

# Yuba Sutter Counties 2011



THE  
FREMONT-RIDEOUT  
HEALTH GROUP

For all of you. For all of your life.



# 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](http://www.SutterCounty.org)

## Alcohol & Drug Abuse Services

### ACT

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

### Addiction Treatment Services

Narcotic treatment program ... 749-8640

### 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 alcoholic. Call ..... 673-9380

### Alcoholics Anonymous

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

### County Substance Abuse Programs

Counseling, treatment, crisis intervention for families with drug problems.  
Sutter Co ..... 822-3292  
Yuba Co..... 749-6798

### Fathers First

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

### National Alcohol & Drug Abuse Hotline

Self-help information... 1-800-784-6776

### National Council on Alcoholism

Information on alcohol-abuse services.  
Toll Free..... 1-800-622-2255

### Pathway's Drug & Alcohol Program

Substance Abuse Programs including:  
Youth & Family, Outpatient, Residential for men & women.  
Free Assessments ..... 674-4530

### Rideout Memorial Hospital Emergency Dept.

For emergencies \*S\*P\*H, ~O ..... 911

### Salvation Army Depot Family Crisis Center

Alcohol & Drug Services ..... 216-4530

### Sutter/Yuba County Alcohol & Drug Administrator

Coordinates county services ..... 822-7200

### Sutter Yuba Mental Health Services (SYMHS)

Counseling and referral for drug & alcohol abuse ..... 822-7200

### Tobacco Education & Referrals to Cessation Classes

Sutter Co..... 822-7215  
Yuba Co..... 749-6366

### Animal Bites

Sutter Co. Environmental Health ..... 822-7219  
Yuba Co. Animal Control ..... 741-6478

### Animal Control Office

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

### Yuba Sutter S.P.C.A.

Low cost spaying and neutering and vaccinations ..... 673-6390

## Children's Activities

### 4H Club

Focus on agriculture for youth ..... 822-7515

### Big Brothers Big Sisters Program

Interested in becoming a Big Brother or a Big Sister,  
Call.....1-916-646-3900 x112

### 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 Co ..... 822-7137  
Yuba Co..... 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 & Developmental Services

### Children's Home Society of California

Call ..... 673-7503  
or ..... 1-800-552-0400

### Child Care Planning Council of Yuba & Sutter Counties

..... 749-4040

### Children & Families Commissions

Resources and information on parenting skills, child development and wellness.  
Sutter County ..... 822-7505  
Yuba County..... 749-4877

### Office of Community Care Licensing

..... 895-5033

### Beale AFB Child Development Center

Call ..... 634-4717  
or ..... 634-4984

### E Center Yuba Sutter Head Start Program Office

Call ..... 741-2995

### School District & State Funded Child Care Development Programs

**Sutter County:**  
Brittan Elementary..... 822-5141  
Live Oak Child Care Center ..... 695-2372  
Marcum Illinois ..... 656-2407  
Yuba City Unified..... 822-5235  
**Yuba County:**  
Marysville Joint Unified ..... 749-6163  
Wheatland Elementary ..... 633-3130 x1114

North Marysville High School  
Alternative education for high-school aged students. On-site child care provided for teen parents.  
Call ..... 749-6918  
or ..... 749-6919

## 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 ..... 674-5400  
Crisis Line ..... 674-2040

### Child Help's Ntnl. Child Abuse Hotline

Toll-free ..... 1-800-422-4453

\*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.

**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

**Family Soup (aka 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 Co ..... 751-1925  
Yuba Co. Family Resource Center ..... 749-4049

**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

**The Conventional House Nine Line**

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

**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 CA, call ..... 1-800-852-8335

**Yuba County Probation Youth Counseling Project**

..... 749-7550

**Children Missing****California Missing Children Hotline**

Toll-free ..... 1-800-222-3463

**California Runaway Hotline (CA Youth Crisis Line)**

Toll-free ..... 1-800-843-5200

**Kids Hotline (CA Youth Crisis Line)**

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 ..... 1-800-843-5678

**National Runaway Switchboard**

Toll-free ..... 1-800-786-2929

**Community Information****Yuba Sutter Chamber of Commerce**

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

**Community Action Agency**

Call ..... 749-5460

**Salvation Army**

Help in locating missing persons.  
\*S, \*P, \*H Call ..... 1-800-698-7728

**United Way**

Community resources referral  
..... 743-1847

**Counseling & Mental Health**

Also see *MEDICAL/SUPPORT GROUPS*

**A Woman's Friend Pregnancy Resource Clinic**

See *WOMEN'S SERVICES*

**Alta California Regional Center**

See *DISABLED*

**APL Counseling**

Anger Management Classes ... 741-3876

**Beale AFB Mental Health Clinic**

Services for military personnel and their dependents ..... 634-3420

**Casa de Esperanza**

See *CHILD & FAMILY COUNSELING*

**Family Soup (aka Parent Network)**

See *CHILD & FAMILY COUNSELING*

**Harmony Health Family Resource Center**

Call ..... 742-5049

**Mental Health America Yuba Sutter (MHAYS)**

Support of the mentally ill ..... 822-7178

**Planned Parenthood**

See *WOMEN'S SERVICES*

**Salvation Army Open Door (Homeless Mentally-Ill Program)**

Drop-in center for homeless or those at risk of being homeless. Provides case management, support and guidance, telephone use ..... 216-4530

**Sutter-Yuba Mental Health (SYMHS)**

24-hour Crisis Line \*S, \*P ..... 673-8255  
Wellness & Recovery ..... 822-7200  
Inpatient ..... 822-7200  
Outpatient ..... 822-7200

**Victim Witness**

Sutter County ..... 822-7345  
Yuba County ..... 741-6275

**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 ..... 822-4591  
TDD only ..... 822-4594

**California Relay Service**

Relay-voice-to-TTY and vice-versa for the hearing ..... 1-800-682-8706  
Toll-free TTY ..... 1-800-682-8786

**Department of Human Services for Disabled Adults**

Sutter Co ..... 822-7151  
Yuba Co ..... 749-6311

**Easter Seal Society**

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

**Family Soup**

See *CHILD & FAMILY COUNSELING*

**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**

In-home nursing service ..... 673-7100

**Housing Authority**

See *HOUSING*

**Nor-Cal Center on Deafness**

Voice Line ..... 1-916-349-7500  
TTY ..... 1-916-993-3048

**No. California Independent Living**

Peer advising, attendant care, interpreting Services ... 1-800-464-8527  
TTY ..... 1-530-893-8527

**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 ..... 1-800-926-0648

**Property Tax Assistance/Postponement**

See *FINANCIAL ASSISTANCE*

**Special Education For all handicapped children**

Yuba City Unified School District ..... 822-7655  
Sutter Co. Schools ..... 822-2930  
Sutter County One Stop ..... 822-5120  
OF ..... 822-5104  
Yuba Co. Office of Ed ..... 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

**Yuba College Disabled Student Prgm.**

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 Co. .... 822-7151  
Yuba Co. .... 749-6471

**Air Force Aid Society**

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

**Lifeline**

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

**Rural Development**

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

**Salvation Army**

Emergency food, utilities & shelter  
..... 216-4530

**SHARE**

Receive up to \$30 worth of groceries for only \$15 and two hours of volunteering. Open to everyone.  
..... 1-800-499-2506

**Social Security Administration**

Information about retirement benefits, survivor Benefits, benefits for the elderly, blind or Disabled and Medicare .  
1-800-325-0778

**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 Victim Witness ..... 822-7345  
Yuba County Victim Witness ..... 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.  
Call ..... 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 Co. One Stop ..... 822-5120  
Yuba Co. Career Center One Stop ..... 741-6213

**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 Department**

Workshops & other employment services  
Yuba County One Stop ..... 741-4218  
Sutter County One Stop ..... 822-4120  
Colusa County One Stop ..... 458-7642  
Unemployment Insurance ..... 300-5616

**Farm Advisor UC Coop. Extension**

Information on gardening, landscape, money Management & food production  
..... 822-7515

**Library Literacy Program**

Serves Yuba and Sutter Counties  
..... 822-7272  
One-Stop Business Center  
Sutter County ..... 822-5340  
Yuba County ..... 749-4851

**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 & adults 16 years & older  
..... 822-5110  
or ..... 822-2952

**Yuba College Re-Entry Center**

Call ..... 741-6826

**Yuba County Human Services**

Employment, education training, work experience program ..... 749-6339

**Yuba/Sutter Enterprises**

Women's career resource center  
..... 671-2911

**Environment/Recycling****Air Pollution Control**

Regulation of open burning  
Sutter Co ..... 634-7659  
Yuba Co..... 741-6299

**County Office of Environmental Health**

Accepts complaints concerning the environment and public areas  
Sutter Co. .... 822-7215  
Yuba Co..... 749-5450

**Office of Emergency Services**

Toxic waste removal  
Sutter Co..... 822-7370  
Yuba Co..... 749-7520

**Recology Yuba-Sutter**

Solid waste removal and recycling.  
\*S,\*O. Call ..... 743-6933

**Financial Assistance**

Also see 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 Depts. of Human Services**

Medi-Cal, TANF, emergency loans, food stamps, general assistance and CMSP, \*S,\*P  
Sutter Co ..... 822-7230  
Yuba Co..... 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 benefits, Medicare, and benefits for the elderly, blind or disabled  
..... 1-866-331-5449

**Government****County Clerk**

Filing for marriage, confidential marriage, passport, minor emancipation. Also performs marriages  
Sutter Co ..... 822-7134  
Yuba Co..... 749-7851

**Clerk of the Superior Court**

Filing for any legal proceedings including divorce  
Sutter Co ..... 822-3309  
Yuba Co. .... 749-7600

**District Attorney**

Consumer protection, involuntary commitment, criminal prosecution  
Sutter Co. \*S ..... 822-7345  
Yuba Co. \*S ..... 749-7770

**Public Guardian**

Trust of personal affairs when no relative is able to do so  
Sutter Co. \*S,\*O ..... 822-7250  
Yuba Co..... 749-6306

**Recorder**

Vital statistics, military discharge, deeds and all official land transactions.  
\*S,\*P,\*H  
Sutter Co. .... 822-7134  
Yuba Co..... 749-7850

**Registrar of Voters**

Voter registration, filing for county office and elections \*S,\*P,\*H  
Sutter Co ..... 822-7122  
Yuba Co..... 749-7855

**Housing****Casa de Esperanza**

See CHILD & FAMILY COUNSELING

**Contractors Referral Board**

To find licensed contractors in good standing with the Licensing Board  
..... 1-800-799-7233

**Hands of Hope**

Call ..... 755-3491

**Housing Authority**

Housing for low-income, seniors, disabled, or agriculture workers.  
\*S,\*P,\*H  
Sutter Co ..... 671-0220  
Yuba Co..... 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. \*S,\*P  
Call ..... 216-4530

**Pacific Gas & Electric Company**

Weatherization and insulation  
Call ..... 1-800-743-5000

**Regional Emergency Shelter Team**

Call ..... 755-3491

**Salvation Army Depot Family Crisis Center**

Transitional Housing for homeless families & single women ..... 216-4530

**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 Information****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 ..... 1-916-445-1254

**Department of Child Support Services**

Free services provided for establishing, enforcing and collecting child support.  
\*S,\*P  
Call ..... 1-866-901-3121

**Department of Weights & Measures**

Correct weight on public scales.  
\*S,\*P,\*H  
Sutter Co ..... 822-7500  
Yuba Co..... 749-5400

**District Attorney**

Consumer protection, involuntary commitment, criminal prosecution  
Sutter Co. \*S ..... 822-7330  
Yuba Co. \*S ..... 749-7770

**Insurance Complaints**

Consumer information  
..... 1-800-927-4357

**Public Defender Service**

Criminal defense service  
Sutter Co ..... 822-7355  
Yuba Co ..... 741-2331

**Senior Legal Hotline**

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 ..... 1-800-222-1753  
or visit ..... www.seniorlegalhotline.org

**Sutter Co Family Court Services**

Family law information, Self-Help Center and Family Law Facilitator  
Call ..... 822-3305

**Medical – Clinics****A Woman's Friend**

See WOMEN'S SERVICES

**Access for Infants & Mothers**

See WOMEN'S SERVICES

**AIDS Testing & Counseling**

Sutter Co. Health \*S,\*P ..... 822-7215  
Yuba Co. Health \*S,\*H ..... 749-6366

**Ampla Health (formerly Del Norte Clinics)**

935 Market St., Yuba City..... 674-4261

**Sutter County Health Division**

Information & services regarding communicable disease & TB control and testing; immunizations; public health nursing, child lead poisoning prevention, tobacco education; chronic disease prevention; injury prevention; CA Children's Services Program. \*S  
Call ..... 822-7215

**Yuba County Health Division**

Comprehensive medical care for adults & children \*S,\*H  
Call ..... 749-6366

**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 Information**

Sexually Transmitted Diseases & TB  
Sutter Co. \*S,\*P ..... 822-7215  
Yuba Co. \*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 ..... 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 7 a.m. – 11 p.m. 724 – 5th St., Marysville ..... 743-7413

**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. MediCal. Medicare and other insurance accepted.  
..... 692-2050

**Peach Tree Healthcare**

Comprehensive medical care for children and adults. \*S,\*P,\*H. 5730 8 a.m. to 5 pm. Located at 5730 Packard Ave., Ste 500, Marysville  
..... 749-3240

**Planned Parenthood**

See WOMEN'S SERVICES

**Richland Family Health**

Health care services. \*S ..... 674-2603

**Rideout Emergency Department**

Physicians available for emergencies 24 hours a day. 726 – 4th St., Marysville \*S,\*P,\*H ..... 749-4511  
For emergencies, call ..... 911

**Shriner's Hospital**

Call ..... 1-916-453-2000

**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 ..... 822-5103

**Sutter County Peach Tree Clinic (Eff 6/6/11)**

Comprehensive medical care for adults & children. Call..... 822-7240

**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 Information****Sutter-Yuba Medical Society**

Physician referrals, complaints  
..... 673-6894

**CDC Ntn'I 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

**American Heart Association**

Public and professional health education, school programs. Stroke Club located in Chico. Some Spanish-language literature ..... 1-916-446-6505

**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 ..... 1-916-368-5599

**Cancer Research Information**

AMC National counseling service and information. .... 1-800-525-3777

**Cancer Society**

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

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

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

**Yuba Sutter Diabetes Resources Center**  
and YSCDSG ..... [www.ysdrc.info](http://www.ysdrc.info)

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

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

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

**March of Dimes Birth Defects Fund.**  
Advocacy, medical and public health  
education, printed materials (also in  
Spanish)  
Sacramento ..... 1-916-922-1913

**National Health Information**  
Clearing House \*S ..... 1-800-336-4797

**National Jewish Lung Line**  
Health info and doctor referral  
..... 1-877-225-5654

**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 & Yuba Counties. Support  
groups for the terminally ill & their  
families ..... 790-3006

## Medical – Support

**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 ..... 1-916-448-7001

**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

**Children's Type 1 Diabetes Support  
Group**  
YSCDSG@comcast.net ..... 763-4171

**Diabetes Support Group**  
Call ..... 674-9112

**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 ..... 790-3006

**Man to Man: Prostate Support Group**  
Call ..... 741-1366

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

**Parkinson's Support Group**  
Call ..... 674-5557

## Native Americans

**California Tribal TANF Partnership**  
Call ..... 671-5401

**Bureau of Indian Affairs**  
Sacramento ..... 1-916-930-3927

**Feather River Health**  
Emergency care, medical, mental vision,  
audiology, Oroville ..... 751-8454

**Yuba City Indian Health Center**  
General medical care ..... 751-8454

## Recreation

**City Recreation Departments**  
Swimming, softball, field trips  
Live Oak City Hall ..... 695-2112  
City of Yuba City Recreation ... 822-4650

**County Libraries**  
Book, and record loans  
Sutter Co. .... 822-7137  
Yuba Co. .... 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 ..... 742-5483

**Ruff Hill Recreation**  
Brownsville ..... 675-0121

**YMCA**  
Drop-in activity center, children through  
seniors Call ..... 1-916-452-9622

## Senior Citizens

Also See 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  
Call ..... 1-916-486-1876

**Elder Services of Northern California**  
Ombudsman, advocacy for Seniors,  
Gatekeeper Community Services.  
Translation by appointment  
Call ..... 755-2018  
Pager ..... 1-916-522-8464

**Experience Works**  
Senior workforce solutions .... 749-4887

**Health Insurance Counseling**  
Referrals to help seniors with medicare  
billing & insurance selection.  
Chico ..... 898-6716  
Yuba City/Marysville ..... 671-1618  
or ..... 1-800-822-0109

**Housing Authority**  
See HOUSING

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

**Nutrition**  
Community Action Agency of Butte Co.  
Reservations are required for senior  
meals. The noon-time meals are served  
Monday through Friday (except for  
Agency holidays). Call for reservations  
and serving times.

Olivehurst ..... 635-4011  
Yuba City ..... 674-2338  
Brownsville ..... 930-1050  
Wheatland ..... 635-4026

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

**Social Security Administration**  
Call ..... 1-800-772-1213

**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 Senior**  
See LEGAL SERVICES

## Transportation

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

## Utilities

**Recology Yuba-Sutter**  
Solid waste removal and recycling.  
\*S,\*O Call ..... 743-6933

**Gas & Electric**  
Pacific Gas & Electric Company  
..... 1-800-743-5000

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

## Veterans & Military

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

**EDD Employment Representative**  
Yuba County 1-Stop ..... 749-4891  
or ..... 749-4888  
Sutter County 1-Stop ..... 751-8578

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

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

## Women's Services

**A Woman's Friend Pregnancy Resource  
Clinic**  
All services free of charge including:  
Pregnancy testing and pregnancy  
verification, maternity and infant  
clothing for loan; parenting classes,  
post-abortion support groups for  
women & men. \*I  
24-hour Hotline ..... 741-0556

**Access 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  
..... 822-7263

**Fremont Medical Center Prenatal  
Classes**  
Childbirth preparation, maternity tours,  
breast-feeding, Lifesaver Baby  
..... 751-4165

**Harmony Health Family Resource Cntr.**  
Call ..... 742-5049

**La Leche League**  
Information, education and support for  
expectant and breast-feeding-mothers  
..... 822-7224

**Planned Parenthood**  
Birth Control, pregnancy testing, STD  
screening and treatment, first trimester  
abortion, PAP tests, AIDS testing, tubal  
ligation and vasectomy counseling \*S  
..... 821-8400

**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  
Crisis ..... 674-2603  
Business ..... 674-2603

**WIC (Women, Infants, & Children)**  
Nutrition education, supplemental food  
vouchers  
Sutter Co. ~\*S, \*P ..... 822-7224  
Yuba Co. .... 42-3055  
or ..... 749-4830

## If services have been overlooked or if there are errors,

contact Sutter Human Services  
at 822-7327. All information is  
subject to change. A listing in  
this document does not indicate a  
recommendation of the agency. Visit  
the Sutter County Human Services  
Web Site ..... [www.suttercounty.org](http://www.suttercounty.org)

**The Network of Care web site is a  
valuable resource for individuals,**  
families and agencies concerned  
with behavioral health. It provides  
information about behavioral health  
services, laws, related news, as well  
as a directory and other features.  
Visit the Network of Care local Web  
Sites at:  
..... [www.sutter.networkofcare.org](http://www.sutter.networkofcare.org)  
or ..... [www.yuba.networkofcare.org](http://www.yuba.networkofcare.org)

**Mental Health America Yuba Sutter  
(MHAYS), formally known**  
as National Alliance for the Mentally  
Ill, NAMI) has been active in Yuba  
– Sutter community since June of  
1983. MHAYS is committed to  
assisting those with psychiatric  
disabilities and their families,  
by providing mutual support,  
education, advocacy and research.  
Visit the Mental Health America  
Yuba Sutter Web Site at:  
..... [www.mhayubasutter.com](http://www.mhayubasutter.com)