**CSHC Wellness**

**9719 Lincoln Village**

**Suite 300, Sac, 95827**

**Hours: Monday – Saturday**

**9-5PM**

**Free Meals**

**St Ignatius of Loyola**

**3235 Arden Way, Sac. 95825**

**Last Wednesday of the month 6PM**

**(through 2019)**

**Food Closets**

**Sierra Arden United Church of Christ**

**890 Morse Ave, Sac.95824**

**Tuesday - Friday 10:00-11:45**

**also Thursday 4:00PM to 5:45PM**

**Zip codes: 95821, 95825, 95842,**

**95815, 95838, 95660,**

**95864**

**Our Lady of the Assumption 481-5115**

**5057 Cottage Way, Carmichael 95608**

**Tuesday, Thursday 9:00 – 10:50 AM**

**Presentation Parish 485-3482**

**4123 Robertson Ave, Sac. 95821**

**Tuesday, Thursday, Friday 9:00 – 11:00 AM**

**St John the Evangelist Parish 483-8454**

**5751 Locust Ave, Carmichael 95608**

**Call for days Call for times**

**St Marks United Methodist 483-7848**

**2391 St Marks Way, Sac 95864**

**Tuesday and Saturday 10:00 AM to noon**

**Last Saturday Free Breakfast**

**Carmichael Presbyterian 486-9081**

**5645 Marconi Ave, Carmichael 95608**

**Monday thru Friday 10:00 AM to Noon**

**St Matthew Episcopal**

**2300 Edison, Sac 95652**

**Zip Codes: 95660, 96821, 95608, 95815**

**And anyone who is homeless**

**Tuesday & Thursday 10:00 to 11:30 AM**

**Cordova Community Food Locker**

**10497 Coloma, Rancho Cordova 95670**

**Monday, Wednesday and Friday 9:30 AM to 1:20 PM**

**Zip codes: 95628, 95655, 95670,**

 **95683, 95741, 95742,**

 **95826, 95827**

**Clothing Closet**

**St Matthew Episcopal 927-0115**

**2300 Edison, Sac 95652**

**Tuesday and Thursday 9:00 to 10:30 AM**

**Presentation Parish 485-3482**

**4123 Robertson Ave, Sac 95821**

**Every Saturday 11:30 AM**

**Parent Resources**

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**St Matthew Episcopal 927-0115**

**2300 Edison, Sac 95652**

 **Call for details**

**Durable Medical Equipment**

**St Marks United Methodist 483-7848**

**2391 St Marks Way, Sac 95864**

**Tuesday and Friday 9:00 AM to 4:00 PM**

**No Fees\* call to confirm equipment availability**

**Medical Care**

**Child Health and Disability**

**9616 Micron Ave, Suite 950**

**Call Only: 875-7151**

**Eligibility – Medi-Cal Birth to age 18**

**Moderate Income birth to age 18**

**Services: health screening, immunizations**

**Fees: None**

**Application: Call Only: 875-7151**

**VA (Mather) Medical Center 843-7000**

**10535 Hospital Way, Mather 95655**

**Urgi-Care 24/7**

**Eligibility: veterans and Tri-care**

**Services: primary and specialties**

**Fees: service connected – none**

 **Non-connected on sliding scale**

**Application: phone or walk-in**

**Drug and Alcohol**

**VOA – The Drop In Center (DETOX) 448-1236**

**700 North 5th Street, Sac 95814**

**24/7**

**Eligibility: public inebriates**

**Services: 72-hr assessment; 30-90 day programs**

**Fees: none**

**Application: police referral**

**Central Californai Fellowship of Alcoholics Anonymous**

**454-1100**

**9960 Business Park Dr, Ste 110, Rancho Cordova 95827**

**24/7 hotline**

**Call for local meeting locations and times**

**Other Resources**

**Francis House 443-2646**

**1422 C Street, Sac 95814**

 **Monday thru Friday 9:00 AM to 4:00 PM**

**Eligibility: Open**

**Services: ID cards, counseling, bus vouchers**

**Fees: none**

**Application: Walk-in**

**211 of Sacramento ph:211**

**Master list of Sacramento area social service**

**Rent Help**

**Call first**

**Our Lady of the Assumption 481-5115**

**5057 Cottage Way, Carmichael 95608**

**St John the Evangelist Parish 483-8454**

**5751 Locust Ave, Carmichael**

**St. Ignatius Loyola 482-9666 ext: 217**

**3235 Arden Way, Sac 95864**

**Limited, call on the first**

**Utility Help**

**Call first**

**Our Lady of the Assumption 481-5115**

**5057 Cottage Way, Carmichael 95608**

**St John the Evangelist Parish 483-8454**

**5751 Locust Ave, Carmichael**

**Monday thru Friday 9-11AM**

**St. Ignatius Loyola 482-9666 ext: 217**

**3235 Arden Way, Sac 95864**

**Gasoline vouchers**

**Our Lady of the Assumption 481-5115**

**5057 Cottage Way, Carmichael 95608**