
Showers: Good News Rescue Mission: 241-5754 (if you’re not staying there 7:30 - 8:30 a.m. Mon - Fri.) YMCA: 246-9622 S5 (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? Contact your nearest HHSA Social Services Regional Office for assistance:

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 throughout Shasta County: dial 211

Meals for 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)


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


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

Walking & Bicycling Trails: www.healthyshasta.org

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

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 County 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: 221-0193 Young Adults & Teens formerly in Foster Care: Independent Living Program 365-9260

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: 241-3566 (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: Shasta Resource Center: 223-3211 People with disabilities: Disability Action Center: 242-8550

Veterans: Check veteran programs for new programs, new eligibility & housing. 1-888-354-4474


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