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- ▲ = Sacramento County
- ◆ = Students only
- = Requires assignment verification form

Behavioral Health

1. Anger Management Workbook

A workbook containing exercises to help identify triggers, understand the impacts of anger, and apply anger management strategies.

Ask an NHC staff member for a copy.

2. Center for Intervention Classes

Problem solving: Break down problems and find positive solutions. (Only in Vacaville.)

Anger management: Understand anger and prevent aggressive behavior.

Stress management: Identify stressors and make a plan to handle these situations.

Classes are 7 hours and held in Vacaville, Fairfield, or Davis. Ask an NHC staff member for dates.

3. Goal Directed Behavior Workbook

This workbook helps with taking responsibility for your behavior, realistically judging your self worth, and setting personal goals.

Ask an NHC staff member for a copy.

4. Davis Shambhala Meditation Center ○

Free mindfulness instruction and sitting meditation on Tuesdays at 7 pm and Sundays at 9 am. Come to quiet the mind and connect with the community.

133 D St, Suite H – 530-758-1440

5. National Alliance on Mental Illness – Sacramento ▲ ○

A free weekly support group for mental illness meets Sundays from 7-8:30 pm at the Sutter Center for Psychiatry, 7700 Folsom Blvd, Sacramento. A support group for Obsessive-Compulsive Disorder meets Mondays 7-9 pm at 3331 Power Inn Rd, Sacramento. All NAMI Sacramento support groups can be viewed online at:

Namisacramento.org/nami-calendar

6. National Alliance on Mental Illness – Yolo ○

A free support group for mental illness meets at noon on Thursdays at the

Cesar Chavez Plaza Community Room, 1220 Olive Dr, Davis. A Woodland group meets at 11 am on Fridays in the Williams Room at the Bauer Building, 137 N Cottonwood St. A free support group for families of people with mental illness meets every second and forth Sunday from 1:30-3 at the Woodland Memorial Hospital cafeteria. Every second Thursday from 5-7 at the Homestead Cooperative in Davis is a casual social gathering with refreshments and activities for adults with mental illness.

(530) 756-8181 - friends@namiyolo.org

7. Stress Management Workbook

This workbook explains common causes of stress, helps to identify stressors and symptoms, and assists in setting stress management goals.

Ask an NHC staff member for a copy

8. SeniorLink ▲ ○

A free program for Sacramento County adults 55+ experiencing isolation, depression, or anxiety. Staff advocates on your behalf with health care providers, increases socialization, and provides transportation services for a year. You must not already be receiving services through Sacramento County's mental health plan or be enrolled in other case management.

NHC staff will submit a referral on your behalf.

9. Yolo Hospice Support Groups ○

Colusa, Sacramento, Solano, Sutter, and Yolo county residents are welcome at these free support groups. Adult grief meets Thursdays, 6-7:30. Anticipatory loss meets every second and forth Monday, 7-8:30. The young adult support group, ages 18-30, meets every other Wednesday, 6-7:30. Other multi-week groups are available if you register such as "Processing Loss through Poetry and Art," "Healing through Yoga," and "Reinventing Life after Loss."

(530) 758-5566 – 1909 Galileo Court, Suite A, Davis

Substance Use/Addiction

1. Alcoholics Anonymous ○

Meetings focus on achieving and maintaining sobriety while aiding in the recovery process. The only requirement for membership is a desire to stop drinking. The Davis Young People's Group meets Fridays, 7-8:30 pm at St. Martin's Episcopal Church, 640 Hawthorne Lane.

A list of meeting times and locations are available upon request from NHC staff.

2. Al-Anon ○

A mutual support group of peers who share their experiences related to the effects of problem drinkers in their lives. Anyone affected by someone else's drinking is welcome.

Meetings held in Davis and throughout Sacramento. A schedule can be found online at:

al-anon.org/al-anon-meetings/find-an-al-anon-meeting/

3. Center for Intervention Drug and Alcohol Class

Learn to identify classes of drugs and their affects. Differentiate between experimentation and addiction. 2 hours, held in Davis.

Ask an NHC staff member for upcoming dates.

4. Freedom from Problem Gambling Workbook

A self-help workbook to help you figure out if your gambling is a problem, why you gamble, and how to stop or reduce gambling. Contains several exercises and takes at least a month to complete.

Ask an NHC staff member for a copy.

5. LifeRing Secular Recovery Meetings ▲ ○

An abstinence-based group of individuals seeking to live in recovery from substance and alcohol addictions. LifeRing offers small groups that meet weekly to encourage personal growth

and learning while discussing struggles and successes in sobriety.

Meetings held daily throughout Sacramento area. Ask an NHC staff member for the schedule.

6. Mothers Against Drunk Driving (MADD) Victim Impact Panel ○ ▲

MADD Victim Impact Panels (VIPs) in Sacramento provide a nonjudgmental forum for victims to speak to participants about the impact of their actions. VIP's have been used in prisons, with parolees, in youth education programs, and in treatment centers.

Spots are limited; please reserve your spot at www.maddvip.org.

7. Narcotics Anonymous ○

Narcotics Anonymous employs the traditional 12-step program used by Alcoholics Anonymous with an emphasis on a wider variety of addictive substances, including prescription drugs and illicit drugs. They focus on the impacts of addiction on daily life.

A list of all meeting times and locations are available upon request from NHC staff.

8. Rethinking Drinking

Rethinking Drinking is a short workbook which focuses on helping the participant to chart their drinking habits, understand emotional triggers, and learn the harms of overconsumption. The workbook promotes safe habits and challenges the individual to think about their alcohol consumption from all angles.

Ask an NHC staff member for a copy.

9. Smart Recovery Toolbox

The SMART Recovery Toolbox provides a variety of methods, worksheets, and exercises to help you self-manage your addiction recovery and your life. This workbook is based on developing cognitive thinking skills to support addiction recovery.

Ask an NHC staff member for a copy.

Employment

1. All Leaders Must Serve ○

All Leaders Must Serve (ALMS) is a mentoring organization for young adults ages fifteen to twenty-five with a focus on job readiness and self-sufficiency. The Young Adults course focuses on teaching the skills needed to succeed in the workplace and in real life. The initial 12 week course includes essential lessons on soft skills, career coaching, mentoring, and goal setting. Meetings are held once a week at various sites. Ongoing mentoring through age 25 is available to young adults who are interested in continued support.

Apply at

AllLeadersMustServe.org/Students or email Dawn@AlmsinYolo.org for an application.

2. Licensee Education on Alcohol and Drugs

The California Department of Alcoholic Beverage Control's LEAD Program is a free prevention and education program for retail licensees, their employees, and applicants. You can take the class online or in person.

Classes are located in Sacramento.

Sign up at

abc.ca.gov/programs/Lead%20webpage.html

3. One-Stop Career Center ○

One-Stop provides employment assistance, workshops, and various other resources to all Yolo County residents free of charge. Career center staff can assist participants in job searching online and a copy/fax machine is also available. Workshops focusing on career exploration, job applications, resumes, interview techniques, and job searching are provided every fifteen days if you register in advance.

Ask an NHC staff member for a copy of this month's One-Stop workshop and class schedule. To register, contact Eileen Whitfield at (530) 661-2750, ext. 4359.

4. RISE Inc ○

This youth employment program serves out of school youth under the age of 25. Eligibility requires clients to be either low income, pregnant, parenting, a foster care child, or disabled. The program will provide job readiness and career exploration, paid work experience, help with school enrollment, etc.

Only available to Woodland residents.

Call (530) 787-4110 or email

Kera@riseinc.org to contact an employment specialist and enquire about enrollment.

5. WCC Career Center ○

The Woodland Community College career center is available to all students and community members who seek assistance in identifying career and personal goals, are interested in the career exploration process, and require tools for college major selection and/or resume and interviewing skill development. They offer free personality career assessments, access to a current library of occupation-specific references and resources, and career workshops/seminars. They also offer free one-on-one career counseling.

2300 E Gibson Rd, building 700, room 774 – (530) 661-5777—Tuesdays and Thursdays, 12-3pm, walk-ins welcome.

6. Workforce Innovation and Opportunity Act Training Program ○

Yolo county residents ages 18-24 can sign up for WIOA, which provides up to \$5,000 in tuition fees for in-demand short-term training schools from their approved list. WIOA also assists with job readiness, apprenticeships, and school visitation before enrollment.

Males must be registered for the selective service to participate. Contact Edith Soloranzo at (530) 661-2750 ext. 4029 to set up an informational appointment at the Yolo HHSA building.

Education

1. California Conservation Corps ○

The CCC offers a hybrid job skills training and adult education program. The program requires a 40 hour work week at minimum wage, and those without a high school diploma must earn one through CCC's partnership charter school. The CCC is open to individuals 18-25.

1719 24th St, Sacramento
(916) 341-3224 – www.ccc.ca.gov

2. Davis Adult and Community Education ○

DACE offers a state-approved course to earn a High School Diploma free of charge. To enroll, students must have a copy of their most recent transcript and must register in-person. Students may enroll at any time throughout the year by bringing a copy of their most recent transcript to the office and then attending the orientation series and taking the pre-assessment test. Lastly they must schedule an advisory session with the principal. Classes meet Monday-Thursday.

English as a Second Language at DACE provides students with a free opportunity to increase their use and understanding of the English language. Students must register in person at the office and then make an appointment to take the pre-test. Classes are Mon/Weds or Tues/Thurs.

315 W. 14th St
(530) 757-5380

3. DriveSafely's Defensive Driving Skills Guide

A short workbook about defensive driving practices focusing on eliminating distractions on the road, decreasing the chances of having an accident, and instilling personal habits to make the road a safer place for yourself and the drivers around you.

Ask an NHC staff member for a copy.

4. Independent Living Skills Program ○

ILSP offers youth under twenty-one assistance in gaining life skills. This

program is for those who are leaving or have already left the foster care system, or were on probation and are in out-of-home placement. Participants will be taught things such as how to open a bank account, how to obtain a California ID, how to conduct a job search, how to research secondary education options, how to manage money, and much more. Ask an NHC staff member for a copy of this month's ILSP program calendar.

Ramiz Ali, (530) 666-8441
25 N. Cottonwood St, Woodland

5. Northern California Construction Training ○

NCCT is a job preparation program offered to men and women 16 and up. The six month pre-apprenticeship program helps prepare individuals for entry into various construction trade apprenticeships. Tools are provided, as well as remedial education and GED preparation if necessary. Download the application online and bring it into the office between 7 am and 2 pm, along with the welcome packet, your social security card and driver's license, a print out of your DMV record, and your GED or high school diploma (if you have one).

1290 Cattie St, West Sacramento
(916) 372-7422

6. Sacramento Food Bank and Family Services Adult Education ▲ ○

SFBFS's tutors help prepare adult learners for the high school equivalency tests, the GED, and the HiSET during day or evening hours. Orientation for adult basic education courses is offered every Thursday at 1 pm at the Education and Technology Center, 3308 Third Avenue in Sacramento. Adults wishing to improve their English may attend free classes during the day or evening at the 3333 Third Avenue in Oak Park. Volunteers lead five different levels of ESL and there is also a language lab with Rosetta Stone. Individuals studying for the USCIS

Education

Naturalization Interview are invited to join a free 8 week citizenship course which meets Tuesdays and Thursdays in the morning or evening. Parents with children ages 1-3 who are enrolled in adult education can receive free daycare while they are learning.

(916) 456-1980

For ESL and Adult education, dial ext 7641 for Max Villalva

For citizenship courses, dial ext. 7644 for Jennifer Call

7. Sacramento Food Bank and Family Services Parent Education ▲ ○

Attend supportive parenting courses about infant and toddler development and earn credits based on your attendance, which can be exchanged for diapers, baby food, clothing, toys, etc. Parent Education is open to families, mothers, fathers, or guardians of children ages 0-5 that live in the Sacramento area. The free classes include topics such as budgeting, health, nutrition, stress management, school readiness, father involvement groups, parent/child play groups, and more. There is also access to educational books and local community resources. Ask an NHC staff member for the upcoming orientation times and class schedules for this month.

(916) 456-1980 ext. 7622

8. Washington Adult School ○

An adult training program with open enrollment offering free courses such as English as a Second Language (beginning, intermediate, and advanced), citizenship, and high school diploma equivalency (a copy of your most recent high school transcript is required for enrollment in this class). A counselor can help you create an educational plan that is flexible to your needs and effective in helping you meet your educational goals. There is also a student center with information about college registration, financial aid, and career exploration.

919 Westacre Rd, West Sacramento
(916) 375-7740

9. Woodland Adult Education ○

Woodland Adult Education offers free basic review courses designed to improve reading, writing, and math in preparation for the GED, HiSET, or a high school diploma. There are also free test preparation courses for the CBEST (teaching credential) and CODESP (human resources) exams. Students interested in pursuing a high school diploma or an equivalent certificate must attend orientation, which is held Tuesdays at 9 am and Wednesdays at 5:30 pm weekly. Woodland Adult Education also offers four levels of free ESL courses in the daytime on Mon-Fri from 9am – 1pm and in the evening on Mon-Thurs from 6 – 8:30 pm. Orientations are held on Mondays and Thursdays at 9 am and Tuesdays and Thursdays at 6 pm.

575 Hays St, Woodland
(530) 662-0798

10. Woodland Community College ○

Through WCC's Admissions and Records office, students can obtain information regarding admission, enrollment, classes, placement testing, and various other processes. The Financial Aid office is available to assist students in bridging the gap between their own resources and the cost of attending college. They offer assistance with completing applications and can provide information about the requirements of various financial aid programs.

2300 E Gibson Rd, building 700
Mon-Tues 9am-6pm Weds-Thurs 9am-5pm, Friday 9am-12pm
Admissions: (530) 661-5720
Financial Aid: (530) 661-7525

11. Woodland Public Library Literacy Services ○

English reading and writing skills are taught to adults by tutors. Turn in an application to be matched up based on

Education

availability. Tutors typically meet with students for 1-2 hours a week.

*250 First Street, Woodland
(530) 661-5987*

trina.camping@cityofwoodland.org

12. Writing Assignment

Research papers can be helpful to educate you on the impact of the incident on yourself and on the community. Writing assignments allow for further reflection concerning the harms of your actions and may help you come to an understanding on the public policy behind the law. Reflective essays can also be helpful by allowing you the time to reflect on the harms which have been done to others, as well as yourself. When you reflect, be sure to also reflect on what it will take to restore balance and trust in the community after this incident.

Topic points for writing assignments should be written out in further detail on the writing assignment form. Please also specify the amount of pages that will need to be turned in.

13. Yolo County Office of Education ○

The Office of Education provides free assistance to all individuals who wish to pursue a high school diploma through adult education programs, or who wish to explore options for higher education (community college, trade schools, 4-year universities, etc.). A dedicated client navigator meets 1-on-1 to discuss and develop strategies to help individuals overcome all forms of barriers that may prevent them from pursuing further education.

*Eric Banuelos: (530) 761-1056
1280 Santa Anita Ct, Woodland*

14. Yolo Reads Literacy Services ○

In partnership with local libraries, Yolo Reads offers free assistance at the learner's own pace. You can set personal reading and writing goals with your tutor and meet one-on-one once a week at the library for up to two hours. Some tutors can also meet at a coffee

shop, bookstore, or community center. Additionally, Yolo Reads offers free English conversation groups at the Davis library for limited English speakers during both day and evening hours. Yolo Reads is active at libraries in West Sacramento, Davis, Esparto, Clarksburg, Knights Landing, and Yolo.

West Sacramento: 1212 Merkley Avenue, (916) 375-6465

Davis: 315 E. 14th St, (530) 757-5593

Neighborhood Court Agreements are:

**Specific
Measurable
Attainable
Reasonable
Respectful
Timely
Restorative**

Economic Needs

1. California Alternate Rates for Energy Program

CARE provides a 20% discount on energy bills for households of at least two people with a combined income equal to or less than twice the federal poverty limit.

242 N. West Street, Woodland – (530) 662-2836

1410 Merckley Avenue, West Sac – (916) 371-4559

316 L St, Davis – (415) 973-7000

2. Clearpoint Credit Counseling

ClearPoint offers free budget and credit counseling sessions over the phone, online, or face-to-face, along with foreclosure prevention and rental counseling. You can also request a free FICO credit score and report.

1750 Howe Ave, Suite 125, Sacramento (877) 877-1995

3. Food Banks and Providers

Ask an NHC staff member for a calendar of food distributions in Davis, West Sac, or Woodland.

4. Food for Seniors ▲○

Sacramento County seniors over sixty who face financial, medical, or mobility challenges can receive a box of food staples each month. To see if you qualify, bring your driver's license and a bill to verify your address to a distribution site.

Ask the NHC staff for a schedule of distribution locations.

5. Lifeline Phone Service

LifeLine provides a discounted phone line for households receiving benefits if your service provider is an approved service. Once you notify your provider that you qualify, they submit your application and LifeLine mails you an enrollment form, which you must return with proof of benefits.

English: (866) 272-0349

Spanish: (866) 272-0350

www.californialifeline.com

6. North Coast Energy Services Inc.

The Home Energy Assistance Program (HEAP) provides payment assistance for home energy bills once per calendar year. Households who have received a shut-off notice may receive immediate help by visiting the Woodland office.

1250 Harter Avenue, Suite D, Woodland (530) 669-5700

7. Yolo 211 Fresh Text

FreshText is a free service that sends you a text reminder twenty-four hours before the next free food distribution in your community. To opt in to this service, text the keyword for your community to 888777:

Woodland: OLIVE | North Yolo: RICE

West Sac & Clarksburg: GRAPE

Davis: TOMATO | UC Davis: AGGIES

Capay Valley: WALNUT | Winters: ALMOND

8. Sacramento Food Bank ▲

Ask an NHC staff member for this month's Produce for All calendar, which provides free fruits and vegetables at distribution sites with no eligibility requirements. To sign up for CalFresh, make an appointment or walk in to the Sacramento Food Bank for help submitting an application. To find a food distribution near you, go to the website and search by zip code:

Sacramentofoodbank.org/food-access

1951 Bell Avenue, Sacramento – (916) 925-3240

3333 Third Avenue, Sacramento -- (916) 456-1980

9. Sacramento Food Bank and Family Services Clothing Program ▲○

SFBFS provides free clothing to Sacramento County families in need. Clients can shop once a month and take up to twenty items. Call to make an appointment before a job interview to pick out free professional business attire. In order to shop, all household members must be present with ID.

3333 Third Avenue, Sacramento

Tues 10-1, Weds 4-7, Friday 10-1

(916) 456-1980

Service Centers

1. Alta Regional ▲ ○

Provides day programs for those with developmental disabilities and competency issues. They can also help with living arrangements, education, employment, socialization, and mental and behavioral health.

2241 Harvard St suite 100, Sacramento
(916) 978-6400, 8am-5pm
www.altaregional.org

2. Communicare ○

Woodland Community College students with a student ID can receive free confidential health services. Specialists also assist with filling out applications for Medi-Cal and Covered California.

215 Beamer Street, Woodland
Mon-Tues 8am-9pm, Weds-Fri 8-5
(530) 405-2800

3. Davis Community Meals Resource Center ○

Providing the homeless with food, showers, laundry facilities, clothing, phones, transportation, and mailing addresses. They can also give referrals for utility shut-off prevention, rental assistance, health care, and counseling.

1111 H Street, Davis – Mon-Fri 8-4
(530) 753-9204

4. Empower Yolo ○

Free, confidential help with enrollment in public assistance programs, referrals to food banks and clothing closets, career coaching, tax assistance, counseling, citizenship classes, parenting classes and child development screenings for individuals who have been victims of domestic violence, stalking, human trafficking, sexual assault, and child abuse. All services are available in Spanish. To start, come to the Woodland office (Mon-Thurs 8:30-5, Fri 8-4) or leave a voicemail on the therapy line.

175 Walnut St, Woodland – (530) 661-6336

Therapy intake line: (530) 665-5332

24 Hour Crisis Line: (530) 662-1133

5. Health and Human Services

Agency ○

Programs you may be screened for include CalFresh, WIC, the Woodland Food Closet, Medi-Cal, Covered California, CalWORKS, General Assistance, SSI, Social Security Disability Income, Refugee Cash Assistance, the Child Care Subsidy Payment Program, the Alternative Child Care Payment Program, Step by Step Home Visiting, STEAC, and Suit up for Success. Eligibility depends on income.

25 N Cottonwood St, Woodland - 8am-5pm - (530) 661-2750

500 Jefferson Blvd, Suite A, West Sac - 8am-4pm - (916) 375-6200

6. Legal Services of Northern California ○

Free benefits and legal assistance for low-income residents in Yolo County, including housing, senior care, consumer, and employment law. No criminal or traffic cases.

619 North Street, Woodland (530) 662-1065 – 8:30am-5pm

Woodland-office@lsnc.net

7. Planned Parenthood ○

Affordable healthcare and sex education with or without insurance. Services include birth control, HIV testing, men and women's health care, pregnancy testing and services, emergency contraception (available anytime for walk-ins), or STD treatment, testing, or vaccines. Spanish interpreters available on request.

Walk-ins accepted; appointments preferred. (877) 855-7526.

Mon-Tues and Thurs-Fri, 8:30-5

8. Yolo County Victim Services ○

Staff educates victims on their rights and options and can also connect them to housing and counselors for emotional trauma. Services are free.

301 Second St, Woodland – Mon-Fri, 8am-5pm

Child Care | Emotional Support

1. Children's Home Society

A hotline for childcare referrals in your area along with info on upcoming workshops, knowledge on child development, assistance with employment, and additional resources.
(530) 645-6265, Mon-Fri 9am-3:30 pm

2. Collings Teen Center After-School Program

West Sac students can hang out for free in a supervised, relaxed environment. There are internet, pool tables, basketball, video games, and a variety of scheduled activities year-round.
*1541 Merkley Avenue, West Sac
Mon-Fri 2pm-6pm - (916) 375-0681*

3. Yolo County Children's Alliance ○

Play School Experience, a bilingual early childhood education program, is offered two times a week in English and Spanish and twice a month in English and Russian. Children ages 0-5 learn school readiness while parents receive support. The YCCA also has English and non-English speakers to translate documents, fill out applications, receive developmental screenings, prepare taxes, or help to enroll you in Medi-Cal, CalFresh, or free parenting workshops.

*637 Todhunter Avenue, West Sac
Mon-Fri 8am-4:30 pm - (916) 572-0560*

4. Yolo Crisis Nursery

The Yolo Crisis Nursery offers care packages to any family in need with children ages 0-5 which include supplies such as diapers, wipes, baby formula, clothing, etc. Call the nursery weekdays 7am to 7pm for this service. They also offer free crisis care, for when parents face an immediate challenge in providing a safe environment. Children can receive up to 30 days of care over a 6 month period, 24/7, 365 days a year.
(530) 758-6680 – Location not publicly disclosed for safety reasons, call for more info.

1. Crime Victims Assistance Network ▲○

I-CAN provides survivors with emotional support, information, resources, and referrals. All of their services are free of charge. To find out if you are eligible for free counseling or therapy, call them today.

*1809 S Street, #101316, Sacramento –
Mon-Fri 9am-5pm – (916) 273-3606 -
getinfo@ican-foundation.org*

2. Volunteers in Victim Assistance ▲○

VIVA is a full service center for victims, witnesses, friends, and family members who have experienced a violent crime or trauma in Yolo County. They provide crisis intervention, counseling (individual, child, family, or group), long term therapy, parenting classes (\$10 per class), hospital visitation, and criminal justice advocacy at sliding scale fees. Call for more information.

*2020 Hurley Way, Suite 205
Sacramento, Mon-Fri 9am-5pm.
Evening appointments available upon request – (916) 570-1690*

3. Women Escaping a Violent Environment ▲○

WEAVE provides programs and services to those impacted by domestic violence, sexual assault, and sex trafficking, whether the incident just occurred or happened years ago. Their 24/7 support and information line can link you to an emergency shelter, advocates who can accompany you to law and medical appointments, financial mentoring and education, and assistance in filling out paperwork to make your address confidential and unlisted. If you walk in during triage hours (Tuesdays and Thursdays 12-2pm, Wednesdays 5-7pm) a therapist can assess your needs, create a safety plan, and help you to access WEAVE's other services like individual and group counseling.

*1900 K St, Sacramento - Mon-Fri 9-4:30
– (916) 920-2952*

Making Amends in the Community

1. Apology Letter

Letters of apology can help sort out your feelings and realize the consequences of your actions, as well as apologize formally. Agreements should specify the length of the letter by pages and the address of the recipients. Ask your facilitator for a copy of the guidelines.

2. Restitution for Direct Victims

Direct victims are entitled to restitution for any economic loss resulting from the criminal conduct. This is determined before a conference by the District Attorney's office, but a payment plan can be negotiated.

Community service is appropriate when it is mutually agreed upon by the panelist and the participant. The work should not exceed twenty hours and must be performed in the community that was harmed by the offense. Assignment verification form required.

Woodland	Davis	West Sacramento
<p><u>1. Empower Yolo</u> Help organize the clothing closet. <i>Volunteer coordinator: Ye, (530) 661-6336</i></p> <p><u>2. Meals on Wheels</u> Provide group meals and deliver food to homebound seniors. You can work as a kitchen aide (serving food, helping clean up) from 9am-1pm or as a receptionist from 10:30am - 12pm. <i>Call (530) 662-7035, Mon-Fri 10:30am-1pm</i></p> <p><u>3. Woodland Tree Foundation</u> Water and mulch trees during the summer and fall, plant trees in the winter and spring. Each event lasts 3-4 hours and is usually held on Saturday mornings. <i>Volunteer coordinator: Ken Trott (530) 867-3130</i></p>	<p><u>1. Central Park Gardens</u> Assist with maintaining the garden every other Saturday morning. <i>Volunteer coordinator: Emily Griswold, centralparkgardens@gmail.com</i></p> <p><u>2. Davis Cemetery and Arboretum</u> Weeding, pruning, and physical labor. Mon-Fri 9am-4pm. <i>Volunteer coordinator: Kristi (530) 756-7807</i></p> <p><u>3. Meals on Wheels</u> Provide group meals and deliver food to homebound seniors. You can work in the kitchen from 9am-1pm or as a receptionist from 10:30am-12pm. <i>Call (530) 747-5870, Mon-Fri 9am-1pm</i></p> <p><u>4. Tree Davis</u> Plant and care for trees in Yolo County. Plantings occur October-May on weekends. <i>Volunteer Coordinator: Yael Franco, (530) 297-8062 or yael@treedavis.org</i></p> <p><u>5. Village Harvest Davis</u> Harvest fruit trees for donations once to twice a week. <i>Volunteer coordinator: Joe Schwartz, (530) 759-9792</i></p>	<p><u>1. Meals on Wheels</u> Provide group meals and deliver food to homebound seniors. You can work as a kitchen aide (serving food, helping clean up) from 9am-1pm or as a receptionist from 10:30am-12pm. <i>Call (916) 373-5805, Mon-Fri 9am-1pm</i></p> <p><u>2. West Sacramento School Gardens</u> Assist with garden maintenance at River City High School. <i>Volunteer Coordinator: Andrew Tait – Atait@wusd.k12.ca.us</i></p>

Student Resources

1. Aggie Recover, Inspire, Support, and Empower 12-Step Meetings ♦ ○

Provides students who are struggling with addiction/dependency with a support system and a safe space to discuss personal issues. Group members strive for abstinence but welcome those in all stages of recovery. *Thursdays 8 pm at the Putah Creek Riparian Reserve Fire Pit.*

2. Alcohol, Tobacco, and Other Drug (ATOD) ♦

Helping students make healthy choices with substances. Intervention Service Coordinators provide assessment and intervention services. No-use or low-risk behaviors encouraged.

Call (530) 752-6334 for an appointment and mention you are in Neighborhood Court.

3. Sacramento City College West Sacramento Center ♦ ○

Students can receive assistance with financial aid forms, enrollment, and registration. There is a computer lab and a math lab with drop-in tutoring. There is also a writing center with tutoring for English and ESL classes.

*1115 West Capitol Avenue, West Sac
Mon-Thurs 8am-6pm, Fri 8am-4pm
(916) 375-5511*

4. UC Davis Counseling Services ♦ ○

Free counselors help students cope with issues such as ADHD, anxiety, substance abuse, conflict resolution, depression, eating disorders, family problems, personal development, sexual assault, and stress management. Appointments are located at North Hall; if long term services are needed a referral to a community professional will be made. If you are a med, veterinary, or law student, the location and referral process for counseling is different.

(530) 752-2349 - Mon-Fri, 8-5

5. UC Davis Internship and Career Center ♦ ○

UCD's Internship and Career Center is available to all students and graduates up to one year past graduation date. They offer assistance in obtaining internships, applying for jobs, post-grad education, joining the Peace Corps or military, and more. 15 minute career counseling sessions are available for walk-ins; thirty minute follow-up sessions can be scheduled when necessary. The ICC also has career workshops and career/internship fairs.

*South Hall, Mon-Fri 10am—4pm
(530) 752-2855*

6. UC Davis Safe Party Website

A website with tips for reducing the risks of alcohol and noise complaint problems, as well as party-throwing advice.

www.safeparty.ucdavis.edu

7. UC Davis Student Academic Success Center ♦ ○

Academic support services including study skills workshops, advisement, ESL support, and drop-in tutoring.

*111 South Hall, UC Davis
Mon-Fri 9am-12pm and 1pm-4pm
(530) 752-4475 – success.ucdavis.edu*

8. UC Davis Transfer Reentry Veterans Center ♦ ○

Helping all transfer students, veterans, dependents of veteran students, and reentry students to acclimate to life at UC Davis.

*1210 Dutton Hall, UC Davis
9am-4pm – (530) 752-2200
success.ucdavis.edu/trv/index.html*

9. Woodland Community College Counseling Office ○

Counselors will help students develop an education plan to earn an Associate's degree, transfer to a university, or complete a certification program. They also offer academic success workshops.

*2300 E Gibson Rd, #700, Woodland –
(530) 661-5703 – By appointment only*