

Shasta County 2014 Key Services

You can apply online & get info about CALFRESH (Food Stamps), CALWORKS, MediCal / CSMP / PATH2Health www.C4yourself.com or call 1-877-652-0731 or visit five regional offices *

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 hr information on community resources or 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 HHS Social Services Regional Office for assistance:

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

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

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: 243-8713 Box 250

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)

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, 9-9:30 243-3811. The Salvation Army (by appt.) 222-2207. GNRMission: M,T,W,F 7:30-4:30 241-5754

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

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 Connections (job services): 351-7677 Labor Ready: (day labor private employer) 242-6855

Free Cell Phone & Service for low income persons

1-877-777-1914 or www.reachoutmobile.com

Voice Mail:

P.O.P. 243-3811

Walking & Bicycling Trails:

www.healthyshasta.org

Counseling: Helpline Suicide & Crisis Line: 244-2222 Domestic Violence: One Safe Place 24 hr. Crisis/Info Line: 244-0117

Shasta County Mental Health: 225-5200 Hill Country Wellness Center: (serving people living throughout Shasta County) 337-6243

Northern Valley Catholic Social Service: 241-0552 Second Home (Drop-In Peer Support Center) 247-3321

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

Medical or Health Services: MediCal and CSMP and Path2Health: 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

Info on IHSS In Home Support Services - 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, Seniors, etc.)

Housing & Utilities: Tenant Rights: 241-3565 **Utilities:** Call your utility company for payment plan options and assistance

Rent Deposit Loans, information for transitional housing programs, housing workshop: NVCSS Second Home Drop-in Center 247-3321

Veterans: Veterans Resource Center: 223-3211 **People with disabilities:** Independent Living Services 242-8550

Rent or rent and utility deposit 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

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

Transportation: Check with organizations for one-ride bus passes. RABA tickets & monthly passes (disability & senior discounts): 241-2877 Bus passes for essential appointments: People of Progress: 243-3811 Bicycles & Repairs: Living Hope: 243-8066

This flyer provided by P.O.P. People of Progress Food Bank, Resource Center & Thrift Store (530) 243-3811 © People of Progress, Redding CA USA 4/2014
Permission granted to photocopy. More resource info: www.peopleofprogress.org If this info helps, can you donate a dollar on website or drop by?

CALFRESH FOOD STAMPS & CALWORKS * 1-877-652-0731

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

HHS Health & Human Services
1-877-652-0731

Helpline - 12 hour Crisis Line Counseling & Info 244-2222

HOPE Van 246-5765

Hill Country Wellness Center
HWY 299 Round Mountain 337-6243

IHSS In Home Supportive Service
2640 Breslauer Way 225-5507

Independent Living Services
169 Hartnell Ave. #128 242-8550

Labor Ready 981 Lake 242-6855

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
1670 Market St. Suite 300
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

Second Home 247-3321
Drop-In Day Center 1250 Calif. St.

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
2640 Breslauer Way 225-5200

Shasta County Public Health
2650 Breslauer Way 225-5591

Shasta Regional Medical Center
1100 Butte Street 244-5400

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