

Hours:

M-Th 530am-10pm

F 530am-8pm

Sa 7am-6pm

Su 12pm-6pm

Big Brothers/Big Sisters of Greater Sacramento

1540 River Park Drive, Suite 214, Sacramento, CA 95815

(916) 646-9300

Or

800 Howe Ave Suite 440, Sacramento, CA 95825

(916) 646-9300

River City High school 4-H Youth Development Program

14 (with guardian permission) and up

4145 Branch Center Road Sacramento, CA 95827

(916) 875-6811

Employment Assistance and Training

Yolo County One-Stop Career Centers/America's Job Center of California

West Sacramento One-Stop Center

500 Jefferson Blvd, Building A
West Sacramento, CA 95605
(916) 375-6307

Woodland One-Stop Center

25 N. Cottonwood St.
Woodland, CA 95695
(530) 661-2641

Center for Employment Training

Job training and basic skills assistance for low-income job seekers
8376 Fruitridge Rd.
Sacramento 95828
(916) 393-7401

Greater Sacramento Urban League

Job training, computer training, and GED preparation
3725 Marysville Blvd., Sacramento
(916) 286-8600

Pride Industries

Behavior management adult day program for people with disabilities.
Job Readiness/Employment.
10030 Foothills Blvd.
Roseville, CA 95747
788-2100
Or
(800) 550-6005

Washington Adult School

Yolo Education Center
919 Westacre Road , West Sacramento, CA 95691
(916) 375-7740 X1561
4 different sites: Bryte school, Yolo, Westfield and Elkhorn
Service provided:English Learners/GED, high School diploma,

Bryte Career and College Training

637 Todhunter Ave, West Sacramento, CA 95605

(916) 375-7901

construction class, computer fundamentals, career kitchen (culinary)

Name of site

1321 Anna Street, West Sacramento, CA 95605

(916)

English classes, Class A license training site.

Libraries

Dial-A-Story

English: Call 916-441-1234, toll free: 866-241-7490

Español: Llame 916-264-2987, llame gratis: 866-241-7491

*Recorded short stories for
children. Ages 3-6.
24-hour access line.*

Arthur F. Turner Community Library

1212 Merkley Ave, West Sacramento, CA 95691

(916) 375-6465

Hours:

M 12-8pm

Tu-Th 11am-8pm

F-Sa 10-5:30

Su 1-5pm

Sacramento Galleria

828 I St, Sacramento, CA 95814

(916) 264-2800

Hours:

M-Sa 8am-6pm

Su Closed

Offers Museum passes with a library card and 16+ years of age

Mary L. Stephens Davis Library

315 E 14th street

Davis CA, 95616

Hours:

M/Su 1pm-5pm

Tu-Sa 10am-9pm

Woodland Public Library

250 1st St, Woodland, CA 95695

(530) 661-5980

Hours:

M-Th 9am-7pm

F 12pm-4pm

S 9am-4pm

Su Closed

Recreation and Parks

West Sacramento Parks and Recreation

Administration

(916) 617-4620

Community Center

(916) 617-5320

1075 West Capitol Avenue

West Sacramento, CA 95691

Monday - Thursday: 8:00am to 6:00pm

Friday: 8:00am to 5:00pm

Recreation Center & Pool

(916) 617-4770

2801 Jefferson Blvd.

West Sacramento, CA 95691

Early Learning Services

(916) 617-4531