Domestic Violence Victims: One Safe Place Shelter and 24 hr. Crisis and Information Line) 244-0117
Shower: Good News Rescue Mission: 241-5754 (if you aren’t staying there 7:30 - 8:30 am, Mon - Fri ) YMCA: 246-9622 S5 (Mon -Sat 5- 8 am)
Info: 211 Shasta: Dial 211 for 24 hr information on community resources or www.211shasta.org
24 hr Suicide Crisis Line: 1-800-273-TALK • Community Resources Information: Northern Valley Catholic Social Service 241-0552 Veterans: 225-5616 • Seniors: 223-6034 • Domestic Violence 24 hr: 244-0117 • Disabilities: 242-8550 • Teens: 365-9260
Accessing Services: Need help in accessing services or filling out paperwork? Contact your nearest HHSA Social Services Regional Office for assistance:
Motel: If you are on or eligible for CALWORKS, their homeless program may provide a motel, and rent utility obligations.
Good News Rescue Mission: GNRM can accommodate medical shelter needs including bed rest during the day at their shelter.
Food: Food bank & food program locations and hours throughout Shasta County: 243-8713 Box 250 Meals & Food for Seniors: Shasta Senior Nutrition Program: 226-3071 ( Lunch Centers, Meals on Wheels, Brown Bag & USDA Commodities)
Meals: Three meals a day whether you stay at their shelter or not: Good News Rescue Mission 241-5754 (6:30 am, noon, and 5:15 pm. Sunday lunch at 1:00)
Food Banks: for recorded listing call 243-8713 box 250 The Salvation Army 222-2207 (Mon, Wed, Thurs. 9 - 11:30)
People of Progress: 243-3811 (Mon - Fri 9:00 to 12:00) Shasta Senior Nutrition Friday Food Bank: 226-3071 (First & Third Fridays 8 to 9 am)
USDA Commodity Program and Food Bank operated by Shasta Senior Nutrition Program (not for seniors) Call for days and times: 226-3071
Clothing: People of Progress: M-F, 9-9:30 243-3811. The Salvation Army (by appt.) 222-2207. GNRM (Shasta County Social Service) 223-6034
Employment or Income: EDD Employment Development Workforce Services: 225-2185 SMART Center (job listings, resumes) 246-7911 CALWORKS: (families with children) 1-877-652-0731 General Assistance (income, job search, resumes): 229-8150 Goodwill Job Connection (job services): 351-7677 Labor Ready: (day labor private employer) 242-6855
Free Cell Phone & Service for low income persons Voice Mail: Walking & Bicycling Trails:
Counseling: Domestic Violence: One Safe Place 24 hr. Crisis/Info Line: 244-0117 24 hr Suicide Crisis Line:1-800-273-TALK
Shasta County Mental Health: (direct services and referrals to community programs 225-5200 Hill Country Wellness Center:(for people throughout Shasta County) 337-6243 Northern Valley Catholic Social Service: 241-0552
Drug/Alcohol: For information and referrals to all community programs call: Shasta County Alcohol/Drug: 225-5240
Medicaid or Health Services: MediCal: 1-877-652-0731
Shasta Community Health Center (Medical & Dental): 246-5710 HOPE Van: 246-5765 Good News Rescue Mission (Dental): 241-5754
Shasta Regional Medical Center: 244-5400 Mercy Medical Center: 225-6000 Hill Country Wellness Center (Medical/Dental): 337-6243
Redding Rancheria (Native Americans): 224-2700 Veterans Outpatient Clinic: 226-7555 Shasta County Public Health: 225-5591
Women’s Health Specialists (men / women’s health check-ups & birth control): 221-0193 Planned Parenthood: 351-7100
IHSS In Home Support Services: Info on eligibility to have an IHSS worker, hiring a worker, signing up to become a worker: 225-5507
Legal Help/Info: Family Law Facilitator: free info and workshops about filings on custody, support, visitation, divorce/separation/annulment, paternity, orders to show cause, modification and default 245-6900 • Legal Services of Northern California: 241-3565 (Housing, Benefits, Medical, Seniors, etc.) • Senior Legal Services of Northern California: 1-888-354-4474
Housing & Utilities: Tenant Rights: 241-3565 Utilities: Call your utility company for payment options and referrals
Rental Listings, information for group living & transitional housing programs: Northern Valley Catholic Social Service: 241-0552
Veterans: Veterans Resource Center: 223-3211 People with disabilities: Independent Living Services 242-8550
Families with Children: Rent assistance and utility & rent deposits for families on or eligible for CALWORKS: 1-877-652-0731
Seniors: Golden Umbrella: 223-6034 Young Adults & Teens formerly in Foster Care: Independent Living Program 365-9260
Veterans: Check veteran programs for new programs, new eligibility & housing. Veterans Resource Center: 223-3211
Transportation: RABA monthly passes (disability & senior discounts): 241-2877 Ask organizations for emergency bus passes.
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