

Yuba Sutter Counties 2011



THE FREMONT-RIDEOUT
HEALTH GROUP

For all of you. For all of your life.



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 Services

ACT

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

Addiction Treatment Services

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

Narcotic treatment program ... 742-7747

AI Anon Family Group

Fellowship for family members of alcoholic. Call 673-9380

Alcoholics Anonymous

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

County Substance Abuse Programs

Counseling, treatment, crisis intervention for families with drug problems.
Sutter Co 822-3292
Yuba Co..... 749-6798

Fathers First

Open group for recovery and parenting for Fathers, meeting at Truth Tabernacle Church, Marysville. Friday Nights @7:00pm 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..... 877-6361

National Alcohol & Drug Abuse Hotline

Self-help information... 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 & Family, Outpatient, Residential for men & women.
Free Assessments 674-4530

Rideout Memorial Hospital Emergency Dept.

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

Salvation Army Depot Family Crisis Center

Alcohol & Drug 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 & alcohol abuse 822-7200

Tobacco Education & Referrals to Cessation Classes

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

Animal Bites

Sutter Co. Environmental Health 822-7219
Yuba Co. Animal Control 741-6478

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 and neutering and vaccinations 673-6390

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,
Call.....1-916-646-3900 x112

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. 742-5438

Girl Scouts Council

Organized activities for girls 1-800-322-4475

Harmony Health Family Resource Center

Ages 0-5 742-5049

Library Services

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

Sutter/Yuba County Children & Families Commission

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

YMCA

Recreation and activities for youth..... 673-8230

Youth Soccer League of Yuba-Sutter

Call 755-4464

Yuba City Recreation Department

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

Child Care & Developmental Services

Children's Home Society of California

Call 673-7503
or 1-800-552-0400

Child Care Planning Council of Yuba & Sutter Counties

..... 749-4040

Children & Families Commissions

Resources and information on parenting skills, child development and wellness.
Sutter County 822-7505
Yuba County..... 749-4877

Office of Community Care Licensing

..... 895-5033

Beale AFB Child Development Center

Call 634-4717
or 634-4984

E Center Yuba Sutter Head Start Program Office

Call 741-2995

School District & State Funded Child Care Development Programs

Sutter County:
Brittan Elementary..... 822-5141
Live Oak Child Care Center 695-2372
Marcum Illinois 656-2407
Yuba City Unified..... 822-5235
Yuba County:
Marysville Joint Unified 749-6163
Wheatland Elementary 633-3130 x1114

North Marysville High School
Alternative education for high-school aged students. On-site child care provided for teen parents.
Call 749-6918
or 749-6919

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 Ntnl. Child Abuse Hotline

Toll-free 1-800-422-4453

*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.

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

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.
Sutter Co 751-1925
Yuba Co. Family Resource Center 749-4049

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

The Conventional House Nine Line

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

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 CA, call 1-800-852-8335

Yuba County Probation Youth Counseling Project

..... 749-7550

Children Missing**California Missing Children Hotline**

Toll-free 1-800-222-3463

California Runaway Hotline (CA Youth Crisis Line)

Toll-free 1-800-843-5200

Kids Hotline (CA Youth Crisis Line)

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 1-800-843-5678

National Runaway Switchboard

Toll-free 1-800-786-2929

Community Information**Yuba Sutter Chamber of Commerce**

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

Community Action Agency

Call 749-5460

Salvation Army

Help in locating missing persons.
*S, *P, *H Call 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 *DISABLED*

APL Counseling

Anger Management Classes ... 741-3876

Beale AFB Mental Health Clinic

Services for military personnel and their dependents 634-3420

Casa de Esperanza

See *CHILD & FAMILY COUNSELING*

Family Soup (aka Parent Network)

See *CHILD & FAMILY COUNSELING*

Harmony Health Family Resource Center

Call 742-5049

Mental Health America Yuba Sutter (MHAYS)

Support of the mentally ill 822-7178

Planned Parenthood

See *WOMEN'S SERVICES*

Salvation Army Open Door (Homeless Mentally-Ill Program)

Drop-in center for homeless or those at risk of being homeless. Provides case management, support and guidance, telephone use 216-4530

Sutter-Yuba Mental Health (SYMHS)

24-hour Crisis Line *S, *P 673-8255
Wellness & Recovery 822-7200
Inpatient 822-7200
Outpatient 822-7200

Victim Witness

Sutter County 822-7345
Yuba County 741-6275

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 822-4591
TDD only 822-4594

California Relay Service

Relay-voice-to-TTY and vice-versa for the hearing 1-800-682-8706
Toll-free TTY 1-800-682-8786

Department of Human Services for Disabled Adults

Sutter Co 822-7151
Yuba Co 749-6311

Easter Seal Society

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

Family Soup

See *CHILD & FAMILY COUNSELING*

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

In-home nursing service 673-7100

Housing Authority

See *HOUSING*

Nor-Cal Center on Deafness

Voice Line 1-916-349-7500
TTY 1-916-993-3048

No. California Independent Living

Peer advising, attendant care, interpreting Services ... 1-800-464-8527
TTY 1-530-893-8527

Pacific Bell Deaf & Disabled Services

Services for the hard of hearing, deaf, speech/vision and motion impaired
..... 1-800-722-3140

Parent Information Line

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

Property Tax Assistance/Postponement

See *FINANCIAL ASSISTANCE*

Special Education For all handicapped children

Yuba City Unified School District 822-7655
Sutter Co. Schools 822-2930
Sutter County One Stop 822-5120
OF 822-5104
Yuba Co. Office of Ed 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

Yuba College Disabled Student Prgm.

Call 741-6795

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. 822-7151
Yuba Co. 749-6471

Air Force Aid Society

Emergency assistance for active duty and dependent military members
..... 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 Co. (24 hours) 822-7227
Yuba Co. 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 Co. 822-7230
Yuba Co. 749-6311

Lifeline

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

Rural Development

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

Salvation Army

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

SHARE

Receive up to \$30 worth of groceries for only \$15 and two hours of volunteering. Open to everyone.
..... 1-800-499-2506

Social Security Administration

Information about retirement benefits, survivor Benefits, benefits for the elderly, blind or Disabled and Medicare .
1-800-325-0778

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 Victim Witness 822-7345
Yuba County Victim Witness 741-6275

Yuba-Sutter Gleaners Food Bank

Call 673-3834

Yuba-Sutter Respite

See *CHILD & FAMILY COUNSELING*

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 Co. One Stop 822-5120
Yuba Co. Career Center One Stop 741-6213

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
Elder College 898-5927

Employment Development Department

Workshops & other employment services
Yuba County One Stop 741-4218
Sutter County One Stop 822-4120
Colusa County One Stop 458-7642
Unemployment Insurance 300-5616

Farm Advisor UC Coop. Extension

Information on gardening, landscape, money Management & food production
..... 822-7515

Library Literacy Program

Serves Yuba and Sutter Counties
..... 822-7272
One-Stop Business Center
Sutter County 822-5340
Yuba County 749-4851

Private Industry Council

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

Senior Employment Program

55+, Active Adults Program 40+, Training Opportunities 822-5120

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 & adults 16 years & older
..... 822-5110
or 822-2952

Yuba College Re-Entry Center

Call 741-6826

Yuba County Human Services

Employment, education training, work experience program 749-6339

Yuba/Sutter Enterprises
Women's career resource center
..... 671-2911

Environment/Recycling

Air Pollution Control
Regulation of open burning
Sutter Co 634-7659
Yuba Co..... 741-6299

County Office of Environmental Health
Accepts complaints concerning the environment and public areas
Sutter Co. 822-7215
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.
*S,*O. Call 743-6933

Financial Assistance

Also see *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 Depts. of Human Services
Medi-Cal, TANF, emergency loans, food stamps, general assistance and CMSP, *S,*P
Sutter Co 822-7230
Yuba Co..... 749-6311

Property Tax Assistance/Postponement
For senior citizens and the disabled
Call 742-2334
or 1-800-852-7050

Salvation Army
See *EMERGENCY SOCIAL SERVICES*

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. *S 822-7345
Yuba Co. *S 749-7770

Public Guardian
Trust of personal affairs when no relative is able to do so
Sutter Co. *S,*O 822-7250
Yuba Co..... 749-6306

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

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

Housing

Casa de Esperanza
See *CHILD & FAMILY COUNSELING*

Contractors Referral Board
To find licensed contractors in good standing with the Licensing Board
..... 1-800-799-7233

Hands of Hope
Call 755-3491

Housing Authority
Housing for low-income, seniors, disabled, or agriculture workers.
*S,*P,*H
Sutter Co 671-0220
Yuba Co..... 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. *S,*P
Call 216-4530

Pacific Gas & Electric Company
Weatherization and insulation
Call 1-800-743-5000

Regional Emergency Shelter Team
Call 755-3491

Salvation Army Depot Family Crisis Center
Transitional Housing for homeless families & single women 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 Information

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 1-916-445-1254

Department of Child Support Services
Free services provided for establishing, enforcing and collecting child support.
*S,*P
Call 1-866-901-3121

Department of Weights & Measures
Correct weight on public scales.
*S,*P,*H
Sutter Co 822-7500
Yuba Co..... 749-5400

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

Insurance Complaints
Consumer information
..... 1-800-927-4357

Public Defender Service
Criminal defense service
Sutter Co 822-7355
Yuba Co 741-2331

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.)
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 1-800-222-1753
or visit www.seniorlegalhotline.org

Sutter Co Family Court Services
Family law information, Self-Help Center and Family Law Facilitator
Call 822-3305

Medical – Clinics

A Woman's Friend
See *WOMEN'S SERVICES*

Access for Infants & Mothers
See *WOMEN'S SERVICES*

AIDS Testing & Counseling
Sutter Co. Health *S,*P 822-7215
Yuba Co. Health *S,*H 749-6366

Ampla Health (formerly Del Norte Clinics)
935 Market St., Yuba City..... 674-4261

Sutter County Health Division
Information & services regarding communicable disease & TB control and testing; immunizations; public health nursing, child lead poisoning prevention, tobacco education; chronic disease prevention; injury prevention; CA Children's Services Program. *S
Call 822-7215

Yuba County Health Division
Comprehensive medical care for adults & children *S,*H
Call 749-6366

Feather River Health
Emergency care, medical, dental, vision, hearing. Oroville 751-8454

Great Beginnings
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 Information
Sexually Transmitted Diseases & TB
Sutter Co. *S,*P 822-7215
Yuba Co. *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
Medi-CAL 1-888-747-1222

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 7 a.m. – 11 p.m. 724 – 5th St., Marysville 743-7413

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.
..... 692-2050

Peach Tree Healthcare
Comprehensive medical care for children and adults. *S,*P,*H. 5730 8 a.m. to 5 pm. Located at 5730 Packard Ave., Ste 500, Marysville
..... 749-3240

Planned Parenthood
See *WOMEN'S SERVICES*

Richland Family Health
Health care services. *S 674-2603

Rideout Emergency Department
Physicians available for emergencies 24 hours a day. 726 – 4th St., Marysville *S,*P,*H 749-4511
For emergencies, call 911

Shriner's Hospital
Call 1-916-453-2000

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

Sutter County Peach Tree Clinic (Eff 6/6/11)
Comprehensive medical care for adults & children. Call..... 822-7240

Tobacco Prevention Education Cessation Classes
See *ALCOHOL & DRUG ABUSE*

Yuba City Indian Health Center
General medical care 751-8454
In Brownsville Call..... 692-1410

Medical – Disease Information

Sutter-Yuba Medical Society
Physician referrals, complaints
..... 673-6894

CDC Ntn'I AIDS Hotline
AIDS referral, Toll-free 7 days/week
English 24-hour..... 1-800-342-2437
English/Spanish 8AM-2AM (M-F)
Call 1-800-344-7432
TDY 10 AM-10 PM (M-F)
Call 1-800-243-7889

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

American Paralysis Association
Nonprofit organization. research for treatment for paralysis and spinal cord injury. Call for publications
Toll-free 1-800-225-0292

Arthritis Foundation
Self-help courses, support groups, physician referral services, aquatic classes, free booklets.
Sacramento 1-916-368-5599

Cancer Research Information
AMC National counseling service and information. 1-800-525-3777

Cancer Society
Transportation to medical care; loans, hospital equipment, volunteer visitors. Beyond Breast Center support group. Look Good, Feel Better Program.
*S,*P,*H 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
and YSCDSG www.ysdrc.info

Juvenile Diabetes Foundation
Health services information
..... 1-800-533-2873

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

Epilepsy Foundation of America
Toll-free 1-800-332-1000

March of Dimes Birth Defects Fund.
Advocacy, medical and public health
education, printed materials (also in
Spanish)
Sacramento 1-916-922-1913

National Health Information
Clearing House *S 1-800-336-4797

National Jewish Lung Line
Health info and doctor referral
..... 1-877-225-5654

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

Medical – Hospice

Fremont-Rideout Hospice
Medical services for the terminally ill
in Sutter & Yuba Counties. Support
groups for the terminally ill & their
families 790-3006

Medical – Support

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 1-916-448-7001

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

**Children's Type 1 Diabetes Support
Group**
YSCDSG@comcast.net 763-4171

Diabetes Support Group
Call 674-9112

Fremont-Rideout Hospice
See MEDICAL – HOSPICE

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

Man to Man: Prostate Support Group
Call 741-1366

Mental Health America Yuba Sutter
Support group for families of the
mentally ill Call 822-7178

Parkinson's Support Group
Call 674-5557

Native Americans

California Tribal TANF Partnership
Call 671-5401

Bureau of Indian Affairs
Sacramento 1-916-930-3927

Feather River Health
Emergency care, medical, dental, vision,
hearing. Oroville 751-8454

Yuba City Indian Health Center
General medical care 751-8454

Recreation

City Recreation Departments
Swimming, softball, field trips
Live Oak City Hall 695-2112
City of Yuba City Recreation ... 822-4650

County Libraries
Book, and record loans
Sutter Co. 822-7137
Yuba Co. 749-7380

Friday Night Live/Club Live/Kid Live
See CHILDREN'S ACTIVITIES

Parents without Partners
Single parents, all ages. Support
and activities for members and their
children 742-5483

Ruff Hill Recreation
Brownsville 675-0121

YMCA
Drop-in activity center, children through
seniors Call 1-916-452-9622

Senior Citizens

Also See 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 1-916-486-1876

Elder Services of Northern California
Ombudsman, advocacy for Seniors,
Gatekeeper Community Services.
Translation by appointment
Call 755-2018
Pager 1-916-522-8464

Experience Works
Senior workforce solutions 749-4887

Health Insurance Counseling
Referrals to help seniors with medicare
billing & insurance selection.
Chico 898-6716
Yuba City/Marysville 671-1618
or 1-800-822-0109

Housing Authority
See HOUSING

Medicare Information
Toll-free 1-800-952-8627

Nutrition
Community Action Agency of Butte Co.
Reservations are required for senior
meals. The noon-time meals are served
Monday through Friday (except for
Agency holidays). Call for reservations
and serving times.
Olivehurst 635-4011
Yuba City 674-2338
Brownsville 930-1050
Wheatland 635-4026

Property Tax Assistance/Postponement
See FINANCIAL ASSISTANCE

Senior Citizens Nutrition Project
Meals for seniors served at noon
Brownsville 675-2027
Wheatland 633-9212
Yuba City 822-5611

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
Call 1-800-772-1213

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 Senior
See LEGAL SERVICES

Transportation

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
AM - 9:30 PM Sat: 8:30 AM - 5:30 PM
Sun: No service
Route & Schedule Info 742-2877
Dial-A-Ride Reservations 742-2877
Administration 634-6880
TTY 634-6889

Utilities

Recology Yuba-Sutter
Solid waste removal and recycling.
*S,*O Call 743-6933

Gas & Electric
Pacific Gas & Electric Company
..... 1-800-743-5000

Water Resources Department
Call for flood management 755-0071

Veterans & Military

American Red Cross
Service to military families 673-1460

EDD Employment Representative
Yuba County 1-Stop 749-4891
or 749-4888
Sutter County 1-Stop 751-8578

National Veterans' Foundation
Toll free 1-800-366-8823

Yuba College Veteran's Affairs
Education benefits for veterans and
dependents. Call 741-6822

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. *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
..... 822-7263

**Fremont Medical Center Prenatal
Classes**
Childbirth preparation, maternity tours,
breast-feeding, Lifesaver Baby
..... 751-4165

Great Beginnings (Ampla Health)
Prenatal care, delivery services and
hospitalization for pregnant women
at Fremont Medical Center *S, ~O
..... 673-9420

Harmony Health Family Resource Cntr.
Call 742-5049

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 *S
..... 821-8400

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 674-2603
Business 674-2603

WIC (Women, Infants, & Children)
Nutrition education, supplemental food
vouchers
Sutter Co. ~*S, *P 822-7224
Yuba Co. 42-3055
or 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 www.suttercounty.org

**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:
..... www.mhayubasutter.com