

# Key Services

Resource Information Provided by People of Progress | Shasta County 2017

Apply online & get information for CALFRESH (Food Stamps), CALWORKS and MediCal:  
Visit [www.C4yourself.com](http://www.C4yourself.com),  
Call 1-877-652-0731,  
or visit HHSA's five regional offices\*

## Shelter

- **Women & Children:** GNRM House of Hope | 241-3608
- **Men:** Good News Rescue Mission | 241-5754
- **Domestic Violence Victims:** One Safe Place Shelter (and 24 hr. Crisis and Information Line) | 244-0117

## Showers

- **Good News Rescue Mission:** 241-5754 (if you aren't staying there 7:30 - 8:30 a.m. Mon - Fri)
- **YMCA:** 246-9622 \$5 (Mon - Sat 5 - 8 a.m.)

## Info

- **211 Shasta:** Dial 211 for 24-hour community resource information [www.211shasta.org](http://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: Anderson: 229-8200 | Burney: 335-6700 | Shasta Lake: 275-7500 | Downtown Redding: 229-8441 | Enterprise: 224-4200
- **Need Help to Quit Smoking?:** 1-800-NO BUTTS

## Motel

- **If you are on or eligible for CALWORKS:** their homeless program may pay for a motel, rent and utility deposits. 1-877-652-0731.
- **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:** dial 211.
- **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 (M,W,Th. 9 - 11:30)
  - People of Progress: 243-3811 (M - F 9:00 to 12:00)
  - Shasta Senior Nutrition Friday Food Bank: 226-3071 (First & Third Fridays 8 to 9 am)
- **Monthly Food:**
  - CALFRESH Food Stamps: 1-877-652-0731
  - WIC (mothers & children up to age 5): 225-5168
  - USDA Commodity Program and Food Bank operated by Shasta Senior Nutrition Program (not just for seniors) Call for days and time: 226-3071

## Clothing

- **People of Progress:** M-F, 10-11. 243-3811
- **Salvation Army:** (M,W,Th.). 222-2207.
- **GNRMission:** M,T,W,F 7:30-4:30. 241-5754

## Employment or Income

- **EDD Employment Development Workforce Services:** 225-2185
- **The 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:

- **SafeLink:** [www.safelinkca.com](http://www.safelinkca.com): 800-723-3546  
The Lifeline Program can be used either for your home phone or a free cell phone, but not both.

## Counseling

- **24 hr Suicide Crisis Line:** 1-800-273-TALK
- **Domestic Violence:** One Safe Place 24 hr. Crisis/Info Line: 244-0117
- **Shasta County Mental Health:** (direct services and referrals) 225-5200
- **Hill Country Wellness Center:** (for people throughout Shasta County) 337-6243
- **Northern Valley Catholic Social Service:** 241-0552

## Drug/Alcohol

- **For information & referrals to community programs call:** Shasta County Alcohol/Drug: 225-5240

## Medical 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 and procedures 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, Utilities, Seniors, etc.)
- **Senior Legal Services of Northern California:** 1-888-354-4474

## Housing & Utilities

- **Tenant Rights:** 241-3565
- **Utilities:** Ask your utility company for all payment options and referrals
- **Northern Valley Catholic Social Service:** Rental Listings, information for group living, & transitional housing programs: 241-0552
- **Veterans Resource Center:** 223-3211
- **Disability Action Center:** 242-8550
- **Families with Children:** One-time rent, deposits, and utility assistance 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
- **VA Outpatient Clinic:** 226-7555
- **Veterans Service Office:** 225-5616
- **EDD Veterans Employment Services:** 225-2191

## Transportation

- **RABA monthly passes (disability & senior discounts):** 241-2877. Ask organizations for emergency bus passes.
- **Passes for essential appointments:**
  - People of Progress: 243-3811
  - Senior Transportation: 226-3075
  - Living Hope Bicycles & Repairs: 243-8066

This flyer provided by POP, People of Progress Food Bank, Resource Center & Thrift Store (530) 243-3811 ©2017 People of Progress, Redding CA USA 10-26-2016. Permission granted to photocopy if credit line is used. More resource info and the Community Resource Location Map: [www.peopleofprogress.org](http://www.peopleofprogress.org)

\* **Offices:** Anderson, Burney, Enterprise Shasta Lake and Downtown Redding