
Shower: Good News Rescue Mission: 241-5754 (if you aren’t staying there 7:30 -8:30 a.m. Mon - Fri)  YMCA: 246-9622  S5 (Mon - Sat 5 - 8 a.m.)

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:  Anderson: 229-8200  Burney: 335-6700  Shasta Lake: 275-7500  Downtown Redding: 229-8441  Enterprise: 224-4200

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: 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 (6:00 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)


USDA Commodity Program and Food Bank operated by Shasta Senior Nutrition Program (not for seniors) Call for days and time: 236-0711


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 Connections (job services): 351-7677  Labor Ready: (day labor private employer) 242-6855

Free Cell Phone & Service for low income persons:  1-877-777-1914 or www.reachoutmobile.com
Voice Mail: P.O.P. 243-3811
Walking & Bicycling Trails: www.healthysasta.org

Counseling: Helpline Suicide & Crisis Line: 244-2222  Domestic Violence: One Safe Place 24 hr. Crisis/Info Line: 244-0117
Shasta County Mental Health: 225-5200  Hill Country Wellness Center: (serving people living throughout Shasta County) 337-6243
Northern Valley Catholic Social Service: 241-0552  Second Home (Drop-In Peer Support Center) 247-3321

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

Medical or Health Services: MediCal and CSMP and Path2Health:  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
Info on IHSS In Home Support Services - 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 filing and proceedings 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.)

Housing & Utilities: Tenant Rights: 241-3565  Utilities: Call your utility company for payment plan options and assistance
Rent Deposit Loans, information for transitional housing programs, housing workshop: NVCS Second Home Drop-in Center 247-3321
Veterans: Veterans Resource Center: 223-3211  People with disabilities: Independent Living Services 242-8550
Rent or rent and utility deposit assistance for families on or eligible for CALWORKS: 1-877-652-0731
Seniors: Golden Umbrella 233-6034  Young Adults & Teens formerly in Foster Care: Independent Living Program 365-9260


HHSA Health & Human Services: 1-877-652-0731  Helpline - 12 hour Crisis Line: 244-2222  HOPE Van: 246-5765  Hill Country Wellness Center: 1647 Shasta Street 337-6243
IHSS In Home Supportive Service: 2640 Breslauer Way 225-5507
Living Hope Bike Repair: 1043 State Street 243-8066
Mercy Medical Center: 242-6855
Northern Valley Catholic Social Service: 241-5754  241-0552  2400 Washington (off Park Marina)
One Safe Place: 224-0117  1670 Market St. Suite 300 24-hour Crisis Line
People of Progress: 243-3811
Religious Counseling Services: Drop-In Center St. (off Shasta near Calif.)
Planned Parenthood: 351-7100  2936 Beckley Lane #C
RABA (public transit): 241-8877  Yuba between Oregon & California
Redding Housing Authority: 777 Cypress Avenue 245-4048
Redding Rancheria Health Clinic: 1641 Liberty Street 224-7200
Salvation Army: 222-2207  2691 Larkspur Lane
Shasta Community Health Center: 1035 Placer St. 246-5710
Shasta County Alcohol & Drug: 2640 Breslauer Way 225-5240
Shasta County Housing Authority: 1450 Court St. Room 108  225-5169
Shasta County Mental Health: 2640 Breslauer Way 225-5200
Shasta County Public Health: 2650 Breslauer Way 225-5591  2014

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Shasta Regional Medical Center: 1100 Butte Street 244-5400 1500 Court St. Room 108  225-5169
Shasta Senior Nutrition Program: 1500 Court St. Room 115  General Assistance: 246 Breslauer Way 229-8150

Veterans Resource Center: 3100 South Market St. 225-5754  WIC (various locations) 225-5168  Women’s Health Specialists: 221-0193
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Offices: Anderson, Burney, Enterprise, Shasta Lake and Downtown Redding.

This flyer provided by P.O.P. People of Progress Food Bank, Resource Center & Thrift Store (530) 243-8311 © People of Progress, Redding CA USA 4/2014
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