



DEDICATED TO EDUCATING  
GRADUATING, AND  
RETAINING EDUCATIONAL  
EQUITY STUDENTS

*Bridging Gaps and Transforming Lives*

# THE DEGREES PROJECT

Resource Guide



SACRAMENTO STATE

*Redefine the Possible*

FALL 2014



# INTRODUCTION

Despite having one of the highest college participation rates in the world, large gaps persist in terms of access to and success in higher education in the United States, particularly for low-income, minority, and first-generation students (Johnson & Sengupta, 2009). The baccalaureate degree attainment rate among students from low-income families increased from 6% in 1970 to 12% in 2005. During that same period, the rate among high-income students increased from 40% to 73% (Aud, Planty, Snyder, Bianco, Fox, Frohlich, Kemp & Drake, 2010). This means that high-income students are six times more likely to earn a four-year degree than are low-income students and the gap between them has nearly doubled in the last 35 years.

To address the problems delineated above, CSU system wide leaders have placed a significant emphasis on increasing graduation rates and closing the achievement gap. Beginning in Fall 2009, the Graduation Initiative was set forth to challenge all 23 campuses to increase their retention and graduation rates for first-time freshmen and transfer students. As part of this system wide endeavor, all campuses in the CSU are expected to achieve a six-year graduation rate by 2015 that puts them in the top quartile of peer institutions. At the same time, campuses are expected to cut in half the achievement gap that exists at their own institution.

To meet the two goals of the Graduation Initiative, Sacramento State has bolstered its focus on students from diverse backgrounds. Currently, Sac State is home to 14,189 students of color, which is 49% of the entire student body. Of this number, 8,219 are from groups the federal government has labeled underrepresented minority (URM) student populations (e.g., African American, American Indian, Latino, and Pacific Islander). In Fall 2011 there was a 10.3% gap in the graduation rate between first-time freshmen URM students and first-time freshmen non-URM students. In addition, there was a 5.2% graduation rate gap between URM and non-URM transfer students.

To move Sacramento State into the top quartile of similar institutions in terms of graduation rates, in 2013 the CSU Chancellor's Office funded the Dedicated to Education, Graduating, and Retaining Educational Equity Students (DEGREES) Project. The DEGREES Project is designed to promote the retention and graduation of all campus underrepresented students. The program is composed of four tracks including early warning intervention and continuing student support, curricular enrichment, mentoring and tutoring services, and engagement. The overarching goal of the program is to connect students with a variety of campus resources to impact their overall success in college. Services provided by DEGREES include mentorship, online tutoring through Smarthinking, online mentorship through "U" Mentor and referrals to other campus resources.

The DEGREES Project Resource Guide is a comprehensive list of resources and services designed to promote student success and professional development at Sacramento State. The Resource Guide aims to assist DEGREES Project Coaches familiarize themselves with the many services available on- and off-campus to make appropriate student referrals. The Resource Guide also acts as a living document that is regularly updated to be as current and inclusive as possible, incorporating the growing needs of our students as they develop as well as any changes or additional new services on campus. As an easily accessible resource, the DEGREES Project Resource Guide aids students in their journey towards success in higher education.

# TABLE OF CONTENTS



## CAMPUS RESOURCES

Division of Planning, Enrollment Management and Student Affairs (PEMSA)	A T M	7
Student Academic Success and Educational Equity Programs (SASEEP)	A T M I L	7
Academic Advising Center	A	7
Advising Center for Teaching Majors	A M	7
Aquatic Center	HL	8
Associated Students, Inc. (ASI)	I L	8
ASI Hotspot		8
ASI Safe Rides		8
ASI Student Shop		8
Business Educational Equity Program (BEEP)	A T	9
Career Center	A M I L	9
Center for California Studies	M I L UR	9
Children's Center	I	9
College Assistance Migrant Program (CAMP)	A T I L	10
Community Engagement Center (CEC)	T M I L	10
Cooper-Woodson College Enhancement Program (CWC)	A T M I	10
CSU Sacramento Mini-Corps (CMC)	M L	11
Counseling and Psychological Services (CAPS)	A	11
DEGREES Project	A T M I L GE	11
Educational Opportunity Program (EOP)	A T M I	12
Faculty Student Mentor Program (FSMP)	A T M	12
Financial Aid and Scholarships	A	13



# TABLE OF CONTENTS

First Year Programs <span style="color:orange">A</span> <span style="color:yellow">T</span> <span style="color:blue">M</span>	13
Full Circle Project <span style="color:orange">A</span> <span style="color:yellow">T</span> <span style="color:blue">M</span> <span style="color:red">L</span>	13
Graduate Diversity and Academic Enrichment Programs <span style="color:orange">A</span> <span style="color:blue">M</span>	13
The Guardian Scholars Program (GSP) <span style="color:orange">A</span> <span style="color:blue">M</span>	14
Honors Program <span style="color:orange">A</span> <span style="color:yellow">T</span> <span style="color:blue">M</span>	14
KSSU Radio <span style="color:blue">I</span> <span style="color:red">L</span>	14
Learning Communities (EOP) <span style="color:yellow">T</span>	14
Louis-Stokes Alliance for Minority Participation Program (LSAMP) <span style="color:blue">M</span>	15
McNair Scholars Program <span style="color:orange">A</span> <span style="color:blue">M</span> <span style="color:red">L</span> <span style="color:purple">UR</span>	15
MESA Engineering and Computer Science Program (MEP) <span style="color:orange">A</span> <span style="color:yellow">T</span> <span style="color:blue">M</span> <span style="color:blue">I</span>	15
Multi-Cultural Center (MCC) <span style="color:blue">I</span> <span style="color:red">L</span>	15
Odyssey Mentoring Program <span style="color:blue">M</span>	16
Office of Global Education (OGE) <span style="color:orange">A</span> <span style="color:green">GE</span>	16
Office of Housing and Residential Life <span style="color:blue">M</span>	16
Peak Adventures <span style="color:red">L</span> <span style="color:green">HL</span>	16
Peer and Academic Resource Center (PARC) <span style="color:orange">A</span> <span style="color:yellow">T</span> <span style="color:blue">M</span>	17
Science Educational Equity Program (SEE) <span style="color:orange">A</span> <span style="color:yellow">T</span> <span style="color:blue">M</span> <span style="color:blue">I</span>	17
Serna Center <span style="color:blue">I</span> <span style="color:red">L</span>	17
Services to Students with Disabilities (SSWD) <span style="color:yellow">T</span> <span style="color:blue">M</span>	18
SOC Connect <span style="color:blue">M</span>	18
Student Athlete Resource Center (SARC) <span style="color:orange">A</span> <span style="color:yellow">T</span> <span style="color:blue">M</span>	18
Student Organizations & Leadership (SO&L) <span style="color:red">L</span>	18
Student Tech Center <span style="color:orange">A</span> <span style="color:yellow">T</span>	26
Undergraduate Business Advising Center (UBAC) <span style="color:orange">A</span> <span style="color:blue">M</span>	26
UNIQUE <span style="color:red">L</span>	26
University Reading and Writing Center (URWC) <span style="color:yellow">T</span>	26



# TABLE OF CONTENTS

Veterans Success Center <span style="color:orange">A</span> <span style="color:blue">M</span>	27
The Well <span style="color:green">HL</span>	27
The Well Student Health & Counseling Services (SHCS) <span style="color:green">HL</span>	27
Women's Resource and Pride Center <span style="color:blue">I</span>	27

## COMMUNITY RESOURCES

Asian Resources, Inc. <span style="color:purple">CR</span>	28
Community Against Sexual Harm (CASH) <span style="color:purple">CR</span>	28
El Concilio de Stockton <span style="color:purple">CR</span>	28
Folsom Cordova Community Partnership <span style="color:purple">CR</span>	28
General Consulate of Mexico in Sacramento <span style="color:purple">CR</span>	29
Health and Life Organization, Inc. <span style="color:purple">CR</span>	29
La Familia Counseling Center <span style="color:purple">CR</span>	29
Lao Family Community Development Inc. <span style="color:purple">CR</span>	29
Legal Services of North California <span style="color:purple">CR</span>	30
Loaves & Fishes <span style="color:purple">CR</span>	30
Mil Mujeres <span style="color:purple">CR</span>	30
Mutual Housing California <span style="color:purple">CR</span>	30
My Sister's House <span style="color:purple">CR</span>	31
Opening Doors <span style="color:purple">CR</span>	31
People Reaching Out <span style="color:purple">CR</span>	31
Planned Parenthood <span style="color:purple">CR</span>	31
Relationship Skills Center <span style="color:purple">CR</span>	32
Sacramento Food Bank and Family Services <span style="color:purple">CR</span>	32
Sacramento Native American Health Center <span style="color:purple">CR</span>	32
St. John's Shelter Program <span style="color:purple">CR</span>	32



# TABLE OF CONTENTS

Strategies For Change <span>CR</span>	33
Women Escaping a Violent Environment (WEAVE) <span>CR</span>	33
WellSpace Health <span>CR</span>	33
Wellspring Women's Center <span>CR</span>	33
Women's Empowerment <span>CR</span>	34
65th Street Corridor Community Collaborative Project (65th Corridor) <span>CR</span>	34
<b>Emergency Resources</b>	35

## NOTE: Indicator Keys

- T = Tutoring   ● M = Mentoring   ● A = Advising   ● I = Internships
- L = Leadership   ● GE = Global Engagement   ● UR = Undergraduate Research
- HL = Healthy Living   ● CR = Community Resources

\*\*Tutoring refers to the teaching and/or helping in some branch or branches of learning, most frequently privately.

\*\*Mentoring is a partnership between two individuals who desire mutual growth. One of these individuals usually has greater skills, experiences, and/or wisdom (Weinstein, 1998).

\*\*Advising refers to the exchange of information between a student and advisor to help students advance in their educational and career goals.

\*\*Internship positions undertaken by students or graduates in order to gain work experience, often in their field of study.

\*\*Leadership in this context refers to opportunities to actively participate, lead, and push forward the goals of a group with a shared vision.

\*\*Global Engagement opportunities are occasions for individuals to develop multidisciplinary, intercultural, and ethical understandings and skills necessary to participate, lead, and thrive in a diverse and global arena.

\*\*Healthy Living refers to the practice of health enhancing behaviors, or put simply, living in healthy ways. It implies the physical, mental and spiritual capacity to make healthy choices.

\*\*Community Resources are off-campus entities (such as an agency, non-profit, company, facility) that provide assistance to those at risk or in need of additional support. Many of the services provided by these organizations are free or low cost.

**Division of Planning, Enrollment Management and Student Affairs (PEMSA)** – ● ● ●  
 Lassen Hall, 3008  
 (916) 278- 6060

PEMSA at Sacramento State meets the diverse needs of students by offering programs, services and opportunities that empower students to reach their unique potential as learners, as contributing members of their communities and as responsible leaders. PEMSAs helps students get connected to the various resources on campus, from determining who to see to get a question answered, advice on which classes to take, student organizations, intercollegiate sports, or information about how to obtain financial aid.

**Student Academic Success and Educational Equity Programs (SASEEP)** – ● ● ● ● ●  
 Lassen Hall, 2205  
 (916) 278-6183  
 E-mail: saseep01@csus.edu

The Student Academic Success and Educational Equity Programs are committed to fostering diversity and equity while promoting a campus-learning environment that encourages and supports all students in persisting toward their educational goal by increasing their retention and graduation rates. SASEEP is the overarching equity program, which oversees the College Assistance Migrant Program (CAMP), Educational Opportunity Program (EOP), Faculty Student Mentor Program (FSMP), Services to Students with Disabilities (SSWD), and the Dedicated to Educating, Graduating, and Retaining Educational Equity Program (DEGREES) Project.

**Academic Advising Center** – ●  
 Lassen Hall, 1013  
 (916) 278-6351

The Academic Advising Center offers new student orientation, mandatory first year advising, and advising on General Education and graduation requirements for students. The Center engages students in a developmental process that helps clarify and implement individual educational plans consistent with their skills, interests, and values. Through individual appointments, group advising sessions and presentations, the professional staff, faculty advisors, and student interns, students understand the university's academic requirements as well as its policies and procedures.

**Advising Center for Teaching Majors** – ● ●  
 Lassen Hall, 2008  
 (916) 278-6342 (Liberal Arts)  
 (916) 278-6207 (Social Science)

Advising Center for Teaching Majors is designed to offer support and advising to undergradu-

ate students in Liberal Arts and the Social Science program. This service is offered to all teaching majors headed towards obtaining a teaching credential.

**Aquatic Center** – HL  
1901 Hazel Avenue Gold River, CA 95670  
(916) 278-2842

The Sacramento State Aquatic Center facilitates student access to Lake Natoma through a cooperative agreement among ASI, Sacramento State, the University Union, the California Department of Boating and Waterways, and the California Department of Parks and Recreation. At the Aquatic Center, students can water ski, wakeboard, sail, jet ski, windsurf, kayak, canoe, or join a competitive rowing or crew team. Equipment rentals are available.

**Associated Students, Inc. (ASI)** – I L  
University Union, 3rd Floor  
(916) 278-7290

ASI serves as the official governing body of Sacramento State students and provides experiential education, leadership opportunities, student representation and various recreational services that support the campus and greater Sacramento community.

**ASI Hotspot**  
University Union, 1st Floor  
(916) 278-4689

The ASI Hot Spot is an Associated Students, Inc. program dedicated to providing students with information about off-campus housing, scholarships, jobs, clubs and organizations, voter registration, as well as free local faxes for Sacramento State students. It specializes in finding students employment and rental housing.

**ASI Safe Rides**  
(916) 278-TAXI (8294)

Safe Rides provides free, safe, and confidential rides home to the students, staff, and faculty of Sacramento State. The program is designed to prevent incidents related to drinking and driving. A valid One Card must be provided upon pick up.

**ASI Student Shop**  
University Union, 3rd Floor  
(916) 278- 7916

ASI Student Shop provides numerous services to the campus community including: retail sales

of caps and gowns for students and faculty, laptops for checkout, discounted movie tickets, money orders, student health insurance, legal aid, faxing services and stamps for sale.

**Business Educational Equity Program (BEEP)** – A T  
Tahoe Hall, 3067  
(916) 278-5875

The Business Educational Equity Program (BEEP) is designed to provide students with academic support beyond the classroom to reinforce and enhance their learning. The Business Tutoring Center is staffed by Upper Division Students from the College of Business Administration. All tutoring is provided on a drop-in basis at no cost to the student.

**Career Center** – A M I L  
Lassen Hall, 1013  
(916) 278-6231

The Career Center provides proactive and comprehensive career services to students through career development, experiential learning, resume development, on-campus recruitment and employer networking. The professional staff provides events, workshops and career counseling to our diverse student population, and partners with employers who value performance in an inclusive environment.

- **Career Connection**  
Career Connection is designed to be a portal for students to Sacramento State career resources. By signing up for and accessing Career Connection, students are able to search for full-time and part-time jobs, on-campus jobs, co-ops, and volunteer positions; receive emails describing positions that match their search criteria; upload resume and other portfolio documents; and access the Career Center’s calendar of upcoming events, workshops, and information sessions.

**Center for California Studies** – M I L UR  
Tahoe Hall 3046  
916-278-6906

The Center for California Studies is a public education, public service, and applied research unit of California State University, Sacramento. It also serves to bring the resources of the state’s largest university system to the service of public discourse, civic education, and state government. The center offers many great internship opportunities such as assembly/ executive/judicial fellowship programs, civic education and leadership opportunities, and various other conferences and programs.

**Children’s Center** – I  
State University Drive East  
(916) 278- 6216

The ASI Children’s Center serves as a family support service for Sacramento State students by providing child care programming. The Children’s Center is an exemplary program, which models current principles and practice in child development. The Center also serves as a home-oriented environment to meet a child’s emotional, physical, intellectual and social growth needs. The Children’s Center promotes educational experiences in the area of early childhood education by employing a large number of Sacramento State students.

**College Assistance Migrant Program (CAMP)** – A T I L  
Riverfront Center, 1  
(916) 278-7241

CAMP is a unique educational program that helps students from migrant and seasonal farm worker backgrounds succeed at the university level. CAMP facilitates the transition from high school to college and offers first-year support services to develop the skills necessary to graduate from college. Services offered by CAMP include, but are not limited to: tutoring, financial aid assistance, counseling, housing information, job and internship opportunities, supplemental financial assistance and much more.

**Community Engagement Center (CEC)** – T M I L  
University Library, 4028  
(916) 278- 4610

Community Engagement Center strives to empower Sacramento State students to develop and possess the skills necessary to become “engaged” citizens in their community. CEC offers service-learning courses to students and works closely with non-profits, schools, government agencies, and campus-based programs that provide service to underserved, underrepresented populations throughout the Sacramento region.

- **Service Learning Program**

Sacramento State’s Service Learning Program enables students to enhance learning while engaging in hands-on service and provides service that benefits the community partner and the student. Service learning is defined as: “A teaching method that promotes student learning through active participation in meaningful and planned service experiences in the community that are directly related to course content. Through reflective activities, students enhance their understanding of course content, general knowledge, sense of civic responsibility, self-awareness, and commitment to the community.”

**Cooper-Woodson College Enhancement Program (CWC)** – A T M I  
Amador Hall, 460  
(916) 278-5363  
E-mail: cwmentor@saclink.csus.edu

Cooper-Woodson College Enhancement Program (CWC) is an association of faculty, staff, students, and community members who are committed to recognizing and upholding the traditions represented in African American culture that are best expressed in relationships between traditional African American colleges and students. CWC involves adults in the community assuming responsibility for shaping and guiding a learning environment supportive of, responsive to, and nurturing of CWC students.

**CSU Sacramento Mini-Corps (CMC)** – M L  
Eureka Hall 432  
916-278-6090

The California Mini-Corps (CMC) Program is a statewide program designed to provide direct instructional services for migrant students in grades K-12 through a cadre of trained college tutors. Benefits of Mini-Corps include: a possible career in teaching, work experience and training, mentorship, salary, summer employment, and a flexible work schedule.

**Counseling and Psychological Services (CAPS)** – A  
The Well, 2nd Floor  
(916) 278- 6461

Counseling and Psychological Services (CAPS) helps students cope with stress or troubling personal problems that may interfere with their academic success. Everyday problems such as work stress, financial concerns, illness, family pressure, and relationship issues can be distracting, making it difficult to concentrate on coursework. CAPS provides individual and couples counseling, psychiatry, workshops and crisis intervention, along with social work internships.

**DEGREES Project** – A T M I L GE  
Lassen Hall, 2205  
(916) 278-6183

The Dedicated to Educating, Graduating, and Retaining Educational Equity Students (DEGREES) Project is designed to promote the retention and graduation of all campus underrepresented students. The program is composed of four tracks including early warning interventions and continuing student support, curricular enrichment, mentoring and tutoring services, and engagement. The overarching goal of the program is to connect students with a variety of campus resources to impact their overall success in college. Services provided by DEGREES include mentorship, online tutoring through Smarthinking, mentorship through “U” Mentor, and referrals to other campus resources.

- **“U” Mentor Program**

As a part of the DEGREES Project, the “U” Mentor Program is designed to pair Sacramento State students with vital services and mentoring support provided by faculty, staff, and alumni. The overall core mission of the program is to build connection, community, and to create

an atmosphere of belonging. The program hopes to pair Sacramento State students with vital services and mentoring support provided by faculty, staff, and alumni that will promote student success and timely graduation from the university. By utilizing an online domain to engage and connect students with helpful faculty, staff, and community advocates, students are able to meet their career and degree objectives.

- **Smarthinking**

Smarthinking is an online tutoring system that enables students to get the help they need 24-hour a day, 7 days a week. Tutoring sessions are available in areas such as writing, reading, mathematics, science, business, Spanish, nursing and allied health, computers and technology, and English for speakers of other languages (ESOL). Additionally, Smarthinking assists secondary, post-secondary, and graduate students become stronger writers through the Online Writing Lab.

**Educational Opportunity Program (EOP)** – ● ● ● ●  
Lassen Hall, 2205  
(916) 278-6183

EOP is the University's first and foremost comprehensive postsecondary access and equity program. The program serves California residents from low-income households who demonstrate the motivation and potential to earn a baccalaureate degree. EOP students are individuals who have the potential to succeed at the university level, but have not been able to realize their goal for a higher education because of their economic and/or educational background. Some of the services provided by EOP include admissions assistance, academic advising, personal counseling, tutoring, financial aid advising and EOP grant awards for eligible EOP students.

- **Aiming Retention Intensive Services for Excellence (ARISE)**

ARISE assists undergraduate students achieve their educational goals by providing assistance in various areas such as involvement in the campus community and reconnecting with Equal Opportunity Program (EOP). ARISE offers many services such as a major and career exploration program called "Explorations," an advising component consisting of EOP counseling staff, tips on financing your education, academic support services to help with getting off probation and recovery from disqualification.

- **Explorations**

A service provided by ARISE, "Explorations" is a major and career exploration program designed to help students who may be undecided or mis-declared. Through Explorations students will be able to receive advising once a year, meet with a graduate intern, attend an ARISE workshop, and will receive online support materials to assist with declaration of the major.

**Faculty Student Mentor Program (FSMP)** – ● ● ●  
Lassen Hall, 2205  
(916) 278-7305

The Faculty Student Mentor Program is designed to offer academic and personal support to students from traditionally low-income communities. Faculty and peer mentors are key elements to goal attainment. Teams of faculty and peer mentors from the campus' seven colleges assist students in integrating into campus life and assist their development as scholars in their academic major. Services provided by FSMP are mentorship with a faculty member, assistance in improving academic skills and course selections, test preparation in WPJ and other tests, and the opportunity to enroll in a mentoring class in the College of Social Sciences and Interdisciplinary Studies.

**Financial Aid and Scholarships** – ●  
Lassen Hall, 1006  
(916) 278-6554

The Financial Aid and Scholarship Office helps students, and in many cases their families, search for, apply, receive and maintain eligibility for various types of financial aid. Financial aid education is offered through individual counseling, campus marketing activities and group presentations. Staff also undertakes research and resolution of individual student issues. The office strives to provide timely and accurate financial aid processing that is in full compliance with all federal, state and university regulations.

**First Year Programs** – ● ● ●  
(916) 278-2867 or (916) 278-2804

Sacramento State has several special programs that encourage first-year students to build relationships with faculty members and other students, and integrate the content of one class with the content of another. These programs are open to first-year students and are "freshmen friendly," meaning they encourage new students to associate with mentors, network, and form relationships with others who share similar goals. The three first-year experience programs are: first year seminar, the learning community program, and the honors program.

**Full Circle Project** – ● ● ● ●  
Lassen Hall, 2205  
(916) 278- 5172

The Full Circle Project is a comprehensive approach by Sacramento State, the Department of Ethnic Studies and the Asian American Studies program to implement a strategically focused, campus-wide effort to improve retention and graduation rates of Asian American and Pacific Islander (AAPI) students. Services provided by FCP include: academic advising, personal counseling, first year experience courses, tutoring, mentorship, learning community program, leadership development, cultural and enrichment activities, a minor in Asian American studies, and events/ celebrations.

**Graduate Diversity and Academic Enrichment Programs** – ● ●

**Riverfront Center, 203**  
**(916) 278-3834**

The Graduate Diversity Program at Sacramento State offers many great programs and opportunities. Its goal is to expand the student diversity in graduate education by providing academic opportunities to disadvantaged and underrepresented students. It assists students in several ways including financial, academic and community support.

**The Guardian Scholars Program (GSP) –** ● ●  
**Lassen Hall, 3014**  
**(916) 278- 2116**

Guardian Scholars Program was created in order to improve access to essential information and supportive services for former foster youth who are enrolled at Sacramento State. The umbrella of support provided by the program includes a collective partnership between Sacramento State and a broad coalition of community agencies coming together to provide assistance to these students. Services available to students through GSP are: financial assistance, referral to community resources, faculty-student mentorship, and many others.

**Honors Program –** ● ● ●  
**Academic Information Resource Center (AIRC), 4002A**  
**(916) 278-2804**

The General Education Honors Program is designed to support curiosity and the acquisition of knowledge in highly motivated students at Sacramento State. Specially selected faculty provides challenging and stimulating learning experiences in small class settings. Services available to honors students include: individualized attention from dedicated professors, special seminars in their majors, and extracurricular activities such as attending cultural events, and interaction with faculty members and their fellow Honors students in and out of class.

**KSSU Radio –** ● ●  
**University Union**  
**(916) 278-5882**

KSSU radio is Sacramento State’s student-run radio station, which offers a range of different radio personalities as well as genres of music. In addition to regular programming, KSSU also interviews visiting artists, broadcasts Hornet athletic events, provides students opportunities to DJ, and participates in a number of campus events. As a part of the Student Life & Services program, KSSU is a vital part of the vibrant student life on the Sac State campus.

**Learning Communities (EOP) –** ●  
**Lassen Hall, 2205**  
**(916) 278-6183**

The Learning Community Program at Sacramento State was started to help students form connections for academic and social support by taking classes together as a group. Each learning community consists of classes (usually 2-3) scheduled in a cluster. Faculty teaches courses in the community that work together to link class topics and assignments. Participation in a learning community can make your academic experiences at Sacramento State more stimulating and enjoyable.

**Louis-Stokes Alliance for Minority Participation Program (LSAMP) –** ●  
**Sequoia Hall, 226**  
**(916) 278-6519**

The Louis-Stokes Alliance for Minority Participation Program (LSAMP) seeks to broaden participation in Science, Technology, Engineering, and Mathematics (STEM) disciplines and provides funding for students that are enrolled in the program and a part of STEM. Services available as a LSAMP student include: introductory and intermediate research experiences, advising, graduate school application assistance, and conference travel.

**McNair Scholars Program –** ● ● ● ●  
**Riverfront Center, 203**  
**(916) 278-5118**

McNair Scholars Program is a two-year program designed to prepare selected university students, in junior and senior standing, for admission and study at the doctoral level. With the assistance of the program, these students will have the skills necessary to complete Ph.D. degrees in their fields of study. Services provided to scholars include faculty mentorship, financial assistance, research training and scholarly experiences, counseling, application fee waivers, and publication of your research in the McNair Scholars Journal, cultural events, and GRE preparation assistance.

**MESA Engineering and Computer Science Program (MEP) –** ● ● ● ●  
**Santa Clara Hall, 1213**  
**(916) 278-6699**

MESA Engineering and Computer Science Program seeks to expand the participation of underrepresented students in engineering by equipping with all the necessary tools needed for them to thrive in the field. Services available to MEP scholars are: mentoring program (academic and professional mentor) study center, counseling services, tutoring services (available to everybody), various professional/developmental workshops, academic advising/counseling, assistance/ referrals with internships and REU.

**Multi-Cultural Center (MCC) –** ● ●  
**University Library, 1010**

(916) 278-2377

The Multi-Cultural Center at Sacramento State supports the needs of diverse communities by providing educational programs and a welcoming space that helps students learn about themselves and others. The MCC provides an environment for students to connect and build community with historically underrepresented groups and/or those interested in advancing the goals of social justice. The Multi-Cultural Center is committed to helping students by offering support and research resources, co-creating mission-aligned events, and creating a place for collaboration across historically underrepresented communities in higher education.

**Odyssey Mentoring Program – M**  
Tahoe Hall, 3104  
(916) 278-6202

The Odyssey Mentor Program, created by the Government Department at Sacramento State, is a uniquely designed peer-to-peer mentoring program. This program, which is available to all government students, was designed as a mentoring program to integrate students into campus life and to facilitate students during their time at Sacramento State. Through weekly interactions between the mentors and students, as well as group activities, and alumni-student interactions, government students will begin to access resources that will positively impact their academic and social experiences at Sacramento State.

**Office of Global Education (OGE) – A GE**  
Lassen Hall, 2304  
(916) 278- 6686

Office of Global Education collaborates with the Admissions and Outreach office to recruit international students, administers programs for international visa students, and develops and implements study abroad programs. OGE provides several non-profit programs to allow a wide array of students to study abroad and assists them throughout the entire process.

**Office of Housing and Residential Life – M**  
Sierra Hall  
(916) 278-6655

The Office of Housing and Residential Life offers various and diverse living and learning experiences on the Sacramento State campus. Housing and Residential Life strives to create a welcoming environment that prompts students to participate in co-curricular activities that promote life and leadership skills, social responsibility, and academic success.

**Peak Adventures – L HL**  
The Well  
(916) 278- 6321

Peak Adventures is an outdoor recreation program of Associated Students, Inc. at Sacramento State that is dedicated to getting students started in outdoor adventures. Peak Adventures has a full-service bike shop, equipment rentals, an on-campus ropes course, and an array of adventure outings guaranteed to boost confidence in the outdoors.

**Peer and Academic Resource Center (PARC) – A T M**  
Lassen Hall, 2200  
(916) 278- 6740

PARC’s mission is to create a home base of support in which students are united for a common cause of excellence and student success. This is accomplished through several services provided to students such as supplemental instruction courses, workshops, and tutoring in various subjects (drop-in or by appointment).

- **Adjunct Program and Courses**  
Adjunct Program and Courses offer a series of “SI” courses that act as an academic support program for students who are enrolled in historically challenging general education courses. It provides students a one-unit course credit to learn how to implement transferable academic learning strategies to increase grades in difficult college courses such as biology, chemistry, etc.

- **Smarthinking**  
Smarthinking is an online tutoring system that enables students to get the help they need 24-hour a day, 7 days a week. Tutoring sessions are available in areas such as writing, reading, mathematics, science, business, Spanish, nursing and allied health, computers and technology, and English for speakers of other languages (ESOL). Additionally, Smarthinking assists secondary, post-secondary, and graduate students become stronger writers through the Online Writing Lab.

**Science Educational Equity Program (SEE) – A T M I**  
Sequoia Hall, 226  
(916) 278-6519

Sacramento State Science Educational Equity (SEE) Program is a comprehensive academic support program for students who face social, economic, and educational barriers to careers in the health professions, science research, and science teaching. The goals of the SEE program are to improve access to quality of health care in underserved communities and to foster inclusion of diverse perspectives in science research and science education that are attentive to the needs of our pluralistic society.

**Serna Center – I L**  
University Library, 1000A  
(916) 278-4512

Serna Center sponsors original research, studies, and reports; conferences, symposiums, and workshops; scholarship support for student internships; as well as social and cultural programs and events, all with a focus on the needs and issues facing the Latino population.

**Services to Students with Disabilities (SSWD) –** T M  
Lassen Hall, 1008  
(916) 278-6955

Services to Students with Disabilities (SSWD) offers a wide range of support services and accommodations for students in order to ensure students with disabilities have equal access and opportunity to pursue their educational goals. Services and accommodations are provided to students with visual, hearing, mobility impairments, specific learning disabilities, psychiatric disorders, and/or other types of disabilities. Services available by SSWD are accessible parking, alternative media, deaf/hard of hearing services, English writing instruction, financial resources, and high tech center, test accommodations, etc. DEGREES Coaches may refer students who have expressed concerns with writing, reading, math, childhood history of special education, etc. for disability testing.

**SOC Connect –** M  
Amador Hall, 455A  
(916) 278-3358

SOC Connect is a peer-mentoring program in the Department of Sociology. Its mission is to increase student retention and success, help with the assimilation process into campus life, encourage critical thinking, and become aware of jobs in sociology. It also offers mentoring classes worth one or two units all while obtaining out-of-classroom experience where you can apply your training in sociology.

**Student Athlete Resource Center (SARC) –** A T M  
Lassen Hall, 3004  
(916) 278-5431

SARC helps student-athletes navigate many campus procedures and policies, understand NCAA rules and eligibility requirements, and provide services that place student welfare and the development of the whole student as a top priority. Its purpose is to help student-athletes succeed by achieving their academic goals, persist towards graduation, and develop as independent and successful young adults.

**Student Organizations & Leadership (SO&L) –** L  
University Union, 3rd Floor  
(916) 278-6595

Student Organizations & Leadership is committed to encouraging and helping students

become involved in campus life through a variety of leadership programs and more than 250 clubs and organizations. SO&L provides a variety of services to clubs and organizations including: general advisement, leadership development programs, and access to university resources.

**The Leadership Initiative**

The Leadership Initiative is a certificate program designed to develop students' leadership and professional skills, serve as a foundation for involvement in campus life, and promote retention, academic success, and graduation. The foundation of the LI is based on the Social Change Model of Leadership Development, which encompasses three sets of values individuals build upon to become social change agents — individual values, group values, and societal/community values. In conjunction with this model, there are four possible certificates to complete in sequential order: Green, Gold, Hornet Pride, and Leadership Initiative.

Note: Please visit [www.csus.edu/soal](http://www.csus.edu/soal) for more information about the individual clubs and their contact information. The website also includes a search engine which can match you with potential clubs based on your particular interests.

**Campus Program Clubs**

- Active Minds
- CAMPOS
- EOP Student Association (EOPSA)
- Full Circle Project Student Association (FCPSA)
- FYE: Peer Mentors
- McNair Scholars Club (McNair Club)
- Orientation Club
- Residence Hall Association (RHA)
- Silver Wings Catherine Davis Chapter
- Student Alumni Association
- Student Health Advisory Committee (SHAC)
- Student Veteran Organization
- Warrior Club
- Well Into Nutrition (WIN)

**Departmental/Professional**

- Accounting Society
- Alpha Phi Sigma (Criminal Justice)
- American Assembly of Men in Nursing (AAMN)
- American Criminal Justice Association - Lambda Alpha Epsilon (ACJA)
- American Institute of Aeronautics and Astronautics
- American Society of Civil Engineers
- American Society of Safety Engineers (ASSE)
- American String Teacher Association (ASTA)
- Art History Club
- Asian American Studies Club (AASC)
- Associated General Contractors (AGC)
- Association for Computing Machinery (ACM)

- Athletic Training Club
- Baja SAE
- Beta Gamma Sigma
- Calaveras Station Literary Journal (CSLJ)
- California Nursing Student Association (CNSA)
- Capistrano Chamber Music Club
- Ceramics Guild
- Chemistry Club
- Chicanos/Latinos in Higher Education
- Choral Club
- Clio Journal
- Competitive Robotics
- Composers Symposium
- Concrete Canoe Club
- Dance Alliance
- Delta Epsilon Mu
- Delta Sigma Pi (Co-ed Business Fraternity)
- Design Build Institute of America (DBIA)
- Dialect Club (DC)
- Dietetic Internship Association (DIA)
- Dramatist Society
- Engineering & Computer Science Joint Council (ECSJC)
- Engineers Without Borders (EWB)
- English Club
- Environmental Student Organization (ESO)
- Ethnic Studies Student Association (ESSA)
- Family Studies Student Club
- Field Biology Group
- Financial Management Association (FMA)
- Financial Planning Association (FPA)
- Food and Nutrition Club
- French Club
- Future Black Doctors
- Future Pharmacist Student Organization (FPSO)
- Gamma Iota Sigma
- Geo-Challenge (GEO)
- Geography Club
- Geology Club
- German Club
- Gerontology Club
- Graduate Art Student Association (GASA)
- Graduate Association of Students in Public Policy and Administration (GASPPA)
- Graphic Resource Information Design Society (GRIDS)
- Guitar Students Association
- Hornet Film Society (HFS)
- Hornet Racing - Formula SAE (Hornet Racing SAE)
- Human Resources Management Association (HRMA)

- Humanities Hetairia (Humanities)
- Institute of Electrical and Electronic Engineers
- Institute of Transportation Engineers (ITE)
- Institutional Investment Society (IIS)
- International Association of Business Communicators (IABC)
- International Business Organization (IBO)
- Jazz Club
- Lambda Pi Eta Epsilon Phi Chapter
- Lunabotics
- Management Information Systems Association (MISA)
- Marching Band
- Math Club
- MBA Networking Association
- MBA Roundtable Society
- McNairs Scholars Club
- Mechanical Contractors Association
- Multicultural Organization of Science Students (MOSS)
- Multicultural Research
- National Society of Black Engineers (NSBE)
- National Students of Speech & Language Hearing Association (NSSLHA)
- Natural Science and Math Joint Council
- Opera Club
- Optometry Club
- Organizational Communication Association (OCA)
- PE Major Club
- Peace & Conflict International
- Percussion Club
- Phi Alpha Delta (Law Fraternity International)
- Philosophy Club
- Photography Club LENS
- Physical Therapy Graduate Program Club
- Power Engineering Society
- Pre-Dental Association
- Pre-Occupational Therapy Club
- Pre-Physical Therapy Organization (PPTO)
- Professional Interior Design Students
- Psychology Society (PS)
- Public Health Club
- Public Relations Student Society of America (PRSSA)
- Recreation Majors Association (RMA)
- Sacramento Anthropological Society (SAS)
- School Psychology Association (SPA)
- Social Work Student Association (SWSA)
- Society for Industrial and Applied Mathematics (SIAM)
- Society of Hispanic Professional Engineers (SHPE)
- Society of Manufacturing Engineers (SME)
- Society of Physics Students (SPS)

- Society of Women Engineers (SWE)
- Sociology Club / Alpha Kappa Delta
- Steel Bridge Club
- Structural Engineers Association of Central California
- Student Association for Applied Behavior Analysis (SAABA)
- Student Association of Criminalists
- Student Association of Laboratory Scientists (SALS)
- Student California Teachers Association (SCTA)
- Student Counseling Society (SCS)
- Student Economics Association
- Student Fashion Association (SFA)
- Student Investment Fund (SIF)
- Vocal Jazz Club
- Water Treatment Club
- Women in Business
- Women's Studies Student Association (WSSA)

**Cultural**

- Armenian Student Association (ARMSA)
- Asian Culture Club
- ASL
- Beats, Rhymes & Culture (BRC)
- Black Dance Collective (BDC)
- Black Fall Welcome
- Black Student Union
- Brown Issues
- Cambodian Student Association, Sacramento (CSA)
- Chicano and Latino Recognition Ceremony
- Chinese Culture Organization (CCO)
- Cooper Woodson College Student Association
- Ensuring Native Indian Traditions
- Hmong Health Alliance
- Hmong University Student Association (HUSA)
- Japan Club
- Jewish Student Union
- Latin Jazz Club
- Lion Dance Club
- Movimiento Estudiantial Chicano de Aztlan (MEChA)
- Mujeres Ayudando la Raza (MAR)
- Pilipino Students for Arts and Culture
- Queer-Straight Alliance
- Samahang Pilipino
- Secular Student Alliance
- Sons & Ancestors Players
- Students Empowered through Reading

**Fraternities**

- Alpha Phi Alpha Fraternity, Inc.
- Chi Rho Omicron
- Delta Chi Fraternity
- Delta Lambda Phi
- Epsilon Sigma Rho
- Gamma Zeta Alpha
- Kappa Alpha Psi Fraternity, Inc.
- Kappa Sigma
- Nu Alpha Kappa
- Phi Beta Sigma Fraternity, Inc.
- Phi Kappa Tau Fraternity
- Pi Kappa Alpha
- Pi Kappa Phi Fraternity
- Sigma Alpha Epsilon
- Sigma Chi
- Sigma Delta Alpha
- Sigma Phi Epsilon

**Sororities**

- Alpha Chi Omega
- Alpha Kappa Delta Phi
- Alpha Phi
- Chi Delta
- Delta Gamma
- Delta Sigma Theta
- Gamma Phi Beta
- Kappa Psi Epsilon
- Lambda Sigma Gamma
- Lambda Theta Nu Sorority, Inc.
- Phi Sigma Sigma
- Sigma Kappa Sorority
- Sigma Lambda Gamma
- Sigma Omega Nu, Latina Interest Sorority
- Sigma Omicron Pi
- Sigma Pi Alpha
- Sigma Theta Psi Multicultural Sorority
- Zeta Sigma Chi Multicultural Sorority Inc.

**Greek Councils**

- Interfraternity Council
- National Pan-Hellenic Council (NPHC)
- Panhellenic Council
- United Sorority and Fraternity Council

**Honorary**

- Beta Alpha Psi
- Delta Epsilon Iota Academic Honor Society

- Gamma Theta Upsilon Geography Honor Society
- Honors Committee
- Phi Alpha National Honor Society
- Phi Alpha Theta
- Psi Chi Honor Society (Psychology)
- Tau Beta Pi (Engineering)

**Political**

- College Democrats
- College Republicans
- Young Americans for Liberty

**Recreation**

- Badminton Club
- Ballroom Social
- Billiards Club
- Martial Arts Club
- Mixed Martial Arts
- Sac Modern Dance
- Sailing Club
- Yoga Meditation Club
- Salsa Loca Club
- Scottish Country Dancing
- Ski and Snowboard Club
- Skydive Club
- Sport Clubs Council

**Religious**

- Bible Study Group
- Chi Alpha Christian Fellowship
- Christians on Campus
- Cru
- Grace & Truth
- Grace Alive
- Latter-day Saint Student Association
- Muslim Students Association
- New Movement
- Newman Catholic Community
- Sikh Student Association
- Solid Ground on Campus Bible Study

**Special Interest**

- Anime & Manga Society
- California Teaching English Abroad
- Choice USA
- Colleges Against Cancer
- Kento

- Leaders in Economics, Academics & Policy
- League of Legends
- My Little Pony & Interests
- Online Gaming Club
- Sculpture Club
- Starcraft II Club
- Toastmasters: Speakers Into Leaders Club

**Service**

- Alpha Phi Omega-Kappa Sigma
- American Red Cross Student Association
- BioCorps
- Camp Adventure
- Circle K International
- Hermanos Macehual
- Iota Sweethearts
- Leaders Respect Guidance
- Mujeres, Amigas y Hermanas Hasta El Fin
- Opening Minds Through Culture
- Rotoract
- Volunteers Around the World

**Sports**

- Bass Fishing Club
- Cycling Team
- Ice Hockey
- Men's Rowing Club
- Men's Rugby Club
- Men's Volleyball Club
- Racquetball Club
- Rock Climbing Club
- Running Club
- Ski and Snowboard Team
- Tennis Club
- Triathlon Team
- Ultimate
- Wakeboard Club
- Women's Rugby Team
- Women's Volleyball Club
- Wrestling Club

**Student Tech Center –** ● ●  
**Academic Information Resource Center (AIRC), 3007**  
**(916) 278-2364**

The mission of the Student Technology Center is to teach students the technology needed to complete their coursework, collaborate with faculty on the use of technology in courses, and develop the professional skills of our student staff. Some of the services offered by the Student Tech Center include: hands-on training workshops taught by student staff, one-on-one appointments to learn course related software, access multimedia and graphics software that is unavailable in the open labs, print large-scale color documents, and much more.

**Undergraduate Business Advising Center (UBAC) –** ● ●  
**Tahoe Hall, 3010**  
**(916) 278-2499**

The Undergraduate Business Advising Center (UBAC) in the College of Business Administration (CBA) at Sacramento State is an advising center specific to current and prospective students wishing to pursue business administration as a major or minor. The UBAC serves undergraduate students with all aspects of program advising, career advising coordination, graduation evaluation approval and clearinghouse activities relating to most types of petitions. All undergraduate students majoring or minoring in business administration should obtain early advice from the UBAC on program requirements and the proper sequence of courses.

**UNIQUE –** ●  
**University Union, 3rd Floor**  
**(916) 278-3928**

UNIQUE Programs is a Sacramento State volunteer group that brings innovative, quality entertainment to the campus. Student volunteers work each semester to plan, promote and produce all UNIQUE programs and events. Its central goal is of creating outstanding entertainment and educational opportunities that take place in the University Union. UNIQUE produces concerts/“nooners,” lectures, performing arts, and multicultural programs.

**University Reading and Writing Center (URWC) –** ●  
**Calaveras Hall, 128**  
**(916) 278- 6356**

The primary goal of the University Reading and Writing Center (URWC) is to provide encouraging, focused, and non-judgmental one-on-one tutorials in reading and writing for any undergraduate or graduate student at Sacramento State. In a collaborative and supportive environment, peer tutors offer help with reading and writing at all points in the process, from initial planning and organizing through developing and revising a paper or understanding difficult texts.

**Veterans Success Center –** ● ●  
**Lassen Hall, 3003**  
**(916) 278-6733**

Sacramento State’s Veterans Success Center provides multi-faceted assistance to prospective and enrolled student veterans and dependents. Most notably, the center assists students in accessing their GI benefits, completing the admission application process, and registering for courses. The center also helps student’s access campus resources, get involved in leadership activities, and transition into the civilian work world.

**The Well –** ●  
**The Well**  
**(916) 278-9355**

The WELL is committed to providing a wide variety of outstanding and cutting-edge programs, services, facilities, and equipment to the Sacramento State campus, in pursuit of our mission to encourage a habit of lifetime of wellness through collaboration, education, and innovation. Students have the ability to choose from an array of choices, whether it is intramural basketball league, signing up for a white water rafting trip, having a 3-Day Dietary Analysis completed, or fine-tuning of rock climbing skills.

**The Well Student Health & Counseling Services (SHCS) –** ●  
**The Well**  
**(916) 278- 6461**

The mission of SHCS is to enhance students’ educational experience by addressing health-related barriers to learning, enabling students to make informed health decisions, and promoting the seven dimensions of wellness. SHCS consists of 5 specific areas: Health services, counseling & psychological services, health & wellness promotion, a pharmacy, violence & sexual assault, and the vision center. Some of the services provided to students include: acute illness and injury care, birth control methods and supplies, counseling and psychological services, STD and STI testing & treatment, X-Ray and Lab Services, immunizations, and vision care.

**Women’s Resource & Pride Center –** ●  
**University Union, 1st Floor**  
**(916) 278-7388**

The Women’s Resource Center & Pride Center is a safe-zone inclusive of all Sacramento State students, regardless of gender, sexual orientation, class or color. The center seeks to be the first stop for students in a moment of crisis and provides various connections with outside entities that can serve students who are experiencing violence, discrimination or other types of hardships. Women’s Resource Center and Pride Center also put on various events throughout the school year to raise awareness on various contemporary issues.

**Community Resources**

**Asian Resources, Inc. – CR**  
(916) 454-1892

Established in 1980, Asian Resources, Inc. (ARI) is a nonprofit community-based organization committed to providing a wide spectrum of social services to the low-income and limited English speaking youth, immigrant and refugee communities in Sacramento, as well as re-entry clients. Services are available to adult and youth; and include weekly career workshops, computer classes, financial literacy, case management, job placement, youth mentorship, youth programs and employer services.

**Community Against Sexual Harm (CASH) – CR**  
(916) 856-2900

CASH provides services to victims of sexual exploitation, sex trafficking, and prostitution and information to the community on commercial sexual exploitation. Central to the mission of CASH is the philosophy of peer-based harm reduction counseling. The center is currently open three nights a week to provide a safe place for non-judgmental support for drop-ins and in the afternoon by appointment. Other services provided by CASH include outreach and education to victims of sexual exploitation, food, clothing, and wellness/hygiene products, peer counseling, health information, support groups, assistance with access to housing, healthcare, and substance abuse services, and various presentations and trainings on sexual exploitation to community groups and professionals.

**El Concilio de Stockton – CR**  
(209) 644-2600

El Concilio de Stockton was founded to aid the migrant workers with immigration and social welfare issues. To this day, El Concilio continues that tradition and strengthening that foundation with each program geared toward the low-income population, individuals who have social, mental or physical barriers to obtaining services. Programs offered by El Concilio to the San Joaquin Central Valley include: CalWORKS , El Concilio Preschools , English Language, Family Services , First Offenders DUI Program, Health Access and its Collaborative Partners, Health Care Education Advocacy Services, Immigration Services , Latino Mental Health Behavioral Wellness Program, Latino Mental Health Services. Legal Services for Seniors , Maternal Advocacy Program , Multiple Offender Program ,Volunteer Program, Domestic Violence, Deferred Entry Judgment, Citizenship Classes, Financial Literacy, Leap Program, and Civic Engagement.

**Folsom Cordova Community Partnership – CR**  
(916) 361-8684

The mission of the Folsom Cordova Community Partnership is to enhance the education,

health, and wellbeing of the children, youth, and adults of our community. In order to do this, they offer various services available to all who seek assistance. Services include Family Services (compromised of workshops, parenting classes, support groups, and family fun nights), employment services, safety net services, and “Roots and Horizons” mentorship program.

**General Consulate of Mexico in Sacramento – CR**  
(916) 329-3500

General Consulate of Mexico in Sacramento is the most prominent representation of Mexico in the Sacramento Region. While it serves multiple functions to both Mexican natives as well as foreigners, its primary focus is to protect and defend the rights and interests of Mexicans, as well as to assist those who are victims of unfair labor practices, neglected benefits, and denied human rights. The General Consulate offers a wide range of other services such as legal protection, travel and identification documentation, power of attorney, referrals, visas, civil registry, community and cultural affairs, and record attainment.

**Health and Life Organization, Inc. – CR**  
(916) 924-988

Health And Life Organization (HALO) Sacramento Community Clinics deliver the highest quality healthcare services in a cost-effective and non-discriminatory manner to our entire service population. Health and Life Organization Clinics achieve the highest standard of patient care and services in compliance with all appropriate regulations. Services offered include primary care, immunizations, mental health, chiropractic care, family planning, OB/GYN, hearing and vision screening, occupational and screening physical therapy, wellness and prevention education, dental, substance abuse, and others.

**La Familia Counseling Center – CR**  
(916) 452-3601

La Familia Counseling Center’s core mission is to improve the quality of life for at-risk youth and families of diverse backgrounds by offering multi-cultural counseling, support and outreach services and programs to help families to overcome adversity, to become empowered, and to succeed in their lives. Services offered by La Familia Counseling Center include: “Birth & Beyond” home visitation program, career center, counseling and support, education and employment for youth, Project Excel after school program and family resource center activities.

**Lao Family Community Development, Inc. – CR**  
(916) 393-7501

Lao Family Community Development, Inc. (LFCD) assists diverse refugee, immigrant, limited English, and low-income U.S. born community members in achieving long-term financial and social self-sufficiency. We encourage our community members to establish goals, believe in

themselves, and become active, contributing members of society. Services offered by Lao include employment and workforce services for adults, youth leadership, education, and career development, financial education, housing and foreclosure counseling, income support, family strengthening and support services, affordable housing and neighborhood economic development.

**Legal Services of North California – CR**  
(916) 551-2150

The Sacramento Office of LSNC is a Legal Services Corporation funded non-profit law firm. We provide a broad range of civil legal services to residents of Sacramento County who fall below federal poverty guidelines. The office has broad priorities, but most cases fall into the following: 1) housing; 2) benefits programs; 3) health care and 4) civil rights. Services offered by LSNC center around support for family, preservation of housing, enhancing economic stability, family safety and stability, health care and civil rights.

**Loaves & Fishes – CR**  
(916) 446-0874

Without passing judgment, and in a spirit of love and hospitality, Loaves & Fishes feeds the hungry and shelters the homeless by providing an oasis of welcome, safety, and cleanliness for homeless men, women and children seeking survival services. Loaves and Fishes also offers other services to the homeless community including: advocacy, animal emergency services, dining room, Genesis mental health program, jail visitation, a library, “Maryhouse” daytime shelter, Mustard Seed School, overnight shelter, and a wash house.

**Mil Mujeres – CR**  
(312) 219-2031

The primary focus of Mil Mujeres is to assist survivors of domestic violence in the Latino community. Mil Mujeres focuses on helping low-income Spanish-speaking survivors of domestic violence, physical assault, sexual assault, and human trafficking; as well as to Spanish-speaking immigrant children who have been abused, neglected, or abandoned. The organization accomplishes this by offering legal services with U-visas and VAWA self-petition.

**Mutual Housing California – CR**  
(916) 453-8400

The mission of Mutual Housing California is to develop and operate permanently affordable housing that builds strong and stable communities through resident participation and leadership development. Mutual Housing offers a permanent solution to the housing needs of low-income families. With residents taking a key role in the management and maintenance of their homes through site-specific resident councils, communities are created in which residents

have a vested interest. Mutual Housing also offers a new Financial Education program to help residents gain basic skills and to increase access to educational opportunities and employment.

**My Sister’s House – CR**  
(916) 930-0626

24-hour multilingual help line: (916) 428-3271

My Sister’s House is the first and only non-profit organization to specifically identify and address the unique needs of women and children impacted by domestic violence in the Central Valley’s highly diverse Asian and Pacific Islander community. Services offered include a 6-bed safe haven shelter for women and children, culturally and linguistically appropriate domestic violence intervention services, women at work program for domestic violence survivors of all backgrounds, new beginnings women’s learning and support group, community outreach and education on domestic violence and human trafficking, and a 24-hour multilingual crisis line.

**Opening Doors – CR**  
(916) 492-2591

Opening Doors provides tools and support for survivors of human trafficking, refugees, immigrants and other underserved residents. The program empowers them to achieve self-sufficiency and reach their business and personal financial goals. Services are provided through Refugee Programs, the Prosperity Project (which includes Small Business Assistance and Personal Finances Assistance) and program for Survivors of Human Trafficking. The programs are interconnected. Often, after the process of resettlement, refugees or trafficking survivors will go on to start businesses with the help of Prosperity Project business counselors and loans, or they will increase control of their personal finances in Prosperity Project’s MoneyWork\$ program. Newly-arrived refugees and trafficking survivors often become neighbors and a support system for each other.

**People Reaching Out – CR**  
(916) 576-3300

Inspiring, educating and mobilizing young people to build healthy futures for themselves, their families and their communities is the mission of the Sacramento based, private non-profit organization, People Reaching Out. Targeted for people ages 9-20, People Reaching Out, and specializes in engaging youth as leaders, evaluation for impact on youth alcohol and drug use, mentoring, out-of-school time programming, young and adult community mobilization, and teacher professional development.

**Planned Parenthood – CR**  
(916) 446-6921

We are a trusted health care provider, an informed educator, a passionate advocate, and a

global partner helping similar organizations around the world. Planned Parenthood delivers vital reproductive health care, sex education, and information to millions of women, men, and young people worldwide. Services offered include abortion services, birth control, general health care, HIV testing, men's health care, morning after-pill, pregnancy testing and services, STD testing, treatment, vaccines, and women's health care.

**Relationship Skills Center – CR**  
(916) 362-1900

The Relationship Skills Center helps couples and families thrive by providing relationship skills and education. They promote the development of strong, safe, and stable families among those most at-risk. The Relationship skills center teaches young people the skills necessary to make healthy decisions regarding their romantic lives, and supports couples as they transition from being a couple to being a healthy family. In order to strengthen bonds the center offers several programs for couples and single parents, which include childcare, dinner, transportation stipend, resource specialist, and a gift card to all who complete the sessions.

**Sacramento Food Bank and Family Services – CR**  
(916) 456-1980

Sacramento Food Bank & Family Services is a local, non-profit agency committed to serving individuals and families in need. With a staff of 40 and a volunteer force of over 5,800, Sacramento Food Bank & Family Services provides free emergency goods and services to 25,000 unduplicated men, women and children each month. Aside from food and clothing services provided by the organization, there are also parent education services, adult education, youth education and senior assistance.

**Sacramento Native American Health Center – CR**  
(916) 341-0575

The mission of the Sacramento Native American Health Center, Inc. is to carry out the legacy of a healthy American Indian and Alaskan Native community based on cultural values delivered through traditional, measurable, transformational, innovative, accessible, and self-sufficient systems of health care. Sacramento Native American Health Center offers a wide array of programs and services to all members of the community. Such services include medical, dental, home visitation, nutrition, health education, and many more.

**St. John's Shelter Program – CR**  
(916) 453-1482

St. John's Shelter is the largest shelter in Sacramento County and the only one focused exclusively on homeless women and children - the fastest growing segment of the homeless population and among the most vulnerable. Services offered by St. John's include career

education, on-the job employment training, vocational rehabilitation and other supportive services.

**Strategies for Change – CR**  
(916) 473-5764

Strategies for Change mission is to provides exemplary evidence based substance abuse treatment and mental health, co-occurring & support services for adults, youth & families to promote self-sufficiency, health & wholeness in a collaborative community setting. Services provided include: substance abuse treatment, mental health treatment, outpatient treatment, day treatment, skills development, aftercare, youth services, family services, educational classes, criminal justice programs, community support groups, auxiliary services, and more.

**Women Escaping a Violent Environment (WEAVE) – CR**  
(916) 448-2321  
24-hour support line: (916) 920-2950

WEAVE is the primary provider of crisis intervention services for survivors of domestic violence and sexual assault in Sacramento County. Through its involvement in the Rescue & Restore Coalition, WEAVE also provides outreach and services for international and domestic victims of human trafficking. Services provided by WEAVE include a 24-hour support and information line, sexual assault counseling services, WEAVE legal aid, domestic violence counseling services, prevention and education, emergency response and a confidential safe house program.

**WellSpace Health – CR**  
(916) 737-5555

WellSpace Health is a Federally Qualified Health Center (FQHC) providing high-quality health services at multiple locations throughout the Sacramento area. WellSpace Health's medical team consists of family physicians, pediatricians, physician assistants and nurse practitioners. We provide comprehensive medical care for every member of the family, from newborns to seniors. Heath Services include: primary care, family planning, breast exams, physicals, immunizations, well child care, prenatal/ perinatal programs, testing, diagnosing and treatment.

**Wellspring Women's Center – CR**  
(916) 454-9688

Wellspring Women's Center is open Monday through Friday. It offers a nutritious breakfast meal, mental health counseling, referrals for needed services, and more. Wellspring has a strong commitment to working closely with other local agencies so that services are not duplicated, and local resources are maximized for the health and well-being of all. Services offered by Wellspring include: Nutritious Meal Program, Women's Wellness Program, Children's Corner

Program, and Safety Net Services.

**Women’s Empowerment – CR**  
(916) 669-2307

Women’s Empowerment educates and empowers women who are homeless with the skills and confidence necessary to get a job, create a healthy lifestyle, and regain a home for themselves and their children. Services provided to women include classes, counseling, career mentoring, peer support, and on-site childcare and supportive services.

**65th Street Corridor Community Collaborative Project (65th Corridor) – CR**  
(916) 278-3783

The 65th Street Corridor Community Collaborative Project from Sac State that is designed to improve the lives of immigrant children and their families by implementing effective community mobilization strategies and community-based programs that create sustainable change in communities and lead to their revitalization. The Project aims to develop educational and social programs for disadvantaged children by continuing, strengthening, and expanding intervention programs at Will C. Wood Middle School and Hiram Johnson High School.

**Emergency Resources – CR**

Suicide Prevention: 1 (800) 273-TALK (8255)

WellSpace Health 24-hour suicide prevention line: (916) 368-3111

Sac State Violence and Sexual Assault Support Services: (916) 278-3799

Women Escaping a Violent Environment (WEAVE) 24-hour crisis line: (916) 920-2950

My Sister’s House 24-hour multilingual helpline: (916) 428-3271

Peace for Families (Auburn, Lincoln, Rocklin and Roseville) 24-hour crisis line:  
1 (800) 575-5352

Sacramento County Mental Health Crisis Line: (916) 732-3637

Sacramento County Mental Health Suicide Prevention Services: (916) 368-3111



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