

CLOTHING CLOSETS

Christ Community Church

5025 Manzanita Ave, Carmichael, 95608

1 (916) 344-2382

4th Saturday of the month along with a shower and a hot lunch, 10 am–2 pm

Faith Legacy Church - Call First

3532 Whitney Ave, Sacramento, 95821

1 (916) 487-5123

DRUG AND ALCOHOL

Alcohol and Drug System of Care-DHS

3321 Power Inn Rd, Ste. 120

Sacramento, 95826

1 (916) 874-9754

Monday–Friday, 8 am–5 pm

(excluding county holidays)

Individuals seen on a walk-in basis

Central California Fellowship of Alcoholics Anonymous

9960 Business Park Dr Suite 110,

Rancho Cordova

1 (916) 454-1100

24/7 Hotline and local meeting locations and times.

ENGLISH AS A 2ND LANGUAGE

Highlands Community Charter School

The Center at St. Matthew's

2300 Edison Ave, Sacramento, 95821

1 (916) 844-2883

Monday–Friday, day & evening classes

FOOD CLOSETS

Our Lady of the Assumption

5057 Cottage Way, Carmichael, 95608

1 (916) 481-5115

Tuesdays & Thursdays, 9–10:50 am

Presentation Parish

4123 Robertson Ave, Sacramento, 95821

1 (916) 485-3482

Tuesdays & Fridays 10 am

Call for appointment

Sierra Arden Neighborhood Food Closet -

serves zip codes 95821, 95825, 95864

890 Morse Ave, Sacramento, 95864

1 (916) 483-1942

Tuesday–Friday, 10–11:45 am

Thursdays, 4–5:45 pm

St. John the Evangelist Parish

5751 Locust Ave, Carmichael, 95608

1 (916) 483-2161

Wednesdays, 8–10 a.m.

St. Marks United Methodist

2391 St. Marks Way, Sacramento, 95864

1 (916) 483-7848

Tuesdays and Saturdays, 10 am–12 pm

Carmichael Presbyterian Food Closet

5645 Marconi Ave, Carmichael, 95608

1 (916) 483-9232

Call 10 am–Noon M-F for appointment & eligibility.

Arcade Church - SFBFS Produce for All

3927 Marconi Ave, Sacramento, 95821

1 (916) 972-1617

2nd Thursday of the month, 11–Noon

Sacramento Woodside SDA Church

3300 Eastern Ave, Sacramento, 95821

1 (916) 482-6444

2nd & 4th Saturdays of the month, 2-4 pm

Free vegetarian cooking school on

3rd Saturdays (January–October) 6 pm

River City Food Bank

The Center at St. Matthew's

2300 Edison Ave, Sacramento, 95821

2nd & 4th Fridays, 11 am–1 pm

Every Saturday, 11 am–1 pm

FREE MEALS

Christ Community Church

5025 Manzanita Ave, Carmichael, 95608

1 (916) 344-2382

4th Saturday of the month along with clean

clothing and a shower, 10 am–2 pm

St. Ignatius Loyola Parish

3235 Arden Way, Sacramento, 95825

1 (916) 482-9666

Last Wednesday of the month, 6 pm

St. Marks United Methodist

2391 St. Marks Way, Sacramento, 95864

1 (916) 483-7848

Last Saturday of the month,

9:30-11:30 am

Presentation Parish

4123 Robertson Ave, Sacramento, 95821

1 (916) 485-3482

3rd Saturdays, 10 am

Carmichael Presbyterian

5645 Marconi Ave, Carmichael, 956808

1 (916) 486-9081

3rd Saturday of the month, 4 pm

St. Philomene Parish

2428 Bell St, Sacramento, 95825

1 (916) 481-7113

Every Tuesday, 6 pm

Town & Country Lutheran

4049 Marconi Ave, Sacramento, 95821

1 (916) 481-2542

4th Saturday of the month, 4 pm

HELP OUT OF HOMELESSNESS

Francis House Center

1422 C Street, Sacramento, 95814

1 (916) 443-2646

Job development center

California IDs

Family Rescue

Resources Coaching

Hygiene Kits

LAUNDRY

God's Helping Hand-Laundry Day at Launderland

3100 Fulton Ave, Sacramento, 95821

3rd Saturday of the month, 9–11 am,
drop-in

*Limited to 20 individuals per Saturday
and two free loads of laundry each.*

PARENTING RESOURCES

Arcade Community Center

Mutual Assistance Network (MAN)

2427 Marconi Ave, Ste. 103

Sacramento, 95821

1 (916) 514-8096

Monday–Friday 9 am–6 pm

Closed on holidays and for special events

MEDICAL CARE

Child Health & Disability Prevention Program, CDHCS

9616 Micron Ave, Ste. 670
Sacramento, 95827

1 (916) 875-7151

Monday–Friday, 8 am–5 pm

Health screening & Immunization

Eligibility:

Med-Cal eligible, birth to age 20

Moderate income, birth to age 18

No Fees

Application: telephone

VA (Mather) Medical Center

10535 Hospital Way, Mather, 95655

1 (916) 843-7000

24/7 Urgent Care

Primary & Specialty Care

for Veterans & Tri-Care

Fees: Services connected, no fee

Non-connected, sliding scale

Application: telephone or walk-in

Fair Oaks Church

11427 Fair Oaks Blvd.
Fair Oaks, CA 95628

1 (916) 967-4784

Grief support group

(DURABLE) MEDICAL EQUIPMENT

St. Marks United Methodist

2391 St. Marks Way, Sacramento, 95864

1 (916) 483-7848

Tuesday–Friday, 9 am–4 pm

No fee

Call to confirm equipment availability

PSYCHIATRIC DISABILITIES

Consumer Self-Help at Wellness & Recovery Center-North

3637 Mission Ave, Carmichael, 95608

1 (916) 485-4175

Monday–Friday, 9 am–8:45 pm

Saturday, 9 am–5 pm

Consumer driven programs and services based on the self-help philosophy to empower individuals with psychiatric disabilities.

RENT HELP – Call First

Our Lady of the Assumption

5057 Cottage Way, Carmichael

1 (916) 481-6352

St. John the Evangelist Parish

5751 Locust Ave, Carmichael

1 (916) 483-2161

SHOWERS

Carmichael Presbyterian

5645 Marconi Ave, Carmichael

1 (916) 486-9081

Mon, Tues, Thurs, 1-4 pm

3rd Saturdays, 4 pm–5 pm

Reservations must be made the same day starting at 10 am.

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5025 Manzanita Ave, Carmichael, 95608

1 (916) 344-2382

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SUICIDE, ABUSE & MENTAL HEALTH CRISES

Transforming Lives, Cultivating Success

650 Howe Ave, Bldg, 400-A

Sacramento, 95825

1 (916) 737-7483 • tlcssac.org

WellSpace Health 24-Hour Crisis Lines

1-800-273-8255 toll free

Wellspacehealth.org

Text “HOPE” to (916) 668-4226

UTILITIES HELP – Call First

Our Lady of the Assumption

1 (916) 481-6352

5057 Cottage Way, Carmichael, 95608

St. John the Evangelist Parish

1 (916) 483-2161

5751 Locust Ave, Carmichael

Presentation Parish

serving zip code 95821 only

4123 Robertson Ave, Sacramento

1 (916) 485-3482

A printable copy of this brochure can be downloaded from the Arden Arcade Carmichael Faith Communities website at:
<http://www.aacfc.us/resources>

Updated: March 10, 2020

- 1. Please call providers to confirm services, days and times as services offered can change.**
- 2. For a Master List of Sacramento Area Social Services: dial 211 anytime, any day.**
- 3. To revise or update information on this flyer please email: jbense@lccorsac.org**



*Local Volunteers Reaching Out
To Help People In Our Community*

