

# Valley Hi Family Resource Center

(916)-290-8281

Presents

## RESOURCES THIS WEEK MAY 2-8

**Free COVID-19 Vaccination** for South Sacramento  
**Vacunación COVID-19 Gratuita** para el sur de Sacramento

Register here/Registrarse aquí:  
<https://forms.office.com/r/f1yaHJcq5y>



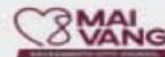
### **Sam & Bonnie Pannell Community Center**

2450 Meadowview Rd, Sacramento, CA 95832

SacRT is Offering Free Rides. (916) 312-2877

Questions/Preguntas: (916)-290-8281

SACRAMENTO



SACRAMENTO COUNTY



LET **SACRT** BE YOUR **FREE RIDE**  
TO GET **YOUR VACCINE**



Mask or face covering required at stations and on board vehicles. Ride FREE with proof of your COVID-19 vaccine appointment.





# Sacramento Works Franklin Job Center Virtual Career Fair

Wednesday, May 5<sup>th</sup> 10:00am - 12:30pm

Take part in this virtual job fair where you can connect with FedEx, ChildCare Careers, SVS Group, and Golden 1 for careers and job opportunities!



ChildCare Careers



\*All attendees must create an account at [www.caljobs.ca.gov](http://www.caljobs.ca.gov) prior to event.

This event will be held on ZOOM.

RSVP by registering:

[CLICK HERE](#)

This WIOA Title I financially assisted program or activity is an equal opportunity employer/program.

Auxiliary aids and services are available upon request to individuals with disabilities, call 711 for relay services.



SACRAMENTOWORKS  
Franklin Job Center  
7000 Franklin Blvd, Ste. 540  
Sacramento, Ca 95823  
916-563-5453



## DRIVE-THRU FOOD DISTRIBUTION

EVERY FRIDAY

**MAY 2021**

**10AM**

(WHILE SUPPLIES LAST)



FREE BAG OF GROCERIES VALUED AT \$20

**ARI HEADQUARTERS**

**6270 ELDER CREEK ROAD  
SACRAMENTO, CA 95824**

For more information contact Sanakee at  
[Sanakee.Y@AsianResources.Org](mailto:Sanakee.Y@AsianResources.Org)

# Safe Sleep BABY

## Car Seat Safety Workshops



COME LEARN ABOUT SAFE SLEEPING PRACTICES AND VEHICLE SAFETY FOR YOU  
AND YOUR CHILDREN!

SAFE SLEEP CLASSES ARE GEARED TOWARDS PARENTS/CAREGIVERS WHO ARE  
EXPECTING OR HAVE AN INFANT LESS THAN 12 MOS.

CAR SEAT SAFETY WORKSHOPS ARE GEARED TOWARD PARENTS/CAREGIVERS WITH  
CHILDREN THAT ARE 13 YEARS AND UNDER.

\*AFTER ATTENDING A WORKSHOP, THOSE WHO QUALIFY MAY RECEIVE A FREE  
PACK-N-PLAY OR CAR SEAT\*

**CALL US AT (916)-290-8281  
TO REGISTER!**

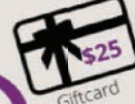


## COVID VACCINE WORKSHOP



JOIN OUR INFORMATIVE PRESENTATION ABOUT BEST PRACTICES TO KEEP YOU  
AND YOUR FAMILY SAFE. AVAILABLE IN ENGLISH, SPANISH, AND HMONG.

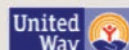
**RSVP** TODAY WITH THE LINK BELOW  
<https://forms.gle/iGXawPTYpfG12PDi6>



**TUE, MAY 4** SPANISH  
**THUR, MAY 6** ENGLISH  
**TUE, MAY 18** SPANISH  
**THUR, MAY 20** HMONG  
**3:00 PM - 4:00 PM**



FOR MORE INFORMATION PLEASE CONTACT (916) 990 - 1311



THE CENTER  
at Sierra Health Foundation



# covid-19 Information

## Monday

8AM-4PM  
LIBERTY TOWERS CHURCH  
5132 ELKHORN BLVD.  
SACRAMENTO, CA 95842  
APPOINTMENTS:  
916-583-8877 OR  
[HTTPS://WWW.LIBERTYTOWERS.ORG/COVID19](https://www.libertytowers.org/covid19)

## Tuesday

10AM-6PM  
NATOMAS UNIFIED SCHOOL DISTRICT  
7931 ARENA BLVD.  
SACRAMENTO, CA 95934  
APPOINTMENTS:  
916-561-5253 OR  
[HTTPS://NATOMASUNIFIED.ORG/COVID-19-TESTING/](https://natomasunified.org/covid-19-testing/)

## Wednesday

8AM-4PM  
OAK HILLS CHURCH  
1100 BLUE RAVINE RD.  
FOLSOM, CA 95630  
APPOINTMENTS:  
[HTTPS://OAKHILLS.ORG/-COVID-19-TESTING/](https://oakhills.org/covid-19-testing/)

## Thursday

7AM-12PM  
CHABOLLA COMMUNITY CENTER  
600 CHABOLLA AVE.  
GALT, CA 95632  
APPOINTMENTS:  
209-366-7180 OR  
[HTTP://WWW.CI.GALT.CA.US/COMMUNITY-DEPARTMENTS/COMMUNITY-COVID-TESTING](http://www.ci.galt.ca.us/community-departments/community-covid-testing)

## Friday

9:00 AM - 5:00 PM  
TETTEH PEDIATRIC HEALTH  
7248 S LAND PARK DR.,  
SUITE 118, SACRAMENTO,  
CA 95831  
APPOINTMENTS:  
[HTTPS://BIT.LY/TPH\\_C19](https://bit.ly/TPH_C19)

9:00 AM - 5:00 PM

LA FAMILIA MAPLE  
NEIGHBORHOOD CENTER  
3301 37TH AVE., ROOM 7,  
SACRAMENTO, CA 95824 (PARK  
ON 36TH AVE)  
APPOINTMENTS: 916-990-1311  
OR [HTTPS://LAFAMILIAMAPLE.SETMORE.COM](https://lafamiliamaple.setmore.com)

10AM-6PM

CORDOVA NEIGHBORHOOD  
CHURCH  
10600 COLOMA RD, RANCHO  
CORDOVA, CA 95670  
APPOINTMENTS:  
916-361-8684 OR  
[HTTP://WWW.THEFCCP.ORG/COVID](http://www.thefccp.org/covid)

8:00AM-3:30PM

SOUTH SACRAMENTO CHRISTIAN  
CENTER  
7710 STOCKTON BLVD.  
SACRAMENTO, CA 95823  
APPOINTMENTS:  
916-681-6791 OR  
[HTTPS://WWW.SSCSAC.ORG/-FREE-COVID-19-TESTING](https://www.sscsac.org/free-covid-19-testing)

9:00 AM - 5:00 PM

ROBERTSON'S COMMUNITY CENTER  
3525 NORWOOD AVE.,  
SACRAMENTO, CA 95838  
APPOINTMENTS: 916-567-9567  
OR [HTTPS://ROBERTSONSCMUNITYCENTER.SETMORE.COM](https://robertsonscmunitycenter.setmore.com)

9AM-5PM

ST. PAUL'S MISSIONARY  
BAPTIST CHURCH  
3996 14TH AVE.  
SACRAMENTO, CA 95820  
APPOINTMENTS:  
916-573-3555 OR  
[HTTPS://STPAULSAC.ORG/RESOURCES/COVID-19/](https://stpaulsac.org/resources/covid-19/)

## FREE TESTING SITES THIS WEEK

## FREE COVID-19 TESTING

ARI HEADQUARTERS  
6270 ELDER CREEK ROAD,  
SACRAMENTO, CA 95824

~EVERY THURSDAY~  
STARTING FEBRUARY 18

FROM 8 AM - 4 PM

- Register Online or In-Person
- Open for Community Residents
- Show Valid ID & Phone Number
- Walk-Ups Welcome
- Self-Swab Testing

REGISTRATION IS REQUIRED FOR EVERYONE WHO WANTS TO BE TESTED. WALK-UPS INCLUDED.

REGISTER HERE!

<https://asianresources.org/covid19-community-testing>

For More Information: (916)454-1892 or [Jeremy@AsianResources.Org](mailto:Jeremy@AsianResources.Org)



## Do I still need to wear a mask after getting vaccinated?

All the COVID-19  
vaccines are effective  
at preventing serious  
illness, though the  
effectiveness of the  
vaccines at preventing  
the spread of COVID-19 is  
not well understood yet.

You'll need to keep



Wearing  
a mask



Washing  
your hands



Practice  
distancing

(People aged 16+ can get vaccinated, so  
it's good to protect yourself and others.)



# Hotlines & Helplines

## CRISIS/EMERGENCY LINES

TREVOR PROJECT CRISIS LINE-LGBTQ YOUTH-  
(866)-448-7386  
WEAVE 24HR CRISIS LINE- (916)-920-2952  
VETERANS 24HR CRISIS LINE-  
(800)-273-8255  
COMMUNITY FOR PEACE 24HR CRISIS LINE-  
(916)-728-7210  
CRISIS TEXT LINE-- TEXT 741741  
EMERGENCY CHILDCARE: CRISIS NURSERY-  
916-394-2000

## SUICIDE PREVENTION

NATIONAL SUICIDE PREVENTION LIFELINE--  
1-800-273-8255  
SUICIDE PREVENTION CRISIS LINE  
(LOCAL)- (916)-368-3111  
24 HOUR SUICIDE AND CRISIS LINE-  
(855)-278-4204  
SUPPORT FOR MOTHERS--  
1-800-773-6667

## NON-CRISIS HELP LINES

CONSUMER OPERATED WARM LINE-  
(916)-366-4688  
PEER OPERATED WARM LINE--  
1-885-845-7415  
TEEN WARM LINE- (888)-247-7717  
MEDI-NURSE ADVICE LINE FOR  
COVID-19-  
(877)-409-9052

## GENERAL RESOURCES/SUPPORT

DIAL 211-- 2-1-1  
COMMUNITY HELPLINE-  
(877)-541-2525  
FOR HELP NAVIGATING RESOURCES,  
CALL:  
ENGLISH-(916)-556-3344 x 117  
SPANISH-(916)-556-3344 x 113

## FOOD/CLOTHING/TRANSPORTATION

CALFRESH- (916)-456-1980  
SACRAMENTO FOOD BANK-  
(916)-456-1980  
SACRT SMART RIDE- (916)-556-0100  
YOUTH HELP NETWORK-  
(833)-333-2946 OR TEXT  
(916)-860-9819

## UTILITY ASSISTANCE

ENERGYHELP-- 1-888-742-7683  
\*DUE TO COVID 19, SMUD WILL NOT BE  
SHUTTING OFF POWER FOR NON-PAYMENT  
THROUGH APRIL 30, 2021\*

\*DUE TO COVID 19, PG&E HAS  
SUSPENDED POWER CUT-OFF DUE TO  
NON-PAYMENT UNTIL FURTHER NOTICE\*