

S
A
C
R
A
M
E
N
T
T
O



Parole
And
Community
Team
Resource **H**andbook

Community-based Service Providers working
to assure public safety and effective re-
integration for those on supervised parole.

version October 6, 2009



Regional Parole Administrator

Dan Stone

Assistant Regional Administrator

John Heise

Deputy Regional Administrators

Gil Rodriguez

Metro District Administrator

Marvin Speed

Delta District Administrator

Dave McAuley

Metro District Parole Offices and Supervisors

Metro Parole Units 1-4

1103 North B Street Suite E
Sacramento, CA 95814
916-324-4141
Kathi De La Cruz
Gregory Cundiff
Ray Thames

North and Natomas Parole Units

5410 Auburn Blvd. Suite100
Sacramento, CA 95841
916-574-2414
David Mouras

Delta District Parole Offices

Florin Parole Units

8455 Jackson Road Suite 150
Sacramento, CA 95826
916-229-0828
Theresa Woody

South Parole Unit

8000 Elder Creek Rd
Sacramento, Ca 95824
916-229-0680
Lovette Broussard

Table of Contents

Revision October 6, 2009

Topic	Page
Your Chance, Your Choices and Your Decisions	6
Essentials	6
Challenges To and Sabotage of Our Chance	7
Keys to Success - Actions and the Attitudes Built From Actions	7
Mentors	7
The Practice Process	8
P.E.A.K To Peak Experiences	9
The P.E.A.K. to Peak Principle To Progress	10
Building an Education – Charles A. Jones Career & Education Center	12
Improving Your Reading & Writing Skills	13
Vocational Training	13
Finding Counseling	14
Recovery from Addiction	14
Police and Parole Agent Assistance	15
Special Cautions	15
“Three Strikes” Notification	16
Sacramento Resources Guide	18
Veterans	18
Housing Women with Children	19
Housing Women with Pregnancy	20
Housing Men with Children	21
Housing Women with weekend visits by Children	21
Housing – Couples with Children	22
Child Care & Youth Care	22
Housing – Emergency	24
Residential Treatment Programs	25
Heaven’s Gate Academies	27
Housing – Transitional and Permanent	28
Housing Mental Health Assessment – Monitoring EOP–CCCMS	32
Housing – HIV – AIDS Hepatitis C Care	33
Food Banks and Free Meals	34
Clothing	36
Mentors	37
Job Preparation & Readiness	38
Employment – Parolee Friendly Companies & Placement Svcs	39
Labor and Trade Unions	44
Call Center Employment	46
Work Opportunity Tax Credit Forms	47
Sacramento Works	47
Sacramento Works – One Stop Career Center	49
Transportation - Regional Transit – Transportation	60
Tattoo Removal or Masking	66
Training and Education	67
Drug and Alcohol Services	69

Mental Health Treatment and Crisis Services	74
Medical Services (see also added sheets published)	77
Pharmacy	79
Dental	79
HIV & AIDS Testing and Other Services	81
 Domestic Violence, Anger Management, Batterers Program	 83
 Documents	 88
Birth Certificates	88
Driver's License/Picture I.D.	90
DMV Checklist	90
Driver License – Child Support Payments	92
Driver Schools	92
Social Security Card	93
 General Assistance	 93
Legal Services	94
 Library – Literacy Programs Sacramento Library Branches	 95
 Special Services	 96
WHAT DO I WRITE? WHAT DO I SAY?	98
Signature Sheet	100

This handbook and resource guide is copyrighted for the **California Department of Corrections and Rehabilitation** by Heaven's Gate Enterprises.
© 2006-2009

Your Chance, Your Choices and Your Decisions

With your return home you will be facing a chance. Today you have a chance to re-prepare your thinking and actions.

Re-preparing will bring you along a very different course than old patterns.

You have a chance to re-invent your life with each choice and every decision. To create an effective and honorable life you may be making choices and decisions that are different from the path you, your friends or family have directed you to take. It may be necessary and useful to build a conscience patiently by copying the thinking choices, decisions and actions of people whose lives are effective and working well. When on parole, how well you practice these new choices, decisions and actions will be your responsibility.

This time you have a chance to make a positive difference in the lives of others and within you. Though you will need to make a first step, very little of this path needs to be done alone.

Essentials

It is very important for you to **find and keep a good job** or create a business that is legal.

Finding shelter and a home that is safe, clean, sober and stable for you is another key piece for our success.

Often we must **find and build friendships with people who live healthy and legally sound lives and copy them**. These acquaintances, life coaches and friends may be far different than those we once called friends or family. Since our old friends have few actions or habits that lead us anywhere but back into the system of crime and prison, we must develop a new team of real friends and coaches, slowly and carefully.

Your freedom in this chance is made stronger by asking assistance from effective people whose lives are worthy of being copied. Ask assistance from Parole Agents, ministers, rabbis, teachers, business people, coaches, mentors, community volunteers or neighbors to find people whose lives work well and have earned healthy respect from many around them for doing the right thing. Think of these people as a new model of a life to be copied. You will not lose your own personal identity by copying the life strengths of other people. Practice decisions and actions that will build each minute, each 15-minutes, every hour, all day and through the week into a good life.

Challenges To and Sabotage of Our Chance

*The world is awful easy on those who are tough on themselves...
and awful tough on those who are easy on themselves. – unknown author*

There are pieces of any person's life that become challenges and that overwhelm us. This Handbook and Resource Guide are a set of tools we use to steady ourselves.

Do we all stumble and gather scars in life? Yes. Everyone seems to carry a share of mistakes and the wounds from our mistakes. How we summon the inner strength to get up and try again or to discover what other successful people do to succeed is a key quality. Few people ever create a successful life alone or from only their own information or actions. Successful people work in teams to build successes each step along the way while pursuing our purpose of making a difference.

Having a past where few or none of the people around us were effective or successful is an important reason for us to seek new professionals, coaches, mentors or living examples so that we can copy what it is that works! We will also be able to copy what it is that they do NOT do, so that our life eliminates what

sets us up for errors or damaging mistakes. When we repeat the old patterns we had practiced that contributed to our incarceration we are practicing sabotage of all our progress and future of freedom.

When we continue doing what has always brought us chaos, trouble and imprisonment, yet expecting that we will get different results, then we know we are stuck in irrational thinking and approaching insanity.

If you have a drug problem or even suspect you have a drug problem, ask your parole agent for assistance.

If you want counseling, or wish to see a doctor for a health problem, ask your parole agent to assist you to find these services in the community. This guide and many agencies in the community will assist you to find a job, housing, food, and other services. In many ways, your willingness to exercise inner initiative and to open yourself to assistance in the community will accelerate you toward success on parole.

Choose always the way that seems the best, however rough it may be.
Practice will soon render it easy and agreeable – Pythagoras

Keys to Success - Actions and the Attitudes Built From Actions

Decide what you want, decide what you are willing to exchange for it.
Establish your priorities and go to work -- H. L. Hunt

Our behaviors or actions can create good attitudes. Attitude is important. You are responsible for being in command of your attitude. A positive attitude can accelerate your progress when on Parole. Good actions build a foundation for the growth of great attitudes that strengthen all your interactions.

Attitude influences how you react or respond to people and how people react or respond to you. People often respond to you based upon your attitude. Good behaviors demonstrate our inner attitudes and greatly influence how often good things happen to us.

A good attitude can assist you in obtaining employment as well as, in your relationships with friends and loved ones. A good attitude will assist you in getting in command of feelings about you and the future as well as the actions you choose to do in this moment to bring a brighter future.

Dale Carnegie arose from poverty to a happily successful life and said, “Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.”

Mentors

Experience is not the best teacher. An experienced, capable teacher is the best teacher. Among the finest tools for a true shortcut to progress in our life is when we are copying the actions, words, thoughts and perceptions of someone whose life is working well, honorably, successfully and productively.

A mentor is a person willing to be copied. A mentor is wise and aware of the inner steps and thoughts that work for a happy and productive life. A true mentor is clear when conveying or coaching us in living the steps they *consequently recognized and purposefully developed*. Such a person is willing to give their insights without any agenda of power or payment.

Our community holds in high regard someone who is successful in a good and effective life that is willing to be copied and to coach us. We can afford to submit ourselves to copying such a person in order to step

out of the fog or cycles or traps or quicksand we once thought were cool or that offered us power enough to survive our fears and the dangers around us.

Finding a mentor (or asking someone to be our mentor) and practicing our life to mirror their life are among the wisest actions of successful men and women.

The Practice Process

When we find a mentor or if we build a team of people who have qualities that combine to be an honorable and effective life, we benefit from copying the mentor's actions, words, gestures, and thinking.

Once a mentor is found our next task is to practice the attributes of the mentor and submit to their coaching. The ideal student of a mentor is someone who conveys stories about the experiences gained while we are practicing. Like our heroes in life and in sports, we all benefit when an effective coach shows us or teaches us how to function well.

Fresh insights from our mentor-coach assist us to understand where we can strengthen our actions and where we are already strong and effective. Copying a life coach whose life is working well is a sign of us being wise and very strong. Copying the life skills of a mentor-coach is NOT a sign of weakness.



Practice is a process, and is for some, a perception of what we are – a way of thinking about ourselves. Doctors, attorneys and other professionals perceive themselves differently than other people who occupy careers. Professionals declare that they are in a “practice.” Professional people elect to practice life and practice their profession are not judged as failures if all does not work perfectly. The person who practices their career and life are not called successes or failures, they are simply “in practice”. Professionals avoid accusations of having succeeded or failed by always being in a practice of their profession. Professionals either practice or they do not practice. The terms of succeeding or failing are not applicable to the professions or to professionals..

We have the right to perceive our own profession and daily life in the same terms and similar perspective as do doctors and attorneys.

Within the Practice process there is **Permission**, a **Premise** and a **Promise** that we all can understand and embrace.

The **Permission** is that it is okay to be clumsy, inept, inadequate, or even sometimes inappropriate in our efforts. Set aside the idea that if something is worth doing, it is worth doing well. Instead of abiding by poor counsel, adopt the theme that if something is worth doing, it is worth starting badly and clumsily in order to become better at it.

The **Premise** is that if we are practicing, we've got to stretch and test our capacities to develop abilities and skills from ignorance and stumbling. Calling upon people who might not say "yes" to our presence or our proposal to them is an example of stretching. We learn to honor the process of Practice when we remain focused upon the process and NOT the outcome. Result-oriented people are frequently frustrated by the built-in blindness they cultivate that sees only the ends and misses the process where the Law of Averages proves that value exists within what seems fruitless effort.

Within the Practice process is the **Promise** that we are always going to get better and better and better. We do not really have to begin perfectly or great at this. Yet we must practice in order to approach or surpass our aim where goodness or greatness resides. If we are tentative in practicing, we will likely hesitate to function.

This moment, NOW, is the appropriate time to summon the "creative audacity" to practice something challenging!

When we make a commitment and complete that commitment, we ought to set some time to celebrate and then press onward in our pursuits toward the next commitment and accomplishing it.

Making commitments and keeping them is strengthened by copying the life purpose of a mentor or creating a life purpose. If we do not deliberately design a purpose, our life will certainly be based upon only a posture. If we treated life more like a puzzle, it would not be so puzzling.

It is our responsibility to select a team to assist us in finding the pieces and to summon the good sense and courage to place them, just so.... and perhaps touch or enrich a world by us living a life more effectively and honorably.

P. E.A.K. to Peak Experiences

As we practice our Purpose and the correlated tools for progress, we can add yet another tool.

As we progress from moment to moment and we peek from this current vantage point to the peaks and valleys ahead, we will strengthen our resolve to accept and trust the Law of Averages and the Law of Accumulation by practicing the use of our minds before each daily effort.

The P.E.A.K. to Peak perception works like this:



Predetermine exactly what it is we are about to do.



Evaluate the effect this will have on our future and the future of others we cherish.



Act on it. Take action, now...



Knowing that it was the right thing to have done.



The P.E.A.K. to Peak Principle To Progress

P.E.A.K. is an acronym that identifies a principle designed to enrich, enhance and enlighten our lives.

In brief, this is a success method that prescribes **P**redetermining what we are about to do with the next few upcoming minutes or hours and **E**valuating what the effect of that effort or behavior will be. Then, after concluding that the forthcoming effort will be emerge from strength and not weakness, based on love rather than fear, productive as opposed to non-productive, mission-achieving in lieu of tension-relieving... **A**ct on it! Consequentially coming out of the experience we will be **K**nowing that it was the right thing to have done. Hence, each **P.E.A.K.** experience will produce a positive, progressive **PEAK** outcome.

The Prospect

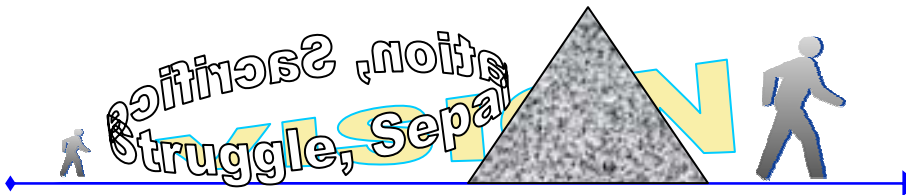
Whenever we crystallize a dream, select a pursuit, decide on an intention or establish a goal, we have determined who and what we must become in order to achieve the result. We have an inkling of the stature we must acquire, the growth we have to attain. We have a vision.



The Premise

We must then prepare ourselves to make a contribution commensurate and in concert with the desired outcome, which by definition must be based on love.

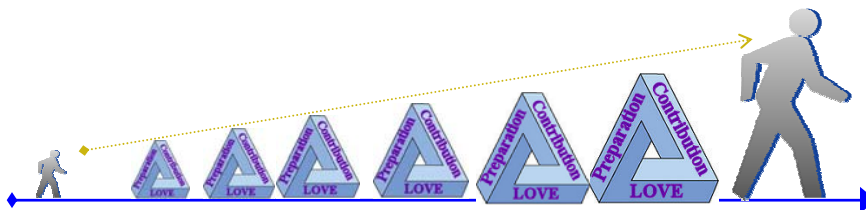
You'll note in the graphic below, however, that if the *Initiator* perceives the process irrationally, the Sisyphus Syndrome tends to "kick-in" and we can view the future as empty space, *blue sky*. In other words, the vision, shrouded by our misperception, shifts from our subconscious fearing that the challenge is too much **struggle**, too severe a **separation** of us from acceptance from those we consider friends-associates and too much **sacrifice** for what we suppose is the result. This irrational notion can cause a fine plan and pursuit to become suddenly unwanted and then an illusion we will shun or sabotage. We can then stagnate or suffocate and merely survive when we have the capacity to thrive.



An excellent pursuit can be halted as our own subconscious sabotages our progress by presuming that any change and all shifts are suspect and probably life-threatening. It irrationally struggles to keep the old ways to which it is accustomed.

The Process

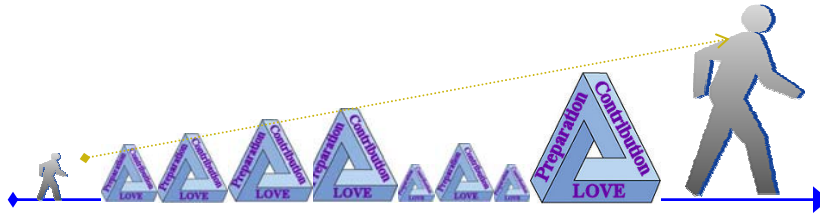
We must always be able to keep our long-term result in view, and the only way to do that is to compartmentalize our P.E.A.K.'s while recognizing that although each P.E.A.K is greater than the one before it, it is just as easily managed because of the experience and power that emerges or eventuates from previous completions.



The Probability

From time to time there may be occasions where the P.E.A.K.'s may seem less significant, not as forward moving or smaller in comparison to other before or those yet to come. However, they may be necessary as maturation points, other abilities or skills that must be discovered and developed in order to proceed effectively. For example, if a professional possesses technical skills and lacks the appropriate aspect of love

known as humility, the skilled professional may be unwilling to be coached by those experts who possess skills and more complete abilities. A practice or course that conveys humility and the value of being coachable is an appropriate step that may swiftly accelerate all other future steps for the budding professional person.



The Promise

While accumulating these PEAKS, we have reason to believe that, as we *do* the appropriate things, appropriate things *will* occur. Granted, we may never wake up to a fulfilled dream, capture every pursuit or reach every goal, but we can be certain that everything will be easier, better and bigger than it would otherwise have been.

Building an Education – Charles A. Jones Career and Education Center

Developing a plan is actually laying out the sequence of events
that have to occur for you to achieve your goal – by George L. Morrissey

Even if your education was interrupted or stalled it is not too late to prepare for and receive a General Education Development diploma (GED diploma).

Why would you care? If you did not obtain your high school diploma, you may have a tough time finding a good job with good pay.

Not having work that pays you well enough to be sheltered, fed and comforted is frustrating and a contributor to desperation. When any person is desperate we risk excusing actions we take that harm others or their belongings. Developing skills that allow us to recognize our desperation and how to select actions that keep us from harming others will also keep us from returning to crime and prison.

Among the steps that assist us most is developing through education. Formal education and training can make a major difference in our life as we make greater contributions and receive greater rewards for our actions.

Were you being well paid for honest work before you were incarcerated?

Usually the answer to the question above is, “Not enough!”

If your current skills were not valuable enough to bring you a job in the past that legally supported your life desires and lifestyle, we must add new or more valuable skills to our life by education and training. It’s time for a change.

Re-preparing your skills may begin as a tiring or strange process of making daily commitments and keeping those commitments. If you remember your time and daily dedication to do anything that would get

you out of your cell, this is the same dedication needed to keep you out of the cycle of returning to the cell. Your new actions will build productive habits from day-by-day practice. This is the time to be the “good soldier” that you practiced when in prison.

Set aside hours in each day to develop more valuable skills. A coach, mentor or teacher can suggest wise steps to organize your day. A mentor or coach will assist you to become reliable and early to arrive as well as reliable in completing assignments. This will earn you greater income because employers have few people with the skills you have practiced to do well.

Create a new future by learning a set of skills and professional insights that are valuable to others. Practice skills that are honorable and legal so that you enjoy a better income than what you had before incarceration.

If you want to create your own business, seek a certification program or want to be hired into a good paying job, you can still finish a high school diploma by obtaining a General Education Development (GED) diploma through your neighborhood Adult Educational Program. These programs are free of charge and are offered at a school near your home.

Sacramento Unified School District created a nationally awarded educational program for you in the **Charles A. Jones Career and Education Center** located at 5451 Lemon Hill Avenue, Sacramento, CA 95824. The office telephone number is 916- 433-2600. **www.CAJ.edu**

This fine school eagerly welcomes adult learners and assists you in planning your education as well as locating financial aid to pay for costs in building you a better set of valuable skills and brighter future. A special representative from the Department of Corrections is on staff and will understand, guide and link you to the many resources that are proven highly effective. Learning and practice of your new skills will accelerate your family’s success. This is wise for any woman or man entering parole and weary enough of the cycle of incarceration to step out of the cycle.

On campus you will find a child-care facility and free parking for easy use. There is free access to computers and the Internet with coaches who will guide you in using these powerful tools for life and work. Coaches are here for interview practice, resume writing and more.

The school is located near the Stockton Boulevard and Lemon Hill Avenue bus stop for **routes 50 and 51 for Regional Transit**.

Improving Your Reading & Writing Skills

Stronger reading and writing skills can make us valued employees. Assistance and coaching for reading and writing skills is available for us at the **Charles A. Jones Career and Education Center**, and in the **Sacramento Metro Parole Unit Literacy Laboratory**. You can also gain important skills of counting money for retail jobs.

Your neighborhood public library is also a fine resource. Thousands of parolees have increased their reading and writing ability through the assistance of the programs above. Many parole offices have Computer Assisted Learning Centers. Ask your parole agent for more information about these centers.

Vocational Training

You may be able to get vocational skills training and money to live on while you go to training. By becoming a student at a local community college you can learn a trade, become certified, and get a job with a good salary. The **Charles A. Jones Career and Education Center** and community colleges can train you and assist you in earning a certificate of training in auto mechanics, computers, carpentry, cooking and culinary arts, cosmetology, plumbing, truck driving, heavy truck mechanics, heating/ventilation/air-

conditioning, forklift driving and other fields. You may not need a high school diploma to begin this training.

Ask your parole agent for assistance in finding out about vocational training and funding to support your re-tooling your skills in your area. **Attend the free Wednesday morning orientation at 8:30AM in the Charles A. Jones Career and Education Center.**

Finding Counseling

Parole Outpatient Clinics (POC) are operate within each parole region with professional medical and mental wellness staff, psychologists or psychiatrists who provide group or individual counseling. Discuss how the Parole Outpatient Clinic might assist you with your parole agent. Depending upon your history, you may be required to attend an assessment in the POC so that the best care delivery is managed for you. You may be referred to parenting classes or domestic violence classes if your parole agent or the conditions of parole require it.

All convicted sex offenders shall be referred to POC for evaluation (and treatment if deemed appropriate). County Health Departments have offices of mental health. Counseling is available through mental health on a crisis basis, self referral, or a referral from your parole agent.

Recovery from Addiction

Using or abusing drugs and alcohol often hinders our practice of actions and decisions with a healthy conscience. Using drugs or alcohol often halts healthy care or concern about anyone outside the wants or desires of the user who seeks to be numb and without responsibility. However, responsibility never leaves us. We abandon our conscience and responsibilities **for** ourselves and **to** others when we use.

In our area there are inpatient (live-in) substance abuse programs that will provide assistance to you as new patterns are developed that work in you. If you know or think you have a problem, get in a program and live the program.

Narcotics Anonymous and Alcoholics Anonymous (NA/AA) groups meet daily (day and evening). These groups offer help and support for those in need. They will help you stay sober. Check this Handbook and Resource Guide or the local telephone book for listings or ask your parole agent.

Al-Anon and Nar-Anon are organizations for families of alcohol and narcotic users. It is recommended that families of alcoholics or narcotic abusers be involved in these support groups so that they gain important skills in shifting the toxic patterns of addiction and being associated with addicts away from their own daily actions. This creates healthy and functional lives that strengthen the addict toward recovery. Long years around addicted people can establish patterns in children and loved ones that are

survival skills for the chaos and insanity of living with or near addicts. Many of these survival skills are ineffective and damaging when practiced in adult life. Contact Al-Anon, Nar-Anon for anonymous meetings to progress toward wellness. Your parole agent has further information.

Too often we find that a child of an addicted person also becomes an addict themselves. Such children of alcoholics or addicts can find meaningful recovery and understanding from attending Al-Anon meetings designed for this audience of children of addicts. In such meetings they may be able to build a form of forgiveness of others and themselves that permits progress in their own addiction. These meetings are often listed as ACOA Al-Anon (Adult Children Of Alcoholics Al-Anon).

Innovations in recent years have brought new therapies to end and prevent addiction that are very different from the old model of a disease that seems resistant to any cure. New therapies are being tested and seem to

show progress for some people that did not work well through the 12-Step approach. The therapies of Positive Recovery developed by Richard Friesen < www.PositiveRecovery.Com > have created a fresh approach to recovery and whole lives.

The parole office has additional information on substance abuse programs. Ask your parole agent about programs in your neighborhood.

Police and Parole Agent Assistance

Countless stories have been told of parolees who finally realized Police and Parole Agents are concerned allies for success, instead of adversaries or an enemy.

The conditions for parole are strict and the actions of others may endanger your freedom and future. Actions and carelessness of others may endanger you and the entire future of children you cherish and the children who look up to you for their “roadmap to living well.” Protect your progress by calling for Police and Parole Agent assistance when you are in danger.

Living a deliberate and honorable life can still bring us into contact with people committing crimes against you.

- If you are physically harmed, **call the police**. You can have the attacker arrested.
- If your restraining order is violated, **call the police**. You can have the person arrested.

Elk Grove Police Department
Sacramento Police Department
Sacramento Sheriffs Department
South Sacramento California Highway Patrol

916-714-5115
916-277-6000
916-875-2665
916-681-2300

Special Cautions

You must obey all federal, state, county and city laws.

Perhaps the two best practices that strengthen our ability to successfully behave legally is to:

- (1) always remain clean and sober and
- (2) to associate only with people with effective lives and honorable actions who are living examples for us to copy.

Your Parole Agent can guide, assist and resolve many situations you encounter. As you demonstrate initiative and the signs of a person practicing appropriate decisions, your Parole Agent will likely stretch even more to link you to the next level of services and resources that will accelerate your progress.

You must immediately notify your parole agent if you have any contact with law enforcement. You must immediately notify your Parole Agent if you are arrested, cited, or released on own recognizance for any crime. If you break the law, your parole can be violated even if you are not charged with a crime or convicted in court. Communications with your Parole Agent will allow your Agent to resolve any issues before they become large.

You are not to be around firearms, items that look like real firearms, bullets, or any weapons.

If you live or work where firearms, simulated firearms, bullets, weapons, crossbows, or unauthorized knives are kept, you may be returned to custody for up to one year with no good or work time credits. You shall not own, use, or have access to a weapon listed in Penal Code Section 12020.

Some weapons listed under Penal Code Section 12020 that are to be avoided are:

- Cane gun or wallet gun, any undetectable firearm, any firearm which is not immediately recognizable as a firearm, any camouflaging firearm container, any simulated firearm that a reasonable person would believe to be a firearm.
- Ammunition containing explosive agents or a flechette dart.
- Any leaded cane, zip-gun, shuriken, blackjack, ballistic knife, slingshot, Billy, nunchaku, or sandclub, sandbag, sap, metal knuckles, belt-buckle knife, lip-stick case knife, cane sword, shobi-zue, air-gauge knife, writing pen-knife.
- Any multi-burst trigger activator, sawed-off or short-barreled shotgun.
- Explosives of any kind, hand-grenades metal military practice hand-grenades or metal replica hand-grenades.

You may not possess a knife exceeding two inches in length.

Kitchen knives must be kept in your kitchen and not hidden, for example, in your bedroom or car or the car of someone driving you to a destination. Knives used for work are permitted but can only be in your possession while you are at work or traveling directly to and from the job. Examples of knives related to employment:

- Carpet knife for a carpet layer.
- Knives used for /in agriculture field work.
- With your parole agent's written approval, knives used in employment may be carried only while being used at work or to and from the job. It is illegal to carry them at any other time. For more information, ask your parole agent to discuss Penal Code Section 12020 with you.

You must sign the conditions of parole. Failure to do so can result in the revocation of your parole.

“Three Strikes” Notification

Governor Wilson signed California's “Three Strikes” measure into law on March 7, 1994. The “Three Strikes” law applies to anyone who has one or more prior serious or violent felony convictions. These convictions are called “strikes.”

There are mandatory sentences in “Three Strikes” cases.

- **Mandatory Doubled Sentence.** If you have one prior “strike” your prison term for the new felony conviction will be doubled.
- **Mandatory Life Sentence.** If you have two or more prior “strikes”, your term for the new felony conviction will be a minimum of 25 years to life in prison.
- **Mandatory State Prison.** The judge will sentence you to State prison. No probation, no county jail, no California youth Authority, and no California Rehabilitation Center (CRC).
- **Mandatory Consecutive Sentences.** All of your new convictions must be sentenced consecutively. No concurrent sentences.
- **Maximum 20 Percent Conduct Credits.** You must serve at least 80 percent of your new sentence before you may be paroled.

What crimes are “strikes”?

- A list of the serious and violent crimes is found in Penal Code (PC) Sections 667.5 (c) and 1192.7 (c).

Does your new felony conviction have to be serious or violent for you to be punished under “Three Strikes?”

- No, any new felony conviction will require a “Three Strikes” sentence to a minimum of 25 years to life in State prison for a new felony conviction like the following: (1) Possession of a weapon by an inmate (PC Section 4502); (2) Escape or attempted escape from prison (PC section 4530); or (3) Possession of drugs or paraphernalia while in prison or jail (PC Section 4573.8).

Does a prior serious or violent conviction which occurred before March 7, 1994 count as a “strikes”?

Yes, prior serious or violent convictions occurring before March 7, 1994 are counted as “strikes.” If you were convicted of a serious or violent felony before “Three Strikes” became law on March 7, 1994, that

- conviction will make the “Three Strikes” law apply to you if you commit any new felony.

How long do prior convictions count as “strikes”?

- Forever. There is no washout period under “Three Strikes.”

Is a prior serious or violent felony conviction counted as a “strike” even if it occurred in another state or in the federal courts?

- Yes. Out of state and federal convictions for serious or violent felonies are counted as “strikes.”

Is a prior serious or violent felony conviction a “strike” even if you didn’t go to prison for that conviction?

- Yes. Your prior conviction of a serious or violent felony will count as a “strike” no matter what sentence you received for the prior conviction.

Do juvenile adjudications count as “strikes”?

- Yes. A juvenile adjudication of a serious or violent felony may count as a “strike” under “Three Strikes”.

Sacramento Resources Guide

Revised version October 6, 2009



The following pages are lists of local service providers in Sacramento County proven to be useful and devoted to the success of people re-entering Sacramento through parole. It is the intention of the **Parole And Community Team (PACT)** and **Heaven's Gate Enterprises** to provide you with information and links to services that assist you in your transition back into the community, completing your parole requirements and enjoying your freedom. This handbook and resource guide is copyrighted for the **California Department of Corrections and Rehabilitation** by Heaven's Gate Enterprises.

© 2006-2009



Veterans

www.va.gov to get information on VA Pensions

California Employment Development Department (EDD)

Employment Development Dept. 2901 50th Street

Service to all. **Special services for Veterans**

916-227-0373

916-227-0301

916-227-0320

**Sacramento Veterans
Resource Center**

7270 E. Southgate Drive
Sacramento CA 95823

916-393-8387

Armed Forces Emergency Services

800-435-7669



Housing Women with Children

Havens Transitional Housing	3333 Third Avenue Sacramento, CA 95817	916-456-1980
Hill Haven (Women & Children)	1691 Nogales Sacramento, CA	916-308-3469
Loaves and Fishes Dining Room loaves@pacbell.net www.SacramentonLoavesAndFishes.org	1321 North C Street Sacramento 95814	916-443-9513
Maryhouse- Loaves and Fishes	1321 North C Street, Suite 32	916- 446-4961
Options for Girls	-----	916-308-1384
Our House of Ruth women only- General Assistance beds		916-248-0127 916-233-9226
Promise House women only	2727 P Street Sacramento, CA 95816	916-452-3073
Sacramento Area Emergency Housing Center	2988 35th Street Sacramento, CA. 95817	916-454-2120
Sacramento Self Help Housing www.SacSelfHelp.org	915 Broadway Sacramento, CA	916-341-0593
Sacramento Veterans Resource Center	7270 E. Southgate Drive Sacramento CA 95823	916-393-8387
Supported Housing and Entitlement Program (SHEP)	1400 North A Street, Building A Sacramento, CA	916-440-1500
St. John's Shelter for Women & Children	4410 Power Inn Road 60-nights, case managers, 3-meals a day for women and children	916-453-1482

St. Vincent De Paul Society	2620 Fulton Av Sacramento, CA 95815	916-972-1212
Volunteers of America Options for Recovery women, pregnant, with children's beds	1001 Grand Av Sacramento, CA 95838	916-929-1951
W.R.C. Housing	2101 Edison Avenue Sacramento, CA	916-968-0857



Women with Pregnancy

Chicks In Crisis Incorporated referrals & support	8359 Elk Grove Florin Rd Ste 103 Sacramento, CA 95829 http://www.chicksincrisis.org/	916-681-3956 888-208-8086
The Effort	1820 J Street Sacramento, CA 95814	916-920-3588
House of Hope residential treatment for women Mother Baby Program Pregnant women & families with children ages 0-2years Mon-Thurs, 10am-2p Zip codes served: 95814, 95816, 95817, 95818, 95819, 95820, 95822, 95823, 95824, 95826, 95827, 95828, 95831, 95832 Requirements: Photo ID, current proof of address, ID for child containing date of birth or proof of pregnancy.	9553 Fox Flower Court Elk Grove, CA 95758 3333 Third Ave Sacramento, CA 95817	916-613-2730 916-456-1980
Mother Baby Program Mon-Thurs, 10am-2p Zip codes served: 95826, 95660, 95673, 95815, 95821, 95825, 95833, 95834, 95835, 95836, 95837, 95838, 95841, 95842, 95843, 95608, 95610, 95621, 95628, 95662 Requirements: Photo ID, current proof of address, ID for child containing date of birth or proof of pregnancy.	2469 Rio Linda Blvd Sacramento, CA 95815	916-648-8729



Housing Men with Children

Fathers Resource Center	3443 Ramona Ave Ste. # 25, Sacramento, California 95826	916-739-0894 www.fatherscenter.org
jBanta Inc. resources & support for Fathers	2831 Fruitridge.Road Ste. M Sacramento, CA 95820 www.jBanta.com	916-739-0894
Sacramento Self Help Housing	915 Broadway Sacramento, CA	916-341-0593



Women with weekend visits by Children

People of Purpose	2251 Florin Road suite 135 Sacramento, CA 95822 PeopleOfPurpose1@yahoo.com	916-224-4496
Sacramento Self Help Housing	915 Broadway Sacramento, CA	916-341-0593
Sacramento Veterans Resource Center	7270 E. Southgate Drive Sacramento CA 95823	916-393-8387
W.R.C. Housing	2101 Edison Avenue Sacramento, CA	916-968-0857 510-712-5690



Housing – Couples with Children

Turn It Around – House	7653 23 rd Street	916-410-5611
	Sacramento, CA 95823	530-368-3457
Turn It Around – House	5703 Lawler Street	
	www.TurnItAroundHouse.com	
W.R.C. Housing	2101 Edison Avenue	916-968-0857
	Sacramento, CA	510-712-5690
Maryhouse family housing	---	916-446-4961

Child Care -- Youth Care

Sacramento Crisis Nursery South

6699 South Land Park Drive
Sacramento, CA 95831

(916) 394-2000

Info Line 877-543-7752 and parent's Support Line 888-281-3000

Sacramento Crisis Nursery North

4533 Pasadena Ave
Sacramento, CA 95821

(916) 979-9400

Sacramento Children's Receiving Home 24-hour line

916-482-2370

System of Care

4875 Broadway,
Sacramento, CA 95820

916-874-9908

Child Care Aware

800-424-2246

only suggests which child care facilities to consider using

The hours from 2 to 6 PM on school days are the "prime time for juvenile crime." More than seven school-age children out of every group of ten school-aged children are in households where both parents work or where their single parent raising the children is away working.

14 million children and teens are left unsupervised by adults after the school day ends. Studies show that **after school** is the peak time for teens to commit crime, be a victim of crime, be in or cause a car crash and smoke, drink or use drugs.

Quality, constructive and highly supervised activities or programs can cut crime immediately and convert after school hours into safe learning time.

One high-quality program found that boys left out of the after-school activities program averaged six times more crimes than teens in the program. A study of Boys & Girls clubs showed that housing projects without the clubs had 50 percent more vandalism and 37 percent worse drug activity than projects with the clubs. Teens in one California after-school program were half as likely to be rearrested than teens not in the program.

Boys and Girls Clubs

Raley Branch 1117 G Street 916.442.2582
Sacramento, CA 95814
Interim Branch Director: Adrian Williams, awilliams@bgcsac.org

Teichert Branch 5212 Lemon Hill Avenue 916.392.2582
Sacramento, CA 95824
Branch Director: Agustin Arellano, aarellano@bgcsac.org

F. C. Joyce Elementary 6050 Watt Avenue 916-281-4514
North Highlands, Ca 95660
Site Coordinator: Amy Minter, aminter@bgcsac.org

Hillsdale Elementary 6469 Gutherie Drive 916-213-1934
North Highlands, CA 95660
Site Coordinator: Erin Chandler, echandler@bgcsac.org

Samuel Kennedy Elementary 7037 Briggs Drive 916-281-7208
Sacramento, CA 95824
Site Coordinator: Jovon Torres, jtortes@bgcsac.org

Irene B. West Elementary 8625 Serio Way 916-281-8720
Elk Grove, CA 95624
Site Coordinator: Marci Marin, , mmarin@bgcsac.org

Placerville - 5941 Silver Ridge Lane, 530-647-0758
Placerville, CA 95667-95505

YMCA or YMHA

YWCA

Brownies and Girl Scouts of America

Cub Scouts and Boy Scouts of America

4H

Community Center Activities

Church, Synagogue or Temple Activities

The Grange

Big Brothers and Big Sisters groups

YMCA of Greater Sacramento

The City of West Sacramento contracts with the [YMCA of Greater Sacramento](http://www.sacymca.org) to provide licensed childcare at both Evergreen and Southport Schools. Because of this partnership Parks & Recreation continues to operate its after school programs at Elkhorn, Westfield, and Westmore Oaks schools, while the YMCA provides before and after school fee-based childcare for local families who require daily childcare needs year-round. For more information visit <http://www.sacymca.org/childcare.htm>.

Yolo County YMCA 1300 College, Woodland, CA 95695 530.662.1086
mattymca@sbcglobal.net Matt Whamond – Sport, Special Event Classes Director
kellyrymca@sbcglobal.net Kelly Hutchison - Executive Director

kellyrymca@sbcglobal.net Kelly Rogers – Child Care

Feather River YMCA 853 Plumas Street 530-673-8230
Child Care Yuba City, CA 95991
Rio Del Oro Elementary 2743 Plumas School Road Marysville, CA 95901
Cobblestone Elementary 1718 Churchill Drive, Plumas Lake, CA 95961

Hours of Operation

6:30 AM to Start of School

End of School to 6:30 PM

Contact us at

Phone: 916-402-2223

E-mail: plumaslake@norcalymca.org**National Youth Sports Program**

The [National Youth Sports Program](#) (NYSP) provides four weeks of free sports camp programming for children, ages 10 - 17, each summer on the UC Davis campus. In addition to the variety of sports kids can enjoy, the program also features educational components on math, science, and nutrition, as well as sessions on drug & alcohol prevention. The City of West Sacramento provides free bus transportation to and from the program.

Too many of California's police chiefs, sheriffs, prosecutors, and other law enforcement leaders are arresting or prosecuting adults whom they first met as victims of child abuse and neglect. In 2004, over 98,000 California children were confirmed as abused or neglected. Though most abused or neglected children grow up to be productive adults, research shows that kids are nearly one-third more likely to be arrested for violent crimes later in life if they have been abused. We can prevent most child abuse and neglect and reduce future crime. Quality in-home parent coaching programs have been shown to cut child abuse and neglect in half. The programs provide a range of support to low-income, first-time mothers before their child is born and through the earliest years. Nurses or other trained professionals help parents manage stress, understand newborn health and nutrition needs, identify early warning signs, make their home child-safe, teach practical steps to meet their child's developmental needs. The program saves as much as \$4 for every \$1 dollar invested. Yet, due to underfunding, only a fraction of the estimated 500,000 at-risk families nationally are being assisted.

When kids are seriously abused and neglected, they need the protection of a high-quality solution where effective and trustworthy adults can and will mentor, coach and parent them beyond foster care. Research shows that leaving kids in dangerous homes where they face continuing abuse and neglect increases the risk by 27 percent that they will become violent criminals. Four out of 10 children who are seriously abused and neglected and left in their homes, but later are placed in foster care, commit violent crimes when they grow up.

**Housing - Emergency**

Community Information Center	Sacramento, CA	800-510-2020
jBanta Inc. resources & support for Fathers	2831 Fruitridge Road Ste. M Sacramento, CA 95820 www.jBanta.com	916-739-0894
Loaves and Fishes Dining Room loaves@pacbell.net www.SacramentonLoavesAndFishes.org	1321 North C Street Sacramento 95814	916-443-9513
Sacramento Emergency Housing	4516 Parker Ave	916-455-2160
Sacramento Food Bank (Homeless Haven)	3333 3 rd Ave. Sacramento, CA 95817	916-456-1980

Sacramento Self Help Housing	915 Broadway	916-341-0593
Salvation Army	1200 North B Street	916-442-0331
	916-442-0303	916-452-9388
South Area Emergency Housing	4516 Parker	916-455-2160
Call to get placed. Program is Sacramento for families with children under 18 (unless in high school or college).		
St. Johns Shelter only women and children	4410 Power Inn Rd Sacramento, CA 95826	916-453-1482
Union Gospel Mission Sacramento, CA 95811	400 Bannon Street	916-447-3268
Volunteers Of America	1400 North A Street Building B	916-488-5507
A Street Shelter for Men for 60-days on G.A. Sign-up at 28 th and R Street		
Volunteers of America	470 Bannon Street	916-443-4688
Residence Program for Men and Women on G.A.		
W.R.C. Housing	2101 Edison Avenue Sacramento, CA	916-968-0857



Residential Treatment Programs

Alpha Oaks recovery Carmichael, CA 95608	8400 Fair Oaks Blvd	916-944-3920 women residential
Bridges Sacramento, CA 95816	1422 28 th St. Suite A	916-450-0700
Calvary Christian Center (North & South Campus)	2665 Del Paso Boulevard Sacramento, California 95815	916-929-1383
Men's Overcomer Recovery Program	2733 Branch Street Sacramento, California 95815	916-920-3082
	9499 East Stockton Boulevard Elk Grove, California 95624	916-714-4301
Center Point Fair Oaks, CA 95628-5139 info@cpinc.org	11228 Fair Oaks Blvd	916-962-2800 Sacramento 31-beds
Clean & Sober Living	8934 - 8954 Madison Ave Fair Oaks, CA	916-961-2691
The Effort (Detox)	1550 Juliesse Ave. Sacramento, CA 95815	916-921-6598

The Effort	1820 J Street Sacramento, CA 95814	916-920-3588
Elephant House residential drug treatment	1114 South Avenue Sacramento, CA 95838	916-646-1800
Gateway Foundation women only	4049 Miller Way Sacramento, CA	916-451-9312
House of Hope residential treatment for women	9553 Fox Flower Court Elk Grove, CA 95758	916-613-2730
Mather Community Campus	10626 Schirra Way Mather, CA 95655	916-228-3107
Medmark Treatment Centers Methadone & Buprenorphine maintenance & detox programs, individual, group & family counseling	7240 E. Southgate Dr Ste. E & G Sacramento, CA 95823 www.MedmarkTreatmentCenters.com	916-391-4293
Promise House women only	2727 P Street Sacramento, CA 95816	916-452-3073
Pharmatox	7240 East Southgate Drive Suite G Sac, CA 95823	916-391-4293
River City Recovery Center, Inc.	500 22 nd Street Sacramento, CA 95816	209-748-2470 916-442-3979
Sacramento Veterans Resource Center	7270 E. Southgate Drive Sacramento CA 95823	916-393-8387
Salvation Army Sacramento, CA	1120 North B Street,	916-442-0331
Turning Point	3440 Viking Drive suite 114 Sacramento, CA 95827	916-364-8395 www.tpcp.org 916-922-2771
Union Gospel Mission Sacramento, CA 95811	400 Bannon Street	916-447-3268
Volunteers of America (VOA) must have appointment Options for Recovery- women	470 Bannon Street Sacramento, CA 95814 A Street Shelter Men Only	916-442-3691 916-443-4688 916-448-5507
Yale Mother and Infant Program of Sacramento CA Volunteers of America - Pregnant/postpartum women	1009 Yale Street	916-442-3691



Heaven's Gate Academies

Heaven's Gate Academies and homes is the dormitory, fraternity and sorority for men and women returning home from the CDCR & entering work and schooling with the Charles A. Jones Skills & Career Education Center.

PO 163267 Sacramento, CA 95816 Tel 916-476-3980

www.HeavensGateEnterprises.com

**Full Scholarships
or
Working Scholarships are available**

**for Re-inventing a lifetime for Men/Women in Supervised
Parole, Returning Veterans, Aged-out Foster Youth**

Re-preparation or re-inventing a life is not a task easily or wisely done alone. Solo living, isolation or being surrounded by others whose lives are un-prepared, de-prepared or simply do not effectively work is not wise for someone beginning a pathway toward responsible actions that create a wholesome life as a good neighbor, spouse and parent.

Transitions are challenging for a part of our human mind. Our teams consciously monitor and strengthen our participants through actions and perceptual practices for optimal progress and transparent communications between participants, clinicians, case-workers, educators, mentors, elite employers, community leaders, law enforcement and staff.

Learning Assessment, Assigned In-home Tutors, on-site GED Preparation, on-site GED Testing, Career Preparation, Accredited Adult Learning Curriculum, Native TANF, Sacramento Healthy Marriage Project curriculum facilitators, parolee's childhood mentoring partnering with Alpha Kappa Alpha, Veterans, aged-out Foster-Care Youth with full or working scholarships in Heaven's Gate Homes.

Heaven's Gate Homes is the dormitory, fraternity and sorority for Charles A. Jones Career and Education Center.

ESSENTIAL SAFE HAVEN©

A SHARED ROOM sober & clean with wholesome meals provided at the center of

Sacramento on transit routes 68, 83, 2658 & 81, 63, 47
 Furnished home with full laundry, kitchen, learning centers & office supporting Parole Agent's visits.

HEAVEN'S GATE ACADEMY a RE-PREPARATION HOME

Safe Haven© sober & clean

plus employment preparation, Elite Employers ©, Clinician directed case work.

Remedial Sanctions, daily links to Accredited Partners, career schooling/ apprenticeships & home-based business building tutors, Life Skills Workshops, Grieving & Re-Perceiving; Addiction prevention-recovery.



Housing Transitional, and Permanent Housing

1st Step	5631 79 th Street	916-346-4933
women or men 12-Step Transitional	Sacramento, CA 95670	916-607-2977
2nd Step	3516 Silverwood Road	916-607-2977
	West Sacramento, CA 95820	916-410-8044
7th Avenue House	3859 7th Av	916-904-4234
CHUB1027@SBCGlobal.net	Sacramento, CA	510-837-0150
WestCare FOTP/MOTP		916-904-4234
12 Steps & Beyond	PO Box 8742	916-607-2977
men or women	Citrus Heights, CA 95621	916-410-8044
9217 Caldera Transitional Home	9217 Caldera Way	916-362-9416
Sacramento, CA		
Art's Transitional Home	4951 48 th Street	916-607-2977
	Sacramento, CA 95822	916-743-3011
Bishop Francis A. Quinn	1500 North A Street	916-492-9065
(Quinn Cottages)	Sacramento, CA 95814	
California Freedom Homes	2827 Rio Linda Blvd.	researching
	Sacramento, CA 95838	
Capital Recovery	Sacramento	916-289-1344 916-223-1169

Capitol City Drug & Alcohol Central Tenant Selection Low-income housing & section 8	2205 Meadowview Road Sacramento, CA 95832 701 12 th Street Sacramento, CA	916-427- 8984 916-267-3869 916-492-2244
CHOC – Community Housing Opportunities Corporation Affordable housing for Davis, Woodland, West Sacramento, Sacramento	1490 Drew Avenue Suite 160 Davis, CA 95616	530-757-4444 530-757-4452
Clean & Sober Living	8934 - 8954 Madison Ave Fair Oaks, CA	916-961-2691
Clemmie House Women & many referrals	The Fieldstone Crossing P.O. Box 340955 Sacramento, Ca	916-646-3688 95834
Cornerstone women’s residential/PSN beds	6348 Appian Way Carmichael, CA 95608	916-966-5102
Daniel House men’s residential & meals	23 Casey Court Sacramento, Ca 95838	916 764 1431
Dave’s Room & Board Freedom Homes, Inc.	3745 Andros Way Sacramento, Ca 95823 5960 S. Land Park Box 302	916-505-5548 916-428-1441
Gates Recovery Foundation Resources	4320 Stockton Blvd. #1 Sacramento, CA 95820	916-451-7439
Gateway Foundation Program women only	4049 Miller Way Sacramento, CA	916-451-9312
Get Back	5524 Assembly Court (ofc)	916-271-0354
Transitional Housing	2100 50 th Avenue (residence)	916-424-4363
Gifted Healing Center	650 Amherst St. Ste. 3 Sacramento, CA 95832	916-665-1500
Hill Haven (women & children)	1691 Nogales	916-308-3469
Hill Haven (Men)	2563 Grove Sacramento, CA	916-308-3469
Re-Entry men only	3600 Turner Drive No. Highlands, CA 95660 1400 Renee Sacramento, CA 95833	916-338-5151 916-470-7733 916-505-7700
Holly Court Apartments Low-modest income family apartments & town-homes for up to nine people	445 Maple Street West Sacramento, CA 95691	916-372-0160
Hope, Help & Healing sober living & outpatient mentoring & referrals	1516 C Street Sacramento, CA 95814	916-443-4437

House of Hope residential treatment for women	9553 Fox Flower Court Elk Grove, CA 95758	916-613-2730
Kennedy's Quarter Men's sober living	1415 North Avenue Sacramento, CA 95838	916-968-7876 916-470-7005
JLo SLE	9093 Trujillo Way Sacramento, CA 95826	916-364-1676
Lafayette Clean and Sober room & board	8545 Hyacinth Court Elk Grove, CA 95624	916-226-9718
Loaves and Fishes loaves@pacbell.net www.SacramentoLoavesAndFishes.org	1321 North C Street Sacramento 95814	916-443-9513
Liberty House Room & Board Lutheran Social Services- Transitional Housing Program for Homeless (families welcome)	916-308-2180 2980 35th St.	916-705-0191 916-453-2900
Maryhouse- Loaves and Fishes (men or women with families)	1321 North C Street, Suite 32 Sacramento, CA. 95814	916- 446-4961
Mather Community Campus	10626 Schirra Way Mather, CA 95655	916-228-3107
Mercy Housing (low-cost homes 14 counties)	3120 Freeboard Dr. Ste. 202 West Sacramento, CA 95961 www.MercyHousing.org	916-414-4400 800-995-0431
Mobile Home Park	-----	916-541-8679
New Start Clean & Sober	1321 North C Street Sacramento, CA 95814	916-498-0331
NorCal Clean & Sober Living	6728 Sylvan Road Sacramento, CA	Ryan 916-676-2825 James 916-595-6132
North Side sober living CADAC cert.	785 Plaza Avenue Sacramento, CA 95815	916-920-9331
Oak House	7970 Oak Avenue Citrus Heights, CA 95610	916-721-9699
Oak Park Outreach adult/teen services referrals education & prevention of crises	4201 8 th Avenue Sacramento, CA	916-647-2164 916-904-4234
Our House of Ruth	916-248-0127	916-233-9226
Palmer Program -Transitional Living & Community Support (TLCS Palmer)	2555 Third Street, Suite 110 Sacramento, CA	916-441-0123
Promise House women only Program	2727 P Street Sacramento, CA 95816	916-452-3073

Quinn Cottages (SCHI) Sacramento Cottage Housing	1500 North A Street Sacramento, CA. 95814	916-492-1770
RIL Resources for Independent Living	420 I Street suite E Sacramento, CA	916-446-3074 www.RIL-Sacramento.org
R & R Transitional	4041 Cornelia Way North Highlands, CA 95660	916-698-3883
The House of ROAR Sacramento, CA 95814	816 H Street Ste. 207	916-386-4286
Sacramento Area Emergency Housing Center – Women’s Refuge		916-455-2160
Sacramento Cottage Housing/ Quinn Cottages (SCHI)	1500 North A Street Sacramento, CA. 95814	916-492-1770
Sacramento Recovery Home	1914 22nd Street	916-455-6258
Sacramento Self Help Housing (assists in finding housing)	915 Broadway Sacramento, CA	916-341-0593 www.SacSelfHelp.org
Sacramento Veterans Resource Center	7270 E. Southgate Drive Sacramento CA 95823	916-393-8387
Saybrook Apartments	4390 47 th Ave. Sacramento, CA 95824	916-395-1278
Second To None residence for men without meals	Elk Grove, CA	916-271-3803
Step One Transitional Home	2227 Whistler Way Rancho Cordova, CA 95670	916-607-2977 916-410-8044
Transitional Housing	2205 Meadowview Road messages Sacramento, CA 95832	916-427-8984 916-549-4064
Transitional Living Community Support	1400 North A Street Sacramento, CA 95841	916-440-1500
TLCS -Transitional Living & Community Support Administration	2555 Third Street, Suite 110 Sacramento, CA	916-441-0123
Turn It Around Sacramento & Placer counties homes for women, men & couples with children with job search advisor	1320 Bell Avenue Sacramento, CA 95838 www.TurnItAroundHouse.com	916-410-5611 530-368-3457 916-968-0377
Union Gospel Mission Sacramento, CA 95811	400 Bannon Street	916-447-3268
Valentine Estates (adult clean & sober)	-----	916-344-9607 916-213-2485
Volunteers of America (VOA)	470 Bannon Street Sacramento, CA 95814	916-442-3691

Walk By Faith Sacramento, CA	5519 Florin Road	916-868-8862
West Coast Clean & Sober Sacramento, CA 95821	2000 Juliesse Avenue 916-308-3748	916-452-8600
W.R.C. Housing	6209 Vista Avenue Sacramento, CA 95824	916-968-0857 510-712-5690



Housing Mental Health Assessment - Monitoring EOP – CCCMS

Consortium for Community Services (CCS)

Panacea Services 3353 Bradshaw Road, Ste 106-107 916- 854-4564
-when referred by Parole Agents- treatment counsel, clinical services, medical support, housing, life & re-tooling or schooling services; anger management; 52-week Batterers Course.

Heaven's Gate Academies PO 163267 Sacramento, CA 95816 Tel 916-476-3980
www.HeavensGateEnterprises.com

For Mentally Ill Parolees designated as EOP or CCCMS, we encourage you to request your **Medical Records** by mailing a letter to the POC (Parle Outpatient Clinic headquarters. The letter MUST include:

- 1.) Your full name and CDCR ID#
- 2.) A copy of a valid identification card
- 3.) An address where you want the record sent by mail.
- 4.) You must also request your **Mental Health Records** by **listing the dates you want included in the records** you want to see.
- 5.) The letter you write must be **dated** and also have an **original signature**

Mail the Request to:

POC Region 1 Headquarters
9825 Goethe Road Suite 200
Sacramento, CA 95827

This record is useful for Heaven's gate Team or community advocates and attorneys to use verifying your disabled status for an application to Social Security Administration benefits SSDI or other services.

Always Best Care 916-215-0501
placement agency for board and care--not exclusively for the mentally ill

Arden Place 1750 Richmond Street 916-485-9233
Sacramento, CA 95825 916-835-6075

Arnelle's Place no programming

Capule Guest Home 3560 Imperial Way 916-363-7405
Sacramento, CA 95826 916-835-6075

Community Outreach Services		916-736-6727
Dave's Room & Board	3745 Andros Way Sacramento, Ca 95823	916505-5548
TLCS, SHEP,	1400 North A Street	916-440-1500
El Hogar Guest House	Sacramento, CA 95841	
Palmer House Intake & assessments housing		916-440-1500
El Hogar	1400 North A Street Building A	916-440-1500
Mental health and HIV testing for homeless	Sacramento, CA 95814 CStevens@ElHogarInc.org	
Halcyon Place (long term stays)	2830 Stockton Blvd	916-736-6727
HIP	Sacramento, CA 601 W. North Market Blvd suite 350	
Homeless Intervention Program	Sacramento, CA	916-922-2771
Project Outreach	916-440-1500	Ext. 138
P & J's Specialized Housing	5 Lesbos Court Sacramento, CA 95823	916-370-2760
Passport To Learning	900 Fulton Ave. Suite 190	916-204-0121
case management serving Alta Regional	Sacramento, CA 95825	916-488-2688
RCCHP	9261 Folsom Blvd. suite 100	916-854-4552
River City Community Homeless Program	Sacramento, CA 95825	
Sacramento Mental Health Center	2150 Stockton Blvd (at T Street) Sacramento, CA Crisis Line	916-875-1000 916732-3637
Sacramento Self Help Housing	915 Broadway Sacramento, CA	916-341-0593
Supported Housing and Entitlement Program (SHEP)	1400 North A Street, Building A Sacramento, CA	916-440-1500
Turning Point Community Programs	3440 Viking Drive suite 114 Sacramento, CA 95827 www.tpcp.org	916-364-8395 916-922-2771 916-393-1222
Turn It Around House drug-free housing www.TurnItAroundHouse.com	----- Sacramento, CA Lincoln, CA	916-410-5611 916-331-5920
Visions Unlimited	7000 Franklin Blvd, Suite 200 Sacramento, CA 95823	916-394-0800
Visions Unlimited	425 Pine Street, Suite 2 Galt, CA 95632	209-745-3101
Voices to be Heard board and care for the mentally ill		916-251-6666
Volunteers of America		916-736-3421



Housing – HIV – AIDS Hepatitis C Care

AIDS Housing Alliance – Avalon Subsidized housing, AOD & mental health Hospice care -	PO Box 161908 Sacramento, CA 95816	916-979-0897 916979-0925.
All other programs - www.aidshousingalliance.org		916-979-0897
Breaking Barriers referrals to resources, housing testing, counsel	2200 21st Street	916-447-2437
CARES – Center for AIDS Research Education & Services case management, dental-medical care, food, housing, rent-utility assist, transportation, substance abuse	1500 21 st Street Sacramento, CA 95814	916-443-3299
El Hogar Mental health and HIV testing for homeless	1400 North A Street Building A Sacramento, CA 95814 CStevens@ElHogarInc.org	916-440-1500 ext 2
Holly Court Apartments	445 Maple Street West Sacramento, CA 95691	916-372-0160
Low-modest income family apartments & town-homes for up to nine people		
Kaiser Permanente	6600 Bruceville Road 2025 Morse Avenue	916-688-6166 916-973-5000 916-486-5400
Loaves & Fishes and Maryhouse Hot meals, medical support, Nurse on staff	1321 North C Street Sacramento, CA 95814	916-446-3942 916-446-0874
MAAP - Mexican American Alcoholism Program counsel, case-workers, jobs, housing assist. Great services for some parolees, Free HIV testing	4241 Florin Road Ste 110 Sacramento, CA 95823	916-394-2323
Maryhouse at Loaves & Fishes Daytime drop-in services, hot breakfast M-F 8-9am, diapers, formula, laundry, showers, counsel, life skills classes, personal toiletries	1321 North C Street Sacramento, CA 95814	916-446-4961
T Street House – TLCS	1400 North A Street #440 Sacramento, CA	916-976-0897



Food Banks and Free Meals

Carmichael Presbyterian Church 5645 Marconi Av. 916-483-9232
 Call requests Mon-Fri 10am-noon Sacramento
 Pick-up food requests at 2PM

Center of Praise Ministries 10455 Investment Circle **916-361-8684**
 Earra E. Lovelace Power Center Rancho Cordova, CA **916-410-0525**

Central Downtown Food Closet 1212 17th St.
 Sacramento

Del Paso Food Locker 411 Hayes Ave. 916-927-6981
 Mon-Thursday, 10am-1:30pm Sacramento

Available for these zip codes (for homeless, no zip code required): 95626, 95660, 95673, 95815, 95833, 95834, 95835, 95836, 95837, 95838. Must have photo ID (for self and household members) and proof of address for 3-days worth of food once each month. Same as **Sacramento Food Bank**

Foodlink 5800 Foodlink Street 916-283--9000
916-283-9000 ext 0 Sacramento, CA Ext. 0

God's Bounty (family meal service) Tuesdays 6-7PM **916-481-7113**
 Meals at 2320 El Camino; 2320 El Camino (gym for meals) .

Glory Bound Ministries 4527 Parker Avenue 916-452-7078
 attend service to receive meal: Sacramento, CA 95820
 Tuesdays 10am service / 11:30am meal
 Fridays 6pm service / 7pm dinner

Loaves and Fishes Dining Room 1321 North C Street 916-446-0874
loaves@pacbell.net Sacramento 95814
www.SacramentoLoavesAndFishes.org

Meadowview Food Locker 7724 24th St.
 Sacramento

New Saint Bethel Baptist 4201 8th Avenue 916-456-3077
 Sacramento, CA 95817

Oak Park Food Locker 3333 3rd Ave. 916-456-1980
 Sacramento, CA

Available for these zip codes (for homeless, no zip code required): 95814, 95816, 95817, 95818, 95819, 95820. Must have photo ID (for self and household members) and proof of address for 3-days worth of food once each month. Same as **Sacramento Food Bank**

River City Community Services 1322 27th St. 916-446-2627
 (formerly Episcopalian) Sacramento
 Mon-Fri, 11:30a-3p. All adults & children must have photo ID or medical card for a 3-day supply once each month

Salvation Army Sacramento, CA	1120 North B Street, 100 Lincoln Street Roseville, CA 95678	916-442-0331 916-784-3233
---	---	------------------------------

St. Lawrence Church Thurs 5-6PM Just show-up and receive meal	4325 Don Julio Blvd North Highlands, CA	916-332-4777
--	--	--------------

Twin Lakes Food Bank open Tue & Thu, 9a-12:30p; Wed 9a-12 Noon. Must have Proof of address & ID of each household member. Serves these areas: Folsom, El Dorado Hills, Granite Bay & Orangevale	327 Montrose Dr Folsom, CA	916-985-6232
--	-------------------------------	--------------



Clothing

Children's Clothes Closet Tues-Friday 9:00AM-2:00PM By appointment only for children enrolled in Sacramento City School District; must be referred by school attendance office; children's clothing & shoes, may apply every semester.	2718 G Street Sacramento, CA 95816	no telephone
--	---------------------------------------	--------------

Deseret Industries –Thrift Store	3000 Auburn Blvd Sacramento, CA 95821	916-482-1480
---	--	--------------

Friends Care	5890 Newman Court	916-446-3838
--------------	-------------------	--------------

Glory Bound Ministries clothes closet and meals	4527 Parker Avenue Sacramento, CA 95820	916-452-7078
--	--	--------------

Hillsdale Sacramento Works - One-Stop Mon-Thurs 10am-2pm Hillsdale career center has a “clothes closet” that can provide up to three business outfits . Go to any Sacramento Works Career Center. Bring your California ID or Drivers License, bring your Social Security Card to get a SmartWare Card . Call the 263-4100 with your sizes to make appointment for receiving any available clothes.	5655 Hillsdale Sacramento, Ca 95842	916-263-4100
--	--	---------------------

Lutheran Social Services	2980 35 th Street Sacramento, CA	916-453-2900 Ext 217
--------------------------	--	-------------------------

Sacramento Clothing Closet Monday-Fri 10AM-1:30PM walk-in; bring identification; clothing and shoes for men, women & children	3333 3rd Avenue Sacramento, CA 95817	916-456-1980
---	---	--------------

Sacramento Food Bank &	2469 Rio Linda Blvd,	916-648-8729
------------------------	----------------------	--------------

Family Services (clothes)	Sacramento, CA 95815	
St. Vincent De Paul Food Bank	3100 Norris Ave, 503 Giuseppe Court suite 8	916-485-3482 916-781-3303
Union Gospel Mission 24 Hrs clothing for men only	400 Bannan Street Sacramento, CA 95811.	916-447-3268
WEAVE Works Monday - Saturday	919 20th Street Sacramento, CA 95814	916-554-2412



Mentors

All Of Us Or None Legal Services for Prisoners with children www.SacAllOfUsOrNone@Yahoo.com assistance to expunge portions of a record Ending inappropriate employment discrimination	4104 44th Street Sacramento, CA	916) 457-7480 415-255-7036 Ext. 337
Center of Praise Ministries Eara E. Lovelace Power Center 23 RD Street & Capitol Ave.	10455 Investment Circle Rancho Cordova, CA	916-361-8684 916-441-3305
Friends Outside in Sacramento / Yolo faith-based, inmate mentoring family support/counseling, job placement	455 Capitol Mall, Suite 605 Sacramento , CA 95814-4439	916-446-3838
Heaven's Gate Academies Mentor teams assisting life and career development	www.HeavensGateEnterprises.com	
Law Enforcement Chaplains of Sacramento http://www.sacchaplains.com	10388 Rockingham Dr. Sacramento, CA 95827 contact: Mindi Russell	916-857-1801
Native TANF Program	3831 North Freeway Blvd. Ste 100	916-920-3150

Mentoring Native adults, youth, healthcare, counsel, jobs, fatherhood, family building

Oak Park Outreach 4201 8th Avenue 916-549-9142
adult/teen services referrals Sacramento, CA

Project Self-Sufficiency 916-627-8650
c/o Jason Chris Foundation, Inc Donna@AZMusicPros.com
Donna M. Lynum - contact

Second Wind - mentoring PO Box 1003 916-354-4031
Sloughouse, CA 95683

Sacramento Native American Health Center – Cultural Svcs 2020 J Street 916-341-0575
Sacramento, CA 95814 www.snahc.org

Singer & Associates 1329 Howe Ave, Suite 216 916-922-5986
Sacramento, CA 95825 Fax: 916-922-5986
a Father's Custody



Job Preparation & Readiness

1. Get an Alarm Clock running on batteries. Sacramento power outages ruin many jobs. We cannot ever be late to or miss any appointment.
2. Visit the EDD or nearest One STOP by Sacramento Works sites for creating a team to find work. **Employment Development Dept.** 2901 50th Street 916-227-0301. EDD will be your home base of operations. Free telephones, free Internet access, free envelopes, paper, stamps.
3. With the team at EDD, build a resume about your past work skills and qualities. They will probably assist you creating a cover letter as well.
4. Understand the Work Opportunity Tax Credit forms. Carry the forms, resume and information sheets in a folder with you at all times. <http://www.edd.ca.gov/wotcform.htm>
5. Develop an information sheet useful for quickly completing job applications: list of schools you attended; dates of graduation; contact numbers for people or past jobs who will recommend your work or your reliability; awards or certifications; all addresses where you lived in the recent 10 years.
6. Job interviews are the most effective when you dress-up. 916-263-4100. Shine your shoes. **Do not wear or carry a cap. Remove any sunglasses when entering any building.** Do not carry a Walkman-Ipod. Turn off your cell phone before entering a building where you meet any employer. Remove all chewing gum or tobacco before meeting any people for conversation or job searches. Be courteous. Speak clearly and crisply. Stand upright.
7. Build a list of companies or hiring agencies and visit 2 to 4 of them each day. **Practice aloud the scripts for job interviews in this handbook.**

8. Take notes of the name for every receptionist, secretary or company person you visit with telephone and address for the company. When you return to the EDD office that day, IMMEDIATELY send them a Thank-you note. "Thank you for your kind attention as I search for meaningful work and a way to make a difference." Sign your name, print your name and all contact information to reach you. Callback all messages. Repeat steps 6, 7 and 8.



Employment – Parolee Friendly Companies

California Employment Development Department (EDD)
Employment Development Dept. 2901 50th Street
 Service to all. **Special services for Veterans**

916-227-0373
 916-227-0301
 916-227-0320

Roseville- 1880 Sierra Gardens Dr. Ste 100	916 774-4057
Sacramento- 2901 50 th Street	916 227-0301
West Sacramento- 500 A Jefferson Blvd, Ste 110	916 375-6300
Stockton- 135 West Fremont Street	209 948-7856

Charles A. Jones Career and Education Center

5451 Lemon Hill Avenue
 Sacramento, CA 95824

916-422-2630
916- 433-2600

Greater Sacramento Urban League

3725 Marysville Blvd
 Sacramento, Ca 95838

916-286-8626
www.gsul.org

Aluminite Northwest
 seasonal door - window screens

2529 Mercantile Drive Unit C
 Rancho Cordova, CA 95742

916-851-8450

American Labor Pool
 Temp and full-time hiring

6511 Folsom Blvd.
 Sacramento, CA 95819
 (near 65th & Folsom Blvd)

916-455-9919

Apprenticeship Training

9719 Lincoln Village Dr.
 Sacramento, CA 95827

916-453-0112

Asian Resource Center

2251 Florin Road Ste. E

916-424-8960

	Sacramento, CA 95822	
Asian Resources	5709 Stockton Blvd. Sacramento, CA. 95824	916-454-1892
Barnum & Celillo Electric Co.	3900 Taylor Street Sacramento, CA 95838	916-646-4661
Beutler Corporation heating and air conditioning Comfort Zone	4700 Lang Avenue McClellan, CA 95652 9828 Business Park Drive, Suite A-1, Sacramento, CA	916.646.2222 916.364.9370
BMI Staffing Temp hiring	2020 Hurley Way Suite 280 Sacramento, CA 95825 http://www.bmistaffing.com	916-925-4264
Brand Energy & Infrastructure scaffolding	8230 Demetre Avenue Sacramento, CA 95828	916- 388-2030,
California Emergency Foodlink- job training for homeless	P.O. Box 292700 Sacramento, CA 95829	916-283-9000
Carpenter Training Committee Of Northern California	2350 Santa Rita Road Pleasanton, CA 94566 www.carpenter-trng-ncal.org	912-462-9640
Carpenter Apprenticeship	2840 El Centro Road #112 Sacramento, CA 95833	916-565-4851
Center for Employment Training (accredited night-day classes Automotive tech, HVAC, etc.)	6853 65 th Street Sacramento, CA 958828 www.CETweb.org	916-393-7401
Command Center bring resume 9am-3pm	2544 Cottage Way Sacramento, CA 95825	916-487-8808
Community Connections	1831 I Street	916-552-5980
Consumnes River College	8401 Center Parkway Sacramento, CA 95823 www.CRC.LosRios.edu	916-691-7511
Crossroads Employment Services	3823 V St. Suite 1 Sacramento, CA 95818	916-324-6202
County of Sacramento www.sacCountyJobs.org	609 9 th Street Sacramento, CA 95814	916-874-6771
EMH Opinion Sampling Telephone surveys 17+ ages, script reading skills	1401 21 st Street, suite 370 Sacramento, CA 95814 www.EMHopinions.com	916-443-4722
Employment Services On the Job Training		916-874-4349
Employment Training Center- San Juan District (free services)	4640 Orange Grove Ave., P-3 Sacramento, CA. 95841	916-971-7395

Foodlink (jobs available) ROP forklift course free	5800 Foodlink Street Sacramento, CA 95823	916-283-9000 Ext. 0
Goodwill Industries	6648 Franklin Blvd.	916-395-9000
Greater Sacramento Urban League	3725 Marysville Blvd. Sacramento, CA 95838	916-286-8600
Great Start Young Adult Program (SETA) ages 16-24	1215 Del Paso Boulevard Sacramento, CA. 95815	916-263-0570
Habitat for Humanity	426 North 7 th Street Sacramento, CA 95814	916-440-1215
Help Staffing Inc Temp to full-time hiring	9521 Folsom Blvd Sacramento, CA 95827	916-363-2740
Industrial Services Company hiring for many industrial companies – Temp or Full-Time warehouse work, class-A drivers	9845 Horn Rd. #180 Sacramento, CA 95827	916-364-4980
Hunter-Douglas No need to mention marijuana charge	2080 Enterprise Boulevard West Sacramento, CA	916-455-1244
Industrial Ladder & Scaffolding scaffolding	8152 Belvedere Avenue Sacramento, CA 95826	916-452-0231
JD Franz Research Telephone surveys/telemarketing	550 Bercut Drive Ste H Sacramento, CA 95814	916-440-8777
Karsten Company manufactures modular homes	9998 Old Placerville Road Sacramento, CA 95827 http://www.thekarstenco.com	916-363-2681
Labor Ready	8484 Florin Road #80 Sacramento, CA 95823	916-388-2190
La Familia Counseling Center ex-offender workshops	5523 34 th Street Sacramento, CA 95820	916-452-3601
The Learning Center	1103 North B. Street Ste. E Sacramento, CA 95814	916-324-4141 Ext. 264
Lemon Hill Skills Center	5451 Lemon Hill Ave. Sacramento, CA 95823	916-433-2620 916-433-2600
Manpower Inc temp hiring	1740 Arden Way Ste 3 Sacramento, CA 95815 Sacramento.CA-Professional@na.manpower.com	916 -925-5100
Mather EDD	210638 Schirra Avenue Rancho Cordova, CA 95655	916-228-3127
Milgard Industries Sacramento, CA 95828	6050 88 th Street	916-387-0700 windows & doors

Native TANF Program	3831 North Freeway Blvd. Ste 100	916-920-3150
Mentoring Native adults, youth, healthcare, counsel, jobs , fatherhood, family building		
New Choice	4241 Florin Road suite 110 Sacramento, CA 95823	916-394-2320
Northern California Construction And Training	8624 Elder Creek Road Suite 100 Sacramento, CA 95828	916-387-1564
Nor-Cal Produce Inc	2995 Oates Street West Sacramento, CA 95691	916-373-0830
Omni Ducts Systems	1650 Parkway Blvd.	916-373-7400
Peggs Company	3709 Seaport Blvd West Sacramento, CA	916-371-9399
Peggs applications through local EDD office or One-Stop	Jessica@ThePeggsCompany.com www.ThePeggs.com	
Patent Construction Systems- Harsco Corporation	8210 Berry Avenue,	916-381-6090
Pepsi Bottling Company	www.pbgCareers.com On-line applications only	
Performance Scaffolding & Swing Stage – (scaffolding)	3101 Adams Road Sacramento, CA 95864	916- 489-9194
Port of Sacramento	1110 West Capitol Ave., 1st Floor, West Sacramento, CA 95691-2717 Fax: 916-372-4802	916-371-8000
Prime Labor	7900 Florin Road Suite A. Sacramento, CA 95828	916-395-0510
Prime Staff of America	3415 American River Dr. Suite B	916-925-7823
Project Self Sufficiency dlynem@yahoo.com	P.O. Box 276293 Sacramento, CA 95827-6293	916-627-8650 FAX 916-686-4464
Pyramid Advertising door-to-door ad flyers	2235 Evergreen Street 980 Calvados Avenue www.pyramidadvertising.com	916-646-4603 916-646-6066 888-359-7489
Raley's – BelAir – Food Source Family of Fine Stores Online applications www.Raleys.com www.raleys.com/cfapps/careers/enter.cfm	681 West Capitol Avenue West Sacramento, CA 95852	916-373-3333
Sacramento City College	3835 Freeport Blvd. Sacramento, CA 95822	916-558-2200 916-558-2191
Sacramento Container Corp. corrugated boxes	4841 Urbani Avenue McClellan, CA , 95652	916-614-0580
Sacramento County Department	1590 North A. Street	916-874-4301

Of Human Assistance	Sacramento, CA 95814	
Sacramento County Regional Occupational Program (ROP) training in over 80 occupations	10170 Missile Way Sacramento, CA www.SacROP.org Mather, CA. 95655	800-467-4767 916-228-2721 800-467-4767
Sacramento Job Corps Center	3100 Meadowview Road Sacramento, CA. 95832 Recruiting 800-698-3769	916-394-0770 ext. 2238
Sacramento Occupational Advancement Resources	5450 Power Inn Rd. Suite B Sacramento, CA 95820	916-386-2706
Safeway Services scaffolding company	8536 Elder Creek Road Sacramento, CA 95828	916-388-9725
Port of Sacramento	1110 West Capitol Ave., 1st Floor, West Sacramento, CA 95691-2717 Fax: 916-372-4802	916-371-8000
Sacramento Valley Sheet Metal Apprenticeship & Training Sacramento Veterans Resource Center	1624 Silica Avenue Sacramento, CA 95815 info 7270 East Southgate Dr. Sacramento, CA 95823	916-922-9381 916-922-6400 916-393-8387
State of California Department of Rehabilitation – Communications Office assists those with documented physical, emotional, or mental disability in finding employment	P.O. Box 944222 Sacramento, CA 94244-2200 www.rehab.cahwnet.gov	916-445-8638
SETA	1215 Del Paso Blvd. Sacramento, CA 95815	916-263-3700
Skills Center-Charles Jones specialist for people in parole	5451 Lemon Hill Ave. Sacramento, CA 95823	916-433-2630 916-433-2600
Skyline Scaffold	3101 Adams Road, Sacramento, CA 95864	916-486-1952
Staffing Network	10157 Folsom Blvd. Rancho Cordova, CA 95670	916-344-6289
Sterling Silver Equine Facility Fence mending, farm labor S&V Staffing	8530 Locust Road, Elverta, CA 95626 1545 River Park Dr. Ste. 405 Sacramento, CA 95814	916 532 1255 877-377-6742 916-923-9898
Teichert Construction on-line applications are advised http://www.knowledgeworkers.com/careers/teichert.php Teichert often hires some positions from these Unions: Laborers, Operating Engineers, Teamsters, Cement Masons and Machinist Unions	24207 County Road 100 A, Davis, CA 95616	530-304-4150
Turn It Around – House	1415 North Avenue	916-410-5611

	Sacramento, CA 95823	530-368-3457
Urban League of Greater Sacramento	3725 Marysville Blvd Sacramento, CA 95838	Jobs 916-968-0377 916-286-8600
University of California – Davis	One Shields Avenue Davis, California 95616 http://www.hr.ucdavis.edu/Emp/Careers	530-752-0530
Woodmack Products Inc. manufactures gas burners	11430 White Rock Road Sacramento, CA 95670	916-853-6150

Additional Job Lines:

City of West Sacramento 371-5669	CSUS Job Line	916-278-6704
Los Rios Community Colleges 568-3011	McClellan AFB	916-643-5911
PG & E 415-973-5195	Sacramento County Office of Education	916-228-2336
Sacramento Employment and Training Agency 916-552-1478		
SMUD 916-732-6046		
State Employment Development Department (EDD) 227-0301		
State Personnel Board 916-653-1705		
State Unemployment Benefits 800-300-5616		
UC Davis Health Systems 916-734-5511	Yolo County 530-666-8159	Job Search Guide by
California region: http://jobstar.org/index.php		
Sacramento Employment Index Web Site: www.Sacramento.org		



Labor and Trade Unions

Boilermaker Apprenticeship GED required	2191 Piedmont Way Pittsburgh, CA 94565	925-427-0826
Building Trades Councils	2840 El Centro Rd, #107 Sacramento, CA 95833 Sacramento, Yolo, Amador Nevada, Placer, El Dorado, Sierra BTC	916-924-0424
Mid-Valley	2840 El Centro Rd #115 Sacramento, CA 95833 Yuba, Sutter, Glenn, Plumas, Butte, Colusa	916-927-4239
Brick & Tile Layers - BAC Bricklayers & Allied Crafts Workers #3	8400 Enterprise Way, #103 Oakland, CA 94621 http://www.bac3-ca.org/FindContractors.aspx	510-632-8781

Carpenter's Local Union #46 4421 Pell Drive Suite A **916-614-7901**
waiver of \$600 fee can be reduced to \$60

Electrical Workers - IBEW 2840 El Centro Rd, #115 916-927-4239
Electrical Workers #340 Sacramento, CA 95833
market340@prodigy.net

Elevator Constructors 690 Potrero Avenue 415-285-2900
Elevator Constructors #8 San Francisco, CA 94110-2117

Iron Workers 2840 El Centro Rd, #118 916-646-6976
Iron Workers #118 Sacramento, CA 95833
Apprenticeship Program Earn while learning **916-428-7420**
requires California Driver's License, Social Security Card and G.E.D. or high school diploma

Laborers, Hod Carriers & Gunit Workers 1320 National Drive 916-928-8300
Laborers #73 and #185 NorCalLaborers.org Sacramento, CA

Hod Carriers #166 8400 Enterprise Way #109 510-568-0141
Oakland, CA 94621

Painters, Glaziers, Carpet Layers & Allied Crafts 7111 Governors Circle 916-393-2742
Painters #487 Sacramento, CA 95823

Glaziers & Glass Workers 7111 Governors Circle 916-393-2742
#767 Sacramento, CA 95823

Carpet Layers #1237 7111 Governors Circle 916-393-2742
Sacramento, CA 95823

Plasterers & Cement Masons 810 West Stadium Lane 916-565-0128
Northern District Council of Sacramento, CA 95834
Plasterers & Cement Masons

OPCMIA International www.opcmia.org
Building and Construction Trades www.buildingtrades.org
OPCMIA Job Corps Training Program www.opcmiajobcorps.org
California Labor Federation AFL-CIO www.calaborfed.org
Cement Masons Trust Funds of No. CA www.norcalcementmasons.org
State Building Trades <http://www.sbctc.org>

Sheet Metal Workers 2840 El Centro Rd, #110 916-922-1133
Sheet Metal Workers #162 Sacramento, CA 95833
HVAC Apprenticeship

Teamsters 7120 East Parkway 916-392-7070
Teamsters #150 Sacramento, CA 95823

United Association (UA) - 1123 L Street 916-446-7311



Call Center Employment

Call Center employers hire staff to use the telephone, computers, kindness and professional conversational skills to resolve customer questions, concerns or to enhance business sales. **Sacramento Works One-Stop Career Centers** and the **EDD** will connect you with Call Center jobs. The One-Stop Career centers serve the following

Call Centers:

Bank of America	First Health	EMH Opinions
Blue Shield	Wachovia	Golden 1 Credit
Comcast	SAFE Credit Union	CMS
Digital Insight	Sprint	Tele-Direct Comm.
First Data Government Solutions	Verizon Wireless	
Continental Message Solution, Inc.	Vision Service Plan	
	Wells Fargo	

http://www.continentalmessage.com/cms/component/option.com_philaform/Itemid,118/form_id,1/

EMH Opinion Sampling	1401 21 st Street, suite 370	916-443-4722
Telephone surveys	Sacramento, CA 95814	
17+ ages, script reading skills	www.EMHopinions.com	
JD Franz Research	550 Bercut Drive Ste H	916-440-8777
Telephone surveys/telemarketing	Sacramento, CA 95814	

Work Opportunity Tax Credit Forms

- [Work Opportunity and Welfare-to-Work Tax Credits Fact Sheet](http://www.edd.ca.gov/de8721.pdf) (DE 8721) <http://www.edd.ca.gov/de8721.pdf> Information for **JOB SEEKER**
- [Individual Characteristics Form Work Opportunity Tax Credit and Welfare-to-Work Tax Credit](http://www.edd.ca.gov/eta9061.pdf) ETA 9061 (DE8725) – **JOB SEEKER's form** WOTC Certification from the Employment Development Department. <http://www.edd.ca.gov/eta9061.pdf>
- [Pre-Screening Notice and Certification Request for the Work Opportunity and Welfare-to-Work Credits](http://www.edd.ca.gov/de8737.pdf) Form 8850 (DE 8737) –**JOB SEEKER's form** <http://www.edd.ca.gov/de8737.pdf>
- [Work Opportunity Tax Credit Employer Guide](http://www.edd.ca.gov/de8722.pdf) (DE 8722) – Employer's guide. <http://www.edd.ca.gov/de8722.pdf>
- [Instructions for Form 8850](http://www.edd.ca.gov/i8850.pdf) -- Form 8850 (DE 8737A) <http://www.edd.ca.gov/i8850.pdf>
-



To find the nearest Sacramento Works One-Stop Career Center -- call (916) 263-3800
Find by [ZIPCODE](#) or go to [America's Service Locator](#)

TYPING CERTIFICATES are available at the following locations:
Broadway, Franklin, Galt, Hillsdale, Lemon Hill, Mark Sanders, Mather

SITE	HOURS	ORIENTATION	LANGUAGES
BROADWAY 915 Broadway Sacramento, CA 95818 916-324-6202	M-TH 8-4; F 8-Noon	W 10:00	Bulgarian, Chinese, Farsi, Hmong, Laos, Vietnamese
CITRUS HEIGHTS 7640 Greenback Lane Citrus Heights, CA 95610 916-676-2540	M,W,TH 9-4:30; TU 9-7; F 9-12:30	M 9:30	Arabic, Viet Bosnian, German, Russian, Croat Serb, Ukrainian,
FRANKLIN 7000 Franklin Blvd, #540 Sacramento, CA 95823 916-262-3200	M,W,TH 8:30-4:30; TU 8:30-7; F 8:30-1	TU 10	French, Hmong, Lao, Portuguese, Spanish, Thai
GALT 1000 "C" Street, #100 Galt, CA 95632 (209) 744-7702	M-TH 8:30-4:30; F 8:30-1	Walk-in Basis	Chinese, Spanish

SITE	HOURS	ORIENTATION	LANGUAGES
SACRAMENTO URBAN LEAGUE 3725 Marysville Blvd. Sacramento, CA 95838	M-TH 9:00-4:00; F 9:00-Noon; call & confirm	W 9AM & 3PM	
HILLSDALE 5655 Hilldale Blvd, #8 Sacramento, CA 95842 916-263-4100	M-TH 9:00-4:00; F 9:00-Noon	Walk-in Basis	Russian, Spanish, Ukrainian
LA FAMILIA COUNSELING CENTER 5523 34th Street Sacramento, CA 95820 916-452-3601	M,W,F 8:30-6; TU,TH 8:30-7	2 nd & 4 th W at 10AM; Spanish 4 th W at Noon	Spanish
LEMON HILL 5451 Lemon Hill Ave Sacramento, CA 95824 916-433-2620	M-TH 8:30-4:30	W 8:30	Laos, Mandarin, Russian, Spanish, Thai, Vietnamese
MARK SANDERS 2901 50th Street Sacramento, CA 95817 916-227-1395	M-F 8-5	TH 9:00	Lao, Spanish, Vietnamese
MATHER (<i>Affiliate</i>) 10638 Schirra Ave. Mather, CA 95655 916-228-3127	M,W,TH 8:30-5; TU 1-5; F 8:30-4:45; <i>Sat</i> 9-2	Walk-in Basis	Farsi, Romanian, Russian, Vietnamese
RANCHO CORDOVA 10665 Coloma Rd #200 Rancho Cordova, CA 95670 916-852-3608	M-F 8:30-4; F 8:30-1	Walk-in Basis	Farsi, French, German, Lao, Russian, Spanish, Thai,
SOUTH COUNTY 8401-A Gerber Road Sacramento, CA 95828 916-525-4717	M,W,TH 8:30-4:30; TU 8:30-6:30; F 8:30-Noon	1 st & 3 rd TU 1:30; Spanish 2 nd TU	Spanish, Vietnamese

Job Seeker Services at the Sacramento Works' One-Stop Career Centers:

- Job announcements
- Computers with Internet access
- Fax machines
- Reference materials
- Apprenticeship opportunities
- Career assessment
- Youth employment services
- Resume assistance
- Telephone
- Copiers
- And more
- On-the-job training programs
- Individual case management and referrals
- Workshops, including> Dress for success
Time management; Soft skills

Sacramento Works - One Stop Career Centers

Through its network of One Stop Career Centers, Sacramento Works can provide job seekers and employers a variety of services to fit their needs. The Sacramento Works One Stop Career Centers are conveniently located throughout Sacramento County, so that there is always a location close to you. Whether you are a job seeker looking for a new rewarding career or seeking to enhance your marketable skills or, a business owner or manager looking to recruit or train employees, Sacramento Works free services can help.



Job Seeker Services

If you are looking for a job, Sacramento Works One Stop Career Centers have the tools and resources you need. The Centers provide access to:

Assessment

Information to assist with career decision making, Career exploration, researching careers and the expectation of education to pursue them. Provides an in depth employability skills assessment, designed to measure workplace vocational skills.

- **Ideas**
Ideas assessment helps customers to determine highest vocational interests that can lead to good career matches based on scoring results.
- **"Quick Guide" Skill Review**
Has 12 questions and includes questions in Reading for Information, Locating Information and Applied Mathematics which provides instant scores and recommendations.
- **WorkKeys Skills Assessment**
An in-depth employability skills assessment designed to measure workplace skills. Three assessments: Reading for Information, Locating Information and Applied Mathematics. Provides instant score reports. WorkKeys Certificates will be given to those who meet required skill levels.

- **WorkKeys Personal Skills Assessments (Soft Skills)**
Measures a set of personality characteristics that reflect a spectrum of behaviors and attitudes that are common in the workplace. Three assessments: Performance, Talent, and Fit.
- **CASAS**
Determines Reading and Mathematics grade levels.
www.casas.org/home/index.cfm
- **Job Readiness Assessment**
A brief questionnaire to help identify where the Job Seeker is in their readiness for job search.
- **Get The Job You Want**
Job Seeking Tips & LMI

Basic Skills

Assists customers improve academic skills: reading, writing, and math.

- **Adult Education**
At-your-own-pace courses that teach math, reading, writing, science, and social studies in order to prepare individuals to take the GED exam, and provides remedial education and English as a Second Language programs for adults.
www.seta.net/jobseeker_education.html
- **KeyTrain**
On-line training available in the Career Center resource rooms that provides education in reading and math.

Career/Technical Training

Variety of training's and classes to prepare customers for careers related to a specific trade, occupation or vocation, i.e. trade school, post secondary, Adult Ed.

- **Adult Education**
Free or low-cost training in critical occupational groups provided by the Adult Education department of local public secondary schools. careergps.com
- **Community College**
Certificate and degree programs available through local community college districts.
[careergps.com/providers.asp?sector=Community%20Colleges%20\(Public\)](http://careergps.com/providers.asp?sector=Community%20Colleges%20(Public))
- **Regional Occupation Programs (ROP)**
Offers vocational training in the critical industries.
[careergps.com/providers.asp?sector=Regional%20Occupational%20Programs%20\(Public\)](http://careergps.com/providers.asp?sector=Regional%20Occupational%20Programs%20(Public))

- **Private Schools, Colleges and Universities**
Certificate and degree programs available through local private colleges and universities.
[careergps.com/providers.asp?sector=Schools,%20Colleges%20and%20Universities%20\(Public\)](http://careergps.com/providers.asp?sector=Schools,%20Colleges%20and%20Universities%20(Public))
- **Public Universities**
Certificate and degree programs available through local public universities.
[careergps.com/providers.asp?sector=Universities%20\(Public\)](http://careergps.com/providers.asp?sector=Universities%20(Public))
- **Apprenticeship Training Programs**
Local apprenticeships programs providing training in critical occupational groups.
[careergps.com/providers.asp?sector=Apprenticeships%20\(Public%20and%20Private\)](http://careergps.com/providers.asp?sector=Apprenticeships%20(Public%20and%20Private))
- **Local Training Provider List for WIA Scholarships**
Schools that have been approved to receive WIA Scholarships for training in critical occupational clusters in the Sacramento region.
www.seta.net/pdfs/etpl.pdf

Computer Skills

The ability to use specific applications usually includes Microsoft Word, internet, and email systems.

- **Basic Computers Workshop**
Workshop for individuals who are seeking a beginner computer class to learn basic computer literacy: Word, Excel, and the internet.
- **Computer and Business Technologies**
An intensive 13-week computer based course with in class instruction. Modules in Microsoft Office Suite and Customer Service.
- **Computer Lab**
Open lab for PC literate customers to complete assessments, online applications, and taking typing tests.
- **Introduction to Microsoft Office, Internet & Email**
Participants will become familiar with the computer and commonly used software, as well as instruction and guidance on using the internet for job search.
- **PC Basics**
Introduction to basic operation of the PC. Includes CalJOBS navigation and Mouserobics.
- **PC Basics - Spanish**
Spanish language version of PC Basics.
- **Spreadsheets & Databases**
Introduction to Microsoft Excel and database management.
- **Windows & Work Introduction**
A hands-on basic introduction to Microsoft Office and Microsoft Word.

- **Word & Excel**
Step-by-step instruction on Word and Excel.
- **Workplace Skills and Computer Literacy**
A hands-on four week course.
- **Tutorials**
Self-directed computer tutorial programs including: computer and mouse series; how to cut and paste, email manage, use search engines, step by step process on Microsoft Word, Excel, Power Point and Publisher.

Distance Learning/Online Training

Numerous computer, vocational, basic and comprehensive skills training available online (self-pace) or a formalized training taught remotely.

- **California Virtual Campus**
This site offers a catalog to help you find the online courses that are available at various California schools. www.cvc.edu
- **CSUS**
Career Center computer labs will be scheduled for customers who want to obtain credentials or certificates from C.S.U.S. distance learning programs. www.csus.edu
- **Local Training Provider List for WIA Scholarships**
This is a list of approved Distance Learning providers approved for WIA Scholarships
www.seta.net/pdfs/etpl.pdf

Job Coaching/Career Counseling

One-on-one or group. Job Coach will address their employment barriers, assess customer needs and work potential, as well as help them to set realistic employment goals. Job Coaching/Career Counseling could also include employment events that are organized to meet the demand of a specific job seeker group, to provide customized recruitment, pre-screening, job matching and referrals.

- **Customized Resume Preparation**
Service provided to job seekers, one-on-one or in groups. Resumes are developed for a specific industry or position.
- **One-on-one coaching session**
A session with the Career Coach where the job seeker can continue to develop M.A.P, discuss career options, and receive job search tips and strategies.
- **Resume Review/Customization**
Review resume to improve format, style and customize for specific industry or position.

- **10-Minute Resume Critique**
10 minute critique of your resumes format, style and content.

Employment Networking

Service which allows customers to network with employers and other job seekers.

- **Industry Specific Session**
A group session to discuss employment opportunities that match your skills and abilities to a specific industry.
- **Job Circle**
A group activity that will allow the job seeker to discuss and receive interviewing information, brush-up and feedback, customized resume preparation, network and learn how to contact and locate and access employers.

Job Search and Employment Skills

Workshops and programs designed to assist customers with the skills they need to obtain employment

- **Job Seeker Resources**
Provision of information on a range of topics including: job search, job interview tips, tips for conducting an internet job search, resume tips and suggestions, employment testing, job fairs and other topics.
- **Winway Resume**
Software program that allows you to develop a resume, create cover letters, job search via internet, and convert resume to Word.
- **Employment Laws and Felonies**
Understanding Your Paycheck, Legal\Illegal Interview Questions, Sexual Harassment Policies, Background Checks, and [Explaining a Felony](#).
- **How To Get A State Job Workshop**
Assist jobseekers in searching and applying for current state job openings.
- **Job Search (Bilingual: Spanish)**
How to conduct a well organized job seeking campaign. Includes: Resume, Writing, Interview Techniques and Networking.
- **Job Search Tips & Strategies**
This workshop includes tips on interviewing, resume writing and identifying your skills.
- **Steps To Success Workshop**
How to conduct a well organized, successful job seeking campaign. For ex-offenders, youth, & adult.

- **What's Keeping You Down?**
How to recognize your skills and overcome various employment barriers.
- **"30 Second Me"**
How to sell yourself in 30 seconds
- **Dress for Success**
Dressing for an Interview (actual examples of the inappropriate and appropriate ways to dress)
- **Employer Expectations**
Learn about the expectations of a hiring employer. Acquire tips about becoming a great employee and answer the question for yourself, "What do Employers really want from me!"
- **How to Interview When You Have Something to Hide**
Been fired, incarcerated? Never worked before? You can still get a job. Learn how to reveal when you have something to conceal.
- **The Interview "Green Light" to Employment**
Learn: To avoid the common pitfalls of interviewing. Effective verbal and non-verbal communication. The most important aspects of interviewing. To answer most frequently asked questions. To interview for various types, i.e. panel, group, second interview and follow-up. May include mock interviews.
- **Record Expungement Clinic**
Acquire information on how to reduce a background issue to a lower level. Speak with a trained legal professional in a confidential setting on your particular legal issue.
- **The Resume: Your personal ambassador to the job market.**
Learn how to make your resume stand out from the crowd, avoid common resume mistakes, and design the most effective resume for you.
- **Typing Test Information**
Typing test. Typing certificate. Typing games
www.typingtest.com
- **Free Email Accounts**
Yahoo, Hotmail, Gmail email accounts.
 - mail.yahoo.com
 - [Windows Live Hotmail](http://WindowsLiveHotmail.com)
 - www.gmail.com

Financial Literacy Classes

- **California Reality Check**
Self-assessment check list to assist you in determining what type of job and how much money you will need to earn based on what type of lifestyle you want to live.
www.californiarealitycheck.com

- **Self-Sufficiency Calculator**

This on-line self-sufficiency calculator assists customers to develop the financial needs assessment that is required to receive financial assistance from the SWCC Career Center system, provides self-sufficiency standard for Sacramento County and assists customers in determining what local income supports they might be eligible for.

www.insightcced.org

- **Career Transitions and Your Finances**

Learn how to finesse a move from one job to another or manage a period between jobs. Topics include severance pay, COBRA health coverage, 401(K) rollovers, budgeting between jobs, and more.

- **Cash Management**

Understand your cash-flow situation and explore ways to take control of your money - and find more money to save for future goals - through better management of your day-to-day finances. Get a handle on how to set up and follow a budget.

- **Financial Planning**

Class designed to aid in financial literacy.

- **Financial Literacy Workshop**

Learn about credit and budgeting as well as how to do your own taxes and invest in the Stock Market.

- **Money Management - Savings and Investing**

This seminar will show you how to set up a realistic plan for managing your checking, savings and investment accounts. The seminar also focuses on savings methods and long-term options like investing.

- **Putting Together the Pieces**

Creating your own financial plan can be like trying to solve a jigsaw puzzle, with competing financial priorities representing pieces of the puzzle. Gain insight into topics like managing debt and cash flow, building an emergency fund, tax rules, investment, retirement, education, insurance, and estate planning. Then, learn how to assemble all these "pieces" into a coherent financial plan.

- **Where Does My Money Go**

A money management course that covers how to focus on paying yourself first, understanding needs versus wants, sharing expenses, understanding interest on credit cards, as well as looking at way to save on utility bills, shopping and the benefits of making a grocery list.

- **You Can Bank On It - Basics of Banking**

Learn how to manage and save your money through banking services like direct deposit, online banking, and money transfers. This seminar also focuses on FDIC coverage, savings methods, using credit wisely, and the role of income protection.

Non-technical, personality specific training focused on interpersonal skills.

- **Making The Job Work For You**

How to maintain, and retain your job. Learn how to deal with difficult situations.

- **True Colors**

A lively and interactive personality program that improves communication through recognition of a person's true character.

www.true-colors.com

- **Soft Skills Series**

Workshop focusing on: Communication, office politics, problem solving, time management and understanding credit and debt. True Colors included.

- **Guerilla Soft Skills Workshop**

Learn how to make yourself more employable from a dynamic presenter and an expert in the employment field. Learn the secrets to make yourself more marketable in all career fields.

- **Next Skills Institute**

64-hour course offered through Los Rios Community College District to provide "Next Skills", the soft skills that are needed in order to retain employment and advance in your career.

wplrc.losrios.edu

- **30 Ways To Shine**

A guide to success in the workplace. www.diversityworld.com/Denise_Bissonnette/30ways.htm

Subsidized Employment

On-The-Job training opportunities for specific qualified customers.

- **On-the-Job Training (OJT)**

Employers hire trainees who often have limited work experience and few skills. The goal is employment with the employer who provides the training. There are several requirements for this program. The applicant must be:

- ✓ a CalWorks participant
- ✓ an Out-of-School youth
- ✓ an adult
- ✓ enrolled in the WIA intensive services
- ✓ enrolled in the refugee program

Job Referrals to Employers

- **CalJOBS**
Matches employer job listings with job or career interests indicated on resumes posted by job seekers. Internet-based system to search for employment.
www.caljobs.ca.gov
- **Resume Bank**
Post your resume on the Resume Bank to be eligible for interviews with employer's who recruit qualified job candidates from the Sacramento Works Career Center system.
- **Job Seeker Websites**
Online job openings. See Job Seeker Resources for entire list of job search web site links.
- **Employer Orientations for Recruiting & Hiring**
Employers provide groups orientations to describe the jobs for which they are recruiting. Career Center coaches screen applications for employment, schedule interview with employers.
- **Find an Employer**
Locate employers that may have job openings. Search by industry, occupation, geography and name.
www.labormarketinfo.edd.ca.gov
- **Industry Specific Jobs**
Search for jobs that match your skills and interest in a specific industry.
- **Industry Specific Session**
A group session to discuss employment opportunities that match your skills and abilities to a specific industry.
- **Job Fairs**
A public event for multiple employers to expose their career opportunities to a large number of job seekers.
- **Staffing Patterns by Industry**
Locate the employers that employ individuals in a specific occupation.
www.labormarketinfo.edd.ca.gov/

Financial Aid Options

- **Cal Grants**
California student aid commission
www.calgrants.org
- **California Chafee Grant Program**
For current and former foster youth.
www.chafee.csac.ca.gov
- **California Student Aid**
Website to learn about Cal Grants and other student aid programs, their requirements and how to

apply for them.

www.csac.ca.gov

- **How to Get Financial Aid – Free Application for Federal Student Aid**

Step-by-step instruction on how to complete the FAFSA application.

- **How To Pay For Training**

Provide information on the various ways to pay for training. Click on Step #4 and apprenticeships located in steps for the best career for you!

www.labormarketinfo.edd.ca.gov

- **Need Help? Services Workshop**

Learn where to go for help when you don't know where to go. Learn about the different public and private Social Service programs (what financial aid and services they offer, qualifications criteria, and how to apply).

- **Pell Grant Workshop**

Assistance to complete the FAFSA financial application. Learn how to get free money to go to school. Free candy giveaway to all who complete this fun and exciting workshop.

- **Tuition Assistance**

WIA Programs. ITA - Individual Training Accounts

- **Website for Scholarships**

List of various sites to apply for scholarships:

- www.fastweb.com
- www.scholarships.com
- www.embark.com
- www.ed.gov
- freschinofo.com
- www.finaid.org
- www.wiredscholar.com
- www.edwise.org

Workforce Intelligence

Consist of labor pool, occupational and demographic information to assist with training and career decision making.

- **Career One Stop**

CareerOneStop is: Your source for employment information and inspiration. The place to manage your career. Your pathway to career success. Tools to help job seekers, students, businesses, and career professionals.

www.careeronestop.org

- **CareerGPS**
CareerGPS.com is a one-of-a-kind, interactive web-based application designed to provide job seekers, students, workforce development professionals, teachers, and employers with one central location to find the information they need to make informed education and career decisions. CareerGPS.com offers access to a number of regional resources, including the ability to search O*NET occupational classifications and identify the regional training providers that offer related training for those occupations. Search by occupational objective and identify the related education/training programs including program and provider detail and identify occupational trends by industry and/or occupation.
www.CareerGPS.com
 - **Clusters Report**
Includes the nine occupation clusters that have been identified as critical by Sacramento Works, Inc. These clusters represent those occupations that are most consistent with our goal of helping job seekers, through the one stop career center system; find long term, career-oriented employment. Information presented can be used by job seekers for wage comparison, identifying typical education, training requirements for occupations and career counseling.
www.seta.net/jobseeker_jobresources_COG.html
 - **EDD/LMID**
Provides a wide variety of industry and occupational information at the state, regional and local level, including projections of employment, local area profiles, lists of "hot jobs", demand occupations lists, job search links, and California occupational guides.
www.labormarketinfo.edd.ca.gov
 - **O*NET Online**
O*Net OnLine offers users the opportunity to find occupations to explore; search for occupations that use their skills; look at related occupations, such as skills, knowledge, interests, and activities.
www.online.onetcenter.org
 - **Occupational Outlook Handbook**
Provides a wide variety of occupational information, at the national level. The available information includes Nature of the Work, Working Conditions, Training, Other Qualifications, and Advancement, Employment Information, Job Outlook, Earnings, Related Occupations, and other Sources of Additional Information.
www.bls.gov/oco
-

These resources help you identify and apply for the job that is perfect for you.

But Sacramento Works goes beyond helping you get a job. The Sacramento Works One Stop Career Centers can also provide to you the knowledge and skills necessary to be successful at your new job. The One Stop Career Centers offer a variety of training opportunities to help you develop the technical and

interpersonal skills today's employers are looking for. From time-management courses to construction apprenticeship programs, Sacramento Works training opportunities will help you turn your new job into a rewarding career.

Sacramento Works offers:

- Apprenticeship Opportunities
- On-the-Job Training Programs
- Career Assessment
- Individual Case Management and Referrals
- Youth Employment Services
- Workshops



Transportation

Mercy Mary Transportation

916-860-9463

parole and re-entry support for driving to appointments, delivering applications, getting to interviews and work



Sacramento Regional Transit 6am-9pm Mon-Fri 916-321-2877
 7am-6:30pm Sat. 8am-5:30pm Sunday

<http://sacrt.com/schedulesfares.stm>

<http://infortp.sacrt.com/>

Lost items 916-321-2855 and **Lost bikes** 916-321-2800

Single & Daily Pass Fares

Your Age	Your fare is	Single	Daily Pass
Age 19 - 61	Basic	\$2.50 Transfer: +\$0.25	\$6.00
Senior 62 & older	Discount	1.25 Transfer: +\$0.10	3.00
Disabled	Discount	1.25 Transfer: +\$0.10	2.50
Student age 5-18	Discount	1.25 Transfer: +\$0.10	2.50
Central City/Shuttle	Basic	1.00	Central City/Shuttle
	Discount	.50	
Neighborhood Ride	Basic	1.00	Neighborhood Ride
	Discount	.50	
Route Deviations	Additional 1.00 charge		
Buy in store before riding	# of Tickets	Book Price	Buy in store before riding
Basic Single	10	\$25.00	Basic Single Fare

Fare			
Basic Daily Pass	10	60.00	Basic Daily Pass
Discount Single Fare	10	12.50	Discount Single Fare
Discount Daily Pass	10	30.00	Discount Daily Pass
Monthly Passes & Stickers	Price	Monthly Passes & Stickers	Price
Basic Monthly Pass	\$100.00	Basic Monthly Pass	\$100.00
Semi-Monthly Pass	50.00	Semi-Monthly Pass	50.00
Senior Disabled Sticker	50.00	Senior Disabled Sticker	50.00
Senior Disabled Semi-Monthly Sticker	25.00	Senior Disabled Semi-Monthly Sticker	25.00
Student Sticker	25.00	Student Sticker	25.00
Student Semi-Monthly Sticker	25.00	Student Semi-Monthly Sticker	25.00
Yolo Express Sticker*	25.00	Yolo Express Sticker*	25.00
*Yolobus Express stickers are available for transferring between RT and Yolobus Express buses to	to Davis,Winters, and Woodland. Requires an RT Monthly Pass		

Davis, Winters,
and Woodland.

Requires an
RT Monthly
Pass.

**Stickers must be
affixed to an RT
Photo ID for use
as a monthly or
semi-monthly
pass**

**Stickers
must be
affixed to an
RT Photo ID
for use as a
monthly or
semi-
monthly pass**

National Holidays

RT operates a Sunday/Holiday
schedule on the following days:

<u>New Year's Day</u>	Jan 1 (Thu)
<u>ML King Jr.'s Birthday</u> (3rd Mon in January)	Jan 19 (Mon)
<u>Memorial Day</u>	May 25 (Mon)
(Last Mon in May)	
<u>Independence Day</u>	Jul 4 (Sat)
<u>Labor Day</u> (1st Mon in September)	Sep 7 (Mon)
<u>Thanksgiving Day</u> (4th Thu in November)	Nov 26 (Thu)
<u>Christmas Day</u>	Dec 25 (Fri)
<u>New Year's Day</u>	Jan 1, 2010 (Fri)

State Employee Holidays

RT operates a weekday schedule on
the following observed holidays. Trips
marked with an "H" do not operate:

<u>Lincoln's Birthday</u>	Feb 12 (Thu)
<u>Presidents Day</u>	Feb 16 (Mon)
(3rd Mon in February)	
<u>Cesar Chavez Day</u>	Mar 31 (Mon)
<u>Veterans Day</u>	Nov 11 (Wed)
<u>Day after Thanksgiving</u>	Nov 27 (Fri)



6 Easy Steps to Riding the Bus

1. Hail the Bus

As the bus approaches, if you are able move to the curb and raise your arm to attract the operator's attention.

2. Board and Pay Your Fare

Please stay behind the curb until the bus has made a complete stop. Carefully step into the bus using the handrails. Be ready to deposit your money, valid transfer, or ticket into the fare-box located next to the operator. Exact change is required since operators do not give change. If you have an RT monthly pass, please slide its magnetic strip through the fare-box reader. If you have an RT photo ID pass, please show it to the operator so he/she can verify if the sticker is valid.

3. Ask for a Transfer

If you will be transferring to another bus or light rail, ask the bus operator for a transfer when you board. Transfers are an additional 25 cents (10 cents for passengers paying a discount fare). Transfers will not be given out at any other time and are not issued for Central City/Shuttle fares..

4. Take a Seat or Stand

If all seats are full, stand behind the white line and hold onto handrails. Do not stand or sit in stairwells. Note that the seats in front are reserved for senior and disabled passengers.

5. Stop Request

Pull the bell cord at least one block before your stop to let the bus operator know where you want to exit.

6. Exit at the Rear

Gather your personal belongings and walk to the rear door. Step down or push the button to open the door. Using the handrails, carefully step down into the stairwell and onto the curb.



5 Easy Steps to Riding Light Rail

1. Buy/Validate Ticket

Before you board, you must have a valid RT ticket or pass. Fare vending machines are located at each light rail station. Prepaid tickets **MUST** be validated in the station's ticket machine or validator **BEFORE** boarding the train.

2. Go to Boarding Area

Look for the station signs indicating the direction of travel. For your safety, please stand behind the yellow caution strip.

3. Board Train

After the train has come to a complete stop, push the button to open the doors. Use the handrail as you step up into the train. When you are traveling with children, always hold their hand when boarding or exiting the train. Doors will close automatically. Passengers who have difficulty climbing steps or wheelchair passengers may use the elevated ramp at the front of the train for boarding.

4. Stop Request

When approaching the station where you wish to exit, push the yellow stop request button located on the post at each doorway (in most cases, the train will stop at all stations).

5. Exit Train

Wait until the train has come to a complete stop. Press the door open/stop request button on the post at the doorway to open your door. Use the handrail as you step down. If the doors begin to close simply stand on the bottom step and the door will return to the open position, or push the door open/stop request button again. If the doors begin to close on the older light rail trains, simply push them back on the rubber strip, or push the door open/stop request button again.



Tattoo Removal or Masking

Even if tattoos have been costly to get or signify something of value to you, the workplaces that welcome people wearing visible tattoos are few. Of the people who have tattoos, 81 to 89% want them removed or hidden in order to accelerate a work career or personal life.

De Lanna Skin Clinic	1610 Fulton Ave. Ste 2	916-971-1414
Ronald A. Tachibana, M.D.	Sacramento, CA 95825	916-971-0606
(mention ID# SRM)	www.delanna.com	

Center for Laser Surgery	5601 J Street	916-454-5922 no charge for tattoo
removal	Sacramento, CA 95819	
for Welfare to Work participants, & CYA .		

Laser & Skin Surgery Center	3835 J Street	916-456-0400 "people helping
"people" gang	Sacramento, CA 95816	
tattoo removal.	http://www.skinlasers.com/	

Northern California Regional	3201 Florin-Perkins Road	916-875-0300
Adult Field Services,	Sacramento, CA 95826	

Tattoo Removal Program (Sacramento County Probation Department)

remove tattoos from former gang members, **between the ages of 13 and 25 (before the 26th birthday)**. Waiting list for this free service may be long, yet is worthwhile. Must do 24 hours community service and be either employed, enrolled in vocational school or in school. CALL 916-875-0300 though it may be difficult to get through to this line.



Training and Education

Charles A. Jones Career & Education Center

5451 Lemon Hill Avenue, Sacramento, CA

www.CAJ.edu

tel: (916) 433-2600 ext. 1000

fax: (916) 433-2640

Email us at: info@caj.edu

Orientations every Wednesday starting 8:15AM to 11:00AM with a chance to visit with Financial Aid officers assisting you to receive free grants for schooling and possibly extra for living expenses.

partnering with

HOUSING

Heaven's Gate Academies for housing and tutoring

PO 163267 Sacramento, CA 95816 Tel **916-476-3980**

www.HeavensGateEnterprises.com

Full Scholarships or Working Scholarships are available

JOBS

SETA / EDD and Sacramento Works and for family youth - **Sacramento Training Employment Program (STEP)**—www.scusd.edu. Career services for Native men and women **CIMC** and **Washoe Native TANF**

COMMUNITY COLLEGES

Career training is available through any of the Los Rios Community Colleges District campuses for any district residents who are 18 years of age or older, and DO NOT require high school completion. Call the colleges to learn about courses for your future, financial assistance, and costs:

American River College

4700 College Oak Drive

Sacramento, CA. 95841

916-484-8011

ITT Technical Institute

10863 Gold Center Drive

Rancho Cordova, CA

800-488-8466 VKLinke@itt-tech.edu

Consumnes River College

8401 Center Parkway

Sacramento, CA. 95823

916-688-7410

www.CRC.LosRios.edu

Sacramento City College

3835 Freeport Boulevard

Sacramento, CA. 95822

916-558-2200

GED or High School Diploma Services

Adult Literacy Program Adult Education - San Juan Unified	900 Morse Avenue Sacramento, CA	916-971-7414
Community Learning Center - Sacramento Food Bank Services free adult education and literacy program and math, computer skills	3300 Third Avenue Sacramento, CA	916-456-7323
Consumers Self Help math/reading , peer counseling, advocacy, social and recreational activities, community meals,	3031 Franklin Blvd. Sacramento, CA	916-737-7100
Elk Grove Unified School 8401 District Adult Education Provides GED assistance	Gerber Road, Suite B Elk Grove, CA	916-686-7717
Greater Sacramento Urban League free computer skills certification courses, GED prep & testing, job coaching and resume writing service free	3725 Marysville Blvd Sacramento, CA 95838	916-286-8600
Heald College Pell Grants available	7 Sierra Gate Plaza, Roseville 2910 7 Prospect Park Drive Rancho Cordova, CA	916-789-8600 916-638-1616
ITT Technical Institute	10863 Gold Center Drive Rancho Cordova, CA 95670	916-851-3900 800-488-8466
Florin Technology Education Center forklift certification and more	2401 Florin Road (corner of 24th & Florin) Sacramento, CA 95822	916-433-2844
Sacramento Public Library - Literacy Program Teaches adults to read and write	4799 Stockton Blvd Sacramento, CA	916-966-7323
Folsom - Cordova Unified School District Adult Education adult high school diploma, computer classes, Grant Union School	1085 Gadsten Way Rancho Cordova, CA	916-635-6810
District - Grant Skills Center	577 Las Palmas Sacramento, CA	916-263-6532
Campos Verdes	3701 Stephen Drive North Highlands, CA	916-263-6505
Sacramento Unified School District - Fremont School for Adults	2420 N Street Sacramento, CA	916-277-6620
Sacramento Skills and Business Education Center with CDCR specialist for assisting people in parole, Sacramento, CA	5451 Lemon Hill Avenue Sacramento, CA	916 277-6637

River Delta Unified School	-----	707 374-5610
Provides adult education and high school diploma program.		
Academic Achievement	6000 J Street, Lassen Hall 2205	916-278-6183
Center/Educational Opportunity	Sacramento, CA 95819	
Program --California State University- Sacramento --financial assistance		
UTI – Universal Technical Institute	4100 Duckhorn Drive	800-508-1153
automotive, diesel, marine, racecar, motorcycle technician training		www.uti.edu
Pell Grants are available and are valid from other schools		
Washington Unified School District	920 West Acre Road West Sacramento, CA	916-375-7740
WyoTech	980 Riverside Parkway	916- 376-8888
School with On-the-job paid training in Automotive, Diesel, Marine motors and boats, commercial vehicle, collision, motorcycle		
Sacramento Campus	980 Riverside Parkway West Sacramento CA, 95605	916-376-8888



Drug and Alcohol Services

How do I start my path steps to clean and sober living of a wholesome life?

Go to AOD Alcohol and Drug Services at 4875 Broadway for an assessment. If you are unemployed, recently from prison and homeless, they will likely find you a bed in detox immediately today and a treatment program for residential care and treatment for the weeks ahead.

Alcohol and Drug Services	4875 Broadway	916-874-9754
Division 8:30-11:30AM and 1-4:00PM		
AOD Division staff located off-site at Neighborhood Multi-Service Centers		
CalWORKs AOD staff located at the Department of Human Assistance Offices		
Community-based AOD providers on contract with the Alcohol and Drug Division		
Alcoholics Anonymous (AA)	7500 14 th Ave. #27	916-454-1100
Central California Fellowship	Sacramento, CA 95820	
Al-Anon Family groups	5429 Palm Avenue Suite B	916-334-2970
	Sacramento, CA 95841	

Adult Children of Alcoholics	-----	916-482-4554
Self-help program for adult children of alcoholics and dysfunctional families.		

Al-Anon & Alateen	5429 Palm Ave. Ste A www.NCwsa.org/D6-10	916-334-2970 916-334-2971
Alpha Oaks Recover Program For Women Another Choice Another Chance detox, rehab, treatment	8400 Fair Oaks Blvd. Carmichael, CA 95608 5415 Florin Road Sacramento, CA 95823	916-944-3920 916-429-7977 www.ac-ac.org
Associated Rehab Program for Women - Alpha Oaks	8400 Fair Oaks Boulevard Carmichael CA 95608	916-944-3920 916-944-3920
Bi-Valley Medical Clinic	2100 Capital Avenue Sacramento, CA 95816 6127 Fair Oaks Blvd. Carmichael, CA 95608	916-442-4985 916-974-8090
Bi-Valley Medical Clinic	310 Harris Ave. Suite A Sacramento, CA 95838	916-649-6793
Black Alcoholism Center SBAC	3307 Broadway Suite 200 Sacramento, CA 95817	916-454-4242
Bridges	1422 28 th Street Suite A. Sacramento, CA 95816	916-450-0700
Bridges Professional Treatment Services residential women detox & treatment	2727 P Street Sacramento, CA 95816	916-452-3073 916-450-0700
Center Point, Inc.	11228 Fair Oaks Blvd. Fair Oaks, CA 95628	916-962-2800
Change	2701 Cottage Way Ste 34 Sacramento, CA 95825	916-489-3552 916-961-5384
Chemical Dependency Center For Women and Men	1507 21 st Street Suite 100 Sacramento, CA 95814-5297 7000 Franklin Blvd Ste 110 Sacramento, CA 95823	916-448-2951 916-395-3552 916-448-2951
Chemical Dependency Center Options for Recovery	7000 Franklin Blvd. Ste.110 Sacramento, CA 95824	916-732-9890
Christian Partnership detox & treatment	2251 Florin Road Ste 136 Sacramento, CA 95822	
Clean & Sober Detox	8946 Madison Avenue Fair Oaks, CA 95623	916-965-3386
Del Paso Heights Neighborhood	3960 Research Drive Sacramento, CA 95838	916-875-2050 916-648-0366
Department of Veteran Affairs	10535 Hospital Way Mather, CA 95655	916-275-3916

DETOX --If Intoxicated – Police will deliver to Volunteers of America	Non-emergency	916-264-5471
The Effort (Detox)	1550 Juliesse Ave. Sacramento, CA 95815	916-921-6598
The Gateway Foundation Women only	1820 J Street 4049 Miller Way Sacramento, CA 95817	916-920-3588 916-451-9312
The Gifted Healing Center	650 Amherst St. Ste. 3 Sacramento, CA 95832	916-665-1500
Harm Reduction Services	3647 40 th Street Sacramento, CA 95817	916-456-4849
Hookin' You Up Drug Treatment, Mental Health HIV & STD testing, referrals to others	65 Quinta Court Suite 1 Sacramento, CA 95823	916-236-4540 916-879-0695
Hope, Help & Healing out-patient service	1516 C Street Sacramento, CA 95814	916-443-4437
John H. Jones Community	950 Sacramento Ave. West Sacramento, CA	916-371-1966
Guest House	1400 North A Street, Building A Sacramento, CA	916-440-1500
Leo Camp Alcohol Program	2020 J Street Sacramento CA 95814	916-441-1095 ext 138 and 158
Loaves and Fishes - sober living	1321 North "C" Street Sacramento, CA 95814	916-498-0331
Medmark Treatment Centers Methadone & Buprenorphine maintenance & detox programs, individual, group & family counseling	7240 E. Southgate Dr Ste. E & G Sacramento, CA 95823 www.MedmarkTreatmentCenters.com	916-391-4293
Men's Over Comers Home	2733 Branch Street Sacramento, CA 95815	916-920-3082
Mercy Perinatal Recovery Network	650 Howe Avenue	916-733-6354
Mexican American Alcoholism Program (MAAP)	4241 Florin Rd. Ste. 110 Sacramento, CA 95823	916-394-2320
Mi Casa Recovery Home	2515 48 th Avenue Sacramento, CA 95822	916-394-2328
Narcotics Anonymous (NA) Sacramento, CA 95841	PO Box 418222 866-565-2135	800-600-4673 800-600-HOPE
National Council on Alcoholism And Drug Dependence NCADD	650 Howe Ave. Suite 1055 Sacramento, CA 95825-1220	916-922-9217
Options for Recovery	2143 Hurley Way, Suite 101	916-922-5110

women & children recovery, treatment, GED & job resources co-occurring counseling	Sacramento, CA 95825 2316 Bell Executive Lane Sacramento, CA 95825	 916-922-9217
Native TANF Program Mentoring Native adults, youth, healthcare, counsel, jobs , fatherhood, family building Oak House	3831 North Freeway Blvd. Ste 100 7970 Oak Avenue Citrus Heights, CA 95610	916-920-3150 916-721-9699
Oak Park Multi- Neighborhood Center Oak Park Outreach adult/teen services referrals	3415 Martin Luther King Jr. Sacramento, CA 95817 4201 8 th Avenue Sacramento, CA	916-875-2995 916-549-9142
Options for Recovery women & children recovery, treatment, GED & job resources co-occurring counseling	2143 Hurley Way, Suite 101 Sacramento, CA 95825	916-922-5110
Options for Recovery	4875 Broadway Rm. 129 Sacramento, CA 95820	916-874-9890
Parolee Drug & Alcohol	3415 Martin Luther King Jr. Sacramento, CA	916-808-6151
Passport To Learning case management Alta Regional	900 Fulton Ave. Suite 190 Sacramento, CA 95825	916-204-0121 916-488-2688
People Reaching Out	5433 El Camino Ave. Ste 700 Carmichael, CA 95608	916-576-3300
Positive Recovery (Richard Friesen) www.PositiveRecovery.Com	132 Ridge Road Fairfax, CA 94930 rich@PositiveRecovery.Com	415-259-0652
Quit Smoking The BrightWay www.quitsmokingthebrightway.com	Toll Free (US & Canada) Info@QuitSmokingTheBrightWay.com	877-871-8323
River City Recovery Center, Inc.	500 22 nd Street Sacramento, CA 95816	209-748-2470 916-442-3979
SBAC Sacramento Black Alcoholism Center	3307 Broadway Suite 200 Sacramento, CA 95817	916-454-4242
Sacramento Community Based Coalition by referrals only, please contact your Parole Agent	444 N. 3rd Street Suite 230 Sacramento, CA 95811	916-264-0240
Sacramento Native American Health Center	2020 J Street Sacramento, CA 95814	916-341-0575 www.snahc.org

Must have Medi-Cal / Denti-Cal / General Assistance before going here.

Call 916-874-2072 to find the MediCal center nearest to you.

Example: Go to County of Sacramento Department of Human Assistance 1725 28th Street, Sacramento, telephone 916-498-1000

OR

29th Street or 2700 Fulton Avenue, Sacramento 916-874-3800.

Sacramento Recovery House, Inc. 1914 22nd Street 916-455-6258
Sacramento, CA 95816

Sacramento Treatment Services 7225 East South Gate Drive Ste D 866-353-2683
/Southgate Clinic Sacramento, California 95823

Ambulatory DeTox, Intensive out-patient, Medication assisted treatment,
Buprenorphine, Methadone, Maintenance to Abstinence

Sacramento Veterans Resource 7270 East Southgate Dr. 916-393-8387
18-month residential program **for Veterans** Tues & Thurs orientation 8:30AM

The Salvation Army 1615 D Street 916-441-5267
Adult Rehabilitation Center Sacramento, CA 95814

STARS Program **8000 Elder Creek** 916-229-0828
Sacramento, CA 95824
5410 Auburn Blvd. #120 916-979-0956
Sacramento, CA 95841
1103 North B St. Ste. E 916-324-4141
Sacramento, CA 95841

Substance Abuse and Mental Health Services Administration (SAMHSA)

Hookin' You Up 4241 Florin Road, Suite 110 916-394-2320
Drug Treatment, Mental Health Sacramento, CA 95823 916-879-0695
HIV & STD testing, referrals to others

Strategies for Change

North Site 4441 Auburn Blvd., Suite E 916-473-5764
Sacramento, California 95841

*office hours: m, tu, th: 8am- 7:45pm; wed & fri: 8am-5pm RT bus #1, 9 or 10 to the
stop closest to Orange Grove. in the Orange Grove Office Plaza.*

South Site 4343 Williamsborough Drive 916-395-3552
*office hours: m, tu, th: 8am- 7:45pm; wed & fri: 8am-5pm RT bus 67 stop in front of
McDonalds (on Florin).*

Union Gospel Mission 400 Bannan Street 916-447-3268
Sacramento, CA 95814

Victory Outreach - 3600 37th Street Avenue 916-868-8039
Men's Christian Recovery Home Sacramento, CA 95718

Volunteers of America 1900 Point West Ste. 270 916-929-1951
detox and other levels of service Sacramento, CA 95815 **916-448-1236**

West Care 1828 Tribute Rd. Suite H 916-564-4400
Sacramento, CA 95815

Women's Over comers 671 Plaza Avenue Apt. A 916-924-3113
Sacramento, CA 95815



Mental Health Treatment and Crisis Services

Consortium for Community Services

(CCS) 3353 Bradshaw Road, Ste 103-106-107 916- 854-4564

-when referred by your Parole Agents- treatment counseling, clinical services, medical support, single and family skills building, housing, life re-tooling and adult education certifications, volunteering, employment and mentoring, literacy tutoring

CCS – Heaven’s Gate Enterprises office in Career Center at

Charles A Jones Career & Education Center 5451 Lemon Hill Avenue, Sacramento

Sacramento Mental Health	2150 Stockton Blvd.	916-875-1000
Treatment Center	Sacramento, CA	Emergency 916-732-3637
Volunteer of America		916-736-3421
Community Outreach Services		916-736-6727

Affordable Counseling & Educational Services	numerous sites across the region	916-630-9188 916-485-9685
---	----------------------------------	--

Adults Molested as Children	women only	916-487-6464
-----------------------------	------------	--------------

A Life Formula - Building Esteem www.theCommandAcademy.com
re-capturing inner authority and initiative www.TheCommandGroup.org

Barbara Jeane Andrews	2428 K Street	916-448-6659
Alliance for Healing & Growth	Marital and Family Therapist	

Breaking the Bottlenecks of Bereavement www.theCommandAcademy.com

practical steps to grieve the past losses, lacks, setbacks & missed expectations

www.TheCommandGroup.org and www.theCommandAcademy.com

Associated Chaplains in	962 Q Street	916-492-9667
California State Service	Sacramento , CA 95814	
faith-based, educational, inmate/ward, mental health care		

Bi-Valley Medical Clinic	2100 Capital Av	916-442-4985
drug counsel & methadone	Sacramento, CA 95816	
treatments	6127 Fair Oaks Blvd.	916-974-8090
	Carmichael, CA 95608	

Bi-Valley Medical Clinic	310 Harris Ave. Suite A	916-649-6793
	Sacramento, CA 95838	

Center of Praise Ministries	10455 Investment Circle	916-361-8684
Eara E. Lovelace Power Center	Rancho Cordova, CA	916-441-3305
23 RD Street & Capitol Ave.		

Co-Dependents Anonymous		916-558-0448
Crisis Services Program (Suicide Prevention)	8912 Volunteer Lane Ste 100 Sacramento, CA 95826	916-368-3118 916-773-3111
Emmanuel Prison Ministries www.FelonSpeakOnline.com	2251 Florin Road Suite 132 http://web.mac.com/RolandPollard	916-395-1525
Depression & Bipolar Support Association		916-875-5644
Friends for Survival (support after suicide deaths)		916-392-0664
Genesis – Homeless Psych Services (Loaves & Fishes)	1321 North C Street	916-669-1536
Head Trauma Support Group		916-568-6660
Health Care for the Homeless	3701 Branch Center Rd. Sacramento, CA 95827	916-875-5701
Incest and Rape Survivors		916-537-7134
Loaves and Fishes - sober living	1321 North "C" Street Sacramento, CA 95814	916-498-0331
Kristine Jensen Anxiety, Grief / Loss, Depression, Divorce, Gay and Lesbian, Women's Issues	Sacramento, California 95816	916-447-6428
Medmark Treatment Centers Methadone & Buprenorphine maintenance & detox programs, individual, group & family counseling	7240 E. Southgate Dr Ste. E & G Sacramento, CA 95823 www.MedmarkTreatmentCenters.com	916-391-4293
NAMI – Sacramento	3331 Power Inn Road, Ste. 140 office@namisacramento.org	916-874-9416
Native TANF Program Mentoring Native adults, youth, healthcare, counsel , jobs, fatherhood, family building Oak Park Multi- Neighborhood Center	3831 North Freeway Blvd. Ste 100 3415 Martin Luther King Jr. Sacramento, CA 95817	916-920-3150 916-875-2995
Oak Park Outreach adult/teen services referrals	4201 8 th Avenue Sacramento, CA	916-549-9142
Parolee Outpatient Clinic (POC) (North/Natomas)	5410 Auburn Blvd. Ste. 100 Sacramento, CA 95841	916-574-2414
Parolee Outpatient Clinic (POC) (Metro 1-4)	1103 North B. St. Ste. E Sacramento, CA 95814	916-324-4141
Parolee Outpatient Clinic (POC) (South/Florin)	8455 Jackson Road, Suite 150 Sacramento, CA 95826	(916) 229-0828 Ext. 228
Passport To Learning case management serving Alta Regional	900 Fulton Ave. Suite 190 Sacramento, CA 95825	916-204-0121 916-488-2688

Quit Smoking The BrightWay Toll Free (US & Canada) 877-871-8323
www.quitsmokingthebrightway.com Info@QuitSmokingTheBrightWay.com

Resources for Independent Living 1211 H Street 916-446-3074
 Sacramento, CA 95814

Sacramento Adult 2150 Stockton Blvd. 916-875-1055
 Mental Health Services Sacramento, CA 95817 CRISIS 916-732-3637

Sacramento County Health 7001 East Parkway 916-875-2027
 & Human Services Department Sacramento, CA

Sacramento Native American Health Center 2020 J Street **916-341-0575**
 Sacramento, CA 95814 www.snahc.org

Visitors MUST have Medi-Cal / Denti-Cal / General Assistance before going here.
 Call 916-874-2072 to find the MediCal center nearest to you. For example: Go to
County of

Sacramento Department of Human Assistance 1725 28th Street, Sacramento,
elephone 916-498-1000 OR 2700 Fulton Avenue, Sacramento 916-874-3800.

Sacramento Recovery House, Inc. 1914 22nd Street 916-455-6258
 Sacramento, CA 95816

Sacramento County Alcohol & Drug Bureau - Del Paso Hts. Neighborhood 7001-A East Parkway 916-875-2050
 3960 Research Drive 916-874-9854
 mental health and substance abuse services

Sacramento Black Alcoholism Center (SBAC) 3307 Broadway suite 200 916-454-4242
 Sacramento CA 95817
 mental health and substance abuse services

Sacramento Treatment Clinic **7225 East Southgate Drive Ste D 916-394-1000**
Sacramento, CA 95823

Sierra Vista Hospital 8001 Bruceville Road 916-423-2000
 mental health & drug treatment Sacramento CA 95823

Substance Abuse and Mental Health Services Administration (SAMHSA)

Hookin' You Up 4241 Florin Road, Suite 110 916-394-2320
 Drug Treatment, Mental Health Sacramento, CA 95823 916-879-0695
 HIV & STD testing, referrals to others

State of California Department P.O. Box 944222 916-445-8638
 of Rehabilitation – Sacramento, CA 94244-2200
 Communications Office www.rehab.CahwNet.gov
 assists those with documented physical, emotional, or mental disability in finding
 employment.

TLCS 1400 North A Street #440 **916-440-1500**
Shelter Outreach Sacramento, CA 95814 **Ext 146**

Sacramento Mental Health Center 2150 Stockton Blvd (at T Street) 916-875-1000
 Sacramento, CA **Crisis Line 916-732-3637**



Medical Services

Primary Care Center	4600 Broadway # 1100 Sacramento, CA 95820	916-874-9670
Midtown Primary Care	AND 3701 J St # 220 Sacramento, CA 95816	916-290-8672 916-454-3217
Free Drug Testing for getting a job		
AIDS-HIV Nightline		800-273-AIDS
Emotional support from listeners		
Anonymous Test Site -	1500 C Street	916-874-7720
Sacramento County	Sacramento, CA	
Health and Human Services		
Department - anonymous HIV testing and counseling		
Breaking Barriers	2020 V Street	916-447-2437
HIV & AIDS volunteers	Sacramento, CA 95818	
www.breakingbarriers-sacramento.org		
CMISP	9616 Micron Avenue, Suite 640	916-875-9843
County Medically Indigent	Sacramento, CA 95827	
Services Program		
Del Paso Health	3950 Research Drive, Sacramento	916-648-0970
Primary Care	4600 Broadway, Sacramento	916-874-9670
South City Health Ctr	7171 Bowling Drive ste 300	916-875-0802
Crisis Services Program	8912 Volunteer Lane Ste 100	916-368-3118
(Suicide Prevention)	Sacramento, CA 95826	916-773-3111
24-hours as day		
Face To Face	-----	800-842-4546
facial reconstructive surgery		
for those after domestic violence		
HARM Reduction Services	3647 40 th Street	916-456-4849
HIV & Hep. C test & mgmt	Sacramento, CA 95817	916-730-9138
Health Care for the Homeless	3701 Branch Center Rd.	916-875-5701
Health Net	-----	800-675-6110
family & individual health care		
vision care, pharmacy, accepts Medi-Cal		
Hope Clinic UC-Davis Clinics	-----	916-734-9040

Loaves & Fishes Mercy Clinic	1321 C Street Sacramento, CA	916-446-3345
------------------------------	---------------------------------	--------------

MediCal County Office	Dept Human Assistance 2933 Marconi Ave, Sac 95821	916-874-2072
------------------------------	--	---------------------

McKinley House Sacramento, CA	2320 P Street	
----------------------------------	---------------	--

Imani Clinic at Oak Park	3415 Martin Luther King Jr. Blvd	916-875-2995
Saturday Clinic 9am-Noon	Sacramento, CA	VizinaR@SacCounty.net
Sacramento Native American Health Center	2020 J Street Sacramento, CA 95814	916-341-0575 www.snahc.org

Must have Medi-Cal / Denti-Cal / General Assistance before going here. Call 916-874-2072 to find the MediCal center nearest to you.

Example: Go to County of Sacramento Department of Human Assistance

1725 28th Street, Sacramento, telephone 916-498-1000

OR

29th Street or 2700 Fulton Avenue, Sacramento 916-874-3800.

Sacramento Recovery House, Inc.	1914 22 nd Street Sacramento, CA 95816	916-455-6258
---------------------------------	--	--------------

Capital Health Center	1500 C Street	916-874-5302
Health Net	-----	800-675-6110

family & individual health care, vision care, pharmacy, accepts Medi-Cal

Loaves & Fishes Mercy Clinic	1321 C Street Sacramento, CA	916-446-3345
------------------------------	---------------------------------	--------------

McKinley House Sacramento, CA	2320 P Street	
----------------------------------	---------------	--

Medmark Treatment Centers	7240 E. Southgate Dr Ste. E & G	916-391-4293
Methadone & Buprenorphine maintenance & detox programs,	Sacramento, CA 95823	
individual, group & family counseling	www.MedmarkTreatmentCenters.com	

Native TANF Program	3831 North Freeway Blvd. Ste 100	916-920-3150
Mentoring Native adults, youth, healthcare , counsel, jobs, fatherhood, family building		

Oak Park Outreach	4201 8 th Avenue	916-549-9142
adult/teen services referrals	Sacramento, CA	

Planned Parenthood	-----	800-230-7526
STD/HIV testing & treatment, pap smear, breast exams		

Quit Smoking The BrightWay	Toll Free (US & Canada)	877-871-8323
www.quitsmokingthebrightway.com	Info@QuitSmokingTheBrightWay.com	

Sacramento AIDS Foundations	1330 21st Street, Suite 100	916-448-2437
free anonymous HIV tests	Sacramento, CA 95814	

TB Testing & Results	Capital Health Ctr	916-874-5303
Test Mon, Tues or Friday	1500 C Street	
& return 3 days later for results	Del Paso Health Ctr	916-648-0970
open Mondays-Friday 8AM – 11:30 and 1PM to 4PM	3950 Research Drive at Norwood	
	Oak Park Health Ctr	916-875-2995

All clinics closed until 1PM
on the first Wednesday of
each month

3415 Martin Luther King Jr Blvd
Primary Care Ctr 916-874-9670
4600 Broadway at Stockton blvd

Other immunizations are available **Northeast Health Ctr** 916-726-1803
7805 Auburn Blvd (in Rusch Park)

South City Health Ctr 916-875-0802

7171 Bowling Dr #300 at Florin



PHARMACY

Primary Care -Pharmacy
Monday 8am- 4 pm
Thursday 9:30am – 4pm

831 K Street **new prescriptions** 916-874-9523
Sacramento, CA
4611 Broadway **refills** 916-874-9281

Gold River Pharmacy
Medications and delivery.

1166 West National Drive Ste 80 916-928-2555
Sacramento, CA 95834 Medi-Cal, TARs, ADAP

Rite Aid

5610 Stockton Blvd 916-737-0260



Dental Services

County Dental Clinic 1500 C Street Ste. A 916-874-8300
by appointment only
Monday - Friday 7:40AM-5:00PM extractions & fillings only
C Street Dental 2131 Capitol Ave 916-441-3311

Denti-Cal (Benefits) P.O. Box 15539 800-322-6384
Sacramento, CA 95853-1539

Give Back A Smile ----- 800-773-4227
cosmetic dentistry repairing
violence from partner or spouse

Hope Clinic UC-Davis Clinics ----- 916-734-9040

Health Care for the Homeless 3701 Branch Center Rd. 916-875-5701
Imani Clinic at Oak Park 3415 Martin Luther King Jr. Blvd 916-875-2995
Saturday Clinic 9am-Noon Sacramento, CA
VizinaR@SacCounty.net

Sacramento Native American Health Center	2020 J Street Sacramento, CA 95814	916-341-0575 www.snahc.org
---	---------------------------------------	--------------------------------------

Must have Medi-Cal / Denti-Cal / General Assistance before going here.
 Call 916-874-2072 to find the MediCal center nearest to you.
 Example: Go to County of Sacramento Department of Human Assistance 1725 28th Street, Sacramento, telephone 916-498-1000
 OR
 29th Street or 2700 Fulton Avenue, Sacramento 916-874-3800.

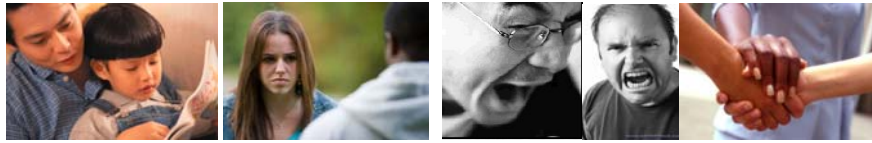
Sacramento Recovery House, Inc.	1914 22 nd Street Sacramento, CA 95816	916-455-6258
California Health Dental Referral	-----	800-322-6384
California Kids Monday-Friday, 8AM-5PM through Med-Clinic; children 2-18 primary and preventative health care, vision and dental	16830 Ventura Blvd., #342 Encino, CA 91436	818-461-1400
Community College Hygiene Program	-----	916-558-2303
Donated Dental Services Program Monday-Fri 8AM-4:30PM Complete an application; free dental care for disabled elderly and medically compromised individuals who are unable to afford dental care.	P.O. Box 13749 Sacramento, CA 95853-4749	916-498-6176
Sacramento City College – Dental Hygiene Program Monday-Friday Fee for service; accepts Medi-Cal; ages 16 to adult all year;	3835 Freeport Blvd. Rodda Building - South 13	916-558-2303
Sacramento Health Care for the Homeless Monday-Fri 8AM-5PM	3701 Branch Center Rd. Sacramento, CA 95827	916-875-5701
Western Dental Medi-Cal accepted	13 offices in the Sacramento area \$25 initial fee and payment plans available	800-579-3783



HIV & AIDS Testing and Other Services

Breaking Barriers	2020 V Street Sacramento, CA 95818	916-447-2437
AIDS Drug Assistance Program (ADAP) CARES	1500 21 st Street Sacramento, CA 94814	916-443-3299
AIDS Housing Alliance – PO Box 161908		916-979-0897
Avalon	Sacramento, CA 95816	
Subsidized housing, AOD & mental health. Hospice care -		916-979-0925.
All other programs -	www.AIDSHousingAlliance.org	916-979-0897
AIDS-HIV Nightline emotional support from listeners		800-273-AIDS
Alternative HIV Testing Site	1500 C Street	916-874-7720
Capitol Health Center	Sacramento, CA 95814	
Auburn Sutter Faith Hospital	11815 Education Street Auburn, CA 95602	530-888-4500
Capitol Health Center by appointment	1500 C Street Sacramento, CA 95814	916-874-5303
CARES – Center for AIDS Research, Education & Services	1500 21 st Street Sacramento, Ca	916-443-3299
Care-A-Van		916-875-6212
Mobile medical van testing STDs, HIV Hepatitis A,B,C		916-875-0982
Chapa-De Indian Health Program Mom and child medical care for Native American clients or with Medi-Cal/Medicare	11670 Atwood Road Auburn, CA 95603	530-887-2840
Crisis Services Program (Suicide Prevention) 24-hours as day	8912 Volunteer Lane Ste 100 Sacramento, CA 95826	916-368-3118 916-773-3111
Del Paso Health Center Confidential free HIV testing by appointment	3950 Research Dr Sacramento, CA 95838	916-648-0970
Dental Clinic	1500 C Street	916-874-8300

extractions & Fillings only adults and children by appointment only	Sacramento, CA 95814	
Divine Wellness Center HIV Testing El Hogar mental health and HIV testing for homeless	6050 Hwy 193 Georgetown, CA 95667 1400 North A Street Building A Sacramento, CA 95814 CStevens@ElHogarInc.org	530-333-2548 916-440-1500
Family Service Agency Of Greater Sacramento Mental health and counsel	8912 Volunteer Lane Ste 100	916-368-3080
Freedom Homes, Inc.	5960 S. Land Park Box 302 Sacramento, CA 95822	916-428-1441
Harm Reduction Services Rx Staffing – AIDS Project project@rx-staffing.com Sacramento County HIV/AIDS Education Project	3647 40 th Street 4640 Marconi Av Sacramento, CA 95821 370 Branch Center Rd. Sacramento, CA 95827	916-456-4849 916-485-8200 916-366-2687
Sierra Foothills Aids Foundation	12183 Locksley Lane #205 Placerville, CA 95667	530-622-1923
Transitional Case Management Program (TCMP) Case management, dental-medical care; food; housing; rent-utility assist; transportation, drug use treatment and pharmacy; HIV-AIDS families; women; men; sliding fees	Sacramento, CA 95814	800-711-2437
Foothills Medical Group	3100 Douglas Blvd Roseville, CA 95611	916-774-8300
Gold River Pharmacy Medications and delivery. Medi-Cal, TARs, ADAP	1166 West National Drive Ste 80 Sacramento, CA 95834	916-928-2555
Golden Rule Services HIV prevention for Men, Youth & Boys of color. HIV testing Heaven In View New Beginnings support group For HIV+ men and women -- Wed 5:30-6:30PM at Center of Praise Ministries	4433 Florin Road Ste 760 Sacramento, CA 95828 1228 23 rd Street Sacramento, CA 95816	916-427-4653 916-691-6233
HIV Info Line Recorded information on HIV-AIDS, testing, education, prevention, treatment		888-259-4448
Holly Court Apartments Low-modest income family apartments & town-homes for up to nine people.	445 Maple Street West Sacramento, CA 95691	916-372-0160



Domestic Violence, Anger Management, Batterers Program

<Please verify that each program is currently certified>

SACRAMENTO SUPERIOR COURT DOMESTIC VIOLENCE & ANGER MANAGEMENT

Effective August 2009

Inclusion on this list is voluntary and provided strictly for the benefit of our customers and constitutes neither and endorsement nor recommendation.

NAME	SERVICES	FEES
Affordable Counseling and Educational Services 1. 3840 Routier Rd. Rancho Cordova, CA 95670 2. 5451 Lemon Hill Ave. Sacramento, CA 95824 3. 801 Riverside Ave. Bdg Z Citrus Heights, CA 95677 Office: (916)630-9188 and 916-485-9685 Contact: Roman Montague Email: Rmontague@aladaracademy.org	52 Week BTP/ 26 week Anger Management Group, Family Violence Education, and Individual Counseling Spanish speaking staff available.	Groups \$0-\$45 Individual \$50-\$85 Sliding Scale BTP \$35
Otis Bailey / The Anger Medium 1420 E. Roseville Parkway Suite 140516 Roseville, CA 95661 Office (916) 878-6511 Contact: Otis Bailey Email: angermedium@gmail.com Web: www.angermedium.com	52 Week BTP/ Anger Management classes for teens and adults.	Contact provider for fees

<p>Capitol Anger Management 7509 Madison Ave. Building D, Suite 207 Citrus Heights, CA 95610 Office: (916) 284-6456 Contact: Terry Gilbert Email: terrygilbert@capitolangermgt.com Web: http://www.capitolangermgt.com/</p>	<p>Anger Management Classes. 12, 24, 26, and 52 hour courses.</p>	<p>\$20 per session. \$30 for anger management class course.</p>
<p>Changing Courses 3355 Myrtle Avenue Ste. 265 North Highlands, CA 95660 Office: (916) 332-5056 Fax: (916) 332-5064 Contact: Sara Escatel Claudia Dias</p>	<p>52 Week BTP 52 Week Child Abuse Treatment Anger management counseling Russian and ASL Interpreters available</p>	<p>\$10-\$45 per session Sliding scale</p>
<p>Continuous Review of Needs (CRON) 2775 Cottage Way, Suite #4 Sacramento, CA 95825 Office: (916) 486-7214 Contact: Ron Brown Email: ecofficemail@yahoo.com Web: http://www.ecinfoportal.net/cron.html</p>	<p>Anger Management Skills Training and Violence prevention</p>	<p>\$20 minimum, sliding scale fee.</p>
<p>DC Family Connections 2222 Watt Ave. D5 Citrus Heights, CA 95815 Office: 916-489-3297 Contact: David Elliott, LCSW Email: delliott@psychcenter.net Web: http://www.dcfamilyconnections.com/</p>	<p>Anger Management counseling – No BTP</p>	<p>\$30 an hour & \$30 intake fee based on sliding scale/monthly income</p>
<p>Barbara Engelhardt, MFT The ALIVE program 2020 29th Street, Suite 205 Sacramento, CA 95817 Office: (916) 929-3039 Web: http://www.healingartistsofsac.com/BarbaraEngelhardt/</p>	<p>52 Week BTP/Anger Management</p>	<p>\$55 per 2 hr class, based on sliding scale/monthly income.</p>
<p>Enlighten 9521 Folsom Blvd. Executive Suites Sacramento, CA 95827 Office: (916) 369-5369 Contact: Mildred Sabb MS</p>	<p>Anger Management</p>	<p>\$15-\$30 per hour, fee based on sliding scale.</p>

Evergreen Counseling 2963 Fulton Ave. Sacramento, CA 95821 Office: (916) 487-0657	52 Week BTP /Anger Management Counseling, Training, and Workshops	\$35 BTP Sliding Scale
Fathers Resource Center. 3443 Ramona Ave. Ste 25 Sacramento, CA 95826 Office: (916) 739-0894 Email: info@jbanta.com Web: http://www.fatherscenter.org/	Anger Management Skills Training and Violence prevention	Fee based on sliding scale. Please contact agency for fee schedule.
Mary Guzik LCSW 5050 Sunrise Blvd. #C-5 Fair Oaks, CA 95628 Office: (916)622-1554	Domestic Violence and Sexual Abuse counseling, Anger Management	\$35-\$100 based on a sliding scale
Joyce A Herman, LMFT 2717 Cottage Way ste. 4 Sacramento, CA 95825 Office: (916) 855-1992	Anger Management Counseling	\$50 - \$125 based on a sliding scale
Lonnie Fay and Associates 2775 Cottage Way, Ste. #29 Sacramento, CA 95825 Office: (916) 698-0390	52 Week Batter's Treatment / Sexual Assault Treatment / Anger Management / Parenting Classes /	\$35 BTP fee

Martin's Achievement Center 5240 Jackson Street North Highlands, CA 95660 Office: (916) 338-1001 Fax: (916) 338-1044 Contact: Marcia Rogers – Director	Anger management w/ emphasis on DV prevention courses. Sexual Offender Treatment Spanish speaking counselor available.	Sliding scale
Miri Mee, LCSW 8788 Elk Grove Blvd. Elk Grove, CA 95624 Office: (916) 498-8885 Email: mmee@surewest.net	Anger Management	\$70-\$90 per hour
My Sister's House 3053 Freeport Blvd. #120 Sacramento, CA 95818 Office: (916) 868-7820 Web: www.my-sisters-house.org DV VICTIM SERVICES ONLY	Intervention services for Domestic Violence victims, support services, women-to-work assistance, shelter. Bi-lingual services: Vietnamese Mandarin Cantonese Korean Ilocano, Tagalong, Hmong, Japanese, East Indian, Punjabi, Urdu.	Free for victims of Domestic Violence.

Pacific Educational Services 11837 Kemper Road, Suite 2 Auburn, CA 95603 Office 1: (530)888-1010 Office 2: (530)346-5891 Classes located in Roseville, Auburn, and South Sacramento Web: referral@pacific-ed-services.com	52 Week BTP/Anger Management Spanish classes available.	\$10-\$45 per session based on sliding scale/monthly income.
---	--	--

Positive Options 2400 Glendale Lane Ste G Sacramento, CA 95825 Office: (916) 973-2838 Contact: Dr Joseph Kovill Web: http://www.pofs.org/	Anger Management counseling – No BTP Spanish speaking counselor available.	Sliding scale
Sacramento Counseling Associates 7844 Madison Avenue Ste. 105 Fair Oaks, CA 95628 Office: (916) 962-7101 Contact: Roy Henderson, MFT George Adams, PhD	52 Week BTP male and female Individual, group counseling	Sliding scale Free for Domestic Violence victims and children
Debora Soukup, LMFT 3071 Fulton Avenue Sacramento, CA 95821 Office: (916) 205-1673 Email: debsdragon@att.net	Domestic Violence and Anger Management Counseling	Sliding scale based on income.
South Sacramento Counseling Center (SSCC) 7486 Center Parkway Sacramento, CA 95823 Office: (916) 995-1575 Email: aprilhayes@yahoo.com	52 Week BTP/Anger Management	\$20-\$50 per session Sliding scale fee based on income.
Strategies For Change 4330 Auburn Blvd. Ste. 2200 Sacramento, CA 95841 Office: (916) 473-5764 Contact: Reception Web: http://www.strategies4change.org/	DV and anger management counseling (co-ed). DV Survivors group. Victims of Crime counseling. Spanish speaking counselor available.	\$10-\$35

Terra Nova Counseling 5777 Madison Avenue Sacramento, CA 95841 Office: (916) 344-0249 Web: www.terravacounseling.org 3 Locations : 19th and J Street, Sacramento Franklin and Fruitridge, Sacramento Madison and Manzanita, Citrus Heights	Child and adult family victim's of crime counseling, anger management. Agency provided interpreters for Spanish, Hmong, Korean, Japanese, Cantonese, Tagalong, Vietnamese, Tongan, Russian, and ASL.	Sliding Scale fee based on income. Medi-Cal provider for children's services.
Violence Intervention and Prevention, LLC Roseville, CA Office: (916) 484 – 6738 Web: http://www.vip-manalive.com/	12, 16, 24, and 52 week Violence Intervention Programs.	\$15-\$55 per class based on income.
LouAnn Wiles 4096 Bridge St., Suite 7 Fair Oaks, CA 95628 Office: (916) 966-1356 Email: louannwiles@yahoo.com	Anger Management Counseling	\$100-\$125 hr.

Abused Guys

<http://health.groups.yahoo.com/group/abusedguys>

An Internet - Online. Provides support for male victims of domestic violence. Offers online chatroom and message forum. Must join the group to post messages from you.
Website: E-mail: abusedguy@yahoo.com

Battered Husbands Support

<http://health.groups.yahoo.com/group/batteredhusbandssupport>

An Internet – online group. Founded 1998. Support for men who have been or who are currently being battered by his female or male partner. Offers message boards, chat-room and useful links.

Adult Survivors

<http://health.groups.yahoo.com/group/abusedsurvivors>

An Internet – Online support group that offers an outstretched hand to adult survivors of abuse (physical, verbal, emotional or sexual). Open only to survivors.



Documents

Birth Certificates, Driver's License/Picture I.D.,
Social Security Card

Francis House 1422 C Street **916-443-2646**
(assists getting SSN, California Sacramento, CA 95814
ID, Driver's License and Birth Certificates)

Sacramento County Recorder 600 8th Street 916-874-6334
Birth Certificates Sacramento, CA 95814

**Sacramento hours for certified copies of birth records will be from
8:00 a.m. to 8:00 p.m. each Thursday, excluding holidays.**

Birth Certificates from other States

required to obtain a driver's license, passport, or social security card.

Alabama (334) 206-5418	Nevada (775) 684-4242
Alaska (907) 465-3391	New Hampshire (800) 852-3345 ext. 4651
Arizona (602) 364-1300	New Jersey (609) 292-4087
Arkansas (501) 661-2174	New Mexico (505) 827- 0121New York (518) 474-3077
California (916) 445-2684	North Carolina (919) 733-3526
Colorado (303) 692-2224	North Dakota (701) 328-2360
Connecticut (860) 509-7897	Ohio (614) 466-2531
Delaware (302) 744-4549	Oklahoma (405) 271-4040
District of Columbia (202) 442-9009	Oregon (503) 731-4108
Florida (904) 359-6900 ext. 1029	Pennsylvania (724) 656-3100
Georgia (404) 679-4701 ext. 4702	Rhode Island (401) 222-2811

Hawaii (808) 586-4533	South Carolina (803) 898-3630
Idaho (208) 334-5988	South Dakota (605) 773-4961
Illinois (217) 782-6553	Tennessee (615) 741-1763
Indiana (317) 233-2700	Texas (512) 458-7111
Iowa (515) 281-4944	Utah (801) 538-6380
Kansas (785) 296-3253	Vermont (802) 863-7275
Kentucky (502) 564-4212	Virginia (804) 662-6200
Louisiana (504) 568-8353	Washington (360) 236-4300
Maine (207) 287-3181	West Virginia (304) 558-2931
Maryland (800) 832-3277	Wisconsin (608) 266-1371
Massachusetts (617) 740-2600	Wyoming (307) 777-7591
Michigan (517) 335-8666	American Samoa (684) 633-1222 ext. 214
Minnesota (612) 676-5120	Guam (671) 735-7263
Mississippi (601) 576-7960	Puerto Rico (787) 767-9120
Missouri (573) 751-6387	Virgin Islands: St. Croix (340) 773-4050 St. Thomas (340) 774-1734 St. John (340) 774-900 ext 4621
Montana (406) 444-2685	Commonwealth of the Northern Mariana Islands (670) 234-6401 ext. 15
Nebraska (402) 471-2871	Canal Zone (202) 955-0307

Only specific individuals are allowed to receive an *AUTHORIZED CERTIFIED COPY* of a birth record. **When ordering in person, an authorized individual must complete an approved application including a sworn statement under penalty of perjury to receive an AUTHORIZED CERTIFIED COPY.**

Authorized individuals should be prepared to show identification. A notarized statement sworn under penalty of perjury must accompany orders sent by mail to ensure that the requester is an authorized person.

Individuals permitted to receive an AUTHORIZED CERTIFIED COPY:

1. The registrant or a parent or legal guardian of the registrant.
2. A party entitled to receive the record as a result of a court order, or an attorney or a licensed adoption agency seeking the birth record in order to comply with the requirements of Section 3140 or 7603 of the Family Code.

3. A member of a law enforcement agency or a representative of another governmental agency, as provided by law, who is conducting official business.
4. A child, grandparent, grandchild, sibling, spouse, or domestic partner of the registrant.
5. An attorney representing the registrant or the registrant's estate, or any person or agency empowered by statute or appointed by a court to act on behalf of the registrant or the registrant's estate.



Driver's Licenses

DMV Offices –

916-657-0214

Department of Motor Vehicles 4700 Broadway

916-657-7669

California DMV – Vehicle Code (A very lengthy document – you may wish to use the “Search” function of the main DMV site)

<http://www.dmv.ca.gov/pubs/vctop/vcpdf/vehcode.pdf>
[www.DMV.ca.gov/fo/regions/california.htm](http://www.dmv.ca.gov/fo/regions/california.htm) <http://www.dmv.ca.gov>

Francis House

1422 C Street

916-443-2646

(assist getting SSN, California Sacramento, CA 95814

Vouchers for reduced fees or free ID and Birth Certificates)

Driver's License record expungement 915 Broadway, Sacramento

916-551-2102

Tuesday, Wednesday, Thursday 8AM

916-324-6202

Bring a free from DMV form called FTA – FTT

DRIVERS LICENSE REVIEW CHECKLIST

NAME (Last, First, Middle Initial): _____

Birth Month: _____ Birth Year: _____

I hereby grant authority to DMV to review my driver license or identification card information for the purpose of determining if I am eligible to obtain a driver license and/or identification card.

Signature: _____ Date: _____

Driver's License: ☐ Current ☐ Expired ☐ Suspended/Revoked ☐ None

Identification Card: ☐ Current ☐ Expired ☐ None

To clear your driver's license, you must do the following:

☐ Pay Re-issue Fees Amount Due:

☐ Clear Failure to Appear/Failure to Pay

Court Address / phone #:	
Court Address / phone #:	

**Questions about FTA/FTP/DUI, contact
Mandatory Actions Unit at 916-657-6525**

- ☐ Clear DUI suspension / revocation
- ☐ Outstanding Child Support: Contact District Attorney in _____ County.
- ☐ Financial Responsibility Suspension: Contact Financial Responsibility Unit
916-657-6677
- ☐ Driver Safety Suspension / Revocation: Contact 916-657-8101

To make an appointment with the DMV field office, Call 1-800-777-0133

An appointment has been made for you as follows:	Date:	Time:
	Location:	

Note: When applying for a driver license at a DMV field office, you may be required to take a vision, written and/or drive test. All required fees must be paid. You may be required to provide proof of legal presence (birth certificate, etc).

Note: All driver license applications must clear the National Driver Registry. If you have outstanding tickets/action in other states, those must be cleared with the state of record, prior to being issued a California Driver License.

DRIVER'S LICENSE RECORD EXPUNGEMENTS

If you have traffic citations or thought the traffic citations you had were expunged or resolved by completing a 41500 or the CDCR 1896 form (rev 11-00) when you were in prison, here is the telephone and address for verifying the status of your license. If you have a copy of the forms, bring them with you. If you do not have the copy of the forms, the Dismissal Desk staff can get the information for you:

- 1.) Go to the **Carol Miller Justice Center at 301 Bicentennial Circle, Sacramento 95826.**
- 2.) Ask for the **Dismissals Desk** when you are at the main floor **Information Desk** specialist. The **Dismissal Desk** telephone is **916-875-7200.**
- 3.) Explain to the Dismissal Desk staff person that you have completed a 41500 or bring the copies with you to be hand-delivered to the Dismissals Desk..

RESOLVING DRIVERS LICENSE SUSPENSIONS

If your license was suspended or would like to check on its status, you can call: Licensing or Operating Division, DMV 916-657-6525. You will be asked to provide them your driver's license number and name before the records are revealed to you.

Child Support Payments to Un-freeze Driver's Licenses

Sacramento Child Support Services 3701 Power Inn Road **916-875-7400**
Sacramento, CA 95826
P.O. Box 269112

Sacramento, CA 95826-9112
Payment Center Payment Processing Center, P.O. Box 419058
Rancho Cordova, CA 95741-9058

<http://www.dcss.saccounty.net>

contact Ombudsman for guidance: 3701 Power Inn Road **916-875-7320**
Sacramento, CA 95826

A non-custodial parent who goes to jail should contact the [local child support agency](#) to modify the child support order. Otherwise, past-due child support will continue to grow and the non-custodial parent will be responsible for paying past-due support when released

Singer & Associates 1329 Howe Ave, Suite 216 916-922-5986
A Father's Custody Sacramento, CA 95825 Fax: 916-922-5986

Traffic School --California DMV - Driver Handbook -

http://www.dmv.ca.gov/pubs/hdbk/driver_handbook_toc.htm

Traffic School Location List

<http://www.dmv.ca.gov/forms/ol/ol745.pdf>

Traffic Schools

800-359-0104 Saturday & Evenings Great Teacher
800-500-2307 Great Classes On Sat/Sun/Days/Eve
800-286-8051 Lettuce Teach U Traffic Safety)
916-453-8800 Statewide Traffic School
916-424-8877 Sacramento Driving School
800-429-4968 Finally A Gay Traffic School
916-443-2830 Midtown Traffic School
800-233-1551 Saturday or Sunday Painless Schools
800-775-5233 Improv The Comedy Club Presents
800-889-0514 Pizza 4U Great Comedians
888-320-4141 The 21st Century Traffic School
800-218-0013 Traffic School Taught With Movies
800-429-4968 Gay Community Traffic School
800-218-0013 Comedy for Less Traffic School
800-748-5933 Fun N Cheap Comedy
916-392-1325 Steer Right Traffic
916-929-3723 Humor's My Name Traffic's My Game
800-983-1711 Mike's Traffic School
916-452-9333 Capitol City Driving
800-257-5357 Great Traffic Safety Classes
888-666-4887 Bond Traffic School
800-234-7283 Cheap School
916-539-0627 A Personal Touch
800-750-3151 Saturday Or Weekday Traffic School
800-732-2233 National Traffic Safety Institute
800-210-7382 California Movie & Film
916-966-4632 Judy's Live A Little Learn A Lot
800-448-4140 Pacific Seminar Traffic Safety, Inc
800-359-9570 Open 365 Days A Year
800-408-0800 The Cool Traffic Sch.
800-500-2307 Pizza for You Comedians 2
866-673-1509 The New Traffic Sch.
916-689-1261 Slow Down Traffic Safety School

Spanish Speaking Driving Schools

916-444-0120 Academia De Traficio En Espanol
800-230-0922 La Clase De Trafico Para Los Latinos
800-667-8680 Facil Divertido Y A Su Alcance



Social Security Card

Social Security Administration	8581 Folsom Boulevard Sacramento, CA 95826 2444 Marconi Ave Sacramento, CA 95821 910 Cirby Way Roseville, CA 95661	916-381-9410 800-772-1213 916-979-2019 916-770-8300
---------------------------------------	---	---

For more information and to find copies of our publications, visit our website at www.socialsecurity.gov or call toll-free, **1-800-772-1213** (for the deaf or hard of hearing, call our TTY number, **1-800-325-0778**). We can answer specific questions from 7 a.m. to 7 p.m., Monday through Friday

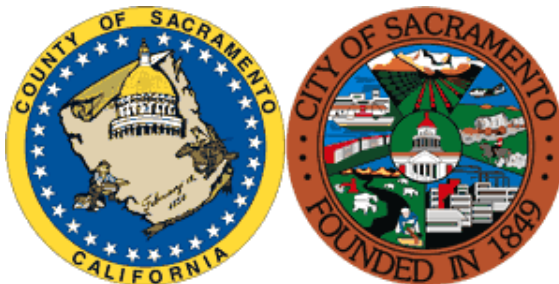
If you are a U.S. citizen, Social Security must see your with completed SS-5 form U.S. driver's license; State-issued non-driver identity card; or U.S. passport.

If you do not have these specific documents or cannot get a replacement for them within 10 days, we will ask to see other documents, including:

Employee ID card; School ID card; Health insurance card (not a Medicare card);
U.S. military ID card; or Adoption decree.

If you are not a U.S. citizen, Social Security must see your current U.S. immigration documents. Acceptable documents from the Department of Homeland Security include your: Form I-551 (includes machine-readable immigrant visa with your unexpired foreign passport); I-94 with your unexpired foreign passport; or Work permit card (I-766 or I-688B).

Disability Action Advocates	4122 C Street, Sacramento	877-322-1044
assist individuals and families to get benefits of SSI or SSDI		916-387-7001



General Assistance

General Assistance - Sacramento	1725 28 th Street	916-874-2256
	3960 Research Dr	916-648-0894
	2450 Florin Road	916-875-8100
	2433 Marconi Av	916-875-3601
		916-875-3660

Food Stamps	-----	916-874-2072
Social Security	-----	800-772-1213
WIC	250 Harris St, Suite 6	916-737-3677
women, infant, children nutrition	Sacramento, CA	

Disability Action Advocates	4122 C Street	877-322-1044
assist individuals and families to	Sacramento, CA 95814	916-838-7001
get benefits of SSI or SSD – FREE consultation		



Legal Services

All Of Us Or None	4104 44th Street	916) 457-7480
Legal Services for Prisoners with children	Sacramento, CA	
http://allofusornone.org/index.html and www.SacAllOfUsOrNone@yahoo.com		
assistance to expunge portions of a record		415-255-7036
Ending inappropriate employment discrimination		Ext. 337

Disability Action Advocates assist individuals and families to get benefits of SSI or SSD	4122 C Street Sacramento, CA 95814	877-322-1044 916-838-7001
Legal Services of Northern California (LSNC) Legal advice for low-income	515 12TH Street Sacramento, CA 95814	916- 551-2150
Clear Your Criminal Record national expungement service	-----	800-200-0005
Driver's License record expungement Tuesday, Wednesday, Thursday 8AM Bring a free from DMV form called FTA – FTT	915 Broadway, Sacramento	916-551-2102 916-324-6202
Employment Law Clinic Thursday 6PM-8PM	517 12th Street Sacramento (between E & F)	916-551-2150 916-551-2166
Family Court Services Monday-Fri 8AM-5PM mediate child custody and visitation disputes	800 9th Street, Main Floor Sacramento, CA 95814	916-875-3400
Lawyer Referral Service Monday-Fri 9AM-3:30PM	901 H Street, Suite 101 Sacramento, CA 95814	916-444-2333
Legal Services for Prisoners with Children Loaves & Fishes Legal Care	1540 Market Street suite 490 info@prisonerswithchildren.org	415-255-7036 916-446-0368
McGeorge School of Law Community Legal Services, Monday-Friday 9AM-5PM domestic, landlord/tenant, bankruptcy, and family law proceedings.	3130 Fifth Ave. Sacramento, CA 95817	916-340-6080
Singer & Associates A Father's Custody Center	1329 Howe Ave, Suite 216 Sacramento, CA 95825	916-922-5986 Fax: 916-922-5986

VOLUNTARY LEGAL SERVICES PROGRAM

Voluntary Legal Services 517 12th Street 916-551-2102
Program 3341 Power Inn Road 916-875-3406
 (free legal advice for home & family issues) vlsp@vlsp.org

The Voluntary Legal Services Program also offers expungement clinics. Appointments for our Tuesday through Thursday clinics at the Career Center at 9th and Broadway in Sacramento are made on Monday mornings for the entire week. This is a new system for us. I recommend that people get there in line by 7 or 7:30 am on Monday morningsthey start taking reservations at 8 am.



Once you learn to read, you are free forever – Frederick Douglass

Sacramento Public library	828 I Street	916-264-2920
Main Branch	Sacramento, CA 95814	916-264-2770
contact@saclibrary.org		800-561-4636
Telephone Information (TELIS) - All Branches		800-209-4627
askus@saclibrary.org		

Literacy Services -- Free one-on-one tutoring is provided to English speaking adults who want to improve their basic reading and writing skills.

Literacy Services [Arcade Community Library](#) 916-966-7323

2443 Marconi Ave.

Sacramento, Ca 95821

Monday-Friday 8:00-5:00 pm.

Jackie Miller, Coordinator **916-575-2156**

jmiller@saclibrary.org

Mary Van Orden **916-575-2158**

mvanorden@saclibrary.org

Judith Alvi 916-575-2164

jalvi@saclibrary.org

Teresa Gutierrez 916-575-2159

Arcade

2443 Marconi Ave

Sacramento, CA 95821

[Arden-Dimick](#)

891 Watt Ave, Sacramento, CA 95821

[Carmichael](#)

5605 Marconi Ave, Carmichael, CA 95608

[Central](#)

828 I Street, Sacramento, CA 95814

Colonial Heights

4799 Stockton Blvd. Sacramento, CA 95820

[Belle Cooledge](#)

5600 South Land Park, Sacramento, CA 95822

Courtland

170 Primasing Ave, Courtland, CA 95615

[Del Paso Heights](#)

920 Grand Ave, Sacramento, CA 95838

Elk Grove

8962 Elk Grove Blvd. Elk Grove, CA 95624

[Fair Oaks](#)

11604 Fair Oaks Blvd. Fair Oaks, CA 95628

Franklin

1055 Franklin High Rd, Elk Grove, CA 95757

[Galt](#)

1000 Caroline Ave, Galt, CA 95632

Isleton

412 Union Street, Isleton, CA 95541

[Martin Luther King, Jr.](#)

7340-24th St. Bypass, Sacramento, CA 95822

McClatchy

2112-22nd St. Sacramento, CA 95818

[McKinley](#)

601 Alhambra Blvd. Sacramento, CA 95816

N Highlands-Antelope

4235 Antelope Rd. Antelope, CA 95843

[North Natomas](#)

2500 New Market Dr. Sacramento, CA 95835

North Sacramento – Hagginwood **2109 Del Paso Blvd. Sacramento, CA 95815**

[Orangevale](#)

8820 Greenback Ln Suite L, Orangevale, CA 95662

Rancho Cordova

9845 Folsom Blvd. Sacramento, CA 95827

[Rio Linda](#)

902 Oak Lane, Rio Linda, CA 95673

South Natomas
Southgate

2901 Truxel Rd. Sacramento, CA 95833
6132 66th Ave., Sacramento, CA 95823

Sylvan Oaks
Valley Hi-North Laguna

6700 Auburn Blvd, Citrus Heights, CA 95621
6351 Mack Rd, Sacramento, CA 95823

Walnut Grove

14177 Market St. Walnut Grove, CA 95690



Special Services

Consortium for Community Services

(CCS) 3353 Bradshaw Road, Ste 106-107 916- 854-4564

-when referred by your Parole Agents- treatment counseling, clinical services, medical support, single and family skills building, housing, life re-tooling and adult education certifications, volunteering, employment and mentoring

All Of Us Or None 4104 44th Street 916) 457-7480
Legal Services for Prisoners with Sacramento, CA
children <http://allofusornone.org/index.html>
assistance to expunge portions of a record 415-255-7036
Ending inappropriate employment discrimination Ext. 337

Community Information Center Sacramento, CA 800-510-2020
The Anger Medium 1420 E. Roseville Parkway 916- 878-6511
www.AngerMedium.com Suite 140516, Roseville, CA 95661

Arson & Gang Offenders Lorenzo Patino Hall of Justice 916-874-5744
Registration Superior Court 916-227-3280
651 I Street

Sex Offenders Sacramento, CA
Registration 700 North 5th Street 916-874-5090
711 G Street 916-227-3280
Sheriff's Home Detection Office 916-322-3360
not open Wednesdays 800-952-5225

Center of Praise Ministries 10455 Investment Circle 916-361-8684
Eara E. Lovelace Power Center Rancho Cordova, CA 916-441-3305
23RD Street & Capitol Ave.

Crisis Services Program Sacramento, CA
Suicide Prevention 8912 Volunteer Lane Ste 100 916-368-3118
24-hours as day Sacramento, CA 95826 916-773-3111

Victory Management 721 Del Paso Road 916-923-2820
Consultants Sacramento, CA 95834
Contact: Victor Alvarez referred by Stephen Mills
Life and business mentoring business classes & career possibilities

Disability Action Advocates 4122 C Street 877-322-1044
assist individuals and families to Sacramento, CA 95814
get benefits of SSI or SSD – **FREE consultation**

Suicide Prevention 24-hour Sacramento 916-368-3111
Auburn - 530-885-2300// Lincoln - 916-645-8866 // Roseville - 916-773-3111

Department of Child Support Services 3701 Power Inn Rd. 916-875-7400
Sacramento, CA 95826

Department of Motor Vehicles 4700 Broadway 916-657-7669
Sacramento, CA 95820

Associated Chaplains in California State Service 962 Q Street 916-492-9667
Sacramento, CA 95814 Jeff Thompson
Law Enforcement Chaplains of Sacramento 10388 Rockingham Dr 916-857-1801
Sacramento, CA 95827 www.sacchaplains.com

Emmanuel Prison Ministries 2251 Florin Road Suite 132 916-395-1525
www.FelonSpeakOnline.com <http://web.mac.com/RolandPollard>

In The Light Ministries 710 Vinwood Ave. 916-770-5187
book store faith-based Roseville, CA 95678
www.InThLit.com and Daniel@IRecover.org

jBanta Inc. 2831 Fruitridge.Road Ste. M 916-739-0894
resources & support for Fathers Sacramento, CA 95820
www.jBanta.com

InfoLine Sacramento ----- 916-498-1000
Sacramento Community Services Planning Council
Call-in for assist finding housing, legal assist, counsel, health care, job training etc.

Legal Services of Northern California (LSNC) 515 12TH Street 916-551-2150
Sacramento, CA 95814
legal advice for low-income

MedMark Treatment Centers 7240 E. Southgate Dr Ste. E & G 916-391-4293
Methadone & Buprenorphine Sacramento, CA 95823
maintenance & detox programs, www.MedmarkTreatmentCenters.com
individual, group & family counseling
Prison Industry Authority (PIA) 560 East Natomas St. 916-358-2190
Folsom, CA 95630

Native TANF Program 3831 North Freeway Blvd. Ste 100 **916-920-3150**
Mentoring Native adults, youth, healthcare, counsel, **jobs**, fatherhood, family building

Prison Fellowship PO Box 978 916- 354-2742
www.prisonfellowship.org Rancho Murieta, CA 95683-0978

Project Self-Sufficiency **916-627-8650**
c/o Jason Chris Foundation, Inc Donna@AZMusicPros.com
Donna M. Lynum - contact

Quit Smoking The BrightWay Toll Free (US & Canada) 877-871-8323
www.quitsmokingthebrightway.com Info@QuitSmokingTheBrightWay.com

Sacramento Community Based Coalition 444 N. 3rd Street Suite 230 916-264-0240
Sacramento, CA 95811
by referrals only, please contact your Parole Agent

Sacramento Disabled Services 916-277-6045

Small Business Development Ctr. 1410 Ethan Way 916-563-3220
Training to develop your own Sacramento, CA 95825
www.sbdn.net

business

<http://sbdcnet.org/SBIC/bplans.php> and www.planware.org/ and
<http://www.bizplanit.com/vplan.html>
<http://www.sba.gov/smallbusinessplanner/index.html>
<http://www.sbaer.uca.edu/>

SCORE

4990 Stockton Blvd., Sac 916-635-9085
5655 Hillsdale Blvd, Suite # 916-263-0656

Free, confidential business advice-counseling to small business start-ups/entrepreneurs

Toastmasters <http://www.district39.org/findclub/>

916- 491-5571
800-934-3737

Women's Empowerment Program 1400 North C Street 916-669-2307
8-week personal growth course Sacramento, CA

Heaven's Gate Enterprises - Community Resources Coordinator and services to PACT Parolee Orientation serving Sacramento – Yolo, Placer, Gold Country, Butte, Tehama, Shasta, Kern, San Diego, Imperial & Orange counties.
www.HeavensGateEnterprises.com Stephen_R_Mills@HeavensGateEnterprises.com

WHAT DO I WRITE & WHAT DO I SAY TO GET THE JOB?

What will we write in a job application when we come to the empty space that asks, **“Have you ever been convicted of a felony? If yes, explain.”** Any answer under these circumstances should contain words or a special group of words that are called “truisms” and words that calm and assure the reader of our application or the interviewer. Below are phrases that will give us the best chance at calming and assuring the decision-maker that we are a good employee and are ready for learning to live life and work effectively within the laws that protect our community.

We have been in a circumstance where our decisions have been faulty and wrong. We are not the victim. Our phrases in an application and interview will prepare others to recognize us as a worthy coworker, productive and contributive to their profits and mission, for which we will be paid.

Within each of the calming phrases, we have highlighted some key words that should be practiced (ideally practice these aloud) so that these words become comfortable being written by you in an application or when spoken from you during an interview.

During an interview for a job, you may sense the best time to inject one or more of these phrases. You will want to use one or more of the phrases to respond to a question about your past and any gap in your work history.

Of course, any truth in these statements will only be true if we keep the commitment inside ourselves to act in life and at work in a manner that makes these true.

These statements respond to concerns that a professional employer would want and even *need* to hear.

“As you might imagine, it's difficult, embarrassing, for me to answer that question, but I'll be as **candid** as I can...”

“It's not enough to say that I made a mistake... I'll be **sorry** for the rest of my life. I just didn't have the life-tools I have now, to make proper decisions”

“Looking back on it, it feels like it happened to somebody else. But the fact is I wasn't as prepared as I am now to make the right choices...”

“I'll **devote** every **effort** to make you proud for taking a chance on me...”

“If you can imagine it, I was amongst family and friends who thought that good meant weak, and it seemed to take a lot of choices away from me. I'm **eager** to **show** that I know better now.”

“I've come to **appreciate** how many people really *do* care that we make it out here... Did you know that, when you hire me, you can receive a tax credit of up to \$8500 in Federal taxes and up to \$600 off of the California state taxes? The Federal government may also pay my employer up to half of my wages during training, because I am eligible under the J.T.P.A. and W.I.A. programs, and they allow me to be bonded? I'll work hard at **making you feel good** about going along with them.”

“If our roles were reversed and I could read your mind, I wouldn't hesitate a moment to give you a chance... Since I believe it would be **comfortable** for both of us.”

“I know you can't read my mind or see what's in my heart, but if you could, you wouldn't hesitate giving me a go...”

“I'm prepared to accept your, “No” with **respect**, but it would be better if **we** could **celebrate** your, “Yes”.

“I can **sympathize** with every concern you must have about giving me a chance, and I can't promise anything other than my **cooperation** and **commitment** to make your hiring me a good choice.”

From the heart of the mind of Bern Moses

www.TheCommandGroup.org

www.TheCommandAcademy.com



From today's Orientation of service providers, you will be expected to seek those that may make a difference to you and your family.

From three unique service providers you will get **3 signatures plus an additional signature** from a service provider with whom you have made **an appointment to visit their office or service**

AGENCY NAME

PROVIDER SIGNATURE

APPOINTMENT GROUP/COMPANY/AGENCY_____

TIME/DATE/PLACE: _____

YOU MUST CHECK OUT WITH LAW ENFORCEMENT AND THE PAROLE AGENTS PRIOR TO LEAVING ORIENTATION TO RECEIVE CREDIT FOR YOUR ATTENDANCE AT THIS MEETING. THANK YOU.

OFFICER OR PAROLE AGENT SIGNATURE
