

# Shasta County Key Services

Now you can apply online & get info  
about CALFRESH (Food Stamps),  
CALWORKS, MediCal & CSMP.  
[www.C4yourself.com](http://www.C4yourself.com)

**Shelter:** **Women & Children:** House of Hope 241-3608 **Men:** Good News Rescue Mission 241-5754  
**Domestic Violence Victims:** Shasta Women's Refuge 244-0117 (24 hr. crisis line)

**Showers:** Good News Rescue Mission: 241-5754 (even if you aren't staying there you can shower at 7:30 a.m. or 8:30 p.m. daily)  
YMCA: 246-9622 \$5 (best to be there before 8 a.m. or after 2 p.m.) Living Hope: 243-8066 (showers on Wednesdays, laundry on Fridays)

**Information:** **Shasta 211:** Dial 211 for information on community resources -- 24 hour line.

Helpline: 244-2222 • Northern Valley Catholic Social Service: 241-0552 • People of Progress: 243-3811

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

**Motel:** Good News Rescue Mission can accommodate medical shelter needs including bed rest during the day.

If a shelter cannot provide you shelter due to medical reasons call People of Progress. Current medical verification required 243-3811.  
If you are on or eligible for CALWORKS, their homeless program may pay for a motel and rent and utility deposits 225-5767

**Food:** Food bank & food program locations and hours throughout Shasta County: 243-8713 Box 250

**Meals --** whether you stay at their shelter or not: Good News Rescue Mission 241-5754 Living Hope: lunch 243-8066

**Emergency Food:** People of Progress: 243-3811 (open Mon - Fri 10:00 to 1:00. Weekday afternoons & Saturday mornings by appointment)

**Monthly and/or Weekly Food:** Food Stamps / CALFRESH: 225-5777 WIC (women, infants & children): 225-5168

USDA Commodity Program and Friday Food Bank operated by Shasta Senior Nutrition Program (not just for seniors): 226-3071

Good News Rescue Mission: 241-5754 Living Hope: 243-8066 Salvation Army: 222-2207

**Meals or Food for Seniors:** Shasta Senior Nutrition Program: 226-3071 (Lunch Centers, Meals on Wheels, Brown Bag and Commodities)

**Clothing:** Call for clothing program hours: People of Progress: 243-3811 Salvation Army: 222-2207 Living Hope: 243-8066

**Employment or Income:** EDD Employment Development: 225-2185

SMART Center (job listings, resumes, etc.) 241-7911 CALWORKS: (families with children) 225-5767 or 225-5000

General Assistance (monthly income/resumes): 225-5767 Labor Ready: (day labor private employer) 242-6855

**Voice Mail:** Private recorded messages accessible from any phone. People of Progress: 243-3811

**Counseling:** Helpline Suicide & Crisis Line: 244-2222 24 hr. Domestic Violence Line/Shasta Women's Refuge: 244-0117

Shasta County Mental Health: 225-5200 Bridges to Success: 224-3202 Hill Country Wellness Center: 337-6243

Shasta Treatment Center: 221-6237 Northern Valley Catholic Social Service: 241-0552 Second Home (Drop-In Peer Support Center) 247-3321

**Drug/Alcohol:** For information and referrals about all community programs call: Shasta County Alcohol/Drug: 225-5242

**Medical or Health Services:** MediCal and CSMP: 225-5777

Shasta Community Health Center (Medical & Dental): 246-5710 Shasta County Public Health: (Immunizations & Information) 225-5591

HOPE Van: 246-5710 Hill Country Wellness Center (Medical/Dental): 337-6243 Mercy Medical Center (hospital): 225-6000

Redding Rancheria: 224-2700 Shasta Regional Medical Center (hospital): 244-5400 Veterans Outpatient Clinic: 226-7555

Good News Rescue Mission (Dental Clinic): 241-5754 Women's Health Specialists (men/women's health check-ups & birth control): 221-0193

**Legal Help/Info:** Legal Services of Northern California: 241-3565 (Housing, Benefits, Medical, Family Law, Seniors, etc.)

**Housing & Utilities:** Rent Information: 243-8713 Box 200 Utility Info: 243-8713 Box 201 Tenant Rights: 241-3565

Northern Valley Catholic Social Service (NVCSS) has current rental listings from property management companies in their lobby: 241-0552

**Deposit Loans:** Restoration Enterprises: 245-0500 **People with disabilities:** Independent Living Services 242-8550

**Rent or deposit assistance for families on or eligible for CALWORKS:** contact your worker or call 225-5000

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

**Transition Housing:** Referrals for faith-based programs: Restoration Enterprises 245-0500 FaithWORKS: 242-1492 (families only)

**HUD & Section 8 Housing Vouchers:** Redding Housing Authority 225-4048 Shasta County Housing Authority: 225-5169

**Veterans:** Check for new eligibility, new programs & housing. Veterans Resource Center: 223-3211

Veterans Service Office: 225-5616 VA Clinic: 226-7555 Veterans Employment: 225-2194 Veterans Recovery Project: 524-2788

**Transportation:** Lower cost car repairs & cars: Restoration Enterprises: 365-1599

One-time bus passes for essential appointments: People of Progress: 243-3811 Some organizations have passes for their clients - just ask!

Buy monthly unlimited-use RABA passes (with discounts for physical disabilities): 241-2877 Inexpensive Bicycles: Restoration Enterprises: 245-0500

This flyer is an outreach project of People of Progress Food Bank & Resource Center & Thrift Store (530) 243-3811 © 2012 People of Progress, Redding CA  
More information on services can be found at [www.peopleofprogress.org](http://www.peopleofprogress.org) Permission granted to photocopy. 1/2012

Bridges to Success 224-3202  
(counseling at various locations)

CALWORKS 225-5767  
2460 Breslauer Way 225-5000

FaithWORKS 242-1492

EDD 1325 Pine St. 225-2185

FOOD STAMPS/CALFRESH  
2460 Breslauer Way 225-5777

General Assistance  
2460 Breslauer Way 225-5767

Golden Umbrella  
200 Mercy Oaks Drive 223-6034

Good News Rescue Mission,  
House of Hope, House of Grace  
3100 South Market St. 241-5754

Helpline - 24 hour Crisis Line  
Counseling & Information 244-2222

HOPE Van 246-5710

Hill Country Wellness Center  
HWY 299 Round Mountain 337-6243

Independent Living Services  
169 Hartnell Ave. #128 242-8550

Labor Ready  
981 Lake Blvd. 242-6855

Legal Services of Northern Calif.  
1370 West St. 241-3565

Living Hope 1043 State 243-8066

Mercy Medical Center  
2175 Roseline Ave. 225-6000

Northern Valley Catholic Social  
Service (NVCSS) 241-0552  
2400 Washington (off Park Marina)

People of Progress 243-3811  
1242 Center St. (off Shasta near Calif.)

RABA (public transit) 241-2877  
Yuba between Oregon & California

Redding Housing Authority  
777 Cypress Avenue 225-4048

Restoration Enterprises /Coalition  
3300 Veda St. 245-0500

Salvation Army 222-2207  
2691 Larkspur Lane

Second Home 247-3321  
Drop-In Day Center

Shasta Community Health Center  
1035 Placer St. 246-5710

Shasta County Alcohol - Drug  
2640 Breslauer Way 225-5242

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 Women's Refuge  
24-hour Crisis Line 244-0117

Shasta Regional Medical Center  
1100 Butte Street 244-5400

Shasta Senior Nutrition Program  
100 Mercy Oaks Drive 226-3071

SMART Employment Center  
1201 Placer Street 246-7911

Redding Rancheria Health Clinic  
3184 Chum Creek Rd. 224-2700

Veteran's Employment Services  
1325 Pine Street 225-2194

VA Outpatient Clinic 226-7555  
351 Hartnell Avenue

Veterans Resource Center 223-3211  
280 Hemsted Drive

Veteran Recovery Project 524-2788

Veteran Service Office 225-5616  
1855 Shasta Street

WIC (various locations) 225-5168  
Womens' Health Specialists 221-0193