

## PARENTAL RESOURCES

Arcade Community Center.....(916) 514-8096  
2300 Edison Ave. Sac 95821

*Call for details*

## CLOTHING CLOSETS

Faith Legacy Church.....(916) 487-5123  
3532 Whitney Ave. Sac 95821 *Call First*

Presentation Parish.....(916) 485-3482  
4123 Robertson Ave. Sac 95821 *Call First*

Encina High School for SJUSD Students  
1400 Bell St. Sac 95825  
Mondays & Thursdays 12 PM - 2 PM

## LAUNDRY

God's Helping Hand Laundry Day  
*Two Free loads of laundry per family*

Launderland at 3100 Fulton Ave.  
(between Marconi Ave. & Pope Ave.)

3rd Saturdays from 9 AM - 11 AM

## SHOWERS - CALL FIRST

Carmichael Presbyterian.....(916) 486-9081  
5645 Marconi Ave. Carmichael 95608

Mon, Tue, Thur, Fri. 2 PM - 3:30 PM  
and on 3rd Saturdays 4 PM - 5 PM

## RENT HELP - CALL FIRST

Our Lady of the Assumption Parish ..(916) 481-6352  
5057 Cottage Way, Carmichael 95608

St. John the Evangelist Church.....(916) 483-8454  
5751 Locust Ave. Carmichael 95608

St. Ignatius Loyola Parish .....(916) 482-9666  
3235 Arden Way, Sac 95825

## UTILITY HELP - CALL FIRST

Our Lady of the Assumption Parish ..(916) 481-6352  
5057 Cottage Way, Carmichael 95608

St. John the Evangelist Church.....(916) 483-8454  
5751 Locust Ave. Carmichael 95608

Presentation Parish.....(916) 485-3482  
4123 Robertson Ave. Sac 95821

*Serving Zip code 95821 only*

## OTHER RESOURCES

Francis House.....(916) 443-2646  
1422 C Street, Sac 95814

*Services: ID Cards, Counseling, Bus Vouchers*

**Monday - Friday 9 AM - 4 PM**

*Eligibility: Open*

*Fees: None*

*Application: Walk In*

## ENGLISH AS A 2ND LANGUAGE

St. Matthews Episcopal Church .....(916) 927-0115  
2300 Edison Ave. Sac 95821

Thursdays (Sept. thru May) 5:30 PM - 7 PM

Lutheran Church of our Redeemer....(916) 483-5691  
4641 Marconi Ave. Sac 95821

Tuesdays & Thursdays 10 AM - 12 PM

**FOR MASTER LIST OF  
SACRAMENTO AREA  
SOCIAL SERVICES  
CONTACT 211 OF SACRAMENTO**

Phone #: 211

Days & Hours: 24/7

*To revise or update information on this flyer  
please call 483-7848 ext 131*

# Arden-Arcade & Carmichael Faith Communities RESOURCE GUIDE



Local Volunteers  
Reaching Out  
To Help People  
in Our Community

Every effort has been made  
to provide current information,  
but services offered can change.

PLEASE CALL PROVIDERS  
TO CONFIRM SERVICES, DAYS & TIMES.

Updated: June 15, 2017

## FOOD CLOSETS

Our Lady of the Assumption Parish .. (916) 481-5115  
5057 Cottage Way, Carmichael 95608  
Tuesdays & Thursdays 9 AM - 10:50 AM

Presentation Parish..... (916) 485-3482  
4123 Robertson Ave. Sac 95821  
Call for Appointment

Sierra Arden United Church of Christ  
Neighborhood Food Closet.....(916) 483-1942  
890 Morse Ave. Sac 95864  
Tuesday - Friday 10 AM - 11:45 AM  
Additionally on Thursdays 4 PM - 5:45 PM  
Serves zip codes 95821, 95825 & 95864

St. John the Evangelist Church ..... (916) 483-8454  
5751 Locust Ave. Carmichael 95608  
Call for Days and Times

St. Marks United Methodist Church .. (916) 483-7848  
2391 St. Marks Way, Sac 95864  
Tuesdays 10 AM - Noon  
Saturdays 9:30 AM - 11:30 AM

Carmichael Presbyterian Church  
Food Closet..... (916) 483-9232  
5645 Marconi Ave. Carmichael 95608  
Call for Appointment

Arden Church of the Nazarene ..... (916) 482-6064  
3337 Arden Way, Sac 95825  
2nd & 4th Fridays 11:30 AM - 1 PM  
Call for Appointment

Arcade Church..... (916) 972-1617  
2924 Becerra Way, Sac 95821  
1st Tuesdays 8:30 AM - 12 PM

## FOOD CLOSETS

Mother Holly's Kitchen .....(916) 504-1377  
477 W. El Camino Ave. Sac 95815  
Opened February 2017 - Call First

Sacramento Woodside  
Seventh Day Adventist Church..... (916) 482-6444  
3300 Eastern Ave. Sac 95821  
1st & 3rd Wednesdays 9 AM - 12 PM  
(Jan. - Oct.) Free Vegetarian Cooking School  
3rd Saturdays 6 PM



## FREE MEALS

St. Ignatius Loyola Parish ..... (916) 482-9666  
3235 Arden Way, Sac 95825  
Last Wednesday at 6 PM

St. Marks United Methodist Church .. (916) 483-7848  
2391 St. Marks Way, Sac 95864  
Last Saturdays at 10 AM

Presentation Parish..... (916) 485-3482  
4123 Robertson Ave. Sac 95821  
Saturdays at 10:30 AM

Carmichael Presbyterian Church ..... (916) 486-9081  
5645 Marconi Ave. Carmichael 95608  
3rd Saturdays at 4 PM

St. Philomene Parish..... (916) 481-7113  
2428 Bell St. Sac 95825  
"Sharing God's Bounty" Every Tuesday at 6 PM

Town & Country Lutheran Church.....(916) 481-2542  
4049 Marconi Ave. Sac 95821  
4th Saturdays at 4 PM

## MEDICAL CARE

Child Health & Disability  
Prevention Program ..... (916) 875-7151

9333 Tech Center Dr. Sac 95826  
Services: Health Screening & Immunizations  
Monday - Friday 8 AM - 5 PM  
Eligibility: Medi-Cal eligible, birth to age 20  
Moderate income, birth to age 18  
Fees: None  
Application: By Telephone



Sacramento Community  
Health Center.....(916) 399-1407  
6950 65th St. Sac 95823

Services: Primary Medical & Dental Services  
Monday - Friday 9 AM - 6 PM  
Eligibility: Any Sacramento County Resident  
Fees: Sliding Scale  
Application: By Phone or Walk In to Schedule

Sacramento Community  
Clinic Consortium .....(916) 649-0657  
776 Darina Ave. Sac 95815

Services: Referrals to Health Care Services  
Monday - Friday 8:30 AM - 4:30 PM  
Eligibility: Low Income & Medi-Cal  
Fees: None  
Application: By Phone

VA (Mather) Medical Center..... (916) 843-7000

10535 Hospital Way, Mather 95655  
Services: Primary & Specialties  
Urgent Care 24/7

Eligibility: Veterans & Tri-Care  
Fees: Service Connected - None  
Non-Connected on Sliding Scale  
Application: By Phone or Walk In

## DRUG AND ALCOHOL

Alcohol and Drug System of Care.....(916) 874-9754  
3321 Power Inn Road, Suite 120 Sac 95826  
Monday - Friday 8 AM - 5 PM  
Morning Assessments: Arrive by 8 AM  
Afternoon Assessments: Arrive by 1 PM

Central California Fellowship  
of Alcoholics Anonymous.....(916) 454-1100  
9960 Business Park Dr. Suite 110  
Rancho Cordova, 95827  
24/7 Hotline  
Call for Local Meeting Locations and Times

## PSYCHIATRIC DISABILITIES

Consumers Self Help Center  
Wellness & Recovery Center North....(916) 485-4175  
9719 Lincoln Village Dr. Suite 300, Sac 95827  
Services: Consumer driven programs and services  
based on the self help philosophy to empower individuals  
with psychiatric disabilities.

Monday - Thursday 9 AM - 5:30 PM  
Fridays 9 AM - 5 PM  
Saturdays 10 AM - 5:30 PM

## DURABLE MEDICAL EQUIPMENT

St. Marks United Methodist Church .. (916) 483-7848  
2391 St. Marks Way, Sac 95864  
Tuesday - Friday 9 AM - 4 PM  
Fees: None  
Call to Confirm Equipment Availability