

Job Seeker Guide



A resource to help make government work for Sacramento County

**Office of Representative Ami Bera, M.D.
California's 7th District**

*8950 Cal Center Drive
Sacramento, CA 95826*

(916) 635-0505 p

(916) 635-0514 f

bera.house.gov

A letter from Rep. Ami Bera, M.D.

Dear Friend,

Creating jobs and building an economy that works for middle class families are my top priorities in Congress. Nearly 39,000 jobs have thankfully been created in Sacramento County since 2012, but I know that there's still a lot of work to do. Far too many residents are still looking for work and need help so they can provide for themselves and their families.

That's why my office produced this Job Seeker Guide - a resource to help unemployed Sacramento County residents find work. This guide has information on how to find a job, job training resources, specific help for unemployed Veterans and other residents, and information about initiatives such as emergency unemployment insurance that can help people get by as they look for a new job.

This is all a core part of my job: making government work for you. That means not only being your voice in our nation's capital but also helping you in any way that I can. My office is here to make sure you have the services you've earned and deserve, and will connect you with resources that may be helpful. And if you should need help with any of the information in this guide, please feel free to call us at (916) 635-0505.

We're also here to help people who are having problems with the federal government. That includes issues with Social Security and Medicare, backlogged Veterans' benefits, stalled passports, and much more.

In fact, we've already helped local families **recover more than \$1.5 million** in backlogged benefits and services they were owed. Again, please feel free to call us at (916) 635-0505 or visit bera.house.gov/gethelp for more information.

Be well,



Ami Bera, M.D.
Member of Congress

Table of Contents

Part 1: Finding a Job:

- Job Search Resources5
- Job Centers and Training7
- Jobs for Veterans 10
- Jobs for Young People and Students 12
- Jobs for People with Disabilities 14
- Local Colleges and Universities 16
- Public Libraries 17

Part 2: Help while you look for work:

- Help with Finances 19
- Help for Parents 21
- Help with Health Care 23
- Help with Food and Nutrition 27
- Help with Housing..... 30
- Help with Transportation 32
- Help with Utilities 33
- Help with Legal Issues 34

Part 1: Finding a job



My office has hosted job fairs in conjunction with Assemblyman Ken Cooley to connect local residents with employers who are hiring.

This section contains information and resources to help Sacramento County residents find a new job. If you have any questions or need help, please call my office at (916) 635-0505.

Job Search Resources

Finding a new job begins with knowing where to look. Here you can find a variety of federal, state, and local resources to help you search for employment:

Sacramento Bee Job Search

www.sacbee.com/jobs

This online search tool helps job seekers find positions and openings in our region. It also features a job seeker toolkit of various online resources and employment classifieds.

CalJOBS: America's Job Center of California

www.caljobs.ca.gov

This is the State of California's portal to help you find a new job. It includes a search tool to find job postings and works to match your skills with new jobs. It also has information on additional services that can help people who are looking for work.

Work for the federal government: USAJOBS.gov

www.usajobs.gov

This is comprehensive resource by the federal government to help you find federal government jobs and other helpful employment information. Residents can search thousands of federal job openings and learn about benefits that may come with serving the federal government.

Work for the State of California

www.jobs.ca.gov

You can also start your next career by working for the State of California. This website will help you search for job openings within our state government.

City of Sacramento

www.cityofsacramento.org/HR/Career-Opportunities

This site is updated with current job openings to work for the City of Sacramento.

City of Folsom

www.folsom.ca.us/depts/human_resources/jobs/default.asp

This Human Resources department website features a listing of the current job openings for the City of Folsom.

City of Rancho Cordova

www.cityofranhocordova.org/Index.aspx?page=259

Available job opportunities to work for the City of Rancho Cordova.

City of Elk Grove

agency.governmentjobs.com/elkgrove/default.cfm

To apply, you will need to create an account and select a username and password. For questions, contact the Human Resources Department at (916) 683-7111.

City of Citrus Heights

www.citrusheights.net/jobs

Lists available job openings to work for the City of Citrus Heights. Their website also includes an automatic alert feature so you can stay updated on the latest job openings.

Job Centers and Training

Our region has a number of Job Centers with experts who can provide you with personalized assistance and further help as you look for a job. Many centers can also connect you with additional training opportunities to prepare for your next career.

This chapter details where those centers are and how you can get further help:

<p>Center for Employment Training Monday – Friday, 8 a.m. to 5 p.m. (916) 393-7401 8376 Fruitridge Road Sacramento, CA 95828</p> <p>CA Human Development Training Center 150 Camellia Way Galt, CA. 95632 Tel: (209) 580-0214 Hours: M - F 8:00 - 4:30 Orientations: English-MON @ 9:00, Spanish-TUES @9:00 Languages: English, Spanish</p> <p>Crossroads Diversified Services Inc. Training Center 7011 Sylvan Rd. Ste. A Citrus Heights, CA. 95610 Tel: (916) 676-2540 Hours: M, W, TH 8:30 - 4:45; T 8:30 - 6:00; F 8:30 - 2:00 Orientations: MON & FRI @ 10:30 Languages: English, Spanish</p> <p>Elk Grove Unified School District Training Center 8401 A Gerber Rd. Sacramento, CA. 95828 Tel: (916) 525-4717 Hours: M-TH 8:00 - 4:00; F 8:00-12:00 Orientations: 1st and 3rd TUES @ 1:30 Languages: English, Punjabi, Spanish</p>	<p>Galt Job Center 1000 C Street, Suite 100 Galt, CA 95632 Tel: (209) 744-7702 Hours: M-TH 8:30-4:30; F 8:30-1 Orientations: MON @ 9:00 Languages: Spanish</p> <p>Greater Sacramento Urban League 3725 Marysville Blvd. Sacramento, CA. 95838 Tel: (916) 286-8600 Hours: M - TH 8:00-5:00 Orientations: WED @ 10:00 must pre-register Languages: English</p> <p>Hillsdale Job Center 5655 Hillsdale Blvd, Suite 8 Sacramento, CA 95842 Tel: (916) 263-4100 Hours: M – TH 8:30 - 4:30; F 8:30 - 12:00 Orientations: Walk-in Basis Languages: Russian, Spanish, Ukrainian, Vietnamese</p> <p>La Familia Counseling Center Inc. 5523 34th St. Sacramento, CA. 95820 Tel: (916) 452-3601 Hours: M, W, F 8:30-6:00; T, TH 8:30-7:00 Orientations: WED @ 10:00 (English/Spanish) must pre-register Languages: English, Spanish</p>
--	--

<p>Training Center 9354 Elk Grove-Florin Rd. Elk Grove, CA. 95624 Tel: (916) 525-4717 Hours: M-TH 8:00 - 4:00; F 8:00-12:00 Orientations: 1st and 3rd TUES @ 1:30 Languages: English, Punjabi, Spanish</p> <p>Folsom Cordova Community Partnership Training Center 10826 Gadston Way Rancho Cordova, CA 95670 Tel: (916) 635-4337 Hours: M, W, TH 8:30-4:00; T 8:30-6:30 ; F 8:30-12:00</p> <p>Franklin Job Center 7000 Franklin Blvd, Suite 540 Sacramento, CA 95823 Tel: (916) 563-5151 Hours: M-TH 8:30-4:30; TU 8:30-6 for Youth; F 8:30-1 Orientations: TUES @ 9:00 Languages: Chinese, French, Hmong, Lao, Mien, Portuguese, Spanish, Thai, Vietnamese</p>	<p>Mark Sanders Job Center 2901 50th Street Sacramento, CA 95817 Tel: (916) 227-0301 Hours: M-F 8-5 Orientations: Walk-in Basis Languages: American Sign Language (by appt), Spanish</p> <p>Asian Resources, Inc. Training Center Monday – Friday, 8 a.m. to 4 p.m. (916) 324-6202 2411 Alhambra Boulevard, Suite 110 Sacramento, CA 95817</p> <p>Rancho Cordova Job Center 10381 Old Placerville Road, Suite 150 Sacramento, CA 95827 Tel: (916) 563-5147 Hours: M-TH 8:30-4; F 8:30-1 Orientations: Walk-in Basis Languages: Farsi, Russian, Spanish, Ukrainian</p> <p>Charles A. Jones Career and Education Center Monday – Thursday, 8:30 a.m. to 4:30 p.m. & Friday, 8:30 a.m. to 10 a.m. (916) 433-2600, ext. 1060 5451 Lemon Hill Avenue, Room 106 Sacramento, CA 95824</p>
---	--

Sacramento Works

www.sacramentoworks.org

Sacramento Works runs a network of job and training centers in our region. These centers help unemployed people find new jobs through referrals, counseling, and other services.

Career GPS

www.careergps.com

This website focuses on helping job seekers in the Sacramento area. It has updates on upcoming local job fairs and occupations that are in high demand, as well as other resources.

Sacramento County Employment Services

www.dha.saccounty.net/EmploymentServices

Learn more about employment services offered by Sacramento County. They have programs to help CalWORKs participants and other initiatives to connect job seekers with potential new employers.

Apprenticeship Program Information

www.dir.ca.gov/databases/das/aigstart.asp

This website allows you to search California's database for available apprenticeships. Apprenticeships may be available for carpenters, barbers, health workers, and more.

Jobs for Veterans

As a doctor who has cared for Veterans, I have seen our Veterans' sacrifices firsthand. Our heroes deserve our unwavering support. Unfortunately, Veterans often face higher rates of unemployment when compared to other Americans.

If you or someone you know is a Veteran who is looking for a job, please refer to the following resources for help:

CalVet- California Department of Veterans Affairs

www.calvet.ca.gov/veteran-services-benefits/employment

The CalVet website provides job listings as well as resources for apprenticeships and online job training. Veterans are also eligible for preferences in civil service examinations required for employment by the state. You can learn more about that here:

www.calvet.ca.gov/VetServices/Pages/State-Employment.aspx

Work for Warriors

www.workforwarriors.org

This organization works to help members of the California National Guard, Reservists, and other Veterans find employment. It is supported through federal and state funding.

Volunteers of America

www.voa-ncnn.org

Volunteers of America helps Veterans receive training for a new career and work on job placement. VOA will also offer housing assistance to Veterans that meet their income levels.

Feds Hire Vets

www.fedshirevets.gov

This is the premier federal government website dedicated to ensuring Veterans are hired at federal government agencies. Veterans who may be interested in working for the federal government can begin their search here.

Veterans Resource Station

www.saclibrary.org/Locations/Southgate

The Southgate Public Library has a Veterans resource station where trained volunteers can help local Veterans.

Veteran Business Outreach Center

www.vbocix.org

An initiative by the Small Business Administration, the Sacramento region's Veterans Business Outreach Center is here to help eligible Veterans who own or who want to begin a small business. They offer training, counseling, referrals, and mentoring services.

Wounded Warriors Congressional Fellowship

www.cao.house.gov/wounded-warrior

Members of Congress in the U.S. House of Representatives have the option to participate in the Wounded Warriors program. This initiative offers eligible Veterans a two-year fellowship to work in a congressional office.

Jobs for Young People and Students

As a father of a daughter who is now entering college, I know firsthand that we have to invest in the next generation. I was fortunate to be able to graduate from medical school with less than \$10,000 in debt, but far too many young people today are burdened with much higher debts while they must also look for work.

These programs are tailored to helping young adults find work and realize the American dream:

California Career Zone

www.cacareerzone.org

California CareerZone is a website made specifically to help students find new jobs and begin their careers. It includes information on hundreds of jobs, as well as videos to give new job seekers a better understanding of what a particular career path might entail.

Pathways for Students and Recent Graduates to Federal Careers

www.usajobs.gov/StudentsAndGrads

This initiative seeks to help students and recent graduates who may be interested in working for the federal government. It can also help you locate internships in the federal government to help build work experience.

Youth Employment Opportunity Program

[www.edd.ca.gov/jobs_and_training/Youth Employment Opportunity Program.htm](http://www.edd.ca.gov/jobs_and_training/Youth_Employment_Opportunity_Program.htm)

California's Youth Employment Opportunity Program, or YEOP for short, helps young people further their educational and vocational goals in order to start their new careers. Applicants must be between the ages of 15 to 25. The contact for Sacramento County is Richard Thornhill, who you may call at 916-227-0301.

Sacramento Regional Conservation Corps

www.saccorps.org

The Sacramento Regional Conservation Corps is our area's largest workforce training program for young adults. To be eligible, you must be between the ages of 18 to 25 and possibly meet other requirements.

Job Corps Center

www.jobcorps.gov

An initiative that's available to low-income youth to help them finish their education and begin a new career. You may also call 1-800-733-5627 to speak with an operator to find out more and to find a program counselor who may be able to help you.

AmeriCorps

www.nationalservice.gov/programs/americorps

This national service organization relies on young adult volunteers to help address urgent needs in communities across America. Participants can help in a number of areas such as building affordable housing, responding to disasters, helping with after-school programs, and more. In exchange for full or part-time service, volunteers build valuable experience and may receive living allowances, health coverage, and education support to help pay for college, graduate school or repay student loans.

Congressional Internships at My Office

www.bera.house.gov/connect-with-me/internships

I offer internships for college students and college graduates in both my Washington and Sacramento County offices. Our internships are helpful for building general experience in an office environment, and may help position you to gain employment in another congressional office or a federal agency.

Jobs for People with Disabilities

Disabled Americans oftentimes face unique challenges when looking for work. These resources can help individuals with disabilities find employment and live independently.

Disability.gov

www.disability.gov

This is a federal website that contains helpful resources for people with disabilities. This includes help for disabled persons who are seeking employment.

Job Accommodation Network

www.askjan.org

The Job Accommodation Network, or JAN, provides information about job accommodations for people who have disabilities and also how disabled people can become more competitive candidates for employment. You may also learn more about their services by calling 1-800-ADA-WORK.

Elk Grove Adult Community Training, Inc. (EGACT)

www.egact.org

Elk Grove Adult Community Training is a non-profit organization that helps provide job training and education for disabled people in our area.

Crossroads Diversified Services

www.crossroadsdiversified.com

Crossroads is another non-profit organization in the Sacramento area that provides education and training to help people with disabilities join the workforce.

California Department of Rehabilitation

www.dor.ca.gov

The Department of Rehabilitation works to provide services, resources, and employment to people with disabilities.

Social Security's Ticket to Work Program

www.ssa.gov/work

This voluntary initiative helps people who receive Social Security Disability Insurance or Supplemental Security Income enter the workforce and become more financially independent.

California State Government

jobs.ca.gov/Job/Leap

The LEAP program is an initiative that offers a different selection process for state civil service jobs to help with hiring disabled people.

Local Colleges and Universities

As an educator and a parent, I am proud that the Sacramento County region boasts a number of distinguished colleges and universities that are helping to build tomorrow's high-skilled workforce. These colleges can be a great resource for people who are looking to learn new skills and find new jobs.

<p>American River College 4700 College Oak Drive Sacramento, CA 95841 (916) 484-8011 www.arc.losrios.edu</p>	<p>Folsom Lake College 10 College Parkway Folsom, CA 95630 (916) 608-6500 www.flc.losrios.edu</p>
<p>Cosumnes River College 8401 Center Parkway Sacramento, CA 95823 (916) 691-7344 www.crc.losrios.edu</p>	<p>California State University, Sacramento 6000 J Street Sacramento, CA 95819 (916) 278-6011 www.csus.edu</p>
<p>Sacramento City College 3835 Freeport Boulevard Sacramento, CA 95822 (916) 558-2148 www.scc.losrios.edu</p>	<p>University of California, Davis 1 Shields Avenue Davis, CA 95616 (530) 752-1011 www.ucdavis.edu</p>
<p>Sierra College 5000 Rocklin Road Rocklin, CA 95677 (916) 624-3333 www.sierracollege.edu</p>	

Note about College Financial Aid

Pursuing higher education can be critical for being competitive in our 21st century economy. However, I know skyrocketing college expenses can make this option difficult for many residents.

If you're considering attending college, my website has a Student Financial Aid webpage so you can learn more about your options and how you may be able to make earning a college degree more affordable for you and your family. Please feel free to visit it at www.bera.house.gov/collegefinancialaid or call us at (916) 635-0505 to learn more.

Public Libraries

In addition to wide book selections, many local libraries in the Sacramento County area offer free internet access and a variety of other useful resources for community residents. For example, the Southgate Library has a Veterans Resource Station to help serve local Veterans. Sacramento County's libraries can be an important place to help local job seekers find work:

<p>Arden-Dimick Library 891 Watt Ave Sacramento, CA 95864</p>	<p>Folsom Public Library 411 Stafford Street Folsom, CA 95630</p>
<p>Bookmobile at Murieta Village 14751 Poncho Conde Circle Rancho Murieta, CA 95683</p>	<p>Rancho Cordova Library 9845 Folsom Blvd. Sacramento, CA 95827</p>
<p>Carmichael Library 5605 Marconi Avenue Carmichael, CA 95608</p>	<p>Southgate Library 6132 66th Avenue Sacramento, CA 95823</p>
<p>Elk Grove Library 8900 Elk Grove Boulevard Elk Grove, CA 95624</p>	<p>Sylvan Oaks Library 6700 Auburn Boulevard Citrus Heights, CA 95621</p>
<p>Fair Oaks Library 11601 Fair Oaks Blvd. Fair Oaks, CA 9568</p>	<p>Orangevale Library 8820 Greenback Lane Orangevale, CA 95662</p>
<p>Franklin Library 10055 Franklin High Road Elk Grove, CA 95757</p>	

Part 2: Help while you look for work



As you look for a new job, you still need to meet basic needs such as putting food on the table and paying your bills. The services described in this section can act as a safety net to help you get through difficult times.

Help with Finances

I know many residents struggle to make ends meet when they're unemployed and may need emergency help to get through tough times. Here you can learn more about the financial help you may be eligible to receive as you look for a new job:

Benefits.gov

www.benefits.gov

This website can help you determine your eligibility for a variety of government assistance programs that can help you while you look for work. You will need to answer questions about yourself and your financial situation, and afterwards the website can show what state and federal government benefits that you may be eligible for.

Emergency Unemployment Insurance

eapply4ui.edd.ca.gov

Emergency unemployment insurance is a critical safety net program that is here to help people get by as they look for work. You may also be eligible to receive unemployment insurance if you're in an approved training program. Click on the above link to see how you can apply, or contact California's Employment Development Department to learn more:

P.O. Box 826880 – UIPCD, MIC 40
Sacramento, CA 94280-0001
1-800-300-5616 (English)
1-800-326-8937 (Spanish)

You may also read California's Frequently Asked Questions page about unemployment insurance here: www.edd.ca.gov/unemployment/FAQ - Eligibility.htm

California's Employment Development Department

www.edd.ca.gov

The California Employment Development Department administers unemployment insurance, but they also provide residents with other critical help such as disability insurance. You can learn more about these other services on their website.

2-1-1 Sacramento

www.211sacramento.org

2-1-1 is a local program that provides callers with free information on more than 1,600 community services. This includes referrals to employment services, training, housing information, food assistance, and more. For assistance, visit www.211sacramento.org or dial 2-1-1 from a phone with a 916 area code. You may also call (916) 498-1000 or (800) 500-4931.

Sacramento County Department of Human Assistance

www.dha.saccounty.net

Sacramento County's Department of Human Assistance administers a variety of programs that can help the unemployed. This can include everything from temporary cash aid to help with health insurance. To learn more, you may also call (916) 874-3100.

Sacramento County Department of Human Assistance: Veterans Services

www.dha.saccounty.net/benefits/Pages/default.aspx#vs

Sacramento County's Human Assistance department also helps connect local Veterans with specialized services and benefits they may be entitled to. This can include help with housing, benefits through the Department of Veterans Affairs, and more. For assistance, you may call (916) 874-6811 or email DHA-VET@saccounty.net. You may also visit their office in person:

Monday – Friday, 8 a.m. to 4 p.m.
2007 19th Street
Sacramento, CA 95818

Folsom Cordova Community Partnership

www.thefccp.org

This organization can help with the needs of your entire family – everything from utility bills, rent, food, diapers, baby formula, and transportation. For assistance, visit or call the location below.

10665 Coloma Road, Suite 200
Rancho Cordova, CA 95670
(916) 361-8684

Trade Adjustment Assistance

www.edd.ca.gov/jobs_and_training/Trade_Act.htm

Trade Adjustment Assistance, or TAA for short, is a program that helps people who may have lost work due to increased imports or foreign competition. It can provide retraining services and other assistance to help people as they look for new jobs.

Help for Parents

As a father of a daughter I know we all want the best for our children. But it can be hard to make ends meet while raising kids in a difficult economy. You can learn more about assistance that's specifically intended to help families here:

The Children's Health Insurance Program

www.insurekidsnow.gov/chip/index.html

Families with low and moderate incomes now have more options to make sure their children have affordable and quality health insurance. One of the main programs available to insure children, the Children Health Insurance Program (or CHIP for short), provides free or low-cost health coverage for children until their 19th birthday. insurekidsnow.gov has more information about this program and other options that may work for your family. You may also call 1-877-543-7669 to learn more.

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

www.dhhs.saccounty.net/PRI/WIC

This program is geared towards helping mothers and their young children afford healthy and nutritious foods. WIC includes assistance to help new mothers learn how to breast feed, nutrition education services, and references to other helpful community resources. You may access WIC services at several locations throughout Sacramento County – visit the County's website to learn more or call (916) 876-5000.

Child Care Support

www.childaction.org

If you qualify for the California Work Opportunity and Responsibility to Kids (CalWORKs) program, you may be eligible to receive some assistance to help pay for childcare expenses. For Sacramento County child care vouchers, you can apply online or call (916) 361-2376 to learn more about the program and see if you may qualify.

Cal-Learn

<http://www.dha.saccounty.net/benefits/Documents/Cal-LearnFactSheet.pdf>

This initiative is available for low-income teenagers who are either pregnant or are already parents. In this program, teens are matched with a case manager to assist them while they finish their education. For more information, call Sutter Teen Programs at (916) 262-9141.

Folsom Cordova Community Partnership

www.thefccp.org

This organization can help with the needs of your entire family – everything from diapers, baby formula, to transportation. For assistance, visit them online or use the information below:

10665 Coloma Road, Suite 200
Rancho Cordova, CA 95670
(916) 361-8684

Help with Health Care

Covered California

www.coveredca.com

Covered California provides Californians one place to shop for health insurance plans that best fit their needs. Depending on your income you may be eligible for assistance to pay health insurance premiums, reductions in the amount you pay, or Medi-Cal coverage at little or no cost.

Covered California also has a list of physical locations where you can get help in person. You can find the one nearest you at www.coveredca.com/get-help/local/storefronts or call 1 (800) 300-1506 to learn more.

Sacramento Covered

www.sacramentocovered.org

Sacramento Covered assists families and individuals with health insurance and works to help residents access other resources such as CalFresh, which helps families afford food.

8928 Volunteer Lane, Suite 220

Sacramento, CA 95826

(916) 414-8333

Temporarily Continue Employer Health Coverage - COBRA

bit.ly/CACobraInfo

COBRA can help those who have recently lost their jobs extend their health plans. To qualify, you must have recently lost your job, had a reduction in hours worked, or are transitioning between jobs. For more information, and eligibility details, visit the COBRA website.

The Children's Health Insurance Program

www.insurekidsnow.gov/chip/index.html

Families with low and moderate incomes now have more options to make sure their children have affordable and quality health insurance. One of the main programs available to insure children, the Children Health Insurance Program (or CHIP for short), provides free or low-cost health coverage for children until their 19th birthday. insurekidsnow.gov has more information about this program and other options that may work for your family. You may also call 1-877-543-7669 to learn more.

Veterans Hospitals

www.northerncalifornia.va.gov

Sacramento County Veterans can access health care through the VA Northern California Health Care System. The health system is comprised of a medical center in Sacramento, a rehabilitation and extended care facility in Martinez, and seven outpatient clinics.

Sacramento VA Medical Center

10535 Hospital Way

Mather, CA

(916) 843-7000 for Facility Information

1-800-382-8387 for Telephone Care

1-800-273-8255, press 1, Veteran Crisis Line

The Sacramento Native American Health Center (SNAHC)

www.snahc.org

For all Sacramento residents, SNAHC offers medical and dental treatments, nutrition services and community based healthcare. SNAHC welcomes all patients, insured or otherwise.

2020 J Street

Sacramento, CA 95811

(916) 341-0575

Monday – Friday, 8 a.m. to 2 p.m.

Health Clinics in Sacramento County

The next two pages include phone numbers and various health clinics in the Sacramento County area so you can access the quality health care that you need.

<p>J Street Community Health Center 1820 J Street Sacramento, CA 95814 (916) 530-752-7028 Saturday 8 a.m. to 4 p.m.</p> <p>Health for All – Downtown Clinic 923 V Street Sacramento, CA 95818 (916) 448-6553 Monday – Friday, 8 a.m. to 2 p.m.</p> <p>Health for All – Freeport Clinic 2118 Meadowview Road Sacramento, CA 95832 (916) 427-0368</p> <p>Imani Clinic www.imaniclinic.org 3415 Martin Luther King Boulevard Sacramento, CA 95817 (916) 475-9582</p> <p>Mercy Clinic Folsom 105 Dean Way Folsom, CA 95630 (916) 983-3658</p> <p>+Paul Hom Asian Clinic 6341 Folsom Boulevard Sacramento, CA 95819 (916) 736-3966 Saturday, 8 a.m. to 1 p.m.</p> <p>Sacramento County Health & Human Services - Primary Care Center Monday-Friday 8:00a.m.-5:00p.m., by appointment only 4600 Broadway Sacramento, CA 95820 (916) 874-9670</p> <p>Sacramento Community Clinics (SCC) – Assembly Court www.halocares.org 5524 Assembly Court Sacramento, CA 95823</p>	<p>(SCC)– Explorer 3030 Explorer Drive Rancho Cordova, CA 95827 (916) 642-1867 – clinic (916) 642-1868 – dental</p> <p>(SCC)– Southgate 7275 E. Southgate Drive, Suite 204-206 Sacramento, CA 95823 (916) 428-3788 – clinic (916) 642-1869 – dental</p> <p>WellSpace Health – San Juan Community Health Center 5959 Greenback Lane, Suite 500 Citrus Heights, CA 95621 (916) 725-1177</p> <p>Shifa Community Clinic www.shifaclinic.org 419 V Street, Suite A Sacramento, CA 95818 (916) 441-6008 Sunday, 8 a.m. to 2 p.m.</p> <p>WellSpace Health – South Valley Community Health Center www.wellspacehealth.org/loc_south_valley.htm 8233 E. Stockton Boulevard, #D Sacramento, CA 95828 (916) 236-4700</p> <p>WellSpace Health – Oak Park Community Health Center www.wellspacehealth.org/loc_oak_park.htm 3415 Martin Luther King, Jr. Boulevard Sacramento, CA 95817 (916) 646-8000 Monday – Friday, 8 a.m. to 5:30 p.m.</p> <p>WellSpace Health – North Highlands Multi-Service Center www.wellspacehealth.org/loc_north_highlands.htm 6015 Watt Avenue, Suite 2</p>
---	--

<p>(916) 642-1867 – clinic (916) 642-1868 – dental</p> <p>(SCC)- Del Paso 2200 Del Paso Boulevard Sacramento, CA 95815 (916) 924-7988 – clinic</p> <p>2138 Del Paso Boulevard Sacramento, CA 95815 (916) 642-1890 – dental</p>	<p>North Highlands, CA 95660 (916) 679-3925 Monday – Thursday, 8:30 a.m. to 8 p.m. & Friday, 8:30 a.m. to 5 p.m.</p> <p>WellSpace Health – J Street Community Health Center www.wellspacehealth.org/loc_j_street.htm 1820 J Street Sacramento, CA 95811 (916) 313-8400 Monday – Friday, 9 a.m. to 8 p.m. & Saturday 8 a.m. to 4 p.m.</p> <p>St. John’s Program for Real Change 4410 Power Inn Road Sacramento, CA 95826 www.saintjohnsprogram.org (916) 453-1482</p>
---	---

California Donated Dental Services:

bit.ly/1fH5paP

The California Dental Association Foundation helps connect patients to free and low-cost dental resources, dental care, and administers the donated dental services program. For their page of Frequently Asked Questions or to find a dental clinic near you, you may visit their website at www.cdafoundation.org/Portals/0/pdfs/cdacares/faq_patients.pdf

Sac Best Rx Savings Program

www.sacbestrx.com

The Sac Best Rx Savings Program can help lower the cost of prescription medications and is available at no cost to all Sacramento County residents. This program provides residents with up to 75% savings off generic medications and additional savings on brand medications. Savings cards can be obtained by visiting the website above or calling 1-877-684-0032.

Help with Food and Nutrition

As you look for work you still have the important task of feeding yourself and your family, which can be daunting without a reliable income. There are services that can help you, which you can learn more about here.

CalFresh

www.mybenefitscalwin.org

This program is available to help people and families with lower incomes afford food. You can use CalFresh, formerly known as Food Stamps, to buy food at grocery stores and farmers markets. Visit their website or call (916) 874-3100 to learn more.

The Alchemist

bit.ly/CalFreshFarmerMarkets

The Alchemist Community Development Corporation is a nonprofit organization that helps residents access healthy food options through increasing the use and access of CalFresh at local farmers markets and convenience stores that are encouraged to provide healthy food options for neighborhoods. They made a webpage (bit.ly/CalFreshFarmerMarkets) that lists Farmers Markets throughout Sacramento County that accept CalFresh benefits. This page also identifies bus routes that can take you there.

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

www.dhhs.saccounty.net/PRI/WIC

This program is geared towards helping mothers and their young children afford healthy and nutritious foods. WIC includes assistance to help new mothers learn how to breast feed, nutrition education services, and references to other helpful community resources. You may access WIC services at several locations throughout Sacramento County – visit the County’s website to learn more or call (916) 876-5000.

Meals on Wheels by ACC

www.mowsac.org

Meals on Wheels provides nutritious meals for low-income residents age 60 years or older at various “café” locations throughout the County or by delivery for homebound residents. For more information and a list of locations visit them online or call (877) 434-8075.

Folsom Cordova Community Partnership

www.thefccp.org

This organization helps with needs of the entire family, including food needs, as well as a wide range of other services. You can visit their website to learn more or visit or call:

10665 Coloma Road, Suite 200
Rancho Cordova, CA 95670
(916) 361-8684

Local Food Banks

In Sacramento County, the Sacramento Food Bank & Family Services is partnered with farmers, growers, and service organizations from across California to facilitate emergency food distribution. The State of California and the Agriculture Department as well help assist by providing foodbanks with additional food supplies through the Emergency Food Assistance Program.

The next page lists various foodbanks that are available throughout Sacramento County. For more information, visit www.sacramentofoodbank.org or call their main campus at (916) 456-1980.

Carmichael Adventist Community Services

4600 Winding Way
Sacramento, CA 95841
(916) 487-8684

Carmichael Food Closet

5645 Marconi Avenue
Carmichael, CA 95608
(916) 483-9232

Senior Citizens Services

8580 Elder Creek Road
Sacramento, California 95828
(916) 381-7794

Sierra Arden Neighborhood Food Closet

890 Morse Avenue
Sacramento, CA 95864
(916) 483-1942

St. Matthew's Food Closet

2300 Edison Avenue
Sacramento, California 95821
(916) 927-0115

St. Vincent de Paul

307 Montrose Drive
Folsom, CA 95630
(916) 985-4630

Sunrise Christian Food Ministry (SCFM)

5901 San Juan Avenue
Citrus Heights, CA 95610
(916) 965-5431

Twin Lakes Food Bank

327 Montrose Drive
Folsom, CA 95630
(916) 985-6232

Cordova Community Food Locker

10497 Coloma Road
Rancho Cordova, CA 95670
(916) 364-8973

Elk Grove Food Bank Service

9820 Dino Drive, Suite 140
Elk Grove, CA 95624
(916) 685-8453

Emergency Food Closet (SSIP)

5625 24th Street
Sacramento, CA 95822
(916) 428-5290

7th Day Adventist

5810 Pecan Avenue
Orangevale, California 95662
(916) 967-2838

Sacramento Food Bank and Family Services

3333 Third Avenue
Sacramento, California 95817
(916) 456-1980

Powerhouse Ministries

705 Wales Drive
Folsom, California 95630
(916) 983-0658

River City Food Bank

1319 27th Street
Sacramento, California 95816
(916) 446-2627

Salvation Army

4350 Raley Blvd., Suite 200
Sacramento, CA 95838
(916) 678-4010

Help with Housing

It can be hard to afford your monthly mortgage or rental when you're out of work. Here are some resources you can turn to for help with your housing expenses:

U.S. Department of Housing and Urban Development (HUD)

portal.hud.gov

HUD is the premier federal government agency that offers housing assistance to people in need. It offers rental assistance programs, vouchers that can help pay for housing, public housing, and more. You may also be able to go to HUD for financial counseling services. You may reach the regional office that serves our area (located in San Francisco) by calling (415) 489-6400. Their address is also below:

Dept. of Housing and Urban Development
1 Sansome Street, Suite 1200
San Francisco, CA 94104

Local HUD Approved Counseling Agencies

The following two organizations have also been approved by HUD as approved counseling agencies to assist homeowners and renters with issues such as financial management, mortgage payments, rental assistance, and more.

ClearPoint Credit Counseling Solutions

www.clearpointcreditcounselingsolutions.org

1750 Howe Ave #125,
Sacramento, California 95825
Phone: 877-877-1995

NeighborWorks, Sacramento Region

www.nwsac.org

2400 Alhambra Blvd.
Sacramento, CA 95817
Phone: 916-452-5356

Home Affordable Refinance Program (HARP)

www.harp.gov

This program is designed to help homeowners refinance their mortgages if they have little equity in their homes or owe more than their home is worth.

Keep Your Home California

www.keepyourhomecalifornia.org

This initiative works to make sure that low and moderate income families can stay and live in their homes.

Sacramento Housing and Redevelopment Agency

www.shra.org

This agency is a partnership between the Sacramento City Council and the Sacramento County Board of Supervisors. This partnership aims to ensure that low and moderate income families can find affordable places to live. SHRA can help you apply for public housing, Housing Choice Vouchers (formerly known as Section 8), and maintains a database of low and moderate income housing units. You may call (916) 444-9210 to learn more.

Sacramento Area Emergency Housing Center

www.nextmovesacramento.org

This organization provides a range of emergency services for people who may become homeless, as well as other housing services for people in need. You may call (916) 454-2120 for more information.

Sacramento Self-Help Housing

www.sacselfhelp.org

Sacramento Self-Help Housing serves the homeless by helping them to find stable places to live. You may also call them at (916) 341-0593 to learn more.

Help with Transportation

Without a steady paycheck it can be more difficult to afford to run every day errands or even appear at a job interview. Here are some services in our area that can help with your transportation needs:

Sacramento Regional Transit

www.sacrt.com

Our region's public transit agency provides busing and light rail service throughout many communities in our area. They offer monthly fare passes and discounts are available for people with disabilities. You may call (916) 321-2877 or (916) 483-4327 (TDD) to learn more.

Paratransit, Incorporated

www.sacrt.com/documents/ADAdocs/ParatransitRidersGuide.pdf

Paratransit provides transportation for the elderly and people with disabilities who cannot easily access fixed route bus services. Trips may be reserved two days in advance or by 5:00 pm the day before. Call (916) 429-2744 to make a reservation.

Elk Grove Transit

www.elkgrovecity.org/city_hall/departments_divisions/transit_e-tran

The City of Elk Grove also provides its own bus and public transportation services, the e-Tran, which can also transport you to neighboring communities. You may also call (916) 683-8726 to learn more.

Francis House

www.francishousecenter.org/#!services/c14o2

Francis House distributes transit passes for people who cannot afford their transportation but recently secured a job. You may call them at (916) 443-2646 to learn more.

Help with Utilities

Paying monthly utility bills can become more difficult for some residents as they search for a new job. If you're having trouble, here are some resources that are available to help you:

Low-Income Home Energy Assistance Program (LIHEAP)

www.csd.ca.gov/services/helppayingutilitybills.aspx

This is a federally supported program that helps low-income households with their energy costs. It can provide you with financial aid and provide help if you've received a service termination notice.

Weatherization Assistance

www.csd.ca.gov/services/residentialenergyefficiencyservices.aspx

The Weatherization Assistance Program, or WAP for short, can help lower your energy costs by making your home more energy efficient. It's designed to help people who with lower incomes so they can save on their energy bills.

Energy Assistance Program Rate (EAPR)

<https://www.smud.org/en/residential/customer-service/rate-information/low-income-assistance.htm>

This program, offered through Sacramento Municipal Utility District (SMUD), provides utility discounts for persons with lower incomes. To apply, call 1-888-742-SMUD.

Rate Assistance Program

www.sacutilities.org/Pages/RateAssistance.aspx

Qualifying customers who are also participating in EAPR may also receive monthly discounts from the Sacramento County Department of Waste Management and Recycling and the Sacramento County Water Agency. You may call (916) 875-5555 to learn more.

Help with Legal Issues

If you should need legal assistance while you're looking for work, these free legal services in our area may be able to help you.

Voluntary Legal Services Program of Northern California (VLSP)

www.vlsp.org

VLSP is a volunteer-based "pro-bono" (free) legal aid program that provides free help with civil legal matters to low-income clients living in the Sacramento region. It is the primary source of civil law-related pro bono assistance in our area. You may call or visit them:

517 12th Street,
Sacramento, CA 95814
(916) 551-2102

Legal Services of Northern California

lsnc.info

A non-profit law firm, they provide civil legal services to low income Sacramento County residents. Some of LSNC's priorities are support for families, preservation of housing, and enhancing economic stability. You may call or visit them:

515 12th Street,
Sacramento, CA 95814
(916) 551-2150