

# Shasta County Key Services

**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. 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. every day)  
YMCA: 246-9622 \$5 (Mon - Fri. best to be there before 8 a.m. or after 2 p.m.) Living Hope: 243-8066 (showers on Wednesdays, laundry on Fridays)

## Information:

**General:** Helpline 12 Hour Line: 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:** The Good News Rescue Mission can now accommodate most medical needs and 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 CALWORKS contact your worker for one-time help paying for a motel and/or deposits to rent an apartment or home.

**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 (on a debit card): 225-5777 WIC (women, infants & children): 225-5168

USDA Commodity Program and Friday Food Bank (not just for seniors) operated by Shasta Senior Nutrition Program: 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:** Salvation Army: 222-2207 People of Progress: 243-3811 (Mon - Fri 10:00 to 11:00 am) Living Hope: 243-8066

## Employment or Income:

Job Listings & Resumes: SMART Community Employment Center: 241-7911 CALWORKS: (families with children) 225-5767 or 225-5000  
Shasta County General Assistance (monthly income & job search/resumes): 225-5767 Labor Ready: (day labor private employer) 242-6855

**Voice Mail Phone:** Free voice mail box. Access messages from any telephone. People of Progress: 243-3811

**Counseling:** Free or low cost services are available. Helpline 12 hr. Suicide & Crisis Line: 244-2222 Shasta Women's  
Refuge 24 hr. Domestic Violence Line: 244-0117 Shasta County Mental Health: 225-5200 Bridges to Success (parenting): 224-3202  
Northern Valley Catholic Social Service: 241-0552 Shasta Treatment Center: 221-6237 Hill Country: 337-6243 NASW: (not court-related or crisis) 241-5614 #16

**Drug/Alcohol Programs/Counseling:** Shasta County Alcohol/Drug Programs & other referrals: 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 Community Clinic (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 Free for low income persons. Housing, Benefits, Medical, Family Law, etc.

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

Northern Valley Catholic Social Service (NVCSS) has county-wide rental listings in their lobby and offers housing counseling: 241-0552

**Deposit Loans:** Restoration Enterprises: 245-0500 **People with disabilities:** Independent Living Services 242-8550 NVCSS: 241-0552

**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

**Transitional Housing:** Restoration Coalition: 245-0500 referrals to faith-based programs. FaithWORKS: 242-1492 (families only).

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

**Veterans:** Veterans' Service Office: 225-5616 V.A. Outpatient Clinic: 226-7555 Pointman (info. & referrals) 243-8387  
Veterans' Recovery Project Transitional Housing: 524-2788 Veterans' Employment Services: 225-2194

**Transportation:** Senior Transportation: 226-3075 Door-to-door bus service (\$1.25 donation per ride suggested)

RABA Monthly Bus Pass (there are discounts for people with disabilities) and RABA Demand Response Service (for persons who are mobility impaired): 241-2877.

One-ride bus passes for essential appointments or work: Good News Rescue Mission: 241-5754 People of Progress: 243-3811.

Low income car repairs/sales: Restoration Enterprises: 365-1599 Inexpensive bicycles for jobs/job search: Restoration Enterprises: 245-0500

More information on services can be found at [www.peopleofprogress.org](http://www.peopleofprogress.org)

[www.shastacoc.org](http://www.shastacoc.org)

This poster is an outreach project of People of Progress © 2010 People of Progress, Redding CA (530) 243-3811 Permission granted to photocopy. 3-2010

Bridges to Success 224-3202

CALWORKS 225-5767  
2460 Breslauer Way 225-5000

FaithWORKS 242-1492

FOOD STAMPS  
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 - 12 hour Crisis Line  
Counseling & Information 244-2222

HOPE Van 246-5710

Hill Country Community Clinic  
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

NASW Counseling 246-2181 #16

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.)

Pointman 243-8387

RABA (bus 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. 108 225-5160

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 Churn Creek Rd. 224-2700

Veteran's Employment Services  
1325 Pine Street 225-2194

VA Outpatient Clinic 226-7555  
351 Hartnell Avenue

Veterans' Recovery Project 524-2788

Veteran Service Office 225-5616

2625 Breslauer Way Cottage #4

WIC (various locations) 225-5168

Women's Health Specialists 221-0193

YMCA 1155 Court St. 246-9622