

Shasta County 2016 Key Services

You can apply online & get information about CALFRESH (Food Stamps), CALWORKS and MediCal
www.C4yourself.com
call 1-877-652-0731 or visit
HHSA's five regional offices*

CALFRESH FOOD STAMPS & CALWORKS * 1-877-652-0731
Disability Action Center
169 Hartnell Ave. #128 242-8550
EDD Workforce Services
1325 Pine St. 225-2185
Family Law Facilitator 245-6900
1500 Court Street, Room 115
General Assistance
2460 Breslauer Way 229-8150
Golden Umbrella
200 Mercy Oaks Drive 223-6034
Good News Rescue Mission House of Hope
3100 South Market St. 241-5754
Goodwill Job Connections
1643 Hilltop Drive 351-7677
HHSA Health & Human Services
1-877-652-0731

Shelter: **Women & Children:** GNRM House of Hope 241-3608 **Men:** Good News Rescue Mission 241-5754
Domestic Violence Victims: One Safe Place Shelter and 24 hr. Crisis and Information Line) 244-0117

Showers: Good News Rescue Mission: 241-5754 (if you aren't staying there 7:30 - 8:30 a.m. Mon - Fri) YMCA: 246-9622 \$5 (Mon - Sat 5 - 8 a.m.)

Info: 211 Shasta: Dial 211 for 24-hour community resource information www.211shasta.org

24 hr Suicide Crisis Line: 1-800-273-TALK • **Community Resources Information:** Northern Valley Catholic Social Service 241-0552
Veterans: 225-5616 • **Seniors:** 223-6034 • **Domestic Violence 24 hr:** 244-0117 • **Disabilities:** 242-8550 • **Teens:** 365-9260

Accessing Services: Need help in accessing services or filling out paperwork?

Need Help to Quit Smoking?
1-800-NO BUTTS

Contact your nearest HHSA Social Services Regional Office for assistance:

Anderson: 229-8200 Burney: 335-6700 Shasta Lake: 275-7500 Downtown Redding: 229-8441 Enterprise: 224-4200

Motel: If you are on or eligible for CALWORKS, their homeless program may pay for a motel, rent and utility deposits. 1-877-652-0731

Good News Rescue Mission: GNRM can accommodate medical shelter needs including bed rest during the day at their shelter.

Food: Food bank & food program locations and hours throughout Shasta County: dial 211

Meals & Food for Seniors: Shasta Senior Nutrition Program: 226-3071 (Lunch Centers, Meals on Wheels, Brown Bag & USDA Commodities)

Meals: Three meals a day whether you stay at their shelter or not: Good News Rescue Mission 241-5754 (6:30 am, noon, and 5:15 pm. Sunday lunch at 1:00)

Food Banks: for recorded listing call 243-8713 box 250 The Salvation Army 222-2207 (Mon, Wed, Thurs. 9 - 11:30)

People of Progress: 243-3811 (Mon - Fri 9:00 to 12:00) Shasta Senior Nutrition Friday Food Bank: 226-3071 (First & Third Fridays 8 to 9 am)

Monthly Food: CALFRESH Food Stamps: 1-877-652-0731 WIC (mothers, infants & children up to age 5): 225-5168

USDA Commodity Program and Food Bank operated by Shasta Senior Nutrition Program (not just for seniors) Call for days and time: 226-3071

Clothing: People of Progress: M-F, 10-11 243-3811. Salvation Army (M,W,Th.) 222-2207. GNRMission: M,T,W,F 7:30-4:30 241-5754

Employment or Income: EDD Employment Development Workforce Services: 225-2185

The SMART Center (job listings, resumes) 246-7911. CALWORKS: (families with children) 1-877-652-0731 General Assistance (income, job search, resumes): 229-8150 Goodwill Job Connection (job services): 351-7677 Labor Ready: (day labor private employer) 242-6855

Free Cell Phone & Service for Low Income Persons: 800-723-3546 www.safelinkca.com

The Lifeline Program can be used either for your home phone or a free cell phone, but not both.

Walking & Bicycling Trails:
www.healthyshasta.org

Counseling: 24 hr Suicide Crisis Line: 1-800-273-TALK

Domestic Violence: One Safe Place 24 hr. Crisis/Info Line: 244-0117 Shasta County Mental Health: (direct services and referrals) 225-5200

Hill Country Wellness Center: (for people throughout Shasta County) 337-6243 Northern Valley Catholic Social Service: 241-0552

Drug/Alcohol: For information and referrals to all community programs call: Shasta County Alcohol /Drug: 225-5240

Medical or Health Services: MediCal: 1-877-652-0731

Shasta Community Health Center (Medical & Dental): 246-5710 HOPE Van: 246-5765 Good News Rescue Mission (Dental): 241-5754

Shasta Regional Medical Center: 244-5400 Mercy Medical Center: 225-6000 Hill Country Wellness Center (Medical/Dental): 337-6243

Redding Rancheria (Native Americans): 224-2700 Veterans Outpatient Clinic: 226-7555 Shasta County Public Health: 225-5591

Women's Health Specialists (men / women's health check-ups & birth control): 221-0193 Planned Parenthood: 351-7100

IHSS In Home Support Services: Info on eligibility to have an IHSS worker, hiring a worker, signing up to become a worker: 225-5507

Legal Help/Info: Family Law Facilitator: free info and workshops about filings and procedures on custody, support, visitation, divorce/separation/annulment, paternity, orders to show cause, modification and default 245-6900 Legal Services of Northern California: 241-3565 (Housing, Benefits, Medical, Utilities, Seniors, etc.) Senior Legal Services of Northern California: 1-888-354-4474

Housing & Utilities: Tenant Rights: 241-3565 Utilities: Ask your utility company for all payment options and referrals

Rental Listings, information for group living, & transitional housing programs: Northern Valley Catholic Social Service: 241-0552

Veterans: Veterans Resource Center: 223-3211 **People with disabilities:** Disability Action Center: 242-8550

Families with Children: One-time rent, deposits, and utility assistance for families on or eligible for CALWORKS: 1-877-652-0731

Seniors: Golden Umbrella: 223-6034 **Young Adults & Teens formerly in Foster Care:** Independent Living Program 365-9260

Veterans: Check veteran programs for new programs, new eligibility & housing. Veterans Resource Center: 223-3211

VA Outpatient Clinic: 226-7555 Veterans Service Office: 225-5616 EDD Veterans Employment Services: 225-2194

Transportation: RABA monthly passes (disability & senior discounts): 241-2877 Ask organizations for emergency bus passes.

Passes for essential appointments: People of Progress: 243-3811 Senior Transportation: 226-3075 Living Hope Bicycles & Repairs: 243-8066

This flyer provided by POP, People of Progress Food Bank, Resource Center & Thrift Store (530) 243-3811 © 2016 People of Progress, Redding CA USA 4-1-2016
Permission granted to photocopy if credit line is used. More resource info and the Community Resource Location Map: www.peopleofprogress.org

HOPE Van 246-5765
Hill Country Wellness Center
317 A Lake Blvd, Redding 337-6243
HWY 299 Round Mountain
IHSS In Home Supportive Service
2640 Breslauer Way 225-5507
Labor Ready 242-6855
113 Lake Blvd.
Legal Services of Northern Calif.
1370 West St. 241-3565
Living Hope Bike Repair
1043 State Street 243-8066
Mercy Medical Center
2175 Roseline Ave. 225-6000
Northern Valley Catholic Social Service (NVCSS) 241-0552
2400 Washington (off Park Marina)
One Safe Place 244-0117
Client Services: 2250 Benton Dr.
24-hour Crisis Line
People of Progress 243-3811
1242 Center St. (off Shasta near Calif.)
Planned Parenthood 351-7100
2935 Bechelli Lane #C
RABA (public transit) 241-2877
Yuba between Oregon & California
Redding Housing Authority
777 Cypress Avenue 225-4048
Redding Rancheria Health Clinic
1441 Liberty Street 224-2700
Salvation Army 222-2207
2691 Larkspur Lane
Senior Legal Services of Northern California 1-888-354-4474
Senior Transportation 226-3075
Shasta Community Health Center
1035 Placer St. 246-5710
Shasta County Alcohol & Drug
2640 Breslauer Way 225-5240
Shasta County Housing Authority
1450 Court St. Rm. 108 225-5169
Shasta County Mental Health
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Shasta County Public Health
2650 Breslauer Way 225-5591
Shasta Regional Medical Center
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Shasta Senior Nutrition Program
100 Mercy Oaks Drive 226-3071
SMART Employment Center
1201 Placer Street 246-7911
Veteran Employment Service EDD
1325 Pine Street 225-2194
VA Outpatient Clinic 226-7555
351 Hartnell Avenue
Veterans Resource Center
153 Hartnell Ave. #100 223-3211
Veteran Service Office 225-5616
1855 Shasta Street
WIC (various locations) 225-5168
Womens' Health Specialists 221-0193

* Offices: Anderson, Burney, Enterprise
Shasta Lake and Downtown Redding