20

Must be referred by Adult Protective Services at 916-874-9377 or call 2-1-1 for referral

**Respite Centers**

**Carmichael HART Respite Center at Carmichael Presbyterian**

5645 Marconi Ave, Carmichael, CA 95608

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

scott@carmichaelhart.org

Saturdays 10:00 AM to 2:00 PM

**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

**Sacramento 24 Hour Outreach and Engagement Center**

3615 Auburn Blvd.

916-940-7180

Respite Center open 23 hours per day

**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

**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

4

[svdpsachelp@gmail.com](file:///C%3A%5C%5CUsers%5C%5Ccarol%5C%5CDesktop%5C%5CUnhoused%5C%5CGuide%20and%20Resources%5C%5Csvdpsachelp%40gmail.com)
call Monday through Friday to be connected to a food source close by.

**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, Thurs 4 PM - 5:30 PM

**Woodside SDA Church**
3300 Eastern Ave., Sacramento, CA 95821
916-482-6444
office@woodsidesda.org

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

Shelter, and Camping and Parking

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

**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

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

**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

3

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

office@presentationparish.org

Tuesday and Thursday, 9:00 AM – 11:00 AM
Distributed on the back side of the office building.

**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%3A%5CUsers%5Ccarol%5CDesktop%5CUnhoused%5CGuide%20and%20Resources%5Cparish%40olaparish.net)
Tuesday and Thursday 10:00 AM - 12:00 noon

**Saint Vincent de Paul Saint John the Evangelist**
5751 Locust Avenue, Carmichael 95608
916-483-2161 or 916-483-8454
<https://sjecarmichael.org/>
[office@sjecarmichael.org](file:///C%3A%5CUsers%5Ccarol%5CDesktop%5CUnhoused%5CGuide%20and%20Resources%5Coffice%40sjecarmichael.org)
Wednesday: 8:00 AM - 10:00 AM

**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 - noon

**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)

2



Street Sheet/Resource Guide

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/>

To update information on this flyer please email carol@aacfc.us

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

**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

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
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%3A%5CUsers%5Ccarol%5CDesktop%5Coffice%40carmichaelpres.org)

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

Reserved food is available Monday, Tuesday and Thursday:

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

1

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

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

**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

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

**Outreach Organizations**

**Mercy Pedalers**

2419 L Street #6, Sacramento, CA 95816

(916) 879-5581

<https://mercypedalers.com/>

LMFernandez@sistersofmercy.org

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

2300 Edison Avenue, Sacramento, CA.

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](file:///C%3A%5CUsers%5Ccarol%5CDesktop%5CUnhoused%5CStreet%20Sheet%20Update%20and%20Resources%5CcarmichaelHART.org)

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

6

<https://aasacramento.org/>
officeassistant@aasacramento.org

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

916-456-4849

**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

Showers

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

Showers Saturdays 9:00 AM to 1:00 PM

Laundry

**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

**Deseret Industries**

Jobs in canning or thrift store work

3000 Auburn Blvd

For info, Call 916-482-1480

**Clothing**

Many thrift stores will give clothing to those saying they can’t afford it.

Health Care

**Elica Health Centers - Arden Arcade**

2400 Glendale LaneSacramento, CA 95825

916-454-2345

[https://www.elicahealth.org](https://www.elicahealth.org/)

5