

**Presentation of the Blessed Virgin Mary Parish \***

4123 Robertson Ave, Sacramento, CA 95821  
916-485-3482

<https://presentationparish.org/office@presentationparish.org>

Tuesday and Thursday, 9:00 AM – 11:00 AM  
Distributed on the back side of the office building.

**Saint Ignatius Loyola Parish \***

3235 Arden Way Sacramento, CA 95825  
916-482-9666 ext. 0 Monday - Saturday

<https://www.stignatiussac.org/s/>

Box dinners served 6:00 -7:00 PM on the last Wednesday of the month.

**Saint Marks United Methodist \***

2391 St. Marks Way, Sacramento, 95864  
916-483-7848

<https://stmarksumc.com>

Food Closet Tuesday & Saturday 10:00 AM-11:00 AM

**Saint Vincent De Paul at Our Lady of Assumption \***

5057 Cottage Way, Carmichael, CA 95608 (Cottage and Walnut)  
916-481-6352

<https://olaparish.net/st-vincent-de-paul-society-ola-conference-parish@olaparish.net>

Tuesday and Thursday 10:00 AM - 12:00 noon

**Saint Vincent de Paul Saint John the Evangelist \***

5751 Locust Avenue, Carmichael 95608  
916-483-2161 or 916-483-8454

<https://sjecarmichael.org/office@sjecarmichael.org>

Wednesday: 8:00 AM - 10:00 AM

**Saint Philomene Church \***

2428 Bell St., Sacramento, CA 95825  
Church 916-481-6757; Food Closet 916-481-7113

<https://stphilomene.com/>

Meals: Tuesday 6:00 – 7:00 PM  
Food Closet: Mon - Tue 9:00 AM - noon

**Saint Vincent de Paul Society Help Line**

P.O. Box 162487 Sacramento, CA 95816  
916-572-7553

<https://www.svdps-sacramento.org/svdpsachelp@gmail.com>

call Monday through Friday to be connected to a food source close by.

**Sierra Arden Food Closet \***

890 Morse Avenue, Sacramento, CA 95825  
916-483-1942

<https://www.sierravistacc.org/food-closet>

Mon, Wed, Thurs, Fri, 10-11:30 AM, Thurs 4 PM - 5:30 PM

**Woodside SDA Church \***

3300 Eastern Ave., Sacramento, CA 95821  
916-482-6444

[office@woodsidesda.org](mailto:office@woodsidesda.org)

<http://woodsidesda.org/about/>

2nd & 4th Saturday 2:00 PM - 4:00 PM

**Shelter, and Camping and Parking**

**Family Promise of Sacramento**

P.O. Box 1378 Sacramento, CA 95812  
916-443-3107

<https://www.familypromisesacramentoca.org/marsha@sacfamilypromise.org>

Motel rooms and tiny homes for families. Call above number for intake Mon-Fri 8:00 AM to 2:00 PM

**Sacramento County Safe Parking site by City Net \***

Space for 30 cars at Watt Avenue and Winona Way  
Call 2-1-1 for access.

**Sacramento Covered \***

916-906-5214

Scott Young at [young@sacramentocovered.org](mailto:young@sacramentocovered.org)

Drop-in Hours for Arden-Arcade:

Tuesday 10:00 AM to 12:00 PM at

Arcade Library 2443 Marconi, Sacramento, CA 95821

Drop-in Hours for Carmichael:

Wednesdays 10 AM – 12 noon

Carmichael Park 5750 Grant Avenue Carmichael, CA 95608

at the picnic tables next to the tennis courts

**VOA Sacramento Senior Safe House \***

3434 Marconi Avenue Sacramento, CA 95821 (mailing address only)  
916-874-9377

<https://www.voa-ncnn.org/northern-california-emergency-shelter>  
[info@voa-ncnn.org](mailto:info@voa-ncnn.org)

Must be referred by Adult Protective Services at 916-874-9377 or call 2-1-1 for referral

**Respite Centers**

**Carmichael HART Respite Center at Carmichael Presbyterian \***

5645 Marconi Ave, Carmichael, CA 95608

<https://carmichaelhart.org/programs/auto-draft/scott@carmichaelhart.org>

Saturdays 10:00 AM to 2:00 PM

**Hope Cooperative Wellness Center – CORE Marconi \***

3737 Marconi Ave. Sacramento, CA 95826  
916-480-1801 ext 2090

<https://hopecoop.org/services/>

[info@hopecoop.org](mailto:info@hopecoop.org)

Respite, computers, light meals, etc.  
Monday – Friday 8:30 a.m – 4:00 p.m.

**Hope Cooperative Wellness Center – CORE Howe \***

650 Howe Avenue #300 Sacramento, CA 95825  
916-485-6500 ext. 249

<https://hopecoop.org/services/>

[info@hopecoop.org](mailto:info@hopecoop.org)

Respite, computers, light meals, showers, laundry etc.  
Monday – Friday 8:30 a.m – 4:30 p.m.

**Sacramento 24 Hour Outreach and Engagement Center \***

3615 Auburn Blvd.

916-940-7180

Respite Center open 23 hours per day

**Mental Health**

**Hotlines:**

- 24/7 National Suicide and Mental Health Crisis Hotline: Call or text 988 OR call 800-273-8255
- Sacramento County 24 hour crisis line: 888-881-4881
- The Source – 24 hours for youth up to age 26 and caregivers
- 916-SUPPORT (787-7678)
- WellSpace Health 24 Hour Suicide Prevention Crisis Line – 916-368-3111 or 1-800-273-TALK (8255)

**Mental Health Services Support Lines:**

- Sacramento County ACCESS Team – Mental Health 916-875-1055
- County Community Support Team (916) 874-6015 Mon – Fri 8:00 AM – 5:00 PM
- Seniors (aged 60+) – Call Adult Protective Services (916) 874-9377
- Veterans: CalVet – (800) 952-5626

## Alcohol and Drug Counseling

### Alcoholics Anonymous Central California Fellowship

9960 Business Park Drive, Suite 110 Sacramento, CA 95827

Office: 916-454-1771 Hotline: 916-454-1100

<https://aasacramento.org/>

[officeassistant@aasacramento.org](mailto:officeassistant@aasacramento.org)

Click on "Meetings" to find a walk-in meeting.

916-456-4849

### Narcotics Anonymous

PO Box 9999, Van Nuys, California USA 91409

Telephone 818-773-9999

<https://www.na.org/meetingsearch/>

To find a walk-in group, go to website and search for nearest meeting

### Sacramento County Dept. of Health Services, Division of Behavioral Health – Homeless Encampment and Response Team (HEART)

916-975-1720

[BHS\\_HEARTreferrals@saccounty.gov](mailto:BHS_HEARTreferrals@saccounty.gov)

## Showers

### Carmichael HART Respite Center at Carmichael Presbyterian \*

5645 Marconi Ave, Carmichael, CA 95608

<https://carmichaelhart.org/programs/auto-draft/scott@carmichaelhart.org>

[scott@carmichaelhart.org](mailto:scott@carmichaelhart.org)

Showers Saturdays 9:00 AM to 1:00 PM

### Hope Cooperative Wellness Center - CORE Howe \*

650 Howe Avenue #300 Sacramento, CA 95825

916-485-6500 ext. 249

<https://hopecoop.org/services/>

[info@hopecoop.org](mailto:info@hopecoop.org)

Showers available Tuesday and Thursday 8:30 a.m-3:30 p.m.

## Laundry

### God's Helping Hands Laundry Day \*

At Launderland: 3100 Fulton Avenue

3<sup>rd</sup> Saturday of every month 9 – 11 AM

2 loads free laundry wash and dry. Soap provided.

<http://www.aacfc.us>

### Hope Cooperative Wellness Center - CORE Howe \*

650 Howe Avenue #300 Sacramento, CA 95825

916-485-6500 ext. 249

<https://hopecoop.org/services/>

[info@hopecoop.org](mailto:info@hopecoop.org)

Laundry available Monday and Wednesday 8:30 a.m-3:30 p.m.

## Jobs

### Deseret Industries

Jobs in canning or thrift store work

3000 Auburn Blvd

For info, Call 916-482-1480

## Clothing

Many thrift stores will give clothing to those who can't afford it.

## Health Care

### Elica Health Centers - Arden Arcade \*

2400 Glendale Lane Sacramento, CA 95825

916-454-2345

<https://www.elicahealth.org>

[communications@elicahealth.org](mailto:communications@elicahealth.org)

Open 8:00 AM to 12:00 PM and 1:00 to 5:00 PM, Mon – Fri

### ELICA Health on Wheels Health Centers \*

916-454-2345

[www.elicahealth.org/mobile-medicine](http://www.elicahealth.org/mobile-medicine)

[communications@elicahealth.org](mailto:communications@elicahealth.org)

Visit website for dates and locations of Health on Wheels busses.

### One Community Health Arden-Arcade Campus \*

1442 Ethan Way Suite 100, Sacramento, CA 95825

916-443-3299

<https://onecommunityhealth.com/>

Medical and dental clinic

### WellSpace Health Arden-Arcade Immediate Care Center \*

2433 Marconi Ave, Sacramento, CA 95821

(916) 313-8433

[https://www.wellspacehealth.org/location/arden-arcade-](https://www.wellspacehealth.org/location/arden-arcade-community-health-center)

[community-health-center](https://www.wellspacehealth.org/location/arden-arcade-community-health-center)

[info@wellspacehealth.org](mailto:info@wellspacehealth.org)

Appointments 8 AM to 4:30 PM

Immediate Care hours 8:00 AM-8:00 PM 7 days a week. Accepts

Medi-Cal or self pay

For a Master List of Sacramento Area Social Services or to ask for help, dial 211 anytime, any day or visit

<https://www.211sacramento.org/211/>

\*Asterisks indicate services in Arden-Arcade or Carmichael



ARDEN-ARCADE-CARMICHAEL  
FAITH COMMUNITIES

## Street Sheet/Resource Guide

For a **Master List** of Sacramento Area Social Services or to ask for help, dial 211 anytime, any day or visit

<https://www.211sacramento.org/211/>

To update information on this flyer please email [carol@aacfc.us](mailto:carol@aacfc.us)

## Food

### Arcade Church \*

3927 Marconi Ave, Sacramento, CA 95821 Marconi & Becerra  
916-972-1617

<https://www.arcadechurchonline.com/>

[info@arcadechurch.com](mailto:info@arcadechurch.com)

2nd and 4th Tuesday of the month 8:30 - 11:00 AM

### CalFresh (Food Stamps) \*

2700 Fulton Avenue

1-800-560-0976

<https://www.getcalfresh.org/>

<https://benefitscal.com/>

<https://www.cdss.ca.gov/inforesources/calfresh>

8 AM – 4 PM Monday – Friday

For a list of restaurants that take Cal Fresh, see

<https://icaliforniafoodstamps.com/restaurants-that-accept-ebt-in-sacramento-county>

### Carmichael Adventist Community Services \*

4694 Pasadena Ave, Sacramento, CA 95841-4540

916-487-8684 Option 3

<https://carmsda.org/community>

[office@carmsda.org](mailto:office@carmsda.org)

Wednesdays 9 AM-11:30

### Carmichael Presbyterian Church \*

5645 Marconi Ave, Carmichael, CA 95608

Food closet: 916-483-9232

<https://www.carmichaelpres.org/>

[office@carmichaelpres.org](mailto:office@carmichaelpres.org)

Food is available for pick up on Thursdays from 6:00-7:15 PM (no advance call required).

Reserved food is available Monday, Tuesday and Thursday:

- call 10:00 AM - 12 noon on those days to reserve food;
- pick up the food 1:30PM - 2:00PM on those days