

# Shasta County 2014 Key Services

You can apply online & get info about CALFRESH (Food Stamps), CALWORKS, MediCal / CSMP / PATH2Health [www.C4yourself.com](http://www.C4yourself.com) or call 1-877-652-0731 or visit 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 hr information on community resources or [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 HHS 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: 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)

**Monthly Food:** CALFRESH Food Stamps: 1-877-652-0731 WIC (mothers, infants & 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, 9-9:30 243-3811. The Salvation Army (by appt.) 222-2207. GNRMission: M,T,W,F 7:30-4:30 241-5754

**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](http://www.reachoutmobile.com)

**Voice Mail:**

P.O.P. 243-3811

**Walking & Bicycling Trails:**

[www.healthyshasta.org](http://www.healthyshasta.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 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, 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: NVCSS 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 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

Veterans Service Office: 225-5616 VA Clinic: 226-7555 EDD Veterans Employment Services: 225-2194

**Transportation:** Check with organizations for one-ride bus passes. RABA tickets & monthly passes (disability & senior discounts): 241-2877 Bus passes for essential appointments: People of Progress: 243-3811 Bicycles & Repairs: Living Hope: 243-8066

This flyer provided by P.O.P. People of Progress Food Bank, Resource Center & Thrift Store (530) 243-3811 © People of Progress, Redding CA USA 4/2014  
Permission granted to photocopy. More resource info: [www.peopleofprogress.org](http://www.peopleofprogress.org) If this info helps, can you donate a dollar on website or drop by?

**CALFRESH FOOD STAMPS & CALWORKS** \* 1-877-652-0731

**EDD Workforce Services**  
1325 Pine St. 225-2185

**Family Law Facilitator** 245-6900  
1500 Court Street, Room 115

**General Assistance**  
2460 Breslauer Way 229-8150

**Golden Umbrella**  
200 Mercy Oaks Drive 223-6034

**Good News Rescue Mission House of Hope**  
3100 South Market St. 241-5754

**Goodwill Job Connections**  
1643 Hilltop Drive 351-7677

**HHS Health & Human Services**  
1-877-652-0731

**Helpline - 12 hour Crisis Line Counseling & Info**  
244-2222

**HOPE Van**  
246-5765

**Hill Country Wellness Center**  
HWY 299 Round Mountain 337-6243

**IHSS In Home Supportive Service**  
2640 Breslauer Way 225-5507

**Independent Living Services**  
169 Hartnell Ave. #128 242-8550

**Labor Ready** 981 Lake 242-6855

**Legal Services of Northern Calif.**  
1370 West St. 241-3565

**Living Hope Bike Repair**  
1043 State Street 243-8066

**Mercy Medical Center**  
2175 Roseline Ave. 225-6000

**Northern Valley Catholic Social Service (NVCSS)**  
241-0552  
2400 Washington (off Park Marina)

**One Safe Place**  
244-0117  
1670 Market St. Suite 300  
24-hour Crisis Line

**People of Progress**  
243-3811  
1242 Center St. (off Shasta near Calif.)

**Planned Parenthood**  
351-7100  
2935 Bechelli Lane #C

**RABA** (public transit) 241-2877  
Yuba between Oregon & California

**Redding Housing Authority**  
777 Cypress Avenue 225-4048

**Redding Rancheria Health Clinic**  
1441 Liberty Street 224-2700

**Salvation Army**  
222-2207  
2691 Larkspur Lane

**Second Home**  
247-3321  
Drop-In Day Center 1250 Calif. St.

**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. Rm. 108 225-5169

**Shasta County Mental Health**  
2640 Breslauer Way 225-5200

**Shasta County Public Health**  
2650 Breslauer Way 225-5591

**Shasta Regional Medical Center**  
1100 Butte Street 244-5400

**Shasta Senior Nutrition Program**  
100 Mercy Oaks Drive 226-3071

**SMART Employment Center**  
1201 Placer Street 246-7911

**Veteran Employment Service EDD**  
1325 Pine Street 225-2194

**VA Outpatient Clinic**  
226-7555  
351 Hartnell Avenue

**Veterans Resource Center**  
153 Hartnell Ave. #100 223-3211

**Veteran Service Office** 225-5616  
1855 Shasta Street

**WIC** (various locations) 225-5168

**Women's Health Specialists** 221-0193

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