

Get Answers.

Information about community programs
and services for your family.



DONATE NOW

2-1-1 sacramento
find help here
a program of **community link**

[Home](#) | [What is 211?](#) | [Get Help](#) | [Volunteer](#) | [Donations](#) | [Disaster Response](#) | [Contact Us](#) | [About Us](#) | [Publications](#)



What does 211 Sacramento do?

Putting you in touch with the services you need is what we do at 2-1-1 Sacramento. We can refer you to more than 2,400 community services in the Sacramento area, including:

- Employment and Training
- Housing Information
- Financial Assistance
- Children's Services
- Senior Services
- Food Programs
- Health Care Services
- And More!

Call 2-1-1 24 hours a day, seven days a week.

Assistance is also available in other languages.

Can't dial 2-1-1? Call (916) 498-1000 or
(800) 500-4931

Email: info@211sacramento.org

We put you in touch with the services you need

SACRAMENTO COMMUNITY COUNSELING SLIDING SCALE AND RESOURCE LIST
September 2013

Agency/Therapist contacts may be emailed by Social Workers only

Catholic Social Services of Sacramento

5890 Newman Court, Sacramento 95819

Contact: Douglas Locke, (916)452-7481

dlocke@csssac.org

Sliding Scale: \$40-\$90 (based on ability to pay)

Intake: \$40

Parenting & Anger Management Group sessions: \$10

SPANISH

Margaret Beryl Beauford, LCSW

3650-A Auburn Blvd., Ste. #200, Sacramento 95821

Contact: (916)973-0900

margarbeauf@aol.com

Rate: \$50 per session; accepts Victims of Crime referrals and most PPO and HMO plans

Hope for Healthy Families Counseling Center

8788 Elk Grove Blvd., Bldg. 1, Ste. L, Elk Grove 95624

Contact: (916)686-9209

info@hopeforhealthyfamilies.com

www.hopeforhealthyfamilies.com

Rate: \$25-\$80 per session, based on income

SPANISH, HMONG, FARSI

Coreen Lucero-Perkins, LCSW, PPS

8788 Elk Grove Blvd., Bldg. 1, Ste. 1J, Elk Grove 95624

Contact: (916)715-6128

coreylu@frontiernet.net

Rate: \$50 individual session; \$55 con-joint; \$30 group

Charles Odipo, EdD, License Psychologist

3067 Freeport Blvd., Sacramento 95818

Contact: (916)217-7529

codipo@hotmail.com

Rate: \$50 and up per session, based on income

ENGLISH, SWAHILI

Ernest Jarman, PhD

9267 Greenback Lane #B98, Orangevale 95662

Contact: (916)397-1992

docj99@sbcglobal.net

Rate: \$50 per session

Martins' Achievement Center

5240 Jackson St., North Highlands 95660

Contact: (916)338-1001

Rate: Individual/Family, \$30-\$90, sliding scale; groups, \$25-\$45

SPANISH UPON REQUEST

New Horizons Counseling Center

3300 Walnut Ave., Carmichael 95608

Contact: Marilyn Edgar, (916)485-1211

www.newhorizonscounselingcenter.org

South Sacramento Counseling Center

7486 Center Parkway, Sacramento 95823

(behind Faith Community Church)

Contact: Myrna-Kay Robison, LMFT, (916)421-6500

myrna-kay@volcano.net

Individual, Couple, Family Therapy; Parenting & Co-Parenting; Domestic Violence; Supervised Visitation (free for those who qualify) DBT Therapy for emotion regulation

Rate: Individual/family, \$50 per session; Group, \$30

SPANISH, HMONG, VIETNAMESE

Wind Youth Services

1434 Howe Ave, Ste. 84, Sacramento, CA 95825

Contact: Crystal Cheney, (800)339-7177

crystal@windyouth.org

Sliding scale based on 1% of household income; no less than \$10 or greater than \$60 per session; Parent and Youth (ages 12-17 years) Support groups are free

Strategies for Change (South)

4343 Williamsborough Dr., Sacramento 95823

Contact: (916)395-3552, press 0 or leave detailed message

Betsy Michelotti, Program Manager, (916) 395-3552, ext. 231

bmichelotti@strategies4change.org

Parenting; Anger Management; Domestic Violence; Supervised Visitation (free for those who qualify)

Substance abuse treatment/counseling (free – sliding scale)

Rate: \$35-\$65, sliding scale based on income

SPANISH UPON REQUEST

Strategies for Change (North)

4441 Auburn Blvd., Ste. E, Sacramento 95841

Contact: (916)473-5764, press 0 or leave detailed message

Somayah Rezaei, Program Manager, (916)473-5764, ext. 227

srezaei@strategies4change.org

Parenting; Anger Management; Domestic Violence; Supervised Visitation (free for those who qualify)

Substance abuse treatment/counseling (free – sliding scale)

Rate: \$35-\$65, sliding scale based on income

SPANISH UPON REQUEST

HOPE Therapeutic Services, Inc.

4811 Chippendale Drive, Ste. 601, Sacramento 95841

Contact: Marcia Rogers/Bethany Peterson, (916)514-8030

mrogers.hts@gmail.com

Trauma/sexual abuse victims; victims of crime; court related services: anger management, co-parenting, supervised visitation, reunification, sexual boundaries for youth, sexual offender treatment, non-offending parent, parenting for adolescents; ABEL Assessments of Sexual Interest

Services to children, youth, adults, couples, blended families, veterans, active military families; English and Spanish; accept Victim Witness funds; sliding scale, minimum \$35 per session for individual

SACRAMENTO COMMUNITY COUNSELING SLIDING SCALE AND RESOURCE LIST
September 2013

Agency/Therapist contacts may be emailed by Social Workers only

Sheila Sugarman, MFT

3336 Bradshaw Rd., Ste. 320, Sacramento 95827

Contact: (916)802-0338

sugarman121@hotmail.com

Rate: \$50-\$90 per session, sliding scale

Cross Creek Family Counseling

8421 Auburn Blvd., Bldg. 3, Citrus Heights 95610

Contact: Tanya Thoene, (916)722-6100

tanya@crosscreekcounseling.com

www.crosscreekcounseling.com

Accepts Victims of Crime referrals

Rate: \$50 and up, based on income

Terra Nova Counseling

5750 Sunrise Blvd., Citrus Heights 95610

1025 - 19th St., Ste.12, Sacramento 95811

(near WEAVE and Spaghetti Factory)

No reception at downtown location

Contact: (916)239-6387 to schedule an appointment

koris@terranovacounseling.org

Intake fee: \$45

Individual Counseling: \$45-\$100, sliding scale

Positive Option Family Service

2400 Glendale Lane, Ste. G, Sacramento 95825

Contact: (916)973-2838; Fax (916)973-2850

familyties@positiveoption.org

WellSpring Community Clinic

Individual, Couples, Family and Art Therapy: \$35-\$90

Court-Ordered Parenting/Co-Parenting; Court-Ordered Anger

Management (up to 12 weeks); Behavior Intervention

Techniques for Parents: \$35-\$50 per session

Dale Stevenson, MFT

Individual, Couples and Family Therapy: \$35-\$90

SAVE Program (no cost); Therapeutic Visitation: \$50-\$75

Reunification Counseling: \$75-\$90

Teresa Stevenson, MS ATR-BC

Board Certified Clinical Art Therapist

Rate: \$35-\$85

Nathaniel Wilson, MA, MS, MFTI

Individual, Couples and Family Therapy: \$35-\$90

SAVE Program (no cost); Therapeutic Visitation: \$50-\$75

Reunification Counseling: \$75-\$90

Court Ordered Parenting/Co-Parenting; Court Ordered Anger

Management (up to 12 weeks): \$35-\$40 per session

Fall Creek Counseling

5900 Coyle Ave., Ste. D, Carmichael 95608

775 Sunrise Ave., Ste 110, Roseville 95661

Children/Teens/Couples/Families/Adults

Contact: Dr. Debra Moore, (916)344-0900

drdmoore@mac.com

www.sacramentopsychology.com

Rate: Sliding scale, lowest \$30

Fathers' Resource Center

9191 Folsom Blvd., Sacramento 95826

Contact: (916)739-0894; Fax (916) 739-0895

info@fatherscenter.org

www.fatherscenter.org

Individual, Couples, Family Therapy: \$40 (CPS)

Alcohol & Drug Counseling: \$40 (CPS)

Court Ordered Anger Management: \$20

Affordable Counseling

3101 Sunset Blvd., Ste. 6C, Rocklin 95677

Contact: (916) 630-9188

rmontague@affordablecounseling.net

Roman Montague, LCSW, MS, LAADC, RAS

Dorinda Adams, MFTI, RAS, LAADC

Groups/Classes: \$20-\$45 per week, sliding scale

Individual/Couple/Family: \$45-\$85 per session, sliding scale

Not all services at all locations. Payment expected at time of service.

Sites of service:

Calvary Chapel

801 Riverside Ave., Roseville 95678 (I-80 East; exit Auburn

Blvd/Riverside Ave; exit onto Riverside Ave; Calvary Chapel on right behind

Roller King)

Domestic Violence/Anger Management/Parenting Classes

Women DV Wednesday, 6:00-8:00 pm

Men DV Wednesday, 8:00-10:00 pm

Men DV, Spanish Thursday, 7:00-9:00 pm

Parenting Wednesday, 7:00-9:00 pm

Fruitridge Community Center

4000 Fruitridge Rd., Sacramento 95820 (Hwy 99 South; exit East

Fruitridge; enter building through main entrance; classroom inside main building)

Domestic Violence/Anger Management Classes

Men DV Tuesday, 6:00-8:00 pm

Women DV Tuesday, 4:00-6:00 pm

Red Roof Inn

10800 Olsen Dr., Room #138, Rancho Cordova 95670

(East on Hwy 50; exit Zinfandel North; right on Olsen Dr. to Red Roof Inn)

Domestic Violence/Anger Management/Co-Parenting Classes

Men DV Monday, 3:00-5:00 pm

Men DV Monday, 6:00-8:00 pm

Co-Parenting By appointment

SACRAMENTO COMMUNITY COUNSELING SLIDING SCALE AND RESOURCE LIST
September 2013

Agency/Therapist contacts may be emailed by Social Workers only

Raley's Superstore Conference Center

765 Hwy 65, Lincoln 95648 (I-80 East; North on Hwy 65 to Lincoln; just inside city limits on the right; in store next to Pharmacy)
Domestic Violence/Anger Management Classes
Men DV TBD

Raley's Superstore Conference Center

4650 Natomas Blvd., Sacramento 95835
(I-80 West; exit Truxel to Truxel and Natomas; across the intersection of Truxel and Del Paso Blvd. where Truxel turns into Natomas; in store next to Pharmacy)
Domestic Violence/Anger Management Classes
Men DV Saturday, 1:00-3:00 pm

Ariana Family & Children Treatment Services

3101 Sunset Blvd., Ste. 6C, Rocklin 95677
(I-80 East; exit Rocklin Road north; left on Pacific Street; right on Sunset to 3101; or Taylor Road exit (Taylor becomes Pacific); left on Sunset to 3101)
Domestic Violence/Parenting Classes
Men DV Friday, 7:00-9:00 pm
Parenting/Co-Parenting By appointment

OTHER MENTAL HEALTH AND GENERAL HEALTH CLINICS

Options for Recovery

Contact: (916)929-1951
1001 Grand Ave., Sacramento 95838
2143 Hurley Way, Ste. 150, Sacramento 95825
Mental Health Counselor will only see clients in the Options for Recovery Program and can provide Short Term Mental Health Counseling for individuals. Please contact County Senior Mental Health Counselors: Billie Dawes, 929-4669 (Grand Ave.) or Judi Kietzman, 922-5110 ext 214 (Hurley Way). To get into the Options for Recovery Program, clients go to 4875 Broadway, open 8:00 am-5:00 pm. Best to arrive 8:00 am or 1:00 pm (first come, first served). Clients will be assessed.

Victim/Witness Center

Contact: (916)874-5701
www.sacda.org
Trained and experienced victim advocates provide crisis counseling, direct assistance, and information about the criminal justice system and community referrals.

Sacramento County Access Team Services (Medi-Cal)

Child Access: (916)875-9980
Adult Access: (916)875-1055
Toll Free: 1(888)881-4881

CalWORKs Clinical Team

(916)875-3869 or (916)874-2986

The Anxiety Treatment Center

Contact: (916)366-0647
www.anxietytreatmentexperts.com
Broad range of treatment for various disorders and anxiety issues. Located in Sacramento.

Sacramento County Mental Health

Switchboard line: (916)875-7070 will transfer to Adult Access or Child Access. Offers mental health services, support and referrals for adults and children.

WellSpace Health

Contact: (916)368-3080
8233 E. Stockton Blvd., Ste. D, Sacramento 95828
www.wellspacehealth.org

White House Counseling Center

Contact: (916)971-7640
To use the services of White House, you must live in the San Juan Unified School District. Med-Cal is accepted for children only. A sliding fee is available, based on need. Individual parent skill training is provided. Located on Sutter Ave. in Carmichael, info on White House Counseling Center can be found through the San Juan Unified School District website.

CSU Sacramento Center for Counseling and Diagnostic Services

Contact: (916)278-6252
www.edweb.csus.edu/ccds/
Health Center, 6000 J Street, Sacramento 95819
The Center for Counseling and Diagnostic Services, located on the CSU Sacramento campus, welcomes all members of the Sacramento Area community for individual, couple and family counseling. We encourage you to use our services whatever your age, ethnicity, cultural background, sexual orientation, marital status or family situation. Single-parent and blended families, "traditional" and "non-traditional" families, married couples, domestic partners and individuals of any background and life situation are welcome.

Southeast Asian Assistance Center (SAAC)

Contact: (916)421-1036
www.saacenter.org
Located on 24th Street in Sacramento, SAAC offers Social Group, Depression Group and Parenting classes. Services provided to refugees, immigrant citizens, asylees, adults, elderly, families and youth; residents of Sacramento County; speakers of Bosnian, Cambodian, Chinese, Hmong, Lao, Mien, Russian, Spanish, Ukrainian, Vietnamese. No sliding scale; donations and fee for service.

Asian Pacific Community Counseling

Contact: (916)383-6783
www.apccounseling.org
7273 - 14th Ave. #120B, Sacramento 95820
Authorized through Access. Clients must have Medi-Cal or Medicare.

SACRAMENTO COMMUNITY COUNSELING SLIDING SCALE AND RESOURCE LIST
September 2013

Agency/Therapist contacts may be emailed by Social Workers only

VIVA Counseling Services

Contact: (916)570-1690

www.victimassistance.us

2020 Hurley Way, Ste. 265, Sacramento 95825

Volunteers in Victim Assistance provides adult counseling by MFT interns. Services are available for victims or family members of a person who has experience a serious trauma or crime.

URGENT SERVICES

Suicide Prevention

Sacramento (916)368-3111

Auburn (530)885-2300

Lincoln (916)645-8866

Roseville (916)773-3111

National Suicide Prevention Lifeline 1(800)273-8255 or

1(800)SUICIDE; business line (916)368-3118; free service

WEAVE

Contact: (916)920-2052, 24-hour support and information

www.weaveinc.org

Provides counseling on a sliding scale to men, women and children.

Licensed and Intern Marriage and Family Therapists address issues including trauma, depression, anxiety and grief. Specialized services for couples and families. Free shelter, legal and emergency response services for domestic violence, sexual assault and human trafficking. English and Spanish speaking staff.

Peace for Families

Contact: (916)652-6558, 24-hour crisis line

Auburn (530)885-0443

Roseville (916)773-7273

Placer County Women's Center offers counseling for domestic violence and sexual assault. Individual therapy, assistance with restraining orders offered on a sliding scale. Group classes and Safe House are free services. English and Spanish speaking staff.

Placer County Mental Health Services

Contact: (530)889-7240

24-hour Crisis Line, 1(888)886-5401 or (916)787-8860

Suicide Prevention Services, 1(800)273-TALK(8255)

The Center for Violence Free Relationships

Contact: (916)939-4464, (530)626-1450 Business line

24-hour Crisis Line (916)939-6616, (530)626-1131

www.thecenternow.org

344 Placerville Dr., Ste. 11, Placerville 95667

Center for domestic violence and sexual assault; individual and drop-in counseling, group support for victims; emergency food, clothing and transportation; safe house; legal assistance, hospital and court accompaniment, advocacy; information and referrals; group counseling for those who have battered their partners; community education; school prevention programs; training for volunteers. Batter intervention program for men and women on sliding scale. English and Spanish speaking staff.

GENDER ISSUES

Sacramento Gender Association

Contact: (916)442-0185 ext 141

www.transgender.org/sga

SGA, c/o The Center

1927 L Street, Sacramento 95814

Sacramento Gay and Lesbian Center

Contact: (916)442-0185

www.saccenter.org

1927 L Street, Sacramento 95814

Individual, Family, Conjoint counseling; sliding scale

GRIEF SUPPORT

Bereavement Network Resources of Sacramento

Contact: (916)557-5882

www.griefhelpsacramento.com

Sutter Center, 7700 Folsom Blvd., Sacramento 95826

Group: Thursdays, 7:30-9:00 pm, no appointment necessary

A weekly bereavement support program, sponsored by Bereavement Network Resources, Inc. Educational meetings, open to the public, are held the first and third weeks of the month. Sharing groups, for grieving persons only, are held the second, fourth and fifth weeks. Facilitated by volunteer community professionals.

The Compassionate Friends – Sacramento Valley Chapter

Contact: (916)457-4096

tcsacvalley@gmail.com

www.sacvalleytcf.wikispot.org

Meeting information offered 3rd Friday of each month, 7:30 pm

Kaiser Medical Facility, Conference Room C, 2nd Floor

2345 Fair Oaks Blvd., Sacramento 95825

Small group meeting, 1st Tuesday of the month, 7:30-9:00 pm

Christ Community Church, Rooms 14 & 15

5021 Manzanita Ave., Carmichael 95608

Bereavement Support Group

Contact: (916)486-5300

South Sacramento Kaiser Medical Center, Hospice Department

6600 Bruceville Road, Sacramento 95823

If you are grieving over the loss of a loved one, you can feel better with the support of others in a similar situation. Free on-going group open to the general public.