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
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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
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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](http://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](http://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](http://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](http://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](http://www.cityofsacramento.org/HR/Career-Opportunities)
This site is updated with current job openings to work for the City of Sacramento.

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

**City of Rancho Cordova**
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:

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Address</th>
<th>Contact Information</th>
<th>Hours</th>
<th>Orientations</th>
<th>Languages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Center for Employment Training</td>
<td>8376 Fruitridge Road</td>
<td>(916) 393-7401</td>
<td>Monday – Friday, 8 a.m. to 5 p.m.</td>
<td></td>
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</tr>
<tr>
<td>CA Human Development Training Center</td>
<td>150 Camellia Way</td>
<td>(209) 580-0214</td>
<td>Monday – Friday, 8 a.m. to 5 p.m.</td>
<td></td>
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<tr>
<td>Crossroads Diversified Services Inc. Training Center</td>
<td>7011 Sylvan Rd. Ste. A</td>
<td>(916) 676-2540</td>
<td>Monday – Friday, 8 a.m. to 5 p.m.</td>
<td></td>
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</tr>
<tr>
<td>Elk Grove Unified School District Training Center</td>
<td>8401 A Gerber Rd.</td>
<td>(916) 525-4717</td>
<td>Monday – Friday, 8 a.m. to 5 p.m.</td>
<td></td>
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<tr>
<td>Galt Job Center</td>
<td>1000 C Street, Suite 100</td>
<td>(209) 744-7702</td>
<td>Monday – Friday, 8 a.m. to 5 p.m.</td>
<td></td>
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<tr>
<td>Greater Sacramento Urban League</td>
<td>3725 Marysville Blvd.</td>
<td>(916) 286-8600</td>
<td>Monday – Friday, 8 a.m. to 5 p.m.</td>
<td></td>
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<tr>
<td>Hillsdale Job Center</td>
<td>5655 Hillsdale Blvd.</td>
<td>(916) 263-4100</td>
<td>Monday – Friday, 8 a.m. to 5 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>La Familia Counseling Center Inc.</td>
<td>5523 34th St.</td>
<td>(916) 452-3601</td>
<td>Monday – Friday, 8 a.m. to 5 p.m.</td>
<td></td>
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</table>
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.

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

<table>
<thead>
<tr>
<th>College</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>American River College</td>
<td>4700 College Oak Drive</td>
<td>(916) 484-8011</td>
<td><a href="http://www.arc.losrios.edu">www.arc.losrios.edu</a></td>
</tr>
<tr>
<td>Cosumnes River College</td>
<td>8401 Center Parkway</td>
<td>(916) 691-7344</td>
<td><a href="http://www.crc.losrios.edu">www.crc.losrios.edu</a></td>
</tr>
<tr>
<td>Sacramento City College</td>
<td>3835 Freeport Boulevard</td>
<td>(916) 558-2148</td>
<td><a href="http://www.scc.losrios.edu">www.scc.losrios.edu</a></td>
</tr>
<tr>
<td>Sierra College</td>
<td>5000 Rocklin Road</td>
<td>(916) 624-3333</td>
<td><a href="http://www.sierracollege.edu">www.sierracollege.edu</a></td>
</tr>
<tr>
<td>Folsom Lake College</td>
<td>10 College Parkway</td>
<td>(916) 608-6500</td>
<td><a href="http://www.flc.losrios.edu">www.flc.losrios.edu</a></td>
</tr>
<tr>
<td>California State University, Sacramento</td>
<td>6000 J Street</td>
<td>(916) 278-6011</td>
<td><a href="http://www.csus.edu">www.csus.edu</a></td>
</tr>
<tr>
<td>University of California, Davis</td>
<td>1 Shields Avenue</td>
<td>(530) 752-1011</td>
<td><a href="http://www.ucdavis.edu">www.ucdavis.edu</a></td>
</tr>
</tbody>
</table>

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](http://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:

<table>
<thead>
<tr>
<th>Library Name</th>
<th>Address</th>
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<tbody>
<tr>
<td>Arden-Dimick Library</td>
<td>891 Watt Ave, Sacramento, CA 95864</td>
</tr>
<tr>
<td>Bookmobile at Murieta Village</td>
<td>14751 Poncho Conde Circle, Rancho Murieta, CA 95683</td>
</tr>
<tr>
<td>Carmichael Library</td>
<td>5605 Marconi Avenue, Carmichael, CA 95608</td>
</tr>
<tr>
<td>Elk Grove Library</td>
<td>8900 Elk Grove Boulevard, Elk Grove, CA 95624</td>
</tr>
<tr>
<td>Fair Oaks Library</td>
<td>11601 Fair Oaks Blvd., Fair Oaks, CA 95668</td>
</tr>
<tr>
<td>Franklin Library</td>
<td>10055 Franklin High Road, Elk Grove, CA 95757</td>
</tr>
<tr>
<td>Folsom Public Library</td>
<td>411 Stafford Street, Folsom, CA 95630</td>
</tr>
<tr>
<td>Rancho Cordova Library</td>
<td>9845 Folsom Blvd., Sacramento, CA 95827</td>
</tr>
<tr>
<td>Southgate Library</td>
<td>6132 66th Avenue, Sacramento, CA 95823</td>
</tr>
<tr>
<td>Sylvan Oaks Library</td>
<td>6700 Auburn Boulevard, Citrus Heights, CA 95621</td>
</tr>
<tr>
<td>Orangevale Library</td>
<td>8820 Greenback Lane, Orangevale, CA 95662</td>
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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](http://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](http://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](http://www.edd.ca.gov/unemployment/FAQ - Eligibility.htm)

**California’s Employment Development Department**
[www.edd.ca.gov](http://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
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.
J Street Community Health Center  
1820 J Street  
Sacramento, CA 95814  
(916) 530-752-7028  
Saturday 8 a.m. to 4 p.m.

Health for All – Downtown Clinic  
923 V Street  
Sacramento, CA 95818  
(916) 448-6553  
Monday – Friday, 8 a.m. to 2 p.m.

Health for All – Freeport Clinic  
2118 Meadowview Road  
Sacramento, CA 95832  
(916) 427-0368

Imani Clinic  
www.imaniclinic.org  
3415 Martin Luther King Boulevard  
Sacramento, CA 95817  
(916) 475-9582

Mercy Clinic Folsom  
105 Dean Way  
Folsom, CA 95630  
(916) 983-3658

+Paul Hom Asian Clinic  
6341 Folsom Boulevard  
Sacramento, CA 95819  
(916) 736-3966  
Saturday, 8 a.m. to 1 p.m.

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

Sacramento Community Clinics (SCC) – Assembly Court  
www.halocares.org  
5524 Assembly Court  
Sacramento, CA 95823

(SCC)– Explorer  
3030 Explorer Drive  
Rancho Cordova, CA 95827  
(916) 642-1867 – clinic  
(916) 642-1868 – dental

(SCC)– Southgate  
7275 E. Southgate Drive, Suite 204-206  
Sacramento, CA 95823  
(916) 428-3788 – clinic  
(916) 642-1869 – dental

WellSpace Health – San Juan Community Health Center  
5959 Greenback Lane, Suite 500  
Citrus Heights, CA 95621  
(916) 725-1177

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.

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

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.

WellSpace Health – North Highlands Multi-Service Center  
www.wellspacehealth.org/loc_north_highlands.htm  
6015 Watt Avenue, Suite 2
| (916) 642-1867 – clinic | North Highlands, CA 95660  
| (916) 642-1868 – dental | (916) 679-3925  
| (SCC) – Del Paso | Monday – Thursday, 8:30 a.m. to 8 p.m. &  
| 2200 Del Paso Boulevard | Friday, 8:30 a.m. to 5 p.m.  
| Sacramento, CA 95815 |  
| (916) 924-7988 – clinic |  
| 2138 Del Paso Boulevard | WellSpace Health – J Street Community Health Center  
| Sacramento, CA 95815 | www.wellspacehealth.org/loc_j_street.htm  
| (916) 642-1890 – dental | 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.  
| |  
| | St. John’s Program for Real Change  
| | 4410 Power Inn Road  
| | Sacramento, CA 95826  
| | www.saintjohnsprogram.org  
| | (916) 453-1482  

**California Donated Dental Services:**  
[bit.ly/1fH5paP](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](www.cdafoundation.org/Portals/0/pdfs/cdacares/faq_patients.pdf)

**Sac Best Rx Savings Program**  
[www.sacbestrx.com](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 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.sacmentofoodbank.org or call their main campus at (916) 456-1980.
<table>
<thead>
<tr>
<th><strong>Carmichael Adventist Community Services</strong></th>
<th><strong>Cordova Community Food Locker</strong></th>
</tr>
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<tbody>
<tr>
<td>4600 Winding Way</td>
<td>10497 Coloma Road</td>
</tr>
<tr>
<td>Sacramento, CA 95841</td>
<td>Rancho Cordova, CA 95670</td>
</tr>
<tr>
<td>(916) 487-8684</td>
<td>(916) 364-8973</td>
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<tr>
<th><strong>Carmichael Food Closet</strong></th>
<th><strong>Elk Grove Food Bank Service</strong></th>
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<tbody>
<tr>
<td>5645 Marconi Avenue</td>
<td>9820 Dino Drive, Suite 140</td>
</tr>
<tr>
<td>Carmichael, CA 95608</td>
<td>Elk Grove, CA 95624</td>
</tr>
<tr>
<td>(916) 483-9232</td>
<td>(916) 685-8453</td>
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<tr>
<th><strong>Senior Citizens Services</strong></th>
<th><strong>Emergency Food Closet (SSIP)</strong></th>
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<tbody>
<tr>
<td>8580 Elder Creek Road</td>
<td>5625 24th Street</td>
</tr>
<tr>
<td>Sacramento, California 95828</td>
<td>Sacramento, CA 95822</td>
</tr>
<tr>
<td>(916) 381-7794</td>
<td>(916) 428-5290</td>
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<tr>
<th><strong>Sierra Arden Neighborhood Food Closet</strong></th>
<th><strong>7th Day Adventist</strong></th>
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<tbody>
<tr>
<td>890 Morse Avenue</td>
<td>5810 Pecan Avenue</td>
</tr>
<tr>
<td>Sacramento, CA 95664</td>
<td>Orangevale, California 95662</td>
</tr>
<tr>
<td>(916) 483-1942</td>
<td>(916) 967-2838</td>
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<tr>
<th><strong>St. Matthew's Food Closet</strong></th>
<th><strong>Sacramento Food Bank and Family Services</strong></th>
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<tbody>
<tr>
<td>2300 Edison Avenue</td>
<td>3333 Third Avenue</td>
</tr>
<tr>
<td>Sacramento, California 95821</td>
<td>Sacramento, California 95817</td>
</tr>
<tr>
<td>(916) 927-0115</td>
<td>(916) 456-1980</td>
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<tr>
<th><strong>St. Vincent de Paul</strong></th>
<th><strong>Powerhouse Ministries</strong></th>
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<tbody>
<tr>
<td>307 Montrose Drive</td>
<td>705 Wales Drive</td>
</tr>
<tr>
<td>Folsom, CA 95630</td>
<td>Folsom, California 95630</td>
</tr>
<tr>
<td>(916) 985-4630</td>
<td>(916) 983-0658</td>
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<tr>
<th><strong>Sunrise Christian Food Ministry (SCFM)</strong></th>
<th><strong>River City Food Bank</strong></th>
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<tbody>
<tr>
<td>5901 San Juan Avenue</td>
<td>1319 27th Street</td>
</tr>
<tr>
<td>Citrus Heights, CA 95610</td>
<td>Sacramento, California 95816</td>
</tr>
<tr>
<td>(916) 965-5431</td>
<td>(916) 446-2627</td>
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<tr>
<th><strong>Twin Lakes Food Bank</strong></th>
<th><strong>Salvation Army</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>327 Montrose Drive</td>
<td>4350 Raley Blvd., Suite 200</td>
</tr>
<tr>
<td>Folsom, CA 95630</td>
<td>Sacramento, CA 95838</td>
</tr>
<tr>
<td>(916) 985-6232</td>
<td>(916) 678-4010</td>
</tr>
</tbody>
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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](http://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](http://www.clearpointcreditcounselingsolutions.org)
1750 Howe Ave #125,
Sacramento, California 95825
Phone: 877-877-1995

**NeighborWorks, Sacramento Region**
[www.nwsac.org](http://www.nwsac.org)
2400 Alhambra Blvd.
Sacramento, CA 95817
Phone: 916-452-5356

**Home Affordable Refinance Program (HARP)**
[www.harp.gov](http://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](http://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](http://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](http://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)**


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](http://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](http://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](http://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