



HIGHRIDGECHURCH

Resource List

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Resources compiled by: Bayside Church of Granite Bay

Affordable Housing

Placer County Housing Authority (530) 889-7676

Website: www.placer.ca.gov/

Who: Serving the diverse needs of our residents, Placer County prioritizes the development of an inclusive and multi-faceted approach to addressing the accessibility of housing.

Sacramento Housing and Redevelopment Agency (916) 444-9210

Website: www.shra.org

Who: The Sacramento Housing and Redevelopment Agency was created to ensure the ongoing development of affordable housing and to continuously fuel community redevelopment projects in the city and county of Sacramento.

Sacramento Housing Choice Voucher (916) 440-1390

Website: www.shra.org/housing-choice-voucher-program/

Who: Assists very low-income individuals and families to afford decent, safe, and sanitary housing in the private rental housing market.

Resources compiled by: Bayside Church of Granite Bay



Bill Payments



These are six of the primary expenses that consumers need help paying in today's challenging environment.

For additional assistance:

Email: info@needhelppayingbills.com

- Include your STATE in the email
- Debt help and reduction of credit card and medical debts
- Free mortgage help and foreclosure prevention
Grants and financial aid to help with electric bills and energy expenses
Help with medical bills
Help with taxes, including income property
Lawyers provide pro-and bono and free legal *advice*.

SMUD:

Energy Assistance Program Rate

EMERGENCY Payment Arrangements: (888) 742-7683

Home Energy Assistance Program

(HEAP): (916) 567-5200

Salvation Army: (916) 678-4010

City of Roseville Utility

(916) 774-5300

Greater Sacramento Urban League

(916) 286-8600

Website: www.gsul.org

Who: The mission of the Greater Sacramento Urban League is to empower Black and other historically marginalized people throughout the region in securing economic self-reliance, education fulfillment, social justice, and civil rights while living well, being well, and thriving.

PG&E

EMERGENCY Payment Arrangements: (800) 743-5000

Payment Assistance (Project Go): (916) 782-3443

Payment Assistance:(REACH): (800) 933-9677

Travelers Aid Society Utility Payment Assistance

(916) 399-9646

Website: www.taeea.org

Who: Travelers Aid Emergency Assistance Agency's mission is to provide human services throughout the greater Sacramento Area to individuals and families, especially to those where minor dependent children and other protected populations are at risk.

Help with Paying Bills

Website: www.needhelppayingbills.com

A website designed to direct
You towards help in a variety of
ways and situations

Child & Family Assistance

24-Hour Support Line
(888) 281-3000

The Sacramento Children's Home:

South Sac Nursery (916) 394-2000

North Sac Nursery (916) 679-3600

Website: www.kidshome.org/contact/

Who: The Sacramento Children's Home has been committed to helping children by providing high-quality care to the Sacramento region's most vulnerable children and families.

Sacramento CASA (916) 875-6460

Website: www.sacramentocasa.org/contact/

Who: Ensuring consistency and support for children in the foster care system through the use of volunteer advocates advancing the best interests of each child.

Child Action (916) 369-0191

Website: www.wp.childaction.org

Who: We empower families and childcare professionals with the tools and support services they need to care for children successfully. Providing free childcare information and referrals to childcare centers, family day care homes, nursery schools, and before and after school programs.

Boys and Girls Cub Placer County (916) 789 7884

Website: www.bgcplacercounty.org

Who: The positive programs and activities the club provides for the youth of Placer County are helping them to become productive, self-sufficient individuals at no cost. We are committed to the Youth Development Strategy of instilling in our members a sense of competence, usefulness, belonging, and the power of influence.

Folsom Cordova Community Partnership (916) 361-8684

Website: www.thefccp.org

Who: We empower individuals and families by increasing their knowledge, assisting in building their skill level, providing current, and relevant resources. Free resources like diapers, formula rental and utility assistance, RT bus passes, etc.

Sierra Pregnancy + Health (916) 624-8990

Website: www.sierraph.org

Who: SPH is a unique organization providing no-cost physical, emotional, and spiritual health care to women and families before, during, and after pregnancy. If you or someone you know needs parenting classes or essential infant items and cannot afford them, contact Sierra Pregnancy. Some items offered, are free diapers per month and car seats.

Clothing Assistance

Laundry with Love

Website: www.laundrylovech.org

Who: Laundry Love washes the clothes and bedding of low/no income families and person(s) across the US. We brighten the lives of thousands of people through love, dignity, and detergent by partnering with diverse groups and laundromats nationwide.

Adventist Community Services (443) 391-7200

Website: www.nadadventist.org

Who: Offers a variety of services to families and individuals who are in need, out of work, or simply having a hard time making ends meet.

First Baptist Church of North Sac (916) 922-9365

Website: www.fbnorthsac.org/community-service/

Who: A church that services the community in a variety of ways. One way they serve is by giving free clothing to people in need.

Open Friday 9:30am - 12pm

Destiny Threads (916) 780-2273

Website: www.app.acuityscheduling.com/schedule.php?owner=24332306

Who: A ministry of Destiny Church that provides free clothing for anyone in crisis. Online only to book an appointment.

Union Gospel Mission (916) 447-3268

Website: www.ugmsac.com

Who: Union Gospel Mission is a ministry to glorify Jesus Christ by evangelizing and regenerating people in need. The Mission provides a Christ-centered environment, clothing, food, shelter, spiritual training if wanted, and a rehabilitation program to serve these needs.

Counseling & Encouragement

Bayside Counseling Center (916) 746-7235

Website: www.baysideonline.com/clinical-counseling/

Who: This counseling center is through Bayside Church. We have highly trained therapists who are ready to join you in your journey towards hope and healing. Our therapists come from a faith perspective, and seek to integrate Christian truths into the work as appropriate for each client. We have the option of free pastoral counseling or regular counseling at our center.

Hope in Life Ministries: Biblical Prayer Counseling (844) 669-4673

Website: www.hopeinlifeministry.org/prayer-counselor-c1dci

Who: Biblical Prayer Counsel of life through the promises of the Bible, and provide principles that enable a person to have God's peace and joy in any situation. This is offered in person or through video.

K-LOVE Radio (800) 525-5683

89.7 and 99.5 -Positive and Encouraging Christian Radio Station 24/7 Prayer and Support - call and speak to one of our Pastors

Who: In addition to providing uplifting music, K-LOVE Radio has full-time pastors to give you Christian advice as you walk through the challenges of life.



Mental Health Treatment Center (866) 798-9320

Website: www.casaserena.org

Who: Mental Health Treatment Center, Casa Serena, is truly a destination treatment and rehab center for women in recovery from alcohol and drugs. Our two charming Victorian Homes are nestled in the heart of downtown Santa Barbara, near cultural landmarks and sprawling beaches.

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.” 2 Corinthians 1: 3-4

In cases of Emergency, DIAL 911

Suicide Prevention Crisis/Counseling DIAL 988 Suicide/Crisis Lifeline

(916) 368-3111 or
(800) 273-8255

CrisisHotlines

Child Protective Services
(916) 872-6549

Child Abuse Prevention
(916) 875-5437

Domestic Violence
(916) 872-6549

Mental Health Emergency: Placer County
(888) 886-5401

National Domestic Violence Hotline
(800) 799-7233

Sacramento Children's Home
(916) 452-3981

Senior or Dependent Adult Abuse
(916) 874-9377

Substance Abuse Emergency/Alcohol and Drug Treatment Service
(530) 889-7240 x7218

Dental Care

Auburn Renewal Center (530) 887-8673

Website: www.auburnclinic.org

Who: A free medical clinic ministry to the community from the Auburn Seventh Day Adventist Church.

Open all Tuesdays and Thursdays 9am-1pm Appointments are recommended.

Walk-in appointments are available on a First come-first served basis.

Chapa-De Indian Health (530) 887-2800

Website: www.chapa-de.org/dental-care/

Who: Today Chapa-De operates two private, non-profit community health centers and is governed by an American Indian Board of Directors. Our health centers offer a variety of adult and pediatric primary medical care.



Medi-Cal Dental (530) 887-8673

Website: www.dental.dhcs.ca.gov

Who: The Medi-Cal Program currently offers dental services as one of the program's many benefits. Under the guidance of the California Department of Health Care Services.

Sac District Dental Society (916) 446-1211

Website: www.sdds.org

Who: It is the mission of the Sacramento District Dental Society to be the recognized source for serving its members and for enhancing the oral health of the community. Additionally, members have the opportunity to serve the community through their profession by volunteering to do dental screenings, oral health education programs and services through the foundation.

Domestic Violence Resource

Sacramento County Children Services

Child Protective Services, (CPS) 24/7 Hotline: (916) 875-5437

Sacramento Children's Home, Crisis Nursery (916) 679-3600

- South Sac (916) 394-2000
- North Sac (916) 679-3600

Website: www.kidshome.org/what-we-do/crisis-nursery-program/

Who: The Sacramento Children's Home operates the county's only Crisis Nursery. Our mission is to prevent child abuse and neglect by providing support to families at times of crisis. The Sacramento Crisis Nursery is a family-strengthening program, where parents can bring their children (Ages Newborn - 5) to one of two Sacramento nurseries for emergency childcare services or overnight care during difficult times.

Shelter Services

My Sisters House, Sacramento (916) 428-3271

Website: <http://www.my-sisters-house.org>

Who: To serve Asian and Pacific Islanders and other underserved women and children impacted by domestic violence, sexual assault, and human trafficking by providing a culturally appropriate responsive safe haven, job training and community services.

National Domestic Violence Hotline (800) 799-7233

St. John's Program for Real Change (Women and Children): (916) 453-1482

Website: www.saintjohnsprogram.org

Who: A residential program that focuses on mother-led families struggling with homelessness in the Sacramento region. They also offer other services for overall human health; mental health housing, child care support, employment training, educational programs and life skills.

The Center for Violence-Free Relationships (530) 626-1131

Placerville and El Dorado County (530) 626-1131

W.E.A.V.E. Sacramento 24/7 Hotline: (916)920-2952

Victim Services Victim Services Unit: (877) 433-9069

Website: www.org.ca.gov/victim-services

Who: The Victim Services Unit (VSU) was created to better serve crime victims and their families. Victims have rights and Attorney General Bonita is committed to ensuring those rights are protected. VSU offers support and information to victims and their families at every stage of the criminal process.

Victim Witness Assistance Program, Placer County: (916) 874-5701

Website: www.placer.ca.gov/3356/Victim-Witness-Assistance

Who: We offer services to victims/witnesses of all crime types. Help is provided from the moment the crime occurs for as long as it is needed. A Victim Representative will speak with you and determine how we can assist you. Program services are provided free of charge and no legal citizenship is required.

Quick Housing, Motel Vouchers, and Shelters

Everyone Matters Ministries

Website: www.everyonemattersministries.com

Who: EMM's mission is to provide refuge, restore lives, and rebuild community for families experiencing poverty and homelessness. This is a Christ-centered service organization that empowers families to break cycles of poverty. We assist clients in the Sacramento Region by providing transitional housing, life skills coaching, and mentorship.

Gathering Inn (916) 791-9355

Website: www.thegatheringinn.com

Who: A multifaceted organization with multiple locations that serves over 250 individuals every day throughout Placer County. Since 2004, The Gathering Inn has served countless individuals experiencing homelessness aiming to welcome new beginnings and transform lives.

PIRS (916) 447-3268

Website: www.pirs.org

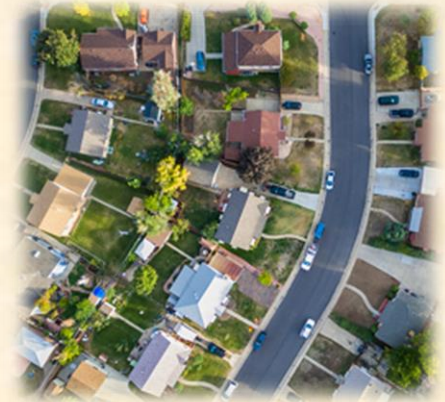
Who: Advocate, empower, educate the community and provide services for people with disabilities, enabling them to control their alternatives for independent living.

Powerhouse Ministries (916) 983-0658

Website:

app.acuityscheduling.com/schedule.php?owner=24332306

Who: Powerhouse Ministries is a Christian non-profit which exists to inspire and empower people to rise above their circumstances, change their lives and impact their community.



Salvation Army (916) 678-4010

Website: www.salvationarmyusa.org/usn/provide-shelter/

Who: Salvation Army offers Motel Vouchers. At the Salvation Army, their doors are open every day and night of the year. Through emergency housing facilities, homeless shelters, transitional living centers, group homes, and family shelters. Providing more than 8million nights of lodging annually.

SHRA-Changing Lives (916) 440-1390

Website: www.shra.org/find-housing/

Who: SHRA's primary mission is affordable housing which we accomplish in various ways.

Travelers Aid (916) 399-9646

Website: www.taega.org

Who: Travelers Aid Emergency Assistance Agency's mission is to provide human services throughout the greater Sacramento Area to individuals and families, especially to those where minor dependent children and other protected populations are at risk. Our definitive goal is to stabilize individuals and/or the family unit to return them back into a healthy lifestyle.

VOA, Emergency Family Shelter (916) 362-3150

Website: www.voa.org

Who: VOA protects the freezing winter climate and the scorching summer heat. Extreme temperature ranges can be life-threatening and create an urgent need for our neighbors experiencing homelessness.

Home Start (916) 782-6667

Who: Home Start Inc. is currently under the management of VOA, which has also finished renovating the Home-Start facility in Roseville to improve its capacity to address homelessness and give Home Start clients access to services.



Eviction & Legal Assistance

Any **3-day notice** or a **30-day notice** should be treated as an **EMERGENCY** and **LEGAL ASSISTANCE** should be obtained **IMMEDIATELY**.

Call the phone numbers below to **STOP** your eviction:

- Legal Help Center/ Placer County: (916) 408-6446
- Placer County Human Services: (530) 889-7610

NOTE: If a landlord wants to evict you, a notice or letter must be served to you by the landlord or an attorney. **To appeal the eviction, you must respond to the court within the given time frame. IF YOU DO NOT RESPOND YOU MUST MOVE.** If you do not move, the sheriff's department can forcibly remove you from the premises.

Tenant's Together (888) 495-8020

Website: www.tenantstogether.org

Who: Tenants Together is dedicated to defending and advancing the rights of California tenants to safe, decent and affordable housing.

Legal Services of NorCal (800) 660-6107

Website: www.lsn.net

Who: The mission of Legal Services of Northern California is to provide quality legal services to empower the poor to identify and defeat the causes and effects of poverty within our community, efficiently utilizing all available resources.

Financial Counseling & Budget Coaching

Crown Financial Ministries (800) 722-1976

Website: www.crown.org

Who: For 47 years, Crown has helped people all over the world understand who they are, what they have and how to best use both. Using proven biblical methods and resources transforms individuals, families, communities and even entire nations. They have a financial help section to develop proven resources to help people activate their full financial potential and find freedom from financial stress.

Bluewater Credit (916) 315-9191

Website: www.bluewatercredit.com/

Who: A company that helps with credit or debt problems. They meet with free-of-charge consultation and guide you to healthy next steps in your finances.

Budget Coaching, Bayside Church (916)-746-8602

Website: www.granitebay.baysideonline.com/additional-resources/

Who: The Bayside Budget Coaching Ministry considers it a privilege to assist you with your budget. We understand this can be a difficult or overwhelming part of your life, but we are here to help you organize your budget in a way that brings hope and blessing.

Food Assistance

PLACER COUNTY

Placer Food Bank (916) 783-0481

Website: www.placerfoodbank.org

Who: Placer Food Bank's mission is to sustain communities by nourishing families experiencing food insecurity, and educating the community about hunger, while advocating for hunger relief.

SACRAMENTO COUNTY



Sacramento Food Bank (916) 456-1980

Website: www.sacramentofoodbank.org

Who: Sacramento Food Bank currently partners with more than 130 partner agencies. This allows them to distribute food to individuals and families throughout Sacramento County. Call or go to the website to find a food bank near you.

Twin Lakes Food Bank (916) 985-6232

Website: www.twinlakesfoodbank.org

Who: Twin Lakes' mission is to share God's love by mobilizing the community to provide food and support to those in need. Their vision is to be the hope in their community by providing the basic needs of nutritious food and social assistance with dignity and humility.

EL DORADO COUNTY

Feed El Dorado

Website: www.feededc.org

Who: A Non-Profit that is Fighting Hunger in El Dorado County by Providing Food Assistance. Feed El dorado is used to sustain communities by nourishing families experiencing food insecurity in El Dorado County.



Funeral Assistance

Indigent Cremation

Placer County offers Indigent Cremation for those who cannot afford final disposition of their loved ones. Please contact Placer County Health and Human Services to apply for this program and determine if you are eligible.

- Roseville (916) 784-6030
- Auburn (530) 889-7625
- Alternative (530) 889-7657

Bayside Church, Life Celebration

Website: granitebay.baysideonline.com/care/ GBCOL@baysideonline.com

Who: Bayside Church has a free program to host and provide some details for funerals at one of our church campuses.

Low-Cost Cremation and Burial (916) 482-2466

Website: www.lowestcostcremation.com

Who: This is one of the last family-owned and operated funeral homes in Sacramento. They provide low-cost funerals.

Furniture Assistance

Furniture for Families (916) 635-0664

Website: <http://www.furnitureforfamilies.org>

Who: Furniture for Families is a non-profit, volunteer led, organization. Their mission is to provide children and families with furniture and other household items such as a table to eat and study at, a sofa for the family to gather on and a dresser to put their things in.

Love Inc. (916) 383-3232

Website: www.loveincsacramento.com

Who: We work with local congregations to deliver a bed or beds to family members who don't have one, deliver food to a family without transportation, provide kitchen tables, chairs and much more.

Homeless Assistance

211 Sacramento

Website: www.211sacramento.org/211/guided-search/

Who: A website and assistance to help get connected to other resources or places.

Acres of Hope (530) 878-8030

Website: www.acresofhopeonline.org

Who: A faith-based renewal center for homeless women with children. Acres of Hope aims to focus on the spiritual, emotional, and physical needs of our residents to help them overcome their circumstances and build positive lifelong habits.

AMI Housing (530)-878-5088

Website: www.amihousing.org

Who: AMI Housing's mission is to house and support the most vulnerable residents of the Sierra Region by providing housing, employment, and life skills programs to the residents of Placer.

Next Move (916) 454-2120

Website: www.nextmovesacramento.org

Who: Next Move is a profound force in moving homeless families and individuals to self-sufficiency and self-reliance.

Volunteers of America, Home Start (916) 265-3400

Website: www.voa-ncnn.org/homestart

Who: A ministry service that provides affordable housing for families in need. This program focuses on homeless families and provides affordable housing in 21 of the units on the Home-Start campus on Riverside Avenue in downtown Roseville.

Loaves and Fishes (916) 446-0874

Website: www.sacloaves.org

Who: As the largest homeless service provider in Sacramento, Loaves and Fishes is a 501(c)(3), charitable, non-profit organization dedicated to providing warm meals, essential survival supplies and services for nearly 1,000 adults and children daily.

HART hartstogether@gmail.com

Website: www.hartstogether.org

Who: Homeless Assistance Resource Team (HART) is a collaborative movement made of community members, faith-based organizations, businesses and local nonprofits dedicated to serving our unhoused neighbors.

Placer County

Website: www.placer.ca.gov/4084/Housing-Homelessness

Who: The Placer County gov.

Sac Steps Forward (916) 577-9770

Website: www.sacramentostepsforward.org

Who: Sacramento Steps Forward works to end homelessness through leadership, convening partners, data-driven best practices, and improving system performance.

St. John's Program (916) 453-1482

Website: www.saintjohnsprogram.org

Who: A residential program that focuses on mother-led families struggling with homelessness in the Sacramento region. They also offer other services for overall human health; mental health, housing, child care support, employment training, educational programs, and life skills.

The Gathering Inn (916) 791-9355

Website: www.thegatheringinn.com

Who: The Gathering Inn is a multipurpose organization that has served countless individuals experiencing homelessness aiming to welcome new beginnings and transform lives.

Helpline: (833) 375-2237

Housing Authority: (530) 889-7676

Tubman House (916) 601-2979

Website: www.sacramento.downtowngrid.com/listings/Tubman-house

Who: Tubman House is a Sacramento transitional community for parenting or pregnant homeless youth (ages 18-21) and their children.

Union Gospel Mission (916) 447-3268

Website: www.ugmsac.com

Who: A website and assistance to help get connected to other resources or places.

Wind Youth Services

- 24-Hour Shelter Line: (916) 628-1492
- Admin or Donations: (916) 504-3313

Website: www.windyouth.org

Who: Wind Youth provide a safe, non-judgmental space for homeless and runaway youth away from the dangers of the street. If you need help with food, clothing, shelter, job placement, or just need someone to talk to, contact Wind Youth Services.

Job Assistance

Job One, Career Coaching (916) 791-1244

Website: www.granitebay.baysideonline.com/career-coaching/

Who: Bayside Churches Job One Program offers career coaching to assist you in finding your next job. This program has helping 1700+ people find jobs.

Placer County Jobs (530) 886-4607

Website: www.jobapscloud.com/placer/

Who: Placer County's employment opportunities page offers a variety of different jobs. You can access their system and fill out an application today.

Department of Rehabilitation (530)-823-4040

Website: <http://www.dor.ca>

Who: A place to help those with disabilities find employment. There are a variety of different jobs to choose from.

Legal Assistance

Legal Assistance of Northern California (916) 551-2150

Website: www.lsn.net

Who: The mission of Legal Services of Northern California is to provide quality legal services to empower the poor to identify and defeat the causes and effects of poverty within our community, efficiently utilizing all available resources.

Placer Dispute Resolution (530) 887-2800

Website: www.placerdisputeresolution.org

Who: Placer Dispute Resolution is a non-profit, community-based conflict resolution organization. We offer mediation, training, and conflict coaching services to those who live in, or own property or a business in Placer County. If you are experiencing a conflict, our experienced mediators can help you reach a satisfying resolution. All services are low-cost, voluntary and, confidential.

Senior Legal Hotline, Sacramento (800) 222-1753

Pregnancy & Adoption Resources

Alternatives Pregnancy Center (916) 880-4040

Website: www.alternativespc.org

Who: It is our mission to offer hopeful alternatives to women facing unplanned pregnancies. Whether you need abortion education, prenatal care for a pregnancy, STD testing/treatment, or other women's health services, Alternatives Pregnancy Center's medical professionals are here for you.

The Alliance (916) 633-1543

Website: www.defendingthecause.org

Who: The Alliance is a network of agencies, nonprofits, community members, businesses and churches working together to protect kids and strengthen families. Their mission is to ensure all children grow up in a safe, loving family and that local families have access to the resources and support needed to create a healthy, interconnected community.

Koinonia Family Services (877) 244-5374

Website: www.kfh.org

Who: Koinonia exist to bring hope and healing to children, youth and families through meaningful relationships and quality programs. Some services offered are Foster Care (including intensive services foster care, emergency foster care, special health care needs, nonminor dependents, therapeutic foster care, and specialized treatment foster care), Adoption, and Short-Term Residential Therapeutic Programs.

PCS Health (530) 626-6720

Website: www.pcshealth.org

Who: PCS Health offers pregnancy services you need to gain clarity about your pregnancy. As a CA State licensed medical facility, they offer free and confidential options counseling, pregnancy tests and limited diagnostic ultrasounds, so you can be fully informed about all your pregnancy options.

Sierra Pregnancy + Health (916) 624-8990

Website: www.sierraph.org

Who: SPH is a unique organization providing no-cost physical, emotional, and spiritual health care to women and families before, during, and after pregnancy. There are a variety of services available in this clinic.



Rent Assistance

Rent Assistance Search

Website: www.rentassistance.us

Who: Rent Assistance is not associated with any government agency or nonprofit organization. Information available on this website is intended to help low-income individuals and families find emergency assistance for heating and utility bills.

Salvation Army, Roseville (916) 784-3382

Website: www.salvationarmyusa.org/usn/rent-mortgage-and-utility-assistance/

Who: The Salvation Army provides emergency services, including food, clothing, shelter, a safe space, and a hopeful word to everyone who needs it. With utility assistance, our goal is to provide resources that will help families stay in their homes.

Sacramento Emergency Rental Assistance (916) 444-9210

Website: www.shra.org/sera/

Who: In response to the COVID-19 pandemic, the Sacramento Housing and Redevelopment Agency (SHRA), in partnership with the City and the County of Sacramento, through federal and state funding, is offering emergency rent and utilities assistance for renters living anywhere in Sacramento County who have experienced a reduction in household income or other financial hardship due to the COVID-19 pandemic.

Salvation Army, Sacramento (916) 678-4010

Website: www.salvationarmyusa.org/usn/rent-mortgage-and-utility-assistance/

Who:

Senior Citizen Adult Protective Services

Alzheimer's Aid Society of Northern California (916) 483-2002

Website: www.alzaid.org

Who: Providing direct care to anyone with memory impairment is impactful physically, emotionally, spiritually, and financially. Our goal at the Aid Society is to provide tools to the caregiver in all stages of the journey.

Apex Elder Care (877) 389-4507

Website: www.apexcare.com

Who: An independent and privately-owned company that services 10 counties in Northern California through our 5 primary offices in Sacramento, Vacaville, Napa, Concord, and Stockton. They are passionate about supporting our local senior community and helping individuals age with dignity and grace in their own homes.

California Department of Aging

Website: www.aging.ca.gov

Who: The California Department of Aging (CDA) administers programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout the State. CDA contracts with and oversees the local Area Agencies on Aging (AAA) that coordinate a wide array of services to seniors and adults with disabilities.

Eskaton Resources (866) 375-2866

Website: www.eskaton.org/resources

Who: Our trained resource navigators are available to assist older adults and their family members in finding and utilizing community-based resources.

Home Instead Senior Homecare Services

(888) 343-0182

Website: www.homeinstead.com

Who: Home Instead services make life easier for seniors and their families. Your local, independently owned and operated franchise office will seek to match compassionate, reliable caregivers – we call them Care Professionals, or Care Pros for short – with each Client's personality and needs.



In-Home Supportive Services

- Placer: (530) 886-1870
- Sacramento: (916) 874-2888

Website: www.cdss.ca.gov/in-home-supportive-services

Who: The In-Home Supportive Services (IHSS) program provides in-home assistance to eligible aged, blind, and disabled individuals as an alternative to out-of-home care and enables recipients to remain safely in their own homes.

Meals on Wheels (916) 444-9533

Website: www.mowsac.org

Who: Meals on Wheels wants to enhance the dignity and quality of life of Sacramento area older adults through nutritional programs that include assessment of needs, education, supportive services, and assistance to families and caregivers.

Oasis Senior Advisors, East Sacramento (916) 365-4478

Website: www.oasisadvisor.com/east-sacramento/

Who: At Oasis Senior Advisors, we are committed to simplifying the process of selecting a senior housing community for you and your family. Each of our locally-owned, community-based services, offers a personal, compassionate approach to help you with your unique needs. We know the many communities in your area, and handle all of the research for you.

Placer Independent Resources Services (530) 885-6100

Website: www.pirs.org

Who: PIRS is a non-profit independent living center. Our mission is to advocate, empower, educate and provide services for people with disabilities enabling them to control their alternatives for independent living. The Home Modification/Repair services enable seniors to reduce the risk of falls and to assist with maintaining independence at home.

Seniors First (530) 492-5404

Website: www.seniorsfirst.org

Who: Seniors First exists to provide programs, services and long-term support to Placer County seniors so that they may maintain their independence as long as possible.

Placer County Adult Systems of Care (888) 886-5401

Website: www.placer.ca.gov/2524/Adult-Protective-Services

Who: The Placer County Health and Human Services Adult System of Care works with local agencies to provide various services for adults and older adults. The division goal is to help adults in their care maintain as much independence and self-sufficiency as possible while also receiving necessary medical and in-home support services.

Services:

- **ACCESS** – Adult, Child and Community Emergency Services Systems – for at-risk children and adults in emergencies and crises, to report child and elder abuse. This is a 24- hour service.
- **Adult Mental Health Services Programs** - including therapeutic intervention, case management and support, skill development, medication and employment services.
- **Adult Protective Services and Public Guardian** – a program to protect older and dependent adults from abuse and neglect.
- **In-Home Supportive Services Programs** – to provide older and disabled adults and children with domestic and personal care services that allow them to stay in their own homes and live safely and with dignity.
- **Senior Peer Counseling** – a free and confidential service where county seniors receive weekly visits from counselors who are their peers, and who are trained to discuss mature- adult issues like grief, health difficulties, retirement, or relocation.

Substance Abuse Treatment Programs - including services to encourage self-help, out-client and residential programs

In Cases of Emergency DIAL 911

Suicide Prevention Crisis/Counseling
CALL /TEXT 988 Suicide/Crisis Lifeline
(800) 273-8255

Lincoln: (916)645-8866
Roseville: (916)773-3111
Sacramento: (916)368-1111

Child Protective Services
(916) 872-6549

Child Abuse Prevention
(916) 875-5437

Domestic Violence
(916) 872-6549

Mental Health Emergency: Placer County
(888) 886-5401

National Domestic Violence Hotline
(800) 799-7233

Sacramento Children's Home
(916) 452-3981

Senior or Dependent Adult Abuse
(916) 874-9377

Substance Abuse Emergency/Alcohol and Drug Treatment Service
(530) 889-7240 x7218

Youth Crisis Hotlines

**Adult Protective Services
Sacramento: (916) 874-9377
Placer: (888) 886-5401**

**California Youth Crisis
(800) 843-5200**

**Child Find of America Missing or Abducted Children
(800) 426-5678 for**

**National Center for Missing and Exploited Children
(800) 843-5678**

**National Child for Sexual Abuse Help
(866)367-5444**

**Parent Support Line
(888) 281-3000**

**Crisis Resolution Center
(866) 251-7584**

Website: www.kfh.org

**S.A.F.E. Alternatives for Self-Abuse
(800) 366-8288**

**Behaviors
Website: www.selfinjury.com**

Jesus, The Ultimate Help

Jesus is the essential help we need. He cares about every aspect of our lives and wants the best for us.

John 16:33 says "I have told you these things, so that in me you may have peace. In this world, you will have trouble. But take heart! I have overcome the world."

Isaiah 41:10 says "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

While help with natural circumstances is important, the most important help the Lord can provide is help for a weary and unfulfilled soul. Jesus came to bring freedom, peace, and rest to our souls. He came to give us an abundant life that is full of his joy, provision, and fellowship.

If you haven't received Jesus into your life, I would like to invite you to do so today as tomorrow is not promised. Jesus came to earth as a man to break the barrier of sin that separates God's people from himself. Jesus suffered the punishment of sin unto death so those who would call on the name of Jesus would be saved and reunited in fellowship with God.

Please say this simple prayer to receive his gift of salvation:
"Jesus, I confess you are Lord and I believe you died to save my soul and give me eternal life. Jesus, I ask you to be my savior, Lord, and friend. Fill me with your spirit, teach me your ways, and help me to become a true follower of Christ."

If you said that prayer, all of heaven is rejoicing in your reunion with God, his kingdom, and the purpose for your life. Speaking of purpose, HighRidge Church exists to invite you on a journey to know God, find freedom, discover your purpose, and make a difference.

We would love to support you in the next steps of your journey as a new believer.

We invite you to attend our Sunday services:

9:30am or 11am

Rocklin Event Center

2650 Sunset Blvd, Rocklin, CA 9567

<https://highridgechurchca.com/>

May God bless you, keep you, and make his face to shine upon you. May he lead you into all provision and give you peace.



HIGHRIDGECHURCH

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Rocklin Event Center

2650 Sunset Blvd, Rocklin, CA 9567

<https://highridgechurchca.com/>