

## Community Resources

Updated May 2009

- The Sacramento State University Career Center staff has compiled list as a service to persons not eligible for career counseling at our center. We have no connection with, and do not endorse or recommend any of the programs or services listed below, and (with the exception of our own office) we are not responsible for the activities, policies, fees, etc. of the organizations or persons listed on this flyer. May 2009

| <b>Community Career Counseling and Employment Services*</b>   |                |   |  |                          |                          |
|---|----------------|---|--|--------------------------|--------------------------|
| Agency / Website  | Phone          | Services  | Fee                                      | Internet Access          | Printing                 |
| American River College, Career Center<br><a href="http://www.losrios.edu">www.losrios.edu</a>   | (916) 484-8492 | Career assessment through a variety of computer based inventories, such as interest, values, and skills/aptitudes, career information, and job search.  | No Fee; Counseling Sessions not included | Yes                      | Fee                      |
| Asian Resources Inc<br><a href="http://www.asianresources.org">www.asianresources.org</a>   | (916) 424-8960 | Employment and training programs include pre-employment skills, vocational English combined with job training or job placement with employers for refugees.   | No Fee                                   | Yes                      | Yes                      |
| Sacramento City College CalWorks Program<br><a href="http://web.scc.losrios.edu/calworks/">http://web.scc.losrios.edu/calworks/</a>                                     | (916) 558-2331 | Sacramento City College's CalWORKs program works together with other community agencies to provide comprehensive services that promote self-sufficiency through education, vocational training, and employment. | No Fee                                   | Yes                      | Yes                      |
| California Indian Manpower Consortium<br><a href="http://www.cimcinc.org/">www.cimcinc.org/</a>   | (916) 920-0285 | Employment and training program for certified Native Americans, and Native Alaskans, job referrals, job counseling, and emergency financial assistance for housing, utilities, education, and employment.       | No Fee                                   | Yes                      | Yes                      |
| Center for Counseling and Diagnostic Services<br><a href="http://edweb.csus.edu/ccds/">http://edweb.csus.edu/ccds/</a>  | (916) 278-6252 | Staffed by Career Counseling Graduate Interns. Available to any member of the campus and off-campus community.  | Sliding Fee                              | None                     | None                     |
| Cosumnes River College, Career Center<br><a href="http://www.losrios.edu">www.losrios.edu</a>   | (916) 691-7456 | Posts work available for students on Job Track computer or on bulletin boards.  | No Fee                                   | Students only            | Students only            |
| Crossroads Diversified Services, Inc<br><a href="http://www.crossroadsdiversified.com">www.crossroadsdiversified.com</a>  | (916) 457-1900 | Vocational assessment and planning, job seeking skills, resume preparation, job development, and job placement for individuals with psychiatric challenges; must be referred by Department of Rehabilitation.   | No Fee                                   | Yes                      | Yes                      |
| Employment Development Department (EDD)<br><a href="http://www.edd.ca.gov">www.edd.ca.gov</a><br><a href="http://www.caljobs.ca.gov/">http://www.caljobs.ca.gov/</a>    | (916) 653-0707 | Assists people in finding jobs and job training, disability insurance benefits, workshops & job clubs to teach job search skills, peer support for job seekers, assists people that are disadvantaged.          | No Fee                                   | Through One Stop Centers | Through One Stop Centers |
| Employment and Job Placement Services<br><a href="http://www.dhweb.saccounty.net">www.dhweb.saccounty.net</a><br><a href="http://www.sacscore.org">www.sacscore.org</a> | (916) 875-3330 | Job readiness to workshops, supportive services, employment opportunities, job screening, referral services, drop-in job referral, job boards, and employer job listings.                                       | No Fee                                   | Yes                      | Limited                  |

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|--|--------------------|--|---|--------------------------|--------------------------|
| La Familia Counseling Center<br><a href="http://www.lafcc.com">www.lafcc.com</a>   | (916) 452-3601     | Comprehensive multi-cultural professional counseling, support and outreach services for at-risk youth and families; community members eligible.  | No Fee                                      | Yes                      | Yes                      |
| Loaves and Fishes<br><a href="http://www.sacramentoloavesandfishes.org">www.sacramentoloavesandfishes.org</a>              | (916) 446-0874     | Concerned with issue relating to the needs of the homeless and indigent poor.  | No Fee                                      | Unknown                  | Unknown                  |
| Sacramento City College, Career Center<br><a href="http://www.losrios.edu">www.losrios.edu</a>                             | (916) 558-2676     | Posts and has binders of listings of off-campus job opportunities, JobTrak.  | No Fee                                      | Yes                      | Yes                      |
| Sacramento Employment and Training Agency<br><a href="http://www.seta.net">www.seta.net</a>                                | (916) 263-3800     | Administers state-and federally human services programs through community based organizations, local education agencies, and private vocational schools throughout Sacramento County.                                  | No Fee                                      | Yes, at One Stop Centers | Yes, at One Stop Centers |
| Sacramento Professional Network (CA State EDD)<br><a href="http://www.sacpronet.com/faq.php">www.sacpronet.com/faq.php</a> | info@sacpronet.com | Job search, workshops on resume writing, skills and values, and job search and interview techniques for any unemployed or underemployed person in a professional, managerial, or technical field.                      | No Fee                                      | Yes                      | Yes                      |
| Sacramento State, Career Center<br><a href="http://www.csus.edu/careercenter">www.csus.edu/careercenter</a>                | (916) 278-6231     | Counseling appointments available only to currently enrolled students.   | Fee for alumni within 2 years of graduation | Yes                      | Limited                  |
| Sacramento Veterans Resource Center<br><a href="http://www.vietvets.org/svrc.htm">www.vietvets.org/svrc.htm</a>            | (916) 393-8387     | Employment readiness programs for veterans that include job search workshops to assess career goals and overcome negative thinking.  | No Fee                                      | Yes                      | Yes                      |
| Turning Point Community Program<br><a href="http://www.tpcp.org">www.tpcp.org</a>  | (916) 364-8395     | Residential treatment, community support, and employment services for mentally ill and developmentally disabled adults; Job coaches available; referral needed by Sacramento County Adult Access Team: (916) 875-1055. | No Fee                                      | Yes                      | Yes                      |

### Sacramento Area One Stop Centers

| One Stop Career Centers   | Phone          | Services   | Fee    | Internet Access | Printing |
|---|----------------|--|--------|-----------------|----------|
| Sacramento Work – Broadway<br><a href="http://www.seta.net">www.seta.net</a>        | (916) 324-6202 | Connects job seekers to employers, multi-level recruitment provides pre-screened qualified applicants, labor trends and market research, and job search workshops. | No Fee | Yes             | Yes      |
| Sacramento Works – Citrus Heights<br><a href="http://www.seta.net">www.seta.net</a> | (916) 676-2540 | Connects job seekers to employers, multi-level recruitment provides pre-screened qualified applicants, labor trends and market research, and job search workshops. | No Fee | Yes             | Yes      |
| Sacramento Works – Franklin<br><a href="http://www.seta.net">www.seta.net</a>       | (916) 262-3200 | Connects job seekers to employers, multi-level recruitment provides pre-screened qualified applicants, labor trends and market research, and job search workshops. | No Fee | Yes             | Yes      |
| Sacramento Works – Galt<br><a href="http://www.seta.net">www.seta.net</a>           | (209) 744-7702 | Connects job seekers to employers, multi-level recruitment provides pre-screened qualified applicants, labor trends and market research, and job search workshops. | No Fee | Yes             | Yes      |

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|---|----------------|--|--------|-----|-----|
| Sacramento Works – Greater Sacramento Urban League<br><a href="http://www.gsul.org">www.gsul.org</a>  | (916) 286-8600 | Connects job seekers to employers, multi-level recruitment provides pre-screened qualified applicants, labor trends and market research, and job search workshops. | No Fee | Yes | Yes |
| Sacramento Works – Hillsdale<br><a href="http://www.seta.net">www.seta.net</a>  | (916) 263-4100 | Connects job seekers to employers, multi-level recruitment provides pre-screened qualified applicants, labor trends and market research, and job search workshops. | No Fee | Yes | Yes |
| Sacramento Works – La Familia Counseling Center<br><a href="http://www.seta.net">www.seta.net</a>   | (916) 452-3601 | Connects job seekers to employers, multi-level recruitment provides pre-screened qualified applicants, labor trends and market research, and job search workshops. | No Fee | Yes | Yes |
| Sacramento Works – Lemon Hill<br><a href="http://www.seta.net">www.seta.net</a>   | (916) 433-2620 | Connects job seekers to employers, multi-level recruitment provides pre-screened qualified applicants, labor trends and market research, and job search workshops. | No Fee | Yes | Yes |
| Sacramento Works – Mark Sanders Complex<br><a href="http://www.seta.net">www.seta.net</a>   | (916) 227-0301 | Connects job seekers to employers, multi-level recruitment provides pre-screened qualified applicants, labor trends and market research, and job search workshops. | No Fee | Yes | Yes |
| Sacramento Works – Mather<br><a href="http://www.seta.net">www.seta.net</a>   | (916) 228-3127 | Connects job seekers to employers, multi-level recruitment provides pre-screened qualified applicants, labor trends and market research, and job search workshops. | No Fee | Yes | Yes |
| Sacramento Works – Rancho Cordova<br><a href="http://www.seta.net">www.seta.net</a>   | (916) 255-3255 | Connects job seekers to employers, multi-level recruitment provides pre-screened qualified applicants, labor trends and market research, and job search workshops. | No Fee | Yes | Yes |
| Sacramento Works – South County<br><a href="http://www.seta.net">www.seta.net</a>   | (916) 689-3560 | Connects job seekers to employers, multi-level recruitment provides pre-screened qualified applicants, labor trends and market research, and job search workshops. | No Fee | Yes | Yes |
| <b>Private practice career counselors:</b> Listed in the Yellow Pages under “Career and Vocational Counseling.” Fees charged<br>*Check eligibility criteria for services. |                |  |        |     |     |

| <b>Disability Related Resources in the Sacramento Area</b>  |                |  |                                      |
|---|----------------|--|--------------------------------------|
| <b>Agency / Website</b>   | <b>Phone</b>   | <b>Services</b>  | <b>Fee, No Fee, or Sliding Scale</b> |
| California State Department of Rehabilitation<br><a href="http://www.rehab.cahwnet.gov">www.rehab.cahwnet.gov</a> | (916) 324-1313 | The Department of Rehabilitation (DOR) assists Californians with disabilities obtain and retain employment and maximize their ability to live independently in their communities.  | No Fee                               |
| Resources for Independent Living<br><a href="http://www.ril-sacramento.org">www.ril-sacramento.org</a>            | (916) 446-3074 | Resources for Independent Living, Inc. (RIL) is a cross disability organization serving Sacramento and Yolo Counties. To assist the community, RIL provides the following services: advocacy and legislative monitoring, housing assistance, personal assistant services, information and referral, peer counseling, independent living skills training, and assistive technology. | No Fee                               |
| Disability Benefits 101<br><a href="http://www.disabilitybenefits101.org/">www.disabilitybenefits101.org/</a>     | Website Only   | Disability Benefits 101 (DB101) An excellent website that helps workers, job seekers, and service providers understand the connections between work and benefits.  | No Fee                               |

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| Assistive Technology (AT) Network<br><a href="http://www.atnet.org">www.atnet.org</a>   | 1-800-390-2699<br>(voice)☐<br>1-800-900-0706<br>(TTY)☐<br>Email:<br><a href="mailto:info@atnet.org">info@atnet.org</a> | The AT Network provides information, referrals, training, and technical assistance to those who share an interest in and commitment to the practical and effective use of technology by people with disabilities.   | No Fee |
| Social Security Administration<br><a href="http://www.ssa.gov">www.ssa.gov</a>  | (916) 381-9410<br>(voice)<br>Toll-Free<br>1-800-772-1213<br>TTY<br>(916) 381-9445                                      | Directs and manages the planning, development, issuance and evaluation of operational regulations, standards and instructions for the Retirement and Survivors Insurance (RSI), Disability Insurance (DI), Supplemental Security Income (SSI) and international SSA programs.   | No Fee |
| Job Accommodation Network (JAN)<br><a href="http://www.jan.wvu.edu/">www.jan.wvu.edu/</a>   | 800-526-7234<br>(voice)<br>877-781-9403<br>(TTY)   | JAN's mission is to facilitate the employment and retention of workers with disabilities by providing employers, employment providers, people with disabilities, their family members and other interested parties with information on job accommodations, self-employment and small business opportunities and related subjects. | No Fee |
| Governor's Committee on Employment of People with Disabilities<br><a href="http://www.weddcawhnet.gov/Jobs_and_Training/GC_on_Employment_of_People_with_Disabilities.htm">http://www.weddcawhnet.gov/Jobs_and_Training/GC_on_Employment_of_People_with_Disabilities.htm</a>   | (916) 654-8055<br>(voice)☐<br>Toll Free: (800) 695-0350☐<br>TTY: (916) 654-9820  | This Governor's committee is responsible for providing leadership to increase the number of people with disabilities in the California workforce.   | No Fee |
| Crossroads Diversified Services, Inc.<br><a href="http://www.crossroadsdiversified.com/">www.crossroadsdiversified.com/</a>   | (916) 457-1900   | Crossroads serves persons who have barriers to employment including mental illness, physical disabilities, substance abuse history, criminal record, and socioeconomic disadvantages.   | No Fee |
| Turning Point Community Programs<br><a href="http://www.tpcp.org/">http://www.tpcp.org/</a>   | (916) 364-8395   | Turning Point Community Programs is a non-profit mental health agency providing psychiatric services, support and advocacy, including employment services, in Sacramento, Stanislaus, Merced and Yolo counties  | No Fee |
| Sacramento County Mental Health Services<br><a href="http://www.namisacramento.org/resources/locallinks-saccounty.html">www.namisacramento.org/resources/locallinks-saccounty.html</a><br><br>On the National Alliance on Mental Illness-Sacramento website<br><a href="http://www.namisacramento.org/resources/locallinks-employment.html">www.namisacramento.org/resources/locallinks-employment.html</a><br>(employment resources) | (916) 875-1055   | NAMI Sacramento is a grassroots, family and consumer self-help support and advocacy organization dedicated to improving the lives of people with severe mental illnesses. Excellent resource for services, including employment related.  | No Fee |

| <b>Counseling: Individual, Family, &amp; Group</b>  |                |  |                                      |
|---|----------------|--|--------------------------------------|
| <b>Agency / Website</b>   | <b>Phone</b>   | <b>Services</b>  | <b>Fee, No Fee, or Sliding Scale</b> |
| Alcohol Chemical Treatment Services (A.C.T.S.)<br><a href="http://www.sacdhhs.com/services.asp?CategoryID=1&amp;UpLinkID=54">http://www.sacdhhs.com/services.asp?CategoryID=1&amp;UpLinkID=54</a> | (916) 381-7604 | Alcohol / chemical treatment series.   | Sliding fee                          |
| Alliance for Excellence<br><a href="http://www.nivaweb.com/alliance/pages/counseling.html">http://www.nivaweb.com/alliance/pages/counseling.html</a>  | (916) 566-2184 | Individual, family, couple and child Counseling, day and evening available, serving children & families. | No Fee                               |
| Asian Pacific Community Counseling (APCC)<br><a href="http://www.apccounseling.org">www.apccounseling.org</a>   | (916) 383-6783 | APCC assess mentally ill, refer to county & provide in-house   | Fee                                  |

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|   |                      | individual, drug & cancer counseling, serving: Asian Pacific Islander community.  |             |
| Center for Counseling and Diagnostic Services, CSUS<br><a href="http://edweb.csus.edu/ccds/">http://edweb.csus.edu/ccds/</a>                                | (916) 278-6252       | Staffed by Career Counseling Graduate Interns. Available to any member of the campus and off-campus community.  | Sliding fee |
| Child and Family Institute<br><a href="http://www.child-familyinstitute.org">www.child-familyinstitute.org</a>  | (916) 736-0828       | Intrafamilial child sexual abuse treatment program, adult sex offender, therapy for child sexual victims and non-offending parents of victims.  | Fee         |
| Cross Creek Counseling<br><a href="http://www.crosscreekcounseling.com">www.crosscreekcounseling.com</a>  | (916)722-6100        | Offers family counseling, individual counseling and anger management as well as counseling for victims of crimes  | Sliding fee |
| Effort Counseling Program<br><a href="http://www.theeffort.org">www.theeffort.org</a>   | (916) 325-5556       | Serves chemically dependent persons or those at risk of becoming dependent.   | Fee         |
| El Hogar, Mental Service<br><a href="http://www.elhogarinc.org">www.elhogarinc.org</a>  | (916) 441-2933       | Provides culturally sensitive mental health services to seriously persistently mentally ill adults.   | Free        |
| Fallcreek Counseling Assoc.<br><a href="http://www.sacramentopsychology.com/">http://www.sacramentopsychology.com/</a>                                      | (916) 344-0900       | Individual counseling services for all ages   | Fee         |
| Family Study Center   | (916) 456-4412       | Individual, family, child, couples, parenting, anger management, domestic violence.   | Sliding fee |
| Family Service Agency   | (916) 368-3080       | Employment Assistance Program (EAP), individual, family, children, couples, post-traumatic stress, remarriage, stepfamily issues & drug and alcohol issues and family violence.                       | Sliding fee |
| Galt Community Concilio   | (209) 745-9174       | All types of counseling, an umbrella organization serving the Galt community.   | No Fee      |
| Jewish Family Services<br><a href="http://www.jfsac.org">www.jfsac.org</a>  | (916) 921-1921       | Low income, all faiths, individual, family, children, social services to frail elderly, refugee resettlement.   | Sliding fee |
| La Familia Counseling<br><a href="http://www.lafcc.com">www.lafcc.com</a>   | (916) 452-3611       | Serving the Spanish community, multi-cultural, family, individual, child abuse, employment, peer, drug abuse, gang diversion, & other.  | No Fee      |
| Sacramento Gay & Lesbian Center<br><a href="http://www.saccenter.org/">http://www.saccenter.org/</a>  | (916) 442-0185       | Information and referral to gay supportive services and business, discussion groups for men, women, youth, and seniors.   | No Fee      |
| Loaves and Fishes<br><a href="http://www.sacramentoloavesandfishes.org">www.sacramentoloavesandfishes.org</a>   | (916) 669-1536       | Case management, counseling & psychiatric meds for homeless and at need.  | Free        |
| Lutheran Social Services<br><a href="http://www.lssnorcal.org/">http://www.lssnorcal.org/</a>   | (916) 453-2900       | Counseling limited to target population, Asian immigrant.   | Free        |
| Psychological Counseling Services, CSUS<br><a href="http://www.csus.edu/psysrv/index.htm">http://www.csus.edu/psysrv/index.htm</a>                          | (916) 278-6416       | Graduate counseling students under faculty supervision offer individual, couple, crisis, child, and family counseling for Sacramento community residents.   | Free        |
| Sacramento Gender Assoc.<br><a href="http://www.transgender.org/sga">www.transgender.org/sga</a>  | (916) 442-0185 x 141 | A non-sexual, membership-based organization serving the recreational and educational needs of the transgender community, their spouses, significant others, family members and related professionals. | Fee         |
| Sutter Counseling Center<br><a href="http://suttermedicalcenter.org/psychiatry/counseling.cfm">http://suttermedicalcenter.org/psychiatry/counseling.cfm</a> | (916) 929-0808       | Child guidance service provides evaluation and treatment services to children, adolescents, and their   | Sliding fee |

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|  |  | families when there are concerns about possible emotional and behavioral problems. |  |
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| Referral Services   |                |  |                               |
|---|----------------|--|-------------------------------|
| Agency / Website  | Phone          | Services   | Fee, No Fee, or Sliding Scale |
| CA Assoc of Marriage and Family Therapists<br><a href="http://www.camft.org">www.camft.org</a>  |                | CAMFT is an independent professional organization representing the interests of licensed marriage and family therapists. It is dedicated to advancing the profession as an art and a science, to maintaining high standards of professional ethics, to upholding the qualifications for the profession and to expanding the recognition and awareness of the profession. | No Fee                        |
| Psychologists and Counselors Referral and Information Service<br><a href="http://www.4therapy.com/locator/index.php">www.4therapy.com/locator/index.php</a> | (916) 485-5918 | Online resource to help locate local therapists.   | No Fee                        |

| Urgent Services   |   |   |                               |
|---|---|---|-------------------------------|
| Agency / Website  | Phone   | Services  | Fee, No Fee, or Sliding Scale |
| Adult Protective Services<br><a href="http://www.sacdhhs.com/article.asp?ContentID=270">http://www.sacdhhs.com/article.asp?ContentID=270</a>    | (916) 874-9377  | Provides referrals after investigating cases of physical, sexual, or financial abuse.   | No Fee                        |
| Diogenes Youth Services<br><a href="http://www.diogenesnet.com">www.diogenesnet.com</a>   | 24-hour line:<br>(916) 363-0063                           | Crisis resolution, family reunification, short-term individual and family counseling.   | Sliding fee                   |
| Sacramento County Mental Health Treatment Center<br><a href="http://www.sacdhhs.com/EmgHotLines.asp">http://www.sacdhhs.com/EmgHotLines.asp</a> | (916) 732-3637  | 24-hour emergency psychiatric services for adults and children.   | No Fee                        |
| Sacramento Crisis Nursery<br><a href="http://www.kidshome.org">www.kidshome.org</a>   | Office: (916) 452-3981<br>24-hour line:<br>(916) 679-3700 | Offers respite for parents who need a break from their children, offering family support in crisis, serves Sacramento County.                           | Fee                           |
| Suicide Prevention  | (916) 368-3111  | 24-hour crisis intervention and suicide prevention by highly trained paraprofessionals, emotional support, education services about suicide prevention. | No Fee                        |
| Sutter Center for Psychiatry<br><a href="http://suttermedicalcenter.org/psychiatry/">http://suttermedicalcenter.org/psychiatry/</a>             | (916) 386-3000  | Intensive psychiatric care with programs designed for the special needs of all ages.  | Fee                           |
| WEAVE<br><a href="http://www.weaveinc.org">www.weaveinc.org</a>   | (916) 920-2952  | Provides counseling for men & women and a safe house for women and children.  | No Fee                        |

| Additional Community Resources  |                |  |                               |
|---|----------------|--|-------------------------------|
| Agency / Website  | Phone          | Services   | Fee, No Fee, or Sliding Scale |
| ASI Legal Services<br><a href="http://www.asi.csus.edu/Body_services.asp">http://www.asi.csus.edu/Body_services.asp</a> | (916) 278-7916 | Free to Sac State students with a valid One Card, drop-in available with an accredited attorney. | Free                          |
| Bereavement Network<br><a href="http://www.griefhelpsacramento.com">www.griefhelpsacramento.com</a>                     | (916) 557-5882 | Information and referral source for community support groups serving those who are grieving      | No Fee                        |
| Compassionate Friends   | (916) 457-4096 | A support group for bereaved parents   | No Fee                        |
| McGeorge School of Law Community Legal Services   | (916) 340-6080 | Clinical education programs provide civil legal services to a broad based cross section          | Sliding fee                   |

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| <a href="http://www.mcgeorge.edu">www.mcgeorge.edu</a>  |                | of the Sacramento community.  |             |
| Planned Parenthood<br><a href="http://www.ppmarmonte.org">www.ppmarmonte.org</a>  | (916) 444-7966 | Offers information and health services, STD testing/treatment, birth control, pregnancy testing and referrals also available. | Sliding fee |
| Sacramento Community Health Center<br><a href="http://www.sacdhs.com/article.asp?ContentID=509">http://www.sacdhs.com/article.asp?ContentID=509</a> | (916) 422-5200 | Primarily general health, but some psychiatric services may be provided depending on the doctors duty.                        | Sliding fee |

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