

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>
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>
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/>
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.svdps-sacramento.org/svdpsachelp@gmail.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 9:00 AM to 2:00 PM
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

Respite Centers

AA HART/Mercy Pedalers Respite Center at St. Mark's *

2391 St Mark's Way, Sacramento, CA 95864
<https://www.hartstogether.org/arden-arcade>
ardenarcadehart@gmail.com
Second Saturdays 9 a.m. to 12 p.m.

Meals plus Portable Showers provided by ShoUpSac.

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

Hope Cooperative Wellness Center – CORE Marconi *

3737 Marconi Ave. Sacramento, CA 95826
916-480-1801 ext 2090
<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>
Respite, computers, light meals, showers, laundry etc.
Monday – Friday 8:30 a.m. – 4:30 p.m.
Sacramento 24 Hour Outreach and Engagement Center *
3615 Auburn Blvd.
916-940-7180
Respite Center open 23 hours per day

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
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

Mental Health

Hotlines:

- 24/7 National Suicide and Mental Health Crisis Hotline: Call or text 988 OR call 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

<https://aasacramento.org/>

officeassistant@aasacramento.org

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

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

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

Showers by Touchstone

Schedule for downtown and Rancho Cordova

<https://touchstoneclimbing.com/showers-by-touchstone/>

Also See AA HART Respite Center

Laundry

God's Helping Hands Laundry Day *

At Laundreland: 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.

Jobs

Deseret Industries

Jobs in thrift store work

3000 Auburn Blvd

For info, Call 916-482-1480

Clothing

Many thrift stores will give clothing to those who can't afford it.

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

WellSpace Health Arden-Arcade Immediate Care Center *

2433 Marconi Ave, Sacramento, CA 95821

(916) 313-8433

[https://www.wellspacehealth.org/location/arden-arcade-](https://www.wellspacehealth.org/location/arden-arcade-community-health-center)

[community-health-center](https://www.wellspacehealth.org/location/arden-arcade-community-health-center)

info@wellspacehealth.org

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

Warming/Cooling Centers

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

HOPE Cooperative Outreach and Engagement Center*

3615 Auburn Blvd, Sacramento, CA 95821

916-940-7180

*Asterisks indicate services in Arden-Arcade or Carmichael



Street Sheet/Resource Guide

May 2025

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

More complete guide available at:

<https://www.aacfc.us/aacfc-street-sheet/>

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

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://ifcaliforniafoodstamps.com/restaurants-that-accept-ebt-in-](https://ifcaliforniafoodstamps.com/restaurants-that-accept-ebt-in-sacramento-county)

[sacramento-county](https://ifcaliforniafoodstamps.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/>

office@carmichaelpres.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