

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

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| 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@hellobrightline.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-snsn.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 |
| Cory A. DeLellis | 3949 Clairemont Dr., Ste. 10 San Diego, CA 92117 Sandiegodisabilityattorney.com | Disability attorney. Takes cases statewide. Super responsive to calls and emails. | (619) 567-0595 |
| 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 |

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| 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 |
| 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 |
| Gade and Parekh | https://www.gpdisabilitylaw.com/ | Disability attorneys. | |
| Geri Kahn | https://www.gerinkahn.com/ | Disability attorney. | |
| 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 |

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| 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 |
| 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. | |

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| 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 |
| 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 | |

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| 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 | |
| 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 |

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| 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) |
| 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 |

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| 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 |
| 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 |

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| 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 |
| 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 |

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| Far Northern Regional Center | 1900 Churn Crk Rd Redding, CA 96002 | | (530) 222-4791 |
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| 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 |
| Next Step Housing Assistance | Redding, CA | Housing navigation and security deposit assistance for Partnership Health Plan Members. Serving multiple counties. | (530) 605-0027 |

Greenville Rancheria Community Resource Guide

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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=S8fOkjrBj2UECHrPeIW9eQ%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 |
| Stability Solutions, LLC | Redding, CA | Short-term post-hospitalization housing, housing navigation services, housing deposits, housing tenancy and sustaining services for Partnership Health Plan Members. Serving multiple counties. | (530) 917-3811 or (530) 227-7771 |
| Tehama County Community Action Agency | 310 S. Main St Red Bluff, CA 96080 | 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. | (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 | | | |

Greenville Rancheria Community Resource Guide

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| 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 |
| 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 |

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| Places & Spaces | Office: 2101 Howard St, Ste C Anderson, CA 96007 | Housing in various locations. https://www.placesandspace.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 |
| 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 |

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| 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 |
| 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.californiahumandevelopment.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 | | | |
| Cory A. DeLellis | 3949 Clairemont Dr., Ste. 10 San Diego, CA 92117 sandiegodisabilityattorney.com | Disability attorney. Takes cases statewide. Super responsive to calls and emails. | (619) 567-0595 |
| CRLA (California Rural Legal Assistance) | Yuba County | | (530) 742-5191 |

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| <p>CSU, Chico Community Legal Information Clinic</p> | <p>www.csuchico.edu/clic</p> | <p>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.</p> <p>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.</p> | <p>(530) 898-4354 www.csuchico.edu/clic/ clic@csuchico.edu</p> |
| <p>DAC - Disability Support Services</p> | <p>multiple locations: Chico DAC Mt. Shasta Community Resource Center Red Bluff-Frontier Village Redding DAC Yreka Community Resource Center</p> | <p>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.</p> <p>Open to children, teens, adults, and seniors</p> | <p>(530) 242-8550 Redding (530) 893-8527 Chico (800) 464-8527 Chico toll free wecare@actionctr.org</p> |

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| DFEH | calcivilrights.ca.gov | <p>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.</p> <p>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.</p> | <p>(800) 884-1684</p> <p>contact.center@calcivilrights.ca.gov</p> |
| District Attorney - Criminal Division | <p>520 Main St, Rm 404</p> <p>Quincy, CA 95971</p> | | David Hollister (530) 283-6303 |
| Family Law Facilitator | <p>1740 Walnut St</p> <p>Red Bluff Ca 96080</p> | M-F, 8-5 | (530) 527-8649 |

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| | | 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 |
| Federal Housing Authority | www.hud.gov ; https://resources.hud.gov/ | | |
| Gade and Parekh | https://www.gpdisabilitylaw.com/ | Disability attorneys. | |
| Geri Kahn | https://www.gerinkahn.com/ | Disability attorney. | |
| | | 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 redding-office@lsnc.net |
| Legal Services of Northern California | 541 Normal Ave Chico Ca 95927 | | |
| | | 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 |
| Mobilehome Assistance Center | www.hcd.ca.gov | | |
| | | 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 |
| Passages Area Agency on Aging | www.passagescenter.org | | |

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| 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 |
| 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 |

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| 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 |
| 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 |

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| 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 |
| 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 |

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| 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 |
| 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 |

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| 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 |
| 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 |

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| 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 |
| 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 |

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| 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 |
| 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. |

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| 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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| NorCal Alliance for the Missing | Anderson, CA | Our mission as a non-profit is to work in partnership with the community to provide extended resources to families of the missing and to create a more informed public as to the epidemic of missing persons. https://nor-calallianceforthemissing.org/ | (530) 776-7174 |
| 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/tribal/mmip | Marlys Big Eagle National Native American Outreach Services Liaison 1-866-379-0224 USAEO.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 |

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| 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 |
| 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 Performing Arts | 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 | Blairsdien-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 Health Plan | | 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 smgbrown@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 Greenvillroundhouse@gmail.com |
| Sierra Valley 4-H Club | P.O. Box 196 Chilcoot, 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 |