Community Resources

In

Del Norte, Humboldt, Lake & Mendocino Counties

Provided by Redwood Coast Regional Center

Updated 7/10
Table of Contents:

Introduction ........................................... 1
Adult Education ....................................... 2
Animals - Assistance ............................... 3
Clothing - Emergency .............................. 4
Disability Related .................................... 5
Domestic Violence/Abuse Prevention ............ 6
Employment .......................................... 7
Financial ............................................. 8
Food - emergency & supplemental .............. 9
Health Care - No. Counties ....................... 10
Health Care - So. Counties ....................... 11
Home Maintenance & Ownership ............... 12
Housing - Emergency ............................. 13
Housing Low Coast .................................. 14
Indian Tribal Services ............................ 15
Legal Resources ..................................... 16
Mental Health ....................................... 17
Pregnancy & Parenting ............................ 18
Senior Services ..................................... 19
Service Organizations ............................ 20
Sports & Recreation ................................ 21
Substance Abuse .................................... 22
Support groups ...................................... 23
Transportation ....................................... 24
Travel / Tours ........................................ 25
Utilities .............................................. 26
Youth, Teen & Young Adult Services .......... 27
Introduction & Tips:

The following guide has been created to share community resources which may be available to individuals residing in Del Norte, Humboldt, Lake, and Mendocino Counties, including the people served by Redwood Coast Regional Center, their families, and the staff who work with them. This guide is intended to provide basic contact information only, and is not intended to be an endorsement of any particular service or resource. You are encouraged to use your own judgment as to the appropriateness of any particular resource, in any particular circumstance.

This guide has tried to provide information on a wide range of services and supports that may be useful. Resources that the average citizen cannot access on their own, such as the various emergency “life flights,” have not been included. Please note that not all resources in this guide are free. The ones that do have a fee often have a discounted rate(s) for people who qualify (e.g. seniors, low-income, people with disabilities), and it is always worth asking.

In accessing resources, it is often easier to get assistance if you approach a resource on a 1:1 basis. For example, saying that you work with a person who might need ____ vs. saying that you work with twenty people who might need ____. Many resources are very limited, and “scaring them off” by asking for lots of people all at once can be a problem. Use your judgment.

In addition to the resources listed, remember: it never hurts to ask! Even if you think the answer is going to be “no”, it can be worth a try. For example, on occasion, specialized, highly sought after medical experts have been willing to treat someone pro bono (even major surgery) when simply asked if they could help one specific person. If a particular resource cannot help you, always ask if they have any other ideas of places you might try.

In the interest of saving space in this guide, most addresses have not been included. Also, some rules of punctuation and abbreviation have been ignored if they weren’t critical to understanding an item. For example, if leaving a space after a comma meant an extra line, that space may have been eliminated. Additionally, toll-free numbers have been listed when available rather than multiple separate local numbers. If a number is no longer in service, please try information or the internet to find a current number. Also, if a particular resource/number is listed in one community, but not yours, it may be worth trying the out of area number to see if they know of anything where you are. Many providers know of similar services in other communities (e.g. senior services, legal assistance).

All efforts have been made to be as accurate as possible in terms of phone numbers and basic information provided. However, there is no guarantee made over the accuracy of the specific information - errors in original documents may have occurred, phone numbers change, and typos may have happened despite best efforts. This is, however, a “living document,” and changes in phone numbers, information, additional resources will be made to following editions of this guide. Please forward any additional resources, updated information, phone numbers, etc., to unit managers at RCRC so the information can be included in future editions. THANK YOU!!!!!
## Adult Education

### Humboldt County
- Humboldt Literacy Project - 445-3655 Eureka 725-0655 Fortuna
- Eureka City Schools Adult Ed. 441-2448
- Fortuna Adult Basic Educ. - 725-4482
- McKinleyville Adult Educ. - 839-6460
- Humboldt Reg. Occupational Prog. 445-7018
- Indian Action Council - 443-8401 - Amer.
  - Indian educ. center, computer lab, etc.
- College of the Redwoods - various academic, art, and recreational classes - free or almost free to people w/ low incomes
  - Eureka - 476-4100
  - Osher Lifelong learning HSU - 826-3731
  - Short courses w/o exams for those 50+

### Mendocino County
- Fort Bragg - Literacy - 964-2020
- Ukiah - Literacy - 463-4155
- Literacy Volunteers of Willits - 459-5908
- Ukiah Adult Ed. - GED, various- 463-5217
- College of the Redwoods - various academic, art, and recreational classes - free or almost free to people w/ low incomes
  - Fort Bragg - 961-1001
- Mendocino College - various academic, art, and recreational classes - free or almost free to people w/ low incomes
  - Ukiah - 462-3984 (main campus)
  - Willits - 459-6224

### Del Norte County
- Adult Literacy - 464-7441
- Del Norte Reads - 464-7072
  - GED prep, literacy, free tutoring
- College of the Redwoods - various academic, art, and recreational classes - free or almost free to people w/ low incomes
  - Del Norte - 465-2300

### Lake County
- Adult Literacy - 263-7633
- Calif. Human development - 262-0440
- Konocti Adult School - 994-7142
- Mendocino College - various académic, art, and recreational classes - free or almost free to people w/ low incomes
  - Lake County - 263-6713 or 263-4944
- Yuba College - various academic, art, and recreational classes - free or almost free to people w/ low incomes
  - Clearlake - 995-7900

### All Areas:
- FAFSA - a federally funded single source to find out all financial aid a person may be eligible for (including grants, loans, etc.) from one application. Part-time and full-time college students are eligible, with emphasis on helping those with lower incomes. - www.fafsa.ed.gov
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
<th>Website</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assistance Dog Instit.</td>
<td>707-585-0300</td>
<td></td>
<td>P.O. Box 2334, Rohnert Park, CA, 94927</td>
</tr>
<tr>
<td>Assistance Dogs of Los Angeles</td>
<td>818-335-6422</td>
<td></td>
<td>704 Tressy Ave, Glendora, CA, 91740</td>
</tr>
<tr>
<td>Autism Service Dogs of America</td>
<td></td>
<td><a href="http://www.autismservedogofamerica.com">www.autismservedogofamerica.com</a></td>
<td>4248 Galewood St, Lake Oswego, OR, 97035</td>
</tr>
<tr>
<td>Canine Companions Southwest Region</td>
<td>619-756-1012</td>
<td></td>
<td>6461 El Apajo, P.O. Box 8247, Rancho Santa Fe, CA, 92067</td>
</tr>
<tr>
<td>Canine Companions Natl. Office</td>
<td>707-528-0830</td>
<td></td>
<td>4350 Occidental Rd, Santa Rosa, CA, 95402</td>
</tr>
<tr>
<td>Companion Animal Program for the Deaf</td>
<td>714-688-4340</td>
<td></td>
<td>5791 Fremont St, Riverside, CA, 92504</td>
</tr>
<tr>
<td>Delta Society - dogs</td>
<td>800-869-6898</td>
<td><a href="http://www.deltasociety.org">www.deltasociety.org</a></td>
<td>289 Perimeter Road E, Renton, WA, 98055</td>
</tr>
<tr>
<td>Fidos for Freedom Guide Dogs</td>
<td>410-880-4178</td>
<td><a href="http://www.fidosforfreedom.org">www.fidosforfreedom.org</a></td>
<td>P.O. Box 5508, Laurel, MD, 20726</td>
</tr>
<tr>
<td>Guide Dogs for the Blind</td>
<td>415-499-4000</td>
<td></td>
<td>P.O. Box 1200, San Rafeal, CA, 94915</td>
</tr>
<tr>
<td>Guide Dogs of the Desert</td>
<td>714-329-8998</td>
<td></td>
<td>P.O. Box 1692, Palm Springs, CA, 92263</td>
</tr>
<tr>
<td>Guide Horse Foundation</td>
<td>252-433-4755</td>
<td><a href="http://www.guidehorse.com">www.guidehorse.com</a></td>
<td>P.O. Box 511, Kittrell, NC, 27544</td>
</tr>
<tr>
<td>Helping Hands Assistant Monkeys</td>
<td>617-787-5665</td>
<td><a href="http://www.helpinghandsmonkeys.org">www.helpinghandsmonkeys.org</a></td>
<td>1505 Commonwealth Av, Boston, MA, 02135</td>
</tr>
<tr>
<td>Hot Diggity Dogs</td>
<td>510-713-7913</td>
<td></td>
<td>6777 Cabernet Ave, Newark, CA, 94560</td>
</tr>
<tr>
<td>Inter. Assoc. of Assist. Dog partners</td>
<td>810-826-3938</td>
<td><a href="http://www.ismi.net/iaadp/index/html">www.ismi.net/iaadp/index/html</a></td>
<td>P.O. Box 1326, Sterling Heights, MI 48311</td>
</tr>
<tr>
<td>Internat'l Guiding Eyes</td>
<td>818-362-5834</td>
<td></td>
<td>13445 Glenoaks Blvd, Sylmar, CA, 91342</td>
</tr>
<tr>
<td>LITA</td>
<td>415-472-5482</td>
<td></td>
<td>4340 Redwood Hwy, #120, San Rafeal, CA, 94903</td>
</tr>
<tr>
<td>Love on a Leash</td>
<td>916-941-3221</td>
<td></td>
<td>3532 College Blvd, Oceanside, CA, 92056</td>
</tr>
<tr>
<td>Loving Paws Assistance Dogs</td>
<td>707-526-6896</td>
<td></td>
<td>1157 Exeter Dr, Santa Rosa, CA, 95401</td>
</tr>
<tr>
<td>Mile High Hearing and Handi-dogs</td>
<td>303-288-7297</td>
<td></td>
<td>P.O. Box 833, Parker CO, 80134</td>
</tr>
<tr>
<td>Paws With a Cause</td>
<td>800-253-7297</td>
<td><a href="http://www.ismi.net/paws">www.ismi.net/paws</a></td>
<td>4646 S Division, Wayland, Li, 49348</td>
</tr>
<tr>
<td>San Francisco SPCA Hearing Dog Prog.</td>
<td>415-554-3020</td>
<td></td>
<td>2500 16th St, San Francisco, CA, 94103</td>
</tr>
<tr>
<td>Support Teams for Independence</td>
<td>909-943-3972</td>
<td></td>
<td>P.O. Box 1329, Perris, CA, 92571</td>
</tr>
<tr>
<td>Therapy Dogs Inc.</td>
<td>510-654-0282</td>
<td></td>
<td>639 33rd St, Richmond, CA, 94804</td>
</tr>
<tr>
<td>Humboldt County</td>
<td>Mendocino County</td>
<td>Del Norte County</td>
<td>Lake County</td>
</tr>
<tr>
<td>-------------------------</td>
<td>--------------------------------------------</td>
<td>--------------------------------------------</td>
<td>----------------------</td>
</tr>
<tr>
<td>Arcata - St. Vincent de Paul - 822-6946</td>
<td>DORCAS - 462-1388S</td>
<td>Crec. City- St. Vincent de Paul - 822-6946</td>
<td>Clearlake - Dorca Comm. Services - 994-0410</td>
</tr>
<tr>
<td>Eureka - Blue Angels - 443-5984</td>
<td>Soroptimist Clothes - 468-0179</td>
<td>Community Action Network - 464-9190</td>
<td>Clearlake - First Baptist Church - 994-5148</td>
</tr>
<tr>
<td>Eureka - Food for People - 445-3166</td>
<td>Ukiah - Salvation Army 468-9577</td>
<td>Salvation Army - 464-3611</td>
<td>Lower Lake - St. Vincent de Paul - 995-1724</td>
</tr>
<tr>
<td>Eureka - Salvation Army - 442-6475</td>
<td>Ukiah Senior Center -462-4343</td>
<td>American Red Cross 464-2277 (following</td>
<td></td>
</tr>
<tr>
<td>Eureka Rescue Mission 443-4551</td>
<td></td>
<td>disaster/emergency)</td>
<td></td>
</tr>
<tr>
<td>Eureka Shelter Program - 445-0881</td>
<td>(Some food banks also offer free blankets</td>
<td>Office of Emerg. Services 464-7255 (following</td>
<td></td>
</tr>
<tr>
<td>Eureka - Raven Project 444-2273 (teens)</td>
<td>and sleeping bags)</td>
<td>disaster/emergency)</td>
<td></td>
</tr>
<tr>
<td>Eureka - St. Vincent de Paul - 443-8676</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fortuna - St. Vincent de Paul - 725-4061</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orick Comm. Res. Ctr. 488-2403</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**All Areas:**
## Disability Related Resources

### Humboldt County
- **People First**: 445-0893 X 318
- **In Home Support Services (IHSS)**: 476-2100
- **Braille Transcribers of Humboldt**: 442-4048
  - Free transcription of material into Braille
- **Lighthouse**: 268-5646
  - Daily living & travel skills for vis.impaired
- **Humboldt Council of the blind**: 839-7266
- **Special Needs Connection**: 445-1195
- **Sequoia Center**: 443-8317
- **Traumatic Brain Injury - Indep. liv. skills prog. thru Eureka adult school**: 441-2448
- **Traumatic Brain Injury - Making Headway counseling, services, etc.**: 476-7668
- **Tri-County Indep. Living Inc.**: 445-8404
- **Caregiver Services registry of IHSS workers**: 443-4363
- **RUOK - 822-2428 Arcata, 725-7550 Fortuna**: Free computerized reassurance telephone service for those wanting a call on a reg. basis
- **Long term Care ombudsman**: 443-9747

### Mendocino County
- **People First**: Fort Bragg - 964-6387 X 12
  - Ukiah - 468-8831
- **In Home Support Services (IHSS)**: Fort Bragg - 962-1150
  - Ukiah - 463-7900
  - Willits - 459-2889
- **Comm. Resource Connection**: 1-800-395-8984
  - Neighbor to neighbor support for disabled and seniors in coastal area between Timber Cove and Elk, include. errands, handy person services.
- **Mendocino Caregivers - 964-2000** (some funding other than RCRC also accepted)

### Del Norte County
- **People First**: 954-2686
- **In Home Support Services (IHSS)**: 464-3191
- **Del Norte Care Provider Registry**: 464-7876
- **registry of IHSS workers**
- **Lighthouse - res. for visually impair.**: 268-5646
- **Tri-County Indep. Living Inc.**: 445-8404
- **Rural Human Resources**: 464-7441
- **RUOK - 464-4191 X5**: Free computerized reassurance telephone service for those wanting a call on a reg. basis
- **Long term Care ombudsman**: 443-9747

### Lake County
- **People First**: 277-8881
- **In Home Support Services (IHSS)**: 995-4680
- **You Are Not Alone - 994-6433 or 262-4089**: Daily phone check in (M-F), if no answer a welfare check is done by pre-estab. order for seniors & “frail” who are alone at home

### All Areas:
- A Handicapped Helpline - Referrals, Guidance, etc., 1-888-820-4356
- American’s with Disabilities Act - 1-800-514-0301 information and advocacy
- Area Board (1) - 463-4700
- Assistive Technology (AT) Network - Information and referrals - 1-800-390-2699
- Braille and Talking Book Library - 1-800-952-5666
  - Books on tape for anyone who can’t read due to disability (not limited to visually impaired)
- Brain Injury Network - 544-4323 (Sonoma)
- Ca. Council for the Blind - 1-800-221-6359
- Ca. Deaf-Blind Services - 1-800-822-7884
- Ca. Disability Access - 1-916-263-8674
- Crisis Line for the Handicapped - 1-800-426-4263 (24 hour)
- Deaf Counseling Advoc. & Referral Agency - 1-877-322-7288 TTY, 1-866-680-0515 voice
- Disability Rights California (formerly Protection & Advocacy) - 1-800-776-5746
- Disability Service & Legal Center - 528-2745 (Santa Rosa)
- National Rehabilitation Information Center - 1-800-346-2742
- Redwood Caregiver Resource Center - 834-0893
### Domestic Violence & Abuse Prevention / Intervention

<table>
<thead>
<tr>
<th>Humboldt County</th>
<th>Mendocino County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Protective Services - 476-2100</td>
<td>Adult Protective Services - 463-7900</td>
</tr>
<tr>
<td>After hours emergency - 445-7715</td>
<td>After hours emergency 1-800-575-4357</td>
</tr>
<tr>
<td>Rape Crisis Team - 445-2881 (24hr)</td>
<td>Emergency response - 463-7992</td>
</tr>
<tr>
<td>Co. Domestic Violence Serv. 443-6042 (24hr)</td>
<td>24 hour - 1-866-236-0368</td>
</tr>
<tr>
<td>Changing Tides Fam. Services - 445-1195</td>
<td>Project Sanctuary: Dom. Violence, Rape, etc. - counseling, emerg. shelter, etc.</td>
</tr>
<tr>
<td>Emma Center, non-emerg. services 825-6680</td>
<td>24 hour - 463-4357 or 1-800-575-4357</td>
</tr>
<tr>
<td>Hum. Domestic Violence Serv. 443-6042 (24hr)</td>
<td>Ukiah - 462-9196 or 463-4357</td>
</tr>
<tr>
<td>Youth &amp; Fam. Crisis Hotline - 444-2273 (24hr)</td>
<td>Fort Bragg - 964-4357</td>
</tr>
<tr>
<td>New Beginnings - 442-8750 low cost housing</td>
<td>Safe Passage - 463-7962</td>
</tr>
<tr>
<td>for battered women - $8/day, $195/month</td>
<td>Victim Witness Assistance - 463-4218</td>
</tr>
<tr>
<td>must attend church (any), prov. own food</td>
<td></td>
</tr>
<tr>
<td>WISH - Southern Humboldt Co. 923-1777</td>
<td></td>
</tr>
<tr>
<td>Emerg. assist. to women in crisis</td>
<td></td>
</tr>
<tr>
<td>Safe Haven - 269-2075 long term shelter for</td>
<td></td>
</tr>
<tr>
<td>women and children fleeing dom. Viol.</td>
<td></td>
</tr>
<tr>
<td>Victim Witness Assistance - 445-7417</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Del Norte County</th>
<th>Lake County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Protective Services - 464-3191</td>
<td>Adult Protective Services - 995-4680 (24 hour)</td>
</tr>
<tr>
<td>Child Protective Services - 464-3191</td>
<td>Child Protective Services - 262-0235 (24 hour)</td>
</tr>
<tr>
<td>Rape Crisis Hotline - 465-2851</td>
<td>Rape Crisis Hotline - 1-888-485-7333</td>
</tr>
<tr>
<td>Harrington House, Crescent City - 465-3013</td>
<td>Dom. Violence Crisis Line - 1-888-485-7333</td>
</tr>
<tr>
<td>Emergency shelter for battered women</td>
<td>Lake Family Res. Ctr. Crisis 1-888-485-7733</td>
</tr>
<tr>
<td>Victim Witness Program - 464-7273</td>
<td>Alternatives to Violence 262-0400</td>
</tr>
<tr>
<td></td>
<td>52/wk anger mgt. prog. referrals thru court</td>
</tr>
<tr>
<td></td>
<td>Domestic Violence Educ. Prog. 279-8201</td>
</tr>
<tr>
<td></td>
<td>52/wk educational. prog. for batterers</td>
</tr>
<tr>
<td></td>
<td>Victim Witness Assistance - 262-4282</td>
</tr>
</tbody>
</table>

### All Areas:
California Youth Crisis Line - 1-800-843-5200
Child Abuse Hotline (Childhelp USA) - reporting, intervention, referrals - 1-800-422-4453
Medi-Cal Fraud and Elder Abuse Hotline, U.S. Dept. of Justice - 1-800-722-0432
National Domestic Violence Hotline - 1-800-799-7233
National Center For Missing and Exploited Children - 1-800-843-5678
Rape, Abuse and Incest Natl. network (RAINN) 1-800-656-4673 - phone support, referrals
Victim Information & Notification Every Day (VINE) - 1-877-331-8463
Updated information about release or change of status of offenders.
Victim of Crime Resource Center - 1-800-842-8467 - various supports
# Employment Resources

<table>
<thead>
<tr>
<th>Humboldt County</th>
<th>Mendocino County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dept. of Rehabilitation - 445-6300</td>
<td>Dept. of Rehabilitation - 263-3797</td>
</tr>
<tr>
<td>Ameri-Corp - 442-3711</td>
<td>Ca. Indian Manpower Consort. 462-9418 X102</td>
</tr>
<tr>
<td>CalWorks - 269-3590</td>
<td>Employment Dev. Dept. job listings, unemployment, referrals, etc. - 463-5710</td>
</tr>
<tr>
<td>Experience Works - 445-6271</td>
<td>Experience Works - 1-800-288-1324 job training &amp; placement for those age 55+</td>
</tr>
<tr>
<td>Assists low income workers, age 55+</td>
<td>Job Alliance - 467-5500</td>
</tr>
<tr>
<td>HCAR micro-loan prog. for dis. - 443-7017</td>
<td>Mendocino Works Emp. Res.-Computer access, resume, referrals - free</td>
</tr>
<tr>
<td>Humboldt Reg. Occupational Prog. 445-7018</td>
<td>Covel - 983-0070</td>
</tr>
<tr>
<td>Job skills training classes, voc. training</td>
<td>Fort Bragg - 1-800-600-6950</td>
</tr>
<tr>
<td>Job Market, 445-6149</td>
<td>Ukiah - 1-800-616-1196</td>
</tr>
<tr>
<td>Free - computer lab, resources, workshops</td>
<td>Willits - 1-800-521-9950</td>
</tr>
<tr>
<td>Labor Ready - day labor opp 476-9037</td>
<td>Pineville Voc. Rehab. Prog. - 462-7801</td>
</tr>
<tr>
<td>Employment and training, emerg. serv.</td>
<td></td>
</tr>
<tr>
<td>Counseling, consulting, for small bus. devel.</td>
<td></td>
</tr>
<tr>
<td>No. Coast Veteran’s resources - 442-5852</td>
<td></td>
</tr>
<tr>
<td>Redwood Employ. Serv. - 268-2957</td>
<td></td>
</tr>
<tr>
<td>Counseling &amp; support for job seekers</td>
<td></td>
</tr>
<tr>
<td>Workforce Center - 464-8347</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Del Norte County</th>
<th>Lake County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dept. of Rehabilitation - 464-8347</td>
<td>Dept. of Rehabilitation - 263-3797</td>
</tr>
<tr>
<td>Ameri-Corp - 442-3711</td>
<td>Ca. Indian Manpower Consort. 462-9418 X102</td>
</tr>
<tr>
<td>Community Action Network - 464-9190</td>
<td>Employment Dev. Dept. 262-3105</td>
</tr>
<tr>
<td>Del Norte Workforce Center - 464-8347</td>
<td>job listings, unemployment, referrals, etc.</td>
</tr>
<tr>
<td>Experience Works - 464-8347</td>
<td>Experience Works - 1-800-288-1324 job training &amp; placement for those age 55+</td>
</tr>
<tr>
<td>Assists low income workers, age 55+</td>
<td>Lake County One Stop - 263-0630</td>
</tr>
<tr>
<td>Employment and training, emerg. serv.</td>
<td></td>
</tr>
<tr>
<td>No. coast Small Bus. Devel. Ctr. 464-2168</td>
<td></td>
</tr>
<tr>
<td>Counseling, consulting, for small bus. devel.</td>
<td></td>
</tr>
</tbody>
</table>

**All Areas:**
- American’s with Disabilities Act - 1-800-514-0301 information and advocacy
- California State - Employment Discrimination hotline - 1-800-884-1684
- Ca. State Employment Program for People with Disabilities (LEAP Prog.) 1-916-651-9017
- Equal Employment Opportunity Commission - 1-800-669-4000
- Sacramento Job Corps, Disabilities Coordinator - 1-916-394-0770
- U.S. Job Corps - 1-415-975-4680
**Financial Resources**

Also see: Utilities, Housing, and other sections for discounts, free services, etc.

<table>
<thead>
<tr>
<th>Humboldt County</th>
<th>Mendocino County</th>
</tr>
</thead>
<tbody>
<tr>
<td>County Social Services -</td>
<td>County Social Services -</td>
</tr>
<tr>
<td>Eureka - 269-3590</td>
<td>Fort Bragg - 1-877-327-1677</td>
</tr>
<tr>
<td>Garberville - 923-2759</td>
<td>Ukiah - 1-877-327-1799</td>
</tr>
<tr>
<td>Consumer Credit Counseling</td>
<td>Willits - 1-800-771-2453</td>
</tr>
<tr>
<td>- 822-8536</td>
<td>Consumer Credit Counseling - 1-800-777-7526</td>
</tr>
<tr>
<td>Senior Information and</td>
<td>Comm. Foundation 468-9882 - mini-grants for</td>
</tr>
<tr>
<td>Assistance - 442-9591</td>
<td>cancer patients for medication, testing</td>
</tr>
</tbody>
</table>

**Money Management:**
Contact Social Security (above) for a list of approved payees.

<table>
<thead>
<tr>
<th>Del Norte County</th>
<th>Lake County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social Security - 465-5943</td>
<td>Social Security - 263-1749</td>
</tr>
<tr>
<td>County Social Services -</td>
<td>County Social Services - 995-4200</td>
</tr>
<tr>
<td>464-3191</td>
<td>Consumer Credit Counseling 1-800-777-7526</td>
</tr>
<tr>
<td>Consumer Credit Counseling</td>
<td>Money Management:</td>
</tr>
<tr>
<td>- 822-8536</td>
<td>Highlands Senior Service Ctr. 994-3051</td>
</tr>
<tr>
<td>Senior Information and</td>
<td>Money mgt. in Clearlake &amp; L. Lake, 60+</td>
</tr>
<tr>
<td>Assistance - 446-7876</td>
<td></td>
</tr>
<tr>
<td>Tax Collector Bad Check</td>
<td></td>
</tr>
<tr>
<td>Program - 464-7283</td>
<td></td>
</tr>
</tbody>
</table>

**Money Management:**
Contact Social Security (above) for a list of approved payees.

<table>
<thead>
<tr>
<th>All Areas:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>AARP Tax Aide Program - 1-888-687-2277</td>
<td>IRS certified volunteers to provide 1:1 tax counseling</td>
</tr>
<tr>
<td></td>
<td>for low to moderate income taxpayers, special attention to those age 60+</td>
</tr>
<tr>
<td></td>
<td>Ca. State homeowner's &amp; renter's assist. prog. 1X/yr payment to qualified filers - 1-800-868-4171</td>
</tr>
<tr>
<td></td>
<td>(this is a separate program from the tax credit available when filing your taxes)</td>
</tr>
<tr>
<td>Internal Revenue Service -</td>
<td>1-800-829-1040</td>
</tr>
</tbody>
</table>
### Humboldt County
- Community Switchboard (helpline) - 441-1001
- Food Stamps, Public Assist - 269-3590
- Arcata Community Center 825-2027 (1X mo.)
- Arcata Endeavor - 822-5008
  - Hot lunch daily, food boxes twice a week
- Blue Lake - 668-4281 emerg. food 1X mo.
- Bridgeville Community Center - 777-1775
- Eureka Rescue Mission 443-4551
  - Emerg. breakfast & dinner M - Sat.
- Eureka - Food For People 445-3166
- Eureka Salvation Army - 442-6475 Emerg. food
- Ferndale Community Church - 786-4475
- Fortuna Community Services - 725-1166
- Fortuna - St. Josephs Pantry Shelf - 725-1216
- Garberville Presbyterian Church 923-3295
- Hoopa Food Distribution - 625-4646
  - (Native American only)
- Humboldt Senior Resource Ctr. 443-9747
- Humboldt Shelter for Women - 443-6042
- Loleta Comm. Church - 733-5751
- McKinleyville - 839-4693 and 839-2484
- McKinleyville Grace Good Shepherd 839-3726
- Orick Comm. Res. Ctr. 488-2403 emerg. food
- Raven Project - 444-2273 Survival food for homeless youths
- Redway Healy Senior Ctr. 923-2399
- Rio Dell - Assembly of God Church - 764-5460
- Rio Dell - senior brown bag lunch - 764-3989
- Rio Dell Comm. Res. Ctr. 764-5239
- Scotia - 764-3249 (Thursdays)
- St. Vincent de Paul - food box
  - Arcata - 822-6946; Eureka - 443-8676;
  - Fortuna - 725-4061
- St. Vin. de Paul Dining Rd. 445-9588 (meals)
- Trinidad Lions Club Food Pantry - 677-9500

### Mendocino County
- Community Helpline - 1-800-575-4357
- Mendo Community Serv. 211 or 877-734-7794
- Food Stamps, Public Assist. - 463-7700
- Anderson Valley Senior Ctr. 895-3609
- Fort Bragg Food Bank - 964-9404
  - Emerg. food distributed M, W & F
- Laytonville - Harwood Hall - food 2X mo.
- Mendocino Presbyterian Church - 937-5441
- Mendocino St. Anthony’s Church 937-5808
- Our Daily Bread @ Cath. Church eve. meals
- Potter Valley Methodist Church - 743-1210
- Sherwood Valley Rancheria - 959-9690
  - (Native American’s only)
- Ukiah Coast Community Center - 463-2409
  - Emergency Food Assist. Prog. - 1X per mo
  - Low income - a bag of groceries - Commodity Sup. Food Prog. - 1X /90days
  - Suplemental food, 1X per week, low-inc.
- Ukiah Food Bank - 463-2409
- Ukiah, Plowshares - lunch daily, 462-8582
- Willits Brown Bag Lunch @ city park, Sat. 12p
- Willits Community Services - 459-3333
- Willits Senior Inc. (meals on wheels) 459-6826

### Del Norte County
- Community Helpline(s) - 464-5500; 464-3191
- Del Norte Info Center - 464-7876
- Food Stamps, Public Assist. - 464-3191
- Food Bank(s) - 464-7777
  - 464-3710 (food and 1 night hotel)
- Crec. City - Rural Human Serv. 464-7441
- Crec. City - Yurok Food Dist. 464-1852
  - Native Americans only
- Crec. City St. Vincent de Paul - 464-1322
- Crec. City - Our Daily Bread 464-7111 (meals)

### Lake County
- Community Helpline - 1-800-900-2075
- Food Stamps, Public Assist. - 995-4200
- Lake County Emergency Action Agency -
  - Clearlake - 995-0495
  - Lakeport - 263-3760
- Clearlake - Calvary Chapel - 994-5683
- Clearlake - First Baptist Church - 994-5148
- Clearlake - Lake C. Comm. Action 995-0495
- Lake Co. Gleaners - multi-locations 263-8082
- Lakeport - Comm. Food Cupboard 263-3760
- Lakeport - St. John’s Episcopal Ch. 263-7564
- Lower Lake United Methodist Ch. 994-2507
- Lower Lake - St. Vincent de Paul - 995-1724
- Middletown - Catholic Charities - 987-8139
- Middletown United Methodist Ch. 987-3379
## Health Care - Northern Counties

Also see Mental Health, Substance Abuse, Pregnancy & Parenting, and Transportation sections.

### Humboldt County
- Community Switchboard (helpline) - 441-1001
- Community Health Centers:
  - Arcata - 826-8610 (Hum. Open Door)
  - Arcata - 822-2481 (No. County Clinic)
  - Eureka - 441-1624
  - McKinleyville - 839-3068
  - Redway - 923-2783
- K'ima:w Med. Ctr. 1-530-625-4261 (Hoopa)
- Libby Nix - Weitchpec 1-530-625-4300
- Willow Creek Health Ctr. - 1-530-629-3111
- United Indian Health Services - 825-5000
- Mobile Medical - 443-1186 mobile med. serv. for low income, call for schedule.
- Health Insur. Counseling and Advocacy Program (HICAP) - 444-3000
- Humboldt Breast Health Proj. 1-877-422-4776
- Kris Kelly Health Info Ctr. - 442-9094
- Lead Poisoning Prev. Prog - 268-2132
- North Coast AIDS Project - 268-2132
- Nutritionist - Co. Health - 268-2160
- Preventive Health Care for Adults 268-2107
  - A variety of screening/counseling serv.
- Sexually Transmitted Dis. Clinic - 268-2108
- Tobacco Free Humboldt Co. - 268-2132
- Hospice - Garberville - 923-7276
- Hospice of Humboldt - 445-8443
- Village Keepers - medical equip. loans, res. info, etc. Trinidad ONLY - 677-3984
- Salvation Army-help w/prescrip. cost 442-6475

### Del Norte County
- Community Helpline(s) - 464-5500; 464-3191
- Community Health Center - 465-6925
- United Indian Health Clinic:
  - Crescent City - 464-2919
  - Klamath - 482-2181
  - Smith River - 487-0215
- Sutter Urgent Care Clinic - 464-8818
- Sutter Coast Comm. Clinic 464-6716
- Veteran’s Service Office - 464-2154
- Loans of medical equip. (also avail. to non-veterans)
- Health Insur. Counseling and Advocacy Program (HICAP) - 464-7876

### All Areas:

#### Free Eye Care & Hearing Aids:
- Cal Vision Foundation - referrals & assist. free of charge for low income - 1-866-877-5738
- Ear of the Lion Foun.: provides a hearing aid to people w/low income, 1X$50 fee, 1-800-327-8077
- Give the Gift of Sight - free screening and glasses to those who can't afford it - 1-800-541-5367
- Lions Club International (clearinghouse for programs for free eye exams, glasses; some areas also help with hearing aids) - 1-800-747-4448
- Mission Cataracts USA - free cataract surgery for people w/o insurance 1-800-343-7265
- New Eyes For the Needy - new prescription glasses for people w/low income - 1-973-376-4903
- Pearle Vision Foundation - eye exams - 1-972-277-619
- Vision USA - free eye care treatment to people w/low income, uninsured - 1-800-766-4466

#### Free or Low-Cost Medications:
- Rx help for Californians: free help to sort thru programs for low cost/free meds 1-877-777-7815
- Partnership for Prescription Assist. - (400+ programs to help pay for meds, free) 1-888-477-2669

#### Misc. Resources:
- AIDS / HIV hotline - 1-800-273-2437 (support and basic info. when others services are closed)
- American Cancer Society (Support, loaner equipment, rides to cancer treatments) 1-800-227-2345
- Ca. State Newborn Hearing Screening Program - 1-877-388-5301
- Easter seals of No. Ca. - 445-8841 equipment loan program
- Free Medical Care, Hill Burton - 1-800-638-0742 (identifies facilities that provide free med. care.
- Medical Board of Ca. Central Complaint Unit - 1-800-633-2322
- Medi-Cal Information - 1-800-891-8551
- Tobacco Cessation support and Information - chewers - 1-800-884-2439, smokers - 1-800-662-8887
### Health Care - Southern Counties

Also see Mental Health, Substance Abuse, Pregnancy & Parenting, and Transportation sections.

<table>
<thead>
<tr>
<th>Lake County</th>
<th>Mendocino County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Helpline - 1-800-900-2075</td>
<td>Community Helpline - 1-800-575-4357</td>
</tr>
<tr>
<td>Medi-Cal information - 995-4200</td>
<td>Medi-Cal information - 962-1000</td>
</tr>
<tr>
<td>Community Health Center -</td>
<td>Community Health Center(s) -</td>
</tr>
<tr>
<td>Lakeport - 263-7725</td>
<td>Anderson Valley - 895-3477</td>
</tr>
<tr>
<td>Redbud Family - 995-4500</td>
<td>Long Valley - 984-6131</td>
</tr>
<tr>
<td>Sutter Lakeside - 262-5088</td>
<td>Mendocino Coast 964-1251</td>
</tr>
<tr>
<td>Ca. Tribal Wellness Dept. - Nice - 274-2314</td>
<td>Ukiah - 468-1010</td>
</tr>
<tr>
<td>Lake Co. Tribal Health - 263-8382</td>
<td>Willits - 456-9600</td>
</tr>
<tr>
<td>Lake Co. Tribal Health - 263-8360 Dental Health Insur. Counseling and Advocacy Program (HICAP) - 526-4108 (Santa Rosa)</td>
<td>Consolidated Tribal Health, Redwood Valley Medical &amp; dental care - 485-5115</td>
</tr>
<tr>
<td>Healthy Families - 1-888-775-8336</td>
<td>Health Insur. Counseling and Advocacy Program (HICAP) - 526-4108 (Santa Rosa)</td>
</tr>
<tr>
<td>Child Health and Development Prog - ClearsLake - 994-9433</td>
<td>AIDS volunteer network</td>
</tr>
<tr>
<td>Lakeport - 794-9291</td>
<td>Fort Bragg - 962 - 0350</td>
</tr>
<tr>
<td>Hospice of Lake Co. - 1-800-900-8820</td>
<td>Ukiah - 462-1932 or 462-1974</td>
</tr>
</tbody>
</table>

### All Areas:

#### Free Eye Care & Hearing Aids:
- Ear of the Lion Foun.: provides a hearing aid to people w/low income, 1X$50 fee, 1-800-327-8077
- Give the Gift of Sight - free screening and glasses to those who can’t afford it - 1-800-541-5367
- Lions Club International (clearinghouse for programs for free eye exams, glasses; some areas also help with hearing aids) - 1-800-747-4448
- Mission Cataracts USA - free cataract surgery for people w/o insurance 1-800-343-7265
- New Eyes For the Needy - new prescription glasses for people w/low income - 1-973-376-4903
- Pearle Vision Foundation - eye surgeries - 1-972-277-6191
- Vision USA - free eye care treatment to people w/low income, uninsured - 1-800-766-4466

#### Free or Low-Cost Medications:
- Rx help for Californians: free help to sort thru programs for low cost/free meds 1-877-777-7815
- Partnership for Prescription Assist. - (400+ programs to help pay for meds, free) 1-888-477-2669

#### Misc. Resources:
- American Cancer Society (Support, loaner equipment, rides to cancer treatments) 1-800-227-2345
- Ca. State Newborn Hearing Screening Program- 1-877-388-5301
- Free Medical Care, Hill Burton - 1-800-638-0742 (identifies facilities that provide free med. care.)
- Health Insur. Counseling and Advocacy Program (HICAP) - 1-800-434-0222
- Medical Board of Ca. Central Complaint Unit - 1-800-633-2322
- Medi-Cal Information - 1-800-891-8551
- Tobacco Cessation support and Information - chewers - 1-800-884-2439, smokers - 1-800-662-8887
<table>
<thead>
<tr>
<th>Humboldt County</th>
<th>Mendocino County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Habitat for Humanity - 441-1006</td>
<td>Habitat for Humanity - 462-8913, 964-0942</td>
</tr>
<tr>
<td>Low interest rehabilitation loans for owner occupied homes in Eureka only.</td>
<td>Low cost loans for housing rehab.</td>
</tr>
<tr>
<td>Minor Home Modifications - 443-4363</td>
<td>North Coast Energy Services - 800-233-4480</td>
</tr>
<tr>
<td>Assists caregivers w/ minor home safety modifications - limited to unpaid caregivers such as family and friends.</td>
<td>Utility payment assist., energy crisis intervention program, home weatherization</td>
</tr>
<tr>
<td>Hum. Co Minor home repair - 443-9747 X240</td>
<td>Rural communities Housing Devel. 463-1975</td>
</tr>
<tr>
<td>Minor home repair for low-income owners</td>
<td>Self help prog. toward home ownership</td>
</tr>
<tr>
<td>Utility payment assist., energy crisis intervention program, home weatherization</td>
<td>Neighbor to neighbor support for disabled and seniors in coastal area between Timber Cove and Elk, include errands, handy person services.</td>
</tr>
<tr>
<td>504 Loan &amp; Grant Program 443-6714 - loans for home rehab; free grants for removal of health &amp; safety hazards for seniors</td>
<td>Humboldt Co. Housing Rehab. 269-2034 financial assist. to help with health &amp; safety housing rehab of owner occup. homes.</td>
</tr>
<tr>
<td>TCIL free ramps - 445-8404</td>
<td>Lake County</td>
</tr>
<tr>
<td>Del Norte County</td>
<td>Habitat for Humanity - 994-1100</td>
</tr>
<tr>
<td>Del Norte Senior Center - 464-9013 (do not need to be a senior to apply for this help)</td>
<td>North Coast Energy Services - 800-233-4480</td>
</tr>
<tr>
<td>Utility payment assist., energy crisis intervention program, home weatherization</td>
<td>Utility payment assist., energy crisis intervention program, home weatherization</td>
</tr>
<tr>
<td>Minor Home Modifications - 464-3883</td>
<td>Clearlake Housing Rehab. 994-8201 X 111</td>
</tr>
<tr>
<td>Assists caregivers w/ minor home safety modifications - limited to unpaid providers such as family and friends.</td>
<td>Loans for home repair - owner or renter, low inc., disabled or senior - City of Clearlake</td>
</tr>
<tr>
<td>Del Norte Co. Housing Rehab. 464-7271</td>
<td>Lake Co. Housing Commission - 995-7120</td>
</tr>
<tr>
<td>financial assist. to help with health &amp; safety housing rehab of owner occup. homes.</td>
<td>Home rehab, 1st time home buyers assist, etc</td>
</tr>
<tr>
<td>All Areas:</td>
<td>Lakeport housing loan prog. 263-5613 X 15</td>
</tr>
<tr>
<td>Energy Partners - 1-800-933-9555</td>
<td>Rural communities Housing Devel. 463-1975</td>
</tr>
<tr>
<td>Must be a PG&amp;E customer, low income, and not have used the services of Energy Partners in last 10 years. May qualify for weatherization, door replacement, minor home repair, insulation, caulking. The following appliances may be replaced for qualified customers: refrigerators, room air conditioner, and evaporative coolers.</td>
<td>Self help prog. toward home ownership</td>
</tr>
<tr>
<td>U.S. Dept. of Fair Housing and Urban Development - various programs - 1-800-347-3739</td>
<td>USDA Rural Development 562-6797 X4</td>
</tr>
<tr>
<td>Ca. State homeowner’s &amp; renter’s assist. prog. 1X/yr payment to qualified filers - 1-800-868-4171</td>
<td>Housing repair prog. Grants/low int. loans</td>
</tr>
</tbody>
</table>
Housing - emergency

Most programs require that you be drug and alcohol free, prohibit weapons, and require interview with director. Spaces are often limited.

**Humboldt County**
- Community Switchboard (helpline) - 441-1001
- Emergency shelter referrals - 269-2075
- American Red Cross Disaster Assist. 443-4521
- Arcata Night Shelter - 822-6066
- Arcata House - 822-4528 - trans. housing for families, seniors and disabled
- Eureka Rescue Mission - 443-4551
- Fortuna Community Service 725-1166 (3 day)
- Humboldt Co. homeless Coordinator - 441-4551
- Humboldt Shelter for Women - 443-6042
- Humboldt Co. Soc. Serv. For TANF recipients 269-3590 (1X in a lifetime, 16 day shelter)
- MAC house 269-9590 (trans. housing)
- No. Coast Res. Ctr. - 822-5008
- Our House -444-2273 runaway/homeless youth
- Raven Project - 444-2273 ““
- RCAA Shelter Program - 445-0881 Hotel vouchers, esp. for families & single women
- RCAA Housing Program - 445-0881
- Serenity Inn -442-4815 trans. housing in winter
- New Beginnings - 442-8750 low cost housing for battered women - $8/day, $195/month must attend church (any), prov. own food

**Mendocino County**
- Community Helpline - 1-800-575-4357
- American Red Cross Disaster Assist. 463-0112
- Homeless prevention loans - 462-8879 (Ukiah) 961-3603 (Ft. Bragg)
  (emerg. money directly to landlords for deposits, back rent and utilities to prevent homelessness.
- Fort Bragg - Coast Comm. Ctr, 961-6363
- Fort Bragg - Hospitality House - 961-1150
- Project Sanctuary - emergency shelter for domestic violence survivors - 462-9196
- Ukiah - Buddy Eller Center - 462-6290
- Ukiah - Comm. Ctr. - 1-800-575-4357 (24 hr.)
- Ukiah - Ford Street Project - 462-1934
- Willits Community Services - 459-3333

**Del Norte County**
- Community Helpline(s) - 464-5500; 464-3191
- Emergency Shelter - 464-7441
  - 464-3710 (food and 1 night hotel)
  - 541-412-0278 (Brookings)
- American Red Cross Disaster Assist. 464-2277
- Community Assistance Network - 464-9190
- Harrington House - 465-3613
  - Emergency Shelter for battered women

**Lake County**
- Community Helpline - 1-800-900-2075
- American Red Cross Disaster Assist. 263-8451
- Lake County Community Action Agency -
  Clearlake - 995-0495
  Lakeport - 263-3760
- Lake Co. Family Res. Ctr. (rape & Domestic violence shelter) - 1-888-775-8336
# Housing - Low Cost Rentals & Assistance

The resources below virtually all have waiting lists or varying lengths. Getting on the list(s) however can eventually provide substantial savings for people with limited income.

## Humboldt County

**Housing Auth.-Eureka & Hum. Co.** 443-4583  
RCAA - low cost housing info - 269-2014

**Subsidized apartments:**  
- Arcata - River Comm. Homes - 822-7816  
- Fortuna - Park West - 443-7091  
- Fortuna - Redwood Coast - 725-6755  
- Fortuna - Wood Creek - 725-1308  
- Rio Dell - 764-3324

**Subsidized apartments - seniors & disabled**  
- Fortuna - Mountain View Village - 725-5923  
- Fortuna-Newburg Retirement Ctr.-725-4467  
- Garberville - Cedar Street - 923-1035  
- McKinleyville - Golden Manor - 839-4105  
- Rio Dell - Rio Dell Terrace - 764-3350

**Humboldt Bay Housing Dev.** 826-7312  
Housing for low income seniors & disabled in Arcata and McKinleyville

## Mendocino County

**Community Dev. Commission** 1-800-545-5730  
**Humboldt Bay Housing Dev.** - 826-7312

**Subsidized apartments - all age:**  
- Fort Bragg - Walnut Apts. - 964-8041  
- Ukiah - McCarty Manor - 468-0229  
- Ukiah - Orchard Village/Manor - 468-5810  
- Ukiah - Ukiah Green/Terrace - 462-8272  
- Willits - Holly Heights I - 459-2153  
- Willits - Holly Heights II - 456-0689  
- Willits - Oak Glenn - 459-6233  
- Willits - Oak Creek - 459-6558

**Subsidized apartments 65+ or phys. dis. & 18+**  
- Fort Bragg - Cypress Ridge - 964-7715  
- Ukiah - Autumn Leaves - 462-5550  
- Ukiah - Jack Simpsons - 463-0300  
- Ukiah - Walnut Village - 468-9672

**Subsidized apartments 65+ or phys. dis. & 55+**  
- Fort Bragg - Cypress Ridge - 964 - 7715  
- Fort Bragg - Duncan Place - 964-4858  
- Ukiah - Creekside Village - 468-0721  
- Ukiah - North Pine St. - 462-2094  
- Willits - Beachtel Creek - 459-9735  
- Willits - Creekside Village - 459-9735  
- Willits - Redwood Meadows - 459-1616

**No. Circle Indian Housing Auth.** 468-1336

## Del Norte County

**Crescent City Housing Authority** - 464-9216

**Subsidized apartments:**

**Subsidized apartments - seniors and disabled**  
- Crec. City - Seagull Villa - 464-7612  
- Crec. City - Surf Apartments - 464-2581

## Lake County

**Lake County Housing Commission** - 995-7120

**Subsidized apartments - All age:**  
- Clearlake - Adagio - 995-0370  
- Clearlake - Cache Creek - 994-9581  
- Clearlake - Clearlake Apts - 994-5111  
- Clearlake - Clearlake Commons - 994-1163  
- Clearlake - Lakeview Terrace - 995-5295  
- Kelseyville - Orchard Gardens - 279-0804  
- Lakeport - Lakeport Village - 263-5231  
- Middletown - Nice Village - 274-8259  
- Middletown - Midtown Garden - 274-8259

**Subsidized apartments 65+ or phys. dis. & 55+**  
- Clearlake - Austin Manor - 995-1650  
- Clearlake - Autumn Village - 995-1650  
- Clearlake - Highlands Village - 994-5295  
- Clearlake - Olympic Villa - 995-1730  
- Clearlake - Walnut Grove -995-0775  
- Lakeport - Lakeview Apts. - 263-7021  
- Lakeport - Sunshine Manor - 263-3761  
- Lucerne - North Shore Villas - 274-2318

## All Areas:

U.S. Dept. of Fair Housing and Urban Development - various programs - 1-800-347-3739  
Ca. State homeowner’s & renter’s assist. prog. 1X/yr payment to qualified filers - 1-800-868-4171
## Indian Tribal Services

### Humboldt County

**Ca. Tribal TANF Partnership** - 476-0344  
**Hoopa Food Distribution** - 625-4646  
**Indian Action Council** - 443-8401 - Amer.  
**Indian educ. center, computer lab, etc.**  
**K’ima:w Med. Ctr. Hoopa** - 1-530-625-4261  
**United Indian Health Services-1-800-675-3693**  
**Child & Family Serv., counseling**  
**Comm. Health / Wellness** - 825-5070  
**Dental Service** - 825-5040  
**Medical Service** - 825-5010  
**Pharmacy Service** - 825-5020  
**Libby Nix Clinic - Weitchpec 1-530-625-4300**  
1 day/week clinic for Native Americans  
**Hoopa tribal court** - 1-888-340-2184

### Mendocino County

**Cahto Tribe of Laytonville** - 984-6197  
**Coyote Valley Tribal Council** 485-1416  
**Guidive Indian Rancheria** - 463-3693  
**Hopland Band of Pomo Indians** - 744-1647  
**Manchester Band of Pomo Indians** - 882-2788  
**Pinoleville Indian Community** - 463-1454  
**Point Arena Tribal Council** - 882-2788  
**Round Valley Reservation** - 983-6126  
**Sherwood Valley Rancheria** - 459-9690

**Specific Services:**  
Consolidated Tribal Health - Behavioral Health Services - 485-5115 - counseling, etc. Free to eligible Indian indiv.  
Consolidated Tribal Health, Redwood Valley Medical & dental care - 485-5115  
**Indian Assistance** - 463-1454  
**Indian Child & Family Preservation** - 462-2644  
**Indian Senior Ctr. - Ukiah; 882-2879 Manchester/Pt. Arena**  
**Indian Senior Ctr. Transport. 462-5595 seniors or disabled, member of Tribe w/ Resolution, no wheelchair access.**  
**Hopland Tribal Health - 744-1647**  
**No. Circle Indian Housing Auth. 468-1336**  
**Pinoleville Voc. Rehab. Prog - 462-7801**  
**Native Americans w/ disabilities, age 18+**  
**Round Valley Indian Housing 983-6188**  
**Round Valley Indian Health, Crisis Counsel., Women's empowerment 983-6181**  
**Round Valley Indian Beh. Health - 983-6648**  
**Sonoma Co. Indian Health Project Pt Arena 882-2877**

### Del Norte County

**Specific Services:**  
**Employment and training, emerg. serv.**  
**Yurok Food Dist. 464-1852**  
**United Indian Health Clinic:**  
**Crescent City - 464-2919**  
**Klamath - 482-2181**  
**Smith River - 487-0215**

### Lake County

**Elen Indian Colony - Clearlake Oaks 998-2130**  
**Middletown Rancheria ICWA, 987-8288**  
**Scotts Valley Band of Pomo Indians 263-4220**

**Specific Services:**  
Ca. Indian Manpower Consort. 462-9418 X102  
Ca. Tribal Transf Partnership  
**Clearlake - 995-1331**  
**Nice - 274-9445**  
Ca. Tribal Wellness Dept. - Nice - 274-2314  
Inter-tribal Council of Ca. 262-3150  
**Lake Co. Tribal Health - 263-8382**  
**Lake Co. Tribal Health - 263-8360 Dental.**

### All Areas:

Ca. Indian legal Services - 1-800-347-2402  
Inter-Tribal Council of California - 263-3150
## Legal Resources

### Humboldt County
- **County Jail** - 441-5159
- **Juvenile Hall** - 445-7644
- **Superior Court** - 1-866-608-1804
- **District Attorney’s Office** - 1-800-962-8261
- **Public Defender’s Office** - 445-7634
- **Alternate Conflict Council** - 476-1255
- **Probation Dept.** - 445-7401
- **Ca. Indian Legal Services** - 443-8397
- **Senior Legal Services** - 443-9747
- **Catholic Charities Immigration Serv.-578-6000
- **Homeless Court** - 445-7634 (help for homeless to deal with charges, fines, etc.)
- **Public Guardian’s Office** - 445-7343
- **Victim Witness Assistance** - 445-7417
- **Victim Info. & Notification** - 1-877-331-8463
- **Co. Child Support Services** - 1-800-963-8704
- **Family Law Facilitator** - 269-1223
- **Mediation Services** - 445-7256
- **Law Library** - 445-7256

### Mendocino County
- **County Jail** - 463-4423
- **Juvenile Hall** - 463-4434
- **Superior Court** - 468-2000
- **District Attorney’s Office** - 463-4211
- **Public Defender’s Office** - 463-5433
- **Alternate Defender’s Office** - 467-2580
- **Probation Dept.** -
  - Ukiah - 463-5750 juv; 463-4435 adult
  - Fort Bragg - 964-6975
  - Willits - 456-3890
- **Ca. Indian Legal Services** - 1-916-978-0960
- **Public Guardian’s Office** - 463-7957
- **Self Help Legal** - 468-2020
- **Victim Witness Assistance** - 463-4218
- **Victim Info. & Notification** - 1-800-546-4711
- **Co. Child Support Services** - 1-800-669-7477
- **Family Law Facilitator** - 463-5666
- **Mediation Services** - 463-4484
- **Law Library** - 463-4201

### Del Norte County
- **County Jail** - 464-8718
- **Juvenile Hall** - 464-7243
- **Superior Court** - 464-8115
- **District Attorney’s Office** - 464-7210
- **Public Defender’s Office** - indiv. assigned
- **Alternate Conflict Council** - indiv. assigned
- **Probation Dept.** - 464-7215
- **Senior Legal Services** - 1-800-972-0002 x 309
- **Public Guardians Office** - 464-3191
- **Victim Witness Program** - 464-7273
- **Child Support Agency** - 464-7232
- **Family Law Facilitator** - 465-1896
- **Mediation Services** - 464-8155 X131

### Lake County
- **County Jail** - 262-4240
- **Superior Court** - 263-2374 Lakeport
  - 994-6598 Clearlake
- **District Attorney’s Office** - 263-2251
- **Public Defender** - indiv. assigned
- **Probation Dept.** - 262-4285
- **Senior Law Project** - 263-4703
- **Public Guardians Office** - 1-888-221-2204
- **Legal Services** - Fair Housing - 462-1471
- **Victim Witness Assistance** - 262-4282
- **Co. Child Support Services** - 262-4300
- **Law Library** - 263-2205

### All Areas:
- **American Civil Liberties Union (ACLU)** - 707-765-5005 (Sonoma Chapter)
- **Bazelon Center for Mental Health Law** - a variety of resources - 202-467-5730, www.bazelon.org
- **California State - Employment Discrimination** - 1-800-884-1684
- **Ca. Indian Legal Services** - 1-800-347-2402
- **Ca. Prisoner location information** - 1-916-445-6713 (locates which prison w/ name and birthdate)
- **Childrens Defense Fund** - 1-510-663-3224
- **Disability Rights California (formerly Protection & Advocacy)** - 1-800-776-5746
- **Disability Services and Legal Center** - 528-2745
- **Equal Employment Opportunity Commission** - 1-800-669-4000
- **Immigration Assistance Line** - 1-408-453-3003
- **Language Rights Information Line** - 1-800-864-1664
- **Legal Service of No. Ca.** - 1-877-529-7700
- **NAACP Legal Defense and Education Fund** - 1-800-221-7822
- **Senior Legal Hotline** - 1-800-222-1753
- **State Bar of Ca. Complaint Line** - 1-800-843-9053
- **U.S. Citizenship and Immigration Services** - 1-800-375-5283
- **U.S. Dept. of Fair Housing and Urban Development** - various programs - 1-800-347-3739
- **Victim of Crime Resource Center** - 1-800-842-8467
### Mental Health

#### Humboldt County
- Community Switchboard (helpline) - 441-1001
- Dept. of Mental Health - 268-2900 adults
- Dept. of Mental Health - 268-2800 under 18yrs
  - Crisis Services - 445-7715
  - Crisis Services - 1-888-849-5728
  - In Patient Psychiatric Serv. 445-7710
  - Outpatient - Garberville - 923-2729
  - Seniors - 476-2122
- Suicide Prevention - 1-888-849-5728 (24 hour)
- Catholic Charities - counseling - 444-9611
- Family Service Ctr. - counseling - 443-7358
- NAMI 444-1600 Natl. Alliance on mental illness - Humboldt County
- North Country Health Clinic w/ counseling available - 822-2481
- Hoopa Human Services - 1-530-625-4236
- Hum. State Univ. Community Health 826-3921
- Redwood veterans Ctr. - 444-8271
- Remi Vista - mental health serv. for children and adults with medi-cal - 268-8722
- Street Outreach Services - 441-5252
- United Indian Health Services-1-800-675-3693
  - Child & Family Serv., counseling 825-5060

#### Mendocino County
- Community Helpline - 1-800-575-4357
- Dept. of Mental Health:
  - Fort Bragg - 964-4747
  - Ukiah - 463-4303
  - Willits - 456-3850
  - Crisis Line - 1-800-575-4357
- Suicide Prevention Hotline - 1-800-575-4357
- Community Health Clinics w/ counseling avail.
  - Fort Bragg - 964-1251
  - Long Valley - 984-6131
  - Manchester / Pt. Arena 882-2877 (priority given to Native Americans)
  - Ukiah - 468-1010
  - Willits - 456-9600
- Consolidated Tribal Health Behavioral Health Services - 485-5115 - counseling, etc. Free to eligible Indian indiv.
- County Youth Project -
  - Fort Bragg - 964-4376
  - Ukiah - 463-4915
- Older Adult System of Care - 463-7885 in-home counseling for frail elders age 60+
- Natl. Alliance on Mentally Illness 621-0456
- Round Valley Indian Beh. Health - 983-6648
- Safe Passage Family Ctr.(Fort Bragg)964-3077
- Nuestra Casa - Mental Health counseling, support, etc. (in Spanish) - 463-8181
- Patients Rights Advocacy Program 463-4614

#### Del Norte County
- Community Helpline(s) - 464-5500; 464-3191
- Dept. of Mental Health: 464-7224
- Community Health Center w/ counseling avail. - 465-6925
- Remi Vista - 464-4349

#### Lake County
- Community Helpline - 1-800-900-2075
- Dept. of Mental Health:
  - Clearlake - 994-7090
  - Lakeport - 263-4338
  - Crisis Line - 1-800-900-2075 (after hours)
- Community Health Clinic w/counseling avail.
  - Lakeport 263-7725
  - Senior Peer Counseling - 995-1417
- Patients Rights Advocacy - 1-888-334-3390

#### All Areas:
- Elderly Suicide Prevention and Grief Counseling Friendship Line - 1-800-971-0016
- National Suicide Prevention Lifeline - 1-800-784-2433 (24 hour)
**Humboldt County**
Community Switchboard (helpline) - 441-1001
Community Health Centers - Health care, family planning, pre-natal health, etc.: Arcata - 826-8610
Eureka - 441-1624
McKinleyville - 839-3068
Redway - 923-2783
Child Care Devel. Program - 445-9291
WIC Supplemental Nutrition Prog. - 445-6255
Fortuna - 726-9427
Access Women’s Health Line-1-800-376-4636
Care Line: Fam. Health Needs 1-800-698-0843
Changing Tides Family Services - 445-1195
Exchange Club Parenting Center - 443-7935
Foster Grandparents - 465-6800
Foster kinship 269-4053 (support for grandparents and other rel. raising child.)
Head Start - 822-7206
La Leche League
   Carlotta - 768-3143
   McKinleyville - 839-0774
Manilla Teenship Wellness - 444-9771
   Free parenting support group
Planned Parenthood - 442-5709
Post adoption Services 476-9210
Pregnancy Care Center - 442-2345
Safety Car Seat Program - 476-4991
Trustline - 1-800-822-8490

**Mendocino County**
Community Helpline - 1-800-575-4357
Community Health Center(s) - Health care, family planning, pre-natal health, etc.
   Ukiah - 468-1010
   Willits - 456-9600
Child Health and Development Prog: 472-2600
WIC Supplemental Nutrition Prog.
   Fort Bragg - 964-7106
   Ukiah - 472-2743
Care for Her - 468-1010
Foster Care:
   Redwood Children’s Services:
      Fort Bragg - 964-4770
      Willits - 459-9900
   Tapestry Family Serv. - 463-3300
   Foster Grandparents - 462-2596 X 106
   La Leche League - 962-0101
   Mendo. Co. Foster Care Licensing - 463-7990
   Nuestra Casa - 463-8181
   Family Resource center specifically for Latino communities of Mendocino County
   Planned Parenthood - Napa - 252-8050
Pregnancy Counseling Center -
   Fort Bragg - 964-1368
   Ukiah - 463-1436
Pregnancy Outreach Program - 472-2600
   Ukiah family resource center - 467-5810
   Young Parent Program - 463-5253 X 279

**Del Norte County**
Community Helpline(s) - 464-5500; 464-3191
Community Health Center - Health care, family planning, pre-natal health, etc. - 465-6925
Sutter Coast Clinic - 464-6715
Sutter Urgent Care Clinic - 464-8818
WIC Supplemental Nutrition Prog. - 464-7293
Family Resource Center - 464-5500
Foster Grandparents - 465-6800
Head Start/Early Head Start - 465-6737
Head Start (Elk Valley) - 464-4499
Head Start (Howonquet) - 487-1113
Pregnancy Care Center - 465-0271 or 464-3233
Remi Vista (foster care, support, etc.) 464-4349

**Lake County**
Community Helpline - 1-800-900-2075
Community Health Center - Health care, family planning, pre-natal health, etc. - 263-7725
Child Health and Development Prog:
   Clearlake - 994-9433
   Lakeport - 794-9291
WIC Supplemental Nutrition Prog. - 263-5253
Family Resource Ctr.-1-888-775-8336
   Teen parenting, head start, etc.
Foster Care:
   Environmental Alternatives - 263-5501
   Families United - 263-9553
   Redwood Children’s Services - 275-8166
Parent Child Info. Ctr. Re: child care 262-1611
   Planned Parenthood - Napa - 252-8050

**All Areas:**
Ca. Adoption and Foster Care Referral - 1-800-543-7487
Ca. Dept. of Social Services - Adoptions - 707-588-5000
Ca. Healthy Families - 1-888-445-9070
Healthy Children - Medi-Cal for children - 1-888-747-1222
Parenting Information Line - 1-800-690-2282 (Lucille Packard Foundation)
Women, Infant and Children’s Supplemental Nutrition Program - 1-888-942-9675
### Humboldt County
- Hum. Co. Area Agency on Aging - 442-3763
- Humboldt Senior Res. Ctr. (resources, meals, case management, etc.) - 443-9747
- Senior Centers (asst. activities, meals, etc.)
  - Arcata - 825-2027
  - Bridgeville - 777-1775
  - Ferndale - 786-4141
  - Fortuna - 726-9203
  - McKinleyville - 839-0191
  - Redway - 923-2399
  - Rio Dell - 764-3989
- Alzheimer’s Day Care and Res. Ctr. - 443-9747
- Adult Day Health:
  - Arcata - 822-4866
  - Eureka - 443-9747
  - Fortuna - 725-6927
- Long term Care Ombudsman - 443-9747
- Redwood Caregiver Res. Ctr. - 1-800-834-1636
- Village Keepers - medical equip. loans, res. info, etc. Trinidad ONLY - 677-3984
- Senior Legal Services - 443-9747
- In Home Support Services (IHSS) - 476-2100
- Adult Protective Services - 476-2100
  - After hours emergency - 445-7715

### Mendocino County
- Mendo Lake Area Agency on Aging - 462-1954
- Info. on resources, nutrition programs, etc.
- Senior Information - 1-800-510-2020
- Senior Centers (asst. activities, meals, etc.)
  - Anderson Valley - 895-3609
  - Fort Bragg - 964-0443
  - Mendocino - 882-2137
  - Pt Arena - 882-2137
  - Round Valley - 983-6556
  - Ukiah - 462-4343
  - Willits - 459-6826
- Adult Day Health - 462-4343
- Redwood Caregiver Res. Ctr. - 1-800-834-1636
- Long Term Care Ombudsman - 467-5835
  - Concerns/complaints re: nursing home care
- Senior Comm. Service Employment - 468-1196
- In Home Support Services (IHSS):
  - Fort Bragg - 962-1150
  - Ukiah - 463-7900
  - Willits - 459-2889
- Adult Protective Services - 463-7900
  - After hours emergency 1-800-575-4357

### Del Norte County
- Area Agency on Aging - 442-3763
- Senior Information and Assistance - 464-7876
- Senior Centers (asst. activities, meals, etc.)
  - Crec. City - 464-3059
  - Klamath - 482-0470
  - Orick - 488-2403
  - Smith River - 487-4463
- Alzheimer’s Support Group - 464-3311
- Long term Care Ombudsman - 443-9747
- Senior Legal Services - 972-0002 X 309
- In Home Support Services (IHSS) - 464-3191
- Adult Protective Services - 464-3191
- Champion Advocates - 442-5300

### Lake County
- Mendo Lake Area Agency on Aging - 462-1954
- Info. on resources, nutrition programs, etc.
- Senior Information - 1-800-510-2020
- Senior Centers (asst. activities, meals, etc.)
  - Clearlake - 994-3051
  - Clearlake Oaks - 998-1950
  - Lakeport - 263-4218
  - Lucerne - 274-8779
  - Middletown - 987-3113
  - Upper Lake - 275-3513
- Long Term Care Ombudsman - 467-5835
- Senior Support Services - 275-3513
- Konocti Senior Support - 995-1417, 275-3513
- Senior Peer Counseling - 995-1417, 275-3513
- Friendly Visitors 995-1417 (volunteer visitors)
- Senior Law Project - 263-4703
- In Home Support Services (IHSS) - 995-4680
- Adult Protective Services - 995-4680 (24 hour)

### All Areas:
- Children of Aging Parents - 1-800-227-7294 (support group and other info)
- Elder Care Locator - 1-800-677-1116
- Elderly Suicide Prevention and Grief Counseling Friendship Line - 1-800-971-0016
- Long Term Care Ombudsman Crisis Line for complaints about nursing home care - 1-800-231-4024

Each county has a published guide to Senior Resources. That information was added (in short form) to this guide, but you may want to look online for the guide in your areas for additional information.
Service Organizations

A number of the following organizations will provide help in various ways to members of their community (e.g., building ramps, providing support for medical care not covered by insurance).

<table>
<thead>
<tr>
<th>Humboldt County</th>
<th>Mendocino County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dow’s Prairie Grange, McKinley - 840-0100</td>
<td>Community Foundation - 468-9882</td>
</tr>
<tr>
<td>Elks Lodge, Eureka - 442-6652</td>
<td>Elks Lodge, Ukiah - 462-1728</td>
</tr>
<tr>
<td>Fraternal Order of Eagles, Eureka - 442-3182</td>
<td>Frat. Order of Eagles, Fort Bragg - 961-1464</td>
</tr>
<tr>
<td>Grange, Rohnert - 725-5257</td>
<td>Grange, Anderson Valley - 895-2958</td>
</tr>
<tr>
<td>Lion’s Club - 443-6111</td>
<td>Grange, Fort Bragg - 964-2902</td>
</tr>
<tr>
<td>Masonic Lodge, Arcata - 822-1211</td>
<td>IOOF Hall, Pt. Arena - 882-2616</td>
</tr>
<tr>
<td>Masonic Lodge, Eureka - 442-0674</td>
<td>Masonic Lodge, Pt. Arena - 882-9970</td>
</tr>
<tr>
<td>Masonic Lodge, Fortuna - 725-2355</td>
<td>Moose Lodge, Ukiah - 462-7806</td>
</tr>
<tr>
<td>Moose Lodge, Eureka - 443-1073</td>
<td></td>
</tr>
<tr>
<td>Moose Lodge, McKinleyville - 839-1391</td>
<td></td>
</tr>
<tr>
<td>Oddfellows Lodge, Fortuna - 725-8818</td>
<td></td>
</tr>
<tr>
<td>Sons of Norway - 441-1921</td>
<td></td>
</tr>
<tr>
<td>United Way - 443-8637</td>
<td></td>
</tr>
<tr>
<td>Volunteer Center of the Redwoods - 442-3711</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Del Norte County</th>
<th>Lake County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Assistance League - 464-9392</td>
<td>American Legion - 994-3677</td>
</tr>
<tr>
<td>Elks Lodge - 464-4448</td>
<td>Clearlake Oddfellows &amp; Rebekah Hall - 995-0942</td>
</tr>
<tr>
<td>Fraternal Order of Eagles: 464-3616</td>
<td>Elks Lodge - 263-8422</td>
</tr>
<tr>
<td>Grange, Lake Earl - 465-5927</td>
<td>Grange, Bachelor Valley - 275-9077</td>
</tr>
<tr>
<td>Moose Lodge - 464-7740</td>
<td>Grange, Eastlake - 998-1103</td>
</tr>
<tr>
<td>Masonic Temple - 464-4685</td>
<td>Masonic Lodge, Clearlake - 995-3654</td>
</tr>
<tr>
<td>Odd Fellows Lodge - 464-5912</td>
<td>Masonic Lodge, Lakeport - 263-6372</td>
</tr>
<tr>
<td>Rotary Club - 464-7707</td>
<td>Moose Lodge, Clearlake Oaks - 998-3740</td>
</tr>
<tr>
<td>Shrine Club - 464-4657</td>
<td>Order of the Sons of Italy, Nice - 274-2244</td>
</tr>
</tbody>
</table>

All Areas:

Make-a-wish organizations:
Children’s Hopes and Dreams - 1-973-361-7366
Children’s Wish Foundation International - 1-800-323-9474
Dream Factory - 1-800-456-7556
Dream Foundation, make-a-wish program for adults only - 1-805-564-2131
Make a Wish Foundation of America - 1-800-722-9474
Marty Lyons Foundation - 1-212-977-9474
Sunshine Foundation - 1-215-396-4770
Believe In Tomorrow Natl. Children’s Foundation - 1-800-933-5470
## Sports / Recreation / Exercise

This is only a partial list to get you started. Please access your local newspapers, radio stations, local cable television stations, etc., for more ideas of things to do in a given community.

### Humboldt County
- **Community Recreation Center**
  - Arcata (include. pool)- 822-6801, 822-7091
  - Arcata, University Center - 826-3357
  - Eureka - 445-5956, 441-4248
  - Manila Dunes - 445-3309
  - McKinleyville - 839-9003
- **County Dept. of Parks & Rec.** - 441-4241
- **Arcata Parks and Rec. Dept.** - 822-7091
- **Arcata Marsh and Wildlife Sanc.** - 822-8184
- **Bicycle Safety Instruction** - 445-1097
- **Eel River Trap & Gun Club** - 725-1825
- **Eureka Adult School** - 441-2448
- **Eureka City Sports** - 441-4241
- **Eureka City Youth Center** - 268-1858
- **Eureka Parks and Rec. Dept.** - 441-4244
- **Fortuna Parks and Rec. Dept.** - 725-7620
- **Humboldt Crabs Baseball** - 826-2333
- **Mad River Girls Fast-pitch Softball** - 822-3575
- **Redwood Coast Music Festivals** - 445-3378
- **Six Rivers Natl. Forest** - 442-1721
- **STRONG Strength train. for seniors** 442-3763
- **College of the Redwoods** - various P.E. / sports classes - free or almost free to people w/ low incomes - 476-4100
- Many additional resources are listed in the Humboldt Kid's Digest (www.kidsdigest.com)

### Mendocino County
- **Community Recreation Center**
  - Booneville - 895-3698
  - Fort Bragg - 964-2231
  - Ukiah - 462-8562
  - Ukiah pool & Racquet Club - 462-9865
  - Willits - 459-5778
- **County Dept. of Parks and Rec.** - 463-4267
- **Ukiah Parks & Rec.** - 463-6712
- **Local Swimming Pools - Ukiah** - 467-2831
  - Willits - 459-5778
- **Ukiah Parks & Rec. Day Camp** - 467-2854
- **Flying program - teens** - 964-7005
- **Karate - free - Body Works Gym** - 459-0594
- **Strength training-seniors or disabled** - 937-0363
- **Youth Sports Leagues** - 463-6201
- **College of the Redwoods** - various P.E. / sports classes - free or almost free to people w/ low incomes - 961-1001 - Fort Bragg
- **Mendocino College** - various P.E. / sports classes - free or almost free to people w/ low incomes:
  - Ukiah - 462-3984 (main campus)
  - Willits - 459-6224

### Del Norte County
- **County Dept. of Parks** - 464-7230
- **Cree City Municipal Pool** 464-9503
- **Curves** - 464-9084
- **Golf Course** - 458-3214
- **Line Dancing** - 464-3069
- **Pacific Coast Aikido Club** - 954-1459
- **Redwood National Park** - 464-6101
- **STRONG Strength train. for seniors** 442-3763
- **Swimming - Fred Endert pool** - 464-9503
- **Teen Center** - 465-0405
- **Tsunami Martial Arts Center** - 464-5632
- **Youth Soccer** - 465-3889
- **College of the Redwoods** - various P.E. / sports classes - free or almost free to people w/ low incomes. Del Norte Co. - 465-2300

### Lake County
- **Community Recreation Center**
  - Cobb Mt. - 928-4909
- **County Dept. of Parks and Rec.** - 262-1618
- **Mendo-Lake Singers age 16+ women** - 263-5215
- **Seasonal County Pool** - Middletown-987-3656
- **Second Sunday Cinema** - free - 279-2957
- **Sing-along club** - free - 4th Wed. of month 6-9p @ Mendo-Lake Credit Union Comm. Room
- **State Parks & Rec. - Clearlake** - 279-4293
- **Visitor's Information** - 1-800-525-3743
- **Writers group - free** - 995-1228
- **Mendocino College** - various P.E. / sports classes - free or almost free to people w/ low incomes - Lake County - 263-6713
- **Yuba College** - various P.E. / sports classes - free or almost free to people w/ low incomes - Clearlake - 995-7900

### All Areas:
- Ca. Books on Tape 1-800-952-5666 for vis. impaired or those who can’t read due to disability, free
- Ca. State Parks and Rec. Dept. 1-800-777-0369
- Free Fishing Licenses - Most of the RCRC offices have this form available - 1-530-225-2300
- Free admission to Natl. Parks, monuments, etc. - Access Pass - lifetime pass for free or discounted access to Natl. lands, camping fees, etc. - www.nps.gov
## Substance Abuse

Please also see "health care" for providers who may also provide treatment for substance abuse.

<table>
<thead>
<tr>
<th><strong>Humboldt County</strong></th>
<th><strong>Mendocino County</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Switchboard (helpline) - 441-1001</td>
<td>Community Helpline - 1-800-575-4357</td>
</tr>
<tr>
<td>County Alcohol &amp; Drug Programs: 476-4054</td>
<td>County Alcohol &amp; Drug Programs:</td>
</tr>
<tr>
<td>AA/NA - 442-0711 24hr referral</td>
<td>Fort Bragg - 961-2522</td>
</tr>
<tr>
<td>Alcohol / Drug Care Services - 445-3869</td>
<td>Ukiah - 472-2637</td>
</tr>
<tr>
<td>Humboldt Recovery Center - 443-4237</td>
<td>Willits - 456-3821</td>
</tr>
<tr>
<td>Humboldt Women for Shelter - 444-9255</td>
<td>Alanon - Ukiah 462-7123, F.B. 964-0856</td>
</tr>
<tr>
<td>Hoopa Human Services - 1-530-625-4236</td>
<td>Al-Anon en Espanol - 272-1375 or 367-1786</td>
</tr>
<tr>
<td></td>
<td>Alcoholics Anonymous</td>
</tr>
<tr>
<td></td>
<td>Gualala - 844-1401</td>
</tr>
<tr>
<td></td>
<td>Mendocino Coast - 1-877-546-9286</td>
</tr>
<tr>
<td></td>
<td>Ukiah - 462-7123</td>
</tr>
<tr>
<td></td>
<td>Ford Street Project - 462-1934</td>
</tr>
<tr>
<td></td>
<td>Narcotics Anonymous - 485-9110</td>
</tr>
<tr>
<td></td>
<td>Ukiah - Hillside Health Center - 468-1010</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Del Norte County</strong></th>
<th><strong>Lake County</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Helpline(s) - 464-5500; 464-3191</td>
<td>Community Helpline - 1-800-900-2075</td>
</tr>
<tr>
<td>County Alcohol &amp; Drug Programs: 464-4813</td>
<td>County Alcohol &amp; Drug Programs:</td>
</tr>
<tr>
<td>Alcoholics Anonymous - 464-3411</td>
<td>Clearlake - 994-6494</td>
</tr>
<tr>
<td>Al-Anon - 464-7358</td>
<td>Lakeport - 263-8162</td>
</tr>
<tr>
<td>Christian 12 Step Prog. 457-3000</td>
<td>Lake Co. Tribal Health 1-800-750-7181</td>
</tr>
<tr>
<td>Narcotics Anonymous - 464-4110</td>
<td>Alcoholics Anonymous - 995-3316</td>
</tr>
<tr>
<td>United Indian Health Services - 464-2919</td>
<td>Celebrate Recovery 994-4008</td>
</tr>
<tr>
<td></td>
<td>Christian based 12 step program</td>
</tr>
</tbody>
</table>

### All Areas:

- 24 Hour Addictions Referral Network - 1-800-577-4740
- Al-Anon - 1-800-283-7075
- Alcohol and Drug Treatment Referral Helpline (24 hour) - 1-800-454-8966
- Ca. Dept. of Alcohol and Drug Prog. Information and Referrals - 1-800-879-2772
- Natl. Clearinghouse for Drug and Alcohol Information - 1-800-729-6686
- Natl. Alcohol and Drug Abuse Hotline - 1-800-836-8685
### Support Groups

Also see Substance Abuse & Mental Health sections as needed.

<table>
<thead>
<tr>
<th>Humboldt County</th>
<th>Mendocino County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amer. Cancer Soc. - 443-2241</td>
<td>ALS - 523-0246 (Santa Rosa)</td>
</tr>
<tr>
<td>Breast Cancer - 825-8345 (Arcata)</td>
<td>Alzheimer’s - 964-0443</td>
</tr>
<tr>
<td>Caregivers support groups - Eureka - 444-8254</td>
<td>Cancer - 1-800-449-6483</td>
</tr>
<tr>
<td>Blue Lake - 668-5101</td>
<td>Debtors Anonymous - 456-0623</td>
</tr>
<tr>
<td>Ferndale - 786-9353</td>
<td>Grief - Phoenix Hospice - 459-1818</td>
</tr>
<tr>
<td>Garberville - 923-2783</td>
<td>Health Challenges - 937-5240 (Fort Bragg)</td>
</tr>
<tr>
<td>Depression &amp; Bi-Polar Sup. Alliance 443-9659</td>
<td>Hepatitis C - 961-2482</td>
</tr>
<tr>
<td>Diabetes - 442-52239, 725-3944, 839-3068</td>
<td>Low-Vision - Ukiah - 523-3222</td>
</tr>
<tr>
<td>Diabetes - Native Amer. 1-530-620-4559 X230</td>
<td>Overeaters Anonymous - 964-8845, 463-1948</td>
</tr>
<tr>
<td>Low Vision - Arcata/Eureka - 445-3726</td>
<td>Parkinson’s Disease - 937-0251</td>
</tr>
<tr>
<td>Mind Menders Peer Support 443-9659</td>
<td>Senior Peer Counseling - 463-7885</td>
</tr>
<tr>
<td>(for all mental health diagnoses)</td>
<td>Sexual Assault - Fort Bragg - 964-4357</td>
</tr>
<tr>
<td>Neuropathy - 268-8937 or 725-5685</td>
<td>Ukiah - 462-9196 or 463-4357</td>
</tr>
<tr>
<td>Senior Info. and Assist. (var. groups) 442-9591</td>
<td>Stroke - 964-8957</td>
</tr>
<tr>
<td>Traumatic Brain Inj. Support Group 442-7668</td>
<td>Suicide - 964-7254</td>
</tr>
<tr>
<td><strong>Del Norte County</strong></td>
<td><strong>Lake County</strong></td>
</tr>
<tr>
<td>AIDS hotline 464-0440</td>
<td>AIDS/HIV - 995-1604</td>
</tr>
<tr>
<td>Alzheimer’s Support Group - 464-3311</td>
<td>ALS - 523-0246 (Santa Rosa)</td>
</tr>
<tr>
<td>American Cancer Soc. - 464-8277</td>
<td>Diabetes - 263-1090 or 994-9433</td>
</tr>
<tr>
<td>Breast Cancer - 487-3843</td>
<td>Low Vision - 523-3222</td>
</tr>
<tr>
<td>Caregiver Support Group - 465-9525</td>
<td><strong>All Areas:</strong></td>
</tr>
<tr>
<td>Chronic Fatigue/Fibromyalgia - 464-2212</td>
<td>Gamblers Anonymous - 1-888-424-3577</td>
</tr>
<tr>
<td>Diabetes - 464-8511</td>
<td></td>
</tr>
</tbody>
</table>
**Transportation Resources**

Please note that many of these services have fees, often lowered for people w/disabilities.

<table>
<thead>
<tr>
<th><strong>Humboldt County</strong></th>
<th><strong>Mendocino County</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>County Transit Authority - 882-3775</td>
<td>County Transit Authority - 462-1422</td>
</tr>
<tr>
<td>Eureka Transit Authority - 443-0826</td>
<td>Dial-a-ride</td>
</tr>
<tr>
<td>Bridgeville Comm. Ctr. Van - 777-1775</td>
<td>Ukiah - 462-3881</td>
</tr>
<tr>
<td>(trans. to Eureka/Fortuna for special needs)</td>
<td>Willits - 459-9038</td>
</tr>
<tr>
<td>Humboldt Quail Senior &amp; Dis. Serv. 943-3000</td>
<td>Hey Taxi -</td>
</tr>
<tr>
<td>Ferndale Senior Res. Agency - 786-4141</td>
<td>Fort Bragg - 962-0800</td>
</tr>
<tr>
<td>Fortuna Senior Citizens Bus - 725-7625</td>
<td>Ukiah - 467-1200</td>
</tr>
<tr>
<td>(Fortuna resid. Only, disabled and/or 50+)</td>
<td>Willits - 459-2040</td>
</tr>
<tr>
<td>Safety Car Seat Program - 476-4991</td>
<td>Senior Center Trans.: asst. rides around town</td>
</tr>
<tr>
<td></td>
<td>Pt. Arena - 1-800-395-8964</td>
</tr>
<tr>
<td></td>
<td>Ukiah - 462-4343</td>
</tr>
<tr>
<td></td>
<td>Willits - 459-6826</td>
</tr>
<tr>
<td></td>
<td>CRC Ride Services 1-800-395-8984 free -</td>
</tr>
<tr>
<td></td>
<td>volunteer drivers for medical appt., etc., in</td>
</tr>
<tr>
<td></td>
<td>Ft. Bragg, Santa Rosa, etc. for seniors &amp;</td>
</tr>
<tr>
<td></td>
<td>disabled from Timber Cove to Elk. No</td>
</tr>
<tr>
<td></td>
<td>wheelchair trans.</td>
</tr>
<tr>
<td></td>
<td>Salvation Army - 468-9577 Emergency Gas</td>
</tr>
<tr>
<td></td>
<td>and Bus vouchers</td>
</tr>
<tr>
<td></td>
<td>Indian Senior Ctr. Transport. 462-5595 seniors</td>
</tr>
<tr>
<td></td>
<td>or disabled, member of Tribe w/</td>
</tr>
<tr>
<td></td>
<td>Resolution, no wheelchair access.</td>
</tr>
</tbody>
</table>

**Medical transportation:**

<table>
<thead>
<tr>
<th><strong>Del Norte County</strong></th>
<th><strong>Lake County</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>CAE Med-Trans &amp; City Ambulance 445-4907</td>
<td>County Transit Authority - 994-3334</td>
</tr>
<tr>
<td>Care-a-van non-emerg. med. trans. 443-7077</td>
<td>Dial-a-ride</td>
</tr>
<tr>
<td>Comfort Cab - 464-7788</td>
<td>Clearlake - 994-3334</td>
</tr>
<tr>
<td>Del Norte Taxi - 464-6030</td>
<td>Lakeport - 263-3334</td>
</tr>
<tr>
<td>Fortuna/Garberville Rescue Serv. 445-4907</td>
<td>Hey Taxi - 994-3100</td>
</tr>
<tr>
<td>(non-emerg. transport. by ambulance, long</td>
<td></td>
</tr>
<tr>
<td>dist. transport. available.)</td>
<td>Medical transportation:</td>
</tr>
<tr>
<td>Garberville-Mary Bendle Health Ctr. 923-2275</td>
<td>Transportation Plus - 462-9235</td>
</tr>
<tr>
<td>Free transport. for cancer treatments</td>
<td>non-emergency medical transportation, can</td>
</tr>
<tr>
<td>Kare-A-Van - 839-0530 McKinleyville med.</td>
<td>bill Medi-Cal for eligible travel</td>
</tr>
<tr>
<td>transport. w/ advance notice, Medi-Cal</td>
<td></td>
</tr>
<tr>
<td>billable if ordered by Dr. &amp; client qualifies.</td>
<td></td>
</tr>
</tbody>
</table>

**Medical transportation:**

<table>
<thead>
<tr>
<th>All / Many Areas - general:</th>
<th>All / Many Areas - medical &amp; specialized:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amtrak - 1-800-872-7245</td>
<td>Angel Flights - 1-888-426-2643</td>
</tr>
<tr>
<td>Greyhound - 1-800-454-2487 (Special fares for disabled and companions traveling together.)</td>
<td>(free non-emergency flights for ambulatory, low income patients for medical care.)</td>
</tr>
<tr>
<td>CALTRANS Highway information - 1-800-427-7623</td>
<td></td>
</tr>
<tr>
<td>AARP Driver Safety Program for drivers 50+ 1-888-227-7669</td>
<td></td>
</tr>
<tr>
<td><strong>Travel / Tour options</strong></td>
<td></td>
</tr>
<tr>
<td>---------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>Access Adventures</strong></td>
<td>716-889-9096</td>
</tr>
<tr>
<td><strong>Access Aloha Travel</strong></td>
<td>808-545-1143</td>
</tr>
<tr>
<td><strong>Access First Travel</strong></td>
<td>800-557-2047</td>
</tr>
<tr>
<td><strong>Access No. California</strong></td>
<td>510-419-0527</td>
</tr>
<tr>
<td><strong>Access/Abilities</strong></td>
<td>415-388-3250</td>
</tr>
<tr>
<td><strong>Access-Able Travel Source, LLC</strong></td>
<td>303 232-2979</td>
</tr>
<tr>
<td><strong>Accessible Alake</strong></td>
<td>800-349-6301</td>
</tr>
<tr>
<td><strong>Accessible Cruise Planners</strong></td>
<td>800-801-9002</td>
</tr>
<tr>
<td><strong>Accessible Journeys,</strong></td>
<td>800-846-4537</td>
</tr>
<tr>
<td><strong>Accessible San Diego</strong></td>
<td>858 279 0704</td>
</tr>
<tr>
<td><strong>Accessible Vans of America</strong></td>
<td>800-862-7475</td>
</tr>
<tr>
<td><strong>Bill Dvorak Expeditions</strong></td>
<td>800-824-3795</td>
</tr>
<tr>
<td><strong>Destination World</strong></td>
<td>805-569-9385</td>
</tr>
<tr>
<td><strong>Easy Access Travel</strong></td>
<td>800-920-8989</td>
</tr>
<tr>
<td><strong>Flying Wheels Travel Service</strong></td>
<td>800-535-6790</td>
</tr>
<tr>
<td><strong>Global Dialysis</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Guided Tour, The, Inc.</strong></td>
<td>215-782-1370</td>
</tr>
<tr>
<td><strong>Kenai King Drifters</strong></td>
<td>907-653-7648</td>
</tr>
<tr>
<td><strong>Medical-Travel</strong></td>
<td>800-778-7593</td>
</tr>
<tr>
<td><strong>New Directions</strong></td>
<td>805-967-2841</td>
</tr>
<tr>
<td><strong>Search Beyond Adventures</strong></td>
<td>800-800-9979</td>
</tr>
<tr>
<td><strong>Travel Access No. Calif,</strong></td>
<td>510-524-2026</td>
</tr>
<tr>
<td><strong>Trips, Inc</strong></td>
<td>800-686-1013</td>
</tr>
<tr>
<td><strong>Wheelchair Getaways</strong></td>
<td>800-642-2042</td>
</tr>
<tr>
<td><strong>Wilderness Inquiry</strong></td>
<td>612-379-3858</td>
</tr>
<tr>
<td><strong>Ukiah Travelers</strong></td>
<td>707-463-0456</td>
</tr>
<tr>
<td>County</td>
<td>Phone Numbers/Details</td>
</tr>
<tr>
<td>---------------------</td>
<td>---------------------------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| Humboldt County     | Humboldt Senior Res. Ctr. - 443-9747  
Firewood / low income seniors starts Aug.  
REACH assist. w/ propane & wood - 923-1259  
Garberville only  
Redwood Comm. Action Agency 444-3834  
Utility payment assist., energy crisis  
intervention program, home weatherization  
Utility Payment Assistance - 555-3834  
Bureau of Land Management - 825-2300  
Permits to gather firewood on fed. Land  
Natl. Forest woodcutting permit - 442-1721 |
| Mendocino County    | Homeless prevention loans - 462-8879  
(emerg. money directly to landlords for deposits, back rent and utilities to prevent homelessness.  
North Coast Energy Services - 800-233-4480  
Utility payment assist., energy crisis  
intervention program, home weatherization |
| Del Norte County     | Del Norte Senior Center - 464-9013 (do not need to be a senior to apply for this help)  
Utility payment assist., energy crisis  
intervention program, home weatherization  
Linkages - 464-3191  
Bureau of Land Management - 825-2300  
Permits to gather firewood on fed. Land  
U. S. Forest Service - firewood - 465-3131 |
| Lake County         | North Coast Energy Services - 800-233-4480  
Utility payment assist., energy crisis  
intervention program, home weatherization |

**Electricity/Gas/Water/Trash discounts to regular bills:**

Virtually all utility companies have discount programs for individuals with low income to lower each monthly bill by 5-15%. You must fill out a form and sign it stating that your income falls below a certain level (varies by company). If your utility company is not listed here, call them and ask.

- PG&E Care Program (20% discount) - 1-866-743-2273
- Pacific Power and Light - 1-888-221-7070
- FERA (Families of 3 or more, income limits) extends baseline rates PG&E 1-800-743-5000
- Medical Baseline rates (extends baseline rates for people using electric, medically req. equip. e.g. power wheelchairs, respirators, extra heating/cooling) PG&E 1-800-743-5000

**Electricity/Gas financial help once a year:**

- HEAP - 1-866-675-6623 - non-emergency financial assistance once per year based on submitted bill (can use every year, most beneficial if you submit during your most expensive season)
- Salvation Army REACH - 1-800-933-9677 - emergency utility assist. payment, 1X/year max.

**Telephone Lifeline Service:** Call your local phone company for sig. reduced rates on monthly bills, installation, etc.

**Free 411 calls (saves $.99 - $1.50 per call):**

Can set up with the phone company (with a doctors note) for free 411 service for people who can't use a phone book due to their disability.

Free 411 service for any business number in United States: 1-800-466-4411
Free 411 service for any listing the phone company has in the United States: 1-800-free-411 (you must listen to one short ad, and have a pencil ready, there is no automatic connection)

**Free adaptive telephone equipment** - 1-800-806-1191 or 1-866-821-3733

Wide range of adaptive equipment (picture phones, volume adjusted, remote activated, TTY devices, etc.) for free to anyone with a disability that has difficulty using a regular phone as certified by a doctor.

**California Relay Service** (will connect those who have dif. hearing or speaking with others) : 711
Training and information - Ca. Telephone Access Program (CTAP) 1-800-995-6831
## Youth, Teen & Young Adult Resources

### Humboldt County
- Big Brothers/Big Sisters - 445-4871
- Boys & Girls Club -
  - Eureka - 441-1030
  - Wiyot - 733-5005
- Boy Scouts of America - 443-8345
- Eureka City Youth Center - 268-1858
- Eureka Club House - 442-9142 (M-Th, 2-6pm)
- 4-H Club - 445-7351
- Girl Scouts of America - 443-6641
- Loleta Club - 733-9593 (K-8th grade)
- No. Coast Mentor Program - 269-2052
- Redway - Mateel Youth Prog, 923-3368
- Regional Occupational Program - 445-7018
- Straight Up Ameri-Corps - 269-2024
- Teen Court - 1st time offenders - 444-0153
- Youth Services Bureau - 443-8322

Many additional resources are listed in Humboldt Kid's Digest (www.kidsdigest.com)

### Mendocino County
- Adolescent Family Life Prog. 472-2724
- Big Brothers/Big Sisters - 964-1228 F. Bragg;
  - Ukiah 463-4809; Willits 459-3165
- Boys & Girls Club - 467-4900
- Foster Grandparents - 462-2596 X 106
- Mendocino Youth Project
  - Fort Bragg - 964-4376
  - Ukiah - 463-4915
- Mendocino Coast Children’s Fund 937-6111
- SATYA (Subst. Abuse treat./youth) 472-2627
- Ukiah Parks & Rec. Day Camp - 467-2854
- Youth Parent Program - 463-5253 X 1200
- Youth Sports Leagues - 463-6201

### Del Norte County
- County Social Services - 464-3191
- Boys and Girls Club - 465-0405
- Foster Grandparents - 465-6800
- 4-H Club - 474-4711
- Remi Vista - 464-4349
  - Counseling, support groups, family prog.
- Teen Center - 465-0405

### Lake County
- County Youth Services - 994-7281
- Teen Lifeline - 1-888-485-7733
- Family Res. Ctr. - non-emergency -262-1611

### All Areas:
- Calif. Youth Crisis Line - 1-800-843-5200 (24 hour)
- Children of the Night - 1-800-551-1300
- Gay, Lesbian, Bisexual and Transgender Natl. Youth Talkline - 1-800-246-7743
- Natl. runaway Switchboard - 1-800-621-4000
- State GED Office - 1-916-445-9438
- Teen Line - 1-800-852-8336
- Youth Crisis Line - National - 1-800-575-4357