Shasta County
Key Services

Now you can apply online & get info about CALFRESH (Food Stamps), CALWORKS, MediCal & CSMP. 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 & Saturdays by appointment)

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

USDAA 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: 242-3202  
Bill County Wellness Center: 337-6243

Shasta Treatment Center: 221-6237  
Northern Valley Catholic Social Center: 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:*
Medcal and CSMP: 225-5777

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

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

Redding Rancheria: 224-2700  
Shasta Regional Medical Center (hospital): 224-5400  
Veterans Outpatient Clinic: 226-7535

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 Rightsi: 241-3565

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

Deposit Loans: Loan Enterprises: 245-0500  
People with disabilities: Independent Living Services 242-6550

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  
Restoration Enterprises 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

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

CALWORKS 225-5767  
225-5000

FaithWORKS 242-1492

EDD 1325 Pine St. 225-2185

FOOD STAMPS/CALFRESH 240 Boreal Way 225-5777

General Assistance 240 Boreal Way 225-5767

Golden Umbrella 220 Merry 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 199 Round Mountain 337-6243

Independent Living Services 159 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 Klamath)

RABA (public transit) 241-2877

Yuba between Oregon & California

Rebuilding Housing Authority 777 Cypress Ave. 224-4048

Restoration Enterprises | Coalition 3300 Ved's St. 245-0500

Salvation Army 222-2207

2691 Larkspur Lane

Second Home 247-3321  
Drop-In Day Center

Shasta County Community Health Center 10113 Church St. 246-5710

Shasta County Alcohol - Drug 225-5242

Shasta County Housing Authority 1450 Court St. Rd. 108 225-5169

Shasta County Mental Health 240 Boreal Way 225-5200

Shasta County Public Health 2650 Boreal Way 225-3591

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 Place Street 246-7911

Redding Rancheria Health Clinic 314 Churn Creek Rd. 224-2700

Veteran's Employment Services 1313 Pine Street 225-2194

VA Outpatient Clinic 351 Hartnell Avenue 226-7555

Veterans Resource Center 223-3211  
280 Hemsted Drive

Veteran Recovery Project 524-2788

Veterans Service Office 225-5616  
155 Shasta Street

WIC (various locations) 225-5168

Women's Health Specialists 223-0193

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.peoplesofprogress.org  
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