**The Foster Youth Education Fund**

 **Resource Guide**

Table of Contents

[**Medi-Cal Eligibility (Medical, Dental, Vision) 2**](#_Toc503425650)**-8**

[**Mental Health Services 9**](#_Toc503425651)

[**Crisis Intervention Hotlines 10**](#_Toc503425652)

[**Substance Abuse Treatment 11**](#_Toc503425653)

[**Lesbian, Gay, Bi-sexual, Trans-gender, Queer, Intersex, Asexual Resources 12**](#_Toc503425654)**-13**

[**Pregnancy and Parenting Resources 14**](#_Toc503425655)**-17**

[**AB12/Extended Foster Care and Additional Resources 18**](#_Toc503425656)

[**Housing 19**](#_Toc503425658)**-22**

[**Cash Assistance 23**](#_Toc503425659)

[**Educational Financial Assistance 24**](#_Toc503425660)**-25**

[**Student Loan Repayment 26**](#_Toc503425661)

[**Emergency Financial Assistance for College Students 27**](#_Toc503425662)**-28**

[**Utility Assistance 29**](#_Toc503425665)**-30**

[**Clothing Assistance 31**](#_Toc503425666)

[**Education and Tutoring Services 32**](#_Toc503425667)**-37**

[**Job Placement and Career Development Resources 38**](#_Toc503425668)**-41**

[**Transportation Assistance/Services 42**](#_Toc503425670)**-45**

[**Obtaining Identifying Documents 46**](#_Toc503425671)**-48**

[**Legal Assistance and Advocacy 49**](#_Toc503425672)

# Medi-Cal Eligibility

**MOST FORMER FOSTER YOUTH ARE MEDI-CAL ELIGIBLE!**
Medi-Cal eligibility opens the door for many medical services including free
and/or low-cost services for former foster youth. Former foster youth who were in foster care on their 18th birthday are eligible for Medi-Cal coverage until age 26. Medi-Cal provides vision, dental, and medical services.

**How do I apply?**
First, apply for medical eligibility through your local county social services office. You can contact the county either by phone, via [www.CoveredCa.org](http://www.coveredca.org) or
[www.Mybenefitscalwin.org](http://www.mybenefitscalwin.org), mail in an application(the application can be
downloaded from <http://www.dhcs.ca.gov/services/medical/eligibility/Pages/>

[SingleStreamApps.aspx](http://www.dhcs.ca.gov/services/medical/eligibility/Pages/).), or visit the county office in person to apply.

**How long does it take to be accepted into Medi-Cal?**

It can take 45 days or more (depending on the volume of new applications received by the county) for you to find out if you have been accepted into Medi-Cal. During this period, you will receive a notification of Likely Eligibility by mail.

Your county’s social services office may also contact you by mail or phone to request paper verification of income, citizenship, and other criteria that cannot be verified electronically.

Next, you will receive a Final Notice of Action by mail confirming whether you can receive Medi-Cal.

Finally, you will receive a Benefits Identification Card (BIC) that will have your Medi-Cal number. When you receive your BIC in the mail, you will be able to use the many Medi-Cal benefits available to you.

Once your Medi-Cal eligibility has been determined by your county, you have up to 30 days to choose a Medi-Cal managed plan and a doctor.

**What do I do if I had Medi-Cal benefits from a different county?**

Simply call the county where you previously had Medi-Cal benefits and ask them to transfer your plan to your current county of residence.

**SACRAMENTO COUNTY**

**Department of Health and Human Services**
**Website**:<http://www.dha.saccounty.net/benefits/Pages/default.aspx#ma>**Phone:** (916) 874-3100 or (209) 744-0499

**Sacramento County Office Locations:**

1725 28th Street Sacramento, 95816-9915

2700 Fulton Ave. Sacramento, CA 95821

10013 Folsom Blvd Rancho Cordova, CA 95827

1725 28th St Sacramento, CA 95816 3960

Research Dr. Sacramento, CA 95838 5747

Watt Ave. North Highlands, CA 95660

2450 Florin Road Sacramento, CA 95822

210 North Lincoln Way Galt, CA 95632

**YOLO COUNTY**

**Department of Health and Human Services**
**Website**: <http://www.yolocounty.org/health-human-services>
**Phone**: (855) 278-1594 or (560) 661-2750
**Woodland Office**: 25 North Cottonwood Street, Woodland, CA 95695
**West Sacramento Office**: 500 A Jefferson Blvd., West Sacramento, CA 95605
**Winters Office:** 111 East Grant Avenue, Winters, CA 95694

**EL DORADO COUNTY**

**Department of Health and Human Services
Phone:** (530) 642-7300 Placerville Office & (530) 573-3200 South Lake Tahoe Office
**Website:** <https://www.edcgov.us/Government/hhs>
**Address:** El Dorado County Department of Social Services
3057 Briw Road, Placerville, CA 5667-1637

**PLACER COUNTY**

**Department of Health and Human Services**
**Website:** <http://www.placer.ca.gov/departments/hhs/public_assistance>
**Phone:** 1(888) 385-5160 or (916) 784-6000
**Auburn Office**: 11542 B. Ave Auburn, CA 95603
**Rocklin Office**: 1000 Sunset Blvd. Suite 220 Rocklin, CA 95765
**North Tahoe Office:** 5225 North Lake Blvd. Carnelian Bay, CA 96140

**Now that I am Medi-cal Eligible, how do I choose a health plan?**

Sacramento, Placer, and El Dorado Counties have multiple health plans.
After your Medi-Cal eligibility has been established by your county,
**call Health Care Options at 1(800) 430-4263** to get help with choosing your
health care plan. You can also compare each plan by going to <https://www.healthcareoptions.dhcs.ca.gov/learn/health-plan-materials> .

Below are the health plans for Sacramento, El Dorado, and Placer Counties.

**SACRAMENTO COUNTY**

**Anthem Blue Cross**

**Website**: [www.anthem.com/ca/welcome/home.html](http://www.anthem.com/ca/welcome/home.html)

**Phone**:1(800) 407-4627

**Health Net Community Solutions**

**Website**: [www.healthnet.com/](http://www.healthnet.com/)

**Phone**: 1(800) 675-6110

**Kaiser Health Plan**

**Website**: [www.kp.org/](http://www.kp.org/)

**Phone**:1(800) 464-4000

**Molina HealthCare**

**Website**: [www.molinahealthcare.com/](http://www.molinahealthcare.com/)**Phone**: 1(888) 665-4621

**United HealthCare Community Plan**

**Website**: [www.uhccommunityplan.com/CA](http://www.uhccommunityplan.com/CA)**Phone**: 1(866) 270-5785

**YOLO COUNTY**

**Yolo County** has one health care plan through Medi-Cal. You can call the Yolo
Department of Health and Human Services office to set up your health plan through **Partnership Health Plan of California.**

**EL DORADO AND PLACER COUNTY**

**Anthem Blue Cross**

**Website**: [www.anthem.com/ca/welcome/home.html](http://www.anthem.com/ca/welcome/home.html)

**Phone**:1(800) 407-4627

**California Health and Wellness**

**Website**: [www.cahealthwellness.com/](http://www.cahealthwellness.com/)

**Phone:**1(877) 658-0305

After you have selected your health plan, you can choose your Primary Care
Provider, which is your doctor, dentist, optometrist, etc. Your health plan will give you a directory either by mail or email of Primary Care Providers to choose from.

You will also receive your Health Provider Card by mail after choosing your plan.

**How do I make a doctor’s appointment?**Call your Primary Care Physician’s (PCP) office. Have the following information available: your Medi-Cal BIC number, your Health Provider Card, and your primary care physician’s name.

When you visit your physician in person be sure you have your Medi-Cal card,
health provider card, and photo I.D.

**What do I do in case of an emergency?**

If you have an emergency, GO IMMEDIATELY to the nearest hospital’s Emergency Room (ER). If you need help getting to the ER fast, call 911. You do not need a referral from your physician to use the ER.

**What do I do if I get injured?**

If the injury is very serious call 911. If the injury is not serious, like a sprained ankle, for example, contact an advice nurse; the number will be located on your health plan’s health provider card. If the injury is not life-threatening, but you need immediate attention, you can go to an Urgent Care facility that takes Medi-Cal.

**Dental Services**

**SACRAMENTO COUNTY**

As a Sacramento County resident and a former foster youth/Medi-Cal beneficiary, you are entitled to free and/or low cost dental services. Medi-Cal recipients in Sacramento County who are eligible to receive dental services must select one of the following plans for their dental care.

**Access Dental Plan, Inc.**
**Website**: [www.premierlife.com](http://www.premierlife.com)
**Phone**: (877) 688-9891 or (877) 824-3234

**Health Net of California, Inc.**
**Website**: [www.healthnet.com](http://www.healthnet.com)
**Phone**: (800) 735-2922 or (877) 550-3868

**Liberty Dental of California, Inc.**
**Website**: [www.libertydentalplan.com](http://www.libertydentalplan.com)
**Phone**: (800) 430-7077 or (877) 550-3875

**How do I choose between one of these plans?**

Go to [https://www.healthcareoptions.dhcs.ca.gov/learn/Health-plan-materials?](https://www.healthcareoptions.dhcs.ca.gov/learn/)

[location=sacramento](https://www.healthcareoptions.dhcs.ca.gov/learn/) to view the member’s handbook that gives you more details about your dental plan benefits and services and the provider directory that will tell you which providers work with your dental plan.

Once you have decided on a dental plan you can enroll by calling **Health Care Options** at 1(800) 430-4263. You also have the option of completing a Medi-Cal Dental Choice Form. You can find the form here <https://www.healthcareoptions.dhcs.ca.gov/download-forms.>

While you are waiting to become a dental plan member you can use your Medi-Cal Benefits Identification Card (BIC) for services through Regular Medi-Cal (Fee-For-Service) until you are a dental plan member.
Health Care Options will send you a letter telling you that the dental plan change has taken place.

Your dental plan will send you information about its services and a dental plan member card. Take your dental plan member card and BIC card with you when you visit your dentist.

**YOLO, EL DORADO, AND PLACER COUNTIES**

If you live in **YOLO, El Dorado, or Placer Counties** call **Denta-Cal** and find a dentist in your county that takes Medi-Cal or visit Denta-Cal.gov to view the provider referral list for dentists that may be taking new patients.
**Website**: [https://www.denti-cal.ca.gov/Beneficiaries/Denti-Cal/Provider\_
Referral\_List/Medi-cal to access dental services](https://www.denti-cal.ca.gov/Beneficiaries/Denti-Cal/Provider_)
**Phone**: 1(800) 735-2922

**Vision Services**

**SACRAMENTO COUNTY**To find a vision care provider, contact your selected plan.

**Health Net**
**Phone:** 1(877) 527-8409
**Website:**<https://www.healthnet.com/portal/shopping/content/iwc/shopping/shp/shp_provider_directory.action>

**Kaiser Permanente
Website**:<https://thrive.kaiserpermanente.org/medicaid/medi-cal-california/why-kp>
**Phone**: 1(800) 557-4515

**United Healthcare Community Plan
Website**: <https://www.uhccommunityplan.com/ca/medicaid/medi-cal.html>
**Phone:**1(866) 270-5785

If you are under **Molina**, **contact March Vision** at the number below.
**Website:** <https://www.marchvisioncare.com/find.aspx>
**Phone:** (310) 216-2300

**YOLO COUNTY**

If you live in Yolo County, your vision services are through **Vision Service Plan.
Website:** <https://www.vsp.com/> and go to the online portal to search for a vision care provider.
**Phone**:1(800) 877-7195

**EL DORADO AND PLACER COUNTIES**

If your plan is **California Health and Wellness,** use the online portal to find a vision care provider.
**Website:** <https://www.cahealthwellness.com>/
**Phone:** (800) 334-3937

If your plan is **Anthem Blue Cross**, go to the **Vision Service Plan** online portal**.
Website:**<https://www.vsp.com/>**Phone:** 1(800) 877-7195

# Mental Health Services

For mild mental issues contact your health plan to inquire about treatment and
services. For serious mental health issues contact your local county listed below.

**SACRAMENTO COUNTY**

**Mental Health Access Team**
**Website**: <http://www.dhhs.saccounty.net/BHS/Pages/Mental->

[HealthServices.aspx](http://www.dhhs.saccounty.net/BHS/Pages/Mental-)
**Phone:** (916) 875-1055 or (888) 881-4881

**YOLO COUNTY**

**Mental Health & Substance Use Disorder Screening**
**Website:** [http://www.yolocounty.org/health-human-services/mental-health/
mental-health-services](http://www.yolocounty.org/health-human-services/mental-health/)

**Phone:** (530) 666-8630

**Woodland Office**: 137 N Cottonwood Street
**West Sacramento Office**: 500 B Jefferson Blvd.

**EL DORADO COUNTY**

**Mental Health Crisis Lines**
**Website:**<https://www.edcgov.us/Government/hhsa>**Phone:** (530) 622-3345 West Slope Office and (530) 544-2219 Tahoe Office
24-HOUR Psychiatric Emergency Services:
**Phone:** (530) 622-3345 **Placerville Office** and (530) 544-2219 **South Lake Tahoe Office**

**PLACER COUNTY**

**Screening Clinic**
**Phone: 24-hour intake line** 1(888) 886-5401
**Website**: https://www.placer.ca.gov/departments/hhs/adult/mentalhealthservices

# Crisis Intervention Hotlines

**Rape, Abuse & Incest National Network (RAINN**) offers programs to help survivors and bring perpetrators to justice.
**Website:** <https://www.rainn.org/>
**Phone:** 1(800) 656-HOPE (4673)

**Red Rover** helps families and pets escape domestic violence.
**Website**:<https://redrover.org/program/redrover-relief>**Phone:** (916) 429-2457

**National Child Abuse Helpline** offers crisis intervention, information, and
referrals to thousands of emergency, social service, and support resources.
**Website:** <https://www.childhelp.org/hotline/>
**Phone:** 1(800) 422-4453

**National Domestic Violence/Dating Abuse Helpline** educates young people to
prevent and end abusive relationships.
**Website:**<http://www.loveisrespect.org/>
**Phone:** 1(866) 331-9474 or text “loveis” to 77054

**National Suicide Prevention Lifeline** provides emotional support for those in a suicidal or emotional crisis.
**Website**: <https://suicidepreventionlifeline.org/>**Phone:** 1(800) 273-8255

**Substance Abuse Alcohol/Drug Abuse Hotline** works to reduce the impact of substance abuse and mental illness in the nation’s communities.
**Website:**<https://www.samhsa.gov/find-help/national-helpline>
**Phone:** 1(800) 662-HELP (4357)

**Weave (Women Escaping a Violent Environment)** provides crisis intervention services for victims of domestic violence and sexual assault.
**Website:** <https://www.weaveinc.org>
**Phone:** (916) 920-2952

**The Trevor Project** provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13–24.

**Website:** https://www.thetrevorproject.org

**Phone:** 1-866-488-7386

# Substance Abuse Treatment

Below are the county contacts for substance abuse treatment.

**SACRAMENTO COUNTY**

**Alcohol and Drug System of Care**
**Website:** [http://www.dhhs.saccounty.net/BHS/Pages/Alcohol-Drug-Services/
Alcohol-and-Drug-Services.aspx](http://www.dhhs.saccounty.net/BHS/Pages/Alcohol-Drug-Services/)**Phone:** (916) 874-9754

**YOLO COUNTY**

**Substance Abuse Continuum of Care**
**Website**:<http://www.yolocounty.org/health-human-services/substanceabuse/substance-use-disorder-services>**24/7 Access Line:** (888) 965-6647

**EL DORADO COUNTY**

**Alcohol and Drug Program**
**Website:** [https://www.edcgov.us/Government/MentalHealth/Pages/
mental\_health\_main\_info.aspx](https://www.edcgov.us/Government/MentalHealth/Pages/)**Phone**: (530) 621-6146

**PLACER COUNTY**

**Adult System of Care Screening Clinic
Website:** https://www.placer.ca.gov/departments/hhs/adult/substance-use-services **Phone:** (530) 889-7240

# Lesbian, Gay, Bi-sexual, Trans-gender,Queer, Intersex, Asexual Resources

**SACRAMENTO COUNTY**

**American River College Fierce LGBTA**
**Website:** fierceqsa@gmail.com
**Phone**: not available

**Cosumnes River City College Safe Spaces
Website:** [https://www.crc.losrios.edu/facstaff/sharedgov/sub/src/activities/
safespaces](https://www.crc.losrios.edu/facstaff/sharedgov/sub/src/activities/)**Phone:** (916) 691-7895

**Folsom Lake College Queer Straight Alliance**
**Website**: <https://www.facebook.com/pg/flcgsa/about/?ref=page_internal>
**Phone:** not available

**Gender Health Center**
**Website**: <http://www.thegenderhealthcenter.org/>
**Phone:** (916) 455-2391

**Sacramento City College**
**Website:**<http://www.scc.losrios.edu/lgbtqia/>
**Phone:** (916) 558-215

**Sacramento LGBTQIA Community Center**
**Website:** <http://saccenter.org/>**Phone:** (916) 442-0185

**Sacramento State University Pride Center
Website**: <http://www.csus.edu/pride/>
**Phone**: (916) 278-8720

**YOLO COUNTY**

**UC Davis LGBTQIA Center**
**Website**: <http://lgbtqia.ucdavis.edu/>
**Phone:** (530) 752-2452

**Woodland Community College LGBTQIA and Allies
Website:** <https://wcc.yccd.edu/campus/lgbtqia/>
**Phone:** (530) 741-6700

**EL DORADO COUNTY**

**Lake Tahoe Community College Ally Club
Website:** <http://ltcc.edu/campuslife/student-clubs.php>**Phone:** (530) 541-4660 ext.210

**PLACER COUNTY**

 **Sierra College Safe Space**
**Website**:<https://www.sierracollege.edu/student-services/supportprograms/safe-space.php>**Phone**: (916) 660-8061

**Prism Q LGBT and Allies Resource Center
Website:** <http://www.prismq.org/>**Phone:** not available

**NATIONAL**

**Parents, Families, and Friends of Lesbians and Gays** (PFLAG)
**Website**: <https://www.pflag.org/chapter-network-support>**Phone:** (202) 467-8180

# Pregnancy and Parenting Resources

**SACRAMENTO COUNTY**

**Child Action Inc.** offers a subsidized child care program based on income and
need for child care.
**Website**: <https://wp.childaction.org/cel/>
**Phone**: (916) 369-0191

**Sacramento CalWORKs Child Care Program** is available for current or former CalWORKs recipients to receive assistance with paying for childcare (children age 12 and under, and up to 21 for exceptional needs and severely disabled children). Recipients must be employed or participating in a county-approved Welfare-to-Work activities. Pregnant and parenting teens in the Cal-Learn program are also eligible to receive CalWORKs child care.
**Website**: <http://www.cdss.ca.gov/CalWORKs-Child-Care>
**Phone**:(916) 874-3100 or (209) 744-0499

**Sacramento County Women, Infant, and Children (WIC) Program** is a
supplemental nutrition assistance program for women with children (age 5 and
under) and women who are pregnant or breastfeeding. You must be income-eligible (receiving Medi-cal, CalWORKs, or Cal Fresh). WIC provides checks to buy healthy food, breastfeeding information, and nutritional education.
**Website**: [www.wicworks.gov](http://www.wicworks.gov)
**Phone**: (916) 876-5000

**Sacramento Crisis Nursery** is a family-strengthening program where parents can bring their children (newborn through age five) for emergency child care or overnight care during stressful or difficult times.
**Website:** <http://www.kidshome.org/what-we-do/crisis-nursery/>**Phone:** (916) 394-2000

**Sacramento Food Bank and Family Services** provides food assistance and a
variety of other services. By participating in parent education classes, parents
can earn credits. These credits can be exchanged for infant and toddler supplies such as diapers, baby food, clothing, accessories, toys and other children's items.
**Website**: [www.sacramentofoodbank.org/parent-education/](http://www.sacramentofoodbank.org/parent-education/)**Phone**: (916) 456-1980

**Sacramento Head Start** offers early childhood education for low-income families.
**Website:**<http://headstart.seta.net/>**Phone**: (916) 263-3804

**YOLO COUNTY**

**Children's Home Society** provides subsidies for childcare based on family size and income. Complete an eligibility questionnaire online.
**Website**:<https://www.chs-ca.org/child-care-payment-program/eligibilitylist-questionnaire>**Phone**: (530) 645-6265

**Yolo County CalWORKs Child Care Program** is available for current or former CalWORKs recipients to receive assistance with paying for childcare (children age 12 and under, and up to 21 for exceptional needs and severely disabled children). Must be employed or participating in a county-approved Welfare-to-Work activities. Pregnant and parenting teens in the Cal-Learn program are also eligible to receive CalWORKs child care.
**Website**: <http://www.cdss.ca.gov/CalWORKs-Child-Care>
**Phone**: (530) 661-2750 **Woodland Office**, (916) 375-6200 **West Sacramento
Office,** and (855) 278-1594 **Winters Office**

**Yolo County Women, Infants, and Children (WIC) Program** is a supplemental nutrition assistance program for women with children (age 5 and under) and women who are pregnant or breastfeeding. You must be income-eligible (receiving Medi-cal, CalWORKs, or Cal Fresh). WIC provides checks to buy healthy food, breastfeeding information, and nutrition education.
**Website**: [www.wicworks.gov](http://www.wicworks.gov)**Phone**: (530) 666-8055

**Yolo Crisis Nursery** provides day care and emergency overnight childcare (for up to 30 days) for parents who may be struggling, need a break, personal time, or are in abusive situations.
**Website**: <http://www.yolocrisisnursery.org/>
**Phone**:(530) 758-6680

**EL DORADO COUNTY**

**CalWORKs Child Care Program** is available for current or former CalWORKs recipients to receive assistance with paying for childcare (children age 12 and under). Parents must be employed or participating in a county-approved Welfare-to-Work activities. Pregnant and parenting teens in the Cal-Learn program are also eligible to receive CalWORKs child care.
**Website**: <http://www.cdss.ca.gov/CalWORKs-Child-Care>**Phone**: (530) 642-7300 **Placerville Office** and (530) 573-3200 **South Lake Tahoe Office**

**Choices for Children** provides subsidized child care based on income and family size. Emergency diapers, formula, wipes, gently used clothing, toys, and books for children and babies are also provided. Serves residents of the El Dorado and Alpine counties; must provide proof of residence and income (utility bill and check stub). Go online and complete an application to be added to the waitlist.
**Website:**<http://www.choices4children.org/>
**Phone:** (530) 541-2213

**El Dorado County Women, Infants, and Children (WIC) Program** is a
supplemental nutrition assistance program for women with children (age 5 and
under) and women who are pregnant or breastfeeding. You must be income eligible (receiving Medi-cal, CalWORKs, or Cal Fresh). WIC provides vouchers to buy healthy food, breastfeeding information, and nutrition education.
**Website**: [www.wicworks.ca.gov](http://www.wicworks.ca.gov)
**Phone**: (530) 621-6176 **Placerville Office** and (530) 573-3491 **South Lake Tahoe Office**

**PLACER COUNTY**

**Placer County CalWORKs Child Care Program** is available for current or former CalWORKs recipients to receive assistance with paying for childcare (children age 12 and under). The parent must be employed or participating in a county-approved Welfare-to-Work activities. Pregnant and parenting teens in the Cal-Learn program are also eligible to receive CalWORKs child care.
**Website**: <http://www.cdss.ca.gov/CalWORKs-Child-Care>
**Phone**: (916) 784-6000

**Placer County Office of Education** provides child care subsidies to help parents pay for childcare based on income and family size. Go online and fill out an application to get on the waitlist.
**Website**: [https://www.placercoe.k12.ca.us/departments/ece/Pages/
subsidized.aspx](https://www.placercoe.k12.ca.us/departments/ece/Pages/)**Phone**: (530) 745-1380

**Placer County Women, Infants, and Children (WIC) Program** is a
supplemental nutrition assistance program for women with children (age 5 and
under) and women who are pregnant or breastfeeding. You must be income eligible (receiving Medi-cal, CalWORKs, or Cal Fresh). WIC provides vouchers to buy healthy food, breastfeeding information, and nutrition education.
**Website**: [www.wicworks.ca.gov](http://www.wicworks.ca.gov)**Phone**: (916) 784-6447 or (530) 889-7187

# AB12/Extended Foster Care

# and Additional Resources

**Assembly Bill 12 (AB12)** extends foster care in California beyond age 18 up to 21. Foster youth who are eligible become non-minor dependents. Youth in Kin-Gap or the Adoption Assistance Program (AAP) may be eligible for extended benefits as well.

**Why is this important?** Extended foster care benefits can provide transitioning youth a safety net of support by experiencing independence in a living environment. Youth have extended time to obtain educational and/or employment opportunities which can help create a smooth transition into adulthood and independence.

**How do I know if I am eligible?**

You must have been in foster care on your eighteenth birthday**.**

You will have to contact your previous social worker or case worker. If you have lost their contact information, you can contact the local Independent Living Program (ILP) in the county you currently live in.

Below is a link to the contact information of the ILP Coordinators from each county in California.

[**http://www.childsworld.ca.gov/res/pdf/ILP\_CoordinatorsList.pdf**](http://www.childsworld.ca.gov/res/pdf/ILP_CoordinatorsList.pdf)

**Once you are eligible, you must meet one of the five basic requirements.**

The Basic Requirements are:

1) Working toward completion of high school or equivalent program (e.g. GED); or
2) Enrolled in college, community college, or a vocational education program; or
3) Employed at least 80 hours a month; or
4) Participating in a program designed to assist in gaining employment; or

 5) Unable to do one of the above requirements because of a medical condition

If you happen to not qualify for Extended Foster Care, ask the ILP Coordinator if you qualify for the Independent Living Program which is a federally funded program which assists current and former foster youth between the ages of 16 and 21 achieve self-sufficiency prior to, and after, exiting the foster care system.

# Housing

**SACRAMENTO COUNTY**

**Wind Youth Services** offers housing for youth (ages 12-24) and provides
caseworkers to help youth gain employment and life skills. Wind provides
laundry, showers, help with birth certificates, I.D vouchers for DMV, and breakfast and lunch.
**Website**:<https://www.windyouth.org/>**Phone**: (916) 561-4900

**Women’s Empowerment** provides housing assistance, classes, counseling, career mentoring and peer support to help homeless women. On-site childcare in our Child Development Center and other supportive services are offered as well.

**Website:** [http://www.womens-empowerment.org**/**](http://www.womens-empowerment.org/)

**Phone: (**916) 669-2307

**Volunteers of America 's Adolpho Housing** provides transitional housing for
foster youth and guidance to help foster youth become self-sufficient.
**Website**: <https://www.voa-ncnn.org/sacramento>

**Phone**: (916) 661-0053

**Volunteers of America Mather Community Campus (MCC)**

MCC is a residential transitional housing site that provides job training and housing to homeless individuals and families. Applicants must work towards getting a job while in a six-week program. Applicants must be referred to MCC and have their case managed by a homeless shelter provider.
**Website:** <http://www.voa-ncnn.org/>

**Phone:** (916) 228-3119

**Lutheran Social Services Connections & Transitional Housing Program for Youth** provides up to 2 years of transitional housing for homeless youth ages 18-24. Must be referred by a homeless shelter.
**Website**: <http://www.lssnorcal.org/>

**Phone**:(916) 453-2900 ext. 209

**Sacramento State University Emergency Housing** offers temporary emergency housing for CSU students facing homelessness. You MUST be a registered Sacramento State University student in good academic standing and with no criminal background. You can call Student Affairs and ask for the case manager. Laundry and showers are provided. Food assistance is provided as well if you are not receiving cash resources such as Cal Fresh, SSI, etc.
**Website**: <http://www.csus.edu/student/casemanager/emergency>

%20housing.html
**Phone**: (916) 278-6060

**The Salvation Army** provides homeless men and women a safe and secure place to call home for up to 30 days.
**Website**: [www.deloro.salvationarmy.org](http://www.deloro.salvationarmy.org)

**Phone**: 1(800)-Sal-Army, ask the operator for the number of your county.

**Women Escaping a Violent Environment (Weave)** operates an emergency shelter program for survivors of domestic violence, sex trafficking, and their children. Victims can find safe and confidential temporary shelter.

**Website:** <https://www.weaveinc.org/safe-shelter>

**Phone:** (916) 920-2952

**Shelter Plus Care Program** provides rental assistance for individuals with
disabilities.
**Website**: <https://www.hud.gov/hudprograms/spc>

Call the San Francisco regional office which also serves Sacramento County.
**Phone**: (415) 489-6400

**YOLO COUNTY**

**Yolo County Welfare Services** provides housing for up to 24 months to help
former foster care and probation youth ages 18 to 24. Job training, life skills, and counseling are also provided.
**Website**: no website available
**Phone**: (530) 666-8441

**The Community Housing Development Organization** provides a listing of low and moderate-income housing to families and individuals.

**Website**: <http://chochousing.org/our-communities/>

**Phone**: contact the number provided for each housing unit on the website.

**This link is from the Yolo County Homeless Services Inventory. It has information on homeless services/ resource in Yolo County**. <http://www.yolocounty.org/home/showdocument?id=26788>

**EL DORADO COUNTY**

**Tahoe Turning Point** offers group homes for youth to live in up to age 21 and
provides weekly counseling and therapy. Youth must obtain a referral from their social worker or probation officer.
**Website**: <http://www.tahoeturningpoint.org/group-homes>

**Phone**: (775) 846-6575

**Whole Person Learning/Hope** provides transitional housing for former foster
youth (ages 18-24) with a sliding fee. If you are out of foster care, call the number below and provide proof of foster care experience. If you are still in foster care, you must be referred by your social worker or probation officer.
**Website**: No Website Available
**Phone**: (530) 863-0147

**PLACER COUNTY**

**Whole Person Learning/Hope** provides transitional housing for former foster
youth (ages 18-24) for a sliding fee. Transportation and grocery assistance is
available. Residents of other counties can be served as well. If you are out of
foster care, call the number below and provide proof of foster care experience. If you are still in foster care, you must be referred by your social worker or
probation officer.
**Website**: No Website Available
**Phone**: (530) 863-0147

**Acres of Hope** offers transitional housing in individual cottages and life skill
classes for women expecting and women with children (infants to elementary) for a slight fee. Download the application from the website provided.
**Website**: <https://www.acresofhopeonline.org/application/>

**Phone**: (530) 878-8030

**Unity Care** offers housing for non-minor dependent ages 18-21. Must be AB12 eligible and have obtained a referral from your social worker or probation officer. Transportation assistance (gas cards and bus passes), life skill classes, and counseling are provided. Youth within a 2-mile radius may be served as well.
**Website**: <https://www.unitycare.org/>

**Phone**: (530) 886-5473

This link is a pdf of the Placer County Housing Resource Guide. This contains information on homeless resources.

https://www.placer.ca.gov/~/media/hhs/hhs%20adult%20system%20of%20care/housing/placer%20county%20housing%20resource%20guide%209-29-17.pdf?la=en

# Food & Cash Assistance

**Cal Fresh** is a supplemental nutrition assistance program that provides low-income families/individuals a monthly allowance to help purchase food every month. The amount you may receive is based on family size and income. **Former youth are eligible for Cal Fresh and exempt from the student work rule (students must work 20 per week) if they are participating in one of the following programs:**

1. Guardian Scholars, Enriched Scholars, Renaissance Scholars, etc.
2. Receiving Foster Youth Success Initiative (FYSI) Services
3. Cooperating Agencies Foster Youth Educational Support (CAFYES)
4. Chafee Education and Training Voucher (ETV) Program
5. Extended Foster Care

The Cal Fresh application is online.

**Website:** [www.mybenefitscalwin.org](http://www.mybenefitscalwin.org)

**Phone:** (916) 874-3100

You are exempt from the 20-hour workweek if you are eligible for work-study.
\* If you are eligible for work-study you
are eligible for Cal Fresh.

**CalWORKs** provides cash aid and services to eligible families that have a child(ren) in the home. Eligible families receive money each month to help pay for housing, food, and other necessary expenses. The CalWORKs application is online.
**Website:** [www.mybenefitscalwin.org](http://www.mybenefitscalwin.org)

**Phone:** (916) 874-3100

# Educational Financial Assistance

**Foster Youth Education Fund Scholarship** offers educational grants and
refurbished laptops to former foster youth attending trade school, community
college, or university.
**Website**: [www.FYEF.org](http://www.fyef.org)

**Phone**: (916) 335-5485

**Federal Student Aid (FAFSA)**To determine if you qualify for financial aid, complete the FAFSA by March 2nd.

**Website**: <https://fafsa.gov/>

**Phone**:1(800) 433-3243

**Chafee Grant**
If you were in foster care between the ages of 16 and 18, you may qualify to
receive $5,000/year.
**Website:** <https://www.chafee.csac.ca.gov/default.aspx>

**Phone**: (888) 224-7268

**Dream Act Grant** provides qualifying undocumented students non-residential
exemptions to receive financial aid.
**Website**: <https://dream.csac.ca.gov/>

**Phone**: (888) 224-7268

**John Burton Book Fund** provides book vouchers to former foster youth. Ask your foster youth liaison at your college campus about the John Burton Book Fund.
**Website**: <http://www.jbaforyouth.org/youth-resources/>

**Phone**: (415) 348-0011

**The California College Promise Grant (formerly known as the Bog Fee Waiver)** permits eligible California Residents attending a community college to have their enrollment fees (such as parking or tuition) waived or reduced. Application is online.  **Website:**<https://home.cccapply.org/money/california-college-promise-grant>

**Phone:** Varies based on your selected school

**Additional Scholarship Websites:**

Cappex.com
Chegg.com

Collegeboard.com

CollegeNet.com

Fastweb.com
ScholarshipMonkey.com

Scholarships.com

Niche.com
Petersons.com
Unigo.com

#  Student Loan Repayment

There are a variety of payment plans. The type of loan can determine which type of payment plan you are eligible for. To get general information out what type of loan(s) you have and the different types of loan repayment plans, visit
[**https://studentaid.ed.gov/sa/repay-loans**](https://studentaid.ed.gov/sa/repay-loans)**.**

You can find out about the status of your loan and your loan provider by visiting the National Student Loan Data System website; this website allows you to create an account and view your individual loan status information. Visit[**https://www.nslds.ed.gov/npas/index.htm.**](https://www.nslds.ed.gov/npas/index.htm.)

Once you know your loan service provider; you will receive information from them by mail and email. Be sure to also set up an account on your loan servicer’s website so that you can manage your payments and repayment plans.

**Can I postpone my payment?** Maybe, you will have to contact your loan provider to see if you are eligible to postpone your loan payment.

**What is Loan Consolidation?** The process of combining one or more loans into a single new loan.

**When can my federal student loans be forgiven, canceled, or discharged?**You must repay your loans even if you don’t complete your education, can’t find a job related to your program of study, or are unhappy with the education you paid for with your loan. However, certain circumstances might lead to your loans being forgiven, canceled, or discharged. For more information, visit
<https://studentaid.ed.gov/sa/repay-loans/forgiveness-cancellation>

#  Emergency Financial Assistance

#  for College Students

# SACRAMENTO COUNTY

**American River College**

Get an application of the Student Emergency Fund at Student Support Services.
**Website**: <http://foundation.losrios.edu/emergencyfund.php>

**Phone**: (916) 484-4537

**Cosumnes River College**

Get an application of the Student Emergency Fund at the Student Support Center.
**Website**: <http://foundation.losrios.edu/emergencyfund.php>

**Phone**: (916) 691-7465

**Folsom Lake College**

Get an application of the Student Emergency Fund at Welcome and Student Success Services.
**Website**: <http://foundation.losrios.edu/emergencyfund.php>

**Phone**: (916) 608-6702

**Sacramento City College**

Get an application of the student emergency fund at the CalWORKs Center.
**Website**: <http://foundation.losrios.edu/emergencyfund.php>

**Phone**: (916) 558-2331

**Sacramento State University Student Emergency Fund** assists students who
cannot reasonably resolve their financial difficulties.
**Website**: <http://csus.edu/student/sef/sefapplication.pdf>

**Phone**: (916) 278-6060

**YOLO COUNTY**

**UC Davis** provides student emergency, short-term loans. Requests are limited to costs related to educational expenses.
**Website**: <http://financialaid.ucdavis.edu/loans/short-term.html>

**Phone**: (530) 752-1587 **(Undergraduate Financial Aid)** and (530)-752-9246
**(Graduate Financial Aid)**

**Woodland Community College Dorothy Minges Student Emergency Funds** are intended to meet one-time student emergency needs. Fill out online application from the link below.
**Website**:<https://1c3baa4djd82p5p8q48i6c61-wpengine.netdna-ssl.com/wpcontent/uploads/2016/11/11.01.16_Dorothy-Minges-Student-Emergency-FundRequest.pdf>

**Phone**: (530) 661-5711

**EL DORADO COUNTY**

**Lake Tahoe Community College** does not currently have college student emergency assistance.

**PLACER COUNTY**

**Sierra College** helps students facing one-time emergencies. Students should go in person to the financial aid office to speak with a counselor request emergency funding.
**Website**: not available
**Phone**: (916)-660-7310

# Utility Assistance

**California Alternate Rates for Energy Program** offers qualified households
discounts on their energy bills through the California Alternate Rates for Energy (CARE) Program.
**Website**:<https://www.pge.com/en_US/residential/save-energy-money/helppaying-your-bill/longer-term-assistance/care/care.page>

**Phone**: 1(866) 743-2273

**Relief for Energy Assistance through Community Help (REACH)** offers qualified households a one-time energy credit for up to $300 through the Relief for Energy Assistance.
**Website**:[www.pge.com/en\_US/residential/save-energy-money/help-payingyour-bill/one-time-assistance/reach/reach.page](http://www.pge.com/en_US/residential/save-energy-money/help-payingyour-bill/one-time-assistance/reach/reach.page)

**Phone**: Contact Salvation Army 1(800) 933-9677

Below are utility assistance programs by county.

**SACRAMENTO COUNTY**

**The Sacramento Municipal Utility District (SMUD)** offers low-income customers discounts on energy costs.
**Website**: <https://www.smud.org/FinancialAssistance>

**Phone**: Call 1(888) 742-SMUD (7683)

**YOLO COUNTY**

**Short Term Emergency Aid Committee (STEAC)** provides immediate, short-term emergency aid to families and individuals with incomes at or below the federal poverty level who live in Yolo County. Assistance includes providing help with food, rental, utility and job readiness.

**Website:** <http://steac.org/>

**Phone:** (530)-758-8435

**EL DORADO COUNTY**

**Home Energy Assistance Program (HEAP)** helps income eligible households offset the cost of heating and cooling their homes.

**Website:** <https://www.edcgov.us/Government/HumanServices/Family>

[%20Services/Pages/home\_energy\_assistance\_program.aspx](https://www.edcgov.us/Government/HumanServices/Family)

**Office Locations:**

Placerville Senior Center 937 Spring Street, Placerville

**Phone:** (530)-621-6150South Lake Tahoe Office 1360 Johnson Blvd., Suite 103, South Lake Tahoe **Phone:**(530)-573-3492

**PLACER COUNTY**

**Home Energy Assistance Program (HEAP)** provides financial assistance in the form of an annual (once every 12 months) utility payment for gas, electric, propane or firewood to help with the high costs of heating and/or cooling.
**Website:** <http://www.projectgoinc.org/heap.html>

**Phone:** (888) 524-5705

**Emergency Crisis Intervention Program (ECIP)**
Provides financial assistance in the form of an annual (once per year per application) utility credit for gas, electric, propane or firewood to help with the high costs of heating and/or cooling.

**Website:** <http://www.projectgoinc.org/ecip.html>

**Phone:** (888) 524-5705

# Clothing Assistance

**SACRAMENTO COUNTY**

**Sacramento Food Bank and Family Services**

Sacramento County residents may receive clothing once per month.
Bring a form identification for the first visit.
**Website**: <https://www.sacramentofoodbank.org/clothing/>

**Phone**: (916) 456-1980

**YOLO COUNTY**

**Short Term Emergency Aid Committee Employment Assistance Program** helps low-income Yolo County residents to be better able to work.

**Website:** www.steac.org

**Phone:** (530)-758-8435

**My Sister’s Closet**

**Website:** not available

**Phone:** (530)-669-6739

**EL DORADO COUNTY**

 **Green Valley Community Church Local Outreach** provides clothing, food, and other resources to needy individuals in the community.

**Website**: http://www.greenvalley.church/what-we-do/
**Phone**: (530)-622-3231 x207

**PLACER COUNTY**

**Abundant Life Fellowship Church Helping Hands** provides grocery and food items, clothes, and toiletries.

**Website**: not available
**Phone**: (916) 783-1989

# Education and Tutoring Services

**The following web links contain information on Community Colleges, State Universities, and University of California campuses in California.**

[**California Community Colleges**](http://californiacommunitycolleges.cccco.edu/AlphaList.aspx)**-** List of all Community Colleges in California and their address, phone number, and website

[**California State Universities**](http://www.calstate.edu/search_find/campus.shtml?source=homepage)**-** Web links for each California State University

[**University of California**](https://www.universityofcalifornia.edu/)**-** Directory of UC Campuses, admissions, and a lot of additional information about the UC System.

**Guardian Scholars Program**

Guardian Scholars Programs are on-campus programs that are committed to providing support and services to former foster youth to assist in meeting the student's academic and personal needs. Depending on the campus, the program may go by a different name, such as Renaissance Scholars, Educational Opportunity Program, Promise Scholars, etc.; they all provide services to former foster youth.

The following links will connect you to the Guardian Scholars Programs at the California State Universities, Universities of California, and the Community Colleges.

**California State University Guardian Scholars Programs**

Cal Poly Pomona:[Renaissance Scholars](https://www.cpp.edu/~ssep/renaissance-scholars/)
Channel Islands:[Educational Opportunity Program](http://www.csuci.edu/eop/index.htm)
Chico:[Educational Opportunity Program](http://www.csuchico.edu/eop/)
Dominguez Hills:[Educational Opportunity Program](http://www3.csudh.edu/student-affairs/eop/default.html)
East Bay:[Renaissance Scholars](http://www20.csueastbay.edu/academic/academic-support/sas/renaissance/)
Fresno:[Renaissance Scholars Program](http://www.fresnostate.edu/studentaffairs/division/pride/parents/renaissancescholar.html)
Fullerton:[Guardian Scholars](http://www.fullerton.edu/GuardianScholars/)
Long Beach:[Educational Opportunity Programs](http://www.csulb.edu/divisions/students/eop/)

Monterey Bay:[Educational Opportunity Program](https://csumb.edu/eop)
Northridge:Educational Opportunity Program

Sacramento:[Guardian Scholars](http://www.csus.edu/gs/index.html)
San Bernardino[:Educational Opportunity Program](http://www-ugs.csusb.edu/eop/english/)
San Diego:[Guardian Scholars](http://eop.sdsu.edu/Content/Guardian%20Scholars.html)
San Francisco:[Guardian Scholars](http://www.sfsu.edu/~eop/gs.html)
San Jose:[Educational Opportunity Program](http://www.sjsu.edu/eop/)
San Marcos:[ACE Scholars](http://www.csusm.edu/ace/index.html)
Stanislaus:[Promise Scholars](https://www.csustan.edu/promise-scholars)

**University of California Guardian Scholars Programs**

Berkeley: [California Independent Scholars Network (CISN)](http://trsp.berkeley.edu/cisn.shtml)
Davis: [Guardian Scholars](http://guardianscholars.ucdavis.edu/index.html)Irvine: [Foster Youth Resilience in Education](http://ssi.uci.edu/fyre/)
Los Angeles: [Guardian Scholars](http://www.guardianscholars.ucla.edu/)

Riverside:[Guardian Scholars](http://www.guardianscholars.ucr.edu/Pages/default.aspx)
San Diego:[Guardian Scholars Program](http://students.ucsd.edu/finances/financial-aid/types/scholarships/guardian.html)
Santa Cruz:[The Smith Renaissance Society](http://www.smithsociety.ucsc.edu/index.html)

**Community College Former Foster Youth Programs**

**SACRAMENTO COUNTY**

American River College [Former Foster Youth Program](http://www.arc.losrios.edu/Support_Services/EOPS/Former_Foster_Youth.htm)

Cosumnes River College- [Enriched Scholars](https://www.crc.losrios.edu/services/support/fosteryouth)

**Folsom Lake College** does not currently have a campus former foster youth program; however, you may look up the contact information of the foster youth liaison by clicking the link under **California Community College Foster Youth Success Initiative.**

Sacramento City College [-Fostering Futures Outreach and Retention for Educational Success and Transfer](https://www.scc.losrios.edu/eops/foster-youth/)

**YOLO COUNTY**

Woodland Community College- Guardian Pathways to Success

**EL DORADO COUNTY**

Lake Tahoe Community College- [Foster Student Resources](http://www.ltcc.edu/campusresources/fosterstudentresources.php)

**PLACER COUNTY**

Sierra College - [Guardian Scholars](https://www.sierracollege.edu/student-services/support-programs/guardian-scholars.php)

**California Community College Success Initiative**

The following link contains contact information on the **foster youth liaisons** at the 114 community colleges in California. Many community colleges do not have a specific former foster youth program, but have a liaison that serve former foster youth. <http://extranet.cccco.edu/Portals/1/SSSP/FYSI/FYSI%20Liaison%20Directory%20Alphabetically.pdf>

**Tutoring Services**

**SACRAMENTO COUNTY**

**Sacramento City College Learning Skills and Tutoring Center (LSTC)
Website**: <https://www.scc.losrios.edu/learningskillstutoring/>

**Phone**: (916) 558-2258

**Sacramento City College Davis Center**
**Website**: <https://www.scc.losrios.edu/daviscenter/student-services/>

**Phone**: (530) 747-5200

**Sacramento City College West Davis Center**
**Website**: <https://www.scc.losrios.edu/westsaccenter/tutoring/>

**Phone**: (916) 375-5567

**Cosumnes River College Tutoring Center
Website**: <https://www.crc.losrios.edu/services/tutoring>

**Phone**: (916) 558-2258

**Cosumnes River College Elk Grove Center
Website**: <https://www.crc.losrios.edu/about/egc/tutoring>

**Phone**: (916) 525-4300

**American River College Learning Resource Center
Website**: <http://www.arc.losrios.edu/LRC.htm>

**Phone**: (916) 484-8693

**American River College Mather Center
Website**: <http://www.arc.losrios.edu/Mather_Center.htm#Mather>

**Phone**: not available

**American River College Natomas Center**
**Website**: [http://www.arc.losrios.edu/Natomas/Natomas\_Learning\_Resource\_
Center/Tutoring\_at\_the\_NLRC.htm](http://www.arc.losrios.edu/Natomas/Natomas_Learning_Resource_)

**Phone**: (916) 485-6000

**Folsom Lake College Learning Skills**
**Website**: [http://www.flc.losrios.edu/student-services/student-success/
learning-skills/flc-tutoring-center](http://www.flc.losrios.edu/student-services/student-success/)
**Phone**: (916) 608-6807

**Folsom Lake El Dorado Center
Website**:<http://www.flc.losrios.edu/student-services/student-success/learning>

skills/edc-tutoring-center
**Phone**: (530) 642-5644
**Folsom Lake Rancho Cordova Center**
**Website**:<http://www.flc.losrios.edu/student-services/student-success/learning>

skills/rcc-tutoring-center
**Phone**: (916) 361-6321

**Sacramento State University (Workshops and Individual Tutorials) WIT**
**Website**:[http://www.csus.edu/parc/peer%20tutoring%20wit/about%20wit.
html](http://www.csus.edu/parc/peer%20tutoring%20wit/about%20wit.)
**Phone**: (916) 278-6010

**YOLO COUNTY**

**UC Davis Student Academic Success Center (SASC)
Website**: <http://success.ucdavis.edu/services/drop-in.html>

**Phone**: (530) 752-3000

**Woodland Community College Student Success Center
Website**: <https://wcc.yccd.edu/success/>

**Phone**: (530) 661-5733

**Woodland Community College Colusa County Campus
Website**:<https://wcc.yccd.edu/colusacounty/colusacountystudent-success->

center/
**Phone**: (530) 661-5733

**Woodland Community College Lake County Campus**

**Website**: <https://lcc.yccd.edu/student/lrc/>

**Phone**: (707) 995-7313

**EL DORADO COUNTY**

**Lake Tahoe Community Tutoring and Learning Center**

**Website:** <http://www.ltcc.edu/campusresources/tutoring_center.php>

**Phone:**(530) 541-4660 x 744

**PLACER COUNTY**

**Sierra College Tutoring Center
Website**: [https://www.sierracollege.edu/student-services/academic-help
/tutoring-center.php](https://www.sierracollege.edu/student-services/academic-help)

**Phone**: (916) 660-7220

**Sierra College Tahoe/Truckee Campus
Website**:<https://www.sierracollege.edu/about-us/visit/tahoe-truckee->

[campus.php](https://www.sierracollege.edu/about-us/visit/tahoe-truckee-)
**Phone**: (530) 550-2225

**Sierra College Nevada County Campus
Website**:<https://www.sierracollege.edu/about-us/visit/nevada-county-campus.php>**Phone**: (530) 274-5303

**Sierra College Roseville Center**
**Website**: <https://www.sierracollege.edu/about-us/visit/roseville-center.php>

**Phone**: (916) 781-6204

**Online Tutoring Programs**

**Khan Academy** offers online lessons in math, science, and history. This site is
Free.
**Website**: <https://www.khanacademy.org>

**Codeacademy** Learn to code. Basic membership is free.
**Website**: <https://www.codecademy.com/>

**Massachusetts Institute of Technology (MIT) Open Course Ware** offers 2400 online open courses available to everyone. This online program is free of charge.

**Website**: <https://ocw.mit.edu/help/get-started-with-ocw/>

**Hippocampus** offers free help with math, science, and social science.
**Website**: http://www.hippocampus.org/

#  Job Placement and Career

# Development Resources

**SACRAMENTO COUNTY**

**iFoster** offers job training in interview skills, resume building, and professionalism to youth (ages 18-21). Fill out an interest form online.
**Website**: <http://portal.ifoster.org/>

**Phone**:1(855) 936-7837

**Juma** offers year-round employment at Golden 1 Center to opportunity youth
(this is 16-24-years old and out to school and out of work). You can apply to Juma if you are out of work and out of school, and between 16-24 years old. You must also be a U.S. Citizen, permanent resident, have an employment authorization card, or DACA status.
Submit an interest form, attend the info session (applications handed out), and submit application. The recruitment period for Sacramento is from July to October.
**Website**: <http://www.juma.org/enroll/>

**Phone:** (415) 371-0727

**Youth Employment Opportunity Program** offers employment opportunities to youth ages 15-25.
**Website**: [http://www.edd.ca.gov/Jobs\_and\_Training/Youth\_Employment\_
Opportunity\_Program.htm](http://www.edd.ca.gov/Jobs_and_Training/Youth_Employment_)

**Phone**: (916) 227-0301

**YOLO COUNTY**

**One Stop** provides workshops on resume building, interview skills, job
applications, and access to computers to conduct job search.
**Website**: <http://www.yolocounty.org/health-human-services/>

[employmentservices](http://www.yolocounty.org/health-human-services/)
**Phone**: (530) 661-2641 **Woodland Office,** (916) 375-6307 **West Sacramento
Office**, and (530) 406-4444 **Winters Office**

**Workforce Innovation and Opportunity Act (WIOA) Youth Training Program** offers job readiness training and job placement assistance for youth ages 18-24 not enrolled on college/ vocational school at the time of applying. Call the number below to set up a phone screening.
**Website**:<http://www.yolocounty.org/health-human-services/workforceinnovation-opportunity-act-wioa>

**Phone**: (530) 787-4110

**EL DORADO COUNTY**

**Golden Sierra** offers job training for youth ages 17-24 youth not presently attending school or college. Must not be attending college or vocational training at the time of applying. Golden Sierra helps youth reach their career or educational goals. Participants may be eligible for paid vocational training or on-the-job training. Must be out of school at the time of applying. Transportation and textbook assistance is also available. Go online and fill out an interest form.
**Website**:<http://goldensierra.com>
**Phone**: (916) 746-7722

**One Stop Center** provides the following services: access to internet, job listings, resume building, job search assistance, and job readiness.
**Website**: <https://www.edcgov.us/Government/HumanServices/Employment>

[%20Services/Pages/connections\_-\_one\_stop.aspx](https://www.edcgov.us/Government/HumanServices/Employment)
**Phone**: (530) 573-4330 **South Lake Tahoe** and (530) 642-4850 **Placerville Office**

**PLACER COUNTY**

**Department of Human and Health Services Work Experience Program** provides individuals receiving CalWORKs or General Relief benefits job skills training such as resume building, job search, and interview skills. Transportation and child care assistance is provided as well. If you are interested contact your CalWORKs or General Relief workers.
**Website**: [https://www.placer.ca.gov/~/media/ceo/ecd/ban/documents/
subwage/wex/wexbrochure.pdf?la=en](https://www.placer.ca.gov/~/media/ceo/ecd/ban/documents/)
**Phone**: (530) 886-4657

**Golden Sierra** offers job training for youth ages 17-24 youth not presently attending school or college. Must not be attending college or vocational training at the time of applying. Participants may be eligible for paid vocational training or on-the-job training. Must be out of school at the time of applying. Transportation and textbook assistance is also available. Go online and fill out an interest form.
**Website**: <http://goldensierra.com>

**Phone**: (916) 746-7722

**Campus Career Centers**

**SACRAMENTO COUNTY**

**American River College**
**Website**: <http://www.arc.losrios.edu/Support_Services/Career_Center.htm>

**Phone**: (916) 484-8492

**Cosumnes River College**
**Website**: <https://www.crc.losrios.edu/services/career>

**Phone**: (916) 691-7470 or (916) 691-7456

**Folsom Lake College**
**Website**: [http://www.flc.losrios.edu/student-services/student-success/
Career-and-transfer-center](http://www.flc.losrios.edu/student-services/student-success/)

**Phone**: (916) 608-6526

**Sacramento City College**
**Website**: <http://www.scc.losrios.edu/careercenter/>

**Phone**: (916) 558-2565

**Sacramento State University
Website**: <http://www.csus.edu/careercenter/index.html>

**Phone**: (916) 278-6011

**YOLO COUNTY**

**UC Davis
Website**: <http://icc.ucdavis.edu/>

**Phone**: (530) 752-2855

**Woodland Community College**

**Website:** <https://wcc.yccd.edu/student/careertransfer/>

**Phone:** (530) 661-5777

**EL DORADO COUNTY**

**Lake Tahoe Community College**

**Website:** <http://www.ltcc.edu/campusresources/careerservicescenter.php>

**Phone:** (530) 541-4660 x 211

**PLACER COUNTY**

**Sierra College**

**Website:**<https://www.sierracollege.edu/student-services/career-connections/>

[index.php](https://www.sierracollege.edu/student-services/career-connections/)

**Phone:** (916) 660-7481

# Transportation Assistance/Services

 **Car Insurance Assistance**

**California Automobile Assigned Risk Plan** provides referrals to insurance companies that will provide low-cost insurance.
**Website**: <https://www.aipso.com/Plan-Sites/California-ARP>

**Phone**: 1(800) 622-0954

**Smog Test Assistance**

**Consumer Assistance Program** provides income eligible individuals money to pay for emissions repairs or to have a vehicle retired.
**Website**: [https://smogcheck.ca.gov/Consumer/Consumer\_Assistance\_
Program/index.htm](https://smogcheck.ca.gov/Consumer/Consumer_Assistance_)

**Phone**: 1(800) 952-5210

**Transportation for the Disabled**

**Paratransi**t is public transit transportation for those who are disabled.
**Website**: <http://paratransit.org/contact-us/>

**Phone**: (916) 429-2009

**Campus Transportation Resources**

**SACRAMENTO COUNTY**

**American River College Universal Transit Pass (UTP)** allows students to use public transit buses and light rail systems at a reduced price. You can pick it up from one of the locations on campus.

**American River Center for Leadership and Development (Student Center)**

**Website:** <http://www.arc.losrios.edu/cld>

**Phone:** (916) 484-8471

**American River College Natomas Center (Main Office)**

**Website**: <http://www.arc.losrios.edu/Natomas.htm>

**Phone:** (916) 485-6000

**Cosumnes River College Universal Transit Pass (UTP)** allows students to use public transit buses and light rail systems at a reduced price. You can pick it up from one of the locations on campus.

**Cosumnes River College Admissions and Records (College Center)**

**Website:** <https://www.crc.losrios.edu/services/admissions>

**Phone:** (916) 691-7411

**Cosumnes River College Elk Grove Center**

**Website:** <https://www.crc.losrios.edu/about/egc>

**Phone:** (916) 525-4300

**Folsom Lake College Universal Transit Pass (UTP)** allows students to use public transit buses and light rail systems at a reduced price. You can pick it up from one of the locations on campus.

**Folsom Lake College Welcome and Student Success Center (FL 1)**

**Website**: <http://www.flc.losrios.edu/libraries/library-card>

[computer-lab/flc-computer-lab](http://www.flc.losrios.edu/libraries/library-card)

**Phone:** (916) 608-6702

**Folsom Lake College El Dorado Center Computer Lab (C-204)**

**Website**: [http://www.flc.losrios.edu/libraries/library-card](%20http%3A/www.flc.losrios.edu/libraries/library-card)

**Phone:** (530) 642-5689

**Folsom Lake College Rancho Cordova Outreach Center (Main Counter)**

**Website:** <http://www.flc.losrios.edu/libraries/library-card>

**Phone**: (916) 361-6321

**Sacramento City College Universal Transit Pass (UTP)** allows students to use public transit buses and light rail systems at a reduced price. You can pick it up from one of the locations on campus.

**Sacramento City College City Cafe
Website**:<https://www.scc.losrios.edu/2017/08/20/rt-passes-summer-available-june-1/>

**Phone**: not available

**Sacramento City College Learning Resource Center (LRC) 2nd Floor:
Website**:<https://www.scc.losrios.edu/2017/08/20/rt-passes-summer-available-june-1/>

**Phone**: (916) 558-2461

**Sacramento City College Davis Center**
**Website**:<https://www.scc.losrios.edu/2017/08/20/rt-passes-summer-available-june-1/>

**Phone**: (530) 747-5200

**Sacramento City College West Sacramento Center
Website**:<https://www.scc.losrios.edu/2017/08/20/rt-passes-summer-available-june-1/>

**Phone**: (916) 375-5511

**Sacramento State University**
Sacramento State University provides the **Hornet Express Shuttle** which is a free campus transit service.

**Website**: <http://www.csus.edu/aba/utaps/hornet-shuttle.html>

**Phone:** (916) 278-7275

Sacramento State students and employees may ride all Sacramento Regional Transit (RT) fixed-route transit services, including the light rail, by presenting a valid **Sacramento State One Card** and the **student commuter sleeve**.

**Website:**<http://www.csus.edu/aba/utaps/choices/sac-state-commuter-pass.html>

**Phone:** (916) 278-7275

The **Hornet Safety Escort** services the Sacramento State main campus, Folsom Hall, and the Upper Eastside Lofts. Hours of operation are Monday through Thursday, from 6:00 p.m. - 12:00 a.m. Last pick up is 11:50 p.m.

**Website:** <http://csus.edu/aba/utaps/hornetsafetyescort.html>

**Phone**: (916) 278-7260 or 87260 from any on-campus phone.

**YOLO COUNTY**

**UC Davis**

Students can buy parking permits through **Transportation and Parking Services (TAPS)**. Complimentary lockout service, tire inflation, ride to a gas station, and a battery jump start are also provided through TAPS.
**Unitrans** provides free bus service for students.
**UC Davis Safe Ride** offers after-hour rides for the campus community both within campus and from campus to any location in the city of Davis when the bus isn’t running (10 p.m. to 6 a.m.).
**Website**:<https://www.ucdavis.edu/campus-life/explore-campus/transportation>

**Phone**: (530) 752-8277
**Amtrak** stops at the downtown Davis train depot several times a day and offers
commutes from Sacramento and points to the Bay Area and beyond.
**Website**: <https://www.amtrak.com/content/amtrak/en-us/stations/dav.html>

**Phone**: (800) 872-7245

**Woodland Community College** does not have Student Transit Passes. You are encouraged to use **Yolo bus transit services**.

**Website**: <http://www.yolobus.com/riderinformation/yolobusfares.php>

**Phone:** (530) 666-2877 or (916) 371-2877

**EL DORADO COUNTY**

**Lake Tahoe Community College**

Students who have a current, valid LTCC ID card will be permitted to ride all South Shore area transit services for free during the academic year. Students can get these cards at the front desk of the Roberta Mason Library.

**Website**: <http://www.ltcc.edu/news/freebusrides.php>

**Phone**: (530) 541-4660

**PLACER COUNTY**

**Sierra College** does not have Student Transit Passes; however, the **Placer County Transit** offers transportation to and from the Rocklin Campus.

**Website**: <https://www.placer.ca.gov/Departments/Works/Transit/PCT>

**Phone**: (916) 784-6177 or (530) 885-BUSS

# Obtaining Identifying Documents

**What are identifying documents?**

Identifying Documents are used to prove one’s identity; a birth certificate, a state i.d., or a social security card, are examples of identifying documents.

**Why are they important?**

Identifying Documents are necessary for almost everywhere you go. Identification is a key part of life, and whether you are at home, out visiting friends or even overseas, having some form of ID on you is important so that you remain safe and secure.

**What would I use them for?**

Having a photo i.d such as a driver’s license or state i.d. or a passport is required for boarding planes, entering another state or country.

Having your social security card information is required for applying for financial aid, opening a bank account, getting direct deposit for work, and filing taxes.

There are several reasons why you may need to obtain a death certificate. Most often it’s to serve as proof for legal purposes. These reasons may include accessing pension benefits, claiming life insurance, settling estates, getting married (if a widow or widower needs to prove that their previous partner has passed), or arranging for a funeral. You can find more information on the use of death certificates at [http://www.sciencecare.com/death-certificate-](http://www.sciencecare.com/death-certificate-need-one/)

[need-one/](http://www.sciencecare.com/death-certificate-need-one/)

**How to obtain identifying documents**

The links below will direct you to websites that will explain how to obtain the different types of identifying documents.

**SACRAMENTO COUNTY**

This link has information about how to get a **birth certificate** if you were born in the County of Sacramento.

<http://www.ccr.saccounty.net/Pages/BirthCertificates.aspx>

This link contains information on how obtain **birth, death, and marriage certificates**.<https://www.cdph.ca.gov/Programs/CHSI/Pages/Vital-Records.aspx>

The following link contains information on obtaining **DMV Identification Cards**, how to apply for a new identification card, or renew your identification card and how to change your address.

<https://www.dmv.ca.gov/portal/dmv/detail/idinfo/idcard>

This link has information on obtaining a **Social Security Card**, what documents you need to get to apply, and the necessary forms to fill out. <https://www.ssa.gov/ssnumber/>

**YOLO COUNTY**

This link contains information on how to obtain **birth and death certificates** through Yolo County. <http://www.yolocounty.org/Home/Components/ServiceDirectory/ServiceDirectory/168/3148>

The following link contains information on obtaining **DMV Identification Cards,** how to apply for a new identification card, or renew your identification card and how to change your address.

https://www.dmv.ca.gov/portal/dmv/detail/idinfo/idcard

This link has information on obtaining a **Social Security Card**, what documents you need to get to apply, and the necessary forms to fill out. <https://www.ssa.gov/ssnumber/>

**EL DORADO COUNTY**

This is link contains information on obtaining **birth and death certificates** through El Dorado County. <https://www.edcgov.us/government/countyclerk/pages/Birth_and_Death_Certificates.aspx>

The following link contains information on obtaining **DMV Identification Cards**, how to apply for a new identification card, or renew your identification card and how to change your address.

<https://www.dmv.ca.gov/portal/dmv/detail/idinfo/idcard>

This link has information on obtaining a **Social Security Card**, what documents you need to get to apply, and the necessary forms to fill out. <https://www.ssa.gov/ssnumber/>

**PLACER COUNTY**

This link contains information on obtaining **birth and death certificates** through Placer County. <https://www.placer.ca.gov/departments/recorder/vital%20records>

The following link contains information on obtaining **DMV Identification Cards,** how to apply for a new identification card, or renew your identification card and how to change your address.

<https://www.dmv.ca.gov/portal/dmv/detail/idinfo/idcard>

This link has information on obtaining a **Social Security Card**, what documents you need to get to apply, and the necessary forms to fill out. <https://www.ssa.gov/ssnumber/>

# Legal Assistance and Advocacy

**LEGAL ASSISTANCE FOR FOSTER YOUTH**

**Kids Alliance** can offer help with AB12 Eligibility, Re-entry, Social Security
Appeals, Sealing Juvenile Records, Juvenile Tickets (traffic offenses and other
status offenses, such as loitering, curfew, evading fare on the Metro, defacing
property, etc.), Birth Certificates, Identity Theft, Collections/Consumer Credit, and Contracts/Leases.
**Website**: <http://kids-alliance.org>

**Phone**: (916) 442-3155 x208

**Youth Law Center** is a law firm that works to protect youth in foster care and
justice systems from abuse and/or neglect.
**Website**: <http://www.ylc.org/>

**Phone**: (415) 543-3379

**National Center for Youth Law** is local non-profit law center that works to
improve the lives of youth in foster care.
**Website**: <https://youthlaw.org/issues/foster-care/>

**Phone**: (510) 835-8098

**FOSTER YOUTH OMBUDSMAN**

**California State Foster Youth Ombudsman** offers an avenue for foster youth to file complaints and resource information on the rights that foster youth are entitled to.

**Website**: fosteryouthhelp@dss.gov

**Phone**: 1(877) 846-1602