

Greenville Rancheria Community Resource Guide



Greenville Rancheria Medical & Dental Clinic
410 Main Street
Greenville, CA 95947
Medical: (530) 284-6135 Dental: (530) 284-7045

Greenville Rancheria Tribal Health Center
1425 Montgomery Rd
Red Bluff, CA 96080
Phone: (530) 528-8600

Greenville Rancheria Dental Clinic
343 Oak Street
Red Bluff, CA 96080
Phone: (530) 528-3488

Greenville Rancheria
Community Resource Center
2 Sutter St, Ste B & D
Red Bluff, CA 96080
(530) 727-9631

Emergency Call 911	Tehama County Sheriff (530) 529-7900	Corning Fire Dept. (530) 824-7044	Plumas County Sheriff (530) 283-6375
Red Bluff Police Dept. (530) 527-3131	California Highway Patrol (530) 527-2034	St Elizabeth Hospital E.R. (530) 529-8000	Indian Valley Fire Dept. (530) 249-2190
Corning Police Dept. (530) 824-7000	Red Bluff Fire Dept. (530) 527-1126	Poison and Drug Info. 1-800-222-1222	

ORGANIZATION	ADDRESS	DETAILS	CONTACT INFO
Abuse & Domestic Violence			
Adult Protective Services	310 S. Main St Red Bluff, CA 96080	M-F, 7:30-5	(530) 527-1911 1-800-323-7711
Child Abuse Hotline		CPS	(916) 875-KIDS
Child Protective Services	310 S. Main St Red Bluff, CA 96080	M-F, 7:30-5	(530) 527-1911 1-800-323-7711
Empower Tehama	1805 Walnut St Red Bluff, CA 96080	Rape Crisis Center, domestic violence response services, children's services, young adult services, sexual assault and human trafficking response, prevention and education.	(530) 528-0226 24-hr crisis (530) 727-9423 counseling 1-800-324-6473
Inter Tribal Council of California		Call for services related to domestic violence involving an intimate partner. Helps locate safe housing, can help with hotel rooms, food, gift cards, clothing.	916-973-9581

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One Safe Place Women's Shelter	www.OSPshasta.org	A nongovernmental organization that works with community partners toward ending domestic and family violence, sexual assault, and other types of abuse.	(530) 244-0117
Plumas County Victim Witness Advocates	270 County Hospital Road, Suite 128 Quincy, CA 95971	M-F, 8-4	(530) 283-6285
Plumas Rape Crisis Program	591 Main St		
Plumas Crisis Intervention and Resource Center	Quincy, CA 95971	Provides support services	(530) 283-5515
Plumas Rural Services Domestic Violence Services	711 E. Main St Quincy, CA 95971	Temporary emergency housing and other services	crisis hotline 1-833-723-2968 dvs@plumasruralservices.org (530) 283-5675
Plumas Rural Services Child Abuse Treatment Program	711 E. Main St Quincy, CA 95971	Counseling sessions, legal assistance, transportation	Heather Caiazzo, Therapist (530) 283-3960 1-800-597-1116
Sexual Abuse Hotline		RAINN	(800) 656-HOPE
Sierra Safe Program Plumas Crisis Intervention and Resource Center	591 Main St Quincy, CA 95971	Providing support to victims and survivors in Sierra County	(530) 993-1237
Strong Hearts Native Helpline			1-844-7NATIVE
Tehama Co. Conservator Public Guardian	1740 Walnut St Red Bluff, CA 96080	M-F, 8-5	(530) 527-5634
Victim Witness	444 Oak St Red Bluff, CA 96080	M-F, 8-5	(530) 527-4295
Animal Services			
Animal Control	201 N. Mill Creek Rd Quincy, CA 95971	M-F, 8-5 (closed 12-1)	(530) 283-3673
Buster's Paw Prints	Tehama County	Fostering, low income spaying, pet food pantries	busterspawprints@gmail.com
Deserving Pets Rescue	P.O. Box 371 Red Bluff, CA 96080	Rehabilitate abandoned, injured and sick PETS	
Friends of Plumas County Animals	2163 E Main St Quincy, CA 95971	https://www.plumasanimals.org/	(530) 927-9485
High Sierra Animal Rescue	103 Meadowridge Ln Portola, CA 96122	M-Sa, 10-4	(530) 832-4727

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Indian Creek Veterinary Clinic	258 Old Arlington Rd Crescent Mills, CA 95934	M-Tu, 9-5; W, 9-12	(530) 284-6187
Plumas Animal Welfare Society (PAWS)	2453 E Main St Quincy, CA 95971	Exclusively for cats located in Quincy, California.	(530) 283-5433
Plumas County Animal Shelter	201 N. Mill Creek Rd Quincy, CA 95971	M&F, 8-5; W, 10-7; closed 1-2	(530) 283-3673
Plumas Veterinary Service	81010 Hwy 70 Beckwourth, CA 96129	M-Tu & Th-F, 9-5:30	(530) 832-4485
Tehama County Animal Care Center	1830 Walnut St Red Bluff, CA 96080	M-F, 11-5; Sa-Su, 1-5	(530) 527-3439
Behavioral Health			
988 Suicide and Crisis Lifeline		24 hours	988
A New Season Grief Support Group, RBV	Red Bluff Vineyard 738 Walnut St Red Bluff, CA 96080	Wed. @ 11 am Peer-led group	Visit RB Vineyard's Facebook page for details
Bereavement Support Group	2550 Sister Mary Columba Dr Red Bluff, CA 96080	Call for details.	Kristen Duarte at (844) 503-1398.
BrightLife Kids	brightlife.kids/ca ; download app	Free behavioral health coaching to all California kids ages 0-12. No costs attached. No insurance required. No referrals needed.	ce@helloworldbrightline.com
California Parent & Youth Hotline	nationwide	Weekly evidence-based support groups for parents, children, youth	855-427-2736 Call or text 24 hours
California Youth Crisis Line	California	Counselors respond to calls and texts from youth and families in crisis.	1-800-843-5200 Call or text 24 hours
Caminar for Mental Health	Offices in Butte County	Support, social activities, training for adults with mental health conditions.	Butte Crisis Hotline: (800) 334-6622
Chico Vet Center	250 Cohasset St, Ste 40 Chico, CA 95926	M-F, 8-4:30; Confidential help for veterans, service members, and their families at no cost in a non-medical setting.	(530) 899-6300
Children First Lassen Counseling Services	590 Antelope Blvd, #30B Red Bluff Ca 96080	Provides counseling treatment for children and families.	(530) 690-2536
Circle of Hope	Red Bluff Community Center 1500 S. Jackson St Red Bluff, CA 96080	M, 10-11:30 am Support group from pregnancy until your child is 12 months old.	(530) 840-1124 (Laura Burlison)

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Community Behavioral Health	Various locations	In-person and telehealth counseling and psychiatry services available. Accepts Partnership Medi-Cal. https://www.cbh.us/	(530) 392-4399
Disaster Distress Helpline	national line	The first national hotline dedicated to providing year-round disaster crisis counseling.	1-800-985-5990
Domestic Violence Hotline		24 hr. hotline. Provides essential tools and support to help survivors of domestic violence. Offered in 200 languages.	call 1-800-799-7233 or text "START" to 88788 24 hours
Eastern Plumas Health Care (EPHC)	Main Campus: 500 1st Ave Portola, CA 96122	Hospital, Outpatient Services, Behavioral Health, CalAIM, Skilled Nursing Facility	(530) 832-6500
Empower Tehama	1805 Walnut St Red Bluff, CA 96080 (locations throughout Red Bluff and Corning)	Domestic violence response, youth & children's services, abusive behaviors programs, sexual assault & human trafficking response, and prevention & education.	24-Hour Crisis Hotline: (530) 528-0226
Family Counseling Center	1347 Grant St Red Bluff Ca 96080 1112 Washington St Red Bluff 96080	Provides evidence-based therapies to most ages. Spanish-speaking therapist available. Accepts Partnership Medi-Cal and other insurances.	(530) 527-6702
Fussy Baby Network		M-F, 9-5 Central Time English and Spanish Helps families struggling with their infants' crying, sleeping, and feeding.	1-888-431-2229
Indian Country Child Trauma Center	telehealth	https://www.icctc.org Oklahoma City-based center specializes in treatment of Native American children that live with trauma and sexual abuse.	(405) 271-8858
Karen Desocio, LCSW	Greenville Rancheria Medical Clinic 1425 Montgomery St Red Bluff, CA 96080	Counseling services	(530) 528-8600

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Kathryn Walseman, MD	Greenville Rancheria Medical Clinic 1425 Montgomery St Red Bluff, CA 96080	Psychiatric services	(530) 528-8600
Law Enforcement COPLINE		24 hrs. Dedicated to providing behavioral health services to active and retired law enforcement officers and their loved ones.	800-267-5463
Lidia Firulescu, MD	Greenville Rancheria Medical Clinic 1425 Montgomery St Red Bluff, CA 96080	Child psychiatrist working with children over the age of 5	Call our office for more
Life Light Pregnancy Help Center	3050 Victor Ave, #C Redding, CA 96002	Support, pregnancy tests, material support, parenting education, ultrasounds referral.	(530) 222-5200
LifeNet	1008 Madison St Red Bluff, CA 96080	Opens at noon on weekdays. Provides parenting & pregnancy counseling and education, etc.	(530) 727-9888
Lynn E. Fritz, LMFT	1452 Oregon St Redding, CA 96001	Personal empowerment; treating anxiety, grief, depression, PTSD; relationship issues; spiritual issues. Also, performs Native American blessing rituals, public speaking, etc. https://www.lynnfritz.com/index.html	(530) 243-8862
NAMI (National Alliance on Mental Illness) Tehama	Tehama County Health Services Agency 1445 Vista Wy Red Bluff Ca 96080	1st Th, 5-6:30 pm Offers Peer Counselors at RBHS, Family-to-Family courses for those close to adults with mental health conditions, youth symposiums, suicide prevention activities.	(530) 917-6845 NAMItahamaca@gmail.com Matilda Grace, Regional Lead (916) 567-0163 Ext. 120 matilda@namica.org
NAMI Family Support Groups (free)	Redding Public Library 1100 Parkview Avenue Redding, CA 96001	Free, confidential, safe groups of families helping other families who live with mental health challenges.	(530) 605-1648
National Domestic Violence Hotline		Support, crisis intervention information, education, and referral services in over 200 languages.	1-800-799-SAFE (7233)

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National Runaway Safeline		Provides a crisis intervention hotline, online chat, email, and forum for youth and concerned adults with a focus on homeless, runaway, and at-risk youth.	(800) 621-0394, (800) 786-2929
National Suicide Prevention Lifeline		24 hours. Lifeline assists people in immediate crisis with a skilled, trained crisis worker.	1-800-273-TALK (8255) Spanish 1-800-799-4889 Text line: 1-800-799-4889
Native American Mental Health Services	1742 Oregon St Redding, CA 96001	Serves Native communities: Pit River Health Service, Karuk Tribal Health, Lassen Indian Health Center, Consolidate Tribal Health	(530) 646-7269
NCCDI (Head Start)	220 Sycamore St Red Bluff, CA 96080	M-F 8:00-5:00 Provides free counseling services.	(530) 528-9351
New Day Family Counseling	329 Cedar St Red Bluff, CA 96080	Provides counseling to people of nearly all ages. Accepts Partnership Medi-Cal.	(530) 434-6318
North American Mental Health Services	420 S Main St Red Bluff, CA 96080	Accepts Partnership, Medicare, Medi-Cal. Provides therapy, psychiatry, counseling, medication management, online therapy services.	1-888-292-8080
Northern Valley Talk Line		Daily, 4:30 pm—9:30 pm; Peer-to-peer support for a non-crisis event. The majority of calls pertain to problem solving, help with coping, and conflict management.	855-582-5554
One Safe Place Women's Shelter	www.OSPshasta.org	A nongovernmental organization that works with community partners toward ending domestic and family violence, sexual assault, and other types of abuse.	(530) 244-0118
One Sky Center	referral program	Provides resources and a "Find a Therapist" locator for treating mental health and substance use disorder within Native American communities.	(503) 970-7895

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Parish Health & Wellness	22425 Sunbright Ave Red Bluff, CA 96080	Offers a holistic approach to your health and well-being. Counseling services for most ages.	(530) 528-2342
Plumas County Behavioral Health	Main Campus: 270 County Hospital Rd, Ste 109 Quincy, CA 95971	Outpatient Mental Health and Substance Use Disorder services.	530-283-6307 1-800-757-7898
Plumas District Hospital Behavioral Health	1065 Bucks Lake Rd Quincy, CA 95971	Call for more information.	(530) 283-2121
Plumas Rural Services	711 E. Main St Quincy, CA 95971	Provides anger management & conflict resolution, grief recovery, mindfulness-based stress reduction, trauma recovery & education, batterer's treatment services	(530) 283-2735
Pneumacare Health and Wellness	510 Jefferson St Red Bluff, CA 96080	Designed to aid you in the process of getting Medical, Dental, Behavioral, and Housing Care established.	Tina Norman Outreach Supervisor 530-737-8890
Rachel Chavez, LCSW and Associates	Available throughout California	Online therapy & evaluations for children, teens and adults throughout the state of California	(530) 355-8496 rchavez@rachelchavezlcsww.net
Remi Vista, Inc	20 Antelope Blvd Red Bluff, CA 96080	Individual, group, couples, family/youth, MRT therapy offered.	(530) 224-7160
River Cities Counseling/Project Restore	715 Jackson St Red Bluff, CA 96080 774 Third St Corning, CA 96021	Project Restore adolescent diversion program.	(530) 526-4640
Rolling Hills Clinic	Corning and Red Bluff Locations	Offers both Medication Management and Therapy services for adults, teens and children.	(530) 690-2827
S.A.F.E. (Self Abuse Finally Ends) Hotline		Self-Injury resource and referrals.	1-800-366-8288
Shasta County Mental Health – CRRC	2640 Breslauer Way Redding, CA	Provides short term respite for mentally disabled adults who have become suicidal, critically depressed or otherwise psychiatrically incapacitated.	(530) 225-5972

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Soluna	solunaapp.com ; download app	All-in-one mental health app for California youth and young adults to destress, reset, and seek support. Always free.	california@kooth.com
STANS Wellness, Northern Valley Catholic Social Services	1900 Walnut Street, Building J Red Bluff, CA 96080	M-F, 8-5 https://nvcss.org/programs/stans-wellness-recovery-center/ Peer-driven center available to adult and older adult members of the community living with persistent mental health challenges.	(530) 691-2966
Stonewall Alliance Counseling (LGBTQ+)	358 East 6th St Chico, CA 95928 Mailing: PO Box 8855 Chico, CA 95927	M-F, 12-6 pm Provides support groups and counseling for folks of all genders, sexualities, racial identities, classes, physical, mental, and emotional abilities, ages, citizenship status, and religions.	(530) 809-2485
Strong Hearts Native Helpline		24 hours. Domestic and sexual violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy.	1-844-762-8483
Sutter-Yuba Behavioral Health	1965 Live Oak Blvd Yuba City, CA 95991	Call for more information.	(530) 822-7200
TCHSA Behavioral Health Services	1850 Walnut St Red Bluff, CA 96080 275 Solano St Corning, CA 96021	Provides crisis intervention, counseling, case management, support groups, problem solving groups, day treatment, inpatient services.	(530) 527-0350 (530) 824-4890
Tehama County Behavioral Health Mobile Crisis Team	1860 Walnut St Red Bluff Ca 96080	24 hours daily. Supports people experiencing a mental health or substance use crisis.	(530) 527-5631 1-800-240-3208 (crisis)
The Trevor Project	https://www.thetrevorproject.org/	24 hours. Suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people.	Text "start" to 678-678 Call 1-866-488-7386 https://www.thetrevorproject.org/get-help/

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Trans Lifeline	https://translifeline.org/	Provides trans peer support.	1-877-565-8860
United Natives	www.unitednatives.org	Free telehealth mental health counseling to Native Relatives. Requires proof of Tribal Enrollment. Provides 2 assessments and 10 counseling sessions.	(602) 799-8187 therapy@unitednatives.org
Veteran Affairs Outpatient Clinic	3455 Knighton Rd Redding, CA 96002	Offers a full range of medical and ancillary services including mental health services.	(530) 226-7555
Victor Community Support Services	118 Belle Mill Rd Red Bluff, CA 96080	Offers counseling. Call for more info.	(530) 840-2000
YellowHawk Tribal/Behavioral Health Ctr.	46314 Ti'mine Way Pendleton, OR 97801	Offers an extensive menu of trauma-informed and culturally responsive mental health services, substance use treatment and prevention programming.	(541) 240-8670
Yuba County Behavioral Health (WellPath Care)	1352 Colusa Ave Yuba City, CA 95993	See website for more information: wellpathcarecenters.com	(530) 618-8188
Childcare & Preschool			
California School Age Families Education (Cal-Safe-RBUHS)	1050 Kimball Road Red Bluff, CA 96080	M-F, 7:30-3:30	(530) 529-8760
CCS (California Children's Services)	1860 Walnut St Red Bluff Ca 96080	resource for medical cost, and travel	(530) 527-6824
Chester State Preschool	158 Aspen St Chester, CA 96020	Call for info.	(530) 250-7059
Child Care Referral and Education (CCRE)	409 Walnut St Red Bluff, CA 96080	M-Th, 8-4 F, 8-12	(530) 529-3131
Community Care Licensing Office	520 Cohasset Road Suite 170 Chico, CA 95926	M-F, 8-5	(530) 895-5033
DeAnn's Busy Bees Preschool	706 Peach St. (Center) 561 Edith Ave Corning, CA 96021	M-F, 7-6	(530) 824-4616
Family Child Care Home Education Network (FCCHEN)	1135 Lincoln Street Red Bluff, CA 96080	Call for info.	(530) 528-7331 hrhoads@tehamaschools.org
Feather River Community College - Child Care Center	570 Golden Eagle Dr Quincy, CA 95971	M-F, 7:45-5:15	(530) 283-0521 (530) 283-0202

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First 5 Tehama	807 Lincoln St Red Bluff, CA 96080	Call for info.	(530) 528-1395
First Church of God Preschool	1005 S. Jackson Street Red Bluff, CA 96080	Call for info.	(530) 527-4516
Healthy Families Tehama Home visiting	Call for Locations	M-F, 8-5	(530) 527-6824 1-800-655-6854
Help Me Grow	Tehama County	Home visiting program	(530) 528-7398; 2-1-1 hrhoads@tehamaschools.org
Kotasik Daycare	2 Sutter St, Ste A Red Bluff, CA 96080	Full-time and part-time slots	(530) 528-8600 x400
Little Scholars Preschool	1605 Kimball Rd Red Bluff CA 96080	M-F, 7:30-5:30	(530) 527-3932
Migrant Education	1135 Lincoln St Red Bluff CA 96080	Call for info.	(530) 528-7339
Migrant Head Start/Regional Head Start	2205 Elm St Chico, CA 95928	M-F, 7-4	(530) 895-3629
Mountain Methodist Children's Center	386 Main St Chester, CA 96020	M-F, 7-6	(530) 258-2343
NCCDI (Early Head Start/Head Start)	220 Sycamore St, Suite 100 Red Bluff, CA 96080	M-F, 8-5	(530) 529-1500
Plumas District Child Care Center	1018 Valley View Dr Quincy, CA 95971	M-F, 7:45-5:15	(530) 250-7059
Plumas Rural Services, Child Care Payment Program (CCPP)	711 E. Main St Quincy, CA 95971	Pays child care costs for those who are: working, seeking work, homeless, incapacitated, in an approved training program, or referred by the County Welfare Department. All payments are based upon family income levels.	(530) 283-4453 x819 ddesentz@plumasruralservices.org
Plumas Rural Services, Child Care Resource and Referral	711 E. Main St Quincy, CA 95971	Offers child care information and support to parents and child care providers.	(530) 283-4453 x824 dguy@plumasruralservices.org

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Plumas Rural Services, IMPACT Project	711 E. Main St Quincy, CA 95971	Helps children ages 0 to 5 and their families by increasing the number of high quality early learning settings and supporting and engaging families in the early learning process.	(530) 283-4453 ext. 815 lwelch@plumasruralservices.org
Portola Head Start	895 West St, #25 Portola, CA 96122	Call for info.	(530) 832-1029
Portola Preschool Cooperative	396 2nd Ave Portola, CA 96122	Tu-F, 9:30-12	(530) 832-4401
Quincy Head Start	424 N. Mill Creek Rd Quincy, CA 95971	Sept-May, M-F, 7:45-2:15	(530) 283-1242
Quincy Special Day Preschool	175 N. Mill Creek Rd Quincy, CA 95971	Call for info.	(530) 283-6557 x5301
School Readiness	P2P application with First 5 Tehama	Call for info.	(530) 528-7348
School Readiness/First Steps (Gerber/Los Molinos)	7700 Stanford Los Molinos CA 96055	Call for info.	(530) 384-7833
State Preschools-Dept of Education	1135 Lincoln St Red Bluff, CA 96080	M-F, 8-5	(530) 528-7324
Tehama County Special Education Local Plan Area (SELPA)	1135 Lincoln St Red Bluff, CA 96080	Call for info.	(530) 527-8581 lsantana@tehamaschools.org
The Sunshine Schoolhouse Preschool	918 Solano St Corning, CA 96021	M-F, 7-5:30	(530) 824-2041
Trustline	P.O. Box 944243, M. S. 9-15-57 Sacramento, CA 94244	M-F, 9-5	1-800-822-8490
Clothing			
Adventist Community Services	720 S Jackson St Red Bluff, CA 96080	M, 10-12	(530) 527-3733
Catholic Women's Guild	515 Main St Red Bluff, CA 96080	Th, 8-12	(530) 527-1351
Corning Christian Assistance	341 E Solano St Corning, CA 96021	Call for more info	(530) 824-5530
Corning Seventh Day Adventist Dorcas	24751 South Ave Corning, CA 96021	M, 9-12	(530) 824-2153
Guardian Angel Foundation	8320 HWY 99E Los Molinos, CA 96055	referrals only	(530) 384-9857

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Harvest Christian Center	1006 Sixth Ave Corning, CA 96021	referrals only	(530) 824-2091
Hope Chest	1359 Grant St Red Bluff, CA 96080	M-F, 9-4; Sa, 10-3	(530) 527-0270
LifeNet	1008 Madison St Red Bluff, CA 96080	Opens at noon on weekdays. Provides parenting & pregnancy counseling and education, family planning, housing for unhomed pregnant/new mothers, clothing and diapers	(530) 727-9888
LIFT	650 Antelope Blvd Red Bluff, CA 96080	Every November	
Salvation Army	940 Walnut St Red Bluff, CA 96080	Call for hours	(530) 527-8530
Salvation Army @New Life Assembly of God	660 Solano St Corning, CA 96021	Call for hours	(530) 824-3866
Salvation Army Thrift Store	493 Antelope Blvd Red Bluff, CA 96080	M-Sa, 9-5	(530) 529-1590
Seventh Day Adventist Church	610 West St Corning, CA 96021	M, 9-12	(530) 824-2153
SALT Ranch	12865 HWY 99E Red Bluff, CA 96080	www.saltranch.org	(530) 200-6871 Randy Dueck
Crisis Services			
American Red Cross	3609 Bechelli Ln Suite C Redding, CA 96002 Lake Almanor/Chester, CA Quincy, CA	Plumas locations are volunteer-led.	Redding (530) 244-8000 Plumas County (530) 446-4912
Community Assistance Network (C.A.N.)	176 Lawrence St Quincy, CA 95971	M, W, & F, 10-12. T & Th, 2-4 Emergency food services available.	(530) 283-0262
Eastern Plumas County Assistance Network Food Bank (E.P.C.A.N.)	120 Nevada St Portola, CA 96122	M & W, 9:30-11:30. T & Th, 12:30-2:30 Our intent is to provide emergency food and referrals to those in emergency situations.	(530) 832-4570
Plumas County Victim/Witness Assistance Program	1400 E. Main St Quincy, CA 95971	M-Th, 8-4 Support services to victims/witnesses of sexual assault, domestic violence, and crimes against children.	(530) 283-6285

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Plumas Crisis Intervention Resource Center	591 Main St Quincy, CA 95971	24 hr. crisis intervention; suicide prevention and support; special advocacy for rape and battery victims; transitional emergency housing programs; one time rent program; referral to other agencies.	(530) 283-5515 (office) (530) 283-4333; 1-877-332-2754 (24 Hour Crisis Line)
Plumas Rural Services – Domestic Violence Services	711 E. Main St Quincy, CA 95971	M-F, 8-5 Assistance for anyone who is a victim of domestic violence. Confidential short-term housing. Assistance with support services.	(530) 283-5675 or 1-888-504-5102 Crisis Line at 1-877-757-0029 24 hrs.
Salvation Army -Portola	165 Ridge St Portola, CA 96122	M-F, 9-4 Services: Emergency food and vouchers.	Charla Rush (530) 832-1827
Sexual Assault Freedom and Education & Choice – S.A.F.E.	519 West Main St Quincy, CA 95971	Rape Crisis Center for Plumas County. Sexual assault counseling, advocacy, court accompaniment, info & referrals, peer counseling to victims.	(530) 283-5515
Cultural Groups			
African American Family & Cultural Center	3300 Spencer Ave Oroville, CA 95966	Classes and programs for youth & adults, community garden, support groups and more. Learn more about and celebrate the African heritage in African American culture at seasonal events for all ages. aafcc-oroville.org.	(530) 532-1205
Amma Culture-Education, Sciences & Art	Chico, CA	Provides African-inspired resources for educators, youth & families in Northern California. Semi-annual community gatherings open to the public to enjoy culture, entertainment and networking. ammaculture.org.	aneciajohnsoneducation@gmail.com ; (530) 354-7018
Bureau of Indian Affairs (BIA)	364 Knollcrest Dr, #1065 Redding, CA 96002	M-F, 8-5	(530) 223-7960
California Indian Manpower Consortium (CIMC)	2540 Hartnell Ave, #A Redding, CA 96002	M-F, 8-5	(530) 222-1004

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California Rural Indian Health Board (CRIHB)	4400 Auburn Blvd, 2nd flr Sacramento, CA 95841	M-F, 8-5	(916) 929-9761
California Tribal TANF Partnership	991 Parallel Drive, Suite B Lake Port, CA 94543	M-F, 8-5	(707) 262-4400
California Tribal TANF Partnership	1022 Jefferson St Red Bluff, CA 96080	M-F, 8-5	(209) 257-6155
California Tribal TANF Partnership	4712 Mountain Lakes Blvd, Suite 200 Redding, CA 96003	Call for info.	(530) 710-8021
California Tribal TANF Partnership	30 Harbison St Quincy, CA 95971	M-F, 8-5	(530) 662-9999
Dr. Martin Luther King Jr. Center	1815 Sheridan St Redding, CA 96001	Multicultural community center empowers disadvantaged and at-risk youth through programs that cultivate moral, community and intellectual development. In a supportive environment, youth develop skill sets, connect with new educational and recreation opportunities and forge a better sense of self. cityofredding.org .	(530) 225-4375
Enterprise Rancheria of the Estom Yumeka Maidu Indian Tribe	2133 Monte Vista Ave Oroville, CA 95966	A federally recognized Indian Tribe since 1915, based in Oroville. Our rich history, dedication to our community's growth and commitment to future generations mean our tribal administration and various programs are set up for success. enterpriserancheria.org .	(530) 532-9214

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Greenville Rancheria Community Health Representatives	2 Sutter St, Ste B&D Red Bluff, CA 96080	M-F, 8-5 Provides patient home visits, home safety evaluations, certified car seat installation/bike helmet safety, fluoride varnish treatments, LIHEAP application processing, fishing license processing, Positive Indian Parenting Workshops, Patient Support & Community Resource Assistance, Diabetes Health Care Team Members, Second Wind Smoking Cessation education, Monthly Diabetes Sharing Circle & Cooking, Diabetes Empowerment Education Program, Commodities Application Processing, Community Outreach, National Diabetes Prevention Program, Pre-Diabetes Lifestyle Change Program, Family Spirit Curriculum, Maternal & Early Childhood Health	(530) 528-8600
Greenville Rancheria Community Resource Center	2 Sutter St, Ste B&D Red Bluff, CA 96080	Offers housing programs for people with disabilities, seniors, and families. Also offers services to loved ones of indigenous missing	(530) 727-9631
Hispanic Outreach	304 Lawrence St Quincy, CA 95971	The Hispanic outreach offers nutrition classes & general counseling	Carmen Lopez (530) 283-4093 clopez@plumasruralservices.org
Hispanic Resource Council of Northern California	Chico, CA	Provides the Hispanic/Latino community with info about local resources. Día Del Campesino event held yearly on the first Sunday of October. facebook.com/HRCNCDiadelCampesino	(530) 519-3118

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Hmong Cultural Center of Butte County	1704 Oroville Dam Blvd W. Oroville, CA 95965	Resources, community-based family support and empowerment through the promotion of health, education, cultural integration and social services to strengthen Hmong families and communities throughout Butte County. hmongculturalcenter.net.	(530) 534-7474 Hmong talk line (530) 403-3978, M-F, 9am-9pm.
Hoopa Food Distribution Program	PO Box 498 Hoopa, CA 95546	M-F, 8-5	(530) 625-4646
Ijóyá		Promotes cultural diversity and unity through dance. ijoya.org	ijoya.org@gmail.com
Indian Health Service Redding District	1900 Churn Creek Rd Redding, CA 96002	M-F, 8-5	(530) 246-5339
Indian Valley Museum	4288 Cemetery Rd Taylorsville, CA 95983	Call for info.	(530) 284-1046
Inter Tribal Council of California	2326 Balls Ferry Rd Anderson, CA 96007	Call for info.	(530) 365-1301
Jimmy Hernandez, The Center for Inner Peace		Cultural Awareness Speaking with Youth, GONA's, Individual & Group Wellness Session all ages, Cultural Healing, Cultural Arts; Beading, Regalia, & Music.	jhartist53@yahoo.com (925) 812-0112
Latino Outreach of Tehama County	220 Sycamore St Red Bluff, CA 96080	Call for info.	(530) 570-5257

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Lynn E. Fritz, LMFT	1452 Oregon St Redding, CA 96001	Personal empowerment; treating anxiety, grief, depression, PTSD; relationship issues; spiritual issues. Also, performs Native American blessing rituals, public speaking, etc. https://www.lynnfritz.com/index.html	(530) 243-8862
Mechoopda Indian tribe of Chico Rancheria	1920 Alcott Ave Chico, CA 95928	federally recognized tribe comprised of 560 tribal members. We welcome you to learn more about our people, history and culture. Website provides information on tribal history and culture, news and events, tribal government and links to tribal resources. mechoopda-nsn.gov .	(530) 899-8922
Mi Escuelita Maya Preschool & Children's Performing Arts Program	1455 Chestnut St Chico, CA 95928	Play-based early childhood education, multicultural experiences, performing arts, Spanish language enrichment, organic eating habits and an environmentally friendly lifestyle. For ages 2.9-5. Call to learn about seasonal events. mempreschool.com .	(530) 893-1419
Mooretown Rancheria of the Maidu Indians	1 Alverda Dr Oroville, CA 95966	A federally recognized tribe of Concow and Maidu people in Butte County. Our mission is to improve the quality of life for our members, employees, and the community in which we live, by preserving our cultural heritage, maintaining a positive Native American image, protecting tribal sovereignty, and supporting tribal self-reliance. mooretownrancheria-nsn.gov .	(530) 533-3625
Native Wellness Institute		www.nativewellness.com Promotes the wellbeing of Native people through programs and trainings that embrace the teachings and traditions of our ancestors.	

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Paskenta STEM Scholarships & Grants		Paskenta Nomlaki Foundation https://paskentanomlaki.smapply.us	
Reciproka	1755 East Street, Suite B Redding, CA 96001	Promotes cultural understanding, respect and reciprocity between people, cultures and nations by supporting initiatives that preserve and celebrate cultural diversity and advocating for policies that promote cultural equity. From providing education to supporting health care initiatives, Reciproka offers a range of programs to support communities in need. reciproka.org .	(530) 227-1264
Redding Rancheria	2000 Redding Rancheria Rd Redding, CA 96001	A sovereign nation comprised of the Pit River, Wintu and Yana tribes, where pride in tribal culture, history and identity is evident internally and in the larger community. The strength of our Tribe lies in honoring our elders, building healthy families and promoting self-reliance in our members. We invest in our youth and adults, knowing that they will create the future with the strength of our ancestors. Call to learn about seasonal events. redding-rancheria.com .	(530) 225-8979
Redding Rancheria Tribal Admin.	2000 Redding Rancheria Rd Redding, CA 96001	M-F, 8-5	(530) 225-8979
Rolling Hills Nomlaki Tribal Office	2625 Everett Freeman Wy Corning, CA 96020	M-F, 8-5	(530) 528-3538

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Rosedale Elementary School	100 Oak St Chico, CA 95928	A 2-way immersion program with seasonal cultural events for all ages. Programming for ages TK-5th. Art, music and dance are an integral part of the learning environment. rosedale.chicousd.org.	(530) 891-3104
Roundhouse Council Indian Education Center	330 Bush St Greenville, CA 95947	An afterschool program for Native Youth as well as Resource Center for beautiful Indian Valley.	(530) 284-6866
Shasta Beloved Community	Redding, CA	An inclusive, solution oriented, grassroots movement dedicated to networking and unifying relationships in our diverse community. Based on Dr. Martin Luther King Jr's principles of nonviolence. shastabelovedc.weebly.com.	(530) 524-7504 Thebelovedcommunity@yahoo.com
Shasta Indian Nation	P.O. Box 195 Macdoel, CA, 96058	The wilderness of northwestern California and southwestern Oregon has been, and still is, the traditional homeland of the Shasta Indian people. Most traditional Shasta villages were located along the Klamath, Shasta, Salmon and Scott Rivers and their tributaries. shastaindiannation.org	shastacommunications@gmail.com
Steve Sawyer, LCSW, CSAC		stevesawyerlcsw.net	(414) 940-6613

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Temple Beth Israel	8529 Placer Rd Redding, CA 96001	A friendly and diverse welcoming community coming from many streams of Judaism and many different backgrounds. Anyone who desires to experience Jewish life and culture is welcome. Offers monthly services, holiday celebrations, book club and a lending library. tbiredding.org .	(530) 243-5726
The Berry Creek Rancheria of the Tyme Maidu Indians	5 Tyme Way Oroville, CA 95966	A federally recognized Native American Tribe. As a sovereign government, we work hard to provide for our citizens, protect our future as Maidu people and support the greater community through our projects and enterprises. berrycreekmaiduindians.org .	(530) 534-3859
The Konkow Maidu Indians	1 Interpretive Center Way Elko, NV 89801	Website tells the history of the Konkow Maidu Indians. konkow.us .	
The Paskenta Band of the Nomlaki Indians	22580 Olivewood Ave Corning, CA 96021	Paskenta Band of Nomlaki Indians is a federally recognized sovereign nation located in Northern California with a deep tradition of resiliency, culture & a strong vision for the future of all peoples living in the Corning-Paskenta Tribal Community. paskenta-nsn.gov .	(530) 670-1750

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The Pit River Tribe	36970 Park Ave Burney, CA 96013	Comprised of 11 autonomous bands: Ajumawi, Atsugewi, Atwamsini, Ilmawi, Astarawi, Hammawi, Hewisedawi, Itsatawi, Aporige, Kosalektawi and Madesi, that since time immemorial have resided in the area known as the 100-mile square, located in parts of Shasta, Siskiyou, Modoc and Lassen Counties. pitrivertribe.org .	(530) 335-5421
The Sikh Centre Anderson Gurudwara Sahib	5400 Sikh Centre Dr Anderson, CA 96007	A platform for the Sikh community to gather in prayer and practice Sikhism. Spreads awareness about the tenets of the Sikh religion via community involvement and activism. worldgurudwaras.com/gurudwaras /the-sikh-centre-anderson .	(530) 941-1802
Tree of Life International Charter School	19415 Jacqueline St Anderson, CA 96007	Immersion Charter School where Love is our First Language. Students will have the opportunity to explore their expressive creativity, gifts and talents in visual and performing arts through an exciting and joy- filled instructional component that incorporates songs, rhythms, dance and art from many cultures and languages. treeoflife.school .	(530) 378-7040

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University of Arizona Healthcare Partnership		https://www.healthcarepartnership.org/about/ Nationally Accredited Culturally Relevant Continuing Education & Certification Trainings in Tobacco Interventions.	
Wintu Cultural Museum	4755 Shasta Dam Blvd Shasta Lake, CA 96019	A one-of-a-kind community project designed to provide a comprehensive immersion into the Wintu history and culture. Features a historical timeline, artwork from Native Americans, traditional dug-out canoe, honor wall for Native American veterans and unique activities for children. Wed & Fri, 11am-4pm. wintutribe.com .	wintu.tribe1@gmail.com (530) 605-1726
Death & Dying			
A New Season Grief Support Group, RBV	738 Walnut St Red Bluff, CA 96080	Wed, 11 am	
Bereavement Support	St. Elizabeth Hospital Coyne Center, Columba Room Red Bluff, CA 96080	Call for info.	(530) 245-4070
Butte Home Health/Hospice	10 Constitution Dr Chico, CA 95973	Daily, 8-5:30	(530) 895-0462
Grief Recovery, Plumas Rural Services	Graeagle, CA	Grief Specialist. Mostly telehealth services based in Graeagle, CA.	Dana Nowling; (530) 283-2735 ext. 856

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Kids Grief Explorers Club	Redding, CA	Kids Grief Explorers Club; Redding. In-person grief group for kids. Meet in Caldwell Park. Littles Ages 6-8, Sept. 4-Oct. 23, Wednesdays, 5:30-6:45pm. Middles Ages 9-12, Sept. 5-Oct. 24, Thursdays, 5:30 – 6:45 pm.	click “Register Online” to enroll your child today. The Instagram @Kids_Grief_Explorers_Club will be used to update families on future sessions and events, activities, grief resources for children and families and to answer questions.
Sierra Hospice	150 Brentwood Chester, CA 96020	Care for the terminally ill patient and their family. Volunteers provide respite care, transportation, and communication skills. Bereavement care is provided for hospice families as well as any families in the community facing the loss of a loved one.	(530) 258-3412
Dental Care			
Denti-Cal Dept. of Health Care Services	California	www.denti-cal.ca.gov	1-800-322-3684
Eastern Plumas Health Care Dental Clinic	480 First Avenue Portola, CA 96122	Private insurance & Medi-Cal	(530) 832-6602
Good News Rescue Mission Dental Services	3100 S. Market St Redding, CA 96001	Wednesday, 4:30 First come, first serve	
Greenville Rancheria Dental Clinic	343 Oak St Red Bluff, CA 96080	M-Sa, 8-5	(530) 528-3488
Greenville Rancheria Dental Clinic	410 Main St Greenville, CA 95947		(530) 284-7045
Mobile Dental Clinic-First 5 Tehama		Provides dental services to children 0-12 yrs and pregnant women	(530) 520-6913
Moon Dental	2060 Main St Red Bluff, CA 96080	Call for appt.	(530) 527-2147
Moore & Pascarella Dental group	1010 Jefferson St Red Bluff, CA 96080	M-Th 8:00-5:00	(530) 736-4936
Northeastern Health Center	1850 Spring Ridge Dr Susanville, CA 96130	Medi-Cal, Delta Dental, CCPOA, and some Anthem	(530) 251-5000
Northern Valley Indian Health/Dental	2500 Main St Red Bluff, CA 96080	M-F, 8-5	(530) 529-1690

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Plumas District Hospital Dental Clinic	1060 Bucks Lake Rd Quincy, CA 95971	Medi-Cal & Private insurance	(530) 283-3915
Pneumacare Health and Wellness	510 Jefferson St Red Bluff, CA 96080	Disability services and support organization. designed to aid you in the process of getting Medical, Dental, Behavioral, and Housing Care established. Outreach Supervisor Tina Norman	530-737-8890
Rolling Hills Dental	2540 Sister Mary Columbia Dr Red Bluff, CA 96080 740 Solano St Corning, CA 96021	M-F, 8-5	(530) 690-2778 (530) 690-2827
Shasta College Dental Hygiene	Health Science & University Center 1400 Market Street, Suite 8106 Redding, CA 96001	Call for info	(530) 339-3608 alennick@shastacollege.edu
Susanville Indian Ranch- Lassen Indian Health Center	795 Joaquin St Susanville, CA 96130	Medi- Cal, Medicare, Covered CA plans from Anthem, Blue Shield, Blue Cross	(530) 251-5188
Western Dental	1667 Hilltop Dr, Ste E Redding, CA 96002	M-F 9-6; Sa 8-4:30	(530) 223-5500
Disability & Special Needs Services			
A.L.I.V.E. Program, Plumas Rural Services	711 E. Main St Quincy, CA 95971	Provides training and support for adults with developmental disabilities and special needs. Trained staff and a supportive group environment enable participants to hold paying jobs, become involved in community activities, use community resources, increase independent living skills, and develop self-advocacy.	(530) 283-0111 mmcelwain@plumasruralservices.org

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Advanced Crisis Solutions	2877 Childress Dr Anderson, CA 96007	Provides behavioral solutions across Shasta, Tehama and Butte Counties. We offer tailored services such as behavioral training, behavioral respite, community resource introductions, and crisis stabilization. Using evidence-based approaches, we empower caregivers and enhance the lives of those with developmental disabilities. . Ask for a referral through your Far Northern Service Coordinator.	(530) 561-4578
Angel Sense (Far Northern clients can get one for free)	https://www.angelsense.com/	AngelSense includes a GPS tracking device, assistive speakerphone, live monitoring and proactive alerting. Prevent wandering and elopement, stop bullying and mistreatment, provide effective remote support, build skills for independence, improve well-being	888-999-2023
Autism Response Team, Autism Speaks		Contact one of our compassionate team members via toll-free call, email, or live chat (at autismspeaks.org) to ask questions about autism or a diagnosis and get connected to resources, services, and supports in your local area.	1-888-288-4762 English 1-888-772-9050 Spanish
California Department of Rehabilitation	705 Pine St Red Bluff, CA 96080	M-F, 8-5	(530) 529-4270
Compass (ILS)	1020 Market St Redding, CA 96001	Helps adults with developmental disabilities live interdependently in their own homes by providing supported living, independent living, and coordinated family support. Our staff walk beside our clients, offering education on choices and life skills, or companionship and personal care.	(530) 242-8580

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COOL Club	1500 S Jackson St Red Bluff, CA 96080	COOL Club is for adults with intellectual and developmental disabilities. Host dances and other activities.	(530) 527-8177
Disability Action Center	2876 Park Marina Dr Redding, CA 96001 1161 East Ave Chico, CA 95926	Our Independent Living Program was created to help those with disabilities receive information and partner with an advocate at DAC to form a plan on how to live as independent as possible. Offers services to those experiencing vision loss/blindness, those with disabilities experiencing a	(530) 242-8550 (530) 893-8527
DREDF Legal Advocacy	3075 Adeline Street, Suite 210 Berkeley, CA 94703	A leading national civil rights law and policy center directed by individuals with disabilities and parents who have children with disabilities. IEP, transitions and advocacy education, legal advocacy, events and trainings, informative website. https://dredf.org/	(510) 644-2555
Early Start Family Resource Center, Plumas Rural Services	711 E. Main St Quincy, CA 95971	Provides resources, referrals, and individual and group support to families in Plumas County with children age 0-3 years who have, or may be at risk of having, disabilities or developmental delays.	ctiradeau@plumasruralservices.org (530) 283-2735 x880
Family Empowerment Center (FEC), Plumas Rural Services	711 E. Main St Quincy, CA 95971	Provides information, training, support and advocacy to parents and guardians of children and young adults with any disability in Plumas, Lassen, Modoc & Sierra Counties	ctiradeau@plumasruralservices.org (530) 283-2735 x880

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Far Northern Regional Center	1900 Churn Creek Rd, Suite 319 Redding, CA 96002 1377 E Lassen Ave Chico, CA 95973	Provides early intervention services, respite care, licensed homes, behavior intervention, healthcare, supported employment, adult day activities, independent living services, assessments	(530) 222-4791 (530) 895-8633
Green Waste of Tehama (extra trash service assistance)	serving Tehama County customers	Call for assistance getting your bins to the curb.	800-433-6924
Guide Dogs for the Blind	P.O. Box 151200 San Rafael, CA 94915	Client programs include: guide dog program, orientation and mobility immersion program, and K9 Buddy Program.	1-800-295-4050
Independent Living Services of	169 Hartnell Ave., Suite 128 Redding, CA 96002	M-F, 8-5	(530) 242-8550
In-Home Respite Services	711 E. Main St Quincy, CA 95971	Provides respite care, support, referrals to families with adults and children who have developmental disabilities and for caregivers of the elderly in Plumas, Lassen, Modoc & Sierra Counties. Other services for the elderly include: companionship, shopping, transportation, meal preparation	atoler@plumasruralservices.org (530) 283-2735 x885
In-Home Supportive Services (IHSS)	310 Main St Red Bluff, CA 96080	M-F, 8-5	(530) 527-1911
Life Alert	https://www.lifealert.com/	Call for info	1-800-360-0329
LifeLine	https://www.lifeline.com/	Call for info	855-681-5351
Lighthouse Living Services	22825 Antelope Blvd Red Bluff, CA 96080	Call for info	(530) 527-1254
March of Dimes	1050 Sansome St, 4th Flr San Francisco, CA 94111	M-F, 9-5	(415) 788-2802
Medic Alert	https://www.medicalert.org/medical-id/medical-ids-bracelets	M-F, 6- 4:30	1-800-432-5378
National Seating & Mobility	1240 Redwood Blvd Redding, CA	Call for info	(530) 243-1330

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Nor Cal Center on Deafness Inc.	871 Mistletoe Ln Redding, CA 96002	M-F, 8-4:30	(530) 410-0430
North Valley Services Day Program	13315 Baker Rd Red Bluff, CA 96080	M-F, 8-5	(530) 528-1083
NVCSS Housing for Disabled	throughout the North State	Call for application	(530) 241-0552
Pneumacare Health and Wellness	510 Jefferson St Red Bluff, CA 96080	Disability services and support organization. designed to aid you in the process of getting Medical, Dental, Behavioral, and Housing Care established.	530-737-8890
Rowell Family Empowerment	962 Maraglia St Redding, CA 96002	M-F, 8-5 Provides advocates, SLATE socialization program for children with autism, classes for parents/families	(530) 226-5129
Shrine Club; Ben Ali	PO Box 8066 Red Bluff, CA 96080	M-F, 8am-8pm	(530) 529-4761
Social Security Administration	2660 Park Marina Dr Redding, CA 96001 2603 Riverside Dr Susanville, CA 96130	Call for hours	1-866-964-1236
Special Olympics	Northern California	Call for info.	Debbie Hess tehama@sonc.org
State Insurance Disability Program	615 Locust St Redding, CA 96001	Call for hours	1-800-480-3287
The ARC Butte	2030 Park Ave Chico, CA 95928	Provides respite care, family support, adult day program, independent living skills, and job development as well as events and other supports.	
Transitional Services, Plumas Rural Services	711 E. Main St Quincy, CA 95971	Provides programs for young adults (students age 18-22) with developmental disabilities who are transitioning from high school into adulthood.	mmcelwain@plumasruralservices.org (530) 283-0111 x849
Victor Community Support Services	855 Canyon Rd Redding, CA 96001	M-F, 8-5	(530) 378-1855

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Walmart+ InHome (delivery for home bound customers)	https://www.walmart.com/plus/inhome?rf=google.com	Free unlimited deliveries into your home, trained and trusted Walmart Associates, all you need delivered in one service, InHome picks up Walmart.com returns too	sign up online
We Care A Lot Foundation	355 Hemsted Dr, #104 Redding, CA 96002 150 Amber Grove Dr, Ste 156 Chico, CA 95973	Supports people with developmental disabilities to be contributing members of the community, through advocacy, education, and employment.	(530) 223-7771 (530) 893-8880
Drug & Alcohol			
AA meeting (Alcoholics Anonymous)	http://www.simeetings.com/LA/NoCA/RedBluffMtgs.html		See website
AA Meetings	Methodist Church 386 Main St Chester, CA 96020	various times & programs	(877) 880-2880 (Susanville)
AA Meetings	Community Room Greagle, CA 96103	M, 8 pm	(530) 257-2880 (Susanville)
AA Meetings	Lutheran Church 120 Bush St Greenville, CA 95947	discussion; various times	(775) 355-1151 (Reno)
AA Meetings	Baptist Church Hot Springs Rd Greenville, CA 95947	Big Book; W, 7 pm	(530) 342-5756 (Chico)
AA Meetings	Portola Resource Center 165 Ridge St Portola, CA 96122	various times & programs	
AA Meetings	Portola Hospital Education Bldg.	discussion; W, 7 pm	
AA Meetings	County Health & Human Services Orchard House Quincy, CA 95971	various times & programs	
AA Meetings	Methodist Church 262 Jackson St Quincy, CA 95971	Big Book discussion; Wednesday, 7 pm	
Alanon	Methodist Church 262 Jackson St Quincy, CA 95971	Open discussion	

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Alcohol Abuse and Crisis Intervention Hotline			1-800-234-0246
Alcohol and Drug Abuse Helpline and Treatment			1-800-234-0420
Alcohol Hotline Support & Information			1-800-331-2900
Celebrate Recovery	High Point Assembly 625 Luther Rd Red Bluff CA 96080	Friday nights. Highpointassembly.org/celebrate recovery	(530) 366-6298
Celebrate Recovery	Red Bluff Vineyard 738 Walnut St Red Bluff, CA 96080	Tu, 5:30	(530) 527-2449
Desert Sage Youth Wellness Center	39990 Faure Rd Hemet, CA 92544	Co-ed inpatient facility for youth (ages 12-17). Substance abuse and co-occurring disorders. 32 beds, 3 close observation rooms, and 5 family units.	(951) 708-4019
Drug Addiction Help Line			1-800-662-4357 24 hour
Elijah House Foundation	Los Molinos, CA 96055	residential treatment services and counseling.	(530) 815-9558 https://www.elijahhousefoundation.org/contact-us/
Empire Recovery Center	Outpatient: 1616 West St Redding, CA 96001 Residential: 1237 California St Redding, CA 96001	Outpatient addiction treatment. Evidence-Based Outpatient Treatment for Lasting Recovery From Drug and Alcohol Addiction.	Outpatient: (530) 244-7074 Residential: (530) 243-7470
Face Addiction Now		Virtual group meetings.	https://faceaddictionnow.org/programs/family-support-group
Friendship House	56 Julian Avenue San Francisco, CA 94103	Native American residential recovery center	(415) 865-0964
Greenville Rancheria Tribal Health Center	1425 Montgomery Rd Red Bluff, CA 96080	M-F, 8-5	(530) 528-8600
NA Meetings	County Health & Human Services Orchard House Quincy, CA 95971	various times & programs	(530) 877-6361 (Paradise)

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NA Meetings	Methodist Church 262 Jackson St Quincy, CA 95971	Just for Today Book/discussion, Tu, 7pm	(775) 322-4811 (Reno)
National Council on Alcoholism and Drug Dependence			1-800-622-2255
Neighborhood Recovery	Neighborhood Church of Anderson/Cottonwood 4684 Rhonda Rd Anderson, CA 96007	Th, 6:30-7:30 pm. Men room 202. Women room 201.	(530) 365-3331
Nevada Skies Youth Wellness Center	104 1 Ranch Rd Wadsworth, NV 89442	Offers a multi-disciplinary treatment that includes bio-psychosocial, health, education, and cultural activities.	(775) 352-6840
Pinnacle Treatment Centers	590 Rio Lindo Avenue Chico, CA 95926	Outpatient recovery center.	(530) 345-3491
Plumas County Behavioral Health	Main Campus: 270 County Hospital Rd, Ste 109 Quincy, CA 95971	Outpatient Mental Health and Substance Use Disorder services.	530-283-6307 1-800-757-7898
Red Road to Wellbriety	Redding Rancheria Tribal Health Center 1441 Liberty St Redding, CA 96001	A supportive 12-step style group led in the Native American way focusing on wellness and a sober lifestyle. Open to the community, those in recovery, and their family members. Meets Tuesdays 4:45-5:45 and Fridays 3-4 pm.	(530) 262-6375
Right Roads Counseling, DUI Classes	206 Hickory St Red Bluff Ca 96080	Call for info.	(530) 529-2445
Sacred Oaks Healing Center	33100 County Road 31 Davis, CA 95616	Native American youth residential recovery center	(530) 702-6000 Anthony Maza, Health System Administrator anthony.mazza@ihs.gov
Shasta County Drug and Alcohol Division	1506 Market St Redding Ca 96001	Call for info.	(530) 245-6411
Skyway House (inpatient and outpatient services)	Chico, CA	Call for info.	(530) 898-8326 (530) 898-9424
Substance Use Prevention	1850 Walnut St, Suite G Red Bluff, CA 96080		(530) 527-7893 (530) 824-8443 Corning

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The Alcohol & Drug Addiction Resource Center Hotline			1-800-390-4056
Three Rivers Indian Lodge	13505 South Union Rd Manteca, CA 95336	Native American residential recovery center	(209) 858-2421 rvaladez@natedirections.org
University of Arizona Healthcare Partnership		https://www.healthcarepartnership.org/about/ Nationally Accredited Culturally Relevant Continuing Education & Certification Trainings in Tobacco Interventions.	
White Bison 12 Step Program		Call for info.	(530) 605-1727
Education			
Adult Ed-ESL-Citizenship	Red Bluff and Corning	Call for info.	(530) 529-8980 (530) 824-7414
American Indian College Fund Scholarships	8333 Greenwood Blvd Denver, CO 80221	https://collegefund.org/students/scholarships Provides scholarships to American Indian and Alaskan Native college students who are enrolled in certificate, undergraduate, or graduate programs at tribal colleges and universities, or nonprofit, accredited schools.	(800) 776-3863
American Indian Education Fund	16415 Addison Rd, Ste 200 Addison, TX 75001	https://nativepartnership.org/aief/ Offers scholarships, literacy programs, and school supplies to help end the cycle of poverty and help Native American students realize their educational dreams.	(800) 416-8102
Antelope Elementary School District	22630 Antelope Blvd Red Bluff, CA 96080	Antelope School, Berrendos, Manton, Mineral, Plum Valley	(530) 527-1272
Breastfeeding, La Leche League	956 Jackson St Red Bluff, CA 96080	Call for schedule	(530) 527-6818 (530) 347-0562
California Employment Development Department	1325 Pine St Redding, CA 96001	Call for info.	(530) 225-2185
Child Seat Safety Classes	Tehama County Health Service Agency	Call for info.	(530) 527-6824

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CIMC-California Indian Manpower Consortium	2540 Hartnell Ave, Suite A Redding, CA 96001	M-F, 8-5	(530) 222-1004
Corning Adult School	250 E. Fig Ln Corning, CA 96021	Call for schedule	(530) 824-7414
Corning High School District	643 Blackburn Ave Corning, CA 96021	Corning High, Centennial, C-Cal	(530) 824-8000
Corning Union Elementary School District	1590 South St Corning, CA 96021	West St, Olive View, Rancho Tehama, Maywood, Woodson	(530) 824-7700
CPR classes, St Elizabeth Community Hospital	2550 Sister Mary Columbia Dr Coyne Center Red Bluff, CA 96080	Call for schedule	(530) 529-8026
Elkins Elementary School District	2960 Elkins Rd Paskenta, CA 96074-0407		(530) 833-5582
Evergreen Union School District	19500 Learning Way Cottonwood, CA 96022	Evergreen Elementary, Evergreen Middle, Bend Elementary	(530) 347-3411
Far Northern Regional Center	1900 Churn Crk Rd Redding, CA 96002		(530) 222-4791
Feather River Adult School	501 Main St Quincy, CA 95971		(530) 283-1003

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		Office hrs. M-F, 8-5; classes 8am-10pm; Services: Feather River College is an accredited two year community college offering AA/AS degrees, transfer programs, vocational training and certificate programs. Support services are available, including financial aid, child care, tutoring, basic skills classes, and personal & academic counseling. Job and career advisement, special re-entry assistance for adults returning to school and health services and education are also available. In addition, special services are available to disabled students through the college's Supported Education Services Program.	
Feather River Community College	570 Golden Eagle Ave Quincy, CA 95971		(530) 283-0202; 1-800-442-9799
First 5 Triple P Parenting Classes	varies	Call for info.	(530) 528-1395
Flournoy Elementary District	15850 Paskenta Rd Flournoy, CA 96029		(530) 833-5331
Gerber Union Elementary School District	23014 Chard Ave Gerber, CA 96035		(530) 385-1041
Job Training Center	718 Main St Red Bluff, CA 96080	M-F, 8-5	(530) 529-7000
Kirkwood Elementary School District	2049 Kirkwood Rd Corning, CA 96021		(530) 824-7773
Lassen View School District	10818 CA-99 Los Molinos, CA 96055		(530) 527-5162
Los Molinos Unified School District	7851 Hwy 99E Los Molinos, CA 96055	Los Molinos Elementary, Los Molinos High, Vina School	(530) 384-7826
LifeNet	1008 Madison St Red Bluff, CA 96080	parenting classes with incentives	(530) 727-9888
NCCDI Parenting Classes	Red Bluff and Corning	Call for info.	(530) 529-1500 ext. 115

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Paskenta STEM Scholarships & Grants		Paskenta Nomlaki Foundation https://paskentanomlaki.smapply.us	
Plumas County Foster and Homeless Youth Liaison			(530) 283-6500 ext. 5218
Plumas County Library, Quincy Branch	445 Jackson St Quincy, CA 95971		(530) 283-6413
Plumas County Office of Ed & School District	50 Church St Quincy, CA 95971		(530) 283-6500
Red Bluff Joint Union High School District	1525 Douglass St Red Bluff, CA 96080	Red Bluff High, Salisbury, REACH	(530) 529-8700
Red Bluff Union School District	1755 Airport Blvd Red Bluff, CA 96080	Jackson Heights, Bidwell, Metteer, Vista	(530) 527-7200
Reeds Creek Elementary District	18335 Johnson Rd Red Bluff, CA 96080		(530) 527-6006
Richfield Elementary District	23875 River Rd Corning, CA 96021		(530) 824-3354
Sacramento River Discovery Center	1000 Sale Ln Red Bluff, CA 96080	Tu-Sa, 11-4	(530) 527-1196
SELPA-Special Education Local Plan Area	1135 Lincoln St Red Bluff, CA 96080	M-F, 8-5	(530) 527-8581
SERRF After School Program	1135 Lincoln St Red Bluff, CA 96080	M-F, 8-5	(530) 528-7381
Shasta College	Main Campus: 11555 Old Oregon Trail Redding, CA 96049-6006 Mailing: P.O. Box 496006 Redding, CA 96049 Tehama Campus: 770 Diamond Ave Red Bluff, CA 96080	Shasta College offers a range of academic and vocational programs, including transferable courses, associate degrees, and certificate programs to prepare students for diverse career paths.	(530) 242-7500 Main Campus (530) 529-8980 Tehama Campus
Tehama County Department of Education	1135 Lincoln St Red Bluff, CA 96080	M-F, 8-5	(530) 528-5811
Tehama County Department of Education ADR Dept	900 Palm St Red Bluff, CA 96080	mkinner@tehamaschools.org	(530) 528-7344
Tehama County Dept of Education Foster/Homeless Specialist	Red Bluff, CA 96080	bweaver@tehamaschools.org	(530) 528-7321 (530) 528-7370
Tehama County Library Corning Branch	740 3rd St Corning, CA 96021	Call for info.	(530) 824-7050

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Tehama County Library Los Mo. Branch	7881 Hwy 99E Los Molinos, CA 96055	Call for info.	(530) 384-2772
Tehama County Library Red Bluff Branch	545 Diamond Ave Red Bluff, CA 96080	Call for info.	(530) 527-0604
Tehama County Library Story Hr. Boxes (at home learning)	545 Diamond Ave Red Bluff, CA 96080		(530) 527-0604
TELA - Tehama eLearning Academy	Adult Ed: 525 Pine St, Ste B Red Bluff, CA 96080 7-12 Grades: 979 Douglass St Red Bluff, CA 96080	Allows students from Tehama, Shasta, Butte, Mendocino, Trinity, Plumas, and Glenn counties to attend a WASC-accredited, public school in a decidedly non-traditional way. Adult Ed options include GED, online and in-person.	(530) 527-7055 adult Ed (530) 527-1088 general info
WIC online parenting and nutrition classes			https://www.wichealth.org/
Employment & Income			
Alliance for Workforce Development	76 Crescent St Quincy, CA 95971	Provides a single address where partnering agencies, each with their own identity and mission, provide core services focused on meeting the needs of job seekers and employers.	(530) 283-1606

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Business Connections	332 Pine St Red Bluff, CA 96080	Legal support services, identity services, notary, etc.	(530) 527-6229
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Butte College Small Business Development Center	2480 Notre Dame Blvd Chico, CA 95928	<p>Offers a wide range of training programs and workshops that equip entrepreneurs and small business owners with essential skills and knowledge, thereby enhancing their employability and job creation potential. Assists small businesses in the region, the SBDC contributes to the local economy, creating job opportunities and fostering workforce development through entrepreneurial ventures.</p> <p>Connects businesses with resources, networks, and partnerships, facilitating access to talent and expertise, which in turn contributes to the development of a skilled and adaptable workforce in the community.</p> <p>https://www.buttecollegesbdc.com/</p>	(530) 895-9017
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CaUOBS		caljobs.ca.gov/vosnet/default.aspx	Visit website for current job listings and to apply.
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CareerBuilder		careerbuilder.com/jobs-in-tehama-county	Visit website for current job listings and to apply.
City of Red Bluff Jobs		https://www.governmentjobs.com/careers/cityofredbluff	Visit website for current job listings and to apply.
Community Training & Development, Plumas Rural Services	805 Main St Susanville, CA 96130	Offers regular training programs related to leadership and supervisory skills, customer service, team building, mental health and wellness, grief recovery, personal professional development, etc.	Dana Nowling, (530) 283-2735 ext. 856
Corning Jobs		https://www.corning.org/job-opportunities/	Visit website for current job listings and to apply.
Craigslist		redding.craigslist.org Listings for short-term gigs, jobs, etc.	redding.craigslist.org
EdJoin		edjoin.org Job listings for careers in the field of education.	Visit website for current job listings and to apply.

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Employment Development Dept. (EDD)		Search for jobs, apply for unemployment, state disability and paid family leave https://edd.ca.gov/en	Visit website for current job listings or filing claims.
Express Employment Professionals	243 S Main St Red Bluff, CA 96080	Provides temporary and contract employment in industries ranging from professional to skilled trades.	(530) 527-0727
General Assistance & CalFresh	310 S Main St Red Bluff, CA 96080 275 Solano St, Corning, CA 96021 270 County Hospital Rd., Suite 207, Quincy, CA 95971	Contact your local Social Services office to apply	(530) 527-1911 Red Bluff (530) 824-9182 Corning (530) 283-6350 Quincy
Indeed		indeed.com Job listings with many filters to choose from	indeed.com
Job Training Center of Tehama County	718 Main St Red Bluff, CA 96080	A private, nonprofit organization providing employment opportunities to job seekers and hiring, training & human resource assistance to local businesses	(530) 529-7000
LinkedIn			
Marathon Staffing	1600 Solano St, C Corning, CA 96021	M-F, 8-4:30. www.marathonstaffing.com ,	(530) 900-1272
Nation's Finest	153 Hartnell Ave, Ste 100 Redding, CA 96002	nationsfinest.org Helps you apply for veterans benefits and more.	(833) 468-9676
North State Jobs		https://northstatejobs.com/	Visit website for current job listings and to apply.
North State Planning and Development Collective	CSU, Chico 400 West First St Chico, CA 95929	Collaborates with Tehama County to facilitate economic development initiatives. Provides research and resources that support workforce development, entrepreneurship, and economic growth in the region. nspdc.csuchioc.edu	(530) 898-4636

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Sierra Pacific Industries & Windows		spi-ind.com/careers	Visit website for current job listings and to apply.
Social Security Administration	2660 Park Marina Dr Suite A Redding, CA 96001 2603 Riverside Dr Susanville, CA 96130	https://www.ssa.gov/apply	(800) 772-1213 Redding 1-855-420-8563 Susanville
Tehama County Health Services Agency		https://www.tehamacohealthservices.net/administration/careers/	Visit website for current job listings and to apply.
Tehama County Jobs		https://www.governmentjobs.com/careers/tehamama	Visit website for current job listings and to apply.
The Trade School: Shasta Builders Exchange	1355 Hartnell Ave Redding, CA 96002	recognized certifications in various trades such as carpentry, electrical, plumbing, and HVAC, equipping students with practical skills and knowledge. By building strong relationships with local businesses, The Trades School ensures that its programs align with industry needs and facilitates job placement for graduates, helping to address local labor demands. The comprehensive curriculum and job placement assistance offered by The Trades School prepare students for successful	(530) 222-1917 succeed@thetradeschool.org
VA Benefits		https://www.choose.va.gov/?utm_source=google&utm_medium=paid_search&utm_campaign=ar_benefits_oy4&utm_content=branded&gad_source=1&gclid=EAlaIQobChMIoriAwtfSigMVKCJECB0_BR68EAAYASAAEgKukPD_BwE	(530) 226-7555 Redding
Walmart D.C. & Stores		careers.walmart.com	Visit website for current job listings and to apply.

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WorkFirst Center	376 S Main St Red Bluff, CA 96080	M-F, 8:30-4. The WorkFirst training and resource center, open to participants of CalWORKs Welfare-to-Work program and the public, offers job readiness, life skills training, resume building, and career planning workshops. The computer lab is equipped to aid job seekers to create and print resumes, search and apply for jobs, improve typing and computer skills, and apply for disability and unemployment insurance benefits.	no phone number listed
Eye Care			
Corning Eye Care Center	400 Solano St Corning, CA 96021	Call for appt.	(530) 824-2166
Daniel M. King, Ophthalmologist	411 Cedar St Red Bluff, CA 96080	Call for appt.	(530) 527-6123
Dr. Kenneth Meyer (Ophthalmologist)	125 Eagle Crest Trail Chester, CA 96020	call for info.	(530) 419-5030
Fredrick Feil, OD	262 Main St Chester, CA 96020	call for info.	(530) 258-3101
Friden Optometry	68 E Central Ave Quincy, CA 95971	M-F, 8-5	(530) 283-2020
Legacy Optometric	600 Ash St Susanville, CA 96130	M-Th, 8-5; F, 8-12	(530) 257-4424
Michael Farrar, Optometrist	3650 Main St, Ste C Cottonwood, CA 96022	Call for hours	(530) 347-7347
North Ridge Eye Care	1056 Washington St Red Bluff, CA 96080	Call for appt.	(530) 529-1750
Quality Eye Care	1031 Washington St Red Bluff, CA 96080	Call for appt.	(530) 527-2211
Red Bluff Vision Center	715 Jackson St, Ste A Red Bluff, CA 96080	Call for info.	(530) 527-9242
Rolling Hills Clinic	2540 Sister Mary Columbia Dr Red Bluff, CA 96080	Call for appt.	(530) 690-2778

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Stacy Cullum, Optometrist	444 Union St Red Bluff, CA 96080	Call for appt.	(530) 527-8777
T. Adam Bowen, Ophthalmologist	2005 Court St., Ste J Redding, CA 96001	pediatric ophthalmology	(530) 246-4733
Food Resources			
Almanor Basin Food Pantry, or ABFP	Chester, CA 96020	Call for info.	(916) 390-7583
Bridgeway to Hope	River Park Red Bluff, CA 96080	Su, 1:30-3:30 Free lunch	
Cal Fresh	310 Main St Red Bluff, CA 96080	M-F, 8-5	(530) 527-1911
Center for Healthy Communities (Cal Fresh app help)			(530) 345-9749
Church Without Walls	857 Washington St Red Bluff, CA 96080	M,W,F call for info.	(530) 690-2882
Community Action Agency Senior	1500 S. Jackson St Red Bluff, CA 96080	M-F 12:00-12:30	(530) 527-2414
Community Assistance Network (C.A.N.)	176 Lawrence St Quincy, CA 95971	Call for info.	(530) 283-0262
Cornerstone Church	13585 HWY 36E Red Bluff, CA 96080	Tu, 9-11	(530) 527-9210
Corning Christian Assistance	710 4th St Corning, CA 96021	M, 9-12	(530) 824-3866
EPCAN - Portola Food Bank (PCIRC)	165 Ridge St Portola, CA 96122	Call for info.	(530) 283-5515
First Christian Church	1421 Marin St Corning, CA 96021	Wed, 5 pm; Sun afternoon	(530) 824-3866
First Baptist Church	501 Pine St Red Bluff, CA 96080	M,Tu, Su 9:00-3:00	(530) 824-3866
Food for the Hungry	Serves Los Molinos, Tehama, Gerber, and Red Bluff	By Appointment	(530) 228-2662
Greenville Rancheria Tribal Health (Hoopa Food Distribution for Natives)	1425 Montgomery Rd Red Bluff, CA 96080	M-F, 8-5	(530) 528-8600
Harvest Christian Center	1006 6th Ave Corning, CA 96021	Tu,W,Th,Sa, 9-2	(530) 824-2091

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Indian Valley Food Pantry	224 Mill St Greenville, CA 95947	Call for info.	(530) 338-2349
Joseph's Blessing Food Ministry	25235 Orange St Los Molinos, CA 96055	Sa, 9-1	Kim Smith (530) 586-1604
Lost Sierra Food Project	429 Main St, Ste B Quincy, CA 95971	Food access, learning and community, workforce development, affordable produce program	info@lostsierrafoodproject.org
Meals on Wheels	1500 South Jackson Red Bluff, CA 96080 1015 4th Ave Corning, CA 96021	M-F, 12-12:30 pm Red Bluff M-F, 11-12 Corning	(530) 527-2414 Red Bluff (530) 824-4727 Corning
New Life Assembly	660 Solano St Corning, CA 96021	1st & 3rd Wed, 9-11	(530) 824-3426
Nutrition Programs	1015 4th Ave Corning, CA 96021	M-F, 11:30-12	(530) 824-4727
PATH (Poor & Homeless of Tehama)	PO Box 315 Red Bluff, CA 96080	Meals, laundry, men's transitional housing, rapid re-housing, day shelter, emergency winter night shelter, women and children Sale house; www.redbluffpath.org	(530) 727-9291
Plumas Crisis Intervention & Resource Center		The Pantry Project (food, diapers, hygiene supplies); food vouchers. Call for hours and address.	(530) 283-5515
Rancho Tehama Community Church	17207 Stagecoach Rd Red Bluff, CA 96080	Mon & Tues	(530) 585-2526
Roots Food Groups		www.rootsfoodgroup.com Provides delicious and chef-prepared medically tailored meals covered by insurance to people managing chronic conditions, post-discharge recovery, and more. Empowering self-care with nutritious meals.	
Salt Ranch	Delivery	call for appt	Randy Dueck (530) 200-6871

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Salvation Army	940 Walnut St Red Bluff, CA 96080	M, Th 8:30-3:30	(530) 527-8530
SCCAC (Sierra County Child Abuse Council)	Loyalton, CA 96118	Call for info.	(530) 993-1110
Seventh Day Adventist Church	24052 Hoag Rd Corning, CA 96021	M, 9-12	(530) 824-2753
Seventh Day Adventist Church	720 South Jackson St Red Bluff, CA 96080	M, 10-12	(530) 527-3733
Supernatural Life Transition Ranch	Available by Appointment		(530) 200-6871
Tehama County Food Bank Gleaners	20699 Walnut St Red Bluff, CA 96080 1015 4th Ave Corning, CA 96021	Call for info.	(530) 529-2264 both locations
The Lord's Table, St. Peter's Episcopal Church	510 Jefferson St Red Bluff, CA 96080	M, Tu, W, F, noon; Sa, 9-1	(530) 527-5205
Walmart+ In-home	https://www.walmart.com/plus/inhome?rf=google.com		
Why Hunger Hotline		M-F, 6a-3p	1-800-548-6479
WIC (Women, Infants and Children)	1850 Walnut St, Suite H Red Bluff, CA 96080	M-F, 8-5	(530) 527-8791
Foster & Adopt			
Adoption Choices of Northern Ca	1901 Victor Ave Redding, CA 96022 1469 Humboldt Rd, Ste 200 Chico, CA 95928	Call for info.	1-800-607-9200
California Dept of Social Services - Adoption	520 Cohasset Rd, Ste 140 Chico, CA 95926	M-F, 8-5	(530) 895-6143
CASA Court Appointed Special Advocates	645 Antelope Blvd, Ste 15 Red Bluff, CA 96080	Call for info.	(530) 526-5286
Children First Foster Family Agency	590 Antelope Blvd, Ste 20 Red Bluff, CA 96080	M-F, 8-5	(530) 528-2938
Children First Foster Family Agency	2608 Victor Ave, #A Redding, CA 96002	M-F, 8:30-5	(530) 722-1022
Day Care and Foster Family Licensing	310 S. Main St Red Bluff, CA 96080	M-F, 8-5	(530) 527-1911
ICWA worker (Crystal Jimenez)	1425 Montgomery Rd Red Bluff, CA 96080	M-F, 8-4	(530) 528-8600

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Independent Adoption Center	391 Taylor Blvd, Ste 100 Pleasant Hill, CA 94523	M-F, 9-5	1-800-877-6736
Life Light Pregnancy Help Center	3050 Victor Ave, #C Redding, CA 96002	Can confirm your pregnancy, discuss your situation, and show you your options all at no cost to you. Contact us today because you have a bright future ahead. Support, pregnancy tests, material support, parenting education, ultrasounds referral.	(530) 222-5200
LifeNet	1008 Madison St Red Bluff, CA 96080	Opens at noon on weekdays. Provides parenting & pregnancy counseling and education, family planning, housing for unhomed pregnant/new mothers, clothing and diapers	(530) 727-9888
Lilliput Children's Services	2580 Victor Ave, Ste C Redding CA 96002	M-F, 8-5	(530) 722-9092
Lilliput Children's Services	289 Rio Lindo Ave Chico, CA 95926	M-F, 8-5	(530) 896-1920
NCCDI Supervised Visiting Center	220 Sycamore St Red Bluff Ca 96080	Call for appt.	(530) 528-8883
Northern California Youth and Family Program	2770 Pioneer Dr Redding, CA 96001 2577 California Park Dr Chico, CA 95928	M-Th 8:30-5; F 8:30-4	(530) 365-9197 (530) 893-1614
Plumas County Child and Family Services	270 County Hospital Rd, Rm 207 Quincy, CA 95971	Child protective services and foster care placement	(530) 283-6350
Ready for Life Foster Family Agency	962 Maraglia St Redding, CA 96002	M-F, 8-5:30	(530) 222-1826
Shasta County Adoption Agency	1313 Yuba St Redding, CA 96001	M-F, 8-5	(530) 225-5791
TCDSS-Foster Care	310 S. Main St Red Bluff, CA 96080	M-F, 7:30-5	(530) 527-1911

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Women's Health Specialists	1901 Victor Ave Redding, CA 96022	Call for info.	(530) 221-0193
Homelessness			
211/Coordinated Entry		Call, get assessed for housing programs, and receive a list of resources for your particular need.	211
Anderson Public Health/Social Services	2889 East Center St, Ste 203 Anderson, CA 96007	Apply for CalWORKS as a walk-in. Hours M-F, 8-4. Application process takes about 2 hours and must be completed in one session. May be able to approve your application same day.	(530) 229-8200
Children First Foster Agency (THP former foster)	590 Antelope Blvd Red Bluff, CA 96080	Helps foster youth make a safe, successful transition into the community. The Transitional Housing Program helps to reduce homelessness among former foster youth. Effective at helping former foster youth to achieve stable housing, living wage employment, and higher education.	(530) 385-0080
Disability Action Center		CalAIM in Butte, Glenn, Tehama, Shasta and Siskiyou. Self-declared disability required.	(530) 248-0393
Empower Tehama	1805 Walnut St Red Bluff, CA 96080	Emergency and Transitional Housing. Shelter & Transitional Housing are temporary places to stay when you have no other safe place to go because of domestic violence. These facilities are secure – nobody can enter without authorization, so you know you're safe. Empower Tehama's Transitional Housing facility allows you to live semi-independently while you prepare to get your own residence. We will help you find permanent housing. We have a Rental Assistance Program as well.	(530) 528-0226 1-800-324-6473 24 hour lines

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Greenville Rancheria Community Resource Center	2 Sutter St, Ste B&D Red Bluff, CA 96080	M-F, 8-5 Offers housing programs for people with disabilities, seniors, and families experiencing homelessness or at risk of homelessness.	(530) 727-9631
HUD-VASH: U.S. Department of Housing and Urban Development	451 7th St, S.W., Washington, DC 20410	Provides housing vouchers to eligible veterans who are VA healthcare eligible, homeless or at risk of homelessness, and meet income restrictions.	(202) 708-1112
LifeNet (for pregnant and new moms)	1008 Madison St Red Bluff, CA 96080	Opens at noon on weekdays. Provides parenting & pregnancy education, family planning, housing for unhomed pregnant/new mothers, clothing and diapers	(530) 727-9888
NAHASDA Housing Assistance	Redding Rancheria Community Center 2000 Redding Rancheria Rd Redding, CA 96001	Approved qualified applicants will receive 1 month rent, 3 half months rent. Must be enrolled member of any tribe in the area. Contact them to get an application before the applications open.	(530) 242-4538
Nation's Finest & CalAIM	153 Hartnell Ave, Ste 100 Redding, CA 96002	Veteran housing programs as well as help accessing many other veteran services and benefits.	(530) 223-3211
New Life Shelter	1245 Pine St Redding, CA 96001	70-bed shelter at the Shasta Lodge. Offers shelter, job training, recovery programs, spiritual options	(530) 999-8345

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Northern California Indian Development Council Community Services Block Grant Program (CSBG)	241 F St Eureka, CA 95501	Del Norte, Humboldt, Trinity, Siskiyou, and Butte Counties Housing, utility, nutrition assistance and supportive services education and employment. Intake for housing program: https://ncidc.questionpro.com/a/TakeSurvey?tt=S8fOkjrBj2UECHrPelW9eQ%3D%3D	(707) 445-8451
PATH (Poor & Homeless of Tehama)	550 Lay Ave (mailing: PO Box 315) Red Bluff, CA 96080	Meals, laundry, men's transitional housing, rapid re-housing, day shelter, emergency winter night shelter, women and children Sale house; www.redbluffpath.org	(530) 727-9291
Plumas County Housing Authority/ Plumas County Community Development Commission	183 W. Main St (mailing: PO Bo 319) Quincy, CA 95971	M-F, 8-5 Assists low income residents meet their housing needs, provides energy assistance and weatherization services, builds and improves infrastructure, supports the creation and retention of jobs, and supports human service organizations, thereby making our communities better places to live. We do this in a professional and caring manner.	(530) 283-2466
Plumas Crisis Intervention & Resource Center	591 W. Main St Quincy, California 95971	Provides housing and homeless programs, rape crisis & domestic violence programs, utilities and food assistance, court appointed special advocates, re-entry program, legal clinic	(530) 283-5515 24/7 CRISIS LINE 1-833-723-2968
Pneumacare Health and Wellness		CalAIM in Butte, Glenn, Tehama, Shasta and Siskiyou.	(530) 473-9050

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RBPB Homeless Liaison Officer			(530) 527-3131
Redding Housing Authority	777 Cypress Ave Redding, CA 96001	Call for more information.	(530) 225-4048
Shasta County Housing and Community Action Programs Department	1450 Court St, #108 Redding, CA 96001	Call for more information.	(530) 225-5160
		M-F, 8-5 Connects low-income families with resources designed to help get safe, permanent housing. Working together with HUD and other agencies, when available, we may be able to refer people to programs that help with security deposits, rent, utility payments and low-income housing. Has limited funding available to provide deposit assistance to qualifying families.	
Tehama County Community Action Agency	310 S. Main St Red Bluff, CA 96080		(530) 527-6159
Yuba County Coordinated Entry Centers	The Life Building Center 131 F St Marysville, CA 95901 Hands of Hope 909 Spiva Ave Yuba City, CA 95991	Your connection to homeless services in Yuba and Sutter Counties. https://www.syhomelessconsortium.org/ce-monthly-service-calendar	(530) 749-6811 Marysville (530) 755-3491 Yuba City
Yuba County Continuum of Care	Sutter Yuba Homeless Consortium P.O. Box 3642 Yuba City, CA 95992	https://www.syhomelessconsortium.org/	(530) 632-5761
Yuba County Housing Authority	1455 Butte House Rd Yuba City, CA 95993	Call for more information.	(530) 671-0220
Housing			
Alliance Property Management	Office: 416 Pine St Red Bluff, CA 96080	Housing in various locations. https://alliancehomerentals.com	(530) 529-1811
Bayless Garden Apts. (subsidized)	1875 Walnut St Red Bluff, CA 96080		(530) 529-5513
Brickyard Creek Apts. (subsidized)	1275 Walnut St Red Bluff, CA 96080	https://chiphousing.org/rental/brickyard-creek-apartments	(530) 527-3300

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Cabernet Apartments	15 Cabernet Court Red Bluff, CA 96080	www.cabernetredbluff.com	(530) 431-2288
Creekside Village Apartments	319 S. Jackson St Red Bluff, CA 96080	https://www.livecreeksidevillageapts.com/	(530) 528-0452
Crystal Motel/Apts.	333 South Main St Red Bluff, CA 96080	https://crystalmotelredbluff.com/index.html	(530) 527-1021
Givens Heights	755 Givens Rd Red Bluff, CA 96080		(530) 527-1547
Green Meadows (affordable)	152 Green Meadows Ln Greenville, CA 95947		(530) 284-6800
Jackson Manor Apartments	755 Luther Rd Red Bluff, CA 96080	https://www.jacksonmanorapartments.com/	(530) 529-2455
Kimball Crossing (subsidized)	820 Crossing Rd Red Bluff, CA 96080	https://www.buckinghampm.com/homes/kimball-crossing/	(530) 827-3274
Landlord Support Services	Office: 332 Pine St Red Bluff, California 96080	Housing in various locations. rentalconnects.net	(530) 527-6269
Lassen View Apts. (senior, low-income)	855 Luther Rd Red Bluff, CA 96080	https://www.lassenviewapartments.com/	(530) 527-8213
Meadow Vista Apts (non-subsidized, low income only)	710 Vista Way Red Bluff, CA 96080	https://www.mv-apts.com/	(530) 529-3413
Oak Park Manor Apts. (seniors; affordable housing)	200 Jackson St Red Bluff, CA 96080	https://www.rchdc.org/property-management/find-an-apartment/	(530) 529-2200
Olive Grove	2171 Fig Ln Corning, CA 96021	https://www.rchdc.org/property-management/find-an-apartment/	(530) 413-5790
Palm Royale Apartments	725 Kimball Rd Red Bluff, CA 96080		(530) 527-1547
Phoenix Apts. (subsidized)	1323 Deborah Rd Red Bluff, CA 96080		(530) 529-1486
Pine Meadows (affordable)	616 Pearl Rd Chester, CA 96020 (P.O. Box 1836)		(530) 258-3223
Places & Spaces	Office: 2101 Howard St, Ste C Anderson, CA 96007	Housing in various locations. https://www.placesandspaces.net/	(530) 226-5300
Real Estate Solutions	Office: 2136 Eureka Way Redding, CA 96001	Housing in various locations, including Tehama and Shasta Counties. https://www.shastaresolutions.com/	(530) 347-6765

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Red Bluff Apartments (subsidized)	111 Sale Ln Red Bluff, CA 96080	https://www.liveatredbluffapt.com/home.aspx	James Hall (530) 527-5435
Red Bluff Meadows Apartments (subsidized)	850 Kimball Rd Red Bluff, CA 96080		James Hall (530) 527-9196
Redding Property Upsurge, Inc.	2015 Shasta St Redding, CA 96001	Housing in various locations, including Tehama and Shasta Counties. https://www.propertyupsurge.com/	(925) 363-5328
Redwood Gardens	805 Orange St Red Bluff, CA 96080		(530) 529-2180
Sherwood Manor Apts.	7975 Sherwood Blvd Los Molinos, CA 96055		(530) 384-1523
Sierra Meadows (affordable)	460 Melissa Ave Chester, CA 96020 (P.O. Box 1929)		(530) 258-4212
Sutter St Apts	Sutter St Red Bluff, CA 96080		(530) 737-7485
Tehama Property Management	Office: 320 Oak St Red Bluff, CA 96080	Housing located in various locations. https://www.tehamapropertymanagement.com/	(530) 527-2256
USDA Housing Rural Development	3644 Avtech Pkwy Redding, CA 96002-9241	Provides mortgages to very low and low income individuals or families to purchase or build a home in a rural area.	(530) 691-5869
Valley Heights (affordable)	1374 Peppard Flat Rd Quincy CA 95971		(530) 283-4119
Villa Columba (seniors; disabled)	460 Main St Red Bluff, CA 96080	https://www.mercyhousing.org/california/villa-columba/	(530) 527-6222
Vista Ridge Apts (non-subsidized, low income only)	1755 Southridge Dr Red Bluff, CA 96080	https://www.vistaridgeredbluff.com/	(530) 529-3600
W & Co Property Solutions		various locations	(530) 262-4255
Washington Court Senior Housing (Affordable Housing)	100 Washington St Red Bluff, CA 96080	https://www.rchdc.org/property-management/find-an-apartment/	(530) 527-8157
Wildwood Village (affordable; elderly/disabled only)	366 Meadowbrook Loop Chester, CA 96020		(530) 258-3350

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Zillow		Offers many listings locally and nationally. Set up filters, save searches, and receive alerts. Zillow.com	zillow.com
Immigration & Migrant Workers			
California Human Development	www.californiahumandevlopment.org		(530) 899-0624
Corning Family Resource Center	175 Solano St Corning, CA 96021	Ask for Mariela	(530) 824-7670
Migrant Education Hotline	1135 Lincoln St Red Bluff, CA 96080		(530) 528-7339
Migrant Education Hotline	300 B St Biggs, CA 95917		1-800-234-8848
National Network for Immigrant & Refugee Rights	www.nnirr.org		(510) 465-1984
U.S. Citizenship and Immigration Service	www.uscis.gov		
Legal Assistance			
CRLA (California Rural Legal Assistance)	Yuba County		(530) 742-5191
CSU, Chico Community Legal Information Clinic	www.csuchico.edu/clic	As a student-run non-profit organization, provides legal information to students and community members. Each semester, students participate under the supervision of four attorneys. Provides legal information in these 11 areas: Student Legal Services/Juvenile Rights, Chico Consumer Protection Agency, Women's Law Project, County Jail Law Project, Disability Law Project, Environmental Advocates, Family Law Project, Housing Law Project, Misdemeanors, Tickets and Traffic, Penal Law Project, Workers' Rights Project. Open to all in need of legal information, as long as it is under legal scope of practice and client does not currently have an attorney.	(530) 898-4354 www.csuchico.edu/clic/ clic@csuchico.edu

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DAC - Disability Support Services	multiple locations: Chico DAC Mt. Shasta Community Resource Center Red Bluff-Frontier Village Redding DAC Yreka Community Resource Center	seniors) achieve and maintain independence. Provides support services that help remove barriers (physical, emotional, societal, etc.). Traumatic Brain Injury Program (email Landa@actionctr.org, or call DAC). Services available by appointment only in Yreka, Mt. Shasta and Red Bluff. Open to children, teens, adults, and seniors	(530) 242-8550 Redding (530) 893-8527 Chico (800) 464-8527 Chico toll free wecare@actionctr.org
DFEH	calcivilrights.ca.gov	Protects the rights of all persons who expect to hold employment without discrimination based on: sex, sexual orientation, race, color, ancestry, religious creed, age, marital status, national origin, medical condition, physical disability. Also protects classes in equal housing. Call or visit website to file a complaint about job or housing-related discrimination or harassment. Persons represented by counsel who wishes to proceed directly to court on employment discrimination, harassment, and retaliation complaints, can now request a right-to-sue letter online.	(800) 884-1684 contact.center@calcivilrights.ca.gov
District Attorney - Criminal Division	520 Main St, Rm 404 Quincy, CA 95971		David Hollister (530) 283-6303

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Family Law Facilitator	1740 Walnut St Red Bluff Ca 96080	M-F, 8-5	(530) 527-8649
Federal Housing Authority	www.hud.gov ; https://resources.hud.gov/	Administers homeownership and rental assistance programs in partnership with public housing authorities. Provides mortgage insurance to private lenders for single family and multi family housing. Offers housing counseling for homeowners, renters, and homebuyers. Accepts housing discrimination complaints in violation of the Fair Housing Act. HUD affordable housing resource locator has affordable elderly and special needs housing listings.	(202) 708-1112 Main Number (800) 669-9777 Housing Discrimination Hotline
Legal Services of Northern California	541 Normal Ave Chico Ca 95927	Provides free civil legal assistance on a variety of issues. Serves income-eligible residents in Shasta, Lassen, Modoc, Siskiyou, and Tehama County. Call for income guidelines. Serves Lassen, Modoc, Shasta, Siskiyou, and Tehama Counties. lsnc.net/office/Redding	(800) 822-9687 toll free (866) 815-5990 toll free evening (530) 241-3565 redning-office@lsnc.net
Mobilehome Assistance Center	www.hcd.ca.gov	Offers an assistance center that informs mobile homeowners and tenants about their rights. Also handles complaint reports about mobile home issues.	(800) 952-8356 mhassistance@hcd.ca.gov

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Passages Area Agency on Aging	www.passagescenter.org	M-F, 8-5 Estate planning assistance (advanced health care directive, power of attorney, will information through workshops, etc.). Elder abuse. Adults ages 60 and up in Tehama County	1-800-822-0109
Plumas CASA		Court appointed special advocates for abused and neglected children	(530) 283-5515
Plumas County Counsel/Small Claims Advisor	520 Main St, Rm 302 Quincy, CA 95971	www.courtinfo.ca.gov/selfhelp/smallclaims/plumas.htm Advice to public for small claims court only. No fees. Open to all residents.	Mari Snyder (530) 283-6240
Probation	270 County Hospital Rd, Ste 1288 Quincy, CA 95971		(530) 283-6200
Self-Help Assistance and Referral Program	1740 Walnut St Red Bluff Ca 96080	Call for appt.	(530) 527-8649
Self-Help Legal Clinic - Plumas County		Weekly support with legal issues family law, guardianship, conservatorship, evictions, etc. printing forms, making copies. No legal advice available.	(530) 283-5515
Sherriff/Coroner	1400 E Main St Quincy, CA 95971		Greg Hagwood (530) 283-6375
Superior Court Dept I	520 Main St, Rm 304 Quincy, CA 95971		Judge Janet Hilde (530) 283-6297
Superior Court Dept II	520 Main St, Rm 104 Quincy, CA 95971		Judge Ira Kaufman (530) 283-6232

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Take Charge America	www.takechargeamerica.org	Offers guidance for overcoming debt. Provides resources to get back on the right financial track. Offers free budget counseling, debt management plans, and housing programs. Certified bilingual HUD approved Housing Counselors and Certified Credit Counselors provide free counseling to all consumers in California.	(866) 528-0588 Credit Counseling (866) 987-2008 Housing Counseling (800) 823-7696 Debt Management
Tehama County Superior Court - Civil and Family Law	www.tehamacourt.ca.gov	The Civil Division handles all civil matters, including: family law, guardianships/adoptions, emancipation of minors, name change, probate, conservatorships, title/possession of real property, landlord-tenant disputes, small claims. Provides referrals to the public, legal forms, and procedural guidance. Small claims court is a special court that aims to resolve disputes in a shorter amount of time. The rules are simple and informal. One may ask a lawyer for advice before going to court but cannot have a lawyer in court. The Small Claims Advisor is available to answer questions over the phone. Family Court Services (FCS) provides mediation in a private counseling office. For Tehama County residents or persons who have proceedings pending within the county.	(530) 527-6441 (530) 529-6116 small claims advisor

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Tenant Power Toolkit	tenantpowertoolkit.org	Provides a toolkit with resources and information about tenant's rights. Toolkit includes: rent debt information, eviction assistance, tenants' rights groups information, legal resources.	(888) 495-8020 (650) 600-7821 Text message "HELPLINE"
Western States Pension Assistance Project		For problems regarding retirement programs, call Western States Pension Assistance Project at 866-413-4911. Programs may include 401ks, pensions, and defined benefit plans.	(866) 413-4911
Long-Term Care Housing			
All About Seniors Assisted Living	1155 Walnut St Red Bluff, CA 96080	Cap 15	(530) 529-4595
Aloha House Assisted Living/Board and Care	13765 Lisa Way Red Bluff, CA 96080	Cap 6	(530) 529-1052
Brentwood Skilled Nursing and Rehabilitation Center	1795 Walnut St Red Bluff, CA 96080	Accepts Medi-Cal & Medicare, Cap 55	(530) 527-2046
By the River Assisted Living	1095 Lakeside Dr Red Bluff, CA 96080	bytheriverliving.com ; Cap 6	(530) 737-7504
Copper Ridge Care Center	201 Hartnell Ave Redding, CA 96002	Accepts Medi-Cal & Medicare, Cap 125	(530) 222-2273
Crestwood Wellness and Recovery Center	3062 Churn Creek Rd Redding, CA 96002	Accepts Medi-Cal & Medicare, Cap 99	(530) 221-0976
Eastern Plumas Health Care (EPHC)	Main Campus: 500 1st Ave Portola, CA 96122	Hospital, Outpatient Services, Behavioral Health, CalAIM, Skilled Nursing Facility	(530) 832-6500
Gilmore Place	70 Gilmore Rd Red Bluff, CA 96080	Cap 22	(530) 727-9293
Golden Living Center - Redding	1836 Gold St Redding, CA 96001	Accepts Medi-Cal & Medicare, Cap 89	(530) 241-6756
Kindred Transitional Care and Rehabilitation, Canyonwood	2120 Benton Dr Redding, CA 96003	Accepts Medi-Cal & Medicare, Cap 115	(530) 243-6317
Lassen House Senior Living	705 Luther Rd Red Bluff, CA 96080		(530) 602-3198
Lassen Nursing & Rehabilitation Center	2005 River St Susanville, CA 96130	Accepts Medi-Cal & Medicare, Cap 96	(530) 257-5341

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Marquis Care at Shasta	3550 Churn Creek Rd Redding, CA 96002	Accepts Medi-Cal & Medicare, Cap 180	(530) 222-3630
Olive City Care Home	423 Walnut St Corning, CA 96021	olivecitycarehome.org ; Cap 6	(530) 824-2845
Pleasant Place	411 Hyland Dr Corning, CA 96021	pleasantplacercfe.com ; Cap 5	(530) 838-9244
Red Bluff Health Care Center	555 Luther Rd Red Bluff, CA 96080	Accepts Medi-Cal & Medicare, Cap 58	(530) 527-6232
Red Bluff Senior Living (independent living senior community)	750 David Ave Red Bluff, CA 96080		(530) 527-9193 derek@redbluffseniorliving.com
Seneca District Hospital D/P SNF	130 Brentwood Dr Chester, CA 96020	Accepts Medi-Cal & Medicare, Cap 16	(833) 227-3743
Southpointe Retreat (PRS)	1340 Southpointe Dr Red Bluff, CA 96080	Cap 6	(530) 528-2130
Willow Center	320 North Crawford St Willows, CA 95988	Accepts Medi-Cal & Medicare, Cap 76	(530) 934-2834
Windsor Redding Care Center	2490 Court St Redding, CA 96001	Accepts Medi-Cal & Medicare, Cap 113	(530) 246-0600
Medical Care			
Adventist Health	155 Solano St Corning, CA 96021	M-F, 8-5:30	(530) 872-2000
Ampla Health Center	7883 HWY 99E Los Molinos, CA 96055	Call for appt.	(530) 384-4010
CDC - Centers for Disease Control and Prevention		www.cdc.gov Public Health Service for Disease Prevention, Health Promotion, Research, and Educational Activities. Training & Continued Education in Pre-Diabetes and Type 2 Diabetes.	
Eastern Plumas Health Care (EPHC)	Main Campus: 500 1st Ave Portola, CA 96122	Hospital, Outpatient Services, Behavioral Health, CalAIM, Skilled Nursing Facility	(530) 832-6500
Enloe Medical Center	1531 Esplanade Chico, CA 95926		(530) 891-7300

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Feather River Medical-Corning	155 Solano St Corning, CA 96021	Call for appt.	(530) 824-4663
Frontier Village Family Health Center	645 Antelope Blvd, Ste 24 Red Bluff, CA 96080	Call for appt.	(530) 528-7650
Good News Rescue Mission Medical Services	3050 Veda St Redding, CA 96001	The Mobile Hope Van medical clinic is stationed at the Mission it parks in front of the distribution center. Medical staff on the bus will see you on a first come first serve basis. No medical insurance needed.	Mon & Thurs, 8-5
Graeagle Medical Clinic	7597 HWY 89 Graeagle, CA 96103	M-Th, 8-5; Family Medicine, osteopathic manipulative therapy	(530) 836-1122
Greenville Rancheria Diabetes Prevention & Education	410 Main St Greenville, CA 95947	Call for info.	(530) 284-7990 ask for a CHR
Greenville Rancheria Diabetes Prevention Program	2 Sutter St, Ste B Red Bluff, CA 96080	3rd Wednesday of the month	(530) 528-8600
Greenville Rancheria Diabetes Sharing Circle	2 Sutter St, Ste B Red Bluff, CA 96080	3rd Wednesday of the month	(530) 528-8600
Greenville Rancheria Tribal Health Center	1425 Montgomery Rd Red Bluff, CA 96080 410 Main St Greenville, CA 95947	M-Sa, 8-5	(530) 528-8600 Red Bluff (530) 284-7990 Greenville
Indian Valley Medical Clinic	176 Hot Springs Rd Greenville, CA 95947	M, W, F, 8-5; Family Medicine	(530) 283-5640
Laboratory Services - St. Elizabeth Community Hospital	2580 Sister Mary Columba Dr Red Bluff, CA 96080	Laboratory services	(530) 529-9729
Lake Almanor Clinic	199 Reynolds Rd Chester, CA 96020	M-F, 8-5; Family Medicine	(833) 227-3743
Lassen Medical Clinic	2450 Sister Mary Columbia Dr Red Bluff, CA 96080 20833 Long Branch Dr Cottonwood, CA 96022	Call for info.	(530) 527-0414 Red Bluff (530) 347-3418 Cottonwood
Mercy Medical Center	2175 Rosaline Ave Redding, CA 96001		(530) 225-6000
Northern Valley Indian Health	2500 Main St Red Bluff, CA 96080		(530) 529-2544

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Patient Advocate Fund (PAF)		Helps with co-pay and financial assistance for certain medical needs and conditions. Resources for appealing an insurance denial, resource directories, etc. https://www.patientadvocate.org/	1-800-532-5274
Plumas District Hospital	1065 Bucks Lake Rd Quincy, CA 95971	Emergency Room and Inpatient Services are open 24/7. Other services include: Primary care and Family Practice; Obstetrics; Internal Medicine; Dental Care; Preventive health services; Management of chronic conditions, including: Diabetes, High blood pressure, Asthma, High cholesterol, Other chronic conditions; Immunizations; Dietary Advice; Diabetes and Nutrition Education; Counseling; Telemedicine; Visiting specialists: Cardiology, Gynecology, Podiatry, Urology, Pain Management, Orthopedics	(530) 283-2121
Plumas Rural Health Center, North Fork Building	1065 Bucks Lake Rd Quincy, CA 95971	Plumas District Hospital providers practice Family Medicine. Family Medicine (also known as Family Practice) is a specialty devoted to comprehensive health care for people across all ages, diseases, and parts of the body. It is based on knowledge of the patient in the context of the family and community, emphasizing disease prevention and health promotion. Family Medicine providers emphasize personal, continuing care.	(530) 283-2121

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Plumas Rural Services, Resource & Call	711 E. Main St Quincy, CA 95971	Provides callers with information and resources available to them in Plumas County for a wide variety of community, health, social and other services.	(530) 283-2735 ext. 830 npeay@plumasruralservices.org
Pneumacare Health and Wellness	510 Jefferson St Red Bluff, CA 96080	Disability services and support organization. designed to aid you in the process of getting Medical, Dental, Behavioral, and Housing Care established. Outreach Supervisor Tina Norman	530-737-8890
Portola Medical Clinic	480 1st Ave Portola, CA 96122	M-F, 8-5 Offers a wide variety of services, including adult internal medicine, dermatology, family medicine, and women's health	(530) 832-6600
Quest Diagnostics (Blood Work)	1054 S. Main St Red Bluff, CA 96080	6:30 am-2:30 pm	1-888-277-8772
Redding Rancheria Tribal Health Center	1441 Liberty St Redding, CA 96001	Call for info.	(530) 224-2700
Rolling Hills Clinic	2540 Sister Mary Columbia Dr Red Bluff, CA 96080 706 Peach St Corning, CA 96021	Call for appt.	(530) 690-2778 Red Bluff (530) 690-2827 Corning
Seneca Healthcare District	130 Brentwood Drive, Chester Ca 96020	Emergency services, laboratory, hospital, skilled nursing, clinic services, nutrition services.	1 (833) 227-3743
Shasta Regional Medical Center			(530) 244-5400
St Elizabeth Community Hospital	2550 Sister Mary Columbia Dr Red Bluff, CA 96080	24/7	(530) 529-8012
Tehama County Health Services Agency	1860 Walnut St, #E Red Bluff, CA 96080	Call for appt.	(530) 527-0350 (530) 527-7893 Drug/Alcohol (530) 824-4890 Corning (530) 527-5631 Mental Health (530) 527-6824 Public Health
Tehama Women's Health Specialist	2490 Sister Mary Columbia Dr Red Bluff, CA 96080	Call for appt.	(530) 529-2960

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Veterans Outpatient Clinic	351 Hartnell Ave Redding, CA 96002	M-F, 7:30-4:30	(530) 226-7555
Missing & Murdered Persons			
911			In an emergency, call 911.
Amber Alert		A public notification system that helps find abducted children who are in danger. AMBER Alerts are issued when there is a serious risk of injury or death to the child. https://amberalert.ojp.gov/	California Contact: Captain Melissa Kittell California Highway Patrol 1-800-TELL-CHP (1-800-835-5247)
FBI Most Wanted Missing and Unidentified People		Missing Persons listings: https://www.fbi.gov/wanted/vicap	FBI ViCAP, (800) 634-4097, vicap@fbi.gov
Feather Alerts		https://www.chp.ca.gov/pages/feather-alert.aspx	911 to report a missing person (916) 843-4199 for questions about the program
Greenville Rancheria MMIP Program	2 Sutter St, Ste B&D Red Bluff, CA 96080	Supports efforts to identify, collect case level data, publicize, investigate, and solve cases involving missing and murdered indigenous people.	(530) 727-9631
International Centre for Missing and Exploited Children		We work to protect children around the world from going missing by providing resources for governments, law enforcement, NGOs, and families on prevention as well as the appropriate actions to take in the event a child does go missing. https://www.icmec.org/	(703) 837-6313 information@icmec.org
NamUs		https://www.namus.gov/dashboard Search website for missing, unidentified, and unclaimed postings	
National Center for Missing and Exploited Children		https://www.missingkids.org/HOME The CyberTipline is the place to report child sexual exploitation. If you believe you or someone you know is a victim of exploitation, we are here to help.	24-Hour Call Center: 1-800-843-5678 CyberTipline: 24/7 1-800-THE-LOST (1-800-843-5678)

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Plumas County Sheriff's Dept	1400 East Main St Quincy, CA 95971		(530) 283-6375
Shasta County Sheriff's Dept	300 Park Marina Circle Redding, CA 96001		(530) 245-6000
Tehama County Sheriff's Dept	22840 Antelope Blvd Red Bluff, CA 96080		Sheriff's Dispatch (530) 529-7900
US Department of Justice	950 Pennsylvania Avenue, NW Washington, DC 20530-0001	https://www.justice.gov/action-center/report-and-identify-missing-persons Indian Country: https://www.fbi.gov/wanted/indian-country	Marlys Big Eagle National Native American Outreach Services Liaison 1-866-379-0224 USAE0.NA.Outreach.Liaison@usdoj.gov Gina Allery Director, Office of Tribal Justice Office of Tribal Justice (202) 514-8812 OTJ@usdoj.gov
Yuba County Sheriff's Dept	720 Yuba St Marysville, CA 95901		Sheriff's Dispatch (530) 749-7777 Ext 5
Museums			
Boomtown Museum	1525 Median Ave Shasta Lake, CA 96019	M, F, Sa, 9-1	(530) 275-3995
Chico Children's Museum	325 Main St Chico, CA 95928	Tuesday - Sunday: 10am-4pm	(530) 809-1492
Eaton House Museum	1520 West St Redding, CA 96001	Tu, W, Sa, 10-4	(530) 241-3454
Gateway Science Museum	625 Esplanade Chico, CA 95926	Th-Sa, 11-4	(530) 898-4121
Gaumer's	78 Belle Mill Rd Red Bluff, CA 96080	M-F 9-5 pm	(530) 527-6166
Honeybee Museum	501 Walker St Orland, CA 95963	Hours vary	(530) 805-2899
Indian Valley Museum	4288 Cemetery Rd Taylorsville, CA 95983		(530) 284-1046

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Kelly-Griggs House Museum	311 Washington Ave Red Bluff, CA 96080	Call for hours	(530) 527-1129
Kohm Yah-mah-nee Visitor Center (Lassen Park)	21820 Lassen National Park HWY Mineral, CA 96063	W-Su 9:30-4:30	(530) 595-4480
Mt. Shasta Sisson Museum	1 N. Old Stage Rd Mt. Shasta, CA 96067	Th - Su, 10AM to 4PM	(530) 926-5508
Red Bluff Round-Up Museum	2471 670 Antelope Blvd, #1 Red Bluff, CA 96080	M-F 9-5 pm	(530) 527-1000
Sacramento River Discovery Center	1000 Sale Ln Red Bluff, CA 96080	bhughes@shastacollege.edu	(530) 527-1196
Tehama County Museum	275 C St Tehama, CA 96090	Sa 1-4 pm	(530) 384-2595
Turtle Bay Exploration Park	800 Auditorium Dr Redding CA 96001	hours change by season	(530) 243-8850
William B. Ide Adobe Visitors Center	21659 Adobe Rd Red Bluff, CA 96080	F-Su 10-4 pm	(530) 529-8599
Wintu Cultural Museum	4755 Shasta Dam Blvd Shasta Lake, CA 96019		(530) 215-1840
Parenting & Family			
Bridges to School Success	1544 Magnolia St Redding CA 96001	Discipline that Works virtual sessions Wednesdays @ 6 pm and Thursdays @ 1 pm.	Wednesday: https://bit.ly/DTW-evening Thursday: https://bit.ly/DTW-afternoon

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California Children's Services	1850 Walnut St Red Bluff, CA 96080	M-F, 8-5 Provides families with medical care coordination to help the children attend specialist appointments out of the area. We also work closely with area schools and operate a Medical Therapy Program which provides Physical Therapy and Occupational Therapy services to qualifying clients at the Medical Therapy Unit. Participants must have a qualifying medical condition. Examples of qualifying conditions include but are not limited to: heart disease, diabetes, traumatic injuries, severe hearing loss and more.	(530) 527-6824
Cal-Learn	Tehama County Social Services 310 South Main St Red Bluff, CA 96080 OR 275 Solano St Corning, CA 96021 Plumas County Social Services 270 County Hospital Rd, #207 Quincy, CA 95971	Cal-Learn is a statewide program for pregnant and parenting teens in the, California Work Opportunity and Responsibility to Kids (CalWORKs) program. It is designed to encourage pregnant and parenting teens to graduate from high school or its equivalent, become independent, and form healthy families.	(530) 527-1911 RB (530) 824-9182 Tehama (530) 283-6350 Plumas
Child Birth Classes, Dignity Health	2550 Sister Mary Columbia Dr Red Bluff, CA 96080	Days and times vary depending on the topic and the instructor. You can choose whether a 1-day intensive class or a 1-night-a-week class works better for you. Call to register.	888-628-1948
Child Care Referral and Education (CCRE)	409 Walnut St Red Bluff, CA 96080	Provides information and referrals for childcare for young children	(530) 529-3131

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Child Health and Disability Prevention (CHDP)	1850 Walnut St Red Bluff, CA 96080	M-F, 8-5 Links clients with transportation and supporting medical, dental, and mental health appointment scheduling. Provides program application support case management, provider outreach, health education and overall quality assurance, Well Child Exams, Grief Counseling for Families, Collaboration with Law Enforcement, Education to Promote Safe Sleep Practices, Shaken Baby Demonstrations, and PURPLE Crying Presentations for eligible families.	(530) 527-0350
Child Safety Seat Information (CHP)	2550 Main St Red Bluff, CA 96080	Call to have your car seat installation checked	(530) 527-2034
Circle of Hope: Perinatal Mental Health Support Groups	1500 S. Jackson St, Conference Rm Red Bluff, CA 96080	M, 10-11:30 am A safe space to share how you are adjusting to parenting, stressors, Baby Blues, pregnancy depression/anxiety and much more. If you're pregnant or with a child under 12 months, this group is here to help support.	530-840-1124
Corning Family Resource Center, NVCSS	175 Solano St Corning, CA 96021	Provides parenting/teen parenting resources, job training, referrals	(530) 824-7670
Family Counseling Center	1347 Grant St Red Bluff, CA 96080	Call for appt. Counseling for nearly all age groups. Individual, family & couples counseling.	(530) 527-6702
Family Spirit Home Visiting Program	1425 Montgomery Rd Red Bluff, CA 96080	Greenville Rancheria Community Health Representatives work through the 6-module curriculum with families on topics, such as: prenatal care, infant care, your growing child, toddler care, my family and me, and healthy living	(530) 528-8600

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Far Northern Regional Center (FNRC)	1900 Churn Creek Rd, Ste 319 Redding, CA 96002	M-F, 8-5 Provides services and support for individuals and families of someone with special needs. Self-refer or speak to your doctor.	(530) 222-4791
First 5 Tehama	332 Pine St Red Bluff, CA 96080	M-F, 8-5 Provides Triple P parenting classes, referrals, free books (or referrals to such services), etc. First 5 Tehama is dedicated to supporting the holistic brain development of young children in Tehama County so that all of Tehama's children can thrive physically, emotionally and cognitively. We do this by serving as a collaborator catalyst and common link in four main focus areas that are critical to helping young children thrive and reach their full potential.	(530) 528-1395
Foster and Kinship Care Shasta College	Call for location and times	Provides quality education and support to the caregivers of children in out-of-home care, helping these caregivers to meet the emotional, behavioral and developmental needs of the children in their care.	(530) 339-3611
Greenville Rancheria Community Health Representatives	2 Sutter St, Ste B & D Red Bluff, CA 96080	Positive Indian Parenting curriculum taught in home.	(530) 528-8600
Healthy Beginnings	1850 Walnut St Red Bluff, CA 96080	M-F, 8-5 A Public Health Nursing program that provides education, referrals, and case management. This program is available to pregnant women and families with children ages 0-5.	(530) 527-8491

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Healthy Families Tehama	1850 Walnut St Red Bluff, CA 96080	Offers you a personal support coach to help you be the best parent(s) you can be. Services are offered to pregnant women and families with children ages 0-3 and include family-centered emotional support, referrals to other services, assistance with navigation access to services in the community, and education and career goal setting. Services are offered in your home or place of your choice. There are no costs or income requirements for the services.	(530) 527-8491
Help Me Grow	1135 Lincoln St Red Bluff, CA 96080	Provides no cost services for all families with children ages 0-5 in Tehama County. Services include helping parents track their child's development, connecting parents with resources available to them, and supporting parents to achieve their goals.	(530) 527-5811
Life Light Pregnancy Help Center	3050 Victor Ave, #C Redding, CA 96002	Can confirm your pregnancy, discuss your situation, and show you your options all at no cost to you. Contact us today because you have a bright future ahead. Support, pregnancy tests, material support, parenting education, ultrasounds referral.	(530) 222-5200
LifeNet	1008 Madison St Red Bluff, CA 96080	Opens at noon on weekdays. Provides parenting & pregnancy counseling and education, family planning, housing for unhomed pregnant/new mothers, clothing and diapers	(530) 727-9888

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Mindful Co-Parenting Classes	Plumas Rural Services Call for location and times	This 7-week class provides concrete support to parents who have separated yet are parenting their children together. The course identifies the effects of broken relationships on both adults and children and the importance of developing a workable Co-Parenting Plan that works for each unique family and best supports their child(ren).	(530) 283-2735 ext. 818 lwall@plumasruralservices.org
Mindful Nurturing Parenting Classes	Plumas Rural Services Call for location and times	Parenting classes are provided throughout Plumas County in Portola, Quincy, Greenville, and Chester. A new 8-week session begins every two months and covers a wide variety of topics related to parenting as well as domestic violence and alcohol & drug issues. Both mandated and non-mandated parents are welcome to attend.	(530) 283-2735 ext. 818 lwall@plumasruralservices.org
National Maternal Mental Health Hotline		English & Spanish as well as interpreter services. By phone or text. Before, during and after pregnancy. A professional counselor supports you in real time, gives you information and resources, and makes referrals to local or telehealth providers if needed.	1-833-852-6262
NCCDI	220 Sycamore St Red Bluff, CA	M-F, 8-5 Provides free center-based and home-based early childhood education to eligible families, counseling services, visitation center, community events and activities	(530) 529-1500

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NICWA	5100 S Macadam Ave Portland, OR 97239	https://www.nicwa.org/families/ Contact about tracing your Native ancestry, Get help finding low-cost legal representation. Contact about your rights when you've encountered the child welfare system.	(503) 222-4044
Nurturing Parenting Critical Support	Plumas Rural Services Call for location and times	In-home support for parents who have completed the Nurturing Parenting Classes to further support their parenting goals. Parents work on a wide variety of areas dependent upon their own needs. Referrals also taken directly from Child Protective Services.	(530) 283-2735 ext. 818 lwall@plumasruralservices.org
Parents in Control	Tehama and Shasta Counties	Provides classes for parents and children to learn how to improve family relationships. Classes provided at locations in Redding and Red Bluff. Children 12 and older encouraged to attend with parent(s). Younger children may attend with consent from instructor. Class size is small, allowing for more interaction and support from instructor. Programs range from 16 to 52 weeks.	(530) 526-8380
Poison Control			1-800-222-1222
Positive Indian Parenting	1425 Montgomery Rd Red Bluff, CA 96080	Greenville Rancheria Community Health Representatives work through this curriculum on honoring our children by honoring our traditions and protecting our children and preserving our future.	(530) 528-8600

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RBHSD Teen Parenting Program	1050 Kimball Rd Red Bluff, CA 96080	M-F, 7:30-3:30 Provides support services for pregnant and parenting students. Aims to improve academic achievement and parenting skills. Serves the Red Bluff High School District. Provides referrals and advocacy for: financial assistance, social services, WIC, and health care providers. Offers free child, Care for teen parents in RBHSD. Partners with NCCDI Head Start for childcare services.	Diana Geiger (530) 529-8760
Rowell Family Empowerment	960 Maraglia St Redding, CA 96002	M-F, 8-5 Provides advocacy and education to families of someone with special needs.	(530) 226-5129
School Readiness	Red Bluff, Los Molinos, and Corning	Provides parent education and support to pregnant women and families with children ages 0-5 at no cost and with no income requirements. The services offered include one-on-one parent education using the Parents as Teachers home visitation curriculum, weekly playgroup, developmental screenings, and access to community resources and services.	(530) 527-7214
SERFF	1135 Lincoln St Red bluff, CA 96080	Provides free after school and summer programs.	(530) 528-7333
Shasta County Office of Education		Triple P Positive Parenting classes given in home and in a group setting. In-home classes usually have a waitlist.	(530) 225-0350
Story Time Tehama County Library	Corning, Los Molinos, Red Bluff	Call for current times and details.	(530) 527-0604

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Tehama County Child Support	1005 Vista Way, Ste A Red Bluff, CA 96080	M-F 8:00-5:00 Assists you in opening a case, establishing a child support order, determining paternity, modifying your order, and enforcing your order.	1-866-901-3212
Tehama County Dept. of Education	1135 Lincoln St Red Bluff, CA 96080	Call for questions about your child's school, special accommodations, children in foster care or unhomed.	(530) 528-7346
WIC (Women Infants and Children)	1850 Walnut St, #H Red Bluff, CA 96080 275 Solano St Corning, CA 96021 Plumas Rural Services 711 E. Main St Quincy, CA 95971	M-F 8:00-5:00 Provides WIC card for free groceries for qualifying applicants. Provides pregnancy and parent/family education online and in person.	(530) 527-8791 RB (530) 824-4890 Corning (530) 283-2735 ext. 813 Plumas klecoq@plumasruralservices.org
Recreation			
Central Tehama	Los Molinos	Baseball	(530) 864-4021
Corning Little League	Corning, CA	Baseball	(530) 366-2949
Red Bluff	Red Bluff, CA	Baseball	redblufflittle-league.com
(PAL) League	www.tehamaso.org	Basketball	(530) 529-7950
Java Lanes	2075 Solano St Corning, CA 96021	Bowling	(530) 824-3500
Lariat Bowl	365 S. Main St Red Bluff, CA 96080	Bowling	(530) 527-2720
Victor 2 Guns	Red Bluff, CA	Boxing	(530) 727-9359
Clear Creek Park	667-20 CA-147 Westwood, CA 96137	City Parks	
Diamond Park	Red Bluff, CA 96080	City Parks	
Dog Island Park	Red Bluff, CA 96080	City Parks	
Forward Park	Red Bluff, CA 96080	City Parks	
Gansner Park	Quincy, CA 95971	City Parks	
McGlynn Pool/City Pool	Red Bluff, CA 96080	City Parks	
Pioneer Park	Quincy, CA 95971	City Parks	
Red Bluff River Park	Red Bluff, CA 96080	City Parks	
Trainor Park	Red Bluff, CA 96080	City Parks	

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Corning Parks & Rec	https://www.corning.org/departments/parksrecreation/	Dance	(530) 824-7029
Corning Youth Football & Cheer	facebook.com/people/corning-youth-football-and-cheer	Dance	
Flare Dance and Acrobatics	450 Walnut St #446 Red Bluff, CA 96080	Dance	(530) 999-9380
Jubilee	1325 Schwab St Red Bluff, CA 96080	Dance	https://jubileepac.square.site/
Red Bluff Jr. Spartans Cheer	tshq.bluesombrero.com/rbjspartans	Dance	
Jr. Spartans	PO Box 8027 Red Bluff, CA 96080	Football	www.rbjrspartans.com
Lariat Bowl & Mini Golf	3654 Main St Red Bluff, CA 96080	Golf	(530) 527-2720
The Links at Rolling Hills	2657 Everett Freeman Way Corning, CA 96021	Golf	(530) 528-3500
Wilcox Golf Course	Wilcox Golf Rd Red Bluff, CA 96080	Golf	(530) 527-7087
Planet Fitness	Red Bluff, CA 96080	Gyms	
Red Bluff Health and Fitness	100 Jackson St Red Bluff, CA 96080	Gyms	(530) 529-1220
Tehama Family Fitness	2498 S. Main St Red Bluff, CA 96080	Gyms	(530) 528-8656
Rice Bros Jiu Jitsu	1775 Airport Blvd Red Bluff, CA 96080	https://www.ricebrosredbluff.com/	(530) 209 2244
Mt. Shasta Mall play area	900 Dana Dr Redding, CA 96001	Indoor play area	
Sensory Innovations (indoor play &/or OT)	20 Hilltop Dr, Ste A Redding, CA 96003	Indoor play area	(530) 780-5559
PAL (Police Activity League)	22840 Antelope Blvd Red Bluff, CA 96080	martial arts	(530) 529-7950
Los Mo Dojo	7790 State Hwy 99E Los Molinos, CA 96055	Martial arts. Mostly free.	(530) 636-5650
Turtle Bay Exploration Park	800 Auditorium Dr Redding, CA 96001	Museum, playground, animals	(530) 243-8850

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Kids' Kingdom	Enterprise Park 4000 Victor Ave Redding, CA 96002	Playground with splashpad	(530) 225-4095
McGlynn Red Bluff City Pool	119 Sycamore St Red Bluff, CA 96080	Pools	(530) 527-7211
Red Bluff Health and Fitness	100 Jackson St Red Bluff, CA 96808	Pools	(530) 529-1220
River Splash (splashpad)	2800 Rupert Rd Anderson, CA 96007	Pools	(530) 378-6656
Teddy Pohler Memorial Pool	1414 Colusa St Corning, CA 96021	Pools	(530) 824-7062
Tehama Family Fitness	2498 S. Main St Red Bluff, CA 96080	Pools	(530) 528-8656
Corning Community Park	1485 Toomes Ave Corning, CA 96021	Skating/Skateboarding	Free access to park
Diamond Park	700 Diamond Ave Red Bluff, CA 96080	Skating/Skateboarding	Free access to park
(PAL) League	www.tehamaso.org	Soccer	(530) 529-7950
Corning Youth Soccer League	www.corningyouthsoccer.com	Soccer	(530) 586-9098
NCCDI Soccer Camp	1 week in RB and 1 week in Corning	Soccer	(530) 529-1500
Red Bluff Youth Soccer League	859 Washington St., Ste 109 Red Bluff, CA 96080	Soccer	(530) 529-2255
(PAL) League	www.tehamaso.org	Softball/Baseball	
Corning Little League	www.corninglittleleague-ca.com	Softball/Baseball	
Red Bluff Little League	www.redblufflittleleague.com	Softball/Baseball	
Plumas-Eureka State Park	310 Johnsville Road Blairsden, CA 96103	State Parks	(530) 836-2380
William B. Ide Adobe		State Parks	
Woodson Bridge	Corning, CA	State Parks	(530) 839-2112
Cone Grove Park	Cone Grove Rd Red Bluff, CA 96080 (Dairyville)	Tehama County Parks	
Gerber Park	Gerber, CA	Tehama County Parks	
Mill Creek Park	Los Molinos, CA	Tehama County Parks	
Ridgeway Park	19725 Ridgeway Rd Red Bluff, CA 96080	Tehama County Parks	
Simpson Finnell Park	Paskenta, CA	Tehama County Parks	

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Tehama County River Park	25345 South Ave Corning, CA 96021	Tehama County Parks	
Mary Woodstrup Tennis Courts	Union and Johnson Red Bluff, CA 96080	Tennis	
Northside Park	1414 Colusa St Corning, CA 96021	Tennis	
Red Bluff High School Tennis Courts	1535 Douglass St Red Bluff, CA 96080	Tennis	(530) 529-8710
Simpson Finnell Park Tennis	13340 Round Valley Rd Paskenta, CA 96074	Tennis	(530) 833-5386
Battle Creek Campground		Trails	
Hog Lake	Hwy 36E Red Bluff, CA 96080	Trails	
Iron Canyon	Hwy 36E Red Bluff, CA 96080	Trails	
Lakes Basin Recreation Area	Blairsden-Graeagle, CA	Trails	(530) 836-2575
Lassen Park Trails	PO Box 100 Mineral, CA 96053	Trails	(530) 595-4480
Plumas National Forest	Plumas County, CA	Trails	Trail Listing: https://www.fs.usda.gov/activity/plumas/recreation/hiking/?recid=11182&actid=50
Sacramento Discovery Center	1000 Sale Ln Red Bluff, CA 96080	Trails	(530) 527-1196
Yana Trail	Jellys Ferry/Bend Area Red Bluff, CA 96080	Trails	
Corning Parks & Rec	https://www.corning.org/departments/parksrecreation/	Various activities/events/classes	(530) 824-7029
Red Bluff Parks & Rec	1500 S. Jackson St Red Bluff, CA 96080	Various activities/events/classes	(530) 527-8177
Schools			
ACES of Red Bluff	720 S Jackson St Red Bluff, CA 96080	Seventh-Day Adventist private school	(530) 527-1486
Antelope Elementary K-5	22630 Antelope Blvd Red Bluff, CA 96080		(530) 527-1272

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Bend School K-8	22270 Bend Ferry Rd Red Bluff, CA 96080		(530) 527-4648
Berrendos Middle School	401 Chestnut Ave Red Bluff, CA 96080		(530) 527-4648
Bidwell Elementary K-6	1256 Walnut St Red Bluff, CA 96080		(530) 527-7171
C. Roy Carmichael Elementary	895 West St Portola, CA 96122		(530) 832-0211
CAL-LEARN Continuation School	Dept. of Social Services 270 County Hospital Rd, Ste 207 Quincy, CA 95971	Statewide program for helping pregnant and parenting teens complete high school, become independent and form healthy families.	(530) 283-6350
Calvary Christian Academy	12375 Paskenta Rd Red Bluff, CA 96080	private school	(530) 527-8219
Centennial Continuation High 9-12	250 Fig Ln Corning, CA 96021		(530) 824-7400
Chester Elementary School	158 Aspen St Chester, CA 96020		(530) 258-3194
Chester Jr./Sr. High School	612 1st St Chester, CA 96020		(530) 258-2126
Corning Union High School	643 Blackburn Ave Corning, CA 96021		(530) 824-8000
Elkins School K-8	2960 Elkins Rd Paskenta, CA 96074		(530) 833-5582
Evergreen Elementary K-4	19415 Hooker Creek Rd Cottonwood, CA 96022		(530) 374-3411
Evergreen Middle School 5-8	19500 Learning Way Cottonwood, CA 96022		(530) 347-7950
Feather River Adult School	501 Main St Quincy, CA 95971		(530) 283-1003
Flournoy School	15850 Paskenta Rd Flournoy, CA 96029		(530) 833-5331
Gerber Elementary School K-8	23014 Chard Ave Gerber, CA 96035		(530) 385-1041

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Greenville Elementary School	225 Grand St Greenville, CA 95947		(530) 284-7195
Greenville Jr./Sr. High School	117 Grand St Greenville, CA 95947		(530) 284-7197
Indian Valley Elementary School	225 Grand St Greenville, CA 95947		(530) 284-7195
Jackson Elementary K-6	225 Jackson St Red Bluff, CA 96080		(530) 527-7150
Kirkwood School K-8	2049 Kirkwood Rd Corning, CA 96021		(530) 824-7773
Lassen View K-8	10818 Hwy 99E Los Molinos, CA 96055		(530) 527-5162
LAVA (Lassen Antelope Volcanic Academy) Charter School	1660 Monroe St Red Bluff, CA 96080	Hybrid Independent Study Program allows for students to be on campus from three to five days a week. We also offer a full time Independent Study Program for students and families who are looking for the flexibility of working from home via an online learning platform.	(530) 727-9495
Lincoln Street Charter School	1125 Lincoln St Red Bluff, CA 96080	Home school charter	(530) 528-7301
Los Molinos District Office	7851 Hwy 99E Los Molinos, CA 96055		(530) 384-7826
Los Molinos Elementary K-8	7700 Stanford Rd Los Molinos, CA 96055		(530) 384-7903
Los Molinos High School 9-12	7900 Sherwood Blvd Los Molinos, CA 96055		(530) 384-7900
Manton School K-8	31345 Forward Rd Manton, CA 96059		(530) 474-3167
Maywood School 6-8	1666 Marguerite Ave Corning, CA 96021		(530) 824-7730
Metteer Elementary School K-6	695 Kimball Rd Red Bluff, CA 96080		(530) 527-9015
Mineral School K-8	38355 Scenic Ave Mineral, CA 96063		(530) 595-3322

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Olive View Elementary 3-5	1402 Fig Ln Corning, CA 96021		(530) 824-7715
Plum Valley School K-8	29950 Plum Creek Rd Paynes Creek, CA 96075		(530) 597-2248
Plumas Charter School	1425 E Main St Quincy, CA 95971		(530) 283-3851
Plumas Christian School	49 S. Lindan Ave Quincy, CA 95971	M-F, 8-4:30 Plumas Christian School is a private interdenominational Christian school offering quality education, high academic standards, and character development from a uniquely Christian perspective.	(530) 283-0415 plumaschristianpilots@gmail.com
Plumas Unified School District/Plumas County Office of Education	50 Church St Quincy, CA 95971	M-F, 8-4:30 Services: Plumas Unified School District is a comprehensive, fully accredited, K-12 educational system, providing a full range of educational services.	(530) 283-6500
Portola Jr./Sr. High School	155 6th Ave Portola, CA 96122		(530) 832-4284
Quincy Elementary School	175 N. Mill Creek Quincy, CA 95971 246 Alder St Quincy, CA 95971		(530) 283-6550 (530) 283-6557
Quincy Jr./Sr. High School	6 Quincy Junction Rd Quincy, CA 95971		(530) 283-6510
Rancho Tehama Elementary	17357 Stage Coach Rd Corning, CA 96021		(530) 585-2800
Red Bluff Independent Study High School	1050 Kimball Rd Red Bluff, CA 96080	located at Salisbury High	(530) 529-8757
Reeds Creek School K-8	18335 Johnson Rd Red Bluff, CA 96080		(530) 527-6006
Richfield School K-8	23875 River Rd Corning, CA 96021		(530) 821-3354

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Sacred Heart Parish Elementary School	2255 Monroe Ave Red Bluff, CA 96080	private Catholic school	(530) 527-6727
Salisbury 9-12	1050 Kimball Rd Red Bluff, CA 96080		(530) 529-8766
Tehama County Red Bluff Joint High School District	1525 Douglass St Red Bluff, CA 96080		(530) 529-8700
TELA - Tehama eLearning Academy	979 Douglass St Red Bluff, CA 96080	Allows students from Tehama, Shasta, Butte, Mendocino, Trinity, Plumas, and Glenn counties to attend a WASC-accredited, public school in a decidedly non-traditional way	(530) 527-7055 adult Ed (530) 527-1088 general info
Vina School	4790 D St Vina, CA 96092		(530) 839-2182
Vista Middle School 7-8	1770 S. Jackson St Red Bluff, CA 96080		(530) 527-7840
West Street School K-2	900 West St Corning, CA 96021		(530) 824-7705
Senior Services			
Adult Protective Services	310 Main St Red Bluff, CA 96080	Call for info.	(530) 527-1911 1-800-323-7711
Friendship Line/Warmline	Institute on Aging		1-800-971-0016
Healthy Connections Office	310 South Main St Red Bluff, CA 96080	https://tehamacountycaa.com/about-1	(530) 527-6159
HomeCare Professionals	715 Jackson St. #B Red Bluff, CA 96080		(530) 966-9885
Life Alert		www.lifealerthelp.com	1-800-852-3081
Los Molinos Senior Center	25199 Josephine St Los Molinos, CA 96055	M-F 8:00-5:00	(530) 384-2100
MCS, Inc. (Medi-Cal Consulting Services)		Charge for some services www.medihelper.com	1-877-633-4435
Meals on Wheels	1500 South Jackson St Red Bluff, CA 96080 1015 4th Ave Corning, CA 96021	Call for info.	(530) 527-2414 (Red Bluff) (530) 824-4727 (Corning)
Neighborhood Watch STARS Program			
ParaTRAX	Tehama County	M-F 6am-6:40pm; Sa 8:20-4	(530) 385-2877

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Passages Agency on Aging	25 Main St, Rm 202 Chico, CA 95928	M-F 8:00-5:00 Serves Butte and Tehama Counties	(530) 898-5923
Passages HICAP - Medicare Counseling			1-800-434-0222
Planning & Service Area 2 Area Agency on Aging	208 W. Center St Yreka, CA 96097	Serves Lassen, Modoc, Shasta, Siskiyou, and Trinity Counties	(800) 510-2020
Pneumacare Health and Wellness	510 Jefferson St Red Bluff, CA 96080	Disability services and support organization. designed to aid you in the process of getting Medical, Dental, Behavioral, and Housing Care established. Outreach Supervisor Tina Norman	(530) 737-8890
Public Health Nurse		Teaches the elderly how to stay safe and healthy at home	1-800-655-6854 (530) 527-6824
Senior Connections Plumas county Public Health Agency	520 Main St, Rm 309 Quincy, CA 95971	Call for info.	(530) 283-6407
Senior Legal Hotline	Sacramento, CA		1-800-222-1753
Shasta Senior Transitions		Prepare, Plan, Pack, Move, Unpack, Settle	(530) 356-2518 shastaseniortran@gmail.com
Son's in Retirement Social Club	Red Bluff Branch 139	Call for info.	1-877-747-9066
Tehama County Crime Prevention	1740 Walnut St Red Bluff, CA 96080	M-F 8:00-2:30	(530) 527-7230
Tehama County Social Services		Medi-Cal and other Information	(530) 527-1911
Yuba/Sutter Counties Agency on Aging	1401 El Camino Ave, 4th Flr Sacramento, CA 95815	Call for info.	(530) 742-4474
Social Services			
Plumas County Social Services	270 County Hospital Rd, #207 Quincy, CA 95971	Adult services, benefits, children & family services, civil rights info, employment services, IHSS, public guardian, and other resources.	Phone: (530) 283-6350 Fax: (530) 283-6368 Toll free: (800) 242-3338
Shasta County Health and Human Services	2460 Breslauer Way Redding, CA 96001	Behavioral health, social services, public assistance, child safety seats, emergency preparedness, IHSS, maternal services, parenting resources, pregnancy support, prenatal guidance, etc.	(530) 229-8400

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Tehama County Social Services	310 S. Main St Red Bluff, CA 96080	Adult services, adoptions, employment services, public assistance, etc.	Phone: (530) 527-1911 Fax: (530) 527-5410 Main; (530) 527-7640 CPS; (530) 527-4836 Adult Services
Yuba County Health and Human Services	915 8th St Marysville, CA 95901	Child and Adult Protective Services, employment services, public assistance, public health, special investigations unit, veteran services, etc.	(530) 749-6311
Spiritual Groups & Places of Worship			
Abundant Life Fellowship	21080 Luther Rd Red Bluff, CA 96080	Christian church.	(530) 528-2499
Assembly of God Church	72690 CA-70 Portola, CA 96122	Assemblies of God Church	(530) 832-4710
Bridgeway Community Church	345 David Ave Red Bluff, CA 96080	Baptist church. https://bridgeway.churchtrac.com/	(530) 527-0543
Calvary Chapel of Westwood	315 Ash St Westwood, CA 96137	Calvary Chapel https://www.calvarychapelwestwood.com/	(530) 256-3309
Calvary Chapel Quincy	1953 E Main St Quincy, CA 95971	Calvary Chapel https://calvarychapelquincy.com/	(530) 283-4463
Calvary Chapel Red Bluff	12375 Paskenta Rd Red Bluff, CA 96080	Non-denominational Christian Church. https://www.calvaryrb.com/	(530) 527-8219
Chester Baptist Church	210 Myrtle St Chester, CA 96020	Baptist church	(530) 258-2394
Christ the King Episcopal Church	545 Lawrence St Quincy, CA 95971	Episcopal Church https://www.christthekingquincy.org/	(530) 283-0254
Christian Life Fellowship	317 1st St Quincy, CA 95971	Assemblies of God church.	(530) 283-0345
Church of Christ	1605 Park Ave Red Bluff, CA 96080	Christian church. https://redbluffcofc.com/	(530) 529-3063
Church of Christ	152 Jackson St Quincy, CA 95971	Church of Christ	(916) 807-2027
Community Church of Loyalton	601 Lewis Ave Loyalton, CA 96118	Southern Baptist Church. http://www.communitychurchofloyalton.org/	(530) 993-4411

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Community United Methodist Church	282 Jackson St Quincy, CA 95971	United Methodist Church https://www.quincymethodist.org/site/	(530) 283-1740
Community United Methodist Church	386 Main St Chester, CA 96020	United Methodist Church	(530) 258-2345
Cone United Methodist Church	11220 Highway 99E Los Molinos, CA 96055	Methodist church in Dairyville. https://www.tehamaumc.org/cone-community-umc	(530) 527-2329
Cornerstone Church of God	13585 CA-36 Red Bluff, CA 96080	Christian church.	(530) 527-9210
Corning Seventh-Day Adventist Church	610 West St Corning, CA 96021	Seventh Day Adventist church. https://corningca.adventistchurch.org/	(530) 824-2153
El Camino United Methodist Church	8345 HWY 99W Gerber, CA 96035	Methodist church in El Camino. https://www.tehamaumc.org/el-camino-umc	(530) 385-2314
Faith Family Church Ministry	580 S Gulling St Portola, CA 96122	non-denominational church https://faithfamilychurchministry.com/	(530) 832-8499
Family Bible Church	609 Marin St Corning, CA 96021	Christian church	(530) 824-9989
First Baptist Church	501 Pine St Red Bluff, CA 96080	Baptist church. https://www.firstbaptistchurchredbluff.com/	(530) 527-4361
First Baptist Church	506 Colusa St Corning, CA 96021	Baptist church. https://corningfbc.com/	(530) 824-3490
First Baptist Church of Westwood	401 Delwood St Westwood, CA 96137	Baptist Church	(530) 213-3458
First Church of God	750 Luther Rd Red Bluff, CA 96080	Christian church. https://www.firstchurchofgodredbluff.org/	(530) 527-5717
First Presbyterian Church	471 Marguerite Ave Corning, CA 96021	Presbyterian church.	(530) 824-5535
First United Methodist Church	525 David Ave, Red Bluff, CA 96080	Methodist church. https://www.tehamaumc.org/red-bluff-umc	(530) 527-5754
Foursquare Gospel Church	404 5th St Corning, CA 96021	Foursquare church.	(530) 824-5776

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Grace Community Fellowship	598 Roundup Ave Red Bluff, CA 96080	Non-denominational Christian Church. https://www.gcfrb.com/	(530) 527-4203
Graeagle Community Church	150 Graeagle Johnsville Rd Graeagle, CA 96103	community Christian church.	(530) 836-2405
Harvest Christian Center	1004 6th Ave Corning, CA 96021	Church of God. https://www.harvestchristiancenter.org/	(530) 824-2091
High Point Assembly	625 Luther Rd Red Bluff, CA 96080	Assemblies of God church. https://www.highpointassembly.org/#	(530) 527-0445
Hilltop Baptist Church	585 Kimball Rd Red Bluff, CA 96080	Baptist church.	(530) 527-5083
Holy Family Church	108 Taylor Ave Portola, CA 96122	Catholic Church https://holyfamilyportola.org/	(530) 832-5006
Iglesia Apostolica Primitiva	1418 South St Corning, CA 96021	Apostolic church.	(530) 209-0350
Iglesia Pan de Vida	333 S Main St Red Bluff, CA 96080	Spanish-speaking	(530) 840-7541
Immaculate Conception Church	814 Solano St Corning, CA 96021	Catholic church. https://www.scd.org/parish/immaculate-conception-parish-corning	(530) 824-5879
Indian Valley Christian Fellowship	276 School St Crescent Mills, CA 95934	Christian Church	rbaum3333@gmail.com
Kingdom Hall of Jehovah's Witnesses	755 Reeds Ave Red Bluff, CA 96080	Jehovah's witness church https://www.jw.org/en/	(530) 529-0466
Kingdom Hall of Jehovah's Witnesses	1550 E Main St Quincy, CA 95971	Jehovah's witness church https://www.jw.org/en/	(530) 283-0142
Lake Almanor Community Church	2610 Plumas County A13 Lake Almanor, CA 96137	Christian Church	(530) 596-3683
Los Molinos United Methodist Church	25204 Josephine St Los Molinos, CA 96055	Methodist church. https://www.tehamaumc.org/los-molinos-umc	(530) 384-2656
Meadow Valley Community Church	48 Meadow Way Meadow Valley, CA 95956	non-denomination Christian church https://www.meadowvalleycommunitychurch.com/	(530) 283-4259
Mt. Lassen Community Church (meets at Mt. Lassen Theatre)	200 Main St Chester, CA 96020	Christian Church https://mlcc.church/	(530) 258-3005

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Mt. Olive Lutheran Church	341 E. Solano St Corning, CA 96021	Lutheran church. https://www.mtocorning.org/	(530) 824-5530
Neighborhood Church of Anderson & Cottonwood	4684 Rhonda Rd Anderson, CA 96007	Christian Church. https://www.neighborhoodac.org/	(530) 365-3331
Neighborhood Full Gospel Church	901 South St Corning, CA 96021	Full Gospel church.	(530) 824-2323
New Life Assembly of God	660 Solano St Corning, CA 96021	Assemblies of God church. https://newlifecorning.org/	(530) 824-3426
Our Lady of the Snows Church	220 Clifford Dr Lake Almanor, CA 96137	Catholic church	(530) 259-3932
Our Savior Lutheran Church	161 Aspen St Chester, CA 96020		(530) 258-2347
Our Savior's Lutheran Church	298 E High St Quincy, CA 95971	Lutheran church https://quincylutheran.org/	(530) 283-2546
Parks of Study and Reflection, Red Bluff	13499 Hwy 99E Red Bluff, CA 96080	meditation center. https://www.redbluffpark.org/	(530) 690-2201
Portola Station Baptist Church	171 S Gulling St Portola, CA 96122	Baptist Church https://www.portolastation.org/	(530) 832-4334
Portola United Methodist Church	396 2nd Ave Portola, CA 96122	United Methodist Church https://portolaumc.org/	(530) 832-4979
Quincy Community Church	74 Reese St Quincy, CA 95971	Baptist church.	(530) 616-8497
Rancho Tehama Community Church	17207 Stagecoach Rd Corning, CA 96021	Non-denominational Christian Church. https://vmchurches.org/c/rancho-tehama-community-church	(530) 585-2526
Red Bluff Bible Church	926 Madison St Red Bluff, CA 96080	Non-denominational Christian Church. https://www.redbluffbiblechurch.com/	(530) 527-4688
Red Bluff First Church of the Nazarene	900 Johnson St Red Bluff, CA 96080	Church of the Nazarene. https://rbnazarene.com/	(530) 527-3361
Red Bluff Seventh-Day Adventist Church	720 S Jackson St Red Bluff, CA 96080	Seventh Day Adventist church. http://www.rbadventist.org/	(530) 527-3733
Redemption Road Church	380 Kimball Rd Red Bluff, CA 96080	Pentecostal church.	(530) 527-6346

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Sacred Heart Catholic Church	515 Main St Red Bluff, CA 96080	Catholic church. https://www.sacredheartredbluff.org/	(530) 527-2209
Sage's Place	910 Main St, Ste C Red Bluff, CA 96080	www.sagesplace.co A nurturing private membership association dedicated to empowering individuals on their journey to personal growth and optimal well-being.	(530) 360-0999
Shepherd's House of Prayer	609 Monroe St Red Bluff, CA 96080	Christian church.	(530) 529-5350
Springs of Hope Christian Fellowship	59 Bell Ln Quincy, CA 95971	non-denominational Christian church.	(530) 927-7626
St. Andrew's Church	174 Melissa Ave Chester, CA 96020	Anglican church https://www.standrewsalmanor.org/	(530) 596-3343
St. Andrew's Episcopal Church	820 Marin St Corning, CA 96021	Episcopal church.	(530) 824-2321
St. John's Catholic Church	176 Lawrence St Quincy, CA 95971	Catholic Church https://www.scd.org/parish/st-john-parish-quincy	(530) 283-0890
St. Lukes Lutheran Church	496 W Sierra Ave Portola, CA 96122	Lutheran Church	(530) 832-1805
St. Paul's Lutheran Church	455 Jefferson St Red Bluff, CA 96080	Lutheran church. https://www.lutheranchurch-redbluff.org/	(530) 527-3414
St. Peter's Episcopal Church	510 Jefferson St Red Bluff, CA 96080	Episcopal church. https://www.saintpetersredbluff.org/	(530) 527-5205
Sunrise Bible Fellowship	956 Jackson St Red Bluff, CA 96080	Baptist church. https://www.sunrisebiblefellowship.org/	(530) 526-2524
Tehama Assembly of God	295 D St Tehama, CA 96090	Assemblies of God church.	(530) 384-2603
The Broom Closet	719 Walnut St Red Bluff, CA 96080	metaphysical shop offering products and services such as readings, workshops, and guided meditation	(530) 520-5013
The Center for Inner Peace	485 Antelope Blvd Red Bluff, CA 96080		(925) 812-0112; jhartist53@yahoo.com

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The Church of Jesus Christ of Latter-Day Saints	111 N Marguerite Ave Corning, CA 96021	Mormon church. https://local.churchofjesuschrist.org/en/us/ca/corning/111-north-marguerite-avenue?utm_source=gmb&utm_medium=yext&y_source=1_MzAwNjlyMDktNzE1LWxvY2F0aW9uLndlYnNpdGU%3D	(530) 209-8925
The Church of Jesus Christ of Latter-Day Saints	55 Bellamy Ln Quincy, CA 95971	Mormon Church https://local.churchofjesuschrist.org/en/us/ca/quincy/55-bellamy-lane?utm_source=gmb&utm_medium=yext&y_source=1_NjcwOTM3MzktNzE1LWxvY2F0aW9uLndlYnNpdGU%3D	(530) 283-2170
The Connection HisWay Church	601 Monroe St Red Bluff, CA 96080	Christian church. https://www.theconnectionrb.org/	(530) 727-9033
The North State Pentecostals	1500 S Jackson St Red Bluff, CA 96080	Pentecostal church. https://northstatepentecostals.com/	(530) 727-9499
The Presbyterian Church of Red Bluff	838 Jefferson St Red Bluff, CA 96080	Presbyterian church.	(530) 527-0372
The Refuge Church	250 Myrtle St Chester, CA 96020		(530) 258-3938
The Sikh Centre Anderson Gurudwara Sahib	5400 Sikh Centre Dr Anderson, CA 96007	A platform for the Sikh community to gather in prayer and practice Sikhism. Spreads awareness about the tenets of the Sikh religion via community involvement and activism. worldgurudwaras.com/gurudwaras/the-Sikh-centre-anderson .	(530) 941-1802
Vineyard Christian Fellowship	738 Walnut St Red Bluff, CA 96080	Vineyard movement Christian Church. https://www.redbluffvineyard.church/	(530) 527-2449
Westwood Assembly of God	624 Ash St Westwood, CA 96137	Assemblies of God church	(530) 249-9236
Zion Christian Ministries	836 Washington St Red Bluff, CA 96080	Full Gospel church. https://www.zionchristianministriesredbluff.org/	(530) 529-1836
State & Federal Agencies			

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Bureau of Land Management	355 Hemsted Dr Redding, CA 96002	M-F, 8-4:30	(530) 244-2100
CDC/National Aids Hotline			1-800-342-2437
Department of Motor Vehicles (DMV)	675 Monroe St Red Bluff, CA 96080 2135 Civic Center Dr Redding, CA 96001 1953 E. Main St Quincy, CA 95971	M-F, 8-5	1-800-777-0133
DMV Registration Express Group	1805 Hilltop Dr, #101 Redding, CA 96002		(530) 222-4700
Employment Development Dept. (EDD)	1325 Pine St Redding, CA 96021	M-F, 8-5	1-866-333-4606 (530) 225-2884
State Disability Ins. Program			Espanol 1-866-333-4606
Federal Bureau of Investigation	4500 Orange Grove Sacramento, CA 95841	Call for info.	(916) 481-9110
FEMA National Teleregistration Center		Call for info.	1-800-621-3362
Internal Revenue Service	850 Industrial St, Ste 300 Redding, CA 96002	Call for info.	(530) 224-0695
US Postal Service Corning	1217 Yolo St Corning, CA 96021	M-F, 9-5	(530) 824-9436
US Postal Service Cottonwood	3270 Walnut St Cottonwood, CA 96022	M-F, 8:30-5	(530) 347-3342
US Postal Service Red Bluff	447 Walnut St Red Bluff, CA 96080	M-F, 8-5	(530) 527-1455
U.S. Citizenship and Immigration Service		Call for info.	1-800-375-5283
U.S. Forrest Service	6101 Airport Rd Redding, CA 96002	M-F, 8-5	(530) 226-2740
Workers Compensation Appeals Board	2115 Civic Center Dr, #15 Redding, CA 96001	Call for info.	(530) 225-2845
Tobacco Cessation			
California Smokers Helpline			1-800-NO-BUTTS, English
			1-800-933-4TDD, Hearing Imp.
			1-800-NO-FUME, Espanol
			1-800-844-CHEW

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Greenville Rancheria Tribal Health Center	1425 Montgomery Rd Red Bluff, CA 96080	M-F, 8-9	(530) 528-8600 Ext. 218
Project Ex Teen Cessation Program			(530) 244-7194
Quit Now			1-800-QUIT-NOW
			1-855-DEJELO-YA, Espanol
Second Wind Smoking Cessation			(530) 406-9678
STAKE (Stop Tobacco Access to Kids Enforcement)			1-800-5-ASK-4-ID
Transportation			
American, Cancer Society-Rides to Cancer Treatments (Butte, Glen Tehama)	www.cancer.org	Call for info.	1-800-227-2345
Greenville Rancheria Tribal Health Center	1425 Montgomery Rd Red Bluff, CA 96080	M-F, 8-5	(530) 528-8600
Medicare		Medicare covers ambulance services to the nearest appropriate medical facility. You can request prior authorization for scheduled, non-emergency ambulance services.	1-800-633-4227
Medi-Trans	455 S. Main St Red Bluff, CA 96080	Call for info.	(530) 527-7730
METS (Medical Transportation Service)	1509 Schwab St Red Bluff, CA 96080	Call for info.	(530) 385-2200 1-800-982-6638
ParaTransit Service			(530) 527-0597 1-800-934-5438
Partnership Managed, Care		M-F, 7 am – 7 pm	(866) 828-2303
Susanville Indian Rancheria	845 Joaquin St Susanville, CA 96130	Call for info.	(530) 260-2002
Partnership		M-F, 7 am – 7 pm	(866) 828-2303
Plumas County Transit	711 E. Main St Quincy, CA 95971	M-F, 8-5	(530) 283-2538
Plumas Crisis Intervention & Resource Center		medical gas vouchers	(530) 283-5515

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Plumas Transit Systems		Offers fixed route services to Greenville, Chester, Portola & Quincy as well as deviated services to surrounding areas, up to 3/4 of a mile for persons with disabilities. Provides charter services for special occasions and group activities.	(530) 283-5675 ext. 820 kmcclwain@plumasruralservices.org
Senior Transportation Services	Plumas County		(530) 283-3546
TRAX	Red Bluff, Corning, Los Molinos, Gerber, Tehama	M-F, 6:30-6:30	(530) 385-2877
Van Trans		Call for info.	(530) 529-3099
Utilities			
California Indian Manpower Consortium (Tribal Energy Assistance)	2540 Hartnell Ave, #A Redding Ca 96002	M-F 8:00-5:00	(530) 222-1004
CARE & FERA Program PG&E Discount			1-800-468-4743 CARE 1-800-743-5000 FERA
Community Action Agency (CAA)	310 S Main St Red Bluff CA 96080	Call for info.	(530) 527-6159
Life Line (Discounted Home Phone)	www.californialifeline.com		
LIHEAP		Utility financial assistance and weatherproofing.	1-877-675-6623
REACH (Salvation Army)	940 Walnut St Red Bluff Ca 96080	Utilities financial assistance.	(530) 527-8530
SHHIP (Self Help Home Improvement Project)	3777 Meadowview Dr Redding Ca 96002	Call for info.	(530) 378-6900 1-877-801-7692
Veterans			
HUD-VASH: U.S. Department of Housing and Urban Development	451 7th St, S.W. Washington, DC 20410	Provides housing vouchers to eligible veterans who are VA healthcare eligible, homeless or at risk of homelessness, and meet income restrictions.	(202) 708-1112

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Job Training Center - Veteran Services	718 Main St Red Bluff, CA 96080	M-Th, 9-4:30 In addition to giving veterans preference for educational scholarships, we also have an EDD Veteran Representative available for you to meet with and discuss veteran specific programs and opportunities.	Call JTC's Christi Goni at (530) 529-7000, ext. 114 to schedule an appointment.
National Call Center for Homeless Veterans			(877) 424-3838
Nation's Finest (non-profit)	153 Hartnell Ave, Ste 100 Redding, CA 96002	Nonprofit that helps veterans apply for benefits, access related resources, housing resources as well.	(530) 468-9676 c (530) 368-1415 Karen Kempley - kkempley@nationsfirst.org
Plumas County Veterans Service Office	270 County Hospital Rd, Ste 206 Quincy, CA 95971	Assists veterans and dependents of living and deceased veterans in filing claims for benefits with the Veterans Administration and the California Dept. of Veterans Affairs. These benefits include: pensions for veterans or widows of veterans; compensation for service connected disabilities; Medical care at V.A. facilities; rehabilitation programs; respite services; counseling; referrals; educational benefits for veterans and qualified dependents; burial benefits and death pensions for veterans' widow(er)s and children.	(530) 283-6275
Service of the Armed Forces		Communication between active service people and their families during family emergencies	(916) 9933-7415 (916) 708-4152

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		Assists veterans and their family members with determining eligibility and filing claims for monthly VA compensation, pension, educational benefits, vocational rehab, VA health insurance and many other benefits. Shawn Bondon, 530-529-3664, Veteran Service Officer Kayla Touvell, 530-529-3664, Office Assistant Beverly Holden, 530-529-3664, Veteran Service Representative Rebecca Dericek, Case Manager	
Tehama County Veterans Services	727 Oak St Red Bluff, CA 96080 1620 Solano St Corning, CA 96021 7883 Hwy 99E Los Molinos, CA 96055		Call (530) 529-3664 with questions or to make an appointment.
VA Benefits Hotline			1-800-827-1000
VA Outpatient Clinic	351 Hartnell Ave Redding, CA 96002	Call for info.	(530) 226-7555 (530) 226-7675 Behavioral Health
Veterans Affairs	2888 Eureka Way Redding, CA 96001	M-F, 8-5	(530) 247-7444
Veterans Crisis Line			Dial 988, Press 1
Women Veterans Hotline			(855) 829-6636
Youth Organizations			
California Parent & Youth Helpline		Daily 8am-8pm	1-855-427-2736
Boy Scouts	Locations in: Corning, Quincy, Chester	Offers: camping, hiking, kayaking, mountain biking, fire building, wilderness survival, outdoor cooking scouting.org	Chester: Leslie Scott (530) 570-6136 Chester: Stephanie Hughes (530) 258-7644 Corning: (530) 526-6336, (530) 249-2655, rebecca.duvarney@scouting.org Quincy: Nicole Grose, (775) 762-3900 Quincy: Jonathan Pangburn (530) 521-8654

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Dramaworks	14 Crescent St Quincy, CA 95971		(530) 283-1956
Empower Tehama-Project Restore	151 Sale Ln Red Bluff Ca 96080	Offers men and women (ages 18-26) who have a history of involvement with the criminal legal system with wraparound services designed to assist them in changing the direction of their lives. Services include case management, group and individual therapy, access to mental health, substance use recovery and anger management services, flexible housing assistance and connections to other helpful resources.	(530) 727-9423
Girl Scouts	Locations at: Jackson Heights Elementary, Red Bluff High School, Quincy Elementary, and other areas of Tehama & Plumas Counties	Girl Scouts: learn sewing, counting money, and how to be safe online; participate in community service projects; go on field trips, camping, hiking; earn badges to recognize their achievements; learn leadership skills. www.gsnorcal.org	Visit website to join or inquire.
Girls Inc.	1670 Market St, Ste 102 Redding, CA 96001	www.girlsincNVS.org We are a non-profit organization based in Redding, CA that serves local girls, ages 6 to 18, by offering a wide range of in-school, after school and extracurricular programs.	(530) 768-2189
North State Parent Magazine	www.northstateparent.com	Offers online and print directories and information on local events and resources.	
Plumas Sierra 4-H Club	208 Fairground Road Quincy, California 95971 Locations in: Quincy, Loyalton, Portola, Taylorsville, Vinton, Calpine, and Greenville	Offers children/youth programs in camping, forestry, livestock & natural resources, weed science, etc.	(530) 283-6270 smbrown@ucanr.edu

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Red Bluff Community Center	1500 S. Jackson St Red Bluff Ca 96080	Call for info.	(530) 527-8177
River Cities Counseling/Project Restore	715 Jackson St, Red Bluff, CA 96080 774 Third St, Corning, CA 96021	Project Restore adolescent diversion program.	(530) 526-4640
Roundhouse Council Indian Education Center	330 Bush St Greenville, CA 95947	Afterschool program for Native Youth as well as Resource center for beautiful Indian Valley.	(530) 284-6866 Greenvilleroundhouse@gmail.com
Sierra Valley 4-H Club	P.O. Box 196 Chilcoat, CA 96105	Call for info.	(530) 993-1170
Tehama 4-H Clubs	Locations in: Red Bluff, Cottonwood, Corning, Paskenta, Dairyville, Antelope, Los Molinos, Manton, etc.	Offers children/youth programs in flower arranging, gardening, market and dairy animals, arts & crafts, cake decorating, community service, foods, outdoor adventure, photography, sewing, cooking, STEM, scrapbooking, entomology, woodworking, leadership development, camping, civic engagement, archery, dog obedience.	(530) 527-3101
Tehama County PAL (Police Activity League)	555 Washington St Red Bluff, CA 96080	Offers fitness and conditioning, Jr. Giants baseball, Judo, martial arts, MMA & self-defense, wrestling. Tehamaso.org/pal-programs/	(530) 527-8282
Visions, Plumas Rural Services	711 E. Main St Quincy, CA 95971	Pursue strength-based goals like leadership through facilitated group mentoring sessions, outdoor recreational activities, and dedicated family bonding time.	(480) 620-7852 jready@plumasruralservices.org