



Low Cost • No Cost People Services

Sutter-Yuba Counties 2016

PUBLICATION SPONSORED BY **SUTTER COUNTY HUMAN SERVICES**

This information is also available at the Sutter County Human Services department website, www.SutterCounty.org

INTERPRETERS ON STAFF: **S** Spanish, **P** Punjabi, **H** Hmong, **O** Other Languages, **I** Interpreters available, helpful to call in advance.

ALCOHOL & DRUG ABUSE SERVICES

ACTS

Alcohol Chemical Treatment Series
Truth Tabernacle Church, Marysville **742-7761**

Addiction Treatment Services

Narcotic treatment program **749-8640**

Adult Children of Alcoholics

Self-help for those with alcoholic families.
Meeting time & location **310-534-1815**
or www.adultchildren.org

Aegis Medical Systems

Narcotic treatment program **742-7747**

Al-Anon /Alateen Family Group

Fellowship for family members of alcoholics.
Toll free **1-888-425-2666**
Website www.al-anon.alateen.org

Alcoholics Anonymous

A fellowship for those with alcohol problems **916 454-1100**

County Substance Abuse Programs

Counseling, treatment, crisis intervention
for Families with drug problems.
Sutter Co. **822-7200**
Yuba Co. **749-6798**

Fathers FIRST

Open group for recovery and parenting for fathers.
Truth Tabernacle Church, Marysville **742-7761**

First Steps Prenatal Program

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

NAR-Anon Family Group

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

Narcotics Anonymous

Self-help for those with drug problems **1-877-669-1669**

SAMHSA (Substance Abuse and Mental Health Services Administration) Helpline

Self-help information **1-800-662-4357**

National Council on Alcoholism and Drug Dependency

Information on alcohol-abuse and
drug dependency services **1-800-622-2255**

Pathway's Drug & Alcohol Program

Substance Abuse Programs including:
Youth & Family, Outpatient, Residential
for men & women. Sutter Co. **674-4530**
Yuba Co. **742-6670**

Rideout Memorial Hospital Emergency Dept.

For emergencies **S P H O** **911**

Salvation Army Depot Family Crisis Center

Substance Abuse Treatment Services **216-4530**

Sutter/Yuba County Alcohol & Drug Administrator

Coordinates county services **822-7200**

Sutter Yuba Mental Health Services (SYMHS)

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

TOBACCO EDUCATION & REFERRALS TO CESSATION CLASSES

Sutter Co. **822-7215**

Yuba Co. **749-6366**

Rideout Health **741-3840**

ANIMALS

Animal Control Office

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

Yuba Sutter S.P.C.A.

Low cost spaying, neutering,
and vaccinations **673-6390**

ANIMAL BITES

Sutter Co. Environmental Health **822-7400**

Yuba Co. Animal Control **741-6478**

CHILDREN'S ACTIVITIES

4H Club

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

Big Brothers Big Sisters Program

Interested in becoming a Big Brother
or a Big Sister? **1-916-646-3930 x112**

Boy Scouts of America

Organized activities for boys **1-916-929-1417**

Friday Night Live/Club Live/Kid Live

742-5483

Girl Scouts Council

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

Little League

Olivehurst-Linda **742-7949**
Peach Bowl **673-6584**
Sutter Buttes **870-1730**

YMCA

Recreation and activities for youth **916-452-9622**
or **329-3304**

Youth Soccer League

of Yuba-Sutter www.yubasuttersoccer.com
or **755-4464**

Yuba City Recreation Department **822-4650**

Live Oak City Parks and Recreation **695-2112**

LIBRARY SERVICES

Live Oak **695-2021**

Marysville **749-7380**

Rio Oso **633-2170**

Yuba City **822-7137**

CHILD CARE & DEVELOPMENTAL SERVICES

Children's Home Society **673-7503**
or **1-800-552-0400**

Community Care Licensing **895-5033**

Beale AFB Child Development Center **634-4717**

E Center Yuba Sutter

Head Start Program Office **741-2995**

Sutter County Children & Families Commission

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

Yuba County Office of Education, Early Start Family Education Resource Center

Support to Yuba County families of infants
and toddlers from birth to 36 months who are
at risk for developmental disabilities or who
have established disabilities **749-4991**

Sutter County Superintendent of School's Infant Program

Services to families in Sutter County with
infants who have significant delays in
their development. **822-2900**

SUTTER COUNTY

SCHOOL DISTRICT & STATE FUNDED CHILD CARE DEVELOPMENT PROGRAMS

Brittan Elementary **822-5141**

Live Oak Child Care Center **695-2372**

Marcum Illinois **656-2407**

Yuba City Unified **822-5235**

YUBA COUNTY

SCHOOL DISTRICT & STATE FUNDED CHILD CARE DEVELOPMENT PROGRAMS

Marysville Joint Unified **749-6165**

Wheatland Elementary **633-3130 x 1110**

CHILD & FAMILY COUNSELING

Beale Family Readiness Center

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

Casa de Esperanza

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

Child Help's National

Child Abuse Hotline **1-800-422-4453**

Compassionate Friends

Self-help support for parents who have experienced the death of a child.
English 674-2595
Spanish ☎ 871-3501

Family SOUP (aka 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 in Yuba, Sutter and Colusa counties 751-1925

Rideout Hospice

(See Medical – Hospice)

Harmony Health Family Resource Center

Assists families with community referrals, in home case managing, counseling, anger management counseling, parent workshops/support groups, woman's support group, and resource information file. ☎ ⓘ 742-5049

Sutter North Hospice Children's Bereavement Program

Offers services to children, teens and families 749-3460

The Covenant House Nine Line

Phone-counseling and referral for teens. Call Toll-free, 24 hours 1-800-786-2929

Teen Line

A confidential telephone help line for teenage callers. Volunteers - trained teenagers who will talk to the caller about anything that concerns them. 1-800-852-8336

FAMILY RESOURCE CENTERS

Information and referral services. Parent education classes, life skills workshops, support groups. Linkages to health and social service programs. In-home visitation services for children and families.

Wheatland School District 633-4061

Camptonville 288-9355

Grace Source, Plumas Lake 741-1386

Yuba Co. Office of Ed., Marysville 749-4049

Cedar Lane School 741-6112 x3661

Ella School 741-6124 x 4426

CHILDREN MISSING

Missing Children Hotline 1-800-222-3463

California Youth Crisis Line 1-800-843-5200

National Center for Missing & Exploited Children

Call Toll-free, 24 hours 1-800-843-5678

National Runaway Safeline 1-800-786-2929

COMMUNITY INFORMATION

Yuba Sutter Chamber of Commerce

Community needs, events, business. 743-6501

Community Action Agency 751-8555

Salvation Army

Help in locating missing persons ... 1-800-698-7728

United Way

Community resources referral 743-1847

COUNSELING & MENTAL HEALTH

(Also See Medical/Support Groups)

A Woman's Friend Pregnancy Resource Clinic

(See Women's Services)

Alta California Regional Center

(See Disabilities)

Beale AFB Mental Health Clinic

Services for military personnel and their dependents 634-2941

Casa de Esperanza

(See Child & Family Counseling)

Family SOUP (aka Parent Network)

(See Child & Family Counseling)

Harmony Health Family Resource Center

..... 742-5049

Mental Health America Yuba Sutter (MHAYS)

Support of the mentally ill. 822-7200

Planned Parenthood

(See Women's Services)

Salvation Army Open Door

(Homeless Mentally Ill Program)
Provides case management, support and guidance, telephone use. 743-7313

Sutter-Yuba Mental Health Services (SYMHS)

24-hour Crisis Line ☎ ⓘ 673-8255

Wellness & Recovery 822-7200

Inpatient 822-7200

Outpatient 822-7200

Victim Witness

Sutter Co. 822-7345

Yuba Co. 741-6275

Yuba-Sutter Veterans Service Center

(See Veterans & Military)

DISABILITIES

Alta California Regional Center

Diagnosis, special services for those with intellectual or developmental disabilities, CP, epilepsy, autism. ☎ ⓘ ⓘ 674-3070

Boy Scouts Handicapped-Scouting

Programs for both girls and boys ... 1-800-427-1417

Butchie's Pool

Swimming pool for the handicapped 671-4373

California Dept. of Rehabilitation

Vocational testing, counseling, training ... 822-4591

TDD only. 822-4594

California Relay Service

Relay Voice-to-TTY, Voice Carry Over, and Hearing Carry Over and vice-versa for the hearing impaired:
Call 711

English 1-800-735-2929

Spanish 1-800-855-3000

Relay Speech to Speech for the speech impaired:

English and Spanish 1-800-854-7784

Deaf and Disabled

Telecommunications Program ... 1-800-806-1191

Department of Human Services for Disabled Adults

Sutter Co. 822-7227

Yuba Co. 749-6471

Easter Seal Society

Medical equipment for loan. Information and referral. Public education 673-4585

Family SOUP

(See Child & Family Counseling)

FREED Center for Independent Living Disability and Aging Resource Center

Advocacy. Personal assistant referral. Housing assistance. Information and referral. Nursing home transition. Peer support. Independent living skills. Assistive technology. Fix-it Program. Senior transportation vouchers for paratransit ... 742-4474

In-Home Supportive Services (IHSS)

Helps people remain safely in their own home.
Yuba Co. 749-6471
Sutter Co. 822-7227

Rideout Home Health

In-home nursing service. 673-7100

Housing Authority

(See Housing)

Nor-Cal Center on Deafness

Voice Line 530-740-7803
TTY 740-7802

Parent Information Line (CA Dept of Ed)

Special Education telephone line for parents of students with disabilities ages 0-22 . 1-800-926-0648

Property Tax Assistance/Postponement

(See Financial Assistance)

Special Education

For all handicapped children.
Yuba City Unified School District 822-7612
Sutter Co. Schools 822-2909
Sutter County One Stop 822-5120 & 822-5104
Yuba Co. Office of Ed 749-4900

Speech & Hearing Clinic CSUC

Diagnostic and rehabilitative services for communicative disorders 898-5871

Yuba College Disabled Student Program

Voice Line 741-6795
TTY 866-274-5730

Yuba-Sutter Respite

(See Child & Family Counseling)

EMERGENCY SOCIAL SERVICES

Adult Protective Services

Investigates referrals of elder and dependent adult abuse or neglect.
Sutter Co. 822-7227
Yuba Co. 749-6471

Air Force Aid Society

Emergency assistance for active duty, retired personnel and dependent military members 634-2863

American Red Cross

Emergency assistance, financial aid for members of the Armed Forces and their families, AIDS education 1-877-272-7337

Child Protective Service

Protection for children subjected to abuse or neglect.
Sutter Co. Call 24 hours 822-7227
Yuba Co. Call 24 hours 749-6288

Community Resource Project

Home Energy Assistance Program (HEAP). Assistance with utility bill based on specific criteria. Weatherization for low income households, renters, or owners in Yuba and Sutter counties 671-7590

County Depts. of Human Services

Food, clothing, shelter. Sutter Co. ... 1-877-652-0735
Yuba Co. 749-6311

Hands of Hope

Resource center for homeless families. Partial rental deposits to qualified applicants. 755-3491

Rural Development

Low-interest loans for first time housing borrowers and loans for farmers USDA
Yuba City Farm Service Agency 674-1461

Salvation Army

Emergency food, utilities & shelter .. 216-4530 x4534

Social Security Administration

Information about Medicare, retirement benefits, survivor benefits, benefits for the elderly, blind or disabled. 1-866-331-5449

Twin Cities Rescue Mission

Gospel services, meals, showers, clothing to men, women and children. Overnight accommodations for single men. 743-8777

Victim-Witness Program

Advocacy and financial assistance for victims of violent crime. Court assistance.
Sutter Co. 822-7345
Yuba Co. 741-6275

Yuba-Sutter Gleaners Food Bank. 673-3834

Yuba-Sutter Respite

(See Child & Family Counseling)

EMPLOYMENT TRAINING

California Dept. of Rehabilitation

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

California Human Development Corp.

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

CSUC Educational Opportunity

Special admission program for low income students. 898-4028
or www.calstate.edu/sas/eop

Employment Development Department

Workshops and other employment services. Unemployment Insurance. 1-800-300-5616

Farm Advisor UC Coop. Extension

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

Library Literacy Program

Serves Yuba and Sutter Counties 822-7272

One-Stop Business Career Training & Center

Sutter Co. 822-5120
Yuba Co. 749-4850

Sutter County Employment Services

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

Tri-County ROP

School-based vocational education for youth & adults 16 years & older 822-2952

Yuba College CalWorks 634-7773

Yuba County Employment Services

Employment, education training, work experience program 749-6311

ENVIRONMENT/RECYCLING

County Office of Environmental Health

Accepts complaints concerning the environment and public areas.
Sutter Co. 822-7450
Yuba Co. 749-5450

Office of Emergency Services

Toxic waste removal.
Sutter Co. **822-7370**
Yuba Co. **749-7520**

Recology Yuba-Sutter

Solid waste removal and recycling. ☎ ☑ . . . **743-6933**

FINANCIAL ASSISTANCE

(Also See *Emergency Social Services*)

Beale AFB Family Support Center **634-2863**

Community Resource Project, Inc.

(See *Utilities*)

Consumer Counseling Services

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

County Depts. of Human Services

Medi-Cal, CalWorks, emergency loans, CalFresh, general relief, and CMSP.
Sutter Co. ☎ ☐ **1-877-652-0735**
Yuba Co. ☎ ☐ **749-6311**

Social Security Administration

Information about retirement benefits, survivor benefits, Medicare, and benefits for the elderly, blind or disabled. **1-866-331-5449**

GOVERNMENT**County Clerk**

Filing for marriage, confidential marriage, passport, minor emancipation. Also performs marriages.
Sutter Co. **822-7134**
Yuba Co. **749-7851**

Clerk of the Superior Court

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

District Attorney

Consumer protection, involuntary commitment, criminal prosecution.
Sutter Co. ☎ **822-7330**
Yuba Co. ☎ **749-7770**

Public Guardian

Trust of personal affairs when no relative is able to do so.
Sutter Co. ☎ ☑ **822-7250**
Yuba Co. **749-6306**

Recorder

Vital statistics, military discharge, deeds and all official land transactions.
Sutter Co. ☎ ☐ ☑ **822-7134**
Yuba Co. ☎ ☐ ☑ **749-7850**

Registrar of Voters

Voter registration, filing for county office and elections.
Sutter Co. ☎ ☐ ☑ **822-7122**
Yuba Co. ☎ ☐ ☑ **749-7855**

HOUSING**Casa de Esperanza**

(See *Child & Family Counseling*)

Community Housing Improvement Program (CHIP)

Assistance to low-income and rural disadvantaged residents, seniors, and others who lack financial resources or knowledge to improve or provide adequately for their housing. **891-6931**

Contractors Referral Board

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

Hands of Hope **755-3491**

Housing Authority

Housing for low-income, seniors, disabled, or agriculture workers. ☎ ☐ ☑ **671-0220**

Homeless Mental Health Program

Provides case management, support and guidance, telephone use. Salvation Army ☎ ☐ ☑ **216-4530**

Pacific Gas & Electric Company

Weatherization and insulation **1-800-743-5000**

Regional Emergency Shelter Team **755-3491**

Salvation Army Depot Family Crisis Center

Transitional Housing for homeless families & single women. **216-4530 x 4559**

Twin Cities Rescue Mission

Residential services for single men. Homeless services for men and women. ☎ **743-8777**

Yuba-Sutter Habitat for Humanity **742-2727**

LEGAL/CONSUMER INFORMATION**California Rural Legal Assistance**

Lawyer referral service, legal services, landlord/tenant rights. ☎ ☐ ☑ **742-5191**

Consumer Counseling Services

(See *Financial Assistance*)

Consumer Affairs Office **1-866-275-2677**

Department of Child Support Services

Free services provided for establishing, enforcing and collecting child support. ☎ ☐ **1-866-901-3121**

Department of Weights & Measures

Correct weight on public scales.
Sutter Co. **822-7500**
Yuba Co. **749-5400**

District Attorney

Consumer protection, involuntary commitment, criminal prosecution.
Sutter Co. ☎ **822-7330**
Yuba Co. ☎ **749-7770**

Insurance Complaints **1-800-927-4357**

Public Defender Service

Criminal defense service, adults and juveniles.
Sutter Co. **822-7355**
Yuba Co. **741-2331**

CA Senior Legal Hotline

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.) **1-800-222-1753**

Yuba-Sutter Legal Center for Seniors

Services for person over age 60. Full legal representation. Brief advice. Small claims help matters. Unlawful detainers. Restraining orders. . . . **742-8289**

Family Court Services

Family law information, Self-Help Center and Family Law Facilitator.
Sutter Co. **822-3305**
Yuba Co. **749-7685**

MEDICAL/DENTAL/VISION CLINICS**A Woman's Friend**

(See *Women's Services*)

Access for Infants & Mothers

(See *Women's Services*)

AIDS Testing and Counseling

Yuba County Health Department ☎ ☑ **749-6366**

Ampla Health (formerly Del Norte Clinics)

Gridley **846-6231**
Linda **743-4611**
Yuba City **673-9420**

Ampla Health Dental Services

Olivehurst **743-4614**

Feather River Tribal Health, Yuba City

General medical care. 751-8454

Harmony Health Medical Clinic 742-5049

Infectious Disease Information

Sexually Transmitted Diseases, TB and other communicable diseases.
Sutter Co. ☎ ☐ 822-7215
Yuba Co. ☎ ☑ 749-6366

Insure Kids Now

Toll free 1-877-543-7669

Live Oak Clinic – Medical/Vision

Comprehensive medical and vision services for adults and children.
9980 Live Oak Blvd., Live Oak 749-3242

Marysville Immediate Care Clinic

For urgent, non- life threatening, medical attention.
724 Fifth Street, Marysville. 749-3242

Peach Tree Health Mobile Dental Clinic

Dental services including exam, cleaning, fluoride, and oral hygiene for children with Medi-Cal coverage who reside in Yuba and Sutter counties. 682-8428

Peach Tree Clinic – Medical/Vision

Comprehensive medical and vision services for children and adults. 5730 Packard Ave., Ste 500, Marysville.
☎ ☐ ☑ 749-3242

Peach Tree Clinic – Medical

Comprehensive medical services for adults and children.
1445 Veterans Memorial Cir, Yuba City 749-3242

Planned Parenthood

(See *Women's Services*)

Rideout Emergency Department

Physicians available for emergencies 24 hours a day.
726 – 4th St., Marysville. ☎ ☐ ☑ 749-4511
For emergencies. 911

Shriner's Hospital 1-916-453-2000

Sutter County Public Health Division

Information & services regarding communicable disease & TB control and testing; immunizations; public health nursing, child lead poisoning prevention, tobacco prevention education; chronic disease prevention; injury prevention (car seat and bicycle helmet); CA Children's Services Program; Public Health Laboratory services; Public Health Emergency Preparedness program services; Birth and Death Certificate information; Nutrition and Obesity Prevention Programs; Jail Medical services; WIC services ☎ ☐ **822-7215**

Yuba City Veterans Outpatient Clinic

425 Plumas Street, Yuba City **751-4500**

Yuba County Health Division

Information & services regarding communicable disease & TB control and testing; immunizations; public health nursing, child lead poisoning prevention, tobacco education; CA Children's Services Program, maternal, child, adolescent health. ☎ ☑ . . . **749-6366**

MEDICAL - DISEASE INFORMATION**Sutter-Yuba Medical Society**

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

CDC National AIDS Hotline ☎ **1-800-232-4636**

TDD **1-800-232-6348**

American Heart Association

Public and professional health education, school programs. Stroke Club located in Chico. Some Spanish-language literature **1-916-446-6505**

Arthritis Foundation

Self-help courses, support groups, physician referral services, aquatic classes, free booklets **1-916-368-5599**

Cancer Society, American Cancer Society

Transportation to medical care; loans, hospital equipment, volunteer visitors. Wigs Beyond Breast Cancer support group. Look Good, Feel Better Program. ☎ ☐ ☑ **741-1366**

Cystic Fibrosis Foundation

Free information and referrals. **1-800-344-4823**

Dental Society

Educational materials and referrals. **671-9312**

Yuba Sutter Diabetes Resources Center

. **763-4171**

Juvenile Diabetes Research Foundation

Health services information **916-920-0790**

Easter Seal Society

Medical equipment for loan. Information and referral. Public education **673-4585**

Epilepsy Foundation of America . . **1-800-632-3532**

March of Dimes Birth Defects Fund

Advocacy, medical and public health education, printed materials (also in Spanish) . . **1-916-922-1913**

National Health Information Center

Clearing House. ☎ **1-240-453-8280**

National Jewish Lung Line

Health info and doctor referral **1-800-222-5864**

Organ Donation Information Line (UNOS)

. **1-888-894-6361**

Sexually-Transmitted Disease Helpline

. **1-800-227-8922**

MEDICAL - HOSPICE**Rideout Hospice**

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

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. ☎ **1-800-400-0727**

Alzheimer's Aid Society of No. CA

Information Group. **1-800-540-3340**

American Lung Association - Better Breathers

. **1-800-586-4872**

American Cancer Society

Look Better Feel Better **741-1366**

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 website: suttercounty.org

THE NETWORK OF CARE

The Network of Care web site is a valuable resource for individuals, families and agencies concerned with behavioral health. It provides information about behavioral health services, laws, related news, as well as a directory and other features. 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) has been active in Yuba – Sutter community since June of 1983. MHAYS 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: mhayubasutter.com



Rideout Cancer Center Support Groups

Cancer Caregivers Support Group. Free individual and family therapy services. Expressive Writing – Narrative Therapy for cancer survivors and their supports. Expressive Art – Art Therapy for cancer survivors and their supports. Coping with Cancer. Open Expression – Art Therapy for cancer patients and their supports age 13+. Knitting Circle. Teen Talk – for teens of a parent or loved one with cancer. Pilates for cancer survivors and their supports.

Laughter Yoga 749-4400

Children's Type 1 Diabetes Support Group 763-4171

Rideout Hospice (See Medical – Hospice)

Grief Support Group

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

Man to Man: Prostate Cancer Support Group . 741-1366

Mental Health America Yuba Sutter

Support group for families of the mentally ill 822-7200

Parkinson's Support Group, Sutter Medical 673-3064

NATIVE AMERICANS

California Indian Manpower Consortium

Housing, utility, nutrition assistance. Vocational training services. 1-916-920-0285

California Tribal TANF Partnership 671-5401

Bureau of Indian Affairs 1-916-978-6000

Feather River Tribal Health

General medical care 751-8454

RECREATION

City Recreation Departments

Call Live Oak City Hall 695-2112
Call City of Yuba City Recreation 822-4650

County Libraries Book, and record loans

Sutter Co. Call 822-7137
Yuba Co. 749-7380

Friday Night Live/Club Live/Kid Live

(See Children's Activities)

Ruff Hill Recreation Brownsville 675-0121

YMCA

Youth sports, child care 933-9423
or 329-3304

SENIOR CITIZENS

Adult Protective Services

(See Emergency/Social Services)

Area Agency on Aging

Homemaker aid, ombudsman, information, referral for those 60 years or older. . 1- 916-486-1876

Elder Services of Northern California

Ombudsman advocacy for Seniors, Gatekeeper Community Services. (Translation by appointment) 755-2018

Housing Authority

(See housing)

In-Home Supportive Services (IHSS)

(See Disabilities)

Senior Information & Assistance

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

Senior Legal Hotline

(See Legal Services)

Social Security Administration . . . 1-866-331-5449

Yuba City Senior Citizen Center

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

SENIOR CITIZENS - NUTRITION

Meals on Wheels

Provided through Agency on Aging Area 4. Home-delivered meals are available to seniors age of 60 and older in Yuba & Sutter Counties, that are homebound due to illness, recovery, disability or other causes that prevent them from leaving their home. Prior to receiving home-delivered meals, an assessment worker will make a home visit to determine eligibility. Call (916) 486-1876
or (800) 211-4545

Senior Snack Program

Yuba County Adult Services, for Yuba County residents. 749-6471

TRANSPORTATION

Yuba Sutter Transit

A variety of general public and senior/disabled scheduled and specialized transportation services. Commuter schedules to Sacramento. Route & Schedule Call for information 742-2877
Dial-A-Ride Reservations 742-2877
TTY 634-6889

UTILITIES

Pacific Gas & Electric Company

Toll free. 1-800-743-5000
PG&E "REACH" Assistance 1-800-933-9677

Community Resource Project

Home Energy Assistance Program (HEAP)
Assistance with utility bill based on specific criteria. Weatherization for low income households, renters, or owners in Yuba and Sutter counties. 671-7590

California Lifeline (Telephone)

General Information 1-866-272-0349
☎ 1-866-272-0350
☎ 1-866-272-0351

Recology Yuba-Sutter

Solid waste removal and recycling 743-6933

VETERANS & MILITARY

American Red Cross

Service to military families 673-1460

EDD Veterans Services Officer

Yuba Co. 1-Stop 749-4850

National Veterans' Foundation . . . 1-888-777-4443

Sutter County One Stop 822-5120

Yuba City Veterans Outpatient Clinic

425 Plumas Street, Yuba City 751-4500

Yuba College Veteran's Affairs

Education benefits for veterans and dependents 741-6822

Yuba Sutter Veteran Service Office 749-4967

Yuba Sutter Veterans Stand Down 749-1036

WOMEN'S SERVICES

A Woman's Friend Pregnancy Resource Clinic

All services free of charge including: Pregnancy testing and pregnancy verification, maternity and infant clothing for loan; parenting classes, post-abortion support groups for women & men. 24-hour Hotline ☎ 741-0556

Access for Infants & Mothers

Insurance for medical expenses during pregnancy 1-800-824-0088

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. . . 1-800-714-8151

First Steps Perinatal Program

(See Alcohol & Drug Abuse Services)

Fremont Medical Center Prenatal Classes

Childbirth preparation, maternity tours, breast-feeding, Lifesaver Baby 751-4165

Harmony Health Family Resource Cntr . 743-6888

La Leche League

Information, education and support for expectant and breast-feeding-mothers. 822-7224

Planned Parenthood

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

WIC (Women, Infants, & Children)

Nutrition education, supplemental food vouchers, breastfeeding education. Sutter Co. ☎, ☎ 822-7224
Yuba Co. 749-4830

WOMEN'S SERVICES - RAPE CRISIS INTERVENTION

Casa de Esperanza 674-2040

Planned Parenthood 674-2603