

Yuba Sutter Counties 2009



T H E
FREMONT-RIDEOUT
H E A L T H G R O U P
exceptional care, close to home

LOW COST • NO COST PEOPLE SERVICES

PUBLICATION SPONSORED BY A PARTNERSHIP BETWEEN SUTTER COUNTY HUMAN SERVICES AND FREMONT-RIDEOUT HEALTH GROUP

For a free copy visit the Sutter County Health Department, 1445 Veterans Memorial Circle, Yuba City, CA 95993. This information is also available by visiting the Sutter County Human Services website: www.SutterCounty.org

Alcohol & Drug Abuse

ACTS

Alcohol Chemical Treatment Series
Marysville, Truth Tabernacle Church,
Friday 7 PM 742-7761

Addiction Treatment Svc. Inc.

Narcotic treatment program.. 749-8640

Adult Children of Alcoholics

Self-help for those with alcoholic
families. For time & location of
meetings, call 673-9380

Aegis Medical Systems, Inc.

Narcotic treatment program.. 742-7747

Al Anon Family Group

Fellowship for family members of
alcoholics. Call 673-9380

Alcoholics Anonymous

A fellowship for those with alcohol
problems. Call 673-9380

Beale Air Force Base Life Skills

Social Services for military personnel
and their departments. 634-3420

California Smokers' Helpline

..... 800-662-8887
..... 800-844-2439

Clean Break - Fremont-Rideout

Stop smoking or chewing tobacco.
Free 4-day class..... 749-4458

County Substance Abuse Programs

Counseling, treatment, crisis interven-
tion for Families with drug problems.
Sutter County 822-3292
Yuba County..... 749-6798

Fathers First

Open group for recovery and
parenting for Fathers, meeting at Truth
Tabernacle Church, Marysville Friday
Nights @ 7:00 pm..... 742-7761

First Steps Prenatal Program

See Women's Services

NAR-Anon Family Group

A support group for family members of
addicts. Call..... 1-800-477-6291

Narcotics Anonymous

Self-help for those with drug problems.
Call..... 877-6361

National Alcohol & Drug Abuse Hotline

Self-help info..... 1-800-784-6776

National Council on Alcoholism

Information on alcohol-abuse services
Toll-free 1-800-622-2255

Pathway's Drug & Alcohol Program

Substance Abuse Programs including:
Youth and Family, Out-patient,
Residential for men and women. Free
Assessments..... 674-4530

Rideout Memorial Hospital Emergency Dept.

726 4th Street, Marysville. For
emergencies *S*P*H,~O.
Call..... 911

School Alcohol/Drug Prevention

Alcohol and other drug prevention and
other intervention for School-based
programs.
Sutter County 822-7654
Yuba County..... 741-4379

Sutter & Yuba County Alcohol & Drug Administrator

Coordinates county services .822-7200

Sutter Yuba Mental Health

Counseling and referral for drug and
alcohol abuse..... 822-7200

Tobacco Education & Referrals to Cessation Classes

Sutter County 822-7215
Yuba County..... 749-6366

Animals

Animal Bites

Sutter County Environmental
Health 822-7219
Yuba County Animal Control 741-6478

Animal Control Office

Licensing and control of animals
Sutter County 822-7375
Yuba County..... 741-6478

Pet Life Line

Shelter for dogs and cats, low-cost
spraying and neutering.
Adopt-a-Pet..... 755-1437

Yuba Sutter S.P.C.A.

Low cost spraying and neutering,
vaccinations 673-6390

Children's Activities

4H Club

Focus on agriculture for
youth..... 822-7515

Boy Scouts of America

Organized activities for boys.. 822-9275

Campfire, Inc. Boys and Girls

Children's scouting programs.
Call..... 1-800-427-1417
or..... 916-452-4982

Friday Night Live/Club Live/ Kid Live

Sponsors dances, sporting activities,
community services, cultural activities.
Youth Live Center for 4th, 5th and 6th
grades on Thursday from 5-8 PM., 7th
& 8th grades on Friday from 5-8 PM.
and high school-age youth on Saturday
from 8 PM. to midnight. Also FNL
Mentor Program and the FNL /Pepsi
Indoor Sports Arena includes adult and
youth soccer leagues and workshops,
youth conferences, lock-ins and
baseball batting cages for hire.
..... 742-5483

Girl Scouts Council

Organized activities for girls.
..... 1-800-322-4475

Harmony Health Family Resource Center

Ages 0-5 742-5049

Library Services

Sutter County 822-7137
Yuba County..... 749-7380

Sutter/Yuba County Children & Families Commission

Planning for services for children
under age 5. Call 822-7505

Youth Soccer League of Yuba-Sutter

..... www.yubasuttersoccer.com

Yuba City Recreation Department

Special classes, arts and crafts, trips,
movies, youth and adult sports.
..... 822-4650

Child Care

Beale Child Development Center

Hourly, daily, and full-time care for
children 1-5 years. Also family day care
homes available. *S..... 634-4717
or..... 634-4984

California Human Development Corp. Child Care Center

Full-day child care. Cost based on
income. Call 821-2202

Child Care Planning Council

Call..... 749-3276 ext. 106

Children's Day Care Licensing

Call..... 895-5033

Children's Home Society of California

Child care referrals to licensed family
day care homes and centers, resource
library and financial child care services
for children..... 673-7503
Toll-free 1-800-552-0400

Latchkey

Linda School. K-13 years..... 741-6119

Live Oak Child Care Center

Serves children ages 2-10 years,
bilingual staff. Call..... 695-2372

Migrant Head Start

Families working in agriculture. Full-
day care with preschool curriculum for
children ages 4 weeks- 6 years, *S,*P,*H
..... 741-2995

North Marysville Continuation High School

Alternative education for high-school
aged students. On-site child care
provided for teen parents.
Call..... 749-6919

School District Child Care Programs

Marysville Joint Unified
Full and part-time day care for children
ages 3-13 years. 749-6163
Yuba City Unified
Full and part-time day care for children
ages 2-6 years. Also services for
migrants. 822-5235

State Child Development Program

Three-and-a half-hour programs
during school year for ages 3-4 years;
priority to 4 year olds. Call..... 822-5235

State Preschools

Brittan
Part-day preschool for ages 3-5 years
from low income families 822-5155
Marysville
3 1/2 hour preschool programs for ages
3-4 years, bilingual staff 749-6165
Yuba City
3 1/2 hour preschool programs for ages
3-4 years, bilingual staff 822-5235

Yuba College Child Dev. Center

Full or part-time day care for children
3 years and older. Located on campus.
*S,*P,*H. Call 749-3808

Yuba College Infant/Toddler Center

For children 6 weeks to 36 months
*S,*P,*H. Call..... 741-7738

E Center Head Start Program

Prenatal - 5 years
Program Office..... 741-2995
Yuba City 671-3763
Butte Vista 751-2080
Live Oak..... 695-8098
Marysville..... 741-2995
Wheatland..... 633-4011
Yuba College 742-4094
Olivehurst..... 749-8005

*S (Spanish), *P (Punjabi), *H (Hmong) = Interpreters on staff; *I = Bring your own interpreter.

~S (Spanish) ~P (Punjabi) ~H (Hmong) ~O (other languages) = Interpreters available as needed, helpful to call in advance.

Child & Family Counseling

ABC Olivehurst Family Resource Center

Support services to promote self-sufficiency — targeting families in Yuba County who have young children (ages 0-5). Olivehurst 740-7767
Cedar Lane 740-7766

Beale Family Support Service Center

For active, retired, and reserve family members only. 634-2863

Casa de Esperanza

Shelter for victims of domestic violence, rape and sexual assault counseling. *S,-P,-H. Call 674-5400
Crisis Line 674-2040

Child Help's National Child Abuse Hotline

Toll-free 1-800-422-4453

Children & Families Commission

Resources and information on parenting skills, child development and wellness.
Sutter County 822-7505
Yuba County 749-6777

Compassionate Friends

Self-help support for parents who have experienced the death of a child.
..... 674-2595

Family Intervention Team (FIT)

Support for families with multi-agency involvement. 822-7478

Fremont-Rideout Hospice

See MEDICAL - HOSPICE

Harmony Health Family Resource Center

Assists families with community referrals, in home case managing, counseling, parent workshops/support groups, woman's support group, and resource information file. *S,*H.
Call 742-5049

Nine Line

Phone-counseling and referral for teens.
Toll-free, 24 hours 1-800-999-9999

Parent Network

For families of children with special needs. Provides referrals to services, a resource library, parent-to-parent support, parenting classes and support groups.
Sutter County Parent Network 751-1925
Yuba County Family Resource Center 749-3276

Teen Line

A confidential telephone help line for teenage callers. Volunteers - trained teenagers who will talk to the caller about anything that concerns them.
In California call 1-800-TLC-TEEN

Yuba County Probation

Youth counseling project 749-7550

Children Missing

California Missing Children Hotline

Toll-free 1-800-222-3463

California Runaway Hotline

Toll-free 1-800-843-5200

Kids Hotline

For kids who want to talk about their problems. Toll-free 1-800-843-5200

National Center for Missing & Exploited Children

Toll-free, 24 hours 1-800-231-6946

National Runaway Switchboard

Toll-free 1-800-621-4000

Community Information

Chamber of Commerce

Community needs, events, business. *S.
Call 743-6501

Salvation Army

Help in locating missing persons.
*S,*P,*H. Call 671-7283

United Way

Community resources referral
..... 743-1847

Counseling Mental Health

see also MEDICAL/SUPPORT GROUPS

A Woman's Friend

See WOMEN'S SERVICES

Alta California Regional Center

See DISABLED

Anger Management Classes

Sutter County Probation 822-7320

Beale Air Force Base

Mental health. Translator by appointment. Call 634-3420

Casa de Esperanza

See CHILD & FAMILY COUNSELING

Emotions Anonymous

Support group for people having difficulty coping with unresolved problems. Sponsored by Mental Health *S,*P 822-7200

Harmony Health Family Resource Center

Call 742-5049

Mental Health America Yuba Sutter

Support and sharing for the families of the mentally ill 822-7200 or 7178

Parent Network

See CHILD & FAMILY COUNSELING

Planned Parenthood

See Women's Services

Sutter-Yuba Mental Health

24-hour Crisis Line *S,*P 673-8255
Day treatment 822-7205
Emergency, 24-hours 673-8255
Inpatient 822-7209
Outpatient 822-7200

Yuba-Sutter Veterans Service Center

See VETERANS

Disabled

Alta California Regional Center

Diagnosis, special services for those with retardation, CP, epilepsy, autism *S,*P,*H. Call 674-3070

Boy Scouts Handicapped-Scouting

Programs for both girls and boys
..... 822-9275

Butchie's Pool

Swimming pool for the handicapped
..... 671-4373

California Dept. of Rehabilitation

Vocational testing, counseling, training.
Call 822-4591
TDD only 822-4594

California Relay Service

Relay-voice-to-TTY and vice-versa for the hearing impaired... 1-800-735-2922
Toll-free TTY 1-800-735-2929

County Depts. of Human Services

Services for disabled adults
Sutter County 822-7151
Yuba County 749-6311

Easter Seals Society

Medical equipment for loan, information and referral, public education 673-4585

FREED Yuba-Sutter

Foundation of Resources for Equality and Employment for the Disabled.
Advocacy, housing assistance, personal assistant registry. Call 742-4474

Fremont-Rideout Home Health

..... 673-7100

Home Living Skills

Services for the disabled 751-7140

Housing Authority

See HOUSING

Nor-Cal Center on Deafness

Voice Line 671-0811
TTY 671-2236

No. California Independent Living

Peer advising, attendant care, interpreting services 893-8527
TDD 893-8529

Parent Information Line

Special Education telephone line for parents of students with disabilities ages 0-22. Call 1-800-434-2465
TDD 916-327-3678

Parent Network

See CHILD & FAMILY COUNSELING

Property Tax Assistance/Postponement

See FINANCIAL ASSISTANCE

Special Education

For all handicapped children
Yuba City U.S.D. 822-7655
Sutter County Schools. 822-2900
CTEC 822-5120
TDY 822-5104
Yuba County 741-6231

Speech & Hearing Clinic CSUC

Diagnostic evaluation of speech and hearing, hearing aid evaluation.
Chico 898-5871

Speech-to-Speech Telephone Support Services

Public Utilities Commission provides free telephone services to people with speech disabilities 1-800-854-7784

Sutter North Medical

Home Health 749-3450

Yuba College Disabled Student Program

Call 741-6795

Emergency Social Services

Adult Protective Services

Investigates referrals of elder and dependent adult abuse or neglect.
Sutter County 822-7151
Yuba County 749-6471

Air Force Aid Society

Emergency assistance for active duty and dependent military members.
Call 634-2863

American Red Cross

Emergency assistance, financial aid for members of the Armed Forces and their families, AIDS education
..... 673-1460

Child Protective Service

Protection for children subjected to abuse or neglect
Sutter County (24 hours) 822-7227
Yuba County 749-6361
Yuba Co (24 hours) 749-6288

Community Resource Project

Weatherization for low income households, renters, or owners in Yuba and Sutter Counties. Call 671-7590

County Depts. of Human Services

Food, clothing, shelter.
Sutter County 822-7230
Yuba County 749-6311

Lifeline

Personal remote control device for emergency response for the elderly, disabled handicapped or isolated.
Call 743-5500

Rural Development

Low-interest loans for first time housing borrowers and loans for farmers 673-4347

Salvation Army

Emergency food, clothing, shelter.
Call 671-7283

Salvation Army Depot

See HOUSING

Twin Cities Rescue Mission

Gospel services, meals, showers, clothing, overnight accommodations for single men. Call 743-8777

Victim-Witness Program

Social, financial help for victims of violent crime, court assistance
Sutter County *S,*P 822-7345
Yuba County *S 741-6275

Yuba-Sutter Gleaners Food Bank

Call 673-3834

Employment Training

California Dept. of Rehabilitation

Vocational testing, counseling, training, job placement assistance.
Call 822-4591
TDD only 822-4594

California Human Development Corp.

Information about employment, training, education 673-4120
or 741-2924

Career Training & Education Center

Sutter County 822-5120
Yuba County
Regional Career Center 749-4850

CSUC Educational Opportunity

Special admission program for students. Call 898-6831

Elderhostel & Elder-college Program

Area Agency on Aging
Toll-free 1-800-822-0109

Employment Development Dept.

Job Search Workshop, Conservation Corps, unemployment insurance
Call 741-4218

Farm Advisor UC Coop. Extension

Information on gardening, landscape, money management, food production
Call 822-7515

Library Literacy Program

Serves Yuba and Sutter Counties.
Call 822-7272

One-Stop Business Center

Sutter County 822-5120
Yuba County 749-4800

Private Industry Council

On-the-job & classroom training, work experience for youth 822-7145

Senior Employment Program

55+, Active Adults Program 40+, Training opportunities 749-4800

Sutter County Employment Services

Employment, educational training, work experience program for TANF recipients. Child care and transportation provided.
Call 822-7133

Tri-County ROP

School-based vocational education for youth and adults 16 years and older.
..... 822-5110
or 822-2952

Yuba College Re-Entry Center

Call 741-6826

Yuba County Employment Services

Employment, education, work experience program 749-4800

Yuba/Sutter Enterprises

Women's career resource center
..... 671-2911

Environment/Recycling

Air Pollution Control

Regulation of open burning
Sutter County 634-7659
Yuba County..... 741-6299

Environmental Health Divisions

Accepts complaints concerning the environment and public areas
Sutter County 822-7219
Yuba County..... 749-5450

Office of Emergency Services

Toxic waste removal
Sutter County 822-7370
Yuba County..... 749-7520

Yuba-Sutter Disposal, Inc.

Solid waste removal and recycling.
~S,~O. Call 743-6933
Household Hazardous Waste Facility:
Open Sat. 8:00 am - 4:00 pm, 134 Burns Drive, Yuba City
Monday - Friday 749-4217
Saturday..... 671-6900

Financial Assistance

see also *Emergency Social Services*

Beale AFB Family Support Center

Call 634-2863

Community Resource Project, Inc.

See *UTILITIES*

Consumer Counseling Services

Counseling for anyone with financial difficulties, provides money management guidelines 674-9729

County Departments of Human Services

Medi-Cal, TANF, emergency loans, food stamps, general assistance and CMSP, *S,*P
Sutter County 822-7230
Yuba County..... 749-6311

Property Tax Assistance/Postponement

For senior citizens and the disabled
Yuba County..... 749-7840
or 742-2334
or 1-800-338-0505

Salvation Army

see *EMERGENCY SOCIAL SERVICES*

Social Security Administration

Information about retirement benefits, survivor's benefits, Medicare, and benefits for the elderly, blind or disabled 866-331-5449

Government

County Clerk

Filing for marriage, confidential marriage, passport, minor emancipation. Also performs marriages.
Sutter Co..... 822-7120
Yuba County..... 749-7851

Clerk of the Superior Court

Filing for any legal proceedings including divorce.
Sutter County 822-3309
Yuba County..... 749-7600

District Attorney

Consumer protection, involuntary commitment, criminal prosecution
Sutter County ~S 822-7330
Yuba County ~S..... 749-7770

Public Guardian

Trust of personal affairs when no relative able to do so.
Sutter County ~S, ~O 822-7250
Yuba County..... 749-6306

Recorder

Vital statistics, military discharge, deeds and all official land transactions. *S,*P,*H.
Sutter County 822-7134
Yuba County 749-7850

Registrar of Voters

Voter registration, filing for county office and elections *S,*P,*H.
Sutter County 822-7122
Yuba County..... 749-7855

Housing

Casa de Esperanza

See *CHILD & FAMILY COUNSELING*

Contractors Referral Board

To find licensed contractors in good standing with the Licensing Board.
Call..... 1-800-321-2752

Housing Authority

Housing for low-income, seniors, disabled, or agriculture workers. *S,*P,*H.
Sutter County 671-0220
Yuba County..... 749-5460

Homeless Mental Health Program

Drop-in center for homeless or those at-risk of being homeless. Provides case management, support and guidance, telephone use.
Yuba County..... 743-7313

Mercy Housing California

Marysville Housing Rehab Program: Low interest loans to income qualifying families for home repairs. Self-Help Program - Affordable Homeownership: Families help build each other's homes - no cash down payment.
Call..... 800-995-0431 x4412
Or TDD 1-800-735-2929

Pacific Gas & Electric Company

Weatherization and insulation
Call..... 1-800-743-5000

The Salvation Army Depot Family Crisis Center

Temporary housing for homeless families. Call 216-4530

Twin Cities Rescue Mission

Residential services for single men, homeless services for men and women. *S 743-8777

Yuba-Sutter Habitat for Humanity

Call..... 742-2721

Legal/Consumer Info

California Rural Legal Assistance

Lawyer referral service, legal services, landlord tenant welfare rights. *S,*P,*H. 742-5191

Consumer Counseling Services

See *FINANCIAL ASSISTANCE*

Consumer Office Department

Sacramento 916-445-1254

Department of Child Support Services

Free services provided for establishing, enforcing and collecting child support.
Sutter County *S *P 822-7338
Yuba County *S 749-6000

Department of Weights & Measures

Correct weight on public scales. *S,*P,*H.
Sutter County 822-7500
Yuba County..... 749-5400

District Attorney

Consumer protection, involuntary commitment, criminal prosecution.
Sutter County ~S 822-7330
Yuba County ~S 749-7770

Insurance Complaints

Consumer information
Toll-free 1-800-927-4357

Public Defender Service

Criminal defense service.
Sutter Co..... 822-7355
Yuba County..... 741-2331

Senior Legal Hotline

Call..... 800-222-1753
or visit www.seniorlegalhotline.org
California residents who are 60 years or older are eligible to receive free legal advice, written information, referrals, and other brief services in all areas of civil law (including estate planning, consumer issues, elder abuse, etc.)

Yuba-Sutter Legal Center for Seniors

Represents seniors in court and at Medi-Cal and SSI hearings, negotiates with creditors, landlords, prepares powers of attorneys, homesteads, helps obtain Medi-Cal for long term care, etc. and represents victims of abuse.
Call..... 742-8289

Medical - Clinics

A Woman's Friend

See *WOMEN'S SERVICES*

Access for Infants & Mothers

See *WOMEN'S SERVICES*

AIDS Testing & Counseling

Sutter County Health *S, *P.... 822-7215
Yuba County Health *S, *H.... 749-6366

County Health Services

Well baby/child clinic, family planning, pregnancy counseling, prenatal clinic, immunizations, HIV testing, TB & STD testing and treatment; public health nursing services; injury prevention; tobacco & AIDS/HIV education; dental education. Outpatient clinic, including acute and chronic care; check-ups & sports, DMV & immigration physicals.
Sutter County 822-7215
Outpatient Clinic 822-7240
California Child Services..... 822-7215
Yuba County *S 749-6366

Sutter County Infant Program

Services to families in Yuba and Sutter Counties with infants who have significant delays in their development. Staff include a special education

teacher, an occupational therapist, a speech therapist and a nurse. Services may be provided in the home or in the program center..... 822-5103

Feather River Health

Emergency care, medical, dental, vision, hearing. Oroville 534-5394

Feather River Tribal Health

Yuba City 751-8454
Oroville 534-5394

FRHG Urgent Care Center

1531 Plumas Ct., Yuba City
Call 751-4900

Great Beginnings Midwifery Program

See *WOMEN'S SERVICES*

Gridley Family Health Center

Medical care, children's physicals, vasectomy, family planning, CHDP, immunizations. Physicals for sports, school and DMV. *S. Call..... 846-6231

Harmony Health Medical Clinic

Call 743-6888

Healthy Families

Call 1-800-880-5305

Infectious Disease Testing

Sexually Transmitted Diseases & TB
Sutter County *S,*P 822-7215
Yuba County *S,*H..... 749-6366

Insure Kids Now

Call 1-877-543-7669

Lindhurst Family Health Center

Health care services *S,*P,*H
Dental 743-4614
Medical..... 743-4611

Marysville Immediate Care Clinic

For urgent, but not life threatening, medical attention. No appointment needed, welcomes all patients, regardless of ability to pay. Medi-Cal and Medicare gladly accepted. Open 365 days a year 8 a.m. - 12 midnight.
710 4th St. Suite G, Marysville
..... 749-4556

Medi-CAL

Healthy Families Medi-Cal Program
Call 1-888-747-1222

Oregon House Community Clinic

Comprehensive medical care for men, women and children. CHDP exams, gynecological and family planning services, free breast screening and mammogram referrals, and all types of other medical care. MediCal. Medicare and other insurance accepted.
Call 692-2050

Peach Tree Healthcare

Comprehensive medical care for children and adults. *S,*P,*H
Appointments and drop-in. .. 749-3242

Planned Parenthood

See *WOMEN'S SERVICES*

Richland Family Health

Health care services. *S,*P. 674-9200

Rideout Memorial Hospital Emergency Department

Physicians available for emergencies 24 hours-a-day. 726 4th Street, Marysville. *S,*P,*H. Call..... 911

Shriner's Hospital

Call..... 1-916-453-2000

Tobacco Prevention Education Cessation Classes

See *ALCOHOL & DRUG ABUSE*

Medical - Disease Info

AIDS CARES Project

Salvation Army-sponsored case management and referral to medical case management for persons with HIV/AIDS. *S. 671-7283

AIDS/HIV Information

Education and local referrals. Del Norte Clinic, Inc. *S,*P,*H
Call 674-4261
Web site www.aids.co.sutter.ca.us
Sutter County Health Dept. *S,*P,~O
Call 822-7215
Yuba County Health Dept. *S, *H
Call 749-6366

American Cancer Society

Transportation to medical care; loans, hospital equipment, volunteer visitors. Beyond Breast Cancer support group. Look Good, Feel Better Program. *S,*P,*H. 741-1366

American Heart Association

Public and professional health education, school programs. Stroke Club located in ChiCounty Some Spanish-language literature.
Call..... 342-4247

Arthritis Foundation

Self-help courses, support groups, physician referral services, aquatic classes, free booklets.
Sacramento 916-368-5599

CDC National AIDS Hotline

AIDS referral, Toll-free 7 days/week
English 24-hour 1-800-232-4636
English/Spanish 8AM-2AM (M-F)
Call..... 1-800-344-7432
TDY 10 AM-10 PM (M-F)
Call..... 1-800-243-7889

Cancer Research Information

AMC National counseling service and information. Toll-free .1-800-525-3777

Christopher & Dana Reeve Foundation

Nonprofit organization. Research for treatment for paralysis and spinal cord injury. Call for publications
Toll-free 1-800-225-0292

Cystic Fibrosis Foundation

Free information and referrals.
Toll-free 1-800-344-4823

Dental Society

Educational materials and referrals.
Call 671-9312

Diabetes Society of Yuba-Sutter

Pamphlets, newsletter, library, loans blood glucose meters. 674-9112

Juvenile Diabetes Foundation

Health services information.
Toll-free 1-800-533-2873

Easter Seals Society

Medical equipment for loan, information and referral, public education. 673-4585

Epilepsy Foundation of America

Toll-free 1-800-332-1000

Hepatitis C Task Force (Nor-Cal)

Educational and support services for the community, businesses and individuals regarding the silent epidemic of hepatitis. Call 671-7441

March of Dimes Birth Defects Foundation

Advocacy, medical and public health education, printed materials (also in Spanish). Sacramento 916-922-1913

National Health Information Clearing House

*S Toll-free 1-800-336-4797

National Jewish Lung Line

Health info and doctor referral
Toll-free 1-800-222-5864

Organ Donation Information Line

*S Toll-free 1-800-243-6667
or 1-800-292-9537

Sexually-Transmitted Disease Hotline

Toll-free 1-800-227-8922

Sutter-Yuba Medical Society

Physician referrals, complaints
..... 673-6894

Medical - Hospice

Fremont-Rideout Hospice

Medical services for the terminally ill in Sutter and Yuba Counties. Support groups for the terminally ill and their families 790-3006

Sutter North Medical Foundation

Sutter North Hospice..... 749-3460

Medical - Support Groups

AIDS Support

Home Health Care Management, CHP Plus for HIV positive or AIDS. No cost to client, includes skilled nursing, social work, homemaker, financial assistance *S. Call 1-800-400-0727
or 1-800-343-0727

Alzheimer's Aid Society of No. CA

Information Group. *S. Sacramento
Call 916-448-7001

American Lung Ass'n • Better Breathers

Call 1-800-586-4872

Breast Cancer Support Group

Call 749-3347

Cancer Caregivers Support Group

Sponsored by the American Cancer Society and Fremont-Rideout Health Group..... 749-4400 x1686

Cancer Support Group

Call 749-4368

Diabetes Support Group

Call 674-9112

Emotions Anonymous

Support group for people having difficulty coping with unresolved problems. Sponsored by Mental Health. *S,*P 822-7200

Fremont-Rideout Hospice

See *MEDICAL - HOSPICE*

Fremont-Rideout Cancer Center

Support Group Call 300-0712

Grief Support Group

Fremont-Rideout Hospice's grief support group provides support for people experiencing grief due to the death of a loved one. 790-3006

Hepatitis C Support Group

Meets every Thursday from 3:30 - 5:00 PM at the F.O.R. Families Suite, 6000 Lindhurst Ave., Suite 700-B, Marysville
Call 671-7441

Mental Health America Yuba Sutter

Support group for families of the mentally ill. Call 822-7178

Parkinson's Support Group

Call 674-5557

Prostate Support Group

Call 741-1366

Yuba/Sutter Children's Type 1 Diabetes Support Group

Call 329-5339

Native Americans

California Tribal TANF Partnership

Call 671-5401

Feather River Health

Emergency care, medical, dental, vision, hearing. Oroville. 891-5700

Feather River Tribal Health

General medical care 751-8454

U.S. Indian Affairs Bureau

Sacramento 916-930-3927

Recreation

City Recreation Departments

Swimming, softball, field trips
Live Oak City Hall 695-2112
Yuba City 822-4650

County Libraries

Book and record loans
Sutter County 822-7137
Yuba County 749-7380

Friday Night Live/Club Live/Kid Live

See *CHILDREN'S ACTIVITIES*

Ruff Hill Recreation

Brownsville..... 675-0121

YMCA Feather River

Afterschool care, summer day camps, sports, camping and cheerleading in Yuba/Sutter area. Call 666-9622

Senior Citizens

See also *DISABLED SERVICES*

Adult Protective Services

See *EMERGENCY/SOCIAL SERVICES*

Area Agency on Aging

Homemaker aid, ombudsman, information, referral for those 60 years or older. Sacramento.
Call 916-486-1876

Caring Calls

Daily call to see how seniors are doing
Call 674-5253

Elder Services of Northern California

Ombudsman, advocacy for Seniors, Gatekeeper Community Services. Translation by appointment.
Call 755-2018
Pager 916-522-8464

Experience Works

Senior workforce solutions
..... www.experienceworks.org
Call 749-4887

Health Insurance Counseling

Referrals to help seniors with medicare billing and insurance selection
Chico 898-5923
Yuba City/Marysville 742-2334
Toll-free 1-800-822-0109

Housing Authority

See *HOUSING*

Meals on Wheels

Call 916-486-1876

Medicare Information

Toll-free 1-800-952-8627

Nutrition

Dine-in meals for seniors.
Yuba City Senior Center 822-4608
or 282-8557
Lunch at Senior Center 990-0852

Property Tax Assistance/Postponement

See *FINANCIAL ASSISTANCE*

Senior Legal Hotline

See *LEGAL SERVICES*

Senior Snack Program

Call 749-6471

Senior Information & Assistance

Locates services and resources requested by seniors, provides assistance completing forms, schedules HICAP appointments, etc..... 742-2334

Social Security Administration

*S,*P,*H 866-931-2521

Yuba City Senior Citizen Center

Classes, crafts, dances, trips, exercise, tax assistance, blood pressure screening 822-4608

Yuba County In-Home Supportive Services (IHSS)

Helps people remain safely in their own home. Call 749-6471

Yuba Sutter Legal Center for Seniors

See *LEGAL SERVICES*

Transportation

Community Resource Services

Senior Medi-Car provides transportation to non-emergency medical appointments for Seniors aged 60 + 741-9090

Yuba Sutter Transit

A variety of general public and senior/disabled scheduled and specialized transportation services. 15 commuter schedules to Sacramento. Mon-Fri: 6:30 pm - 9:30 pm; Sat: 8:30 pm - 5:30 pm; Sun: No service.
Route & Schedule Info 742-2877
Dial-A-Ride Reservations 742-2877
Administration 634-6880
TTY 634-6889

Utilities

Community Resource Project, Inc.

Home Energy Assistance Program (HEAP) through PG&E, weatherization.
Call 671-7590

Garbage

Yuba Sutter Disposal 743-6933

Gas & Electric

Pacific Gas and Electric Company
Call 1-800-743-5000

Water Resources Department

Call for flood management 755-0071

Veterans & Military

American Red Cross

Service to military families 673-1460

National Veterans' Foundation

Toll free 888-777-4443

Yuba College Veteran's Affairs

Education benefits for veterans and dependents. Call 741-6822

Yuba-Sutter Veterans Service Center

Services to veterans, dependents of veterans, and surviving spouses of veterans 749-4967

Women's Services

A Woman's Friend

Services for expectant mothers, post-abortion counseling, free pregnancy tests and verification, maternity and infant clothing for loan. *I
24-hour Hotline 741-0556

Access for Infants & Mothers

Insurance for medical expenses during pregnancy 1-800-433-2611

Casa de Esperanza

See *CHILD & FAMILY COUNSELING*

Child Protective Services

See *EMERGENCY/SOCIAL SERVICES*

County Health Services

See *MEDICAL CLINICS*

Feminist Women's Health Center

Abortion, birth control, VD and pregnancy testing, referrals, fertility services 891-1911

First Steps Perinatal Program

Drug abuse counseling/treatment for pregnant and parenting women
Call 822-7263

Fremont-Rideout

Child birth classes; breastfeeding, maternity dept. tours and childbirth preparation 751-4165

Great Beginnings

Prenatal care, delivery services and hospitalization for pregnant women at Fremont Medical Center. MediCal accepted. *S, ~O 751-2390

Harmony Health Family Resource Cntr.

Call 742-5049

La Leche League

Information, education and support for expectant and breast-feeding-mothers
Call 797-4176

Planned Parenthood

Birth Control, pregnancy testing, STD screening and treatment, first trimester abortion, PAP tests, AIDS testing, tubal ligation and vasectomy counseling. *S
Call 674-2603

Rape Crisis Intervention

24-hour crisis hotline, bilingual crisis line workers available. Medical, legal and emotional advocacy, support groups, education, child-assault prevention. *S, ~O
Crisis 674-2040
Business 674-5400

Sweet Success Fremont-Rideout Health Group

Diabetes in pregnancy education.
Call 751-2108

WIC: Women, Infants, & Children

Nutrition education, supplemental food vouchers
Sutter C. ~S 822-7224
Yuba County 749-4830

If services have been overlooked or if there are errors, contact Sutter Human Services at 822-7327. All information is subject to change. A listing in this document does not indicate a recommendation of the agency.

Visit the Sutter County Human Services Web Site at:
..... www.suttercounty.org

The Network of Care web site is a valuable resource for individuals, families and agencies concerned with behavioral health services, laws, and related news. Visit the Network of Care local Web Sites at:
..... www.sutter.networkofcare.org
or www.yuba.networkofcare.org

Mental Health America Yuba Sutter (MHAYS, formally known as National Alliance for the Mentally Ill, NAMI) is committed to assisting those with psychiatric disabilities and their families, by providing mutual support, education, advocacy and research. Visit the Mental Health America Yuba Sutter Web Site at:
..... www.mhayubasutter.com