

BEHAVIORAL HEALTH SERVICES

Latino Outreach Center (Sutter Yuba Behavioral Health): For **Spanish speaking** adults, children and families, Monday through Thursday, 8:00AM – 5:00PM for information, registration and intake; 545 Garden Hwy, Ste. B, YC, call **530-674-1885**

Sutter Yuba Behavioral Health:

Youth Services, Monday – Friday, 8:00AM – 5:00PM, 1445 Veteran's Memorial Circle, Ste. B, YC, call **530-822-7513**

Adult Services (new clients), Monday – Wednesday, 8:00AM – 5:00PM, 1965 Live Oak Blvd., YC, call **530-822-7200**

Sutter Health Grief and Bereavement Support: For adults and children, Monday – Friday, 9:00AM – 5:00PM, call **530-749-3460**,

Casa de Esperanza: Crisis line for help with domestic violence; 24 hours/day, 7days/week, **530-674-2040**

Family Urgent Response System (FURS): a free 24/7/365 hotline for current or former foster youth and their caregivers to call and get **immediate** help from a trained counselor or peer; call or text **1-833-939-3877** or go to **CAL-FURS.ORG**

CalHOPE: Support for emotional stress, including COVID related stress; **833-317-4673**

California Peer-Run Warm Line: “a highly accessible low-threshold mental health resource that people can use to seek support before they’ve reached the crisis point, in the hope that support now will prevent crisis later. All calls are free and confidential.” Open 24/7, **1-855-845-7415** (toll free) or CHAT *mentalhealthsf.org*

National Institute of Mental Health:

Crisis Text Line: Text HELLO to 741741

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Disaster Distress Helpline: 1-800-985-5990; Text TalkWithUs to 66746

Care Solace www.caresolace.com/ycusd or **1-888-515-0595**

SUPPORT GROUPS

Tri-County Diversity: Community resources, peer support, and social events for the LGBTQIA community in Yuba, Sutter, and Colusa counties; call or text **530-763-2116**; 201 D Street, Suite L Marysville; <https://www.tricountydiversity.org/>

Parents of Addicted Loved Ones (PAL): Tuesdays, 7:00PM, First Lutheran Church, 850 Cooper Avenue, YC, Call Sandy at **530-743-8782** for more information.

New Beginnings Codependents Anonymous: Tuesdays, 7:00PM, Cornerstone Community Church, 700 Washington Ave., YC, **530-275-1478**

Overeaters Anonymous: Mondays, 6:00PM, St Andrew Presbyterian Church, 1390 Franklin Road, YC. Call 530-635-5034 for more information. **No meetings due to COVID-19; call 415-246-0064.**

Al-Anon Twin Cities: Tuesdays, 7:00-8:30PM and Wednesdays, 10:00-11:00AM, The Bride

Church, 1321 Peach Tree Lane, YC; call **530-334-6734** for more information.

The Widowed Persons Group of Sutter-Yuba: Wednesdays, 1:00PM, Tracy's Diner, 724 J St. Marysville

Gamblers Anonymous: Tuesdays, 7:00PM – 8:30PM, St. Andrew Presbyterian Church, 1390 Franklin Road, Room C, Yuba City.

The Liv On Foundation Domestic Violence Victims and Survivors Support Group
Thursdays, 6:00PM, 420 E Street, Marysville; childcare provided upon request, **530-383-3281**
(text friendly)

BENEFITS – STATE AND COUNTY

BenefitsCAL is a one-stop location for CalFresh, CalWORKS, Medi-Cal, County Medical Services Program, Disaster CalFresh, and General Assistance/General Relief. Go to <https://www.benefitscal.org/> **Sutter County Office: 190 Garden Highway, Yuba City; 877-652-0735, M-F, 8:00AM – 5:00PM**

CHILDCARE RESOURCES

Childcare Funding: Children's Home Society 1650 Sierra Avenue, Ste 102, Yuba City, **530-645-6298**. Income eligible parents can apply for funding to cover or subsidize cost of childcare. CHS also provides referrals to local early education and childcare programs and other services.

COVID-19 TESTING

Sites and information:

<https://www.suttercounty.org/community/coronavirus-updates/coronavirus-testing>

Free At-Home COVID-19 Tests (federal government)

<https://special.usps.com/testkits>

COVID-19 VACCINATIONS

Find a vaccine online at <https://www.vaccines.gov/search/>

Find a vaccine by phone: 1-800-232-0233

Vaccines are available at most local health clinics and pharmacies. Call for availability and appointments.

COVID-19 RENT RELIEF

Renters: In accordance with Senate Bill 115, applications are no longer open for the CA COVID-19 Rent Relief Program. State law extends eviction protections until June 30, 2022 for qualifying applications received by March 31. But eviction protections do not extend for non-payment of rent after March 31. That means tenants must pay rent and utility bills beginning April 1.

Go to <http://housing.ca.gov/> or call 833-430-2122 (7AM – 7PM, Mon – Sun) for additional information and updates on current applications.

EMERGENCY ALERT

Sutter County: bepreparedsutter.org

Yuba County: bepreparedyuba.org

EMPLOYMENT

Sutter County One Stop: Employment assistance, adult training, high school diploma, job search assistance, paid work experience and more; 950 Tharp Road #1000, YC
www.sutteronestop.com **530-822-5120**

Employment Development Department
https://www.edd.ca.gov/about_edd/coronavirus-2019.htm

California Coronavirus Response <https://covid19.ca.gov/>

ENGLISH LITERACY AND USA CITIZENSHIP CLASSES

English Classes: M-Th, 9:00AM – 12:00PM; Tues and Wed 5:00PM – 7:00PM in the Sutter County Library, 750 Forbes Avenue, Yuba City; for more information call **530-822-7137**.

Citizenship Classes: T-F, 10:00AM – 12:00PM, Mahal Plaza, 1719 Franklin Road, Yuba City, and Mon & Thurs, 5:00PM – 7:00PM, Sutter County Library, 750 Forbes Avenue, YC; for more information call **530-822-7272**.

EVICTIION ASSISTANCE (for tenants)

California Rural Legal Assistance <http://www.crla.org>

Local Office: 511 D Street, Marysville, CA; 530-742-5191 x2800, (for low income and Section 8 housing)

If not low income, call Tenant Justice Project (part of CRLA), 800-356-6173, M-F 9AM-12PM & 1PM-4PM

California Courts Tenant Rights Checklist for Evictions
<https://www.courts.ca.gov/44660.htm#tenants>

Legal Services of Northern California – What to do with court eviction papers
<https://lsnc.net/housing/i-was-just-served-court-eviction-papers-what-do-i-do>

Legal Services of Northern California – Answer to Eviction Instruction Packet
<https://lsnc.net/sites/default/files/Complete%20Answer%20Packet%2012-17-2020.pdf>

EXPANDED CHILD TAX CREDIT

For families who don't file taxes or have a bank account, go to: <https://www.getctc.org/en> This tool is bilingual and mobile-friendly.

FOOD RESOURCES

FOOD PANTRIES

1. Crossroads Community Church, Mon – Fri, 2:00pm – 3:00PM, 445 B Street, YC, **530-751-9168**
2. Salvation Army, T & F 9:00AM – 11:00AM, 401 Del Norte, YC, **530-216-4530 x4539**
3. St. Andrew Presbyterian Church (Mother Hubbard's Cupboard), Mon-Fri, 1:15PM – 3:15PM, 1390 Franklin Ave., YC, **530-743-7353**

4. St. Vincent de Paul (St. Isidore Catholic Church), T-TH, 9:15AM-11:15AM, 222 Clark Ave., YC, **530-671-5154**

5. Hope of Heart Relief Center (Glad Tidings Church), Wed. & Fri, 10:00AM – 2:00PM, 4444 Live Oak Blvd. (north of Eager road), **530-671-3160 x245**

6. First Lutheran Church, Thursdays, 10:00 – 11:30AM, 850 Cooper Avenue, Yuba City, **530-673-8894**

7. Cornerstone of Hope Food Pantry, 700 Washington Ave., YC, **530-674-3087**

8. Craftsmen for Christ, 1321 Peach Tree Lane, YC, **530-751-0505**

9. Yuba City SDA Food Pantry, 1460 Richland Rd., YC, **530-673-3754**

10. First United Methodist Church Food Pantry, 3101 Colusa Hwy. YC, **530-673-5858**

11. The Bride Church Mobile Meals Ministry, 1321 Peachtree Ln., YC, **530-822-7910**

USDA/PRODUCE DISTRIBUTION SITES

1. USDA, 3RD Monday, 760 Stafford Way, YC, 9AM – 10AM

2. USDA, 4th Friday, Moose Lodge, 205 S. Walton Avenue, 9-10AM

3. Produce, Fridays, First Lutheran Church, 850 Cooper Avenue, 10-11:30AM

4. Salvation Army Daily Food Distribution (also bathrooms and handwashing)

68 Second Street, Yuba City (near the boat dock), 12:00PM - 1:00PM

131 F Street, Marysville, 10:00AM - 11:00AM

FOOD DELIVERY PROGRAMS

Yuba-Sutter Food Bank will make deliveries to food-insecure seniors 60 and older, handicapped or other groups at high risk to coronavirus, and people without transportation on Saturdays, Tuesdays, and Thursdays beginning March 28. Contact the Yuba-Sutter Food Bank by 3:00pm on the day before the delivery. Call **530-673-3834** or email yubasutterfoodbank@gmail.com Type "Delivery" in the subject line.

For more updates, go to <http://www.yuba-sutterfoodbank.com/>

FURNITURE AND HOUSEHOLD GOODS

Saint Vincent de Paul: "Household in a Box", thrift store referrals, furniture, and household goods; 222 Clark Avenue, YC, T-TH, 9:15AM-11:15AM, **530-671-5154**

Habitat for Humanity: ReStore has new and used furniture, appliances, tools, and other household items for sale or with vouchers; Tues-Sat, 9:00AM - 5:00PM, 202 D Street, Marysville, **530-742-2727** or go to <https://yubasutterhabitat.org/restore/>

Salvation Army Family Store and Donation Center: Furniture, household goods, and clothing for sale; Mon-Sat, 10:00AM - 6:00PM, 900 F Street, Marysville, **530-743-3671** or visit

<https://www.loc8nearme.com/california/marysville/salvation-army/1600203/>

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

HEAP offers income-eligible residents of Sacramento, Sutter, and Yuba Counties a credit to their utility bill. It's available to customers of PG&E, SMUD or those who heat their home using wood, propane, or oil purchased from a vendor. Apply online at

<https://www.communityresourceproject.org/Services/Energy-Programs/Apply-Online>
or call **530-671-7590 (Yuba/Sutter)**.

HOMELESS SERVICES

Hands of Hope: A day facility that provides laundry, showers, clothing, and light case management for people who are unhoused; ID required. Located in the Coordinated Entry office, 909 Spiva Avenue, YC, M-F 9:00AM - 3:30PM, **530-755-3491**

Coordinated Entry: Part of HUD's Continuum of Care (COC) Program, a county-based point of entry for people who are unhoused or about to be unhoused providing connections to all partnering homeless program; ID required.

Sutter County: 909 Spiva Avenue, Yuba City; M-F 9:00AM - 3:30PM, **530-755-3491**

Yuba County: 131 F Street, Marysville; M-F 9:00AM - 3:30PM, **530-749-6811**

Bridges to Housing: Temporary rent assistance, security deposit assistance, and housing navigation for homeless and low income families; Monday - Friday, 9:00AM - 3:30PM, 909 Spiva Avenue, YC, **530-755-3414** and 202 D Street, Marysville, **530-634-9758**

Sutter County CalWORKs/Employment Services Housing Support Program (HSP): For recipients of CalWORKs and are unhoused or about to be unhoused, 539 Garden Hwy, Ste A, YC **530-822-7133**

Salvation Army Rapid Rehousing Program: Income eligible, unhoused or about to be unhoused and not receiving assistance from any other housing program, 401 Del Norte Ave., YC. Call Bethanie Hall, **530-216-4530 x4539**.

Regional Housing Authority: Housing Choice Vouchers, Public Housing, Affordable Housing, and Migrant Services for income eligible families, individuals, seniors, and people with disabilities. 1455 Butte House Road, YC 95993, **530-671-0220**; M-Th 8:00AM - 12:00PM or visit <https://www.regionalha.org/links-resources>

Job Assistance for People Experiencing Homelessness: Job Search Assistance, Paid Work Experience, On-the-job Training and other training opportunities; Sutter County One Stop, 950 Tharp Road, #1000, **530-822-5120**

Yuba Sutter Homeless Resources:

<https://www.suttercounty.org/home/showpublisheddocument/2116/637552794943430000>

HOMEWORK HELP

Students who need help can bring their homework to the Sutter County Library, Mondays, Wednesdays and Fridays, 3:30PM - 5:00PM, 750 Forbes Avenue, Yuba City, PARENT/GUARDIAN MUST REMAIN WITH STUDENT WHILE TUTORING IS TAKING PLACE. For more information, call 530-822-7272.

LOW-COST INTERNET SERVICES

Internet for All Now: Savings on high speed internet through a federally funded program; go to <https://www.internetforallnow.org/>

United Way: Broadband Internet for \$10 - \$20/month for income eligible people. Text INTERNET to 211-211 or visit <http://broadband.unitedwaysca.org/>

Xfinity: Comcast offers internet to new residential customers who qualify at \$9.95/month, with the first 3 months free. <https://apply.internetessentials.com/> or call **855-846-8376**

AT&T offers families with at least one person in household who is a SNAP participant 10Mbps home internet service for \$10.00/month. Call **855-220-5211** or go to <https://www.att.com/internet/access>

MEDICAL INSURANCE

For people who have suddenly lost their job and/or health insurance there are a few of options.

People who had health insurance through their job and no longer have that job are entitled to continued coverage under COBRA for at least 18 months; however, the premium for this coverage will be higher because the employer is no longer paying their part.

People who do not want to use COBRA may be able to buy coverage through Covered California (California's version of the Affordable Care Act). It is worth investigating because the federal financial assistance is augmented by new state subsidies available for Californians who make up to \$75,000 per year, or up to \$150,000 per year for a family of four.
www.coveredca.com/see-if-you-qualify-for-financial-help/

People with low or no income may qualify for Medi-Cal; most Californians with incomes under \$17,200 or a family of four under \$35,500 will not have to pay a premium. People who apply for Covered California will be told if they qualify for Cov Cal or Medi-Cal.

Covered California: <https://www.coveredca.com/apply/> (Covered California and Medi-Cal use the same application) or call 1-800-300-1506; applicants can apply for a new health plan or change current plan outside of open enrollment if they have experienced a major life change – see website for details.

PARENTING CLASSES AND 0-5 SERVICES

Sutter County Children and Families Commission: Programs, information, resources, trainings, and activities for families of children ages 0-5 living in Sutter County. 1445 Veterans Memorial Circle, Yuba City; **530-822-7505**; <https://sutterkids.org/>; services include Child Behavior Development Specialist consultation and monthly health and development screenings (See Hel Me Grow)

Help Me Grow: FREE monthly health and development screenings for Sutter County children ages 0-5; for dates and locations, call **530-822-7505** or go to www.sutterkids.org

Parent Project (Yuba County): Parenting for strong willed or defiant children; For more info or to register call **530-749-4972** or email amanda.collier@yubacoe.k12.ca.us

Zoom Positive Discipline 2021: Parenting workshops for Yuba Sutter families with children ages

0-7; for more info call **530-749-4040** or **530-301-1654**; to register go to <https://tinyurl.com/pdfall22>

Parent Project (Sutter County): Learn prevention/intervention strategies for challenging behaviors of teens ages 10+; 10 or 16 weeks, Sutter County Probation, call **530-822-4371**. FREE

Love and Logic Early Childhood Parenting: Online courses (there is a fee); <https://courses.loveandlogic.com/> or call **800-338-4065**

Mentor & Me Monday! Mondays, 10:30AM at the Sutter County Library, 750 Forbes Ave., YC; Learn and practice mindfulness and self-regulation, through play, movement, yoga, dance, and craft. For adults with children ages 0-5. **530-822-7137**

Dolly Parton's Imagination Library: Dolly Parton's Imagination Library sends enrolled children a FREE BOOK every month until their fifth birthday. The library is a 60 volume set of books beginning with the children's classic *The Little Engine that Could*. Each month a new, carefully selected book will be mailed in the child's name, directly to their home. This program is provided in partnership with Friends of the Sutter County Library. Go to <https://sutterkids.org/smart-kids/imagination-library/> to sign up or call **530-822-7505**

Stay and Play: Play activities for children ages 0-5 with their caregivers; Tuesdays, July 26 - September 13, 10:00AM - 12:00PM, Sutter County Library, 750 Forbes Ave., YC, **530-822-7137**

Family SOUP: activities and programs for children ages 0+ with special needs and their family; call **530-751-1925** or visit <https://www.familysoup.org>

PUBLIC HEALTH VACCINE CLINICS - SUTTER COUNTY

Free Flu, COVID-19, and school vaccinations; 1445 Veterans Memorial Circle, YC; **530-822-7215**

RENT, MORTGAGE, UTILITY ASSISTANCE

Salvation Army: Financial assistance for rent, mortgage, and utilities for people who qualify; call Bethanie Hall, **530-216-4530 x4539** to determine eligibility or for more information.

REFUGEE ASSISTANCE

International Rescue Committee Sacramento: Refugee resettlement assistance, 2020 Hurley Way, Suite 420, Sacramento 95825; 916-482-0120, <https://www.rescue.org/announcement/refugee-resettlement-sacramento>

World Relief Sacramento: Refugee resettlement assistance, 4616 Roseville Rd. Ste 107, North Highlands, 95660, 916-978-2650, <https://worldrelief.org/sacramento/for-clients/afghan-allies/#afghans>

Opening Doors: Refugee Resettlement, Business Microloan Program, Survivors of Human Trafficking Program; 1111 Howe Avenue, Ste 125, Sacramento 95825; M-F 9:00-4:30, closed 12-1, 916-492-2591, info@openingdoorsinc.org

No One Left Behind: SIV and resettlement assistance to US allies and their families, <https://nooneleft.org/how-to-get-a-visa/>

Office of State Senator Jim Nielsen: For assistance obtaining services from state agencies; 1110 Civic Center Blvd., Ste 202-A, YC, 530-751-8657, M-F, 9AM – 5PM.

SPECIAL NEEDS SERVICES

Sutter County Superintendent of Schools: Infant Program for babies and toddlers ages 0-3 with special needs: Sutter and Yuba County residents; call **530-822-2960** or visit <https://www.sutter.k12.ca.us/SELPA/Infant-Program/> for more information

Alta California Regional Center: Assistance for people of all ages with developmental disabilities and their family; ages 0-3 call **916-978-6249**; ages 3+ call **916-978-6317** or visit <https://www.altaregional.org/>

Yuba City Unified School District Preschool Intervention Program: for children ages 3-5 with special needs; Sutter County residents; call **530-790-4701 or 530-822-7655**.

Family SOUP: a non-profit family resource and empowerment center dedicated to helping children with special needs and their family; Sutter, Yuba, and Colusa residents; call **530-751-1925** or visit <https://www.familysoup.org>

FREED: A Disability Resource Center serving people of all ages in Nevada, Sierra, Yuba, Sutter and Colusa counties; independent living skills, assistive technology, housing assistance, personal assistants, youth transition, and more. Marysville: 530-742-4474, TTY: 530-742-2379, 800-655-7732 or visit www.FREED.org

WIC (WOMEN, INFANTS, AND CHILDREN)

Nutrition education, breastfeeding support, groceries, and community resources for Sutter and Yuba County residents with these qualifying conditions: pregnant, breastfeeding/bottle feeding, or have a child under age 5 AND low to medium income or receive Medi-Cal, CalWorks, or CalFresh. Migrant, military, and kinship/foster care families are encouraged to apply.

Sutter County Health Dept, 1445 Veterans Mem. Circle, YC, 822-7224, M-Th 8AM – 5:30PM, every other Friday 8AM – 5PM

Live Oak Boy Scout Building, 2670 Myrtle St. L.O., 822-7224, 2nd Thurs 9AM – 4:30PM

Richland Neighborhood Center, 420 Miles Ave, YC, 822-7224, 1st Thurs 9AM – 4:30PM

YOUTH SPORTS SCHOLARSHIPS/AFTER SCHOOL RECREATION

Alex Flores Youth Sports Scholarships: a local scholarship program for youth to participate in sports; go to <https://www.alecsportsscholarship.com>

Yuba City Parks and Recreation: Youth sports and recreation for ages 0-18; 1201 Civic Center Blvd., **530-822-4650** or go to https://www.yubacity.net/city_hall/departments/parks_recreation/youth_sports
Scholarships are available.

