

Street Sheet/Resource Guide

*Services concentrating on Arden-Arcade and Carmichael*

Updated: April 2024

* For a Master List of Sacramento Area Social Services or to ask for help, dial 211 anytime, any day or visit https://www.211sacramento.org/211/

An alternate number for 211 is 844-546-1464

* To revise or update information on this flyer please email [carol@aacfc.us](mailto:carol@aacfc.us)

A printable copy of this brochure can be downloaded from the AACFC website at: <http://www.aacfc.us/resources>

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Food

**Arcade Church \***

3927 Marconi Ave, Sacramento, CA 95821

916-972-1617

<https://www.arcadechurchonline.com/>

info@arcadechurch.com

2nd and 4th Tuesday of the month 8:30 - 11:00 AM

Corner of Marconi & Becerra

**Bridge Network- Slider Center/Max Baer Park**7851 35th Ave Sacramento, CA 95824

916-244-1406   
[info@bridge-network.org](mailto:info@bridge-network.org)

Food Distributions - Every Friday

11 a.m.–3 p.m. (or until food is gone)

**CalFresh (Food Stamps) \***

2700 Fulton Avenue

1-800-560-0976

<https://www.getcalfresh.org/>

<https://benefitscal.com/>

<https://www.cdss.ca.gov/inforesources/calfresh>

8 AM – 4 PM Monday – Friday

Government food assistance program; no street address required.

For a list of restaurants that take Cal Fresh, see <https://icaliforniafoodstamps.com/restaurants-that-accept-ebt-in-sacramento-county>

**Carmichael Adventist Community Services** \*  
4694 Pasadena Ave, Sacramento, CA 95841-4540   
916-487-8684 Option 3

<https://carmsda.org/community>

[office@carmsda.org](mailto:office@carmsda.org)  
Wednesdays 9 AM-11:30

**Carmichael Presbyterian Church \***  
5645 Marconi Ave, Carmichael, CA 95608  
Food closet: 916-483-9232   
[https://www.carmichaelpres.org/](https://www.carmichaelpres.org/%20)   
[office@carmichaelpres.org](file:///C:\Users\carol\Desktop\office@carmichaelpres.org)

Food pick up Thursdays from 6:00-7:15 PM (no advance call required).

Reserved food is available Monday, Tuesday and Thursday:

* call between 10:00 AM - 12 noon on those days to reserve food;
* pick up the food 1:30PM - 2:00PM on those days

**First United Methodist Church Midtown**  
2100 J Street, Sacramento, CA 95816  
916-446-5025  
<https://firstumcsac.org/>  
[admin2100@firstumcsac.org](mailto:admin2100@firstumcsac.org)

Hot meals available Monday 8:00 AM to 11:30 AM and

the last two Saturdays of the month, 8:00 AM to 11:30 AM

**Loaves and Fishes Services**  
1351 North C. St. Sacramento, CA 95811  
916-446-0874   
<https://sacloaves.org>

Lunch Monday-Friday from 11:30 AM-1:00 PM and Saturday and Sunday from 11:00 AM-12:30 PM.

**Presentation of the Blessed Virgin Mary Parish\***  
4123 Robertson Ave, Sacramento, CA 95821   
916-485-3482   
<https://presentationparish.org/>

[office@presentationparish.org](mailto:office@presentationparish.org)

Tuesday and Thursday 9:00-11:00

Distributed on the back side of the office building.

**River City Food Bank - Midtown**  
1800 28th Street Sacramento CA 95816

916-446-2627   
[https://rivercityfoodbank.org/](https://rivercityfoodbank.org/%20)   
[email@rivercityfoodbank.org](mailto:email@rivercityfoodbank.org)

Tuesdays and Thursdays 10:30 AM -1:30 PM

**River City Food Bank - The Center at St Matthew’s \***  
2300 Edison Ave., Sacramento, CA 95821

916-446-2627  
<https://rivercityfoodbank.org/>  
[email@rivercityfoodbank.org](file:///C:\Users\carol\Desktop\Unhoused\Guide%20and%20Resources\email@rivercityfoodbank.org)  
Wednesday and Friday 10:30 AM - 1:30 PM

**Saint Ignatius Loyola Parish** \*  
3235 Arden Way Sacramento, CA 95825  
916-482-9666 ext. 0 Monday - Saturday  
<https://www.stignatiussac.org/s/>  
Box dinners served 6:00 -7:00 PM on the last Wednesday of the month.

**Saint Marks United Methodist \***  
2391 St. Marks Way, Sacramento, 95864  
916-483-7848  
<https://stmarksumc.com>  
Food Closet Tuesday & Saturday 10:00 AM-11:00 AM

**Saint Vincent De Paul at Our Lady of Assumption** \*  
5057 Cottage Way, Carmichael, CA 95608 (Cottage and Walnut)   
916-481-6352   
<https://olaparish.net/st-vincent-de-paul-society-ola-conference>  
[parish@olaparish.net](file:///C:\Users\carol\Desktop\Unhoused\Guide%20and%20Resources\parish@olaparish.net)  
Tuesday and Thursday 10:00 AM - 12:00 noon

**Saint Vincent de Paul Saint John the Evangelist**  
5751 Locust Avenue, Carmichael, CA 95608 \*  
916-483-2161 or 916-483-8454   
<https://sjecarmichael.org/>  
[office@sjecarmichael.org](file:///C:\Users\carol\Desktop\Unhoused\Guide%20and%20Resources\office@sjecarmichael.org)  
Wednesday 8 AM–10 AM. Walk up or drive through until food runs out.

**Saint Philomene Church** \*  
2428 Bell St., Sacramento, CA 95825   
Church 916-481-6757; Food Closet 916-481-7113

[https://stphilomene.com/](https://stphilomene.com/%20)   
Meals: Tuesday 6:00 – 7:00 PM

Food Closet: Mon – Tue 9:00 AM - 12:00 PM

**Saint Vincent de Paul Society Help Line \***  
P.O. Box 162487 Sacramento, CA 95816  
916-572-7553  
[https://www.svdp-sacramento.org/](https://www.svdp-sacramento.org/%20)   
[svdpsachelp@gmail.com](file:///C:\Users\carol\Desktop\Unhoused\Guide%20and%20Resources\svdpsachelp@gmail.com)  
call Monday through Friday to be connected to a food source close by.  
  
**San Juan Unified Food Distribution** \*  
3738 Walnut Avenue, Carmichael, CA 95608

<https://www.sanjuan.edu/resources/community-resources>

Back parking lot off of Gibbons Dr. Check online for distribution dates.

**San Juan Central Food Closet \***

3700 Garfield Ave. in Carmichael

Central Enrollment Center, Room 14

(916) 979-8878

Monday through Friday (8:30 am - 2:00 pm)

Closed on non-school days and holidays.

Serves families who are in need of non-perishable food items.

**Sierra Arden Food Closet** \*  
890 Morse Avenue, Sacramento, CA 95825   
916-483-1942  
<https://www.sierravistacc.org/food-closet>  
Mon, Wed, Thurs, Fri, 10-11:30 AM, Thursday 4 PM to 5:30 PM

**Union Gospel Mission**   
400 Bannon Street, Sacramento, CA 95811   
916-447-3268   
[https://ugmsac.com/](https://ugmsac.com/%20)   
[info@ugmsac.com](file:///C:\Users\carol\Desktop\Unhoused\Guide%20and%20Resources\info@ugmsac.com)   
Dinner 7 nights/week. Must attend chapel at 7:30 PM for 8:30 meal.

Lunch Sunday. Must attend 11:00 AM chapel for noon meal.

Tuesday and Thursday 1:00PM - 2:00PM Food Boxes for families and seniors. Call ahead for food boxes 916-447-3268 8 AM to 12 noon or 1:00 PM to 4:00 PM

**Woodside SDA Church** \*  
3300 Eastern Ave., Sacramento, CA 95821   
916-482-6444   
[office@woodsidesda.org](mailto:office@woodsidesda.org)

<http://woodsidesda.org/about/>  
2nd & 4th Saturday 2:00 PM - 4:00 PM

Shelter, and Camping and Parking

**Audre’s Emporium of New Tomorrows (part of Waking the Village)**PO Box 160085, Sacramento, CA 95816  
916-601-2979  
<http://www.wakingthevillage.org/home>  
[admin@wakingthevillage.org](mailto:admin@wakingthevillage.org)  
LGBTQ youth ages 18-21

Fill out waitlist application on website

**Cottage Housing: Quinn Cottages**   
1500 North A Street Sacramento, CA 95811  
916-492-9065   
<https://cottagehousing.org/communities>   
[kniles@cottagehousing.org](mailto:kniles@cottagehousing.org)  
For those homeless or in shelter more than a year with a documented disability, such as HIV/AIDS, mental health, or drug and alcohol abuse.

Start process by calling 211 about Quinn cottages. Speak to navigator and request a VISPDAT over the phone. If approved, you will be placed in the queue.

You must call 211 to apply.

**County of Sacramento Emergency Placement for Children and Teens**

3701 Branch Center Road Sacramento CA 95827 (office only)

Call 916-875-3702 for referral to shelter. Children and teens only

**Family Promise of Sacramento**  
P.O. Box 1378 Sacramento, CA 95812  
916-443-3107  
<https://www.familypromisesacramentoca.org/>  
[marsha@sacfamilypromise.org](mailto:marsha@sacfamilypromise.org)  
Motel rooms and tiny homes for families. Call above number for intake Mon-Fri 8:00 AM to 2:00 PM.

**First Step Communities Shelter**  
1400 North A Street Bldg. A Sacramento, CA 95811   
916-822-4900  
<https://www.firststepcommunities.org/>  
[Info@Firststepcommunities.org](mailto:Info@Firststepcommunities.org)  
Talk to an intake person at A Street or request shelter at Loaves & Fishes.   
Single men and women and youths.

**First Step Communities Safe Camping at Miller Park**

2701 Marina View Drive

916-822-4900  
[www.firststepcommunities.org](http://www.firststepcommunities.org)

Call 311 for pre-screening

**First Step Communities Safe Parking**  
South Front Street, Sacramento, CA 95818

916-822-4900  
[www.firststepcommunities.org](http://www.firststepcommunities.org)

Call 311 for pre-screening

Safe parking for unhoused people

**My Sister's House**  
3053 Freeport Blvd., #120, Sacramento, CA 95818  
916-428-3271

<http://www.my-sisters-house.org/>  
[info@my-sisters-house.org](mailto:info@my-sisters-house.org)  
Shelter and transitional house for Asian and Pacific Islander women affected by domestic violence, human trafficking, and sexual assault.

For access, call help line.

**Sacramento County Safe Parking site by City Net**

Space for 30 cars at Watt Avenue and Winona Way

Call 2-1-1 for access.

**Sacramento Covered \***

916-906-5214

Scott Young at [syoung@sacramentocovered.org](mailto:syoung@sacramentocovered.org)

Drop-in Hours for Arden-Arcade:

Tuesday 10:00 AM to 12:00 PM at

Arcade Library 2443 Marconi, Sacramento, CA 95821

Drop-in Hours for Carmichael:

Wednesdays 10 AM – 12 noon

Carmichael Park 5750 Grant Avenue Carmichael, CA 95608

at the picnic tables next to the tennis courts

**Safe Ground Sacramento**   
C St & 12th St, Sacramento, CA 95814  
<https://safegroundsac.org/>  
[safegroundsacinfo@gmail.com](mailto:safegroundsacinfo@gmail.com)  
Safe camping for unhoused people

**Saint John’s Program for Real Change \***  
2443 Fair Oaks Blvd, #369 Sacramento, CA 95825-7684  
916-453-1482   
<https://saintjohnsprogram.org/>  
[info@saintjohnsprogram.org](mailto:info@saintjohnsprogram.org)  
Residential program for women and their minor children. Each family enters a 12-18 months program which leads to employment and self-sufficiency. Call for dates of intake orientation.

**Salvation Army Center of Hope Shelter**

1200 North B Street, Sacramento, CA 95811

916-442-0331

<https://sacramento.salvationarmy.org/sacramento_metro/center-of-hope-shelter/>

Potential clients should come to the shelter to be connected to resources.

**Shelter, Inc.**  
River District Area, Sacramento, CA 95814  
916-827-7461  
<http://www.shelterinc.org/programs/shelter-sacramento.html>  
[shelter@shelterinc.org](mailto:shelter@shelterinc.org)

Must be referred after calling 211

**Tubman House (part of Waking the Village)**  
PO Box 160085 Sacramento, CA 95816  
916-601-2979  
<http://www.wakingthevillage.org/home>  
[admin@wakingthevillage.org](mailto:admin@wakingthevillage.org)  
Shelter for transition age youth ages 18-24 and their children  
Transitional living program parenting program

Submit waitlist application on the website.

**Union Gospel Mission**   
400 Bannon Street, Sacramento, CA 95811   
916-447-3268   
<https://ugmsac.com/>  
[info@ugmsac.com](mailto:info@ugmsac.com)  
Shelter for men. Sign-ups are nightly at 5:30 PM and are conducted on a “First come / first serve” basis. Newcomers are given priority. Must have photo ID and TB card (available at Loaves & Fishes).

**Village Shelter (part of Waking the Village)**  
PO Box 160085 Sacramento, CA 95816  
916-601-2979  
<http://www.wakingthevillage.org/home>  
[admin@wakingthevillage.org](mailto:admin@wakingthevillage.org)  
Services for pregnant women and those transitioning to parenthood (18-24 year olds)

90 day shelter Submit waitlist application on website or call 2-1-1

**VOA Family Shelter**   
River District Area, Sacramento, CA 95814

Administrative Offices: 3434 Marconi Avenue Sacramento, CA 95821  
916-265-3400  
<https://www.voa-ncnn.org/family-shelter>

Register at: <https://vhaservices.saccounty.net/efs>

[info@voa-ncnn.org](mailto:info@voa-ncnn.org)

Call 2-1-1 for referral

**VOA Meadowview Navigation Center**  
2700 Meadowview Road, Sacramento, CA 95832  
916 917-3202  
<https://www.voa-ncnn.org/meadowview>

[info@voa-ncnn.org](mailto:info@voa-ncnn.org)

Shelter for women. Call 2-1-1 for referral.

**VOA Sacramento Senior Safe House \***  
3434 Marconi Avenue Sacramento, CA 95821 (mailing address only)  
916-874-9377  
<https://www.voa-ncnn.org/northern-california-emergency-shelter>

[info@voa-ncnn.org](mailto:info@voa-ncnn.org)

Must be referred by Adult Protective Services at 916-874-9377

or call 2-1-1 for referral

**Waking the Village**  
PO Box 160085 Sacramento, CA 95816  
916-601-2979  
<http://www.wakingthevillage.org/home>

[admin@wakingthevillage.org](mailto:admin@wakingthevillage.org)

Serves:

LGBT youth 18-21 single/couple/families

Young parents between 18 and 24

**Waking the Village Prevention and Intervention**

PO Box 160085 Sacramento, CA 95816

**916-525-5965**

<http://www.wakingthevillage.org/prevention-and-intervention>

Help for those ages 12 to 24 experiencing housing instability or homelessness

**WEAVE, Inc.**  
1900 K Street, Sacramento, CA 95811  
916-448-2321 Crisis Line 916-920-2952  
<https://www.weaveinc.org/>

[info@weaveinc.org](mailto:info@weaveinc.org)

Serves victims of domestic violence, sexual assault, and sex trafficking.

**X Street Navigation Center and Shelter (SHRA)**

2970 X Street Sacramento, CA 95817

916-265-3400

<https://www.voa-ncnn.org/northern-california-emergency-shelter>

[hiquestions@shra.org](mailto:hiquestions@shra.org)

For information, call above number; for referral call 2-1-1

Respite Centers

**Carmichael HART Respite Center at Carmichael Presbyterian \***

5645 Marconi Ave, Carmichael, CA 95608

<https://carmichaelhart.org/programs/auto-draft/>

[scott@carmichaelhart.org](mailto:scott@carmichaelhart.org)

Saturdays 10:00 AM to 2:00 PM

**Carmichael HART Respite Center at Crossroads Church \***

7100 Fair Oaks Blvd, Carmichael

Hot meals, restrooms, showers, rest, medical consultations, and access to the Homeless Outreach Navigator

Wednesdays 9:00 AM – 1:00 PM

**First United Methodist Church Midtown**  
2100 J Street, Sacramento, CA 95816  
916-446-5025  
<https://firstumcsac.org/>  
[admin2100@firstumcsac.org](mailto:admin2100@firstumcsac.org)

Respite, hot meals and showers available Monday 9:00 AM to 11:00 AM and the last two Saturdays of the month, 8:00 AM to 11:30 AM

**Open Doors Community Center**

3901 Madison Avenue #65 Sacramento, CA 95660

916-670-3155

Community Center with food, clothing, break room

Open Monday – Friday 8:00 AM to 1:00 PM

**Loaves and Fishes Friendship Park**

1321 North C Street at 12th Street, Sacramento, CA 95814

916-443-7378

<https://sacloaves.org>

Serves adults. Breakfast, coffee, restrooms, showers, laundry, survival items, clothing, haircut vouchers. Open 7AM - 2PM Mon-Fri. Closed weekends and holidays.

**Loaves and Fishes Mary House**

1351 North C Street, Sacramento, CA 95811

916-446-4961

<https://www.sacloaves.org/programs/maryhouse>

Daytime hospitality shelter for unhoused women and children

Intake Mon, Tue, Thu, Fri., 8 AM - 2 PM; Wed 8 AM - noon

Closed weekends and holidays.

**Sacramento 24 Hour Outreach and Engagement Center \***

3615 Auburn Blvd.

916-940-7180

Respite Center open 23 hours per day

For entry, come between 1:00 PM and 5:00 PM for an interview or

If you are in City District 2, you can call 2-1-1 for a referral

Cooling and Warming Center 8 PM to 8 AM

**The Ripple Effect Respite Center**

North Highlands

916-891-0211

[therippleeffect@achurchforall.org](file:///C:\Users\carol\Desktop\Unhoused\Street%20Sheet%20Update%20and%20Resources\therippleeffect@achurchforall.org)

<https://www.facebook.com/therippleeffectministry>

Call Mon-Thurs for a ride.

Peer run, meals, clothing, shoes and a computer room available.

**Midtown HART Respite Centers**

Mondays 8:00 AM – 11:30 AM at First United Methodist Church

2100 J Street, Sacramento, CA

Tuesdays 9:30 AM – 12:30 PM at St. John’s Lutheran Church

1701 L Street, Sacramento, CA 95811

Wednesdays 9:00 AM – 11:00 AM at Westminster Presbyterian

1300 N Street, Sacramento, CA

Fridays 9:30 AM – 12:30 PM at Trinity Cathedral

2620 Capitol Avenue, Sacramento 95816

[**https://www.hartstogether.org/midtown-hart-respite-center**](https://www.hartstogether.org/midtown-hart-respite-center)

[**SacMidtownHART@gmail.com**](mailto:SacMidtownHART@gmail.com)

Coffee and light snacks, bathrooms, clothing and donated items.

Mental Health

Hotlines:

* 24/7 National Suicide and Mental Health Crisis Hotline: Call or text 988 OR 800-273-8255
* Sacramento County 24 hour crisis line: 888-881-4881
* The Source – 24 hours for youth up to age 26 and caregivers
* 916-SUPPORT (787-7678)
* Wellspace Health 24 Hour Suicide Prevention Crisis Line – 916-368-3111 or 1-800-273-TALK (8255)

Mental Health Services Support Lines:

* Sacramento County ACCESS Team – Mental Health 916-875-1055
* County Community Support Team (916) 874-6015 Mon – Fri 8:00 AM – 5:00 PM
* Seniors (aged 60+) – Call Adult Protective Services (916) 874-9377
* Veterans: CalVet – (800) 952-5626

Treatment Centers :

**Hope Cooperative CORE Howe \***

Temporary Site: 3727 Marconi, Sacramento, CA 95821

Future Site: 650 Howe Ave Bldg. 300, Sacramento, CA 95825

916-485-6500

Short term mental health therapy and groups, long term options; job assistance, help with social security, computer use, etc. for mental health clients. Must call 916-875-1055 (County Adult Access line) for referral. Clients with no insurance or Medi-Cal only.

**Hope Cooperative CORE Marconi \***

3737 Marconi Ave, Sacramento, CA 95821

Phone: 916-480-1801

Short term mental health therapy and groups, long term options; job assistance, help with social security, computer use, etc. for mental health clients. Must call 916-875-1055 (County Adult Access line) for referral. Clients with no insurance or Medi-Cal only.

**HOPE Cooperative Mental Health Crisis Center**

916-737-RESPITE (916-737-7483)

24/7 for ages 18 and up.

Assists those in a mental health crisis.

Call for more details.

**National Alliance on Mental Illness**

7230 S. Land Park Dr. Suite 111, Sacramento, CA 95831

Helpline 916-890-5467

<https://NAMISacramento.org>

**National Psychiatric Care and Rehabilitation Services (NPCRS)**

1532 Rosalind Street, Sacramento, 95838

(408) 568-9834

Dual diagnosis, mental health and drug diagnoses. Residential program accessed by referral. Does not take Medicare or Medi-Cal, but takes Kaiser, Magellan, Blue Cross, Blue Shield, Aetna, Healthnet, Sutter and others.

**Sacramento County Dept. of Health Services, Division of Behavioral Health – Homeless Encampment and Response Team (HEART)\***

916-975-1720

[BHS\_HEARTreferrals@saccounty.gov](mailto:BHS_HEARTreferrals@saccounty.gov)

HEART reaches out to encampments provides direct referrals to Mental Health and/or Substance Use Prevention & Treatment services for Unhoused individuals.

Need to include:

Information from referring party- Name & Contact information

PLUS individual seeking services: First & Last Name, Birthdate, Location, & contact information if known.

**Sacramento County Turning Point Mental Health Urgent Care Clinic**   
2130 Stockton Blvd Bldg. 300 Sacramento, CA 95817  
916-520-2460  
<http://www.tpcp.org/programs/urgent-care>  
[hhs-bhs@saccounty.net](mailto:hhs-bhs@saccounty.net)  
24 hours. Walk-in clinic for mental health and substance abuse crisis. Run by Turning Point on contract for the County. Takes Medi-Cal.

**Sacramento County Community Support Team** \*

Community based non-urgent mental health screenings, supports, and linkage to resources for any individual. Call (916) 874-6015.

**Sacramento Crisis Residential Program**

Phone: 916-262-8598

<https://www.tpcp.org/program/crisis-res/>

Mental health Crisis residential center

Must be referred by a hospital, primary care physician, psychiatry professional or mental health provider. If these are not available, you can visit the Sacramento County Turning Point Mental Health Urgent Care Clinic for a referral.

**Turning Point Community Outreach CORE Rosin**

3810 Rosin Court, Suite 170, Sacramento, CA 95834

Phone: 916-567-4222

Outpatient behavioral health services for adults (18+) with a qualifying diagnosis, Short term mental health therapy and groups, long term options; job assistance, help with social security, computer use, etc. for mental health clients. Must call 916-875-1055 (County Adult Access line) for referral. Clients with no insurance or Medi-Cal only.

**Turning Point Community Outreach CORE Madison**

3628 Madison Ave, Suites 6, 7, and 10 North Highlands, CA 95660

916-388-3231

<https://www.tpcp.org/program/core/>

Outpatient behavioral health services for adults (18+) with a qualifying diagnosis. Short term mental health therapy and groups, long term options; job assistance, help with social security, computer use, etc. for mental health clients. Must call 916-875-1055 (County Adult Access line) for referral. Clients with no insurance or Medi-Cal only.

Psychiatric Hospitals:

**Sacramento County Mental Health Treatment Center (SMHTC)**

2150 Stockton Blvd., Sacramento, CA 95817

(916) 875-1000

Usually take referrals from emergency rooms.

**Heritage Oaks Hospital \***

4250 Auburn Blvd., Sacramento, CA 95841

(916) 489-3336

**Sacramento Behavioral Health Care Hospital**

1400 Expo Parkway, Sacramento, CA 95815

877-978-4242 or 916-437-6400

Alcohol and Drug Counseling

**Alcoholics Anonymous Central California Fellowship**

9960 Business Park Drive, Suite 110 Sacramento, CA 95827  
Office: 916-454-1771 Hotline: 916-454-1100  
<https://aasacramento.org/>  
[officeassistant@aasacramento.org](mailto:officeassistant@aasacramento.org)

Go to website and click on “Meetings” to find a walk-in meeting.

**Associated Prison Ministries of California \***2730 Arden Way Suite 134, Sacramento, CA 95825  
916-581-0021  
<https://apmoc1.wixsite.com/website>  
[apmoc1@juno.com](mailto:apmoc1@juno.com)  
Monday, Wednesday, and Friday 10:00 AM - 1:00 PM  
Serves those previously incarcerated

**Sacramento County Turning Point Mental Health Urgent Care Clinic**  
2130 Stockton Blvd Bldg. 300 Sacramento, CA 95817  
916-520-2460  
<http://www.tpcp.org/programs/urgent-care>  
[hhs-bhs@saccounty.net](mailto:hhs-bhs@saccounty.net)

Mon - Fri 10:00 AM – 10:00 PM Sat, Sun & Holidays 10:00 AM – 6:00 PM  
24 hours. Walk-in clinic for mental health and substance abuse crisis. Run by Turning Point on contract for the County. Takes Medi-Cal.

**Harm Reduction Services**  
2800 Stockton Blvd. Sacramento, CA 95817  
916-456-4849  
<https://hrssac.wordpress.com/contact-us/>

[hrssacramento@gmail.com](mailto:hrssacramento@gmail.com)

Provides drug treatment navigation, STI/HIV/HCV testing (the full medical clinic is only on Saturdays) and a syringe service program.

**Narcotics Anonymous \***  
PO Box 9999, Van Nuys, California USA 91409   
Telephone 818-773-9999  
<https://www.na.org/meetingsearch/>

To find a walk-in group, go to website and search for nearest meeting

**Sacramento County Dept. of Health Services, Division of Behavioral Health – Homeless Encampment and Response Team (HEART)\***

916-975-1720

[BHS\_HEARTreferrals@saccounty.gov](mailto:BHS_HEARTreferrals@saccounty.gov)

HEART provides direct referrals to Mental Health and/or Substance Use Prevention & Treatment services for Unhoused individuals.

**Saint John’s Program for Real Change \***  
2443 Fair Oaks Blvd, #369 Sacramento, CA 95825   
916-453-1482   
<https://saintjohnsprogram.org/>  
[info@saintjohnsprogram.org](mailto:info@saintjohnsprogram.org)  
Residential program for women and their minor children. Each family enters a 12-18 months program which leads to employment and self-sufficiency. Call for dates of intake orientation.

**Union Gospel Mission Men’s New Life Program**  
400 Bannon Street, Sacramento, CA 95811   
916-447-3268   
<https://ugmsac.com/rehab-program/>  
[info@ugmsac.com](mailto:info@ugmsac.com)

Apply in person. Mon–Thurs 10:00AM–11:00AM & 1:00 PM–2:00PM

Showers

**Carmichael HART Respite Center at Carmichael Presbyterian \***  
5645 Marconi Ave, Carmichael, CA 95608   
<https://carmichaelhart.org/programs/auto-draft/>  
[scott@carmichaelhart.org](mailto:scott@carmichaelhart.org)

Showers Saturdays 9:00 AM to 1:00 PM

**First United Methodist Church Midtown**  
2100 J Street, Sacramento, CA 95816  
916-446-5025  
<https://firstumcsac.org/>  
[admin2100@firstumcsac.org](mailto:admin2100@firstumcsac.org)

Showers available Monday 8:00 AM to 11:30 AM and

the last two Saturdays of the month, 8:00 AM to 11:30 AM

**Loaves & Fishes (Maryhouse Daytime Shelter)**   
1321 North C Street Sacramento, CA 95811   
916-446-4961   
<https://sacloaves.org/maryhouse>  
Mon - Fri 7:00 AM – 2:00 PM

Serves women and children only

**Loaves and Fishes Friendship Park**

1351 North C. St. Sacramento, CA 95811  
916-446-0874   
<https://sacloaves.org>

Mon – Fri 7:00 AM – 2:00 PM

Showers for men

**Sacramento LGBT Community Center**

2012 K Street Sacramento CA 95811

916-442-0185

<https://saccenter.org>

[info@saccenter.org](mailto:info@saccenter.org)

Showers for youth 13-24 years old.

**Union Gospel Mission**   
400 Bannon Street, Sacramento, CA 95811   
916-447-3268   
<https://ugmsac.com/>  
[info@ugmsac.com](mailto:info@ugmsac.com)  
Showers for men are available Monday – Thursday, 9 AM – 11 AM; 1 PM – 2:45 PM, Friday – Saturday, 9 AM – 11 AM

**Laundry**

**City Church of Sacramento**  
3860 4th Avenue, Sacramento, CA 95817  
916-468-4545   
<https://citychurchsac.org/>

[info@citychurchsac.org](mailto:info@citychurchsac.org)

Partners with Stockridge Launderland, 5402 Stockton Blvd.

**God’s Helping Hands Laundry Day \***

At Launderland: 3100 Fulton Avenue

3rd Saturday of every month 9 – 11 AM

2 loads free laundry wash and dry. Soap provided.

<http://www.aacfc.us>

Jobs

**Saint John’s Program for Real Change \***  
2443 Fair Oaks Blvd., #369 Sacramento, CA 95825   
916-453-1482   
<https://saintjohnsprogram.org/>  
[info@saintjohnsprogram.org](mailto:info@saintjohnsprogram.org)  
Residential program for women and their minor children. Each family enters a 12-18 months program which leads to employment and self-sufficiency. Call for dates of intake orientation.

**Deseret Industries**

Jobs in canning or thrift store work

3000 Auburn Blvd

For info, Call 916-482-1480

Clothing

**Note**: Many thrift stores will give away clothing and camping items to those who say they are without means to pay.

**Daughters of Zion**

6489 47th Street, Sacramento, CA 95823   
916-422-3875  
<https://www.dozenterpryz.org/>

[info@dozenterpryz.org](mailto:info@dozenterpryz.org)

Wednesday: 4:30 PM – 6:30 PM

**Union Gospel Mission**   
400 Bannon Street, Sacramento, CA 95811   
916-447-3268   
<https://ugmsac.com/>  
[info@ugmsac.com](mailto:info@ugmsac.com)  
Men’s Clothing Room available Monday – Thursday, 9 AM – 11 AM and 1 PM – 2:45 PM, Friday – Saturday, 9 AM – 11 AM

Women’s Clothing Closet open Thursdays at 9 AM – 12 AM with ½ hour Bible study at 9 AM.

Health Care

**Elica Health Centers - Arden Arcade \***

2400 Glendale Lane, Sacramento, CA 95825

916-454-2345

<https://www.elicahealth.org>

[communications@elicahealth.org](mailto:communications@elicahealth.org)

Open 8:00 AM to 12:00 PM and 1:00 to 5:00 PM, Mon – Fri

**ELICA Health on Wheels Health Centers \***

916-454-2345

[www.elicahealth.org/mobile-medicine](http://www.elicahealth.org/mobile-medicine)

[communications@elicahealth.org](mailto:communications@elicahealth.org)

Visit website for dates and locations of Health on Wheels busses.

**One Community Health Arden-Arcade Campus\***  
1442 Ethan Way Suite 100, Sacramento, CA 95825   
916-443-3299  
<https://onecommunityhealth.com/>

Medical and dental clinic

**Saint Marks UMC \***2391 St. Marks Way, Sacramento, 95864  
916-483-7848  
<https://stmarksumc.com>

Supplies durable medical equipment by appointment Tues – Thurs, 9:00 AM – 1:00 PM

**Salvation Army Willow Clinic**  
N. 16th & N. B St., Sacramento, CA 95811  
916-572-4502  
<http://www.willowclinic.org/>

[info@willowclinic.org](mailto:info@willowclinic.org)

Telemedicine and phone appointments for refills only

**VOA Open Arms Shelter for AIDS patients \***   
3434 Marconi Avenue Sacramento, CA 95821 (mailing address only)  
916-265-3400  
<https://www.voa-ncnn.org/open-arms>

[info@voa-ncnn.org](mailto:info@voa-ncnn.org)

Call 2-1-1 for referral

**WellSpace Health Arden-Arcade Immediate Care Center \***

2433 Marconi Ave, Sacramento, CA 95821

(916) 313-8433

<https://www.wellspacehealth.org/location/arden-arcade-community-health-center>

[info@wellspacehealth.org](mailto:info@wellspacehealth.org)

Immediate Care Sun-Sat 8:00 AM to 8:00 PM

Appointments 8 AM to 4:30 PM

Immediate Care hours 8:00 AM-8:00 PM 7 days a week. Accepts Medi-Cal or self pay

Legal Services

**Disability Action Advocates \***  
No local office; services are delivered by phone.  
916-756-4007 or 888-421-8705  
<https://www.sacramentosocialsecuritydisability.com/>

Legal advocates for Social Security Disability

**Legal Services of Northern California**  
515 12th Street Sacramento, CA 95814  
916-551-2150  
<https://lsnc.net/>

Legal advocates  
Monday through Friday, 8:30 AM to 12 PM, 1 PM to 5 PM

Only phone calls – no walk-ins at this time. Call as early as possible.

Tenant-landlord and public benefit matters only

Bus Passes

**Next Move Homeless Services**

**Francis House Center**

1422 C Street, Sacramento, CA 95814

916-443-2646

[francishouse@nextmovesacramento.org](mailto:info@francishousecenter.org)

**Hours of operation:**

Monday, Tuesday, Thursday, and Friday

9:00 AM-12:00 PM and 1:00-3:00 PM

One bus pass per week for scheduled appointments.

Parenting

**Sacramento Children's Home Crisis Nursery \***4533 Pasadena Avenue Sacramento, CA 95821  
916-679-3600  
<https://www.kidshome.org/what-we-do/crisis-nursery-program/>  
Emergency child care facility. Serves homeless parents of newborns through 5 years old.

Dental

**Elica Health Centers - Arden Arcade \***

1750 Wright Street, Suite A, Sacramento, CA 95825

916-454-2345

<https://www.elicahealth.org>

[communications@elicahealth.org](mailto:communications@elicahealth.org)

**One Community Health Arden-Arcade Campus\***  
1442 Ethan Way Suite 100, Sacramento, CA 95825   
916-443-3299  
<https://onecommunityhealth.com/>

Medical and dental clinic

Hospice

**Joshua’s House**   
3630 Larchwood Drive, Sacramento, CA 95834

916-502-0946

<https://joshuashousehospice.org/about/>

[m.fitzwater@thehcri.org](mailto:m.fitzwater@thehcri.org)

Opening Summer 2024

Serves homeless, terminally ill men and women discharged from Sutter, UC Davis, Dignity and Kaiser.

Outreach Organizations

**Mercy Pedalers**

2419 L Street #6, Sacramento, CA 95816

(916) 879-5581

<https://mercypedalers.com/>

[LMFernandez@sistersofmercy.org](mailto:LMFernandez@sistersofmercy.org)

**Arden Arcade HART (Homeless Assistance Resource Team) \***

2300 Edison Avenue, Sacramento, CA.

[info@ardenarcadeHART.com](mailto:info@ardenarcadeHART.com)

Provides street outreach, food, water, hygiene kits and other resources in Arden Arcade area.

**Carmichael HART (Homeless Assistance Resource Team) \***

P.O. Box 1822, Carmichael, CA 95609

carmichaelHART.org

Provides street outreach, food, water, hygiene kits, showers, and other resources in the Carmichael area.

**Sacramento County Dept. of Health Services, Division of Behavioral Health – Homeless Encampment and Response Team (HEART) \***  
916-975-1720   
[BHS\_HEARTreferrals@saccounty.gov](mailto:BHS_HEARTreferrals@saccounty.gov)  
HEART reaches out to encampments and provides direct referrals to Mental Health and/or Substance Use Prevention & Treatment services for unhoused individuals.  
You'll need to include:   
Information from referring party–Name & Contact information   
PLUS individual seeking services: First & Last Name, Birthdate, Location, & contact information if known.

Warming/Cooling Centers

During Excessive Temperature Emergencies, Warming and Cooling Centers below are open when an emergency is declared. Sac RT Metro busses will give you a ride to these locations for free. Call 211 for more information.

**Arden-Dimick Library \***

891 Watt Ave, Sacramento, California 95864

10 AM - 6 PM Tuesday through Saturday

**Carmichael Library \***

5605 Marconi Ave, Carmichael, California 95608

10 AM - 6 PM Tuesday through Saturday

**Union Gospel Mission**

400 Bannon Street, Sacramento, CA 95811

(916) 447-3268

[etrussell@ugmsac.com](mailto:etrussell@ugmsac.com)

Warming center open to all 10 PM – 6 AM