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# BEALE AFB HELPING AGENCIES

## AIRMAN AND FAMILY READINESS CENTER (A&FRC)

17800 13th Street  
Beale AFB, CA 95903  
(530) 634-2863



<http://www.bealefss.com/afrc>

The Airman & Family Readiness Flight provides individuals and families with activities and services which strengthen our community and promote self-sufficiency, mission readiness and adaptation to the Air Force way of life. Services are listed in the following categories:

### Family Readiness:

- Deployment Processing
- Family Separation Issues: survival tips, free oil changes, referrals, morale calls, and resource material
- **Hearts Apart Dinners:** Held quarterly, these **FREE** dinners are for spouses and families of currently deployed or remote service members. The dinners are held to offer spouses an opportunity to network with other spouses, (including Key and Leadership Spouses), First Sergeants, and Commanders. There are children's crafts provided. Sponsored by Airman and Family Readiness Center, First Sergeants, Friends of Family Support, the Child Development Center and Sodexo. Call A&FRC for upcoming dates and sign-ups.
- **Give Parents a Break:** Relieves parents of stressful situations in their lives by giving them free child care, by referral, once a month (typically the 2nd Saturday of the month) for six hours at the Child Development Center. The A&FRC provides 'Give Parents a Break' certificates for families of members who are deployed or on a remote assignment. Referral certificates can also be obtained from First Sergeants, the Chapel, EFMP-Family Support, Family Advocacy, or Mental Health on a case by case basis.
- **Reintegration:** Topics include: Children's re-adjustments, Couple Communication, Community Resources and Support Services, Normal Stress Reactions, and Combat-related Stress Reactions. Spouses are highly encouraged to attend. Held every Tues. & Thurs. at the Ed. Center Rm 119; 10:00 am – 11:30 am.

## Personal and Work Life:

- Parenting, Marriage/Relationship Counseling
- Counseling Referrals
- Stress Management and Crisis Intervention
- Evaluation and Assessment
- Support Groups
- **Single Parent Network:** Provides resources, education, and support for single parent families at Beale. Join us for lunch and have your voice/input heard. Held every 3<sup>rd</sup> Tuesday at the A&FRC 11:00 am – 12:30 pm.
- **Information Referral (I&R):** A&FRC staff assists individuals and families by identifying and clarifying needs, determining appropriate forms of assistance, and providing linkage to resources.
- **Heart Link:** To help make the transition from civilian to military life easier, the A&FRC hosts Heart Link on a quarterly basis. It uses a fun and interactive environment to help new spouses learn military protocol, understand the healthcare system, locate family assistance programs, and discover recreation programs on base. In this forum, they can learn what they need to know to make the most of the military lifestyle and available services. The class curriculum is fast-paced and designed to be fun and informative. The program offers participants an opportunity to meet with key personnel, including leadership from the 9th Reconnaissance Wing and many other agency staff members. FREE LUNCH AND CHILDCARE are provided! Call the A&FRC to sign up.

## Career Focus Program:

- Resume/Application and Interview Techniques
- Volunteer Resources Program: assistance in finding volunteer opportunities on base.
- Spouse Employment
- Job leads provided by email  
-Call the A&FRC to add your name to the email distribution list
- **Effective Job Search Strategies:** Held 2<sup>nd</sup> Thursday of every other month 9:00 am – 12:30 pm. Network with other jobseekers and learn about strategies and resources to aid your job search. Call the A&FRC to sign up.
- **Federal Job Search:** Held once a month 8:00 am – 12:00 pm. Learn the 10 steps to apply for a federal job. Call the A&FRC for class dates.

## **Personal Financial Readiness Program:**

- Basic Budgeting
- Credit Management
- Investment Strategies
- Retirement Planning
- Personal Consultations
- TSP/REDUX
- ID Theft
- Debt Reduction Techniques

## **Air Force Aid Society:**

- Financial Emergency Assistance: emergency travel, basic living expenses, vehicle repair, and more.
- 24-Hour Coverage for Emergencies
- Educational Grants
- Community Enhancement Programs

## **Relocation Assistance Program**

- Relocation Assistance Counseling
- Right Start Information Fair
- Smooth Move- CONUS & OCONUS PCS briefing
- Relocation Information
- Child Care for PCS voucher
- **Happy Landings:** An all-day (8:45 am - 2:30 pm) fun welcome and orientation program for spouses of military members who have recently arrived at Beale. Speakers from around the base and local community provide information about services and programs available. FREE LUNCH AND CHILDCARE are provided! Call the A&FRC to sign up.

**The Discovery Resource Center (DRC):** Located within the A&FRC; offers customers a library of information and resources on many individual and family readiness areas of need such as: *Career Assessment; Employment; Resume and Cover Letter Writing; Occupational Resources; Finance; Car Buying; Home Buying; Personal Development; Relationships (marriage, family, and parenting); Stress Management; and Military Separation and Transition.* The DRC is equipped with seven QoINet computers, a printer, a scanner, and a fax machine. The DRC is geared toward adult self-exploration and self-teaching; however, there is always staff on hand to offer assistance.

- **The Military Child Education Program/School Liaison Officer (SLO)** provides up-to-date educational resources and information for military (and DoD civilian) families with school-aged children who are scheduled to PCS to Beale, are currently assigned to Beale, or are about to PCS to a new duty station.

The SLO's mission focuses on "services" that are designed to address educational issues of military (and DoD civilian) children, helping families to cope with the "normal stressors" related to multiple relocations, deployments and everyday challenges of military life. These services include the following:

- ❖ Information on school requirements
- ❖ Training and outreach for parents, teachers, staff and school administrators on how PCS moves, deployments, and multiple school transfers impact military children
- ❖ Consultations with families, base agencies, and school officials regarding accommodations for school-aged children with special needs
- ❖ Linking families with educational resources and providing updates on educational legislative initiatives
- ❖ Assisting parents in using effective ways to advocate for their own children's educational needs
- ❖ Providing links to educational websites and other helpful websites with insights to initiatives that support military and DoD civilian families throughout the world

For more information, please contact the School Liaison Officer at the A & FRC (530) 634-2863.

- **Exceptional Family Member Program-Family Support Specialist (EFMP-FS):**

The Airman and Family Readiness Center provides the Family Support (FS) component to the Exceptional Family Member Program (EFMP).

The EFMP-FS performs the following duties:

- ❖ Consultations with families, on base and community agencies, and school personnel to coordinate accommodations for children with special needs
- ❖ Partners with families to increase resilience, develop self-advocacy skills, and improve their ability to navigate systems effectively
- ❖ Provides families with current information and assists families in connecting with resources

- ❖ Assists families in handling the daily challenges of raising a special needs child
- ❖ Attends IEP and SST meetings with parents

The EFMP-FS program offers support groups, playgroups, STOMP training, family events, resource fairs, assistance with IEP's, Special Education information, and individualized information specific to your family's needs.

For further information or to schedule a one-on-one appointment, please call the EFMP -Family Support Specialist at (530) 634-2863.

### **Exceptional Family Member Program-Medical:**

- ❖ Identifies family members requiring special medical and/or educational services
- ❖ Formally determines availability of medical/educational services through either MTF or civilian TRICARE networks
- ❖ Ensures families are able to receive required resources and healthcare coordination on base or in the community
- ❖ EFMP enrollment enables families to receive care coordination, referrals, information and extended services, such as TRICARE's Extended Health Care Option (ECHO)

### **What is an exceptional family member?**

An exceptional family member is a family member (child or adult) with any physical, emotional, developmental, or intellectual disability that requires special treatment, therapy, education, training, or counseling.

### **How do I enroll in EFMP?**

A diagnosis must first be obtained through a pediatrician or a qualified medical professional. Contact your family's physician if you have not yet received diagnosis and need an evaluation. There are 2 forms required to enroll in EFMP, DD 2792 and DD 2792-1. Form 2792 is the family member medical summary, to be completed by a medical professional. Form 2792-1 is the special education summary, to be completed by the school staff. Once the forms are completed, they are to be submitted to the EFMP office at 9<sup>th</sup> Medical Group (Medical Clinic) to be reviewed for final enrollment (this is called Q-coding). You can reach the EFMP-Medical Coordinator associated with this process at (530) 634-5421 or 634-6268.

## **Military & Family Life Consultant (MFLC)**

Located at Airman and Family Readiness Center

Cell: (530)708-0844 or Cell: (530)218-4023

Military & Family Life Consultants (MFLCs) are here to listen. MFLCs are available to help service members, spouses, family members, children and staff. They address the following:

- Deployment/Reintegration Issues
- Marriage and Relationship Issues
- Parenting/Sibling and Family Issues
- Communication Challenges
- Stress and Anxiety
- Depression
- Grief and Loss
- Daily Life Issues

**Consultations and trainings are free and anonymous. No records are kept.**

## **SEXUAL ASSAULT RESPONSE COORDINATOR (SARC)**

17800 13th Street

Beale AFB, CA 95903

<http://www.sapr.mil/>

Confidential Reporting Of Sexual Assault for Active Duty Military  
Members (530) 634-4400 or 634-3339

**\*Crisis Line 634-4000\***

There is 24-hour assistance for victims of sexual assault. Active duty members who have been sexually assaulted may report the crime to the SARC through restricted or unrestricted channels. If reported restricted, the SARC will assist the victim with medical care, counseling and victim advocacy without initiating the investigative process. Restricted reporting is intended to give the victim additional time and increased control over the release of his/her personal information, and to empower him/her to seek relevant information to make more informed decisions about participating in a criminal investigation. Unrestricted reporting is for victims who desire medical assistance, counseling, and an immediate official investigation of the crime.

## MENTAL HEALTH

15301 Warren Shingle Road (In the Medical Clinic)  
Beale AFB, CA 95903  
(530) 634-3420

Offers discreet and confidential mental health counseling and referral services to active duty military experiencing stress, Post Traumatic Stress Disorder, depression, anxiety, relationship issues, and work-related problems. Provides alcohol and drug prevention, education and treatment, as well as assessments and referral services for high risk for suicide patients.

## FAMILY ADVOCACY PROGRAM (FAP)

15301 Warren Shingle Road (In the Medical Clinic)  
Beale AFB, CA 95903  
(530) 634-3423



The mission of the Family Advocacy Program is to build healthy communities through implementing programs designed for the prevention and treatment of child and partner abuse. FAP seeks to:

- Provide primary prevention services to all Air Force personnel.
- Provide secondary prevention services to populations at risk for family violence.
- Identify and treat incidents of child and partner maltreatment.
- Prevent child and partner abuse.

### Services and Support provided include:

- **Anger Management:** Stop allowing anger to control you. Learn how to control anger through an educational 6-week course that meets weekly on Wednesdays for 2-hour sessions. Attendees will understand the concept of anger, underlying primary emotions, and the conflict cycle, and be able to identify safety, danger, and abuse zones and triggers and how to effectively control anger feelings through time-out techniques.
- **Family Advocacy Safety Education Seminar (FASES):** The purpose of FASES is to prevent escalation of family violence for families that have been identified as “at risk.” The program is “**voluntary**” and is intended to promote healthy family functioning. Topics include: dynamics of maltreatment & impact on the family, communication, stress & relaxation, alcohol & family violence, parenting strategies, deployment concerns, relationship safety, and community resources.
- **The Domestic Abuse Victim Advocate (DAVA) Program:** provides comprehensive services that center on awareness and prevention education, victim advocacy, and overall system response. The Family Advocacy Officer ensures Domestic Abuse Victims are assigned a Victim Advocate to assist in

determining what they wish to do, where to get help, and how they choose to report the assault. Advocates accompany victims to medical visits, court proceedings, and other appointments as requested. The Domestic Abuse Victim Advocate Program provides crisis intervention and support services to domestic abuse victims 24 hours a day, 7 days a week. If you or someone you know has experienced domestic violence, you are not alone. Help and support are available.

- **Prevention and Relationship Enhancement Program (PREP):** A skills and principles-building class designed to help partners say what they need to say, get to the heart of problems, and increase their connection with each other. This is a 4-session class, 2 hours per session
- **Marriage/Family/Individual Counseling** is available for couples experiencing conflict.
- **Pregnancy 101:** A class for expecting parents held every month, 9:00am-12:00pm in the Clinic Conference Room. Provided is information and resources on prenatal care, nutrition, exercise, breastfeeding, and Tricare coverage. (Mandatory for active duty expecting mothers).
- **Breastfeeding Classes:** Held every odd month (Jan, Mar, May, July, Sep & Nov) from 4:00pm-6:00pm at the Clinic Conference Room.
- **Dads 101:** This class is taught by men for men on a quarterly basis. It provides new dads with important skills they need to be effective fathers. Topics include diapering, feeding, bathing, holding, etc.
- **1-2-3 Magic Parenting Class:** Learn practical and easy-to-use parenting techniques to deal with difficult behavior, based on the best-selling book by Dr. Thomas Phelan. This class is 3 sessions, 1.5 hours per session.
- **The New Parent Support Program (NPSP):** Managed by a licensed nurse, this program focuses on providing one-on-one support for expecting mothers and parents with children under age 3. Services include home visits, referrals, and play groups. The goal is to assist new mothers in coping with stress and the demands of parenting, building a social support network, providing a safe and nurturing environment for children, and locating services.
- **Omni Play Group:** Parents bring their children to interact with one another. Toys on site.



Call the Family Advocacy Office at (530) 634-3423 to sign up for more information.

## **CHAPEL:**

### **Valley Chapel (Main Base)**

6199 C Street  
Beale AFB, CA 95903  
(530) 634-4705

### **Foothills Chapel**

15001 Camp Beale Highway  
Beale AFB, CA 95903  
(530) 634-4701

**\*Emergencies: call the command post at (530) 634-5700\***

**Mass Schedule:** 9:45 am Sunday Confession – Foothills  
10:30 am Sunday Mass – Foothills  
11:30 am Daily Mass Mon, Wed, & Friday – Foothills

**Sunday Worship Schedule (all services held at Foothills Chapel):**  
9:00-10:00 am Sunday School (all ages)  
9:00 am Protestant Service (Child religious activities  
Provided for service)

The chapel provides opportunities for worship, religious education, small group activities, outreach programs, and fellowship events, all aimed at individual and family spiritual growth. The chapel staff offers broad personal and family counseling services and referrals when needed. Couples who are planning to be married are asked to contact the chapel as soon as possible.

**Flight Line Small Group:** Meet every Thursday at the flight line chaplain's office, 1200 – 1300 . Please call the chapel at 530-634-0949.

**Women Of the Chapel (WOC):** CWOC meet here at Beale AFB. We currently meet for Bible Study every Wednesday from 9:00-11:30 am at the Foothills Chapel in Housing.

### **AIRMAN'S ATTIC:**

2459 Robert Nicoletti Way  
Beale AFB, CA 95903  
(530) 634-5640

Hours: Monday & Wednesday 9:00 am – 1:00 pm  
Tuesday 5:00 pm – 7:00 pm  
1<sup>st</sup> Saturday of every month 10:00 am – 12:00 pm

Supports Airmen E-7 and below and Junior Officers 0-1 through 0-3 and their families by offering free household items, furniture, adult and children's clothing, diapers, formula, and canned goods. Airmen's Attic is operated by volunteers.

**USDA Food Giveaway:** All pickups are at the Foothills Chapel in base housing. Pickup times are from 10:00am – 2:00pm on the 4th Friday of every month. If living on base, you must show proof of residency. If living off base, you must show proof of the service member's active duty status. If you have any other questions please call the Airmen's Attic (530) 634-5640.

## **BEALE AFB HEALTH PROMOTION**

Health Promotion is being created and developed by the Air Force Medical Service and the Beale AFB Clinic. Such standards for Health Promotion include health education, dietician service and tobacco cessation, please contact Beale AFB clinic at 530-634-2941. If you have any questions or concerns in regards to the Air Force's transition to the Health Promotion, please contact the Aerospace Medicine Squadron at 530-634-2143.

## **LAW CENTER**

17801 Warren Shingle Road  
Beale AFB, CA 95903  
(530) 634-2928

<https://aflegalassistance.law.af.mil/lass/lass.html>-website allows individuals to create worksheets for wills and power of attorney. The individual then must contact the Legal Office to obtain a final product.

Legal Assistance is provided by appointment only 7:30am – 4:30pm. Wills are available on Tuesdays and Wednesdays, by appointment only. Services provided include: powers-of-attorney, notary services, dependent care issues, Soldiers and Sailors Civil Relief Act issues, Veteran's re-employment rights, landlord-tenant and lease issues, involuntary allotment issues, tax assistance, and claims.

## **HUB ZEMKE LIBRARY**

17849-16<sup>th</sup> Street  
Beale AFB, CA 95903  
(530) 634-2314

[www.bealefss.com/hub-zemeke-library](http://www.bealefss.com/hub-zemeke-library)

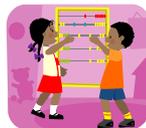
**Hours:** Mon – Thurs. 9:00 am – 7:00 pm  
Fri. 9:00 am – 4:00 pm  
Sat. 9:00 am – 2:00 pm

Active duty, retired, civilians, and family members can access 4,400 educational and recreational videos, over 1000 adult and children's audio books, 275 Playaways, and 1,000 music CDs. The Library has more than 100 periodical titles, as well as current best-selling books, both fiction and non-fiction. Inter-library loan provides access to the collections of many other libraries. The Library offers wireless internet access and computers with e-mail, scanning, and free printing. A self-service fax and copy machine is available. Digital movie cameras and e-readers may be checked out.

Many academic and mission web research tools are purchased for ACC base libraries and can be accessed from their computer labs. Some of these products are also accessible from the AF Portal Library page or from home. Thousands of magazines, books, and newspapers are available to library patrons via online data bases. In addition, numerous different online practice tests are available on the Petersons.com website. The Library Education Section includes CLEP and DANTES study guides, language CDs, and video/booklet kits. CSAF Reading List books are provided.

## **CHILD DEVELOPMENT CENTER (CDC)**

18000 Nicoletti Way  
Beale AFB, CA 95903  
(530) 634-4717



<http://www.bealefss.com/child-development-center.html>

Hours: 6:15 am- 5:30 pm Mon.-Fri.

Closed Weekends & Holidays.

Recall +45 minutes to 6:30 am or as designated by command

Offers both full-time and hourly care for children 6 weeks to 5 years of age. The CDC staff is committed to providing a high-quality environment where children and families can thrive. The CDC has been accredited since 1995 by the National Academy of Early Childhood Programs (part of the National Association for the Education of Young Children, NAEYC). Check out the NAEYC website at <http://www.naeyc.org/> for more information on what quality early childhood education means.

## **Parent Advisory Board**

The CDC has a very active parent advisory board. It assists in running involvement activities such as: Mini Olympics, Bike Rodeos, and Pumpkin Farm trips, as well as educational activities such as literacy nights and car seat safety checks. If you have children enrolled in the CDC or FCC, you are eligible for membership. The parent advisory board meets at on the first Tuesday of the month at the CDC. For any questions please call (530) 634-4717.

## **FAMILY CHILD CARE (FCC)**

18000 Nicoletti Way

Beale AFB, CA 95903

(530) 634-5637

Hours: 7:30 am – 4:30 pm; Mon-Fri

Closed Weekends, Down Days, & Holidays

FCC Lending Program: By appointment only.

When the CDC is full, or if you are seeking a home-care environment for your children's Beale's Family Child Care (FCC) has the answer. The FCC office provides training and licensing for in-home day care providers as well as referral assistance for parents seeking quality child care. The FCC program is constantly seeking licensed Child Care Providers.

**Beale Extended Duty Care Program:** This program offers parents up to 16 hours of free child care per child within 30 days of return from their deployment or upon arrival for their two-week rest and relaxation period. Additionally, parent(s) working UTA weekends are eligible for free care during UTA duty. For more information, call FCC.

## **Child & Youth Behavioral MFLC**

5190 Camp Beale Hwy Building 3308

Beale AFB, CA 95903

Cell: (530) 333-7113 Cell: (530) 491-1611

Consultations are **confidential** and **anonymous** and provided at **no cost**. No records are kept.

Child and Youth Behavioral Military & Family Life Consultants (CYB-MFLCs) are available to talk to children and youth, facilitate group activities, reach out to parents, and work with staff to process interactions and concerns, such as:

- School Adjustment Issues
- Deployment/ Reunion Adjustment Issues
- Sibling/Parent-Child Communications
- Behavioral Concerns
- Fear, Grief, & Loss Issues
- Daily Life Issues



## **YOUTH CENTER**

15160 Gavin Mandery Dr.  
Building 3340  
Beale AFB, CA 95903  
(530) 634-4953

From a full gymnasium with indoor basketball courts to the "Hot Spot" (Teen Room), the Youth Center is the place to be. The Youth Center provides school-age programs, year-round sports programs, instructional classes, babysitting certification, social recreation, dances, and field trips.

## **COMMUNITY ACTIVITY CENTER (CAC)**

17700 Robert Nicoletti  
Beale AFB, CA 95903  
(530) 634-3140/3165

The CAC hosts a wide range of conferences and community activities. From retirement ceremonies to potlucks, and from wedding receptions to play groups, the community center is your place for meetings/events of any size. Call to reserve a room.

\$25 deposit, non-refundable, for all rooms  
\$30/hour for the Ballroom  
\$25/hour for any of other rooms

### **(Fees waived if it is an official Air Force function.)**

\$100 for the movie theater; includes 1 movie.  
\$125 for the movie theater; includes 1 movie, 10 popcorn, & 10 drinks.  
\$150 for the movie theater; includes 1 movie, 20 popcorn, & 20 drinks.

The Community Center hosts several base activities such as monthly block parties, indoor flea markets, and dance and piano lessons. It also offers local area information and a computer lab containing six computers with internet access. For the gamer, there are 4 Xbox 360 consoles connected to three 30" HDTV monitors and one large screen 65" projection television. The game room has a pool table, foosball table, air hockey table, CD jukebox, and vending machines.

# COMMUNITY RESOURCES

## PARENTING AND FAMILY RESOURCES

### **ABC Resource Center** (2 Locations)

1751 Simarron Dr.  
Plumas Lake, CA 95961

The ABC Resource Center works closely with families to get them help through referrals to other agencies.

### **Harmony Health Resource Center**

1908 North Beale Rd, Suite E  
Marysville, CA 95901  
(530) 743-6888

Mon.-Fri. 8 am – 7 pm  
Sat.- Sun. 9 am – 2 pm

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

Harmony Health Resource Center offers the following:

- Breastfeeding Information/Lactation Consultants on Staff
- Products Available for Sale and Rent
- Individual Therapy
- Anger Management Classes
- Support Groups: Youth Group; Parenting: Positive Parenting; Childbirth; and Lamaze

Please call for class/ meeting times and registration.

### **Sutter County Children and Families Commission**

1531 Butte House Rd, Suite A  
Yuba City, CA 95993  
(530) 822-7505

<http://sutterkids.org/>

Sutter County Children & Families Commission provides a comprehensive system of information, programs, and services which support all Sutter County children and families and which ensure that each child is prepared to enter school healthy and ready to learn. The commission works with many community partners to provide a complimentary array of services to children and families in Sutter County.

## **Yuba Sutter Friday Night Live (FNL)**

The Historic Packard Library  
301 4th Street Marysville, CA 95901  
(530) 742-5483/5842  
Email: [mjsiller@fridaynightlive.com](mailto:mjsiller@fridaynightlive.com)  
[www.fridaynightlive.org](http://www.fridaynightlive.org)

## **Families for Children (Foster Care/Adoption Services)**

Phone: (800) 955-2455  
<http://www.families4children.com/>

Families For Children offers services throughout Northern California for adoptive and foster parents providing care for children in their communities. Offices are centrally located in Roseville, Chico, Fairfield, Oakland, and El Dorado Hills

Services include:

- Foster Care Services
- Concurrent Planning and Matching
- Initial Foster Parent Training
- Monthly On-going Training
- Quarterly Support Group and Training
- Extensive Training for Homes with Teens
- Foster Parent Support Groups
- Teen Foster Child Support Groups
- Foster to Adoption Services
- Post Adoptive Support
- Adoption Home Studies

## **Car Seat Safety**

### **California Highway Patrol**

1619 Poole Boulevard  
Yuba City, CA 95993  
(530) 674-5141

Mon.-Fri. 8 am to 5 pm

Certified car seat safety officers on staff; car seat safety checks done by appointment only.

## **UC Davis Health System**

### **Trauma Prevention and Outreach: Car Seat Program**

4900 Broadway, Suite 1650  
Sacramento, CA 95817  
(916) 734-9784

Offers Car Seat Safety Class for a low cost fee, which includes education and one car seat provided at the class. Call for safety class schedule.

## **K.I.S.S. (Kids in Safety Seats)**

Feather River Center  
Yuba County Public Health  
5730 Packard Ave, Suite 100  
Marysville, CA 95901  
(530) 749-6335 / 6366

Free classes for Yuba County residents (proof of residency required). Attendees receive a convertible/forward-facing car seat, combination car seat, high-back or booster seat after the class. Call for more information and to register.

## **RESOURCES FOR FAMILIES WITH SPECIAL NEEDS:**

### **Exceptional Family Member Program-Family Support (EFMP-FS)**

(530) 634-0989

(See pg. 5 for more information)

### **Yuba County Family Resource Center**

1104 E Street  
Marysville, CA 95901  
(530) 749-4049  
[www.frcnetwork.net](http://www.frcnetwork.net)

The Yuba County Office of Education provides resources for families of children aged birth through five years old who have special needs and/or who are medically fragile. Call for more information about services provided.

### **Family Soup**

1650 Sierra Avenue, Suite #106  
Yuba City, CA 95993  
(530) 751-1925  
<http://familysoup.org/>



Family Soup is dedicated to supporting, encouraging, and providing information and facilitated referral to families with special needs children. They offer a variety of programs and services for parents/caregivers and children, including Able Riders (therapeutic horseback riding program), ADHD Support Group, General Support Group, Early Start, and parent education. Other services include: IEP Meeting assistance, gas cards for out-of-town medical appointments; psycho-educational counseling; parenting classes; parent support groups; and family-centered activities. No-fee services.

**Warrior Soul** (Authorized Tricare provider)

7801 Lakeview Lane  
Lincoln, CA 95648  
(916) 644-0770  
[www.warriorssoul.org](http://www.warriorssoul.org)

Dawn Batti and Mell LaValley: Equine Professional & Certified Equine Guided Education Facilitator

Therapeutic Horsemanship: Great for working on balance, strengthening core, and helping children gain confidence and healing. There is always an adult walking next to the rider.

**Alta Regional Center**

950 Tharp Rd. Suite 202  
Yuba City, CA 95993  
(530) 674-3070.  
Intake line-(916) 978-6249  
[www.altaregional.org](http://www.altaregional.org)

The Early Start Program provides services for children who are under 3 years old and have suspected or identified special needs and for children 3 years old and up. Alta staff collaborates closely with a variety of agencies and providers to establish eligibility and provide Early Start services.

Services may include:

- Assistive technology devices/services
- Audiology (hearing) services
- Family training, counseling and home visits
- Some health services
- Occupational and Physical Therapy
- Psychological Services
- Social Work services
- Nutritional counseling
- Speech and Language Services
- Transportation services

**Aptitude Habilitation Services, Inc.** (TRICARE Provider)

Karen Cassel  
Phone (916) 337-4052  
Fax: 1-800-991-6074  
Email: [kcassel@aptitudeservices.com](mailto:kcassel@aptitudeservices.com)  
Website: [www.aptitudeservices.com](http://www.aptitudeservices.com)

- ABA In Home Behavioral Services

Aptitude Habilitation Services is a comprehensive educational and rehabilitation services firm dedicated to providing the highest quality applied behavioral therapy to children and adults on the autism spectrum. The company was created by leading practitioners who possess a wealth of practical experience, and knowledge of research and current trends in our respective fields. The primary objective of our firm is to provide all parties with the most beneficial and professional therapeutic services possible. We are authorized in network providers for many leading insurance companies, including all TriCare.

### **Steps Therapy**

6960 Destiny Dr. Ste 112

Rocklin, CA 95677

Phone: (916) 415-0119

Fax: (916) 415-0120

[www.babystepstherapy.com](http://www.babystepstherapy.com)

Steps Therapy includes the **Baby Steps Therapy**, which delivers services to children birth to eighteen years. Baby Steps is devoted to optimizing the success of children both academically and socially. Baby Steps Therapy provides:

- Full range of Occupational, Physical, and Speech Therapy services for children with a wide range of difficulties including ADHD, Autism Spectrum Disorders, Sensory Processing Disorders, and learning and emotional difficulties
- Baby Steps also offers Social Sense Classes that are designed to create an interactive, fun, and safe way for children to learn about themselves in a socially complicated world. Classes are conducted by an Occupational Therapist and a Speech Pathologist.

### **Yuba County Child Development Behavioral Specialist (CDBS)**

Yuba County Office of Education

(530) 749-4991

Email: [Thelma.amayaandersen@yubacoe.k12.ca.us](mailto:Thelma.amayaandersen@yubacoe.k12.ca.us)

CDBS provides in home services are available for typically developing children who have not reached their 6th birthday and are exhibiting challenging social emotional behaviors that impact or may impact the

child's ability to succeed in a school or child care setting. The program consists of a three part assessment process and bi monthly in home services. The focus is on building on the child's skills and social emotional regulation through interactive play experiences between parent and child.

### **Sutter County Infant Program**

970 Klamath Lane  
Yuba City, CA 95993  
(530) 822-2954

Assists families in understanding the special needs of their child (birth to 3 years), and thus enhancing development. Staff includes special education teacher, occupational therapist, speech therapist, physical therapist, deaf/ hard of hearing teacher and nurse.

### **Butte Vista School Special Education Department**

2195 Blevin Road  
Yuba City, CA 95993  
(530) 822-5158

Assists families in understanding the special needs of their child (age 3 years to 8<sup>th</sup> grade), and thus enhancing development. Staff includes special education teacher, occupational therapist, speech therapist, and nurse.

### **Military OneSource**

<http://www.militaryonesource.mil/efmp>

(800) 342-9647

Click on "Military Life Topics" tab and choose "EFMP/Special Needs" category. You will find resources, articles, and other information. Military OneSource also provides consultations and informational webinars.

## **WOMEN'S HEALTH AND SERVICES**

### **A Woman's Friend**

616 E. Street  
Marysville, CA 95901  
(530) 741-0556

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



This pregnancy center and medical clinic offers a variety of services which are confidential and free of charge. Their mission is to be a friend to women in unplanned pregnancies.

Services include:

- Pregnancy Testing
- Pregnancy Verification
- Ultrasound Imaging
- Medical Examinations
- Assistance in Obtaining Medical Care
- Information on Pregnancy, Abortion, and Alternatives to Abortion
- Pre-abortion Peer Counseling
- Counseling and education on fetal development and the importance of early prenatal care and sound nutrition.
- Maternity Clothes, Baby Clothes, and Furniture
- Friendship and Emotional Support
- Post-abortion Peer Counseling
- Referrals to Community Agencies

### **Planned Parenthood**

430 Palora Avenue #G  
Yuba City, CA 95991  
(530) 674-2603  
[www.plannedparenthood.org](http://www.plannedparenthood.org)

Planned Parenthood's mission statement: A Reason for Being. Planned Parenthood believes in the fundamental right of each individual, throughout the world, to manage his or her fertility, regardless of the individual's income, marital status, race, ethnicity, sexual orientation, age, national origin, or residence.

Services include:

- Birth Control, Pap Tests, and Emergency Contraception (EC)
- Pregnancy Testing & Counseling
- Male Health Services
- HIV/AIDS Testing and Counseling
- Sexually Transmitted Infection Testing & Treatment
- Women's Health Care

### **Breastfeeding Information**

**Breastfeeding Class, Family Advocacy Program**  
(530) 634-3423

**Harmony Health Resource Center**  
(530) 742-5049 or (530) 743-6888

**Fremont Medical Center**.....751-4168  
**La Leche League**.....1-800-525-3243 or 1-877-452-5324  
**WIC Nutrition Program** .....1-800-852-5770  
**Yuba County Health Services**.....749-6366

**Yuba County WIC (Women, Infants and Children)**

1114 Yuba St # 217  
Marysville, CA 95901  
(530) 749-4830  
[www.wicworks.ca.gov](http://www.wicworks.ca.gov)

**Sutter County WIC (Women, Infants and Children)**

1445 Veterans Memorial Circle  
Yuba City, CA 95993  
(530) 822-7224

WIC’s mission is to lead communities to nourish, educate, support and empower families in building a healthy future. WIC is the Special Supplemental Nutrition Program for women, infants and children, which is federally funded to provide nutritious beverages and food such as milk, juice, and cereal via prescriptive checks. WIC also provides counseling and nutrition education, breastfeeding promotion and support, and referrals to services for at-risk, low-to-moderate income women and children up to age 5. Generally, WIC is available to low-income pregnant, breastfeeding, and postpartum women and children under age 5 who are at nutritional risk and who are at or below 185 percent of the federal poverty level.

The WIC office issues vouchers and teaches classes at the Airman and Family Readiness Center on the 3rd Tuesday of the month. Recipients must enroll at the Marysville office in advance.

**CHILDREN’S SERVICES AND EDUCATION**

**Child & Youth Behavioral MFLC**

Cell (530) 333-7113  
Cell (530) 491-1611

(See pg. 13 for more information)

**E Center/Headstart**

1128 Yuba Street  
Marysville, CA 95901  
(530) 741-2995



Headstart offers home visits once per week and socialization at Headstart Center once per week for children under 3 years old if referred. Provides pre-school only for children over 3 years.

### **Bright Futures**

1531 Butte House Rd. Suite A  
Yuba City, CA 95993  
(530) 822-7505

[www.co.sutter.ca.us/doc/government/depts/hs/cfc/hs\\_cfc\\_bright\\_futures](http://www.co.sutter.ca.us/doc/government/depts/hs/cfc/hs_cfc_bright_futures)

Bright Futures' mission is to foster healthy, nurtured children, families, and communities by bringing free and accessible developmental screenings to children in Sutter County from birth to age 5. There are no income or insurance requirements. They also provide referrals to appropriate community agencies when necessary, and parent training, information, and support.

### **First Five**

1114 Yuba Street, Suite 147  
Marysville, CA 95901  
(530) 749-4877  
(530) 749-4840-Fax  
csodari@co.yuba.ca.us  
[www.first5yuba.org](http://www.first5yuba.org)

First Five's mission is to ensure that programs and services enhancing the early development of Yuba County children are universally available and accessible. Proper parenting, nurturing, and health care, from prenatal care until the beginning of kindergarten, will provide the means for Yuba County's children to enter school in good health, ready and able to learn, and emotionally well developed. Resources and services include free Health and Development Screenings for children under age 6, Tooth Decay Prevention programs, and parenting videos.

### **Child Support Services**

Tina Taylor, Director  
5730 Packard Avenue, Suite 200  
Marysville, CA 95901  
1-866-901-3212  
[www.co.yuba.ca.us/departments/dcass/](http://www.co.yuba.ca.us/departments/dcass/)

The mission of the Yuba County Department of Child Support Services is to provide child support assistance to children in need in an efficient, effective, and professional manner. This assistance will be provided

regardless of the custodial status or financial position of the parents of these children. It is hoped that through the establishment and enforcement of child support orders, a sense of parental responsibility will be fostered which will serve to enhance the lives of the children of our county.

Programs and Services:

- Location of Absent Parents
- Establish Paternity
- Establish and Enforce Child Support and Medical Support Orders
- Collect and Distribute Child Support Payments

**Children’s Home Society (CHS)**

1650 Sierra Avenue Suite 102

Yuba City, CA 95993

(530) 673-7503

[www.chs-ca.org](http://www.chs-ca.org)

The mission of CHS is to reach out to children and families at risk to ensure every child has the opportunity to develop within a safe, healthy, and secure environment. CHS provides a variety of informational, educational, and resource services for children and families to improve their quality of life.

Services include:

- Family Resource Services
- Community Education Services
- Child Care Resource and Referral
- Resources and Training for Child Care Providers.

Additionally, CHS created a series of Family Education brochures that assist parents and other caregivers with the common concerns of physical and emotional well-being, as well as parenting strategies. Topics include *Positive Discipline*, *Separation*, and *When a Child Bites*, available free of charge.

**Local School Districts**

**Wheatland School District**

<http://www.wheatlandsd.com>

**Wheatland Union High School District**

<http://www.wheatlanduhd.org>

**East Nicolaus High School District**

<http://eastnicolaus.k12.ca.us>

**Plumas Lake Unified School District**

<http://www.plusd.org>

**Marysville Joint Unified School District**

<http://www.mjusd.k12.ca.us>

**Yuba City Unified School District**

<http://www.ycusd.k12.ca.us>

**Grass Valley School District**

<http://www.gvsd.k12.ca.us>

**Nevada Union High School District**

<http://www.nuhds.org>

**Pleasant Valley School District**

[www.pennvalleyschools.k12.ca.us](http://www.pennvalleyschools.k12.ca.us)

**Nevada City School Districts**

[www.ncsd.k12.ca.us](http://www.ncsd.k12.ca.us)

**Western Placer Unified School District [Lincoln]**

<http://www.wpusd.k12.ca.us>

**Rocklin Unified School District**

<http://www.rocklinusd.org>

**Roseville City Unified School District**

<http://www.rcsdk8.org>

**Roseville Joint Union High School District**

<http://www.rjuhsd.k12.ca.us/site/default.aspx?PageID=1>

## **CRIME VICTIM SERVICES**



### **Beale AFB Crisis Lines:**

<b>Ambulance Dispatch:</b>	<b>(530) 634-4444</b>
<b>Security Forces:</b>	<b>(530) 634-2131</b>
<b>Command Post (After Hours):</b>	<b>(530) 634-5700</b>
<b>Sexual Assault Response Coordinator:</b>	<b>(530) 634-4000</b>
<b>Family Advocacy:</b>	<b>(530) 634-3423</b>
<b>Chaplain:</b>	<b>(530) 634-4701</b>
<b>National Domestic Violence:</b>	<b>1 (800) 799-7233</b>

### **Child Abuse Services:**

**Childhelp National Child Abuse 24-Hour Hotline**

**\*1-800-4-A-CHILD (1-800-422-4453)\***

**Child Protective Services (CPS):**

<http://www.dss.cahwnet.gov/cdssweb/PG93.htm>

**Sutter County CPS**

1965 Live Oak Blvd  
Yuba City, CA 95991  
(530) 822-7227

**Placer County CPS**

1000 Sunset Blvd Suite 140  
Rocklin, CA 95765  
(916) 872-6549

**Children’s Services Division**

Yuba County Health and Human Services  
5730 Packard Avenue, Suite 100  
Marysville, CA 95901  
(530) 749-6366

**\*24-Hour Emergency Hotline: (530) 749-6288\***

[www.co.yuba.ca.us/departments/hhsd/cws](http://www.co.yuba.ca.us/departments/hhsd/cws)

Children's Services is responsible for taking reports of suspected child abuse 24 hours a day, seven days a week. Programs provide services to families such as substance abuse treatment, counseling, anger management, and the best family practices to assist them in providing a safe, healthy, and nurturing home for their children. If a child must be removed, then Children’s Services assists parents in reunifying their family and eliminating the risk of abuse.

**Services include:**

- Emergency Response
- Family Maintenance
- Family Reunification
- Permanent Placement
- Foster Home Placement
- Foster Parent Recruitment

The Children's Services Division staff utilizes contemporary practices and strategies such as Differential Response and Structured Decision Making, as well as Family Team Conferencing.

**Children’s Healing Art Group**

Domestic Abuse and Sexual Assault Coalition (DVSAC)  
960 McCourtney Road, Suite E  
Grass Valley, CA 95949  
(530) 272-2046

[www.dvsac.org/event/childrens-healing-art=group/](http://www.dvsac.org/event/childrens-healing-art=group/)



## **Domestic Violence/ Additional Crime Victim Services**

### **Casa de Esperanza (Women & Children's Shelter)**

P.O. Box 56

Yuba City, CA 95992

Office: (530) 674-5400

Crisis: (530) 674-2040

Provides shelter for women and children who are victims of domestic violence.

Services include:

- CalWORKS Assistance
- Community Outreach Services
- Group and Individual Counseling
- Court Accompaniment
- Emergency Response Team
- Emergency Shelter
- Hospital Accompaniment
- Household Assistance
- Information & Resource Referrals
- Legal and Medical Advocacy
- Prevention/ Education Programs
- Safe At Home - Confidential Address Program
- Teen Crisis Counseling
- Teen Programs
- Teen Relationship Violence Prevention
- Temporary Restraining Order Assistance

On-site services for eligible clients may also include: Child Witness to DV Counseling; children's programs; peer support groups; and transportation to and from appointments, court, and shelter.

### **Peace for Families (Auburn Shelter Services)**

11985 Heritage Oaks, Suite 200

Auburn, CA 95603

(530) 885-0443

1-800-575-5352

### **Women's Support Group**

Domestic Abuse and Sexual Assault Coalition  
(DVSAC)

960 McCourtney Road Suite E

Grass Valley, CA 95949

(530) 272-2046

## **Men's Support Group**

Domestic Abuse and Sexual Assault Coalition  
(DVSAC)  
960 McCourtney Road  
Suite E,  
Grass Valley CA 95945  
(530) 272-2046

## **Yuba County Victim/ Witness**

4240 Dan Avenue  
Olivehurst, CA 95901  
(530) 741-6275

This program assists victims and witnesses who suffer an injury or the threat of injury as a result of a crime. It provides counseling services for victims of domestic violence and other crimes and assistance with the process of obtaining restraining orders. Call for more information about services and programs provided for children, youth, and adults.

- Child Abuse Victim Treatment Program

## **COUNSELING SERVICES FOR BATTERERS**

**Family Advocacy:** (530) 634-3423

### **Yuba County Probation Department**

215 5th Street  
Marysville, CA 95901  
(530) 749-7550  
[www.co.yuba.ca.us/Departments/Probation/](http://www.co.yuba.ca.us/Departments/Probation/)



Services include in-house batterers counseling where targeted high-risk domestic violence offenders are provided intensive supervision and treatment services. This program blends intensive monitoring with treatment options and works closely with the department's Victim/Witness Program.

## MENTAL HEALTH / PSYCHIATRIC FACILITIES

**Beale AFB Mental Health:** (530) 634-3420

### **David Grant Medical Center**

101 Bodin Circle  
Travis AFB, CA 94535  
(707) 423-5174

Provides inpatient psychiatric care. Medical clearance is needed via local ER or DGMC ER.

### **Heritage Oaks**

4250 Auburn Boulevard  
Sacramento, CA 95841  
(916) 489-3336 (available 24/7)  
[www.heritageoakshospital.com](http://www.heritageoakshospital.com)

Heritage Oaks offers an intensive outpatient program for adult chemical dependency patients who need rehabilitation from alcohol or other substance abuse. Heritage Oaks provides general inpatient and outpatient psychiatric care. Free and confidential assessments are available 24 hours a day, seven days a week. Medical clearance via PCM and/or local ER is needed prior to admission. Therapy sessions include Codependency, Addiction, Gamblers Anonymous, and Adult Children of Alcoholics.

### **Sierra Vista Hospital**

8001 Bruceville Road  
Sacramento, CA 95823  
(916) 288-0300  
[www.sierravistahospital.com](http://www.sierravistahospital.com)

Sierra Vista is an acute care psychiatric hospital providing a full range of both inpatient and outpatient services including behavioral health and chemical dependency treatment for adolescents and adults.

#### **Services include:**

- Assessments
- Clinical Research Trials
- Inpatient and Partial Hospitalization
- Intensive Outpatient
- Outpatient Detoxification
- Dual Diagnosis
- Chemical Dependency

### **Sutter-Yuba Mental Health**

1965 Live Oak Boulevard  
Yuba City, CA 95991  
(530) 822-7200

**\*(530) 673-8255 – 24 hour psychiatric emergency/suicide hotline\***

[www.co.sutter.ca.us/doc/government/depts/hs/mh/hs\\_mental\\_health](http://www.co.sutter.ca.us/doc/government/depts/hs/mh/hs_mental_health)

Provides psychiatric services for individuals and families who are experiencing serious or ongoing mental health problems.

Services include:

- Psychiatric Emergency Services
- Inpatient Services
- Outpatient Treatment for Adults, Families and Youth
- Day Treatment
- Children's System of Care
- Drug and Alcohol (which provides treatment for substance abuse through our Options for Change and First Steps programs)
- Homeless Mentally Ill Program (operated by the Salvation Army)

### **Butte County Behavioral Health**

109 Parmac Rd, Suite 1  
Chico, CA 95926  
(530) 891-2850

Crisis Line: (800) 334-6622

Psychiatric services. Medical clearance needed by local ER.

### **St Helena Hospital/Recovery Center**

10 Woodland Rd.  
St. Helena, CA 94574  
(707) 963-3611

<http://www.sthelenahospitals.org/home>

Provides general inpatient and outpatient psychiatric care. Medical clearance via PCM and/or local ER needed prior to admission.

## **COUNSELING SERVICES FOR MILITARY MEMBERS AND THEIR FAMILIES:**

### **Military & Family Life Consultant (MFLC)**

Cell (530) 708-0844

Cell (530) 218-4023

## **Child & Youth Behavioral-Military & Family Life Consultant (CYB-MFLC)**

Cell (530) 491-1611

Cell (530) 333-7113

(See pg. 7 & 13 for more information)

## **Military OneSource**

Phone: 1-800-342-9647 Hours: 24/7

Services include six free sessions with a licensed counselor for family/personal/marital counseling (via web, phone, or in-person).

## **Wounded Warriors Resource Center:**

1-800-832-6997

<http://www.woundedwarriorproject.org>

## **California National Guard Behavioral Health**

<http://www.calguard.ca.gov/BH>

- **Operation Ready Families**  
California National Guard  
<http://www.calguard.ca.gov/ReadyFamilies>
- **California Air National Guard/ Yellow Ribbon**  
ANG Yellow Ribbon Specialist  
Local Office: (916) 854-3562  
Mobile: (916) 854-5070

## **Give an Hour**

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

Free counseling sponsored by the American Psychological Association

## **The Pathway Home, Free Residential Recovery Program**

Yountville, CA

24 Hour: (707) 948-3031

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

## **The Soldiers Project**

(877) 576-5343

[sacramento@thesoldiersproject.org](mailto:sacramento@thesoldiersproject.org)

## **Pentagon Foundation**

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

**TriWest Crisis Line:**

1-800-273-8255

**Vet Centers:**

San Francisco: (415) 221-4810

Sacramento: (916) 566-7430 or (877) 927-8387

**VA Suicide Hotline:**

1-800-273 TALK/8255

**EMERGENCY RELIEF AND FINANCIAL ASSISTANCE**

**American Red Cross**

2125 East Onstott Road

Yuba City, CA 95991

(530) 673-1460 (24/7)

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



The American Red Cross provides relief to victims of disasters and helps prevent, prepare for, and respond to emergencies. Additionally, the Red Cross provides babysitting classes and First Aid and CPR classes.

**Services for Military:** The Red Cross offers emergency financial assistance in the form of either an interest-free loan or a grant; this can be used for travel expenses for personal or family crises which require the presence of the service member or their family. Financial aid may also be provided to assist with burial costs or urgent health and welfare needs such as food and shelter. 24-hour emergency communication services are also provided for active duty military personnel and their families.

**Air Force Aid Society:** (530) 634-2863

**Operation WarmHeart:** Non-profit organization managed by Beale First Sergeant Council; provides loans and grants for emergency situations on case-by-case basis. Contact the squadron First Sergeant.

**USA Cares**

<http://www.usacares.org>



USA Cares exists to provide military families with financial support and other critical their time of need.

resources in

**Soldiers & Sailors Civil Relief Act (SSCRA):** The SSCRA provides significant protections to service members including:

- Staying court hearings if military service materially affects service members' ability to defend their interests
- Reducing interest to 6% on pre-service loans and obligations
- Requiring court action before a service member's family can be evicted from rental property for nonpayment of rent if the monthly rent is \$1,200 or less
- Termination of a pre-service residential lease
- Allowing service members to maintain their state of residence for tax purposes despite military relocations to other states.

Call A&FRC: (530) 634-2863 for more information.

### **Armed Forces Foundation**

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

The foundation's Family Assistance Program offers direct financial assistance to service members and their families to meet needs that range from utility bills to airline tickets and much more.

### **Consumer Credit Counseling**

718-B Bridge Street  
Yuba City, CA 95991  
(916) 674-9729



### **Pentagon Foundation**

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

The Foundation's goal, in partnership with the donor community, is to ensure that those who are devoting their lives to the defense of our country have the skills and resources they need to secure a sound financial future for themselves and their families.

## **FOOD GIVEAWAYS**

**USDA Food Giveaway:** All pickups are at the Foothills Chapel in base housing. Pickup times are from 10:00am – 2:00pm on the 4th Friday of every month. If living on base, you must show proof of residency. If living off base, you must show proof of the service member's active duty status. If you have any other questions please call the Airmen's Attic (530) 634-5640.

### **1st Presbyterian Church**

Corner of Sampson and Rideout Way (1945 Sampson St)  
Marysville, CA 95901  
(530) 742-5541

USDA Drive, 2<sup>nd</sup> Wednesday of the month 8:30-11:00  
Brown Bag Drive, 3<sup>rd</sup> Tuesday of the month 10:00-11:30

### **St Joseph's Food Locker**

223 8th Street  
Marysville, CA 95901  
(530) 742-6461

Food pick-up at the back of the church between 8th and B Streets in Marysville. Wednesdays and Fridays from 10:30-11:30. Must call in advance to be on the list.

**WIC:** Yuba County: (530) 749-4830  
Sutter County: (530) 822-7224

## **GRIEF RESOURCES**

### **Compassionate Friends**

Local support group- Yuba City Chapter  
(530) 674-2595

1<sup>st</sup> Friday of each month at 1900

Church of Glad Tidings

1179 Eager Road

Live Oak, CA 95953

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

[www.tcf-yubacity.org](http://www.tcf-yubacity.org)

Compassionate Friends is sponsored by a national non-profit, self-help organization. Support is offered to families who are grieving the death of a child of any age, from any cause.

### **Tragedy Assistance Program for Survivors (TAPS)**

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

TAPS is a non-profit organization for those who have lost a loved one on active duty with the Armed Forces; it provides a military survivor peer support network.

## WEB RESOURCES

### General Resources

#### **Military OneSource**

Phone: 1-800-342-9647 Hours: 24/7

[www.militaryonesource.com](http://www.militaryonesource.com)

Military One Source provides a limitless amount of valuable information and referral resources. Active duty military and dependents may become an online member to obtain access to the entire website. Categories include: body; career; crisis; deployment; education; elder care; guard/reserve; legal; mind; money; moving; parenting; recreation; relationships; severely injured; special needs; and transition. The website contains many tools, such as a daycare locator, financial calculators, and tax consultant information.

#### **The National Resource Directory**

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

Connecting Wounded Warriors, Service Members, Veterans, Their Families and Caregivers with Those Who Support Them

#### **TRICARE**

1-888-874-9378

[www.tricare.mil](http://www.tricare.mil)



TRICARE Online for beneficiaries and military staff. Authorized users can schedule & view appointments; access approved health content; access personal health information; use pharmacy tools; check medications; access military staff applications and much more. The TRICARE office is located at the clinic on Beale AFB.

### Family Resources

#### **Sittercity**

1-888-748-2489 or 1-866-205-5625

Hearing Impaired: TTY 1-877-494-1014

Customer Service:

M-F 8am-4pm CST

[www.sittercity.com/dod](http://www.sittercity.com/dod)

Sittercity is the nation's largest and most trusted website for finding quality local babysitters, child care providers, nannies, elder care providers, dog walkers, housekeepers, and tutors. All active, reserve, and guard families are eligible for memberships to Sittercity, ask about discounts when enrolling.

### **Child Support Issues in California:**

[www.childsup.ca.gov](http://www.childsup.ca.gov)

California's Child Support Services Program works with parents - custodial and noncustodial - and guardians to ensure children and families receive court-ordered financial and medical support. Child support services are available to the general public through a network of 52 county and regional child support agencies (LCSAs).

### **Legal Assistance on Adoption, Divorce, Guardianship, Landlord/Tenant Issues, etc.**

[www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)

## **Resiliency Resources**

### **American Psychological Association (Resilience Information)**

<http://www.apa.org/helcenter/road-resilience.aspx>

### **Battlemind (Resilience Skills)**

<http://www.army.mil/readyandreilient/personnel>

## **Deployment Resources**

### **Help From Home (Deployment Support DVDs):**

<http://www.triwest.com/en/beneficiary/behavioral-health/video-library/watch-online/>

- Service members, "Getting Home...All the Way Home"
- Family members, "On the Homefront"

### **The Coming Home Project**

[www.cominghomeproject.net](http://www.cominghomeproject.net)

The Coming Home Project is a non-profit organization devoted, since 2006, to providing expert, compassionate care, support, education, and stress management tools for Iraq and Afghanistan veterans, service members, their families, and their service providers. The Coming Home Project offers a continuum of services, from retreats and psychological counseling to training and self-care for service providers and community education and consultation.

**After Deployment**

[www.afterdeployment.dcoe.mil](http://www.afterdeployment.dcoe.mil)

**Army Behavioral Health**

[www.army.mil/readyandresilient/medical](http://www.army.mil/readyandresilient/medical)

**Military Mental Health**

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

Self-Assessments/ Resources

- i.e. “A Different Kind of Courage” DVD

**Center for Deployment Psychology**

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

The Center for Deployment Psychology (CDP) trains military and civilian behavioral health professionals to provide high-quality deployment-related behavioral health services to military personnel and their families.

**Center for the Study of Traumatic Stress**

<http://www.ctsonline.org>

Advancing Psychological Health and Resilience through Trauma Research, Education, and Consultation

**National Center for Post Traumatic Stress Disorder**

<http://www.ptsd.va.gov/>

**Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury**

[www.dcoe.health.mil/default.aspx](http://www.dcoe.health.mil/default.aspx)

Outreach Call Center: (866) 966-1020 or send an e-mail to:  
[resources@dcoeoutreach.org](mailto:resources@dcoeoutreach.org)

**Defense and Veterans Brain Injury Center, DVVIC** [www.DVBIC.org](http://www.DVBIC.org)