

Last updated: 08/11/2025



My Sister's House

SACRAMENTO COUNTY DOMESTIC VIOLENCE SHELTERS

AGENCY	CONTACT / LOCATION	DESCRIPTION OF SERVICES
211 (Call 1st for Shelter Needs)	211 or 916-498-1000 or 844-546-1464 Dial 8 to connect to housing and shelter resources Dial 711 if Hearing Impaired and ask to be connected to 211 info@211sacramento.org	Main In-Take contact number for Sacramento Area Shelter/Housing Needs. Many of the shelters receive referrals directly from 211.
My Sister's House	24/7 Helpline: 916-428-3271 Business Line: 916-930-0626 3053 Freeport Blvd #120 Sac, CA 95818	<ul style="list-style-type: none"> • 3 Safe Havens = 18 Beds • Hotel Vouchers (if available) <p>Other Services:</p> <ul style="list-style-type: none"> • Legal Services, Mental Health, Outreach & Education, and Women to Work.
Lao Family Community Development, Inc.	916-359-2788 3205 Hurley Way Sac, CA 95864	<ul style="list-style-type: none"> • Shelter for DV Victims (6 months) Need In-Take <p>Other Services:</p> <ul style="list-style-type: none"> • Health Services, Business Services, Family Support, Education, and Employment Programs.
St. John's Program For Real Change	916-453-1482 Respite #: 916-383-1804 (7-days only) 4410 Power Inn Rd Sacramento, CA 95826 (Do not give address, they will give address when client calls them)	<ul style="list-style-type: none"> • 12 months Shelter for DV, HT, Substance Abuse, etc. • Women and minor children • Call Wednesday's to schedule Orientation.

		Location will be given on call. Orientation will be on Monday's except for Holidays.
New Life Church	Pastor's Phone Number: 916-427-2181 5517 63rd St, Sacramento, CA 95820	Small community church not connected to 211. Free food give away and emergency shelter for women and children fleeing any type of violence or trouble.
Weave Weave Legal Dept	24/7 Support Line: 916-920-2952 Business Line: 916-319-4944 1900 K St. #200, Sacramento, CA 95811	<ul style="list-style-type: none"> • Shelter for DV victims (6 months) <p>Other Services:</p> <ul style="list-style-type: none"> • Counseling and Legal Aid.
Meadowview Navigation Center	844-546-1464 2700 Meadowview Rd Sacramento	Emergency shelter for single women (18+). Includes case management and housing help.
Next Move Family Shelter	916-454-2120 8001 Folsom Blvd Sacramento, CA	Emergency shelter for families, including single mothers
Red Rover <i>Shelter and assistance for pets of survivors</i>	916-429-2457 (Leave Message) 1419 21st St., Sacramento, CA 95811	<ul style="list-style-type: none"> • Emergency Shelter for pets. <p>Other Services:</p> <ul style="list-style-type: none"> • Financial assistance with Vet care. • Pet Assistance for DV survivors.
SACRAMENTO COUNTY HOMELESS SHELTERS/RESOURCES		
findhelp.org		Findhelp.org connects individuals with social services and community resources nationally. It acts as a social care network, helping people find assistance with things like housing/shelter, food, healthcare, and more.

Salvation Army Shelter	<p>916-442-0331</p> <ul style="list-style-type: none"> • MUST sign up via 211 ONLY - No Walk-In's <p>12th & North B St., Sacramento, CA 95811</p>	<ul style="list-style-type: none"> • 1PM (M-F) bed sign up - Women Only • 1PM (M-F) bed sign up - Men Only • No Children • Curfew 10pm <p>Other Services:</p> <ul style="list-style-type: none"> • 3 Meals and Clothing Closet for residents
Sister Nora's Place (Women only)	<p>Business line: 916-669-7000</p> <p>1321 N. C St., Sacramento, CA 95811</p>	<ul style="list-style-type: none"> • Long-term shelter • No Waitlist/ 1st Come 1st Serve <p>Other Services:</p> <ul style="list-style-type: none"> • Case management for women with history of homelessness, trauma, serious mental/physical illness
Family Promise of Sacramento	<p>For any inquiries, questions or recommendations, please email marsha@sacfamilypromise.org or call (916) 443-3107</p>	<ul style="list-style-type: none"> • Safe haven housing/hotel for families only • Case management • After care support
Stockton Blvd Safe Stay Shelter (Tiny Homes)	<p>844-546-1464</p> <p>6810 Stockton Blvd Sacramento, CA</p>	<p>Temporary cabins, with meals, showers, case management</p>
Union Gospel Mission (Men Only Shelter with Services for Women)	<p>916-447-3268</p> <p>400 Bannon St., Sacramento, CA 95811</p>	<p>Men Services:</p> <ul style="list-style-type: none"> • Guest Beds @ 5PM nightly • Men Clothing/Shower M-Th 9-11AM & 1-3PM and F-Sat 9-11AM <p>Women Services: (NO Shelter for Women)</p> <ul style="list-style-type: none"> • 1/2 Hr Devotional then women can use the clothing closet and schedule showers for Tuesday or Thursday ONLY. <p>Other Services For Men & Women:</p> <ul style="list-style-type: none"> • Chapel then Dinner

		<ul style="list-style-type: none"> nightly ● Mail Room ● Lockers (Fee)
Volunteers of America	<p>Business Line: 916-265-3400 Shelter Line: 916-265-3973 3434 Marconi Ave., Sacramento, CA 95821</p>	<ul style="list-style-type: none"> ● Family Shelter Closed / Note options on phone line for #4 disconnects. ● Single Shelter Options (<u>Meadowview</u> <u>petlaoand X St</u>) via SHRA ● <u>Senior Safe House</u> for 60 years old and up <p>Other Services:</p> <ul style="list-style-type: none"> ● Veteran Services, Parenting, Women Treatment, and Foster Youth Services
HOPE Cooperative info@hopecoop.org	<p>Sacramento - New Direction Program 916-993-4131 650 Howe Ave. Bldg 400B, Sac Ca 95825</p> <p>West Sac - Hope Inspire Program 916-254-0650 948 Sacramento Ave, West Sac Ca 95605</p> <p>Woodland - Hope Inspire Program 530-490-2020 50 West Main St, Woodland Ca 95695</p>	<p>Via Continuum of Care Housing there is the following options:</p> <ul style="list-style-type: none"> ● Interim (Hotel Vouchers) ● Transitional Housing (6 months - 1 Year) Must Call 211 ● Permanent Supportive Housing ● Sober Living (10 Beds for Women) <p>Other Services:</p> <ul style="list-style-type: none"> ● Supportive Housing, Life Skills, Psychiatric Services, Therapy, Medical Care, Medication Assessment, Crisis Response, Benefit Acquisition, Peer Support, and CORE Wellness Centers <p>(CORE details listed under</p>

		Mental Health Section)
CRISIS RESPITE / RESPITE/ MENTAL HEALTH SUPPORT		
HOPE Cooperative - CORE Community Wellness Centers info@hopecoop.org	Respite Line: 916-737-7483 Marconi Center: 916-480-1801 ext 2090 3737 Marconi Ave., Sacramento, CA 95826 X St. Center: 916-738-7400 1400 X St., Sacramento, CA 95818 Howe Center: 916-485-6500 ext 249 650 Howe Ave. #300, Sacramento, CA 95825	<ul style="list-style-type: none"> ● M-F 8AM - 7PM ● 18 years and older to get services ● Access to WiFi, Phones, Computers ● Activities and Mental Health Support ● Light Meals, Transportation to Center, Light Rail Pass ● Shower and Laundry Services Tues & Thurs 9:30AM-12PM ● Can stay @ Respite for 23 hours only ● Engagement Center: People with Animals
The Ripple Effect Respite Center	916-891-0211 Emergency pick up van 916-742-3271 (M-Thurs 1pm - 6pm)	<ul style="list-style-type: none"> ● Provides a safe place to retreat during a crisis or emotional disturbance. ● LGBTQ friendly. Services are available in English and Spanish. ● Day time only, help maneuver resources, and provide long term support.
Turning Point Abiding Hope Respite House	916-287-4860 Must Call first for phone screening to confirm if eligible (2 Screenings)	<ul style="list-style-type: none"> ● Adults who are experiencing a behavioral health crisis (Moderate Mental Health Issues) ● Alternative to ER visit or Psychiatric Hospital ● Experiencing Homeless Issues ● 7-14 day stay (No children/No Pets/ No Job/ No Car)

		Other Services: <ul style="list-style-type: none"> Case Management and Crisis Intervention
The Living Room	<p>916-234-0178 M-F 3pm - 8pm</p> <p>South Sacramento Rose Family Creative Empowerment Center 7000 Franklin Blvd Suite 1020 Sacramento, CA</p> <p>Natomas 819 Striker ave Suite 1 Sacramento CA</p> <p>Online and In-Person Services</p>	<ul style="list-style-type: none"> Individual & Family Counseling Crisis Intervention Small Group Discussions Trainings and Workshops (Mental Health First Aid, customized presentations, Safe Talk)
Community Support Team (CST) Sacramento County	<p>Referral Line: 916-874-6015</p> <ul style="list-style-type: none"> Leave Message <p>7001 East Pkwy #100, Sacramento, CA 95823</p> <p>Call 988 for Suicide and Crisis Lifeling/Community Wellness Response Team (CWRT)</p>	<ul style="list-style-type: none"> All Ages 8 a.m. - 5 p.m., Monday through Friday Mental Health Counselors with Clinical Experience Behavioral Health Services
Turning Point - Sacramento Crisis Residential Program (CRP)	<p>Intake Team: 916-912-0362</p> <p>Sacramento Program: 916-262-8598</p> <p>Rio Linda Program: 916-287-4067</p> <p>South Sacramento Program: 916-520-7399</p>	<ul style="list-style-type: none"> Adults Only Provides short-term crisis stabilization services in a home like residential setting. Must be referred by Sacramento County mental health treatment center (Form on website) 24-hour Support, Medication Management, Individual & Group Therapy, Case Management, and Crisis Prevention.

El Hogar Community Services Inc. (C.O.R.E. Mariposa)	916-440-1500 Sacramento, CA 95811 National Warline: 855-642-6222	<ul style="list-style-type: none"> Outpatient Clinic for Mental Health & Substance Abuse Monday-Friday 8AM to 5PM Psychiatrist Monthly Prescribe Medication Wellness Center on Saturday 9AM-5PM Site Walk In Hours: Monday-Thursday 8:30AM-11AM <p>Other Services:</p> <ul style="list-style-type: none"> Entitlement Support, Case Management, and Referral services for interim and long term housing.
Mental Health America (warmline)	Sacramento Warline: 916-366-4668 National Warline: 855-642-6222 Calvoices.org	<ul style="list-style-type: none"> Peer Support - Talk about life/ Emotional Support Support Groups Homeless Services <p>Languages: English, Spanish, Vietnamese, Russian, Chinese, Hmong, and Sinhala.</p>
UTILITY / RENTAL ASSISTANCE PROGRAMS		
Home Energy Assistance Program (HEAP)	Sacramento: 916-567-5200 Harris Avenue, Sacramento CA 95838 Yuba/Sutter: 530-671-7590 201 D St., Suite Q, Marysville, CA 95901	250 Utility payment program that can offer income-eligible residents of Sacramento, Sutter, and Yuba counties a credit to their energy bill(s). Website Link (For PG&E, SMUD, and those who heat their home with wood, propane, or oil purchased from a vendor) <ul style="list-style-type: none"> Monday-Friday 7:30AM - 4:30PM

St. Vincent De Paul	916-775-5748	Temporary financial assistance for rent and utilities. They also have clothing and furniture.
California Alternate Rate for Energy (CARE)	PG&E (Sacramento Area): 866-743-2273	Utility Assistance Program through your specific utility company
Next Move (Francis House) www.nextmovesacramento.org	916-443-2646 Sacramento CA 95814	Diversion Program: Assistance for Low Income families with utilities, 1st month's rent, and eviction avoidance assistance, but must have received a 3-Day Notice. Funds may be available for rental assistance.
Opening Doors	(916) 492-2591 (Leave Message) • Multilingual Options	Rental Assistance for individuals who have experienced Human Trafficking
NON-SACRAMENTO COUNTY SHELTERS		
Asian Women's Shelter - San Francisco	24/7 Crisis Line: 415-751-0880 (Call First) Business Line: 415-751-7110 (limited staff) 3543 18th St., San Francisco CA 94110	<ul style="list-style-type: none"> • Multilingual Shelter • Locations are confidential • Monday -Friday 9AM to 5PM
The Gathering Inn (Placer County - need to have proof of residency)	Roseville 916-791-5011 Auburn 530-885-8108 thegatheringinn.com	211 Referral Required for Emergency Housing Services include: Emergency Housing/shelter, Medical Triage, Mental Health Services, Case Management, Housing Navigation Life Skills, Basic Needs.
Stand Up Placer	24/7 800-575-5352 standupplacer.org	Confidential emergency safe house - pet and family friendly, rapid re-housing, medical and legal advocacy/services,

		counseling, hotel voucher, transportation voucher, food and clothing, job readiness, human trafficking support.
Empower Yolo - Woodland	24/7 Crisis Line: 530-662-1113 Main Line: 530-661-6336 175 Walnut St. Woodland, CA 95695	<ul style="list-style-type: none"> ● 3 Bedroom Emergency Shelter through the Yolo District Attorney Office and Shores of Hope. ● Call Crisis Line First to Qualify
Casa de Esperanza - Yuba City	24/7 Crisis Line: 530-674-2040 Business Line: 530-674-5400 P. O. Box 56 Yuba City, CA 95992	<ul style="list-style-type: none"> ● Hope Haven Counseling Services collaborates with Casa de Esperanza. ● Domestic Violence Services ● Serves Yuba-Sutter, Colusa, and Beale AFB ● 45 Beds for 45 Days
La Casa de las Madres - San Francisco	24/7 Crisis Line: 877-503-1850 Teen Line: 877-923-0700 Text Line: 415-200-3575 M-F 8:30AM-5PM Business Line: 415-503-0500 1269 Howard St. San Francisco, CA 94103	<ul style="list-style-type: none"> ● Shelter is Accessible, Safe, and Confidential ● Counseling Services M-F 8:30AM to 5PM ● Mail Pick Up ● Community Referrals ● Toiletry and Diaper Pick Up
Community United Against Violence (LGBTQ) - San Francisco	415-333-4357 (Message Only) Business Line: 415-777-5500 General Voicemail 427 South Van Ness Ave, San Francisco, CA 94103	<ul style="list-style-type: none"> ● Spanish Introduction before selecting English ● Peer Advocacy Counseling ● Leadership Training ● Shelter Information is not listed on the website.

Next Door Solutions to Domestic Violence - San Jose	24/7 DV Hotline: 408-279-2962 408-501-7550 San Jose, CA 95112	Business Line: 234 E. Gish Rd #200, <ul style="list-style-type: none"> ● 19 people per night. ● Confidential Shelter ● Supportive Services ● For Women and Children accompanying Mother ● When Shelter is full advocates can provide alternative accommodation options.
Community Overcoming Relationship Abuse - San Mateo	24/7 Crisis Line: 800-300-1080 Line: 650-652-0800 Ave. San Mateo, CA 94403 www.corasupport.org	Business 2211 Palm
Riley Center - San Francisco	24/7 Support Line: 415-255-0165 1175 Howard St., San Francisco, CA 94103	<ul style="list-style-type: none"> ● Services for Survivors of Domestic Violence.
Woman INC. - San Francisco	English: 415-864-4722 Spanish: 877-384-3578 26 Boardman Place, San Francisco, CA 94103	<ul style="list-style-type: none"> ● 24 HR Support line for counseling, safety planning, and referrals for needed resources. ● Therapy, Support Groups, Peer Counseling, and Latinx Program (Spanish Speaking Survivors)
PREGNANCY SHELTERS & PROGRAMS		
Birthing Project Clinic aka Peachtree Health Care Main Clinic	916-558-4800 Or 530-749-3242 (Multi-Lingual) 3810 Rosin Ct. #100, Sacramento, CA 95834	<ul style="list-style-type: none"> ● M-F 8AM - 5PM ● Pregnancy and Family Planning ● Confidential & Affordable Health Care Services ● Testing, Prenatal Check Up, and On-going support ● Personalized Care Plans
Women, Infant, & Children	888-942-9675	<ul style="list-style-type: none"> ● Pregnant

(WIC)	<p>Local Office: 916-876-5000</p> <ul style="list-style-type: none"> • 5 Locations - Ask for a location near you. 	<p>Women & Mothers with children</p> <ul style="list-style-type: none"> • Nutrition and Breastfeeding Information • Fee Healthy Food • Resources to Community Services • All Services By Appointment ONLY
Sacramento Crisis Nursery - Emergency Daycare Services	<p>North Crisis Nursery: 916-394-2000 4533 Pasadena Ave, Sacramento, CA 95821</p> <p>South Crisis Nursery: 916-679-3600 6699 South Land Park Dr., Sacramento, CA 95831</p>	<ul style="list-style-type: none"> • Emergency Daycare Services for ages 0-5 years • Call for paperwork request - Takes 24 to 72 hours to process paperwork • After paperwork processed call 24 hrs in advance for care • Limit is 30 Days in a rolling 6 month period.
Bishop Gallegos Maternity Home	<p>916-395-9370 (Call for in-take) 221155, Sacramento, CA 95822</p> <p>P. O. Box</p>	<ul style="list-style-type: none"> • Women over 18 who are pregnant and homeless • 12 Beds (10 Private Rooms) within 2 Large Homes • Both homes have employees on site • Stocked fridge & pantry to prepare own meals • 2 large vans to transport women and infants to Doctor & Housing appointments, work, and child visits.

Black Infant Health Program - Sacramento	916-875-5289 9616 Micron Ave. Suite 670, Sacramento, CA 95827	<ul style="list-style-type: none"> • Health Services for African American Women to eliminate African American infant deaths. • Case Management • 10 Group Sessions • One on One Sessions
Mother Teresa Maternity Home - Placerville	916-295-8006 (Info Line - They will return your message) Sacramento St., Placerville CA 3122	<ul style="list-style-type: none"> • Women must be 18, homeless, and pregnant
Mother Teresa Maternity Home - Placerville (Continued)	P. O. Box 991, Placerville CA 95667	<ul style="list-style-type: none"> • Temporary residential program for El Dorado County residents/ If outside county may qualify up until their 3rd Trimester vouch • Mentorship & Education
Alternatives Pregnancy Center	916-880-4040 Main Office: 8689 Folsom Blvd, Sacramento, CA 95826	<ul style="list-style-type: none"> • M-F 9AM to 4PM and Tuesday 9AM - 7PM • Free Medical Services - No Insurance Needed • Prenatal Care • Abortion Education • STD Testing/ Treatment
Sacramento Life Center	916-451-4357 Bell Executive Ln., Sacramento, CA 95825 2316	<ul style="list-style-type: none"> • Women's Health Clinic (Arden-Arcade) • Free and Confidential Care • Pregnancy Testing, Ultrasounds, STD Testing, Health Exams, Vitamins, and Classes. <p>(DO NOT offer or refer abortion or emergency birth control services.)</p>
DAY SHELTERS/HOSPITALITY CENTERS/WELLNESS CENTERS		
Francis House (Via Next Move) francishouse@nextmovesacramento.org	916-443-2646 1422 C St., Sacramento, CA 95814	<ul style="list-style-type: none"> • M-T & TH-F 9AM-12PM & 1PM-3PM

		<ul style="list-style-type: none"> • Closed Wed/Sat/Sun • Bus Passes, Clothing (6 times during 6 months), Hygiene kits • Breakfast every Tuesday at 10am • Resource Coaching and CA ID Application Assistance
Union Gospel Mission (Men Only Shelter w/ Services for Women)	916-447-3268 400 Bannon St., Sacramento, CA 95811	<p>Men Services: Guest Beds @ 5PM nightly</p> <ul style="list-style-type: none"> • Men Clothing/Shower M-Th 9-11AM & 1-3PM and F-Sat 9-11AM <p>Women Services: (NO Shelter for Women)</p> <ul style="list-style-type: none"> • 1/2 Hr Devotional then women can use the clothing closet and schedule showers for Tuesday or Thursday ONLY. <p>Services For Men & Women:</p> <ul style="list-style-type: none"> • Chapel then Dinner nightly • Mail Room • Lockers (Fee)
Friendship Park (Loaves & Fishes) info@sacloaves.org	916-443-7378 1351 N C St., Sacramento, CA 95811	<ul style="list-style-type: none"> • Safe & Open Space for Men and Women • Breakfast & Coffee for 200 guests per day. • Wash House for Men: Offers Restrooms, Showers, Clothing, and Laundry Services. • Housing Support Services, Ministry Services, and Memorial Wall.
Mary House (Loaves & Fishes)	916-446-4961 1321 N. C St., Sacramento, CA 95811	<ul style="list-style-type: none"> • Daytime Shelter for homeless women and

		<ul style="list-style-type: none"> children ● M-F 7AM to 1:45PM ● Breakfast 8AM-8:45AM
Anneke's Haven - Kennel Services (Loaves & Fishes)	916-446-0874 1351 N C St., Sacramento, CA 95811	<ul style="list-style-type: none"> ● Kennel services for the pets of L&F Guests. ● Open 7 days a week ● Animals with current shot records who are spayed or neutered ● Fed while having a place to rest while their humans access programs by L&F ● Guests can pick up pet food at the twice-monthly pet food giveaways.
Wellspring Women's Center	916-454-9688	3414 4th Ave <ul style="list-style-type: none"> ● Hospitality center for mothers & children ● counseling, case management, support group, advocacy M-F, 7:30-11:30AM
United Christian Center	916-372-0200	110 6th Street, West Sacramento M-F, 8AM - Noon
Shores of Hope	916-372-0200	110 6th Street, West Sacramento Mon-Fri 8 AM-12 PM
HOPE Cooperative	(916) 485-6500	650 Howe Ave #300, Sacramento, CA 95825 CORE Service Hours: Mon-Fri 8am-5pm CORE Walk-in hours: Tues 9am-11am Wellness Center Hours: Mon-Fri 8am-7pm Shower/Laundry Service: Tues

		& Thurs 9:30am-12pm
YOUTH CAREER DEVELOPMENT PROGRAMS		
Peers Helping Peers Internship (Health Education Council)	916-556-3344	<p>7617 Alma Vista Way Suite C, Sac, CA 95831</p> <ul style="list-style-type: none"> • Provides 40-80 hours of paid internship hours at local nonprofits • Youth Mental Health Certification
HYPU Internships (Hmong Youth and Parents United)	(916) 418-4016	<p>631 Eleanor Ave, Sacramento, CA 95815</p> <ul style="list-style-type: none"> • Partners Sierra Health Foundation to host cohorts of interns • Pay ranges from \$100-\$2000+
Passport To Adulthood (Mutual Assistance Network)	916-927-7694	<p>811 Grand Ave # A3, Sac, CA 95838</p> <ul style="list-style-type: none"> • Economic development for youth • Paid \$500 for participation
Sacramento County Office of Education Internships	916 228-2500	<p>School-Based Mental Health and Wellness Program</p> <ul style="list-style-type: none"> • Placement at a school site in Sacramento for Behavioral Health • Paid internship
Sacramento County Student Internships		<p>https://personnel.saccounty.net/Pages/StudentInternships.aspx</p> <ul style="list-style-type: none"> • Multiple types of internships for high school and college students
YOUTH RESOURCES		
Children's Receiving Home of Sacramento	916-482-2370	3555 Auburn Blvd, Sacramento, CA 95821

Youth Help Line Network	916-860-9819	M-F 9:00am - 7:00 pm 16 - 25 years old Job support, Housing options, School supplies, adulting skills, identity docs, and health services.
Youth Crisis Line	24/7 800-843-5200	Ages 12-24
Wind Youth Services www.windyouthservices.org	916-504-3313 Drop In Center: 815 S. St., Sacramento, CA 95811 ● In-Take Monday 9am-11am and Thursday 2pm - 4pm. (Need ID)	<ul style="list-style-type: none"> ● Ages 12 - 24 years old homeless and at risk ● Basic safety net and survival services ● Drop In Center: M-F 8:30AM to 4PM (Tues until 2:30PM) ● Breakfast: 9AM-10AM ● Lunch: 1PM - 2PM ● Showers and Laundry provided daily, Essential Needs Closet M-F for clothing, hygiene, blankets, and shoes. ● Sat & Sun Only Respite Center: 6 Bed space to rest and restrooms (no additional services available at respite center on Sat/Sun)
Diogenes Youth & Family Services	24/7 hotline 800-339-7177 Office line 916-363-0063	9719 Lincoln Village Dr. #502, Sac, CA <ul style="list-style-type: none"> ● Emergency shelter and counseling for youth 12-17 yrs

National Runaway SafeLine	24/7 Crisis Line: 800-786-2929	Teens who are thinking of running from home or runaways who are ready to go home
Family Paths Parent Support Line	800-829-3777	24/7 Bay Area free confidential counseling, information and referral for parenting support
Northern California Family Center	800-718-4357	24/7 Bay Area Services for runaway youth: short term shelter, counseling, family mediation, referrals, after care services, employment services, foster homes) 925-370-1990 2244 Pacheco Blvd., Martinez. (Go north on Highway 680 2 1/2 miles past Highway 4 and then take Pacheco Blvd. Exit 54. Go another 2 and 2/10 miles. We are on the left (south) side of the street next to the Cinco De Mayo restaurant. Going south on 680 take Marina Vista Exit 56. Turn left on Marina Vista, Left on Shell Ave. then right on Pacheco Blvd)
VOUCHER SERVICES		
Francis House	916-443-2646	1422 C Street <ul style="list-style-type: none"> ● M-F, 9AM-3:30PM – Call for availability ● Motel vouchers to eligible families with children Vouchers for DMV ID card
Loaves and Fishes	Laundry Vouchers M-F 9AM Haircut Vouchers M-F Page Guest @ 916-443-9499	Vouchers only, Emergency food through drop-in or referral

River City Community Services	916-446-2627	Vouchers
Family Stabilization	916-875-3252	Program through Sacramento County. Hotel vouchers for families trying to flee DV.
HUMAN TRAFFICKING		
Family Justice Center	844-664-7233 Direct Contact if human trafficking survivor needs to be picked up: Michelle 279-202-7609	<ul style="list-style-type: none"> • Safe shelter, peer counseling, and medical care at Dignity Health's Medical Safe Haven • Legal help with restraining orders • Assistance with children's needs (clothing, diapers, etc.) • Coordination with the DA's Human Trafficking Unit for safety during prosecutions
Community Against Sexual Harm (CASH)	916-856-2900	Drop-Inn Center M-F 1pm-5pm
3 Strands	916-365-2606	1211 H St, Sacramento, CA 95814 Drop -in center, Housing assistance, case management, and job training programs, Peer-based mentoring and harm reduction, and trauma-informed healthcare services.
International Rescue Committee HOPE Program	916-482-0120	Case management services, housing assistance, immigration/legal assistance, job training, etc.

Opening Doors Inc.	916-492-2591	Case management, refugee assistance, mental health care, immigrant services, and more
HOUSING PROGRAMS		
Friendship Housing	916-341-0593	Supportive housing to chronically homeless individuals, referred by Sac Dept of Human Assistance
YWCA Sacramento Housing	916-800-9773 ywacacc.org	Long-term affordable housing for single women
Tubman House (Waking the Village)	916-601-2979 wakingthevillage.com	Transitional housing for parenting youth(ages 18-24). Includes education, job, and mental health support.
Sac WaitList Program	https://www.sacwaitlist.com/waitlistProgram	<ul style="list-style-type: none"> ● Use link to apply to county or city program waitlist for housing <ul style="list-style-type: none"> ○ Housing Voucher Program ○ Section8 ○ Affordable Housing ○ Homeless Housing
MENTAL HEALTH SERVICES		
El Hogar Guest House	916-440-1500	<p>1400 North A St., Bld A</p> <ul style="list-style-type: none"> ● Accepts new walk-ins Tues & Thurs @ 8am ● Medication and mental health support for homeless <p>South Land Park Drive M-F, 7:30AM-5:00PM</p> <ul style="list-style-type: none"> ● Crisis intervention and case management for

		family, illness or accident, DV, homelessness, medical emergency
Well Space Health Parent Support	24/7 Crisis Line: 888-281-3000	Training in child development, discipline techniques, health, cultural issues, community resources
Sacramento County Mental Health Treatment Center	Crisis line 916-875-1000 Psychiatric Care 916-732-3637	2150 Stockton Blvd (T ST) <ul style="list-style-type: none"> • In-patient care facility, drop in, 24 HRs
TLCS Mental Health Crisis Respite	916-737-7483	24/7 staff serves 18+ mental health crisis
Asian Pacific Community Counseling (APCC)	916-383-6783	7273 14th Ave #120B M-Th, 8AM-7PM & F 8AM-5PM
H.O.P.E. Counseling Center	916-780-1059 916-444-2170 ext. 7	1430 Alhambra Blvd M-F, 8AM-9PM At-risk youth and families of diverse backgrounds
La Familia Counseling Center, Inc	916-452-3601	5523 34th St. Sacramento, CA At-risk youth and families of diverse backgrounds
Wellspace Health	916-313-8433	Offers alcohol and drug counseling, group counseling, and HIV testing by apt
Gender Health Center	916-455-2391	2020 29th St. #210, Sacramento, CA <ul style="list-style-type: none"> • Counseling & Mental Health LGBT M-F, 10AM-9PM
TLCS Housing Programs	916-441-0123	Various housing and transitional housing

EMPLOYMENT SERVICES		
Lao Family Community Development	916-393-7501	7171 Bowling Dr #1120, Sacramento, CA
La Familia	916-452-3601	5523 34th St Sacramento, CA 95820
Employment Development Dept.	916-227-0301	2901 50th St (@Broadway) Career counseling, employment referral, vocational training
Asian Resources	916-454-1892 916-324-6202	5100 El Paraiso Ave. – Admin office 2411 Alhambra Blvd – Training Center
Shine Together Sacramento	InfoSac@shinetogether.org https://shinetogether.org/refer-a-mom/	7222 24th Street Sacramento, CA 95822 Help young mothers only with planning and achieving educational goals, Connect to physical, reproductive, and health resources, provide financial literacy and career development, and build skills and knowledge to support their child. Based on a referral or go to the link and fill out "Join Form".
Pride Industries AJCC (Crossroads)	916-324-6202	7011 Sylvan Road, Suite A Citrus Heights, CA 95610 M-W-F- 9:00 - 4:30 By Appointment. English, Russian, Spanish, French speakers available.
Elk Grove - South County AJCC	916-793-2319	8401 A gerber Road

		Sacramento, CA 95828 M-Th 9:00am - 3:00 pm F 8:30am - 12:00 pm
Folsom Cordova AJCC	916-294-9107	10826 Gadsten Way Rancho Cordova, CA 95670 M-Th 8:30am - 4:30 F (call) 9:00am - 12:00 pm. English, Spanish, Russian, Dari, Farsi, Hindi, Armenian, Arabic, and Ashanti speakers available.
LEGAL SERVICES		
Family Court Self-Help Center: Sacramento Superior Court	In search engine type in "sac court self-help"	https://www.saccourt.ca.gov/family/self-help-center.aspx
Family Justice Center	916-875-4673	<ul style="list-style-type: none"> Safe shelter, peer counseling, and medical care at Dignity Health's Medical Safe Haven Legal help with restraining orders Assistance with children's needs (clothing, diapers, etc.) Coordination with the DA's Human Trafficking Unit for safety during prosecutions
Victim of Crime Resource Center	1-800-VICTIMS (842-8467)	
The Family Law Facilitator's Office Self Help Center & Domestic Violence Restraining Order Workshop	916-875-3400	3341 Power Inn Road, Rm 113 <ul style="list-style-type: none"> M-TH, 8:30AM-4:00PM M/W/F at 8:45AM (Spanish interpreter available)
Legal Services of No. California, Inc.	916-551-2150	515 – 12th Street (# E St) M-F 8:30-12, 1-5

Sacramento Bar Association Lawyer Referral Service	916-564-6707	\$50 referral fee, can also apply online www.sacbarlawyer.org
Legal Center for The Elderly	916-488-5298	2862 Arden Way, Suite 200 <ul style="list-style-type: none"> • Free Legal services for seniors and low income Disabled, HICAP, M-F 9AM-12PM & 1-4PM No Landlord/tenant assistance
Centro Guadalupe	916-443-5367	730 S Street <ul style="list-style-type: none"> • Multi services for Latino community • Rental & utility assistance, info & referrals • Immigration Program – Fee involved
Opening Doors	916-492-2591	1111 Howe Ave. #125, M-F, 9AM-6PM Affordable Immigration legal services
The Sacramento Food Bank	916-456-1980 www.sacramentofoodbank.org/immigration	Affordable immigration and asylum legal services
Northern Valley Catholic Social Services	530-241-0552 www.nvcss.org	Assist with immigration services
World Relief Sacramento	916-978-2650 worldrelief.org/sacramento/for-clients	Immigration legal services, faith based asylum cases, refugee resettlement, tutoring, and refugee women's integration group services.
Mil Mujeres	916-256-4290 milmujeres.org/en/services	Affordable immigration and asylum legal services

International Rescue Committee	(916) 482-0120	2020 Hurley Way #420, Sacramento, CA 95825 <ul style="list-style-type: none"> • Assist with any immigration services
AfriPeace	afripeacefoundation@gmail.com	Legal Immigration services for African and Caribbean Communities
Sacramento Justice League	(916) 754-2986	Free to low cost legal services for Sacramento County residents
Council on American-Islamic Relations (CAIR)	916-441-6269	The Council on American-Islamic Relations is a Muslim civil rights and advocacy group. <ul style="list-style-type: none"> • Immigration, asylum, legal permanent resident, citizenship, human trafficking, and domestic violence
California Immigration Project	info@calimm.org	Free legal services and advocacy, email for inquiry.
California Rural League Assistance Foundation	916-446-7904	Immigration law
California Alliance of Paralegal Associations	(844) 367-2272	
Capital Pro-Bono	(916) 551-2102	Low income residents of Northern California - assistance with civil legal, family law, debt collection defense and bankruptcy, employment law and misdemeanor expungement, guardianship and conservatorship.
Welcome to America	844-982-6374	Immigration law
UC Davis School of Law	530-752-6942	Immigration law clinic
Norcal Resist	916-382-0256	Train on how to navigate police

		<p>and ICE, deportation defense, accompaniment to court.</p> <p>Miscellaneous other services they provide:</p> <ul style="list-style-type: none"> • Assistance with minor household repairs, brake light repair, mutual aid disaster assistance, and fresh food available from community farm.
Sacramento County District Attorney	(916) 874-6218	
SOCIAL WELFARE SERVICES		
Dept. of Human Assistance (Welfare) Sacramento County	916-874-2256 Homeless Assistance 916-874-2063 Social Security Office 916-381-9410	28th & R General Info & Medical Medical – M-F, 7:30AM-5PM Social Security Office: 8351 Folsom Blvd Mon-Fri, 9:30AM-3:30PM
Coalition of CA Welfare Rights Org.	916-736-0616	1901 Alhambra Blvd (2nd floor) Mon-Fri, 9-5PM CALWORKs, Food Stamps, Medi-Cal/Medicaid
Women's Empowerment Program	916-669-2307	9-week program for homeless women to develop job readiness skills & personal strength -paid job training. Also offers housing assistance and have a child development center on site.
LGBTQ+ SERVICES		
Sacramento LGBT Center	916-442-0185	1015 20th St. Sacramento, CA

		95811
Gender Health Center	916-455-2391	3823 V St, Sacramento, CA 95817
Transgender Suicide Hotline	1-877-565-8860	
Lavender Library	916-442-0185 www.lavenderlibrary.com	1015 20th Street Sacramento, CA 95811
It Gets Better Project	www.itgetsbetter.org	
HOT MEALS/FOOD BANKS		
SSIP Food Closet	916-428-5290 ssipfoodcloset.org	Monday - Friday 9:00am - 11:30 am
Glory Bound Ministries	916-452-7078	4527 Parker Street Church Services T-F, 6PM & 10:30, Sun, Dinner 5pm Spanish Services Sat, 4PM & Sun, 12PM
St. Ignatius Loyola Parish	916-481-6757	3235 Arden Way, Sacramento, CA Meals served on the 4th & 5th Wed/month 6PM St. Philomenes 916-489-1056 2320 El Camino Ave Tues 6-7PM Meal served at St. Philomene School multi-purpose room
St. Philomenes	916-489-1056	2320 El Camino Ave Tues 6-7PM Meal served at St. Philomene School multi-purpose room
St. Lawrence Church	916-332-4777	4325 Don Julio Blvd., North Highlands, CA Thurs. 5:30-7PM
St. Vincent De Paul (Folsom)	916-985-4630	3111 Montrose Drive Folsom CA M W F 9am-12pm

		Food Closet
St. Vincent DePaul	916-781-3303	<p>Hot Meals 105 Bonita Ave., Roseville, CA</p> <p>T-Thur, 12-1:30PM & Sat-Sun, 2:30-4PM</p> <ul style="list-style-type: none"> • Clothes Voucher Tu & Th only, 10AM-3PM • Showers TWTH & Sat, 9-11AM • Food Locker Applications 503 Giuseppe Court, Suite 8, Roseville, CA M-F, 9AM-4PM
St. Matthews Church	916-927-0115	<p>2300 Edison Ave</p> <p>Food – Tu & Thu 10-11:30AM</p> <p>Clothing – Tu & Thu, 9-10AM</p>
Central Downtown Food Basket	916-761-5624	<p>1701 L Street (St. John's Lutheran Church @ Goethe Hall) Thursday 9AM-12PM</p> <ul style="list-style-type: none"> • Bagged groceries, warm clothing, hygiene product
Sacramento Food Bank	916-456-1980	<p>3333 3rd Ave (@ Broadway)</p> <p>Check online for calendar (Food and clothes) Bring proof of address, photo ID and a cart</p>
Norcal Resist	916-382-0256	<p>Assistance with minor household repairs, brake light repair, mutual aid disaster assistance, and fresh food available from community farm.</p>
Seva Selfless Service	800-961-4927	Food bank in Yuba City
CLOTHING SERVICES		

Caribbean Breeze Community Outreach	916-667-8082	Food, water, clothing, healthcare items, personal care items, blankets, books, and Christian literature
Love Inc Sacramento	916-383-3232	Free food, baby items and clothing, furniture, household items and appliances available, assistance with minor yard work
Clothes for Careers (Offered through Assistance League Sacramento)	(916) 488-0828	<p>2751 Fulton Ave, Sacramento, CA 95821</p> <ul style="list-style-type: none"> • Clothes for Careers provides clothing from Assistance League of Sacramento's Fabulous Finds on Fulton resale shop to homeless women who have successfully completed career re-entry programs. These women are actively seeking employment, as well as a new start in life.
Dress for Success Sacramento	(916) 243-1282	<p>1600 Sacramento Inn Way #128, Sacramento, CA 95815</p> <ul style="list-style-type: none"> • A non-profit organization that empowers women to achieve economic independence by providing a network of support, professional attire and the development tools to

		help women thrive in work and in life.
DENTAL CARE SERVICES		
Dental Clinic	916-874-8300	
Wellspace Health Dental Clinic	916-737-5555	8233 E. Stockton Blvd, Suite D
DENTAL CARE		<p>1500 C Street (@ 15th) Suite A</p> <ul style="list-style-type: none"> ● Adults – Emergency Dental @ 7:40AM & 12:30PM After screening appointments ● M-F 7:40-5:00PM No Walk-In Appt.
Sacramento City College Dental Clinic	(916) 558-2303 Email: scc-dentalclinic@scc.losrios.edu	Free Dental Clinic: https://scc.losrios.edu/campus-life/health-and-safety/dental-clinic
DISABILITY SERVICES		
Department of Aging	https://aging.ca.gov/	All Services related to aging and disability including but not limited to housing, benefits mental health, emergency preparedness, etc.
Alta CA Regional Center	916-978-6400	<p>4151 E Commerce Way, Suite 100 Sacramento CA 95834</p> <p>Service delivery system for disabled clients. Works in partnership with clients and their families, vendors who provide services, advocacy groups and state and federal agencies.</p>
Hmong Youth and Parents United (HYPU)	(916) 418-4016	<p>631 Eleanor Ave, Sacramento, CA 95815</p> <ul style="list-style-type: none"> ● Partners with Alta

		Regional Center to register Hmong families for support services
California Foundation For Independent Living Centers		<ul style="list-style-type: none"> Partners with Disability Centers around the CA state to provide multiple services for aging and disabilities Look for local center here https://cfilc.org/find-il/
HEALTHCARE SERVICES		
Capital Health Clinic	916-874-5303	1500 C Street M-F 8AM-5PM <ul style="list-style-type: none"> Adults, no I.D. required
One Community Health	916-443-3299	1500 21st Street, Sacramento, CA 95811
County of Sacramento: AIDS Education & Prevention	916-874-7720	
Planned Parenthood	916-452-7305	5385 Franklin Blvd Suite A-D, Sacramento, CA 95820
Sacramento Native American Health Center (SNAHC)	916-341-0575 SNAHC.org	2020 J St Sacramento, CA 95823 <p>Their medical services and programs are available to anyone in the community - focused on Native culture and holistic practices and values.</p> <ul style="list-style-type: none"> Medical, Dental, Behavioral Health, Pediatrics, Medically Assisted Treatment for Opioid Addiction, Vision, Podiatry, Chiropractic Care, Transgender Hormone Therapy, STI/STD Testing & Treatment
Wellspace Health	916-737-5555	1820 J Street

		<ul style="list-style-type: none"> • Adults & children, Mon-Fri, 9AM – 8PM • General health care, prenatal and pregnancy testing • Suicide, child abuse prevention, psychiatry
Harm Reduction Services	916-456-4849	M- F 12pm - 6pm Advocacy, bus pass vouchers, transportation assistance, hygiene items, safe sex kits, housing, and referrals for clients with HIV/AIDS only
Mercy Clinic (L&F) General Med Care	916-446-3345	1321 No. C Street (@ 12th) <ul style="list-style-type: none"> • M-F 7:30-12 & 1-3:30PM Adults, Children, General Health Care • No I.D. required, For people without SSI/Medical who are homeless Walk-ins OKAY @ 1-1:30PM
Primary Care Center	916-874-9670 Enter	@ 4600 Broadway <ul style="list-style-type: none"> • For homeless who are 21-65 yrs & need general health care, 7AM-5PM M-F • HIV Testing- Call for Appt.
Mercy Walk-in Clinic	916-733-3377	3000 Q Street Mon-Fri, 7AM-7PM Sat, Sun & Holidays, 9AM-5PM
Alcohol & Drug Services	916-874-9754	Sacramento County Dept. of Health & Human Services 3321 Power Inn Road, Suite #120 <ul style="list-style-type: none"> • Morning assessment – 8:00 AM • Afternoon assessment – 1:00 PM

AIDS Education & Prevention	916-874-7720	1500 C St <ul style="list-style-type: none"> • Wed & Thurs by appointment only • HIV antibody test site
One Community Health	916-443-3299	1500 21st Street <ul style="list-style-type: none"> • Treats HIV & AIDS • Mon-Fri, 9-5PM, Thurs, 9-6PM
HOTLINES		
Sacramento Referrals	211	
24/7 Sexual Assault	800-656-HOPE	
Adult Protective Services (APS) (Elderly/Adult Victims)	916-847-9377 phone	
Alcoholic Anonymous	916-454-1100	
American River Narcotics Anonymous	800-600-4673 866-565-2135	
Suicide Prevention Hotline	988	
Sac PD non-emergency calls	916-264-5471	
Info Line Sacramento	916-498-1000	
California Youth Crisis Line	800-843-5200	
National Runaway SafeLine	800-786-2929	
Rape Crisis Line (Weave)	916-920-2952	
American Red Cross, Sacramento Emergency & Disaster only	916-993-7070 800-540-2000	
Victim Assistance (Victim/Witness Center)	916-874-5701	
Victim Notification of Abuser's Release From Jail	800-491-3064	
Safe at Home	877-322-5227	

<https://homeless.cityofsacramento.org/Get-Help/Emergency-Services>

Oregon Resource: My Sister's Place. Contact Gia Trego (541) 574-9423

PLEASE DO NOT SHARE THIS INFORMATION WITH CLIENTS – THIS IS FOR STAFF USE ONLY

STAFF LANGUAGE SUPPORT			
NAME	LANGUAGE	EMAIL	PHONE NUMBER
Christine Nguyen	Vietnamese	cnguyen@my-sisters-house.org	770-688-6183 Ext 115
Heba	Arabic	heladli@my-sisters-house.org	916-996-0005
Chee Vang	Hmong	cvang@my-sisters-house.org	916-719-8381
Mai Tzeng	Hmong	mtzeng@my-sisters-house.org	949-648-1727 Ext 114
Vinder Lallian	Punjabi (Can understand Hindi and Urdu)	vlallian@my-sisters-house.org	916-599-2783 dv shelter Ext 109
Harman Grewal	Punjabi (Can understand Hindi)	hgrewal@my-sisters-house.org	Ext 111
Tasha Barker	Spanish	tbarker@my-sisters-house.org	916-504-0748 Ext 104
Wendy George	Spanish	wgeorge@my-sisters-house.org	Ext 106
Marta Pena-Lane	Spanish	mpena-lane@my-sisters-house.org	916-230-5194
Grace Yoon	English	gyoon@my-sisters-house.org	916-849-6371 Ext 103
Izzy Riddell	English	izzyriddell@gmail.com	Ext 105
Deanna Dominguez	English	ddominguez@my-sisters-house.org	Ext 101
Julie Donohue	English	jdonohue@my-sisters-house.org	Ext 116

FAQs

Q: Do we help women who have sponsored their spouse/partner to come to the U.S. – even if they are a DV/SA/HT survivor?

A: No, we typically do not help sponsors; refer them to Opening Doors

Q: What DV shelters allow dogs / pets?

A: Please refer to the list of shelters in California here:

<https://saftprogram.org/shelters/>

<https://bestybnb.com/>