



Community Resource Guide

Sacramento County v.0_2026

April Parker Foundation

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Welcome

This Resource Guide is designed to help individuals, families, and community members access the support and services they need. Whether you are seeking assistance with housing, health care, education, employment, wellness, or basic needs, this guide brings trusted resources together in one place so you can navigate your next steps with confidence.

Across every program at the April Parker Foundation, our goal remains the same: **to strengthen communities by improving access to opportunities, reducing barriers, and supporting wellbeing.**

How to Use This Guide

Resources in this guide are organized by category and typically include:

- Organization or program name
- Description of services provided
- Contact information
- Eligibility notes, when available

You may use this guide independently or with the support of a **CARE Mentor, Case Manager, Navigator, or Program Staff**, who can assist you in connecting to the services that best meet your needs.

If You Need Immediate Help

If you are experiencing a crisis—emotional, medical, or safety-related—please contact the appropriate emergency support in your area, such as:

- Local Crisis Line or Access Line
- Domestic Violence Hotline
- Emergency Services (9-1-1)

These services can provide immediate assistance, safety planning, and connection to urgent resources.



Important Notes

- Information in this guide may change over time. Contact organizations directly for the most up-to-date details.
- Inclusion in this guide does not represent an endorsement; it is intended as a navigation tool for individuals seeking support.
- This guide may include services designed for specific populations (youth, adults, families, veterans, LGBTQIA2S+, individuals with disabilities, justice-involved individuals, etc.). Always ask about eligibility when reaching out.

About the April Parker Foundation

The April Parker Foundation is a community-based nonprofit organization committed to transforming communities by empowering sustainable futures. We work alongside individuals, families, and partners to expand access to resources, remove systemic barriers, and support long-term health, stability, and economic opportunity.

Through our programs and partnerships, APF provides navigation, case management, workforce development, housing support, youth development, and community-based services designed to meet people where they are and walk with them toward where they want to go.

Our work is grounded in equity, dignity, accountability, and compassion, and guided by the belief that everyone deserves access to the tools and support needed to thrive.

How We Can Support You

APF staff may be able to assist with:

- Resource navigation and referrals
- Care coordination and case management
- Program enrollment and eligibility guidance
- Follow-up support and service connections

If you are working with an APF CARE Mentor, Case Manager, or Program Staff, they can help you use this guide and connect to services.



Sacramento – Adult Resources

Housing & Homeless Services

Organization	Services Provided	Phone	Website
Sacramento Steps Forward	Coordinated Entry, shelter referrals, housing navigation	Access via 2-1-1	www.sacramentostepsforward.org
Volunteers of America Northern California & Northern Nevada	Interim housing, permanent supportive housing, outreach	(916) 265-3400	www.voa-ncnn.org
Loaves & Fishes	Day services, meals, shelter navigation	(916) 446-0874	www.sacloaves.org
Salvation Army Sacramento	Emergency shelter, transitional housing, meals	(916) 678-4010	www.salvationarmy.org

Mental Health & Ongoing Behavioral Health Support (Non-emergency, ongoing care coordination)

Organization	Services Provided	Phone	Website
Sacramento County Behavioral Health Services	Outpatient mental health services, care coordination	(916) 875-1055	dmh.saccounty.gov
Turning Point Community Programs	Mental health services, crisis residential programs	(916) 364-8395	www.tpcp.org
WellSpace Health	Counseling, psychiatry, integrated behavioral health	(916) 737-5555	www.wellspacehealth.org

Substance Use Treatment

Organization	Services Provided	Phone	Website
Sacramento County Alcohol and Drug Services	Detox, outpatient and residential SUD treatment	Access via Behavioral Health	dmh.saccounty.gov
BAART Programs Sacramento	Medication-assisted treatment and counseling	(916) 974-8090	www.baartprograms.com
WellSpace Health	Substance use treatment and recovery support	(916) 737-5555	www.wellspacehealth.org

Medical & Primary Care

Organization	Services Provided	Phone	Website
Sacramento County Department of Health Services	Public clinics, preventive care	(916) 875-5881	dhs.saccounty.gov
UC Davis Health	Primary care, specialty care, hospital services	(916) 734-2011	health.ucdavis.edu
WellSpace Health	Primary care, dental, behavioral health	(916) 737-5555	www.wellspacehealth.org
Kaiser Permanente (Members Only)	Primary and specialty care for enrolled members	1-800-464-4000	www.kp.org

Food & Basic Needs

Organization	Services Provided	Phone	Website
Sacramento Food Bank & Family Services	Food pantries and nutrition assistance	(661) 834-4000	www.kerncountyfoodbank.org
Loaves & Fishes	Food distribution, CalFresh assistance	(661) 336-5236	www.cqpk.org
211 Sacramento	Meals, food assistance, basic needs	(661) 325-4101	www.salvationarmy.org

Legal, Domestic Violence & Advocacy

Organization	Services Provided	Phone	Website
Legal Services of Northern California	Free civil legal assistance	(916) 551-2150	www.lsnrc.net
WEAVE	Survivor advocacy, counseling, shelter support	(916) 920-2952	www.weaveinc.org
My Sister's House	DV support for Asian & Pacific Islander communities	(916) 428-3271	www.my-sisters-house.org

Employment & Workforce

Organization	Services Provided	Phone	Website
SET Workforce Development	Job training, employment placement	(916) 262-2162	www.seta.net
Goodwill Sacramento Valley	Employment services and job readiness	(916) 441-7581	www.goodwillsacval.org

Veteran Services

Organization	Services Provided	Phone	Website
Sacramento County Veterans Services Office	Benefits counseling and claims assistance	(916) 874-6811	dhs.saccounty.gov
VA Northern California Health Care System	Medical, mental health, SUD service	(916) 843-7000	www.va.gov
Volunteers of America	Veteran housing and supportive services	(916) 265-3400	www.voa-ncnn.org

Disability & Adult Protective Services

Organization	Services Provided	Phone	Website
Adult Protective Services Sacramento County	Abuse, neglect, exploitation reporting	1-800-434-0222	dhs.saccounty.gov
Disability Rights California	Disability legal advocacy	(800) 776-5746	www.disabilityrightsca.org
IHSS Sacramento County	In-home supportive services	(916) 874-9471	dhs.saccounty.gov

Transportation Assistance

Organization	Services Provided	Phone	Website
Sacramento Regional Transit	Bus and light rail transportation	(916) 321-2877	www.sacrt.com
Medi-Cal Transportation	Non-emergency medical transportation	Contact health plan	www.dhcs.ca.gov
211 Sacramento	Transportation assistance referrals	2-1-1	www.211sacramento.org

You Are Not Alone

Accessing services can feel overwhelming, and it's okay to need support along the way. This Resource Guide is intended to help you take the next step at your own pace and connect with services that support your health, stability, and wellbeing.

If you encounter barriers, long waitlists, or are unsure where to start, help is available.

How We Can Help

We provide navigation, care coordination, and community-based support to help individuals and families move forward. Our CARE Mentors and Case Managers can assist with referrals, applications, follow-up, and problem-solving when systems feel difficult to navigate.