



Wellness  
Resource Guide  
For Teens and  
Young Adults

(Don't worry moms; you can take a peek too!)

2011

# Emergency Services and Hotlines

## ACCESS-County Child/ Adult Crisis Services

*Auburn:* (888)886-5401

*Roseville:* (916)787-8860

Crisis Resolution Center (916)652-2749

## Hospitals

Kaiser Roseville (916)784-4000

Sutter Auburn Faith (530)888-4500

Sutter Roseville (916)781-1000

Tahoe Forest (530)587-6011

Poison Control (800)876-4766

## Police Departments and Sheriff

Placer County Sheriff's Office (530)889-7800

Auburn Police Department (530)823-4237

Lincoln Police Department (916)645-4040

Rocklin Police Department (916)632-4093

Roseville Police Department (916)774-5000

## **Hotlines**

AIDS (800)342-2437

Al-Anon-Alateen (800)356-9996

California Missing Children Hotline (800)222-3463

Child Abuse (800)540-4000

Child Help USA Information Center (800)4-1-2443

Children of the Night (800)551-1300

Crisis Resolution Center (866)251-7584

Drug Information Help (800)729-6686

Family's Anonymous (800)736-9805

Gay and Lesbian Services (888)843-4564

National Center for Missing and  
Exploited Children California (800)222-3463

National Herpes (919)361-8488

National Runaway (800)786-2929

RAIN(Rape, Abuse, Incest, National Network) (800)656-4673

Suicide Prevention (800)DONTCUT

*Auburn* (530)885-2300

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*Dear Friends,*

*You are our future! We want you to have what you need to move forward, learn and grow as individuals. This wellness resource guide is a gift as well as an invitation, an invitation to live life to the fullest, to explore and to share what you learn along the way. Our mission is to connect you to resources and opportunities available in our community. We know that when youth connect to their community magical things happen☺ Many hours were spent digging up and updating old resource guides, brainstorming with both youth and professionals and seeking out new and unique resources. This is by no means done, definitely a work in progress! We encourage you all to seek out more resources and opportunities! If you feel like an important resource is missing from this guide please send an email to: [wellnessresourceguide@gmail.com](mailto:wellnessresourceguide@gmail.com) with the name of the resource, contact information and some highlights of the resource and they will be considered for next year's updated version of this resource guide! This guide will also be available online at <http://ucanr.org/pcyc>.*

*Peace & Blessings!*

*Natalie Pohley*

*Auburn Hip Hop Congress  
Community and Youth Organizer  
(530)368-4455*

# Health and Wellbeing

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## Healthy Places to Shop & Eat

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### Confluence Kitchen and Market

13471 Bowman Rd.

Auburn, CA 95603

(530)885-3886

[www.confluencekitchenandmarket.com](http://www.confluencekitchenandmarket.com)

- Natural Meats
- Organic Vegetables
- Vegetarian, Gluten Free, Dairy Free, Vegan Options
- Organic Espresso Bar
- Healthy Pre-Home Made Meals to Go

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### Foothill Organic Growers

8060 Ridge Rd.

Newcastle, CA 95658

[www.foothillorganicgrowers.org](http://www.foothillorganicgrowers.org)

#### Contact:

Jack Hertle

Farmer in Chief

(916)663-2146

[organicjack@sbcglobal.net](mailto:organicjack@sbcglobal.net)

- Diet and Nutrition Advice
- Fresh Organic Produce Packaged and Delivered
- Wheatgrass Education
- Community Supported Agriculture

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### Ikeda's

13500 Lincoln Way

Auburn, CA 95603

(530)885-4243

[www.ikedas.com](http://www.ikedas.com)

- Gourmet Cuisine
- Certified Organic Produce
- Fruit Grown on Local Orchard

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### Machado Orchard's

100 Apple Lane

Auburn, CA 95603

(530)823-1393

- Agro Art Play Garden
- Family Fruit Orchard
- Fresh Fruit Pies

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### PlacerGROWN

11477 E Ave, Auburn, CA 95603

(530)889-7398

[placergrown@gmail.com](mailto:placergrown@gmail.com)

[www.placergrown.org](http://www.placergrown.org)

- Information on local farms and farmers markets
- Events Calendar
- Recipes

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### PachaMama's Organic Café

Gold Country Mall

884 Lincoln Way

Auburn, CA 95603

(530)823-0909

- Vegetarian with Vegan Options
- Local and Organic
- So much love!

# Health and Wellbeing

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## Frontside Café

660 Auburn Folsom Rd. #105  
Auburn, CA 95603  
(530)745-0262  
[www.frontsidecafe.com](http://www.frontsidecafe.com)

- Healthy Alternatives
- Includes Vegetarian Cuisine and Gluten Free Options
- Fresh ingredients and Homemade Food
- Organic meat
- Community and family friendly

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## Fitness and Sports

### Anytime Fitness

12130 New Airport Rd.  
Auburn CA 95603  
(530)887-1265  
[www.anytimefitness.com](http://www.anytimefitness.com)

- Open 24 Hours
- Weight Training

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### Auburn Racquet and Fitness Club

1255 Racquet Club Dr.  
Auburn, CA 95603  
(530)885-1602  
[www.ar-fc.com](http://www.ar-fc.com)

- Youth Fitness Education Program
- 2 Pools and Spa
- Classes
- Weights Gym
- Smoothie Bar

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### Auburn Recreation District

123 Recreation Dr., Auburn, CA  
(530)885-8461  
[www.auburnrec.com](http://www.auburnrec.com)

- Sports, Pool and Recreation
- Classes and Camps
- Community Events
- Youth Assistance Fund Available for low income

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### Auburn Martial Arts Center

536 Grass Valley Highway  
Auburn, CA 95603  
(530)887-0215  
[www.auburnmartialartscenter.com](http://www.auburnmartialartscenter.com)

- Taekwondo
- Mixed Martial Arts
- Kickboxing
- Tai Chi

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### Courthouse Athletic Club

11558 F Ave, Auburn, CA 95603  
(530)885-1964  
[www.cacfit.com](http://www.cacfit.com)

- Weight Training
  - Fitness Classes
  - Aquatics
  - Jr. Racquetball
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# Health and Wellbeing

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<b>Curves</b> 1472 Grass Valley Highway Auburn, CA 95603 (530)887-9300 <a href="http://www.curves.com">www.curves.com</a>	<ul style="list-style-type: none"><li>• 30 minute Curves Circuit with Zumba Fitness</li><li>• Strength Training</li><li>• Facility Especially Designed for Women</li></ul>
<b>Lord's Gym</b> 702 Atlantic Street Roseville, CA 95678 (916)773-5673 <a href="http://www.lordsgym.org">www.lordsgym.org</a>	<ul style="list-style-type: none"><li>• Weight Training and Classes</li><li>• Youth and Outreach Programs</li><li>• Hip Hop Dance Team</li></ul>
<b>Miyagi's Gymnastics Academy</b> 3116 Olympic Way Auburn, CA 95603 (530)888-6569 <a href="http://www.miyagigym.com">www.miyagigym.com</a>	<ul style="list-style-type: none"><li>• Recreational Classes</li><li>• Birthday Parties</li><li>• Open Gym</li><li>• Cheer and Tumble</li><li>• Summer and Winter Camps</li></ul>
<b>Pacific Fitness</b> 11800 Enterprise Drive Auburn, CA 95603 (530)823-7458 <a href="http://www.pacfit.com">www.pacfit.com</a>	<ul style="list-style-type: none"><li>• Weight Training</li><li>• Classes</li><li>• Pacific Zen Zone free to members, \$7 non-members</li></ul>
<b>Total Fitness</b> 210 Palm Ave, Auburn, CA 95603 (530)888-0835 <a href="http://www.totalfitnessauburn.com">www.totalfitnessauburn.com</a>	<ul style="list-style-type: none"><li>• Weight and Strength Training</li><li>• Cardio Classes</li><li>• Free Wi-Fi</li></ul>
<b>Titan's Dungeon</b> 12856 Earhart Dr. Auburn, CA 95602 (530)885-2600 <a href="http://www.titansdungeon.com">www.titansdungeon.com</a>	<ul style="list-style-type: none"><li>• Weightlifting</li><li>• Martial Arts</li><li>• Boxing</li><li>• XTREME Boot Camps</li><li>• Sports Training</li></ul>
<b>Academy Snowboards</b> P.O. Box 4628, Auburn, CA 95604 (619)243-1455 <a href="mailto:info@academysnowboards.com">info@academysnowboards.com</a> <a href="http://www.academysnowboards.com">www.academysnowboards.com</a>	<ul style="list-style-type: none"><li>• Snowboards and Gear</li><li>• Pro Team</li><li>• Scholarship Program</li><li>• Snow Camps</li></ul>

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# Health and Wellbeing

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## **Auburn Running Company**

833 Lincoln Way  
Auburn, CA 95603  
(530)823-2002

[info@auburnrunningcompany.com](mailto:info@auburnrunningcompany.com)

[www.auburnrunningcompany.com](http://www.auburnrunningcompany.com)

- Blog on Group Runs and Events

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## **"C" Horse Ranch**

11685 Lorenson Rd.  
Auburn, CA 95602  
(530)888-7766

- Riding Lessons
- Cancer Survivors Group
- Organic Garden
- Birthday Parties
- Family Fun Days
- Summer Camps

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## **Canyon Keepers**

(530)885-5648

[asrak@psyber.com](mailto:asrak@psyber.com)

[www.members.psyber.com/asra](http://www.members.psyber.com/asra)

- Organized Hikes
- Junior Rangers
- Volunteer Opportunities

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## **Capital Thunder**

### **Youth Hockey Club**

5098 Foothills Blvd.  
Roseville, CA 95747  
(916)704-8911

[www.capitalthunder.org](http://www.capitalthunder.org)

- Youth Hockey Team
- Ages 6-18

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## **Capitol Roots**

2534 Industrial Blvd. Suite 150  
West Sacramento, CA 95691  
(916)712-7777

[www.capitolroots.com](http://www.capitolroots.com)

- Hip Hop, Popping, Locking, Breaking, Krumping, Turfing and Martial Arts Tricking Classes.

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## **Come Dance with Me**

123 Recreation Dr., Auburn, CA  
(530)885-8461

[www.auburnrec.com](http://www.auburnrec.com)

- Theater and Dance Classes and Camps

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## **Epic Indoor Skatepark**

1104 Tinker Road  
Rocklin, CA 95657  
(916)408-4200

[www.epiindoorskate.com](http://www.epiindoorskate.com)

- Summer Camp
- Skate Lessons
- Skate Shop
- Park Rentals



# Health and Wellbeing

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<b>FREE Tai Chi in The Park</b> Craig Rowland 530-308-8672	<ul style="list-style-type: none"><li>• Open to Everyone</li><li>• Taco Tree Park</li></ul>
<b>Gold Step Studios</b> 617 Main Street Placerville, CA 95667 (530)622-GOLD <a href="http://www.goldstepstudios.com">www.goldstepstudios.com</a>	<ul style="list-style-type: none"><li>• Performing Arts</li><li>• Dance</li><li>• Healing</li><li>• Classes</li><li>• Events/Venue</li></ul>
<b>In Sync</b> <a href="http://www.insyncdanceofauburn.com">www.insyncdanceofauburn.com</a>	
<b>Moman Skateboarding</b> 470 A Main St. Newcastle, CA 95658 (916)663-9230 <a href="http://www.sk8moman.com">www.sk8moman.com</a>	<ul style="list-style-type: none"><li>• In Store Half Pipe</li><li>• Skate Team</li><li>• Events</li></ul>
<b>Pamelot Dance</b> 540 Wall Street Auburn, CA 95603 (530)888-6206 <a href="http://www.pamalotdance.com">www.pamalotdance.com</a>	<ul style="list-style-type: none"><li>• Variety of Dance, Theater and Voice Lessons</li></ul>
<b>Sierra Foothills Cycling Club</b> P.O. Box 3124 Auburn, Ca 95604 <a href="mailto:president@sfcyclists.org">president@sfcyclists.org</a> <a href="http://www.sfcyclists.com">www.sfcyclists.com</a>	<ul style="list-style-type: none"><li>• Group Rides and Events</li></ul>
<b>Sierra Foothills Rugby</b> 3211 Boulder Creek Place Penryn, CA (530)262-9809 <a href="http://www.SierraFoothillsRugby.com">www.SierraFoothillsRugby.com</a>	<ul style="list-style-type: none"><li>• Learn how to play at FREE Clinics</li><li>• Scholarships Available</li></ul>
<b>Sierra Outdoor Center</b> 440 Lincoln Way Auburn, CA 95603 (530)885-1844 <a href="http://www.sierraoutdoorcenter.com">www.sierraoutdoorcenter.com</a>	<ul style="list-style-type: none"><li>• Outdoor Equipment Rental and Sales</li><li>• Kayak Lessons</li><li>• Consignment</li><li>• Boat Repair</li></ul>
<b>The Ridge Golf Course and Event Center</b> 2020 Golf Course Rd. Auburn, CA 95602 (530)888-7888 <a href="http://www.ridgec.com">www.ridgec.com</a>	<ul style="list-style-type: none"><li>• Junior Programs</li><li>• Scholarship Opportunity</li><li>• Golf Lessons</li></ul>

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# Health and Wellbeing

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<b>SkimX Concept Park</b> Parkside Industrial Center 10632 Industrial Ave Ste.100 (916)781-7569 <a href="http://www.skimx.com">www.skimx.com</a>	<ul style="list-style-type: none"><li>• New action sport, Extreme Skim</li><li>• Park Opens Oct. 2011</li></ul>
<b>Tube Nation</b> <a href="mailto:nate@tubenation.net">nate@tubenation.net</a>	<ul style="list-style-type: none"><li>• Water Tubing</li></ul>
<b>Zumba FX</b> Auburn, CA (530)403-6553 <a href="http://www.zumbafx.net">www.zumbafx.net</a>	<ul style="list-style-type: none"><li>• Whole Body Workout</li><li>• Fun Fitness Dance Program For everyone</li></ul>
<b>Skatetown</b> 1009 Orlando Ave Roseville, CA 95661 (916)783-8550 <a href="http://www.SKATETOWN.biz">www.SKATETOWN.biz</a>	<ul style="list-style-type: none"><li>• Ice Skating Facility</li><li>• Youth and Adult Lessons</li></ul>
<b>Sac City Rollers</b> Foothill Skate Inn 4700 Auburn Blvd. Sacramento, CA <a href="mailto:juniorderby@saccityrollers.com">juniorderby@saccityrollers.com</a> <a href="http://www.saccityrollers.com">www.saccityrollers.com</a>	<ul style="list-style-type: none"><li>• Skating Lessons</li><li>• Junior Roller Derby</li><li>• For Girls ages 10-17</li><li>• Volunteer Opportunities</li></ul>
<b>Sacramento State Aquatic Center</b> 1901 Hazel Ave. Gold River, CA 95670 (916)278-2842 <a href="http://www.sacstateaquaticcenter.com">www.sacstateaquaticcenter.com</a>	<ul style="list-style-type: none"><li>• Youth Camps</li><li>• Team Building</li><li>• Sailing, Windsurfing, Canoeing, Kayaking, Water Skiing, Rowing, Wakeboarding, Jet Skiing</li></ul>
<b>Stress Reduction</b>	
<b>Auburn Yoga &amp; Fitness</b> 1175 Grass Valley Hwy Auburn, CA 95603 (530) 889-2920	<ul style="list-style-type: none"><li>• Zumba</li><li>• Pilates</li><li>• Hot yoga</li><li>• Yoga in the Park</li></ul>
<b>Canyon Spirit Yoga Center</b> 538 Auburn Ravine Road Auburn, CA 95603 <a href="http://www.canyonspiritvgyoga.com">www.canyonspiritvgyoga.com</a>	<ul style="list-style-type: none"><li>• Yoga</li><li>• Meditation</li><li>• Discount classes for youth under 21</li></ul>

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# Health and Wellbeing

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## East Wind Yoga

922 Lincoln Way Auburn, CA 95603  
(530) 889-5657

[www.eastwindyoga.com](http://www.eastwindyoga.com)

- New student discounts
- Hot, Flow and Yin Yoga

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## Grace Yoga

AHmbiance  
884 Lincoln Way  
Auburn, CA 95603  
(530)637-5088

[www.graceyoga.com](http://www.graceyoga.com)

- Yoga
- Pilates
- Modern Dance
- Ballet
- Tribal Improvisational Dance

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## Mama's Alchlemy

882 Lincoln Way  
Auburn, CA 95603  
(530)889-9494

- Serving Auburn 11 years
- Classes and Workshops
- Healing Environment
- Study Groups

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## Mountain Stream Meditation Center

P.O. Box 1644  
Grass Valley, Ca 95945  
(530)887-9400

[www.mtstream.org](http://www.mtstream.org)

- Meditation Classes and Speakers held at Canyon Spirit Yoga Center

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## Placer Buddhist Church

3192 Boyington Rd.  
Penryn, CA 95663  
(916)652-6139

[www.placerbuddhistchurch.org](http://www.placerbuddhistchurch.org)

- Tai Chi- Stress Relief, Deep Breathing and Balance-T. Masuda (916)652-6190
- Dance Exercise
- Calligraphy
- Flower Arrangements
- Sutra Chanting
- Haiku Poetry
- Bereavement Counseling
- Sierra Bonsai Club
- Annual Food Bazaar
- Japanese Drumming

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## Red Lantern Foot Reflexology

811 Lincoln Way  
Auburn, CA 95603  
(530)888-8610

- \$20 Massages
- Reflexology

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## Teens Matter Life Skills

991 Lincoln Way  
Auburn, CA 95603  
(530)889-2300

[soul2soulart@yahoo.com](mailto:soul2soulart@yahoo.com)  
[www.teens-matter.com](http://www.teens-matter.com)

- Life Skills and Challenges Group Program for Teens
- Ages 12-20
- Scholarships Available

# Health and Wellbeing

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## Tre Bella Salon and Spa

1237 High Street  
Auburn, CA 95603  
(530)885-6969

[www.trebellaspa.com](http://www.trebellaspa.com)

- Massage
- Rain Drop Therapy
- Facials/Pedicures
- Bio Feedback

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## Medical Services and Resources

### California Children's Services

(530) 886-3630

[www.dhcs.ca.gov](http://www.dhcs.ca.gov)

- Doctor visits and care
- Hospital stays, and surgery
- Physical and Occupational therapy.
- Tests and x-rays.

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### Chapa De Indian Health Program

1160 Atwood Rd.  
Auburn, CA 95603  
(530) 887-2800

[www.chapa-de.org](http://www.chapa-de.org)

- Prenatal care referral, vision and hearing screening, TB tests
- Women's health exams
- Optometry, Dental
- Behavioral Health: addiction recovery, anger control and treatment, etc.

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### Child Health and Disability Prevention (CHDP)

11484 B Ave.  
Auburn, CA 95603  
(530) 886-3620

- Free health check-ups.
- Dental referrals, specialist referrals, and mental health referrals.
- Transportation assistance.

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### Healthy Families and Kids

365 Nevada Street  
Auburn, CA 95603  
(530)745-1380

[www.healthy-families.us](http://www.healthy-families.us)

- Low Cost Health Insurance for children, teens and pregnant mothers

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### Placer County Clinic, Auburn

11583 C Ave.  
Dewitt Center  
Auburn, CA 95603  
(530) 889-7215

[www.placer.ca.gov](http://www.placer.ca.gov)

- Family planning
- Sexually transmitted disease testing and treatment.
- Pregnancy testing and counseling.
- Physical exams for infants, children, and teens.

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### Roseville

1130 Conroy Ln. Suite 402  
Roseville, CA 95661-4153  
(916) 784-6444

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# Health and Wellbeing

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<b>Placer County Community Health</b> 11484 B Ave. Auburn, CA 95603 <a href="http://www.placer.ca.gov">www.placer.ca.gov</a>	<ul style="list-style-type: none"><li>• Provides WIC</li><li>• Manages the Teen Pregnancy and Parenting Program, to promote healthy births and successful</li></ul>
<b>Placer County MediCal:Auburn</b> 11552 B Ave. Auburn, CA 95603 (530) 889-7610 <a href="http://www.placer.ca.gov">www.placer.ca.gov</a>	<ul style="list-style-type: none"><li>• Pregnancy services</li><li>• Confidential medical services for children ages 6-19.</li></ul>
<b>UCDMC Child Protection Center</b> 2516 Stockton Blvd. Sacramento, CA 95817 (916) 734-5177 <a href="http://www.ucdmc.ucdavis.edu">www.ucdmc.ucdavis.edu</a>	<ul style="list-style-type: none"><li>• Pediatric cardiology, critical care.</li><li>• Developmental-behavioral pediatrics.</li><li>• Child protection, etc.</li></ul>
<b>Kaiser Permanente</b> 1600 Eureka Rd. Roseville, CA 95661-3027 <a href="http://www.kaiserpermanente.org">www.kaiserpermanente.org</a>	<ul style="list-style-type: none"><li>• Health Services</li></ul>
<b>American Diabetes Association</b> (916)924-3232 <a href="http://www.diabetes.org">www.diabetes.org</a>	<ul style="list-style-type: none"><li>• Walks for Diabetes Research</li><li>• Volunteer Opportunities</li></ul>
<b>American Cancer Society</b> (800)227-2345 <a href="http://www.cancer.org">www.cancer.org</a>	<ul style="list-style-type: none"><li>• Relay for Life</li><li>• Cancer Research and Resources</li><li>• Volunteer Opportunities</li></ul>
<b>Leukemia &amp; Lymphoma Society</b> (916)929-4720 <a href="http://www.LLS.org/sac">www.LLS.org/sac</a>	<ul style="list-style-type: none"><li>• Marathons, Triathlons, Bike Rides and Hiking Adventures to support Leukemia &amp; Lymphoma Society Research</li><li>• Volunteer Opportunities</li></ul>
<b>March of Dimes</b> (415)788-2202 <a href="http://www.marchofdimes.com">www.marchofdimes.com</a>	<ul style="list-style-type: none"><li>• Improve health issues in infants such as birth defects, premature birth and infant mortality through research, community service, education and advocacy.</li></ul>
<b>Make A Wish Foundation</b> (916)437-0206 <a href="http://www.sacnortheast.wish.org">www.sacnortheast.wish.org</a> <a href="http://www.wish.org">www.wish.org</a>	<ul style="list-style-type: none"><li>• Grants wishes to children with life threatening medical conditions.</li><li>• Volunteer Opportunities</li></ul>

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# Health and Wellbeing

<b>Social and Cultural Wellness and Healthy Relationships</b>	There weren't a lot of in person resources for this very important topic so we have included some helpful web resources☺
<b>Above the Influence</b> <a href="http://www.abovetheinfluence.com">www.abovetheinfluence.com</a>	<ul style="list-style-type: none"> <li>• Advice on helping friends with substance abuse issues and dealing with peer pressure</li> </ul>
<b>California Friday Night Live Partnership</b> Amber Royer Regional Liason (530)742-5483 <a href="http://www.fridaynightlive.org">www.fridaynightlive.org</a>	<ul style="list-style-type: none"> <li>• Chapters encourage youth adult partnerships and produce positive drug-free events for teens</li> </ul>
<b>Gay Straight Alliance</b> Kristy Dyer Club Advisor Placer High School <a href="http://www.gsanetwrok.org">www.gsanetwrok.org</a>	<ul style="list-style-type: none"> <li>• Bully Prevention</li> <li>• Events, Club Meetings</li> <li>• Activism</li> </ul>
<b>Latino Leadership Council</b> 2945 Bell Rd. #274 Auburn, CA 95603 (530)333-9230 <a href="http://www.latinoleadershipcouncil.org">www.latinoleadershipcouncil.org</a>	<ul style="list-style-type: none"> <li>• Substance abuse prevention</li> <li>• Parent Project</li> <li>• Gang Prevention</li> <li>• Teen Pregnancy Prevention</li> <li>• Youth activities</li> <li>• Peace2thaStreets</li> <li>• Latino Health Fair</li> </ul>
<b>LoveWorks!</b> P.O. Box 434 Meadow Vista, CA 95722 (530)878-3893 <a href="http://www.lovetheworksforu.com">www.lovetheworksforu.com</a>	<ul style="list-style-type: none"> <li>• FREE Downloads, Articles, Links and Videos on how to have better relationships.</li> <li>• Workshops Available</li> </ul>
<b>PEACE for Families</b> <a href="http://www.peaceforfamilies.org">www.peaceforfamilies.org</a>	<ul style="list-style-type: none"> <li>• Workshops promoting Healthy Relationships and addressing Teen Domestic Violence and Sexual Abuse</li> <li>• Teen Groups</li> <li>• Teen Educator on Staff to assist with any teen specific issues</li> </ul>
<b>Contact:</b>  Sara Hernandez Teen Educator (530)823-6223 <a href="mailto:shernandez@peaceforfamilies.org">shernandez@peaceforfamilies.org</a>	

# Health and Wellbeing

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**Placer County Children's System of Care~Diversion Program (WATAH)**  
11716 Enterprise Drive  
Auburn, CA 95603  
(530)886-5483

- Team Building Projects
- Community Service Activities
- Skill Building
- Goal Setting
- Learn How to Resist Peer Pressure

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**Sierra Native Alliance**  
(530)745-1250  
[www.sierranativealliance.org](http://www.sierranativealliance.org)

- Youth Programs/Camps
- Family Resources
- Cultural Resource Center
- Support for Cultural Preservation Activities and Community Events

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**Teaching Tolerance**  
[www.tolerance.org](http://www.tolerance.org)  
"A place to find thought provoking news, conversation and support for those who care about diversity, equal opportunity and respect for differences in schools."

- Teaching Tolerance Magazine
- FREE Tolerance Curriculum for Classrooms and Group
- Mix it Up at Lunch Day- FREE materials and support for Organizers

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## Depression, Suicide and Cutting

**To Write Love on Her Arms**  
P.O. Box 206  
Cocoa, FL 32923  
[info@twloha.com](mailto:info@twloha.com)  
[www.twloha.com](http://www.twloha.com)

- Help and Hope for people struggling with depression, addiction, self injury or suicide.
- Helpful Website full of resources
- Find or Start a Local Chapter

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## Eating Disorders

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)  
(800)931-2237

- Tool Kit for Parent and Educators
- Information and Resources
- Help Hotline

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## Substance Abuse Prevention

**AL-ANON**  
5429 Palm Ave Suite A  
Sacramento, CA 95841  
(916)334-2970  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

- Open and closed meetings for anyone whose life has been affected by a problem drinker

# Health and Wellbeing

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## **Alcoholics Anonymous**

9960 Business Park Dr. Ste 110  
Sacramento, CA  
(530)887-2655

[www.aasacramento.org](http://www.aasacramento.org)

- Groups and Sponsor Program for people of all ages with alcohol problems

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## **Coalition for Placer Youth**

11484 B Ave  
Auburn, CA 95603  
(530)889-7238

[scrow@placer.ca.gov](mailto:scrow@placer.ca.gov)

[www.coalitionforplaceryouth.org](http://www.coalitionforplaceryouth.org)

- Rx Take Back
- Placer County Youth Commission
- Latino Outreach
- Teens participate in a grassroots community coalition working to prevent under-age drinking and abuse of prescription drugs
- Teens may be sent to regional or even National trainings to learn or be presenters

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## **Community Recovery**

Resources (CoRR)  
(530)273-9541

[www.corr.us](http://www.corr.us)

- Adolescent Treatment
- Life Skills Services
- HIV Services
- Tobacco Cessation Services

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## **Full Circle Treatment Center**

730 Sunrise Ave #250  
Rosevill, CA 95611  
(916)787-4357

[www.fullcircuitreatmentcenter.com](http://www.fullcircuitreatmentcenter.com)

- Adolescent Drug and Alcohol Treatment
- Parent Project
- Teen Classes

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## **Narcotic Anonymous**

American River  
Canyon Overlook Park  
855 Pacific Ave  
(916)645-1635

[www.sfana.org](http://www.sfana.org)

[www.NA.org](http://www.NA.org)

- Groups and Sponsor Program for people of all ages with drug problems



# Health and Wellbeing

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## National Institute on Drug Abuse

[www.Teens.drugabuse.gov](http://www.Teens.drugabuse.gov)

- Education resources & materials on drugs of abuse, chat day, games and more

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## Pathway to Prevention

1820 J Street

Sacramento, CA 95811

[www.pathwaytoprevention.org](http://www.pathwaytoprevention.org)

- Prevention and Early Intervention of Teenage Drug and Alcohol Addiction
- Community Outreach
- Treatment for Teens
- Parent Support

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## Placer County Substance Abuse Prevention

11484 B Ave

Auburn, CA 95603

(530)889-7238

[scrow@placer.ca.gov](mailto:scrow@placer.ca.gov)

[www.placer.ca.gov/Department/s/hhs/community health/Strengths%20and%Assets.aspx](http://www.placer.ca.gov/Department/s/hhs/community_health/Strengths%20and%Assets.aspx)

- Works to prevent substance abuse before it starts by creating positive change in the community
- Links community to resources

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## Salvation Army

Adult Recovery Center

1615 D Street

Sacramento, CA 95814

(916)441-5267

- FREE Faith Based Recovery Program
- 6 month or longer
- Work within organization to fund stay
- FREE food, shelter and clothing

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## Sierra Council on Alcoholism and Drug Dependence

11960 Heritage Oaks Place

Auburn, CA 95603

(530)885-1961

[www.sierracouncil.org](http://www.sierracouncil.org)

- FREE Programs
- Out-Client Program Services
- Residential Treatment Services
- Drinking and Driving Programs

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## The Partnership for a Drug Free America

[www.drugfree.org](http://www.drugfree.org)

- Prevent
- Intervene
- Get Treatment
- Recover

# Education

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## Schools

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**Placer Union  
High School District**  
(530) 886-4400  
1300 New Airport Rd.  
Auburn, CA 95603

**Colfax High School**  
(530) 346-2284  
**Chana High School**  
(530)885-8401  
**Del Oro High School**  
(916) 652-7243  
**Foresthill High School**  
(530)367-5244  
**Maidu High School**  
**Independent Study**  
(530)885-8401  
**Placer High School**  
(530) 885-4581  
**Placer School for Adults**  
Offers Enrichment, ESL,  
Computer& GED classes  
(530) 885-8585

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**Rocklin Unified School District**  
(916) 624-2428  
2615 Sierra Meadows Drive  
Rocklin, CA 95677

**Rocklin High School**  
(916) 632-1600  
**Whitney High School**  
(916) 632-6500  
**Rocklin Alternative Education  
Center**  
(916)632-3195  
**Roseville Adult Education**  
(916)782-3952

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**Placer County  
Office of Education**  
(530) 889-8020  
360 Nevada St, Auburn, CA  
Auburn, CA 95603

**49er R.O.P.**  
Career Prep/Training  
(530) 889- 8020  
360 Nevada St.  
Auburn, CA 95603

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# Education

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## Learning Disabilities and Tutoring

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### Alta California Regional Center

2241 Harvard Street, Suite 100  
Sacramento, CA 95815  
(916)978-6400

[www.altaregional.org](http://www.altaregional.org)

- Early intervention services provided through Early Start program
- Services and support provided to families with generally no charge

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### Learning Opportunity Center

(916) 660-7222

5000 Rocklin, CA 95677 LRC RM 444

[www.sierracollege.edu](http://www.sierracollege.edu)

- Drop in tutoring
- One on One tutoring 1hr/wk for every class enrolled
- FREE for Sierra College Students

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### Learning Disabilities Assoc of CA

PO Box 5513

Berkley, CA 94705

(510) 433-7934

[info@nclda.org](mailto:info@nclda.org)

[www.ldaca.org](http://www.ldaca.org)

- Resources and events for learning disabilities

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### Placer Adult Literacy Services

350 Nevada Street, Auburn, CA  
95603

(530)886-4530

[Palsplacrlibrary.org](http://Palsplacrlibrary.org)

[www.placer.ca.gov](http://www.placer.ca.gov)

- One on one tutoring in reading, writing and spelling
- Program is free and confidential
- Volunteer opportunities

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### Roseville Adult School

200 Bransletter Street  
Roseville, CA 95678-1875

[ras@rjuhsd.us](mailto:ras@rjuhsd.us)

[www.rjuhsd.k12.ca/us/rosevilleadult](http://www.rjuhsd.k12.ca/us/rosevilleadult)

- Project Read for the non reader, struggling or dyslexic reader
- Community Based English Tutoring (CBET)

# Education

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<b>Warmline Resource Center</b> 2025 Hurley Way, Suite 100 Sacramento, CA 95825 <a href="mailto:cid@warmlinerc.org">cid@warmlinerc.org</a> <a href="http://www.warmlinerc.org">www.warmlinerc.org</a>	<ul style="list-style-type: none"><li>• Special Education training for parents, IEP and IDEA laws for special education</li></ul>
<b>College Resources</b>	
<b>California Chafee Grant Program</b> California Student Aid Commission Special Programs Operations Branch Attn: California Chafee Grant Program P.O. Box 4199029 Rancho Cordova, CA 95741 (888)224-7268 <a href="http://www.csac.ca.gov">www.csac.ca.gov</a>	<ul style="list-style-type: none"><li>• Money for Foster Youth for career, technical training or college courses</li></ul>
<b>California Community Colleges</b> <a href="http://www.icanaffordcollege.com">www.icanaffordcollege.com</a>	<ul style="list-style-type: none"><li>• Walks students through the steps to apply for financial aid</li></ul>
<b>Chegg</b> <a href="http://www.chegg.com">www.chegg.com</a>	<ul style="list-style-type: none"><li>• Rent or buy textbooks online, save\$!</li></ul>
<b>Connections</b> 671 Newcastle Rd. Newcastle, CA 95603  <b>Contact:</b>  Karen Green (916)663-4556 ext. 2# <a href="mailto:karengreen@peercourt.com">karengreen@peercourt.com</a>	<ul style="list-style-type: none"><li>• College Prep Counseling</li><li>• Assistance with Applications, Financial Aid and Scholarship forms</li><li>• Interest and Career Inventories</li><li>• Help with Career Planning and Educational Options</li></ul>
<b>Free Application for Federal Student Aid (FAFSA)</b> <a href="http://www.fafsa.ed.gov">www.fafsa.ed.gov</a>	<ul style="list-style-type: none"><li>• Cal Grant</li><li>• Pell Grant</li><li>• Federal Student Education Opportunity Grant</li></ul>

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# Education

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**CollegeDirectory.Net**  
[www.college-directory.net](http://www.college-directory.net)

- Listing of Higher Education Institutions located in the U.S. including trade schools, community colleges, universities and state colleges
- Links to college websites

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**Sierra College**  
(916)624-3333  
5000 Rocklin Rd., Rocklin, CA 95677  
[www.sierracollege.edu](http://www.sierracollege.edu)

**Sierra College**  
(530)274-5300  
250 Sierra College Drive  
Grass Valley, CA 95945  
[www.sierracollege.edu](http://www.sierracollege.edu)

- **Trio Student Support Services**  
Assistance Reaching Educational Goals  
(916)660-7376
- **Extended Opportunity Programs & Services**  
Assistance Purchasing Text Books  
(916)660-7366
- **Sierra College Career Connections**  
Job Search and Internship Programs  
(916)660-7481
- **Financial Aid Services**  
Money for School!  
(916)660-7310
- **College Transition Support Team**  
Help for Foster Youth  
(916)660-7020

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**California State University, Sacramento**  
6000 J Street  
Sacramento, CA 95819  
(916)278-6011  
[www.csus.edu](http://www.csus.edu)

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**Alliance for California Traditional Arts**  
The Presidio  
P.O. Box 29096  
San Francisco, CA 94129  
(415)346-3800  
[www.actaonline.org](http://www.actaonline.org)

- Promotes and supports ways for cultural traditions to thrive now and into the future by providing advocacy, resources and connections for folk and traditional artists and their communities.

# Enrichment

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## After School Clubs and Summer Programs

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### Auburn Hip Hop Congress

808 Lincoln Way, Auburn, CA  
95603

[www.auburnhiphopcongress.com](http://www.auburnhiphopcongress.com)

#### Contact:

Natalie Pohley  
Community and Youth Organizer  
(530)368-4455

[nataliepohley@gmail.com](mailto:nataliepohley@gmail.com)

- Ages 14-24
- Artist Development Program
- Positive All Age Events. Concerts and Open Mics for everyone
- Arts and Music Workshops
- Youth Ambassador Programs and Leadership Trainings
- Community Service Opportunities
- Cultural Exchange Program
- Scholarships available for all programs

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### Boy's and Girls Club Teen Center

679 Lincoln Way, Auburn, CA  
95603

[www.bgc-auburn.org](http://www.bgc-auburn.org)

#### Contact:

Jabari Wimbs  
Teen Program Specialist

(530)889-2273

[jwimbs@bgc-auburn.org](mailto:jwimbs@bgc-auburn.org)

- Open for ages 13-18
- homework assistance
- sports and tournaments
- art, dance, film, photo
- leadership and community
- job training career programs & computer skills
- nutrition classes and cooking
- safety and prevention programs
- games rooms with pool tables
- volunteer opportunities

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### NEO

Coalition for a Drug Free  
Nevada County  
745 Maltman Drive

[www.ncneo.com](http://www.ncneo.com)

#### Contact:

Lynn Struckrud  
NEO Coordinator

(530)263-7742

[jwimbs@bgc-auburn.org](mailto:jwimbs@bgc-auburn.org)

- Provides fun alternatives to doing drugs
  - Provide opportunities for youth to perform and take on leadership roles within the community
  - Support local artists (bands, musicians, artists, DJ's, dancers) by helping with flyers, events, and promotion through the websites
  - Works to change the community's perception about the youth
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# Enrichment

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## Placer County 4H

11477 E Ave, Auburn, CA  
95603

(530)889-7386

[www.ucanr.org/sites/placercounty4h.org](http://www.ucanr.org/sites/placercounty4h.org)

- Club Programs
- Summer Camp
- Embryology
- Youth Commission
- Y.E.S. (Youth Experiences in Science) in After School- Teens as Teachers Opportunity- Community Service Hours Available

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## Placer County Library Auburn Branch

350 Nevada Street  
Auburn, CA 95603

[www.placer.ca.gov/library](http://www.placer.ca.gov/library)

### Contact:

Sophie Bruno  
(530)886-4520

[sbruno@placerlibrary.org](mailto:sbruno@placerlibrary.org)

- Teen Advisory Board- Food and drinks provided! Open to all teens ages 12-17.
- Writing and Reciting Program with the Auburn Hip Hop Congress
- Teen Gaming Coming this Fall! Details TBA
- Free Computer Access

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## Art, Music, Theater , Film and Writing Programs

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### Auburn Placer Performing Arts Center

985 Lincoln Way  
Auburn, CA 96603

(530)885-0156

[www.livefromauburn.com](http://www.livefromauburn.com)

- Theater volunteer opportunities: technical, sound, lighting
- Live Concerts
- Movies

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### Encore Music Center

725 High Street  
Auburn, CA 95603

(530)889-0514

[www.encoremusiccenter.com](http://www.encoremusiccenter.com)

- Guitar, bass, drum, brass, piano and singing lessons
  - Community Friendly
-

# Enrichment

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<b>Music&amp;More Arts Academy</b> 11596 D Ave Auburn, CA 95603 (530)885-0594 <a href="http://www.musicandmore.net">www.musicandmore.net</a>	<ul style="list-style-type: none"><li>• Theater, Dance, Instrument and vocal lessons</li><li>• Events</li></ul>
<b>On Native Ground</b> <a href="https://www.facebook.com/onnativeground">www.facebook.com/onnativeground</a>	<ul style="list-style-type: none"><li>• At Risk Native Youth Media Literacy Training</li></ul>
<b>PlacerArts</b> 808 Lincoln Way (530)885-5670 <a href="http://www.placerarts.org">www.placerarts.org</a>	<ul style="list-style-type: none"><li>• Auburn Art Walk</li><li>• Poetry Outloud</li><li>• ArtSpace for Teaching and Learning</li><li>• Auburn Hip Hop Congress Youth Services</li><li>• 'Spit Fresh Poetry' Open Mics</li></ul>
<b>Sol Collective</b> 2574 21 <sup>st</sup> Street Sacramento, CA 95818 (916)585-3136 <a href="http://www.solcollective.org">www.solcollective.org</a>	<ul style="list-style-type: none"><li>• Arts, Culture, Activism, Workshops, Events, Music, Gardening and Technology</li></ul>
<b>Southside Art Center</b> 669 Lincoln Way Suite 100 Auburn, CA 95603 (530)823-7363 <a href="http://www.southsideartcenter">www.southsideartcenter</a>	<ul style="list-style-type: none"><li>• Art Program for Adults 18 + with Developmental Disabilities</li><li>• Instruction in studios on ceramics, drawing, knitting, painting and more!</li></ul>

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# Enrichment

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## Take Note Troupe

(916)652-8888

[TNTshows@gmail.com](mailto:TNTshows@gmail.com)

[takenote.producers@gmail.com](mailto:takenote.producers@gmail.com)

[www.takenotetroupe.org](http://www.takenotetroupe.org)

- Improv Drama Group
- Workshops: Acting, Communication, Team Building, Life Skills
- Auditions 14-18
- Volunteer Opportunities

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## Urban Arts

2<sup>nd</sup> Tuesday's Sept.-Dec. 2011

3:30pm-5:30pm

Auburn Recreation Park,

Teen Center

123 Recreation Dr.,

Auburn, CA 95603

- Visual Art Workshops
- DJ Demo and Workshops
- Beatboxing Workshops
- Dance Workshops
- Open Mics
- Scholarships Available

### Contact:

Natalie Pohley

Program Coordinator

(530)368-4455

[nataliepohley@gmail.com](mailto:nataliepohley@gmail.com)

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## Writing and Reciting~ Healing Through Written & Spoken Word

Thursdays, Sept.-Dec. 2011

4:00pm-6:00pm

Auburn Library

- FREE Writing Class for Teens and Young Adults
- Monthly Open Mics

### Contact:

Natalie Pohley

Program Coordinator

(530)368-4455

[nataliepohley@gmail.com](mailto:nataliepohley@gmail.com)

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# Enrichment

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## Leadership and Community Service

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### Teen Advisory Board

Placer County Library  
Auburn Branch  
350 Nevada Street  
Auburn, CA 95603  
[www.placer.ca.gov/library](http://www.placer.ca.gov/library)

#### Contact:

Sophie Bruno  
(530)886-4520  
[sbruno@placerlibrary.org](mailto:sbruno@placerlibrary.org)

- An opportunity to have real input on the kinds of events they want to have in our community – gaming, poetry night, crafts, pizza tasting contest, photography, writing workshops and more!
- Every teen program we have has been dreamed up by members of our T.A.B.
- A chance to see your ideas turn into an event that all teens can participate in
- Volunteer credit too!

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### Placer County Youth Commission

[www.ucanr.org/sites/pcyc](http://www.ucanr.org/sites/pcyc)  
[placeryouthcommission@gmail.com](mailto:placeryouthcommission@gmail.com)

#### Contact:

Kara Sutter  
Placer County HHS  
(530)889-7179

Kerri Fulton  
Placer County Office of  
Education  
(530)559-3858

- Integrates Youth Voice into local policymaking
  - Engages the community to create positive change
  - Youth Commissioner and Ambassador positions
  - Youth run the meetings, set the priority areas, & decide on action plans
  - Youth Participate in Planning, Organizing and Participating in Community Service Efforts and Events
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# Enrichment

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<b>Youth Ambassador Program</b> Auburn Hip Hop Congress 808 Lincoln Way Auburn, CA 95603 <a href="mailto:nataliepohley@gmail.com">nataliepohley@gmail.com</a> (530)368-4455	Once a year, two day leadership and public speaking training conference to learn about and become a representative of the Auburn Hip Hop Congress Community Service and Outreach Team
<b>Preserve American River Canyon PARC</b> Eric Peach 530-885-8878 <a href="http://www.parc-auburn.org">www.parc-auburn.org</a>	<ul style="list-style-type: none"><li>• Outings and adventures</li><li>• Service &amp; river clean-ups</li><li>• Rafting, kayaking, river boarding education</li><li>• Art inspired by the river</li></ul>
<b>High School Service Clubs</b> Key Club Leo Lions Club Rotary Club Soroptomists	<a href="http://www.keyclub.org">www.keyclub.org</a> <a href="http://www.lionsclub.org">www.lionsclub.org</a> <a href="http://www.auburncarotay.org">www.auburncarotay.org</a> <a href="http://www.soropauburn.com">www.soropauburn.com</a>
<b>Grant and Funding Opportunities for Youth Projects</b>	
<b>Do Something</b> 24-32 Union Square East 4 <sup>th</sup> Floor New York, NY 10003 (212)254-2390 <a href="http://www.dosomething.org">www.dosomething.org</a>	<ul style="list-style-type: none"><li>• Start a Club</li><li>• Grants available</li></ul>
<b>GABY Grants and Advisory Board</b> <a href="http://www.placercf.org/grantmaking/youth-grantmaking">www.placercf.org/grantmaking/youth-grantmaking</a>	<ul style="list-style-type: none"><li>• Check Placer Community Foundation website frequently for local funding opportunities</li></ul>
<b>Make a Difference Day</b> <a href="http://www.usaweekend.com/section/MD/DAY/Make-A-Difference-Day">www.usaweekend.com/section/MD/DAY/Make-A-Difference-Day</a>	<ul style="list-style-type: none"><li>• Annual National Day of Service the last Saturday in October sponsored by USA Weekend</li><li>• Tool kits and ideas available online</li></ul>
<b>Youth Service America</b> 1101 15 <sup>th</sup> Street NW Ste.200 Washington, DC 20005 (202)296-2992 <a href="http://www.ysa.org">www.ysa.org</a>	<ul style="list-style-type: none"><li>• Funding youth community service projects</li><li>• Global Youth Service Day, April 20-22, 2012</li></ul>

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# Enrichment

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## Churches and Spiritual Groups

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Listing of Churches in Placer County  
[www.aboutplacercounty.com/churches](http://www.aboutplacercounty.com/churches)

In case we missed some churches, this website has a more complete listing.

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**Abundant Life**  
706 Atlantic  
Roseville, CA 95678  
(916)783-1989  
[www.alfchurch.org](http://www.alfchurch.org)

**Adventure Church**  
(916)771-5683  
[www.adventurechurch.org](http://www.adventurechurch.org)

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**Bayside**  
450 Nevada Street  
Auburn, CA 95603  
(530)885-9400  
[www.baysideauburn.org](http://www.baysideauburn.org)

**Bethlehem Lutheran**  
1279 High Street  
Auburn, CA 95603  
(530)885-4515  
[www.bethlhamlutheranauburn.org](http://www.bethlhamlutheranauburn.org)

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**Calvary Chapel**  
1101 Auburn Ravine Rd.  
Auburn, CA 95603  
(530)885-6332  
[www.calvaryauburn.com](http://www.calvaryauburn.com)

**Celebration**  
381-B Nevada Street  
Auburn, CA 95603  
(530)878-1365  
[www.ccfellowship.com](http://www.ccfellowship.com)

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**First Congregational**  
710 Auburn Ravine Rd.  
Auburn, CA 95603  
(530)885-9087  
[www.1congregationalchurchauburn.org](http://www.1congregationalchurchauburn.org)

**Christian Science Church**  
994 Lincoln Way  
Auburn, CA 95603  
(530) 885-4811  
[www.csauburn.com/index.asp](http://www.csauburn.com/index.asp)

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**Parkside Nazarene**  
3885 Richardson Dr  
Auburn, CA 95603  
(530)823-9911  
[www.parksidenaz.org](http://www.parksidenaz.org)

**Placer Buddhist Church**  
3192 Boyington Rd.  
Penryn, CA 95663  
(916)652-6139  
[www.placerbuddhistchurch.org](http://www.placerbuddhistchurch.org)

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**S. F. Unitarian Universalists**  
190 Finley St.  
Auburn, CA 95603  
(530)823-0953  
[www.mysfuu.org](http://www.mysfuu.org)

**Sierra Grace Fellowship**  
1260 Wesley Lane  
Auburn, CA 95603  
(530)889-9089  
[www.sierragrace.org](http://www.sierragrace.org)

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**St. Joseph Parish**  
1162 Licoln Way  
Auburn, CA 95603  
(530)885-2956  
[www.st.joseph.auburncatholic.com](http://www.st.joseph.auburncatholic.com)

**Latter Day Saints**  
1255 Bell Road  
Auburn, CA 95603  
(530)888-0979  
[www.lds.org](http://www.lds.org)

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**Unity of Auburn**  
1212 High Street  
Auburn, CA 95603  
(530)888-6489  
[www.unityofauburn.com](http://www.unityofauburn.com)

**Young Life**  
13380 Lake Valley  
Auburn, CA 95602  
(530)392-0015  
[www.younglife.org](http://www.younglife.org)

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# Living and Transitions

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## Independent Living Resources

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### Placer Independent Resource Service

11768 Atwood Rd. #29  
Auburn, CA 95603  
(530) 885-6100  
[www.pirs.org](http://www.pirs.org)

- Assertive technology services.
- Peer support
- Housing resource advocacy.
- Independent living skills training.
- Community outreach.

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### Whole Person Learning

11816 Kemper Rd.  
Auburn, CA 95603  
(530) 823-2499

[wplcep@pachell.net](mailto:wplcep@pachell.net)

- H-Housing
- O-Opportunity
- P-Providing
- E-Experience

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### Youth Empowerment Support Program

1176 Enterprise Dr.  
Auburn, CA 95603  
(530) 886-2867

[TCherry@placer.ca.gov](mailto:TCherry@placer.ca.gov)  
[www.youthempowermentsupport.com](http://www.youthempowermentsupport.com)

- Support with accomplishing goals.
- System (probation, child welfare, mental health) transformation opportunities.
- Groups
- Trainings
- Resource/Personal Referrals.

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### Salvation Army, Auburn

286 Sutter St.  
Auburn, CA 95603  
(530) 889-3990

[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

- Housing assistance in Auburn by agency referral only.
- Food closet.
- Clothing.
- PG &E assistance.
- Rent assistance.
- Gas Vouchers.

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### Salvation Army, Roseville

100 Lincoln Ct.  
Roseville, CA 95678  
(916) 784-3233

[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

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# Living and Transitions

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<b>The Gathering Inn</b> 201 Berkley Ave. Roseville, CA 95678 (916) 791-9355 <a href="http://www.thegatheringinn.com">www.thegatheringinn.com</a>	<ul style="list-style-type: none"><li>• Housing shelter.</li><li>• A case manager to get clients into housing.</li><li>• Drug and Alcohol clinic 3 days a week.</li><li>• Gateway providing computer classes.</li><li>• Food stamps, WIC, etc.</li></ul>
<b>The Lazarus Project</b> (916) 772-6833 <a href="http://www.lazarusprojectinc.org">www.lazarusprojectinc.org</a>	<ul style="list-style-type: none"><li>• Covenant House</li></ul>
<b>The Salt Mines- Family Outreach Center</b> 590 G. St., Lincoln, CA 95603 (916) 645-3778 <a href="http://www.thesaltminelincoln.com">www.thesaltminelincoln.com</a>	<ul style="list-style-type: none"><li>• Provides food</li><li>• Clothing/house hold items.</li><li>• Gas for Dr. or job interviews</li><li>• .</li></ul>
<b>Welcome Center</b> 11522 B Ave Auburn, CA 95603 (530)889-7200	<ul style="list-style-type: none"><li>• Coffee, Snacks, Computers and Resources Available to 18+</li></ul>
<b>Wind Youth Services</b> 701 Dixieanne Ave Sacramento, Ca (916)561-2424 <a href="http://www.windyouth.org">www.windyouth.org</a>	<ul style="list-style-type: none"><li>• Homeless center and shelter for youth ages 12-18</li><li>• Meals, Showers, Laundry, emergency shelter</li><li>• Classes, workshops and skill building</li></ul>
<b>Employment Assistance</b>	<ul style="list-style-type: none"><li>•</li></ul>
<b>49 er ROP</b> 360 Nevada St. Auburn, CA 95603 (530) 889-8020 <a href="http://www.placercoe.k12.ca.us">www.placercoe.k12.ca.us</a> <a href="mailto:49errop@placercoe.k12.ca.us">49errop@placercoe.k12.ca.us</a>	<ul style="list-style-type: none"><li>• Arts, media, and entertainment.</li><li>• Building trades and construction.</li><li>• Education, child development</li><li>• Fashion Design</li></ul>

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# Living and Transitions

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## Alta California Regional

560 Wall St # B  
Auburn, CA 95603-3996  
(530) 885-8447  
[www.altaregional.org](http://www.altaregional.org)

- Self advocacy
- Employment training
- Community integration
- Educational opportunities, etc.

## Roseville

1620 Santa Clara Dr # 100  
Roseville, CA 95661-3559  
(916) 786-8110

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## AmeriCorps

1201 New York Ave  
Washington, DC 20525  
(202)606-5000  
[www.americorps.org](http://www.americorps.org)

- Opportunity to Provide Service to Communities all over the U.S.
- Participants may earn college scholarships and income opportunities

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## California Conservation Corps

3710 Christian Valley Rd.  
Auburn, CA 95603  
(530) 823-4900  
[www.ccc.ca.gov](http://www.ccc.ca.gov)

- Back country trails program.
- International exchanges.
- AmeriCorps program.
- State wide trails program, etc.

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## CalWorks

11552 B Ave.  
Welfare Department  
Auburn, CA 95603  
(530) 889-7610  
[www.placer.ca.gov](http://www.placer.ca.gov)

- Job club services
- Employment counseling and case management
- CalJobs- computers on site.

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## Auburn Connections

1919 Grass Valley Hwy. Ste. 100  
Auburn, CA 95603  
(530) 823-4631  
[www.connectioncenters.com](http://www.connectioncenters.com)

- Self-directed job search
- Career info.
- Community resource referrals.
- Training services.

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## Roseville Connections

115 Ascot Dr. Ste. 108  
Roseville, CA 95661  
(916) 865-2440

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# Living and Transitions

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**Department of Rehabilitation,  
Auburn**

11641 Locker Dr. Ste. 125  
Auburn, CA 95603  
(530) 823-4040  
[www.rehab.cawet.org](http://www.rehab.cawet.org)

- Job services for the disabled.

**Department of Rehabilitation,  
Roseville**

151 North Sunrise Ste. 601  
Roseville, CA 95661  
(916) 774-4400  
[www.rehab.cahwet.org](http://www.rehab.cahwet.org)

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**EDD: Employment Development  
Program**

1919 Grass Valley Hwy. Ste. 100  
Auburn, CA 95603  
(530) 823-4631  
[www.edd.ca.gov](http://www.edd.ca.gov)

- Job seeking skills.
- Unemployment insurance questions.
- Disability insurance questions.
- Labor Market info.
- Training possibility programs

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**Golden Sierra Job Training  
Agency: Auburn**

1919 Grass Valley Hwy. Ste. 100  
Auburn, CA 95603  
(530) 823-4631  
[www.goldensierawib.com](http://www.goldensierawib.com)

- WIA youth program
- Training
- Employment opportunities for low-income youth ages 16-21.

**Golden Sierra Job Training  
Agency: Roseville**

115 Ascot Dr. Ste. 108  
Roseville, CA 95661  
(916) 865-2440  
[www.goldensierawib.com](http://www.goldensierawib.com)

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# Living and Transitions

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## Peace Corps

Paul D. Coverdell Peace Corps  
111 20<sup>th</sup> Street, NW  
Washington, D.C. 20526  
(800)424-8580  
[www.peacecorps.gov](http://www.peacecorps.gov)

- Volunteers assists in global aid, environmental preservation and cultural awareness
- Funds of \$7,425 after 27 months of service
- Free Travel to and from country of service
- Living allowance- Monthly Stipend to cover living and housing expenses
- Full Medical and Dental while serving

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## PRIDE Industries: Youth Services Dept.

10030 Foothills Blvd.  
Roseville, CA 95747  
(916)788-2149  
[Mindy.tunro@prideindustries.com](mailto:Mindy.tunro@prideindustries.com)  
[www.prideindustries.com](http://www.prideindustries.com)

- For at risk youth ages 15-21.
- Job placement assistance.
- Educational assistance.
- Pre-employment preparation.
- Interview/work clothing.
- Assistance acquiring vital documents.
- Counseling.

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## Professional Education Program

11990 Heritage Oak Place  
Auburn, CA 95603  
(530)889-8737  
[www.pep4cpr.com](http://www.pep4cpr.com)

- CPR and First Aid Training
- Super Sitters Program

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## Sacramento Job Corps

3100 Meadowview Rd.  
Auburn, CA 95603  
(916) 394-0770  
[www.sacramento.jobcorps.gov](http://www.sacramento.jobcorps.gov)

- Pay and allowances.
  - Housing
  - Meals.
  - Wellness center.
  - Graduate benefits.
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# Living and Transitions

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## Business Resources

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### Non Profit Resource Center

1331 Garden Highway  
Sacramento, CA 95833  
(916)285-1840

[Info@nprcenter.org](mailto:Info@nprcenter.org)

[www.nprcenter.org](http://www.nprcenter.org)

- Workshops, tools and resources designed to help non profits grow and succeed

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### SCORE

4990 Stockton Blvd  
Sacramento, CA 95820  
(916)635-9085

[www.sacramento.score.org](http://www.sacramento.score.org)

- Non Profit Organization that offers FREE business counseling, workshops and events educating entrepreneurs and helping small businesses start, grow, and succeed nationwide

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### The Barter Club

(530)885-SAVE

[www.thebarterclub.com](http://www.thebarterclub.com)

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### U.S. Armed Forces

#### Air Force

(800) 423-USAF

[www.airforce.com](http://www.airforce.com)

- Education, Salary, Healthcare, Retirement, Food and housing.

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#### Army

(800) USA-ARMY

[www.goarmy.org](http://www.goarmy.org)

- Salary, Allowances. Bonuses, Education, Partnership for Youth Success.

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#### California National Guard

(800) 332-0031

[www.nationalguard.com](http://www.nationalguard.com)

- Salary, Education, Bonuses Additional Benefits

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#### Coast Guard Services

[www.gocoastguard.com](http://www.gocoastguard.com)

- Salary, Education, Medical

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#### Marine Corps

[www.marines.com](http://www.marines.com)

- Salary, Education, Additional Benefits

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#### Navy

[www.navy.com](http://www.navy.com)

(800)USA-NAVY

- Salary, Education, Additional Benefits
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# Living and Transitions

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## Housing

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### Habitat for Humanity

8280 Industrial Ave  
Roseville, CA 95678  
(916)781-9601  
[ffoothillshabitat@surewest.net](mailto:ffoothillshabitat@surewest.net)  
[www.foothillshabitat.org](http://www.foothillshabitat.org)

- Builds Houses for Low Income
- Restore: Home Improvement Store, discount prices, benefits Habitat for Humanity
- Brush with Kindness- Helps Low Income with interior needs such as painting and landscaping
- Volunteer Opportunities

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### Housing and Urban Development (HUD)

[www.hud.gov](http://www.hud.gov)

- Federal Program
- Rental Assistance
- Help with Foreclosures
- Grants

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### Roseville Housing Authority

311 Vernon St.  
Roseville, CA 95678-2649  
(916) 774-5270  
[www.roseville.ca.us/housing](http://www.roseville.ca.us/housing)

- Waiting list for section 8.
- 30% of income housing.

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### Section 8 Housing

[www.section8programs.com](http://www.section8programs.com)

- Discounts portion of Housing costs for Low Income
- Grants Program

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### Auburn Apartments

Parkview  
(530) 823-6570  
Persimmon Terrace  
(530) 823-9217  
Snow Cap View  
(530) 885-3281  
St. Kathryn  
(530) 885-6187  
Terracina Oaks  
(530) 888-0321  
Valley Oaks  
(530) 889-2551

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### Lincoln Apartments

Golden Village  
(916) 645-1589  
Lincoln Terrance  
(916) 645-8911  
Parkview  
(916) 645-1727  
The Oaks at Junior Ranch  
(916) 645-9322  
Valley Vista  
(916) 645-1589  
The Village Art Parkway  
(916) 645-9800

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# Living and Transitions

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## Rocklin Apartments

College Manor  
(916) 624-2501  
Granite Oaks  
(916) 624-0071  
Hidden Grove  
(916) 624-4382  
Shannon Bay  
(916) 624-2600  
Springview Village  
(916) 782-2081  
Sunset  
(916) 624-0123  
The Oaks at Sunset  
(916) 435-4813  
Sunset Summit  
(916) 624-9044

## Roseville Apartments

Autumn Oaks  
(916) 784-9200  
Colonial Village  
(916) 786-2770  
Cirby Oaks  
(916) 783- 1940  
Foothills Tennis Village  
(916) 783-7368  
Heritage Park  
(916) 771-1405  
Highland Creek  
(916) 784-0404  
Olympus Park  
(916) 781-6877  
Park Place  
(916) 783- 9958  
Pinnacle at Galeria  
(916) 788-4141  
Vineyard Gate  
(916) 782-7800

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## Utilities

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### Home Energy Assistance Program (HEAP)

(866)675-6623

- Assists low income household with energy bills

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### PG&E CARE Program

(800)743-5000

[www.pge.com/care/](http://www.pge.com/care/)

- Monthly Discount on Energy Bills for Low Income Households

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### Project GO

801 Vernon St.  
Roseville, CA 95678  
(916)782-3443

[www.projectgoinc.org](http://www.projectgoinc.org)

- Assists low income household with energy bills
  - Home Weatherization Program
-

# Living and Transitions

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**PG&E Energy Savings Assistance Program**

[www.pge.com/energysavings](http://www.pge.com/energysavings)  
(800)989-9744

- Improvements to home including: compact fluorescent lights, caulking, showerheads and more
- Replacement of old refrigerator, furnace or water heater
- Energy Saving Tips

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**REACH**

(800)933-9677  
[www.pge.com](http://www.pge.com)

- One Time energy assistance program up to \$200
- Sponsored by PG&E and administered by Salvation Army

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**Transportation****Auburn Transit**

(530) 823-4172

**AMTRACK**

(800) 872-7245

**CTSA**

(916) 788-2330

**Dial a Ride**

Auburn

(530) 889-2342

**Roseville**

(916) 788-2330

**Call Center**

(916) 745-7560

**City of Lincoln**

Transit Public Works

(916) 434-2450

**DMV**

(800) 777-0133

**Greyhound Bus**

(800) 231-2222

**Nevada County Stage**

(530) 477-0103

**Placer County Transit**

(530) 885-BUSS

**Auburn**

(530) 889-7570

**Colfax**

(800) 889-2877

**Roseville Transit**

(916) 774-5757

**Sacramento Regional Transit**

(916) 321- 2877

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**Sierra Cab**

98 Gum Lane

Auburn, CA 95603

(530)885-CABS

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**Jay Limo**

884 Lincoln Way #34A

Auburn, CA 95603

(530)889-1234

[www.jaylimo.com](http://www.jaylimo.com)

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**Last Call**

Designated Driver

Organization

(916)933-7483

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**Designated Driver Association**

Designated Driver Organization

(916)335-5555

# Living and Transitions

<b>CalFresh</b> 11519 B Ave Auburn, CA 95603 (530)889-7610 <a href="http://www.calfresh.ca.gov">www.calfresh.ca.gov</a>		<ul style="list-style-type: none"> <li>• Food Stamps</li> </ul>
1000 Sunset Blvd Rocklin, CA 95678 (916)784-6000		
<b>Local Food Banks</b>		
<b>7<sup>th</sup> Day Adventists</b> (530)823-0345	12225 Rock Creek Auburn, CA 95602	Tuesdays 9am-1pm
<b>Auburn Interfaith</b> (530)885-1921	2985 Richardson Auburn, CA 95603	Mon-Fri & Last Sat. 10am-2pm
<b>Elijah's Jar</b> (530)367-3085	24410 Main Street Foresthill, CA 95631	Wed. 10:30-12:30 Fri. 130-330 3 <sup>rd</sup> Thurs/mo 8-10
<b>Loomis Basin</b> (916)652-5278	5871 Colwell Road Penryn, CA 95656	Call Schedule ppt.
<b>Salt Mine</b> <b>(916)645-3778</b>	590 G Street Lincoln CA 95648	Tues-Sat 10am-12pm
<b>Salvation Army</b> (530)889-3390	286 Sutter Street Auburn, CA 95603	M,W,F 10am-12pm 12:30-2pm
<b>Salvation Army</b> (530)346-2722	320 Canyon View Colfax, CA 95713	Tues & Weds 10am-3pm
<b>Salvation Army</b> <b>(916)784-3382</b>	100 Lincoln St. Roseville, CA 95678	Tues & Fri 9:30am-5pm
<b>Sierra Reach</b> (530)878-1399	18015 Applegate Applegate, CA 95703	Thursday's 9am-12pm
<b>St. Vincent De Paul</b> (916)781-3303	503 Guiseppe Ct Roseville, CA 95678	Tues-Sat 9am-11am

# Family

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## Resource Centers

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### Adult System of Care

11512 B Ave  
Auburn, CA 95603  
(530)889-7240

- Metal Health Services
- Substance Abuse Programs
- Serves Low Income

### Roseville Office

101 Cirby Hills Drive  
Roseville, CA  
(916)787-8800

### Children System of Care

11716 Enterprise Drive  
Auburn, CA 95603  
(530)889-6700

- Family and Children Services
- Foster Youth Assistance
- Family Counseling
- Sexual Abuse Counseling

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### Kids First (Child Abuse Prevention Council)

11990 Heritage Oaks Ste. 1B  
Auburn, CA 95603  
(530) 887-3536  
[www.kidsfirstnow.org](http://www.kidsfirstnow.org)

- Family counseling.
- Healing therapy for child victims of abuse and neglect.
- Enrollment of children in low/ no-cost health insurance.
- After-school activities for children.
- Parent education, training and coaching.

### Roseville Office

124 Main Street  
Roseville, CA 95678  
(916) 774-6802  
[www.kidsfirstnow.org](http://www.kidsfirstnow.org)

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### Lighthouse Resource Center

427 A St. Ste. 400  
Lincoln, CA 95648-1976  
(916) 645-3300  
[www.lighthousefrc.com](http://www.lighthousefrc.com)

- Counseling.
  - Education.
  - Easy access to community based resources.
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# Family

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## Counseling and Mentor Programs

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### **A2Y Adult to Youth Partnerships**

11641 Blocker Drive Suite 220  
Auburn, CA 95603  
(530) 887-1006

[www.casaplacer.org](http://www.casaplacer.org)

- Mentors for at risk youth and foster youth up to age 22

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### **Brian Lewis, MFT, ATR**

Teen Counseling and Art Therapy  
13620 Lincoln Way, Suite 370  
Auburn, CA 95603  
(530) 320-1348

[Artfortherapy@yahoo.com](mailto:Artfortherapy@yahoo.com)

- Individual or family therapy
- Anti-bullying consultations.

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### **Horses for Healing**

P.O. Box 1136  
Meadow Vista, CA 95722  
(530)887-9573

[info@horsesforhealing.org](mailto:info@horsesforhealing.org)

[www.horsesforhealing.org](http://www.horsesforhealing.org)

- Therapeutic Riding Center for Skills, Psychological and Social Development
- Serves the needs of people with disabilities

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### **Peace for Families**

11960 Heritage Oaks Ste. 15  
Auburn, CA 95603  
(530) 885-0443

[www.peaceforfamilies.org](http://www.peaceforfamilies.org)

- 24 hour safe house for battered women and their children.
  - Assistance obtaining emergency food, clothing, and transportation.
  - Support groups.
  - Peer and professional counseling.
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# Family

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**Riding High  
Equestrian Program**

(916)660-0245

[www.ridinghighquestrian.org](http://www.ridinghighquestrian.org)

- Girls Rule-Self Esteem Program
- Healthy Boundaries -For girls12-17 that are victims of sexual abuse
- Drug and Alcohol Support- Group Sessions
- Customized Group Sessions

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**Sierra Family Services**

381-A Nevada St.

Auburn, CA 95603

(530) 885-0441

[www.sierrafamily.org](http://www.sierrafamily.org)

**Roseville Office**

333 Sunrise Ave. Ste. 701

Roseville, CA 95678

(916) 783-5207

[www.sierrafamily.org](http://www.sierrafamily.org)

- Domestic violence batterer's intervention.
- Drug treatment level 1.
- Anger management.
- Parent enhancement.
- General Counseling, etc.

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**Legal Resources**

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**Auburn Justice Center**

2929 Richardson Drive

Auburn, CA 95603

(530)889-7900

- Seal Juvenile Record

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**The Santucci Justice Center**

10810 Justice Center Drive

Roseville, CA 95678

(916)543-7400

- STEP: Co- Parenting Program
- Family Law Help Center

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**Placer County Ombudsman**

11716 Enterprise Drive

Auburn, CA 95603

(530) 889-6752 E-mail:

[tlind@placer.ca.gov](mailto:tlind@placer.ca.gov)

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- Advocates for foster youth

# Family

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<b>Pregnancy Resources</b>	
<b>Health Services</b> 1130 Conroy Lane St. 402 Auburn, Ca 95603 (916)784-6444	<ul style="list-style-type: none"><li>• Pregnancy Testing and Birth Control</li><li>• For Low-Income</li></ul>
<b>Planned Parenthood</b> <b>(916)781-3310</b>	<ul style="list-style-type: none"><li>• Info on contraceptives, STDs, Pelvic Exams, Pre Natal Care and Exams, Pediatric Primary Care</li></ul>
<b>Women Infant and Children (WIC)</b> 11484 B Avenue Auburn, CA 95603 (530)889-7187 Cdph.ca.gov/programs/wicworks	<ul style="list-style-type: none"><li>• Nutrition program for pregnant woman and children 0-5</li><li>• Vouchers for food and formula</li><li>• Breastfeeding support and information</li></ul>
<b>Parenting and Childcare</b>	
<b>Chana High School</b> 3775 Richardson Drive Auburn, CA 95602 (530)885-8401 <a href="http://www.puhsd.k12.ca.us">www.puhsd.k12.ca.us</a>	<ul style="list-style-type: none"><li>• Teen Parent Program</li><li>• Child can attend childcare while parent attends any PUHSD school</li><li>• Parenting Classes</li></ul>
<b>Golden Sierra Life Skills</b> 3240 Professional Dr Auburn, CA 95603 (530)887-9245 <a href="http://www.goldenlifskills.org">www.goldenlifskills.org</a>	<ul style="list-style-type: none"><li>• Men Infant &amp; Children Program (MIC)</li><li>• Co-Parenting/Life Skills Program</li><li>• At Risk Youth Diversion Program</li></ul>
<b>Kare Crisis Nursery</b> P.O. Box 2080 Grass Valley, CA (530) 265-6520 <a href="http://www.karecrisisnursery.org">www.karecrisisnursery.org</a>	<ul style="list-style-type: none"><li>• Child care/ respite for families with children 0-6 yrs old</li><li>• FREE program for families going through stressful situations</li></ul>

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# Family

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## **Kidzkount**

1166 High Street  
Auburn, CA 95603  
(530) 886-KIDS  
Info@pcac-inc.org  
[www.kidzkount.com](http://www.kidzkount.com)

- FREE Full day preschool for 3-5 year olds
- Prenatal support
- Parent Education

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## **Teen Age Pregnancy and Parenting Program**

11484 B Avenue  
Auburn, CA 95603  
(530)889-7141  
[www.placer.networkofcare.org](http://www.placer.networkofcare.org)

- Assistance with medical, nutritional, and financial needs
- Child Birth and Parenting Classes
- FREE to youth under the age of 19

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## **Placer County Childcare Services**

365 Nevada St.  
Auburn, CA 95603  
(530)745-1380  
[www.placercoe.k12.ca.us](http://www.placercoe.k12.ca.us)

- Subsidized Childcare Program for Low Income Employees, students or job seekers.
- Listings of Licensed Childcare Providers in Placer County
- Early Childhood Education Classes
- Kindergarten Readiness Classes
- Leading Library Program

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## **Additional Web Resources** ☺

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<http://placer.networkofcare.org/>

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[www.meetup.com](http://www.meetup.com)

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<http://placentalhealth.groupsie.com>

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[www.psychpages.com/index.php/local-resources.html](http://www.psychpages.com/index.php/local-resources.html)

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[www.befrienders.org](http://www.befrienders.org)

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[www.selfinjury.com](http://www.selfinjury.com)

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[www.thetruth.com](http://www.thetruth.com)

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[www.racetonowhere.com/](http://www.racetonowhere.com/)

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[www.bananamoments.com](http://www.bananamoments.com)

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[http://roseville.ca.us/hr/volunteer\\_center/default.asp](http://roseville.ca.us/hr/volunteer_center/default.asp)

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This Resource Guide is a collaborative effort of a group of youth serving organizations and the result of realizing that there ARE local services available to the youth but not known by the youth. I would like to extend a very special thank you to all of the contributors of this special project:

### *Volunteers:*

*Natalie Pohley~ Research, Organizing, Input and Document Creation*

*Tara Buckley~ Research and Input*

*Rocky Zapata~ Research and Input*

*Sharalee Andrew~ Research and Input*

*AnnaLisa Linderholm, Research*

*Kara Sutter~ Project Support*

### *Individual Support:*

*Nina Rebutan~ Document Formatting*

*Emily Wisber~ Research and Input*

*Christina Nicholson~ Research and Advice*

*Lindsay Porta~ Research and Advice*

*Tammy Cherry~ Research*

*Norama Burch~ Project Support*

*Angela Tahti~ Project Support*

### *Participating Organizations:*

