

# Placer County Public Health Resources

Public Health Nursing (MCAH Program) 1-800-829-7199



CATEGORY & AGENCY	LOCATION	PHONE	NOTES
<b>CLOTHING &amp; FURNITURE</b>			
Adventist Community Services	Auburn	(530) 823-0345	Clothing closet, food pantry, showers, medical services Mon 9AM - noon Services to unsheltered individuals Tues. 9AM - noon Services to families (no showers)
St. Vincent de Paul	Roseville	(916) 781-3303	Warm meals (T, W, Th 12 – 1:30pm; Sat & Sun 2:30-4pm) Food pickup (M, W, F 9-11am); Grocery delivery to seniors & disabled
St. Vincent de Paul	Lincoln	(916) 645-7201	Food and financial assistance (M-Th 9am-4pm)
<b>COMMUNITY CLINICS &amp; HEALTH CARE</b>			
Auburn Renewal Center	Auburn	(530) 887-8673	Free medical services to low income, uninsured and under-insured adults (T & *Th 9am-1pm) *call first. Appt recommended. Undocumented OK.
Planned Parenthood	Roseville	(916) 781-3310	Family planning; men's and women's health care
Carrington College Dental Clinic	Sacramento	(916) 361-5168	Free dental cleaning and low-cost dental services
Chapa-De Indian Health Clinic	Auburn Grass Valley	(530) 887-2800 (530) 477-8545	Medical, dental, vision, mental health, prenatal care, and substance use treatment to low-income families
Lens Crafters Vision Program (Sponsored by Kids First)	Auburn Roseville	(530) 887-3536 (916) 774-6802	Requires a referral from Kids First; must be under 18 and have no medical insurance.
Covered California (Affordable Care Act)	California	(800) 300-1506	Health insurance options <a href="http://www.coveredca.com/">http://www.coveredca.com/</a>
Medi-Cal Managed Care Health Care Options	California	(800) 430-4263	Help in selecting and enrolling in M/C managed care plan
Placer County Human Services (Medi-Cal, CalFresh, CalWORKs, & General Relief)	Auburn Rocklin Tahoe	(530) 889-7610 (916) 784-6000 (530) 546-1900	Healthcare coverage, food, cash & housing assistance Currently open to the public only M-F 1-5pm <a href="http://www.mybenefitscalwin.org">www.mybenefitscalwin.org</a> 1-888-385-5160
Peach Tree Health	Marysville	(530) 749-3242	Medical, dental, vision and behavioral health clinics
Sacramento City College Dental Health Clinic	Sacramento	(916) 558-2303	Low-cost dental cleaning, fluoride, sealants, & x-rays. No restorative treatment.
The Gathering Inn Medical Clinic	Roseville	(916) 791-9355	Free medical care for uninsured. Sat 9-11AM
WellSpace Community Health Centers	Roseville Sacramento	(916) 737-5555 (916) 392-2290	Primary care, pediatrics, behavioral health, psychiatry, women's health and immediate care.
Western Sierra Medical Clinics	Auburn Kings Beach Grass Valley	(530) 537-3000 (530) 584-9762 (530) 274-9762	Primary care in all locations and dental care in Grass Valley. Women's health, pediatrics, behavioral health, and other services in Grass Valley.
Stallant Health	Weimar	(530) 637-4025	Primary care, urgent care, dental care, chiropractic, cardiology, podiatry, counseling, and Suboxone.
<b>DISABILITIES</b>			
Alta California Regional Center	Roseville Sacramento	(916) 437-6900 (916) 978-6400	Provides services to developmentally delayed children and adults, and early intervention services to infants and toddlers; must meet eligibility requirements
PCOE Infant Development Program	Placer County	(916) 277-8796	Early intervention services to families of children under age 3 who are at risk of developmental delay
Warmline Family Resource Center	Sacramento	(916) 455-9500 (844) 455-9517	Workshops, activities, trainings, resources, and other services for families of children with special needs.
In Home Supportive Services (IHSS) Public Authority	Auburn Roseville	(530) 889-7115	Services to seniors or disabled Medi-Cal recipients who need assistance to remain safely in their own home
Placer Independent Resource Services (PIRS)	Auburn	(530) 885-6100 (800) 833-3453	Advocacy, trainings, information and referrals, peer support, assistive technology services, and minor home modifications for individuals with disabilities
<b>FAMILY SUPPORT</b>			
Boys & Girls Club of Placer County	Auburn	(530) 889-2273	After school and day programs for children 6 – 18 years
Child Support Services	Rocklin	(866) 901-3212	Establish paternity and request child support orders
KidZCommunity Placer Community Action Council	Placer and Nevada Co.	(530) 886-4122 (530) 885-5437	Home-based and center-based learning programs for low-income families of children ages 0 – 5 years
Kids First Counseling & Family Resource Centers	Auburn Roseville	(530) 887-3536 (916) 774-6802	Case management, counseling, home visits, parenting classes and after school programs for families
La Leche League of Auburn	Placer Co.	(916) 435-5293	Free breastfeeding peer support
Latino Leadership Council	Placer Co	(530) 320-5353	Health & wellness, education, youth leadership & development for Latino families & individuals
Lighthouse Family Resource Center	Lincoln	(916) 645-3300	Parenting classes, groups, counseling & resources
Mother's Outlet – Sutter Roseville Med. Center	Roseville	(916) 887-4039	Parent Education and Lactation Services
PCOE Early Childhood Education	Placer Co.	(530) 745-1380	State preschools, subsidized childcare, and referrals
Seniors First	Auburn	(530) 889-9500	Nutrition, transportation, and support for seniors
Sierra Native Alliance	Auburn	(530) 888-8767	Education, resources & programs for Native families

<b>FOOD</b>			
Adventist Community Services	Auburn	(530) 823-0345	Clothing closet, food pantry, showers, medical services Mon 9AM - noon Services to unsheltered individuals Tues. 9AM - noon Services to families (not showers)
Auburn Interfaith Food Closet	Auburn	(530) 885-1921	Food distribution for central Placer County residents (M-F and last Saturday of the month 10AM-2 PM, and Wednesdays from 4-7PM)
The Salt Mine	Lincoln	(916) 645-3778	Food distribution (T-F 9AM-12PM & Sat 12-1PM)
Salvation Army	Auburn Roseville	(530) 889-3990 (916) 784-3382	Auburn Food Pantry: Mon, Wed, Fri 10AM-2PM & Tues & Thurs by appointment only; Roseville Food Pantry: M-Th 9AM-12PM & 12:30-2:30PM, Fri 9-11AM & 12:40-2:40PM
St. Vincent de Paul	Roseville	(916) 781-3303	Warm meals T, W, Th (12 – 1:30pm); Cold meal Sat & Sun (2:30-4pm); Drive-thru (M, W, F 9-11am); Grocery delivery to seniors & disabled
St. Vincent De Paul	Lincoln	(916) 645-7201	Food and financial assistance by appointment only
<b>Women, Infants and Children (WIC)</b> Auburn, Kings Beach, Lincoln, & Rocklin	Auburn Rocklin	(530) 889-7187 (916) 784-6447	Nutrition information & food assistance for financially eligible pregnant women & children under 5
<b>GENERAL, TRANSPORTATION, and UTILITIES</b>			
Seniors First Health Express	Auburn Roseville	(530) 745-7560 (916) 745-7560	Transportation for individuals over age 60 or disabled. Apply to Seniors First in advance at 530- 889-9500
Seniors First My Rides	Placer County	1-800-878-9222	Free transportation by volunteer drivers for individuals over age 60, disabled, and families w/children 0-5
Placer County Public Transit (Includes regular routes and Dial-A-Ride)	Placer County	(530) 745-7560 (916) 745-7560	Fares vary by Transit location. Seniors/ADA/Disabled, Medicare holders, and youth are half price
Home Start	Roseville	(916) 782-6667	Emergency and permanent housing for families
Legal Self-Help Center Bill Santucci Justice Center	Roseville	(916) 408-6446	Free legal assistance w/ court forms. Offer remote telephone or video appts, prescheduled in-person appts and limited walk-in appts. Can schedule online at: <a href="https://www.placer.courts.ca.gov/self-help/self-help-center">https://www.placer.courts.ca.gov/self-help/self-help-center</a>
Modivcare Transportation <b>Anthem Blue Cross Medi-Cal Managed Care</b>	Placer County	(877) 931-4755	Free transportation for Anthem Blue Cross members to medical appointments. Call at least 5 days in advance
Modivcare Transportation <b>California Health &amp; Wellness Managed Care</b>	Placer County	(877) 658-0305	Free transportation for CA Health & Wellness members to medical appts. Call at least 3 days in advance
Golden Sierra Job Training	Roseville	(916) 746-7722	Free job search and job training assistance
PG&E REACH	California	(800) 933-9677	One-time per year energy credit up to \$300
Project GO	Roseville	(916) 782-3443	Assistance w/energy bills and affordable rental units
Adult Systems of Care: Wellness Center Welcome Center	Roseville Auburn	(916) 787-8995 (530) 889-7200	Auburn: Welcome Center provides resources, and services for those seeking housing options M-F 1-5PM Roseville: Cirby Wellness Center M-F 9-4:30PM
<b>MENTAL HEALTH</b>			
Placer County Mental Health Services	Roseville Auburn	(916) 787-8860 (888) 886-5401	Mental health and supportive services for individuals with mental illness who have Medi-Cal or no insurance
Family and Children's Services	Placer County	(916) 872-6549 (866) 293-1940	Crisis assistance, child abuse reports & mental health services for children with Medi-Cal
Insights Counseling Services	Auburn Roseville	(530) 887-1300	Individual and family counseling for adults, teens and children; free to families with children up to 2 years old
Postpartum Support International		(800) 944-4773	Helpline provides free information, support & resources
Sierra Mental Wellness Group	Auburn Roseville	(530) 885-0441 (916) 783-5207	Mental health assessments and therapy for adults and children; Roseville has domestic violence & parenting enhancement programs; Tahoe City has psychiatry.
<b>SAFETY/VIOLENCE</b>			
KARE Crisis Nurseries (530) 575-1567 (CRISIS LINE)	Nevada City	(530) 265-0693	Shelter and respite for children & assistance to families facing crisis; court-ordered visits. Office hours M, T, W 11:30am-6:30pm
Stand Up Placer (800) 575-5352 (CRISIS LINE)	Auburn Roseville	(530) 885-0443 (916) 773-7273	Crisis intervention, safe house, therapy, support groups, housing assistance, and legal services for DV victims
<b>SUBSTANCE ABUSE</b>			
AA- Alcoholics Anonymous	Auburn & Roseville	(916) 454-1100	Support groups for anyone concerned about their alcohol use (online and in-person meetings)
AL-ANON - Friends & Family of Problem Drinkers	Northern Ca	(916) 334-2970	Support groups for family
California Smokers' Helpline	800-662-8887	800-NO-BUTTS	Smoking cessation via phone counseling & information
Perinatal Substance Use Services	Auburn	(530) 906-3724	Referral & advocacy for women with substance use dependency who are pregnant or parenting
Placer County Substance Use Services	Auburn Roseville	(530) 906-3724 <b>Emergency: 1888-886-5401</b>	Screening Clinics provide information, assessment, & referrals for substance use treatment. M-F, times and locations vary.