



## Latino Leadership Council Resource List - 2021

Las clínicas gratuitas requieren que las personas vayan en persona, no hacen citas, servicios y horarios pueden variar.  
Algunas clínicas médicas y/o dentales de bajo costo requieren comprobante de ingresos mensuales para determinar el costo de la consulta y requieren que las personas paguen el día de la cita.

Free clinics require people to go in person, do not make appointments, services and schedules may vary.  
Some low-cost medical and/or dental clinics require proof of monthly income to determine the cost require people to pay on the day of the appointment.

### Medicina General / General Medicine

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación / Days of Operation	Horas / Hours	Notas / Notes
Western Sierra Medical Clinic	3111 Professional Drive, Auburn, CA 95602 844 Old Tunnel Rd, Grass Valley, CA 95945 8665 Salmon Ave, Kings Beach, CA 96143	(530) 537-3000 (530) 274-9762 (530) 584-9762	Lunes-viernes (M-F) Lunes-viernes (M-F) Lunes- jueves (M-Th)	8AM-5PM 7AM-5PM 8AM-5PM	Se habla Español Aceptan Medi-Cal/Accepts Medical *Cerrado los Sábados por Covid-19/Closed on Saturdays due to Covid-19*
Chapa-De Health	11670 Atwood Road, Auburn, CA 95603	(530) 887-2810	Lunes-viernes	8AM-5PM	Se habla español
St. Vincent De Paul	503 Giuseppe Court #8, Roseville, CA 95678	(916) 781-3303	Miércoles	8:30AM-11AM	Aceptan Medi-Cal/Medi-Cal Accepted
Gathering Inn	201 Berkeley Avenue, Roseville, CA 95678	(916) 791-9355	Lunes-viernes	8AM-4:00PM	Shelter Service Intake 8am-3pm
Auburn Renewal Center	12225 Rock Creek Road, Auburn, CA 95602	(530) 887-8673	Martes Solamente	9AM-1PM	Aceptan Medi-Cal/Medi-Cal Accepted
Sutter Express Care	4010 Foothills Blvd #102, Roseville, CA 95747	(800) 972-5547	7 días a la Semana	8AM-8PM	Llamar para más información
Sutter Urgent Care	3 Medical Plaza #140, Roseville, CA 95661	(916) 865-1400	7 días a la Semana	9AM-8:30PM	Llamar para más información
Planned Parenthood	729 Sunrise Blvd #900, Roseville, CA 95661 5700 Watt Ave, North Highlands, CA 95660 201 29th Street #B, Sacramento, CA 95816	(916) 781-3310 (916) 332-5715 (916) 446-6921	Lunes-viernes	7:00AM-6PM	Se habla español Gratis o Bajo Costo/Free or Low Cost
Alternatives Pregnancy Center	1111 Howe Ave #610 Sacramento CA, 95825	(916) 880-4040	Lunes-viernes Martes	9AM-4PM 9AM-7PM	Se habla español Low Cost/Bajo Costo
Sierra Gardens Community Health Center ☐ ☐	151 North Sunrise Ave. #1309 Roseville, CA 95661	Teléfono para la Salud de Mujeres: (916) 392-2290 Teléfono para Pediatría: (916) 737-5555	Lunes-viernes	9AM-5PM ☐	
Clara's House	2700 L Street, Sacramento, CA 95816	(916) 448-3976	Lunes-viernes	9AM-5PM	Solamente por Referencia.
Sacramento Women's Health	2277 Fair Oaks Blvd #355, Sacramento, CA 95825	(916) 927-3178	Lunes-viernes	9AM-5PM	Se habla español
Wellspace Health ☐	5 Medical Plaza Dr. #170, Roseville, CA 95661 1820 J Street, Sacramento, CA 95811 6015 Watt Ave #2, North Highlands, CA 95660 5959 Greenback Lane #500, Citrus Heights, CA 95621	(916) 978-1738 (916) 325-5556 (916) 313-8400 (916) 737-5555 (916) 679-3925	Lunes-viernes	8AM-5PM Closed for lunch	Se habla español ☐ Bajo Costo/Low Cost
One Community Health	1500 21st Street, Sacramento, CA 95811 1442 Ethan Way #100, Sacramento, CA 95825	(916) 443-3299	Lunes-viernes Sábado Lunes Martes Miércoles Jueves Viernes	8AM-5PM 9AM-5PM 8AM-5PM 10AM-7PM 8AM-5PM 10AM-7PM 8AM-5PM	Se habla español Aceptan Medi-Cal/Medi-Cal Accepted Bajo Costo También ofrecen servicios dentales/Also offer dental services
Health for All	1281 North Avenue, Sacramento, CA 95838	(916) 924-6703	Lunes-viernes	9AM-5PM	Se habla español Low Cost/ Bajo Costo Horario puede variar por Covid-19.
Sacramento Life Center	2316 Bell Executive Ln, Sacramento, CA 95825	(916) 451-4357	Lunes-viernes	9AM-4PM	Se habla español Gratis o Bajo Costo/Free or Low Cost
Sacramento Native American Health Center	2020 J Street, Sacramento, CA 95811	(916) 341-0575	Lunes-sábado	7:30AM-5PM	Se habla español Bajo Costo/Low Cost También ofrecen servicios dentales/Also offer dental services



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Peach Tree Health	1900 T Street, Sacramento, CA 95811 3810 Rosin Ct #100, Sacramento, CA 95834	(530) 749-3242 (916) 779-7656	Lunes y jueves Viernes Lunes- viernes	8AM-6:30PM 8AM-5PM 8AM-5PM	También ofrecen servicios de oculista en unos lugares/Also offer vision services at some locations
Elica Health Centers	5708 Watt Ave, North Highlands, CA 95660 1750 Wright Street, Sacramento, CA 95825 3701 J Street #201, Sacramento, CA 95816 155 15th St #A, West Sacramento, CA 95691 3234 Marysville Blvd, Sacramento CA 95815	(855) 354-2242 (916) 454-2345	Lunes-viernes Lunes- jueves Lunes- sábado Lunes- jueves	8AM-5PM Closed for lunch 12PM-1PM 8AM-6PM 8AM-6PM 8AM-6PM 8AM-6PM	Se habla español Aceptan Medi-Cal/Medi-Cal Accepted Bajo Costo/Low Cost También ofrecen servicios dentales/Also offer dental services
Health & Life Organization, Inc. (HALO)	2200 Del Paso Blvd, Sacramento, CA 95815	(916) 924-7988	Lunes-viernes	8AM-5PM	Se habla español (Vacunas Gratis o a bajo costo)
Clínica Imani	2425 Alhambra Blvd, Sacramento Ca. 95817	(916) 475-9582	Sábado solamente	8AM-1PM	Gratis o Bajo Costo/Free or Low Cost
Clínica Tepatí	1820 J Street, Sacramento, CA 95817	(916) 475-9582	Sábado solamente	8AM-5PM	Gratis o Bajo Costo/Free or Low Cost
Chapa De Health	11670 Atwood Rd., Auburn, CA 95603	(530) 887-2830	Lunes-Viernes	8AM-5PM	Se habla español
SR Help	3336 Bradshaw Road, Suite 275, Sac Ca 95827	<a href="#">Home Care Services In Sacramento, CA   Senior Helpers of Sacramento and Placer County</a>			Alzheimers & Dementia Care Parkinsons Care Companion Care Personal Care Transitional Care Chronic Disease VA Benefit Assistance Respite Care Surgery Assistance Wellness Watch End of Life Support
Prosthetic Resources Amputee Coalition D Universe Zero Project		(888) 267-5669			<a href="https://www.amputee-coalition.org/resources/financial-assistance-for-prosthetic-services/">https://www.amputee-coalition.org/resources/financial-assistance-for-prosthetic-services/</a>

### Cuidado Dental / Dental

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación/ Days of Operation	Horas / Hours	Notas / Notes
Rocklin Dental Whispers	6011 Stanford Ranch Rd #112, Rocklin, CA 95765	(916) 663-5675	Lunes-Sábado (M-Sat)	9AM-5PM	Se habla Español Aceptan Medi-Cal/Accepts Medical
Eureka Dental	1623 Eureka Road, Roseville, CA 95661	(916) 783-2273	Lunes Martes Miércoles y jueves Viernes Sábado	8AM-8PM 9AM-6PM 8AM-5PM 8AM-4PM 8AM-3PM	Se habla español Aceptan Medical
Pleasant Dental	928 Pleasant Grove Blvd #100, Roseville, CA 95678	(916) 772-1367	Miércoles-viernes	8:30AM-6PM	Se habla español
Sierra Dental	9290 Sierra College Blvd #300, Roseville, CA	(916) 788-8450	Lunes-jueves	8AM-5PM	Se habla español
			Viernes	9AM-6PM	Aceptan Medical
Western Dental Services, Inc.	9450 Fairway Dr. #110, Roseville, CA 95678	(916) 771-8464	Lunes-viernes Sábado	9AM-7PM 8AM-4:30PM	Se habla español Low Cost/Bajo Costo Aceptan Medi-cal
Children's Choice Pediatric Dental Care	2295 Fieldstone Dr. #110, Lincoln, CA 95648	(916) 587-4040	Lunes-viernes	9AM-6PM	Se habla español
	1565 Eureka Road #5, Roseville, CA 95661	(916) 744-2999	Lunes-viernes	9AM-6PM	Bajo Costo/Low Cost
	1580 Howe Avenue, Sacramento, CA 95825	(916) 529-4974	Lunes Martes Miércoles y jueves Viernes Sábado	8AM-5PM 10AM-7PM 8AM-5PM 9AM-6PM 8AM-5PM	
Lindhurst Family Dental	4941 Olivehurst Ave, Olivehurst, CA 95961	(530) 743-4614	Lunes-viernes	7AM-4PM	Se habla español Accepts Medical Low Cost/Bajo Costo
Carrington College Dental	8909 Folsom Blvd, Sacramento, CA 95826	(916) 361-5168	Lunes	1:30PM-5PM	Se habla español
			Martes	8AM-11PM	Gratis o Bajo Costo/Free or Low Cost
			Miércoles	Closed	
			Jueves	1:30PM-5PM	
			Viernes	8AM-4PM	



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Health & Life Organization, Inc. (HALO)	2138 Del Paso Blvd, Sacramento, CA 95815	(916) 642-1890	Lunes-viernes	8AM-5PM	Llamar para más información
Sacramento City College	3835 Freeport Blvd, Sacramento, CA 95822	(916) 558-2303	Cerrado Hasta Nuevo Aviso		Gratis o Bajo Costo/Free or Low Cost
Every Smile Counts/Sacramento Public Health		(916) 876-5865	Hable para más información.		Se habla español Low Cost/Bajo Costo Call to get referred to a Dentist.

### Oculista – Visión / Optometrist – Visión

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación / Days of Operation	Horas / Hours	Notas / Notes
Eye-Q Optometry	100 Gateway Drive #130, Lincoln, CA 95648	(916) 434-6225	Lunes-Viernes (M-F)	9AM-5PM	Abierto hasta las 6PM los Lunes Open until 6PM on Mondays
LensCrafters (KidsFirst)		(916) 774-6802 (530) 887-3536	Cerrado al Publico	Ayuda Virtual solamente	Aceptan Medi-Cal/Medi-Cal Accepted Solo para los niños/Only for kids
Lion's Club	Roseville, CA Lincoln, CA Auburn, CA Meadow Vista, CA Newcastle, CA Loomis, CA	(916) 786-9414 (916) 408-0103 (530) 823-7347 (530) 637-4569 (916) 652-3556 (916) 652-6015			Se habla español Gratis o Bajo Costo/Free or Low Cost Hablar para más información.  Solamente con cita por Covid-19.
Kubo Optometry	2401 15th Street, Sacramento, CA 95818	(916) 443-8034	Lunes-viernes	9AM-5:30PM	Low Cost/Bajo Costo - Aceptan MediCal and VSP vouchers.
Eagle Vision	100 S. Harding Blvd. Suite #1, Roseville CA. 95678  5777 Greenback Ln Suite. 100, Sacramento CA. 95841	(916) 783-8109  (916) 231-0034	Lunes-jueves  Viernes	8:30AM-5:30PM,  8:30AM-3PM	Se habla español / Aceptan Medical

### Salud Mental /Mental Health

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación / Days of Operation	Horas / Hours	Notas / Notes
Esmeralda Valencia, MA, LMFT	6518 Lonetree Blvd #190, Rocklin, CA 95765	(916) 694-0565	Lunes-jueves		
Maria C. Gallardo, M.S., PPS, LPCC	5701 Lonetree Blvd #210, Rocklin, CA 95765	(916) 741-0154	Miércoles y jueves		
Carmen Valentine	1024 Iron Point Road, Folsom, CA 95630	(916) 276-9675	Lunes-jueves.		
Access (Placer County Mental Services)	1000 Sunset Blvd. Suite 200, Roklin Ca. 95765	(916) 872-6549 www.placer.ca.gov	Lunes-jueves		
El Hogar Community Services Inc	3780 Rosin Court, #110, Sacramento, CA 95834	(916) 441-0226 elhogarinc.org	Lunes-viernes		
River Oak Center for Children	5445 Laurel Hills Dr., Sacramento, CA 95841	(916) 609-5100	Lunes-viernes		
Insights Counseling Services	Auburn, CA Roseville, CA Grass Valley, CA	(530) 887-1300 (530) 830-1948	Llamar y dejar mensaje de voz.		
Placer County Adult System of Care		(888) 886-5401 (916) 787-8860	Lunes-viernes		
Kaiser	1160 E. Roseville Pkwy #100, Roseville, CA 95661 906 G Street #510, Sacramento, CA 95825	(916) 878-4000	Lunes-viernes		

### Ayuda Legal / Legal Help

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación / Days of Operation	Horas / Hours	Notas / Notes
Placer County Superior Court Self-Help Center	10820 Justice Center Drive, Roseville CA 95678	(916) 408-6446	8am-12PM Lunes/Mon, 8-12PM Martes/Tues, 8-3PM Miércoles/Wed 8-12 Jueves/Thurs, 8-12 Viernes/Friday		Solo por cita telefónica o por video By Telephone or Video Appointment only
Legal Self-Help Placer.ca.gov	1523 Lincoln Way, Auburn, CA 95603	(530) 537-2078	Lun, Mier y Vier		
Legal Help Desk	Santucci Justice Center – 10820 Justice Center Drive, Roseville, CA 95678 – Oficina 23	(916) 408-6446	Lunes- viernes		



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Voluntary Legal Services Program of Northern CA vlsp.org	501 12th Street, Sacramento, CA 95814	(916) 551-2102	Lunes-viernes		
Sacramento County Bar Association	1329 Howe Ave, Sacramento, CA 95825	(916) 564-6707	Lunes-viernes		
California Rural Legal Assistance Foundation (CRLAF)	2210 K Street #201, Sacramento, CA 95816	(916) 446-7904	Lunes-viernes		
Child Advocates of Placer County Court Appointed Special Advocates (CASA)	3715 Atherton Road #1 Rocklin, CA 95765	(530) 887-1006	Lunes-viernes		

### Inmigración / Immigration

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación / Days of Operation	Horas / Hours	Notas / Notes
Pacific McGeorge School of Law Legal Clinic	3455 5th Avenue, Sacramento, CA 95817	(916) 340-6080	Lunes-Viernes (M-F)		
UC Davis Law School Legal Clinic	400 Mrak Hall Drive, Davis, CA 95616	(530) 752-6942			
Sacramento Food Bank & Family Services	3333 Third Avenue, Sacramento, CA 95817	(916) 313-7604	Lunes-jueves Viernes		
Opening Doors	1111 Howe Avenue #125, Sacramento, CA 95825	(916) 492-2591	Lunes-jueves		
California Rural Legal Assistance Foundation	2210 K Street #201, Sacramento, CA 95816	(916) 446-7904	Lunes-viernes		
Sacramento Family Unity and Education Legal Network		(916) 234-3734	Lunes-viernes		
Sacramento Area Congregation Together	Rapid response hotline (phone only)	(916)245-6773	Lunes-Domingo		
Manning & Sutfin Immigration Consultant	2612 El Camino Ave #A, Sacramento, CA 95821	(916) 485-8687	Lunes-viernes		
Law Offices of Bethania Maria	2018 9th Street, Sacramento, CA 95818	(916) 441-4648	Lunes-viernes		

### Ayuda Financiera Temporal / Temporary Financial Help

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación / Days of Operation	Horas / Hours	Notas / Notes
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### Recursos de Lenguaje / Language Resources

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación / Days of Operation	Horas / Hours	Notas / Notes
Learn Basic English as a Second Language/Aprende Inglés básico como segundo idioma		(530) 368-5549			
Placer Schools For Adults	3775 Richardson Dr, Auburn CA. 95602	(530) 885-8585	Lunes-viernes		
Spanish School for Adults	227 Fig Street, Roseville CA. 95678	(916) 617-7511	Lunes-viernes		
Highlands Community Charter School	1333 Grand Ave, Sacramento CA. 95838	(916) 844-2283	Lunes- viernes		

### Educación, Recursos en General y Apoyo Familiar / Education, General Resources & Family Support

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación / Days of Operation	Horas / Hours	Notas / Notes
Kidz Community	1166 High Street Auburn, CA 95603	(530) 886-4122	Lunes-Viernes (M-F)		
PCOE Child Care Services	Place. County Online request: <a href="https://rrplacercoc.nohosoftware.com/online_referrals/">https://rrplacercoc.nohosoftware.com/online_referrals/</a>	(530) 745-1380 (General) (530) 745-1377 (Spanish)	Lunes-viernes		
Boys & Girls Club of Placer County	679 Lincoln Way, Auburn, CA 95603	(530) 889-2273	Lunes-viernes		
Boys & Girls Club of Greater Sacramento	5212 Lemon Hill Ave, Sacramento, CA 95824	(916) 392-1350	Lunes-Domingo		
PUENTE	5100 Sierra College Blvd. Rocklin, CA 95677	(916) 660-7400	Lunes-jueves Viernes		
Undocumented Student Center	5100 Sierra College Blvd. Rocklin, CA 95677	(916) 660-7557	Lunes-jueves		
Dreamer Resource Center	6000 J Street, Sacramento, CA 95819	(916) 278-7241	Lunes-viernes		
Sacramento Works Job Centers	2901 50th St. Sacramento, CA 95817	(916) 227-0301	Lunes-viernes		
	Firehouse Community Center: 810 Grand Ave	(916) 567-9567	Lunes-viernes		



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Mutual Assistance Network	Arcade Community Center: 2427 Marconi Ave Robertson Community Center 3525 Norwood Ave Johnston Community Center 231 Eleanor Ave	(916) 514-8096  (916) 696-6689	Lunes-viernes		
Golden Sierra Job Training Agency	115 Ascot Drive #140, Roseville, CA 95661	(916) 746-7722	N/A		
KidsFirst	124 Main Street, Roseville, CA 95678	(916) 774-6802	Lunes-viernes		
Lighthouse Counseling & Family Resource Center	427 A Street, #400, Lincoln, CA 95648	(916) 645-3300	Lunes-viernes		
Golden Sierra Life Skills	1509 Grass Valley Hwy #C, Auburn, CA 95603	(530) 887-9245	N/A		
Placer County Child Support Services	1000 Sunset Blvd Suite #200, Rocklin, CA 95765	(866) 901-3212	Lunes-viernes		
Consulado de México en Sacramento	2093 Arena Boulevard, Sacramento, CA 95834	(916) 329-3500	Lunes-viernes		
Maidu Library	225 Taylor Street, Roseville, CA 95678	(916) 774-5221	Martes-sábado		
Twelve Bridges Library	485 Twelve Bridges Dr., Lincoln, CA 95648	(916) 434-2410	Lunes-jueves sábado		
La Familia Counseling Center	5523 34th Street, Sacramento, CA 95820	(916) 452-3601	Lunes y viernes Martes y jueves miércoles		
Warmline	2424 Castro Way, Sacramento, CA 95818	(916) 455-9500	Lunes-viernes		
California Phones (Celulares y accesorios gratis)	1300 Ethan Way, Suite 105 <a href="https://californiaphones.org/">https://californiaphones.org/</a>	1-800-949-5650 (español) 1-800-806-1191 (English)	Lunes-viernes		
Arcade Community Center	2427 Marconi Ave. #103, Sacramento CA. 95821	(916)514-8096	Lunes-viernes		
Children's Receiving Home of Sacramento	3555 Auburn Blvd, Sacramento CA. 95821	(916) 482-2370	Lunes-viernes		
Sacramento Children's Home	2750 Sutterville Rd, Sacramento CA. 95820	(916) 452-3981	Lunes-viernes		
Mexican Consulate General in Sacramento	2093 :30AM Arena Blvd, Sacramento CA. 95834	(916) 329-3500	Lunes-viernes		
Sacramento Covered	819 19th St, Sacramento CA. 95811	(916) 414-8333	Lunes-viernes		
United Way California Region  (Tax Preparation) VITA	10389 Old Placerville Rd, Sacramento CA.95827	(916) 368-3000  (916) 856-3978 Debi	Lunes- viernes		
Salvation Army Auburn Corps		(530) 889-3990			
Lilliput	8391 Auburn Blvd., Citrus Heights, CA 95610	(855) 912-2622 / (916) 238-3503  <a href="mailto:info@lilliput.org">info@lilliput.org</a>			
Blossom Place		<a href="tel:5306132822">(530) 613-2822</a> <a href="https://www.blossomp lace.org/">https://www.blossomp lace.org/</a>			

### Grupos de Apoyo para Jóvenes / Youth Support Groups

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación / Days of Operation	Horas / Hours	Notas / Notes
Auburn Hip Hop Congress <a href="http://Alignable.com/auburn-ca/aul">Alignable.com/auburn-ca/aul</a>	808 Lincoln Way, Auburn, CA 95603	(530)- 368-3526 (530)368-4455			Cada fecha y horario varea dependiendo la actividad Each date/time varies per activity
Sol Collective	2574 21st St, Sacramento, CA 95818	(916) 585-3136	Variable		
Roseville Police Activities League (RPAL)	110 Corporation Yard Road, Roseville CA 95678	(916) 772-7725	Variable		
Placer Sheriff's Activities League (PSAL) <a href="mailto:rosevillepal@yahoo.com">rosevillepal@yahoo.com</a>	3770 Richardson Dr, Auburn, CA 95602 (Regional Park)	(916) 652-2422	Variable		
The Landing Spot	6440 King Rd, Loomis, CA 95650	(916) 652-6011	3rd Monday of the month		
LGBTQ+ Virtual Space	<a href="https://zoom.us/join/zoom/register/tJlqcOctrz4oH9YdsK--d_e_yAdESMZWLIE">https://zoom.us/join/zoom/register/tJlqcOctrz4oH9YdsK--d_e_yAdESMZWLIE</a>	(916) 812-5953	1st & 3rd Tuesday of the month		
Youth Empowerment and Goals Association (YEAGA) <a href="http://yeaga.org">yeaga.org</a>	706 Atlantic St. Roseville, CA 95678	(916) 532-0696 (916) 583-3131	Saturday		
California Youth Connection <a href="http://Calyouthconn.org">Calyouthconn.org</a>	744 P St., MS 8-13-25, Sacramento, CA 95814	(916) 651-6254	Variable		
Girls on the Run Greater Sacramento	P.O. Box 19602, Sacramento, CA 95819	(916) 202-0785	Variable		



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gotrsac.org					
Trust 2.0/Love Notes curriculum	Contact for zoom links	nicolec@proyouthandfamilies.org	Contact for chourt details		
HOPE/Love Notes curriculum	Contact for Zoom links	roxannef@proyouthandfamilies.org	Contact for cohort details		

### Grupos de Apoyo para Mujeres y Posparto / Womens Groups & Postpartum

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación/ Days of Operation	Horas / Hours	Notas / Notes
Superación Personal	Por la aplicación de zoom en estos momentos Currently via Zoom	(530) 320-5353	Martes y Miércoles (Mon & Wed)		
El Rincón de las Comadres	Por la aplicación de zoom en estos momentos	(916) 289-0304	Miércoles Viernes		
Mami y Yo		(916) 512-7071	Martes		
KidsFirst	124 Main Street, Roseville, CA 95678 11990 Heritage Oak Place Suite 1B, Auburn, CA 95603	(916) 774-6802 (530) 887-3536	Lunes-viernes		
Wellspring Women's Center	3414 4th Avenue, Sacramento, CA 95817	(916) 454-9688	Lunes-viernes		
International Postpartum Support	Placer County	(800) 944-4773	Lunes-viernes		
Liga "La Leche" Auburn	Placer County 275 Nation Drive, Auburn Ca	(916) 435-5293 Julie (530)378-1855 Becky	Cada tercer martes de cada mes.		
Postpartum Support Interntional	Placer County	1 (800) 944-4PPD (916)770-9394 Local	Lunes-sábado		
The SAC Life Center		<a href="tel:916-451-4357">(916) -451-4357</a> <a href="https://saclife.org/">https://saclife.org/</a>			

### Violencia Doméstica / Domestic Violence

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación/ Days of Operation	Horas / Hours	Notas / Notes
Servicios de Apoyo del Hogar/Home Support Services		(888) 886-5401 (530) 889-7115 (Direct line/ Línea directa)	Lunes- Viernes (M-F)		www.placer.ca.gov
A.C.C.E.S.S		(888) 886-5401	Lunes-viernes		
Services for Family and Children		(866) 293-1940	Lunes-viernes		
Child protected services (protección de menores)		(916) 872-6549	Lunes-viernes		
WEAVE weaveinc.org	1900 K Street, Sacramento, CA 95811	(916) 448-2321	Lunes- viernes		

### Prevención de Alcohol y Drogas / Drug and Alcohol Prevention

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación/ Days of Operation	Horas / Hours	Notas / Notes
Alcohólicos Anónimos (Alcoholics Anonymous)	7250 Auburn Blvd., Citrus Heights, CA 95610 Roseville, CA Auburn, CA	1-866-218-7645 (916) 412-7721	Lunes-Domingo (M-Sun)		
Bridges Professional Treatment Services	3600 Power Inn Rd #C, Sacramento Ca 95826	(916) 450-0700	Lunes- sábado		
Alpha Oaks	8400 Fair Oaks Blvd, Carmichael Ca. 95608 www.alphaoaks.org	(916) 944-3920	Lunes-domingo		
Safety Center	3909 Bradshaw Rd. Sacramento Ca. 95827	(916) 366-7233	Lunes-viernes		
A1-ANON	5929 Palm Ave. Suite A, Sacramento Ca. 95841	(916) 334-2970	Lunes-jueves		
Granite Wellness Centers	730 Sunrise Ave. Sute 201, Roseville ca. 95661 1503 3rd St. #212, Lincoln Ca. 95648 12183 Locksley Ln. #101, Auburn Ca. 95603	1 (855) 467-3496	Lunes-viernes		
Next Step Transitional Living Program	1615 "D" Street, Sacramento, CA 95814	(916) 441-5267	Lunes-viernes		
Help Line for Smokers in CA (Ayuda para fumadores)		1 (800) 662-8887	Lunes-viernes		
Help to Stop Smoking (Ayuda para fumadores)		(800) 456-6386	Lunes-viernes sábado		
Substance Abuse Services (Ayuda abuso de sustancias)		(530) 889-7240	Lunes-jueves Viernes		
C.O.R.E. Medical Clinic	2100 Capitol Ave, Sacramento CA. 95816	(916) 442-4985	Lunes-viernes		



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### Discapacidades-Impedimentos / Disability

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación/ Days of Operation	Horas / Hours	Notas / Notes
Placer Independent Resource Services (PIRS)	11768 Atwood Rd. #129, Auburn CA 95603	(800) 833-3453 (530) 885-6100	Lunes-Viernes (M-F)		
PRIDE Industries	10030 Foothills Blvd., Roseville, CA 95747	1(800)550-6005 (916) 788-2100	Lunes-viernes		
Warmline Family Resource Center	2424 Castro Way, Sacramento CA 95818	(916) 922-1490	Lunes-viernes		
PCOE Child Development Program		(916) 277-8796			
ALTA Regional Center	1620 Santa Clara Drive #100, Roseville CA 95661	(916) 786-8110			
	333 Crown Point Circle #200, Grass Valley, CA 95945	(530) 272-4231	Lunes-viernes		
United Cerebral Palsy of Nothern Sacramento California	2241 Harvard Street #100, Sacramento CA 95815	(916) 978-6400			
	4350 Auburn Blvd, Sacramento CA. 95841 www.sacto.org	(916) 565-7700	Lunes-viernes		
California Telephone Access Program	1300 Ethan Way. Suite 105, Sacramento CA95825	1(800) 806-1191 (916) 265-0021	Lunes-viernes		

### LGBTQ+

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación/ Days of Operation	Horas / Hours	Notas / Notes
Sacramento LGBTQ Community Center	1015 20th Street, Sacramento CA. 95811	(916) 442-0185	Lunes-Domingo (Mon-Sun)		
The Landing Spot	Martha Riley Community Center Library 1501 Pleasant Grove Blvd, Roseville, CA 95747	(209) 275-3242	N/A		
Gender Health Center	2020 29th Street #201, Sacramento, CA 95817	(916) 455-2391	Lunes- viernes sábado		

### Recursos de Hogar / Housing

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación/ Days of Operation	Horas / Hours	Notas / Notes
Home Start Inc.	410 Riverside Avenue, Roseville, CA 95678	(916) 782-6667	Lunes-Jueves (M-Th)		rosevillehomestart.org
The Welcome Center	11512 B Avenue, Auburn, CA 95603	(530) 889-7200	Cerrado		
Mercy Housing Mercyhousing.org	2512 River Plaza Dr. #200, Sacramento, CA 95833	(916) 414-4400	Lunes-viernes		
Sacramento Self Help Housing	P.O. Box 188445, Sacramento, CA 95818	(916) 341-0593	Lunes-viernes		
Acres of Hope (Programa es solamente para mujeres con niños de sexto grado para abajo. Un maximo de 3 menores)	13675 Bowman Road, Auburn , CA 95603	(530) 878-8030	N/A		

### Recursos para las Personas sin Hogar / Resources for the Homeless

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación/ Days of Operation	Horas / Hours	Notas / Notes
Citrus Heights Homeless Assistance Resource Team (HART)		<a href="mailto:citrusheightshart@gmail.com">citrusheightshart@gmail.com</a>			<a href="http://www.citrusheightshart.org/">http://www.citrusheightshart.org/</a>
El Hogar Community Services Inc, Regional Support Team	600 Bercut Drive Suite C, Sacramento, CA 95811	(916) 441-3891	Lunes-viernes sábado		
Loaves & Fishes	1351 North C. St., Sacramento, CA 95811 info@sacloaves.org	(916) 446-0874	Lunes-viernes		
The Gathering Inn	201 Berkeley Ave, Roseville CA, 95678 <a href="http://www.thegatheringinn.com/">http://www.thegatheringinn.com/</a>	(916) 791-9355	Lunes-viernes		
Salvation Army	2550 Alhambra Blvd, Sacramento, CA 95817	(916) 469-4600	Cerrado		

### Comida / Food

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación/ Days of Operation	Horas / Hours	Notas / Notes
7th Day Adventist Church	12225 Rock Creek Road, Auburn, CA 95602	(530) 823-0345	Lunes-Jueves (M-Th)		
Interfaith Food Dispensation	12972 Earhart Ave #301, Auburn, CA 95602	(530) 885-1921	N/A		
Salt Mine	500 Lincoln Boulevard, Lincoln CA 95648	(916) 645-3778	Martes,sábado		



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thesaltmine.org	270 Lincoln Boulevard, Lincoln CA 95648	(916) 643-3778	Martes-sábado		
WIC	11519 B Avenue, Auburn, CA 95603 811 Grand Ave A-1, Sacramento CA. 95838	(530) 889-7187 (530) 889-7610 (916) 876-5000	Lunes- viernes Lunes-viernes		
Salvation Army salvationarmy.org	286 Sutter Street, Auburn, CA 95603 100 Lincoln Street, Roseville, CA95678 Colfax, CA	(530) 889-3990 (916) 784-3382 (530) 346-2722	Lunes-viernes		
St. Vincent De Paul	503 Giuseppe Court #8, Roseville, CA 95678	(916) 781-3303	N/A		
Placer Food Bank	8284 Industrial Avenue, Roseville, CA 95678	(916) 783-0481	Lunes-viernes		
Sacramento Food Bank & Family Services	3333 3rd Ave, Sacramento, CA 95817	(916) 456-1980	Lunes-viernes		
Orangevale Food Bank	6483 Main Ave, Orangevale, CA 95662	(916) 304-3663	Lun, Mie y Jue.		
River City Food Bank	1800 28th Street Sacramento, CA 95816	(916) 446-2627	N/A		
Free Farmer's Market	65 McBean Park Drive, Lincoln, CA 95648 5480 5th Street, Rocklin, CA 95677	(916) 783-0481 ext. 111	N/A		
Meals on Wheels Sacramento mowsac.org	7375 Park City Drive Sacramento, CA 95831	(916) 444-9533	Lunes-viernes		
Twin Lakes Food Bank	327 Monterose Dr, Folsom CA. 95630	(916) 985-6232	Lunes-viernes		

### *Apariencia y Muebles / Appearance & Furniture*

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación / Days of Operation	Horas / Hours	Notas / Notes
St. Vincent De Paul	503 Giuseppe Ct Suite 8, Roseville, CA 95678	(916) 781-3303			
Elite Solutions (Hair Loss Specialists)	2200 Sunrise Blvd #175, Gold River, CA 95670	(916) 635-2200	Martes-sábado		
Adventist Community Services	12225 Rock Creek Road, Auburn, CA 95602	(530) 823-0345	Lunes y martes		
Sacramento Habitat for Humanity	819 N 10th St, Sacramento CA.95818	(916) 440-1215	Miercoles-Sabado		

### *Transportación / Transportation*

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación / Days of Operation	Horas / Hours	Notas / Notes
Health Express	Roseville Area Auburn Area	(916) 782-4202 (530) 889-9500	Lunes-Viernes (M-F)		
Seniors First <a href="https://seniorsfirst.org">https://seniorsfirst.org</a>	12183 Locksley Ln #205, Auburn, CA 95602	(530) 889-9500 1(800)878-9500	Lunes-viernes		
Medi-Cal		1 (800) 541-5555	Lunes-viernes		

### *Cremación / Cremation*

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación / Days of Operation	Horas / Hours	Notas / Notes
Affordable Cremation & Funeral Center	4750 Beloit Dr., Sacramento, CA 95838 8366 Rovana Cir., Sacramento, CA 95828 1141 Smith Ln. #4, Roseville, CA 95661	(916) 469-0866 (916) 455-5486 (916) 749-3880	Lunes-Viernes (M-F)		Sábado y Domingo con cita solamente Sat. & Sun. by appointment only

### *Animales / Animals*

Nombre del Proveedor / Name of Provider	Domicilio / Address	Número de Teléfono / Phone Number	Fechas de Operación / Days of Operation	Horas / Hours	Notas / Notes
Community Spay Neuter Clinic	3839 Bradshaw Rd, Sacramento, CA 95827	(916) 368-7314	Lunes-viernes	7:30AM-5PM	Gratis o Bajo Costo/Free or Low Cost
Animal Spay & Neuter	3524 KOA Way, Auburn, CA 95602	(530) 889-8800			