

Yuba Sutter Counties 2008



THE
FREMONT-RIDEOUT
 HEALTH GROUP
 exceptional care, close to home

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

ACTS

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

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

Al Anon Family Group

Fellowship for family members of
 alcoholics. Call 673-9380

Alcoholics Anonymous

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

Beale Air Force Base Life Skills

Social Services for military personnel
 and their departments. 634-3420

Center for Behavioral Health

Narcotic treatment program .. 749-8648

Clean Break

Stop smoking or chewing tobacco.
 Free 4-day class 749-4458

County Substance Abuse Programs

Counseling, treatment, crisis interven-
 tion for Families with drug problems.
 Sutter County 822-3292
 Yuba County 749-6798

Fathers First

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

National Alcohol & Drug Abuse

Hotline

Self-help info 1-800-784-6776

National Council on Alcoholism

Information on alcohol-abuse services
 Toll-free 1-800-822-2255

Pathway's Drug & Alcohol Program

Substance Abuse Programs including:
 Youth and Family, Out-patient,
 Residential for men and women. Free
 Assessments 674-4530

Rideout Memorial Hospital

Emergency Dept.

For emergencies *S*P*H, -O. Call 911

School Alcohol/Drug Prevention

Alcohol and other drug prevention and
 other intervention for School-based
 programs.
 Sutter County 822-7654
 Yuba County 741-4375

Sutter & Yuba County Alcohol & Drug Administrator

Coordinates county services .822-7200

Sutter Yuba Mental Health

Counseling and referral for drug and
 alcohol abuse 822-7280

Tobacco Education & Referrals to Cessation Classes

Sutter County 822-7215
 Yuba County 749-6326

Animals

Animal Bites

Sutter County Environmental
 Health 822-7219
 Yuba County Animal Control 741-6478

Animal Control Office

Licensing and control of animals
 Sutter County 822-7375
 Yuba County 741-6478

Pet Life Line

Shelter for dogs and cats, low-cost
 spraying and neutering.
 Adopt-a-Pet 755-1437

Yuba Sutter S.P.C.A.

Low cost spraying and neutering,
 vaccinations 673-6390

Children's Activities

4H Club

Focus on agriculture for
 youth 822-7515

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 County 822-7137
 Yuba County 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

Beale Child Development Center

Hourly, daily, and full-time care for
 children 1-5 years. Also family day care
 homes available. *S 634-4717
 or 634-4984

California Human Development Corp. Child Care Center

Full-day child care. Cost based on
 income. Call 821-2202

Child Care Planning Council

Call 749-3276 ext. 106

Children's Day Care Licensing

Call 895-5033

Children's Home Society of California

Child care referrals to licensed family
 day care homes and centers, food
 program and financial child care
 services for children. 673-7503
 Toll-free 1-800-552-0400

Latchkey

Linda School. K-13 years 741-6119

Live Oak Child Care Center

Serves children ages 2-10 years,
 bilingual staff. Call 695-2372

Migrant Head Start

Families working in agriculture. Full-
 day care with preschool curriculum for
 children ages 4 weeks-6 years, *S,*P,*H
 741-2995

North Marysville High School

Alternative education for high-school
 aged students. On-site child care
 provided for teen parents.
 Call 741-4113

School District Child Care Programs

Marysville Joint Unified
 Full and part-time day care for children
 ages 3-13 years. 749-6163
Yuba City Unified
 Full and part-time day care for children
 ages 2-6 years. Also services for
 migrants. 822-5235

State Child Development Program

Three-and-a-half-hour programs
 during school year for ages 3-4 years;
 priority to 4 year olds. Call 822-5235

State Preschools

Brittan
 Part-day preschool for ages 3-5 years
 from low income families 822-5155
Marysville
 3 1/2 hour preschool programs for ages
 3-4 years, bilingual staff 749-6165
Yuba City
 3 1/2 hour preschool programs for ages
 3-4 years, bilingual staff 822-5235

Yuba College Child Dev. Center

Full or part-time day care for children
 3 years and older. Located on campus.
 *S,*P,*H. Call 749-3808

Yuba College Infant/Toddler Center

For children 6 weeks to 36 months
 *S,*P,*H. Call 741-7738

E Center Head Start Program

Prenatal - 5 years
 Program Office 741-2995
 Yuba City 671-3763
 Butte Vista 751-2080
 Live Oak 695-8098
 Marysville 741-2995
 Wheatland 633-4011
 Yuba College 742-4094
 Olivehurst 749-8005

*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.

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. 674-5460
Crisis Line. 674-2040

Child Help's National Child Abuse Hotline

Toll-free. 1-800-422-4453

Children & Families Commission

Resources and information on parenting skills, child development and wellness.
Sutter County. 822-7505
Yuba County. 749-6777

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

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

Nine Line

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

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 County Parent Network. 751-1925
Yuba County Family Resource Center. 749-3276

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 California call. 1-800-TLC-TEEN

Yuba City High School Peer Counseling Service

Call. 822-5290 ext. 206

Yuba County Probation

Youth counseling project. 749-7550

Yuba-Sutter Respite

Respite care for Alta-certified developmentally disabled. 749-2004

Children Missing

California Missing Children Hotline

Toll-free. 1-800-222-3463

California Runaway Hotline

Toll-free. 1-800-843-5200

Kids Hotline

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. 1-800-231-6946

National Runaway Switchboard

Toll-free. 1-800-621-4000

Community Information

Chamber of Commerce

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

Community Action Agency

Call. 741-6390

Salvation Army

Help in locating missing persons. *S, *P, *H. Call. 671-7283

United Way

Community resources referral. 743-1847

Counseling Mental Health

see also MEDICAL/SUPPORT GROUPS

A Woman's Friend

See WOMEN'S SERVICES

Alta California Regional Center

See DISABLED

Anger Management Classes

YMCA. 673-8230
Sutter County Probation. 822-7320

Beale Air Force Base

Mental health. Translator by appointment. Call. 634-3420

Casa de Esperanza

See CHILD & FAMILY COUNSELING

Emotions Anonymous

Support group for people having difficulty coping with unresolved problems. Sponsored by Mental Health *S, *P. 822-7200

Harmony Health Family Resource Center

Call. 742-5049

Mental Health America Yuba Sutter

Support and sharing for the families of the mentally ill. 822-7200 or 7178

Parent Network

See CHILD & FAMILY COUNSELING

Planned Parenthood

See Women's Services

Sutter-Yuba Mental Health

24-hour Crisis Line *S, *P. 673-8255
Day treatment. 822-7205
Emergency, 24-hours. 673-8255
Inpatient. 822-7209
Outpatient. 822-7200

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. Call. 822-4591
TDD only. 822-4594

California Relay Service

Relay-voice-to-TTY and vice-versa for the hearing impaired. 1-800-735-2922
Toll-free TTY. 1-800-735-2929

County Depts. of Human Services

Services for disabled adults
Sutter County. 822-7151
Yuba County. 749-6311

Easter Seals Society

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

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

673-7100

Home Living Skills

Services for the disabled. 751-7140

Housing Authority

See HOUSING

Nor-Cal Center on Deafness

Voice Line. 671-0811
TTY. 671-2296

No. California Independent Living

Peer advising, attendant care, interpreting services. 893-8527
TDD. 893-8529

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. 1-800-434-2465
TDD. 916-327-3678

Parent Network

See CHILD & FAMILY COUNSELING

Property Tax Assistance/Postponement

See FINANCIAL ASSISTANCE

Special Education

For all handicapped children
Yuba City U.S.D. 822-7655
Sutter County Schools. 822-2900
CTEC. 822-5120
TDY. 822-8104
Yuba County. 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

Sutter North Medical

Home Health. 749-3450

Yuba College Disabled Student Program

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 County. 822-7151
Yuba County. 749-6471

Air Force Aid Society

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

Lifeline

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

Rural Development

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

Salvation Army

Emergency food, clothing, shelter. Call. 671-7283

Salvation Army Depot

See HOUSING

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 *S, *P. 822-7345
Yuba County *S. 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. 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 County. 822-5120
CTEC. 822-5120
Yuba County
Regional Career Center. 749-4850

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 Dept.

Job Search Workshop, Conservation Corps, unemployment insurance. Call. 741-4218

Farm Advisor UC Coop. Extension

Information on gardening, landscape, money management, food production. Call. 822-7515

Library Literacy Program

Serves Yuba and Sutter Counties. Call. 822-7272

One-Stop Business Center

Sutter County. 822-5340
Yuba County. 749-4923

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

Yuba College Re-Entry Center
Call 741-6826

Yuba County Employment Services
Employment, education, work experience program 749-4800

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

Environment/Recycling

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

Environmental Health Divisions
Accepts complaints concerning the environment and public areas
Sutter County 822-7219
Yuba County 741-6251

Office of Emergency Services
Toxic waste removal
Sutter County 822-7370
Yuba County 749-7520

Yuba-Sutter Disposal, Inc.
Solid waste removal and recycling
-S, -O, Call 743-6933
Household Hazardous Waste Facility:
Open Sat. 8:00 am - 4:00 pm, 134 Burns Drive, Yuba City
Monday - Friday 743-6933
Saturday 671-6900

Financial Assistance
see also *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 Departments of Human Services
Medi-Cal, TANF, emergency loans, food stamps, general assistance and CMSR, *S,*P
Sutter County 822-7230
Yuba County 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's benefits, Medicare, and benefits for the elderly, blind or disabled 671-5693

Government

County Clerk
Filing for marriage, confidential marriage, passport, minor emancipation. Also performs marriages.
Sutter Co. 822-7120
Yuba County 741-6341

Clerk of the Superior Court
Filing for any legal proceedings including divorce.
Sutter County 822-7120
Yuba County 741-6341

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

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

Recorder
Vital statistics, military discharge, deeds and all official land transactions. *S,*P,*H.
Sutter County 822-7134
Yuba County 741-6547

Registrar of Voters
Voter registration, filing for county office and elections *S,*P,*H.
Sutter County 822-7122
Yuba County 741-6545

Housing

Casa de Esperanza
See *CHILD & FAMILY COUNSELING*

Contractors Referral Board
To find licensed contractors in good standing with the Licensing Board.
Call 1-888-323-1966

Housing Authority
Housing for low-income, seniors, disabled, or agriculture workers. *S,*P,*H.
Sutter County 671-0220
Yuba County 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.
Yuba County 743-7313

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

The Salvation Army Depot Family Crisis Center
Temporary housing for homeless families. Call 742-0892

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 Info

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 916-445-1254

Department of Child Support Services
Free services provided for establishing, enforcing and collecting child support.
Sutter County *S *P 822-7338
Yuba County *S 749-6000

Department of Weights & Measures
Correct weight on public scales. *S,*P,*H.
Sutter County 822-7500
Yuba County 741-6484

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

Insurance Complaints
Consumer information
Toll-free 1-800-927-4357

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

Senior Legal Hotline
Call 800-222-1753
or visit www.seniorlegalhotline.org
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 742-8289

Medical - Clinics

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

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

AIDS Testing & Counseling
Sutter County Health *S, *P 822-7215
Yuba County Health *S, *H 741-6366

County Health Services
Well baby/child clinic, family planning, pregnancy counseling, prenatal clinic, immunizations, HIV testing, TB & STD testing and treatment; public health nursing services; injury prevention; tobacco & AIDS/HIV education; dental

education. Outpatient clinic, including acute and chronic care; check-ups & sports, DMV & immigration physicals.
Sutter County 822-7215
Outpatient Clinic 822-7240
California Child Services 822-7215
Yuba County *S 749-6366

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. 822-5158

Feather River Health
Emergency care, medical, dental, vision, hearing, Oroville 891-5700

Great Beginnings Midwifery Service
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 Testing
Sexually Transmitted Diseases & TB
Sutter County *S,*P 822-7215
Yuba County *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
Call 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 8 a.m. - 12 midnight. 710 4th St. Suite G, Marysville
..... 749-4566

Medi-CAL
Healthy Families Medi-Cal Program
Call 1-888-747-1222

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. Medi-Cal, Medicare and other insurance accepted.
Call 692-2050

Peach Tree Clinic
Comprehensive medical care for children and adults. *S,*P,*H
Appointments and drop-in. 749-3242

Planned Parenthood
See *WOMEN'S SERVICES*

Richland Family Health
Health care services. *S,*P, 674-9200

Rideout Emergency Department
Physicians available for emergencies 24 hours-a-day. *S,*P,*H. 749-4511

Shriner's Hospital
Call 1-916-453-2191

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 Info

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

AIDS CARES Project
Salvation Army-sponsored case management and referral to medical case management for persons with HIV/AIDS. *S 671-7283

AIDS/HIV Information
Education and local referrals. Del Norte Clinic, Inc. *S,*P,*H
Call 755-9894
Web site: www.aids.countysutter.ca.us
Sutter County Health Dept. *S,*P,-O
Call 822-7215
Yuba County Health Dept. *S, *H
Call 741-6366

American Cancer Society
Transportation to medical care; loans, hospital equipment, volunteer visitors. Beyond Breast Cancer support group. Look Good, Feel Better Program. *S,*P,*H 741-1366

American Heart Association
Public and professional health education, school programs. Stroke Club located in ChiCounty Some Spanish-language literature.
Call 673-9446

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 916-368-5599

CDC National 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

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

Cystic Fibrosis Foundation
Free information and referrals.
Toll-free 1-800-344-4823

Dental Society
Educational materials and referrals.
Call..... 671-9312

Diabetes Society of Yuba-Sutter
Pamphlets, newsletter, library, loans
blood glucose meters. 674-9112

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

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

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

Hepatitis C Task Force (Nor-Cal)
Educational and support services
for the community, businesses and
individuals regarding the silent
epidemic of hepatitis. Call 671-7441

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

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

National Jewish Lung Line
Health info and doctor referral
Toll-free 1-800-222-5864

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 and Yuba Counties. Support
groups for the terminally ill and their
families 790-3066

Sutter North Medical Foundation
Sutter North Hospice 749-3460

Medical - Support Groups

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 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

Cancer Support Group
Call 749-4366

Diabetes Support Group
Call 674-9112

Emotions Anonymous
Support group for people having
difficulty coping with unresolved
problems. Sponsored by Mental
Health. *S,*P 822-7200

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. 790-3066

Hepatitis C Support Group
Meets every Thursday from 3:30 - 5:00
PM at the F.O.R. Families Suite, 6000
Lindhurst Ave., Suite 700-B, Marysville
Call Sherri Ziegler 671-7441
or Jack Snider 749-1963

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

Parkinson's Support Group
Call 674-5557

Prostate Support Group
Call 741-1366

Native Americans

Bureau of Indian Affairs
Sacramento 916-566-7124

Feather River Health
Emergency care, medical, dental,
vision, hearing, Oroville. 891-5700

Yuba City Indian Health Center
General medical care 751-8454

California Tribal TANF Partnership
Call 671-5401

Recreation

City Recreation Departments
Swimming, softball, field trips
Live Oak City Hall 895-2112
Yuba City 822-4650

County Libraries
Book and record loans
Sutter County 822-7137
Yuba County 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. 674-2060

Ruff Hill Recreation
Brownsville 675-0121

YMCA
Drop-in activity center, children
through seniors. Call 673-8230

Senior Citizens

See also 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. 916-486-1876

Caring Calls
Daily call to see how seniors are doing
Call 674-5253

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

Experience Works
Senior workforce solutions ... 749-4887

Health Insurance Counseling
Referrals to help seniors with medicare
billing and insurance selection
Chico 898-5923
Yuba City/Marysville 742-2334
Toll-free 1-800-822-0109

Housing Authority
See HOUSING

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

Nutrition
Quest Senior Nutrition provides home-
delivered and congregate (dine in)
meals for seniors 60+ who are unable to
shop or prepare meals for themselves.
Donation requested for dine-in meals.
Yuba City 822-5611
Wheatland 633-9212
Brownsville 675-2027

**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 re-
quested by seniors, provides assistance
completing forms, schedules HICAP
appointments, etc. 742-2334

Social Security Administration
*S,*P,*H 671-5031

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 Seniors
See LEGAL SERVICES

Transportation

Community Resource Services
Senior Medi-Car provides
transportation to non-emergency
medical appointments for Seniors aged
60 + 751-9478

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

Utilities

Community Resource Project, Inc.
For income-qualified persons, Healthy
Families, CARE Program through
PG&E, weatherization 671-7590

Garbage
Yuba Sutter Disposal 743-6933

Gas & Electric
Pacific Gas and Electric Company
Call 1-800-743-5080

Water Resources Department
Call for flood management ... 755-0071

Veterans & Military

American Red Cross
Service to military families ... 673-1460

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

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

Yuba-Sutter Veterans Service Center
Services to veterans, dependents of
veterans, and surviving spouses of
veterans 749-4967

Women's Services

A Woman's Friend
Services for expectant mothers, post-
abortion counseling, free pregnancy
tests and verification, maternity and
infant clothing for loan. *I
24-hour Hotline 741-0556

Assurance 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
Call 822-7263

Great Beginnings Midwifery Service
Prenatal care, delivery services and
hospitalization for pregnant women
at Fremont Medical Center. MediCal
accepted. *S, -O 751-4113

Harmony Health Family Resource Cntr.
Call 742-5049

La Leche League
Information, education and support for
expectant and breast-feeding mothers
Call 674-0783

Planned Parenthood
Birth Control, pregnancy testing, STD
screening and treatment, first trimester
abortion, PAP tests, AIDS testing, tubal
ligation and vasectomy counseling. *S
Call 674-2603

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 674-2040
Business 674-5400

Sweet Success
Diabetes in pregnancy education.
Call 751-4721

WIC: Women, Infants, & Children
Nutrition education, supplemental
food vouchers
Sutter C. -S 822-7224
Yuba County 742-3055 or 749-4830

If services have been overlooked or
if there are errors, contact Sutter Hu-
man Services at 822-7327. All infor-
mation is subject to change. A listing
in this document does not indicate a
recommendation of the agency.

Visit the Sutter County Human Ser-
vices Web Site at:
www.suttercounty.org

The Network of Care web site is a
valuable resource for individuals,
families and agencies concerned with
behavioral health services, laws, and
related news. Visit the Network of
Care Local Web Sites at:
www.sutter.networkofcare.org
or www.yuba.networkofcare.org.

Mental Health America Yuba Sutter
(MHAYS, formerly known as National
Alliance for the Mentally Ill, NAMI)
is committed to assisting those with
psychiatric disabilities and their fam-
ilies, by providing mutual support,
education, advocacy and research.
Visit the Mental Health America Yuba
Sutter Web Site at:
www.mhayubasutter.com