



Street Sheet/Resource Guide

Services concentrating on Arden-Arcade and Carmichael

Updated: September 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

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 (Marconi & Becerra)

916-972-1617

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

info@arcadechurch.com

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

Bridge Network- Slider Center/Max Baer Park

7851 35th Ave Sacramento, CA 95824

916-244-1406

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

Wednesdays 9 AM-11:30

* Indicates services in Arden-Arcade and Carmichael

Carmichael Presbyterian Church *

5645 Marconi Ave, Carmichael, CA 95608

Food closet: 916-483-9232

[https://www.carmichaelpres.org/
office@carmichaelpres.org](https://www.carmichaelpres.org/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](https://firstumcsac.org/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](https://presentationparish.org/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/
email@rivercityfoodbank.org](https://rivercityfoodbank.org/email@rivercityfoodbank.org)

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

* Indicates services in Arden-Arcade and Carmichael

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

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

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

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/>

Meals: Tuesday 6:00 – 7:00 PM

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

* Indicates services in Arden-Arcade and Carmichael

Saint Vincent de Paul Society Help Line *

P.O. Box 162487 Sacramento, CA 95816

916-572-7553

<https://www.svdp-sacramento.org/>

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/>

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

* Indicates services in Arden-Arcade and Carmichael

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

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

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

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. You must call 211 to apply. Speak to navigator and request a VISPDAT over the phone

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

Motel rooms and tiny homes for families. Call above number for intake Mon-Fri 9:00 AM to 2:00 PM.

* Indicates services in Arden-Arcade and Carmichael

First Step Communities Shelter

1400 North A Street Bldg. A Sacramento, CA 95811

916-822-4900

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

Info@Firststepcommunities.org

Talk to an intake person at the A Street Shelter. Single men and women and youths.

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

Shelter and transitional house for women, with special services for Asians and Pacific Islanders affected by domestic violence, human trafficking, and sexual assault.

For access, call help line.

Sacramento County Watt Avenue Stay Safe Parking and Shelter

4837 Watt Ave. at Winona Way

Not AVAILABLE YET

140 beds and space for 30 RVs

Call 2-1-1 for access.

Sacramento County East Parkway Stay Safe Shelter

7001 East Parkway

56 beds

Call 2-1-1 for access.

Sacramento County Florin Road Safe Stay Shelter

8144 Florin Road at Power Inn

Call 2-1-1 for access.

Sacramento County Stockton Blvd Safe Stay Shelter

6820 Stockton Blvd

Not AVAILABLE YET

Call 2-1-1 for access.

* Indicates services in Arden-Arcade and Carmichael

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

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

SHELTER, Inc. owns or master leases hundreds of units, renting to low-income vulnerable residents, many of whom have otherwise been unable to find housing. 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

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/>

* Indicates services in Arden-Arcade and Carmichael

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

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

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

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

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

* Indicates services in Arden-Arcade and Carmichael

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

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>

hquestions@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

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

Community Health Works *

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

* Indicates services in Arden-Arcade and Carmichael

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

First United Methodist Church Midtown

2100 J Street, Sacramento, CA 95816

916-446-5025

[https://firstumcsac.org/
admin2100@firstumcsac.org](https://firstumcsac.org/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

Hope Cooperative Wellness Center – CORE Marconi*

3737 Marconi Ave. Sacramento, CA 95826

916-480-1801 ext 2090

[https://hopecoop.org/services/
info@hopecoop.org](https://hopecoop.org/services/info@hopecoop.org)

Respite, computers, light meals, etc.

Monday – Friday 8:30 a.m – 4:00 p.m.

Hope Cooperative Wellness Center – CORE Howe*

650 Howe Avenue #300 Sacramento, CA 95825

916-485-6500 ext. 249

[https://hopecoop.org/services/
info@hopecoop.org](https://hopecoop.org/services/info@hopecoop.org)

Respite, computers, light meals, showers, laundry etc.

Monday – Friday 8:30 a.m – 4:30 p.m.

Hope Cooperative Wellness Center – CORE X Street

1400 X Street Sacramento, CA 95818

916-738-7400

[https://hopecoop.org/services/
info@hopecoop.org](https://hopecoop.org/services/info@hopecoop.org)

Respite, computers, light meals, showers, laundry etc.

Monday – Friday 8:00 a.m – 2:00 p.m.

* Indicates services in Arden-Arcade and Carmichael

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

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

Call Mon-Thurs for a ride. Peer run, meals, clothing, shoes and a computer room available.

* Indicates services in Arden-Arcade and Carmichael

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>
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 *

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.

* Indicates services in Arden-Arcade and Carmichael

Hope Cooperative CORE Marconi *

3737 Marconi Ave, Sacramento, CA 95821

Phone: 916-480-1801

Short term therapy and groups, long term options; job assistance, help with social security, computer use, etc. Must call 916-875-1055 (County Adult Access) 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, CA 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, etc.

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

916-975-1720

BHS_HEARTreferrals@sacounty.gov

Outreach to encampments; provides referrals to Mental Health and/or Substance Use Prevention & Treatment services for Unhoused individuals.

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@sacounty.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.

* Indicates services in Arden-Arcade and Carmichael

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.

* Indicates services in Arden-Arcade and Carmichael

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

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

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

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.

* Indicates services in Arden-Arcade and Carmichael

Harm Reduction Services

2800 Stockton Blvd. Sacramento, CA 95817

916-456-4849

<https://hrssac.wordpress.com/contact-us/>
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

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

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

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

* Indicates services in Arden-Arcade and Carmichael

Showers

Carmichael HART Respite Center at Carmichael Presbyterian *

5645 Marconi Ave, Carmichael, CA 95608

[https://carmichaelhart.org/programs/auto-draft/
scott@carmichaelhart.org](https://carmichaelhart.org/programs/auto-draft/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](https://firstumcsac.org/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

Hope Cooperative Wellness Center - CORE Howe

650 Howe Avenue #300 Sacramento, CA 95825

916-485-6500 ext. 249

[https://hopecoop.org/services/
info@hopecoop.org](https://hopecoop.org/services/info@hopecoop.org)

Showers available Tuesday and Thursday 8:30 a.m-3:30 p.m.

Hope Cooperative Wellness Center - CORE X Street

1400 X Street, Sacramento, CA 95818

916-738-7400

[https://hopecoop.org/services/
info@hopecoop.org](https://hopecoop.org/services/info@hopecoop.org)

Showers available Monday and Friday beginning at 8:30

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

* Indicates services in Arden-Arcade and Carmichael

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

Showers for youth 13-24 years old.

Showers by Touchstone

Mondays 8 am to 12 pm (we stop taking names at 11 am):

22nd St and J St, FUMC parking lot

Showers

Wednesdays 9 am to 1 pm (Adults Only) and 2 pm to 5 pm (Families w/
Children only):

116 N 16th St, Pipeworks back parking lot

Showers, Clothes, Food, Mobile Medicine

Every Saturday 9 am to 10:30 am:

116 N 16th St, Pipeworks back parking lot

Service: Hot Meals and Clothes

1st Saturday (Times vary depending on services provided):

2101 Zinfandel Drive, Rancho Cordova

Showers

2nd Saturday 9 am to 12 pm:

2406 Del Paso Rd, Encounter Church parking lot

Showers

Last 2 Saturdays 8 am to 12 pm:

22nd and J St, FUMC parking lot

Showers

* Indicates services in Arden-Arcade and Carmichael

Union Gospel Mission

400 Bannon Street, Sacramento, CA 95811

916-447-3268

<https://ugmsac.com/>

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

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>

Hope Cooperative Wellness Center - CORE Howe

650 Howe Avenue #300 Sacramento, CA 95825

916-485-6500 ext. 249

<https://hopecoop.org/services/>

info@hopecoop.org

Laundry available Monday and Wednesday 8:30 a.m-3:30 p.m.

Hope Cooperative Wellness Center - CORE X Street

1400 X Street, Sacramento, CA 95818

916-738-7400

<https://hopecoop.org/services/>

info@hopecoop.org

Laundry available Monday and Friday beginning at 9:00

* Indicates services in Arden-Arcade and Carmichael

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

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

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

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.

* Indicates services in Arden-Arcade and Carmichael

Health Care

Elica Health Centers - Arden Arcade *

2400 Glendale Lane, Sacramento, CA 95825

916-454-2345

<https://www.elicahealth.org>
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
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

Telemedicine and phone appointments for refills only

* Indicates services in Arden-Arcade and Carmichael

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

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

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 Medical 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

Parenting

Sacramento Children's Home Crisis Nursery *

4533 Pasadena Avenue Sacramento, CA 95821

916-679-3600

* Indicates services in Arden-Arcade and Carmichael

<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

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@thehcrci.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

* Indicates services in Arden-Arcade and Carmichael

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

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

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

* Indicates services in Arden-Arcade and Carmichael

HOPE Cooperative Outreach and Engagement Center

3615 Auburn Blvd, Sacramento, CA 95821

916-940-7180

Union Gospel Mission

400 Bannon Street, Sacramento, CA 95811

(916) 447-3268

etrussell@ugmsac.com

Warming center open to all 10 PM – 6 AM