

# Key Services

You can apply online and get information about CALFRESH (Food Stamps), CALWORKS and MediCal  
[www.C4yourself.com](http://www.C4yourself.com)  
 Call 1-877-652-0731 or visit  
 HHSA's five regional offices\*

**Shelter:** Women & Children: GNRMHouse of Hope 241-5754 Men: GoodNewsRescueMission 241-5754

**Domestic Violence Victims:** OneSafePlace Shelter and 24 hr. Crisis and Information Line 244-0117

**Showers:** Good News Rescue Mission: 241-5754 (if you aren't staying there 7:30 - 8:30 a.m. Mon - Fri) • YMCA: 246-9622 \$10, (Mon-Fri 5-9 Sat 7-6 Sun 8-4)

**Info:** 211 Shasta: Dial 211 for 24-hour community resource information [www.211norcal.org](http://www.211norcal.org)

24 hr. Suicide Crisis Line: 1-800-273-TALK • Community Resources Information: Northern Valley Catholic Social Service 241-0552 •

Veterans: 225-5616 • Seniors: 223-6034 • Domestic Violence 24 hr.: 244-0117 • Disabilities: 242-8550 • Teens: 365-9260

**Accessing Services:** Need help in accessing services or filling out paperwork?

Contact your nearest HHSA Social Services Regional Office for assistance:

Anderson: 229-8200 Burney: 335-6700 Shasta Lake: 275-7500 Downtown Redding: 229-8441 Enterprise: 224-4894

Need Help to Quit Smoking?  
 1-800-NO BUTTS

**Motel:** If you are on or eligible for CALWORKS, their homeless program may pay for a motel, rent and utility deposits: 1-877-652-0731

Good News Rescue Mission: GNRM can accommodate medical shelter needs including bed rest during the day at their shelter.

**Food:** Food bank & food program locations and hours throughout Shasta County: Dial 211

Meals & Food for Seniors: Dignity Health 226-3061 (Lunch Centers, Meals on Wheels, Brown Bag & USDA Commodities)

Meals: Three meals a day for anyone: Good News Rescue Mission 241-5754 (6:30 am, noon, and 5:15 pm, Sunday lunch at 1:00)

Food Banks: The Salvation Army 222-2207 (W, TH 9 - 11:30) • Good News Rescue Mission Friday Food Bank 241-5754

People of Progress: 243-3811 (M-F 9-noon and by appt. only 2-4) • Dignity Health Food Bank: 226-3071 (1st/3rd F 8-9)

Monthly Food: CALFRESH Food Stamps: 1-877-652-0731 WIC-, pregnant women, infants & children up to age 5): 225-5168

USDA Commodity Program and Food Bank operated by Dignity Health (not just for seniors) Call for days and time: 226-3071

**Clothing:** People of Progress: (M-F 10-11) 243-3811 • Salvation Army (M, T, W 1-2) 222-2207 • GNR Mission: (M, T, W, F 7:30-2) 241-5754

**Employment or Income:** EDD Employment Development Workforce Services: 225-2185 •

The SMART Center (job listings, resumes) 246-7911 • CALWORKS: (families with children) 1-877-652-0731 • General Assistance

(income, job search, resumes): 229-8150 • Labor Ready: (day labor private employer) 242-6855

**Free Cell Phone & Service for Low Income Persons:** 800-723-3546

[www.safelinkca.com](http://www.safelinkca.com) The Lifeline Program can be used either for your home phone or a free cell phone, but not both.

Walking & Bicycling Trails:  
[www.healthyshasta.org](http://www.healthyshasta.org)

**Counseling:** 24 hr. Suicide Crisis Line: 1-800-273-TALK • Domestic Violence: One Safe Place 24 hr. Crisis/Info Line: 244-0117

• Shasta County Mental Health: (direct services and referrals) 225-5200 • Hill Country Wellness Center: (for people throughout Shasta County) 337-6243 • Northern Valley Catholic Social Service: 241-0552

**Drug/Alcohol:** For information and referrals to all community programs call: Shasta County Alcohol /Drug: 225-5240

**Medical or Health Services:** MediCal: 1-877-652-0731 • HOPE Van: 246-5765 • Shasta Community Health Center

(Medical & Dental): 246-5710 • Good News Rescue Mission (Dental): 241-5754 • Shasta Regional Medical Center: 244-5400 • Mercy

Medical Center: 225-6000 • Hill Country Wellness Center Medical 337-6243/Dental 337-6244 • Redding Rancheria (Native Americans):

224-2700 • Veterans Outpatient Clinic: 226-7675 • Shasta County Public Health: 225-5591 • Women's Health Specialist (Men/Women's

health check-ups & birth control): 221-0193 • Planned Parenthood: 351-7100 • IHSS/In Home Support Services: Info on eligibility to have an IHSS worker, hiring a worker, signing up to become a worker: 225-5507

**Legal Help/Info:** Family Law Facilitator: free info and workshops about filings and procedures on custody, support, visitation, divorce/separation/annulment, paternity, orders to show cause, modification and default 245-6900, Legal Services of Northern California: 241-3565 (Housing, Benefits, Medical, Utilities, Seniors, etc.), Senior Legal Services of Northern California 1-888-354-4474

**Housing & Utilities:** Tenant Rights: 241-3565 Utilities: Ask your utility company for all payment options and referrals Rental

Listings, information for group living, & transitional housing programs: Northern Valley Catholic Social Service: 241-0552 Veterans:

Veterans Resource Center: 223-3211 People with disabilities: Disability Action Center: 242-8550

Families with Children: One-time rent, deposits, and utility assistance for families on or eligible for CALWORKS: 1-877-652-0731

Seniors: Golden Umbrella: 223-6034 Young Adults & Teens formerly in Foster Care: Independent Living Program 365-9260

**Veterans:** Check veteran programs for new programs, new eligibility & housing. Veterans Resource Center: 223-3211 VA Outpatient Clinic: 226-7555 Veterans Service Office: 225-5616 EDD Veterans Employment Services: 225-2191

**Transportation:** RABA monthly passes (disability & senior discounts): 241-2877 Ask organizations for emergency bus passes.

Passes for essential appointments: People of Progress: 243-3811 • Senior Transportation 226-3075 • Living Hope Bicycles & Repairs: 243-8066

**CALFRESH FOOD STAMPS & CALWORKS** \* 1-877-652-0731  
 Disability Action Center  
 1600 West Street, 242-8550  
**EDD Workforce Services**  
 1325 Pine St. 225-2185  
**Family Law Facilitator** 245-6900  
 1500 Court Street, Room 115  
**General Assistance**  
 2460 Breslauer Way 229-8150  
**Golden Umbrella**  
 200 Mercy Oaks Drive 223-6034  
**Good News Rescue Mission**  
 House of Hope  
 3100 South Market St. 241-5754  
**Goodwill**  
 1643 Hilltop Drive 351-7677  
**HHSA Health & Human Services**  
 1-877-652-0731  
**HOPE Van** 246-5765  
**Hill Country Wellness Center**  
 317 A Lake Blvd, Redding 337-6243  
**HWY 299 Round Mountain**  
**IHSS In Home Supportive Service**  
 2640 Breslauer Way 225-5507  
**Labor Ready** 242-6855  
 113 Lake Blvd.  
**Legal Services of Northern Calif.**  
 1370 West St. 241-3565  
**Living Hope Bike Repair**  
 1043 State Street 243-8066  
**Mercy Medical Center**  
 2175 Roseline Ave. 225-6000  
**Northern Valley Catholic Social Service (NVCSS)** 241-0552  
 2400 Washington (off Park Marina)  
**One Safe Place** 244-0117  
**Client Services:** 2250 Benton Dr.  
 24-hour Crisis Line  
**People of Progress** 243-3811  
 1242 Center St. (off Shasta near Calif.)  
**Planned Parenthood** 351-7100  
 2935 Bechelli Lane #C  
**RABA (public transit)** 241-2877  
 Yuba between Oregon & California  
**Redding Housing Authority**  
 777 Cypress Avenue 225-4048  
**Redding Rancheria Health Clinic**  
 1441 Liberty Street 224-2700  
**Salvation Army** 222-2207  
 2691 Larkspur Lane  
**Senior Legal Services of Northern California** 1-888-354-4474  
**Senior Transportation** 226-3075  
**Shasta Community Health Center**  
 1035 Placer St. 246-5710  
**Shasta County Alcohol & Drug**  
 2640 Breslauer Way 225-5240  
**Shasta County Housing Authority**  
 1450 Court St. Rm. 108 225-5169  
**Shasta County Mental Health**  
 2640 Breslauer Way 225-5200  
**Shasta County Public Health**  
 2650 Breslauer Way 225-5591  
**Shasta Regional Medical Center**  
 1100 Butte Street 244-5400  
**S.S.N.P. "Dignity Health"**  
 100 Mercy Oaks Drive 226-3071  
**SMART Employment Center**  
 1201 Placer Street 246-7911  
**Veteran Employment Service EDD**  
 1325 Pine Street 225-2191  
**VA Outpatient Clinic** 226-7555  
 351 Hartnell Avenue  
**Veterans Resource Center**  
 153 Hartnell Ave. #100 223-3211  
**Veteran Service Office** 225-5616  
 1855 Shasta Street  
**WIC (various locations)** 225-5168  
**Women's Health Specialists** 221-0193  
 \* Offices: Anderson, Burney, Enterprise  
 Shasta Lake and Downtown Redding

# Food Assistance List

Resource Information Provided by: United Way of Northern California

## FOOD PROGRAMS

**Program Availability: D=Daily W=Weekly M=Monthly**

### Anderson Cottonwood Christian Assistance

2979 East Center St. Anderson 365-4220 Tue & Fri 10-1:45

ID & Proof of Anderson/Cottonwood/Happy Valley/Shingletown address Required, Redding service limited to address south Knighton road only.

### CALFRESH (FOOD STAMPS)

877-652-0731 for info or you can apply online at [www.C4Yourself.com](http://www.C4Yourself.com) or visit a HHSA regional office in Anderson, Burney, Downtown Redding, Enterprise or Shasta Lake. Helps people with low/no income buy food.

### Dignity Health (S.S.N.P.)-Not just for seniors

100 Mercy Oak Dr. Redding 226-3071. 1st & 3rd Fridays 8-9am, for low income. Photo I.D. and proof of address required.

### Good News Rescue Mission - Friday 8-10am

3100 S. Market St. Redding 241-5754 Bread available most days after 10

### People of Progress Resource Center & Food Bank

1242 Center St. Redding 243-3811 M-Fri. 9-12 and open by appt. only 2-4 (Clothing 10 and 11am) Emergency food, clothing, and information to identify resources and strategies. SS# required. ID requested

### Redding Loaves & Fishes

1180 Industrial St., Suite A (behind Grocery Outlet) Call first 241-1108 Saturdays 9-12:00. Photo ID, SS# proof of address required (Vets Sunday)

### The Salvation Army -Compassion Food Ministry

2691 Larkspur Redding 222-2207 Food: Tues & Thurs. 9-11:30am

Monthly food for seniors & families with kids.

Weekly perishables for anyone. Call for other services. Photo I.D., SS#, Proof of address and income verification required.

### USDA COMMODITIES

226-3071 for all low income or no income individuals working or not. Available at nine locations in Shasta County (Lakehead, Cottonwood, Shingletown, Shasta Lake, Anderson, Happy Valley, Round Mountain, Burney, Redding

### WIC-Pregnant Women, Infants, Children up to age 5

Call 225-5168 for appt. Offices in downtown Redding, Enterprise, Anderson Shasta Lake, Burney, Shingletown and McArthur. Nutritional counseling & food vouchers for pregnant women & children up to 5 years old.

Bethel Church/ Kitchen Ministry Redding 246-6000

Fall River Mills Community Food Pantry 336-5304 or 336-5127

Hill Country Health & Wellness Center Round Mountain 337-6243

Living Hope Membership Food CO-OP 1043 State St. Rdg. 243-8066

Shasta Lake Community Pantry - 1st Baptist Church 275-8052

Shasta Lake United Methodist Church SLC, Mt. Gate and Jones

Valley residents only, by appt 275-6353

Shingletown Grassroots Emergency Food Closet 474-4220

St. Francis of Assisi Catholic Church Burney 335-2372

Tri County Community Network Burney Food Card & Class 335-4600

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## MEALS

### Bethel Kitchen Ministry

935 College View Drive Redding 246-6000

### Dignity Health

226-3071 call about low cost meals served at four centers.

Meals on Wheels home delivery program and the Brown Paper Bag Program. Groceries twice per month.

### Good News Rescue Mission

3100 S. Market St. Redding 241-5754. Meals every day. Breakfast- 6:30am Lunch 12pm (Sun 1pm) Dinner 5:15pm. Be there by 6:30pm to stay in the shelter.

### Valley Christian Fellowship - Caldwell Park Sunday Lunch

243-7479 Valley

## Thrift Store Locations

### All Saints Thrift Shop-All Saints Episcopal Church -

3268 Bechelli Lane Redding 223-2523 Mon-Thurs 10-4pm & Fri 10-1pm

### American Cancer Society Discovery Shop-2961 Churn Creek Rd.

Redding 221-3970 Mon-Fri 10-6pm & Sat-Sun 10-5pm

### Clothes That Work (NVCSS) - 2400 Washington Ave. 3<sup>rd</sup> Floor Redding

247-3320 Mon-Fri 10-2pm

### Clothing Exchange - 2960 Churn Creek Rd. Redding 222-1367 Mon-Fri 10-

6pm, Sat 10-4pm also 2666 Gateway Dr. Anderson 365-0188 Mon-Fri 10-5pm, Sat 10-4pm

### ETC. Thrift Shop-Frontier Senior Center-2965 E Center St. Anderson

365-2533 Mon-Fri 10-4pm

### Goodwill-1643 Hilltop Dr. Redding 351-7600 M-Fri 9-9pm, Sun 10-7pm

People of Progress (POP) - 1242 Center St. Redding 243-3811 Mon-Sat 10-5pm, closed Sun. Store supports our Emergency services

### Love Your Pet Thrift Shop-2275 Eureka Way Redding

515-6262 Tues-Sat 10-6pm

### Sacred Heart Thrift Store-Sacred Heart Catholic Church-2652

Gateway Dr. Anderson 365-5853 Mon-Sat 10-4pm

### Salvation Army Thrift Store - 4460 Westside Rd. (Hwy 273 & Breslauer)

Mon-Sat 10-6pm

### Second Helpings-First Christian Church -

2636 Churn Creek Rd. Suite #B Redding 226-8000 Tues-Sat 10-4pm

### Superior Thrift Store - 62 Lake Blvd Redding 229-0955 Mon-Sat 10-6pm

Closed Sun.

### Tails of Rescue - 981 Lake Blvd Redding 448-7444 Tues-Fri 10-4pm

### The Attic-The Oregon Street Attic - 1336 Oregon St. Redding 243-3688

Mon-Fri 10-2pm

Note: Programs may change times and day of service. Information is correct 9/24/2019. Some programs request or require photo ID, proof of address and income. Programs listed do not require referrals. Most programs that are not located in Redding only serve people living in their own community or area. This flyer updated and provided by United Way of Northern California ©2019 Redding, CA, USA. Please copy and distribute with this information.