

2007

YOLO COUNTY



**PARENT
SURVIVAL
GUIDE**

**YOLO COUNTY
CHILDREN'S ALLIANCE
& CHILD ABUSE
PREVENTION COUNCIL**

YOLO COUNTY CHILDREN'S ALLIANCE & CHILD ABUSE PREVENTION COUNCIL

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Education

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& Social Services

Julie Gallelo, MPH, Executive Director

Because all parents need a little help now and then, the Parent Survival Guide provides a quick list of Yolo County resources easily accessible and available to all Yolo County families. The information is current as of May 2007.

The Yolo County Parent Survival Guide has been researched and compiled by the Yolo County Children's Alliance & Child Abuse Prevention Council in collaboration with First 5 Yolo.

The Yolo County Children's Alliance and Child Abuse Prevention Council is a public-private partnership committed to improving the health and well being of all Yolo County children, youth and their families. Members of the Alliance represent Yolo County agencies, community based organizations, parents and individuals, all of whom are energetic advocates for children and youth.

First 5 Yolo was created by Proposition 10 to ensure that young children, ages 0-5, are prepared to enter school ready to learn, are healthy, and live in safe, nurturing families and communities. First 5 Yolo acts to raise awareness about the challenges and opportunities for young children and their families and to coordinate services available in the community to meet their specific needs.

Yolo County Children's Alliance & Child Abuse Prevention Council

600 A Street, Suite Y
Davis, CA 95616
Phone: (530) 757-5558
Toll Free: 866-607-4030
Fax: (530) 747-0286
E-mail: ycca@yolocounty.org
www.yolokids.org

First 5 Yolo

403 Court Street
Woodland, CA 95695
Phone: (530) 669-2475
Fax: (530) 669-2477
E-mail: cfc@first5yolo.org
www.first5yolo.org



Yolo County Children's Alliance
and Child Abuse Prevention Coordinating Council



PARENT EDUCATION AND SUPPORT

Being a parent can be challenging, but parents should know that they are not alone. If you are not sure what to do and need some answers, the following organizations will help you solve problems you may be having with your children – babies to teens. Some also offer parenting classes and/or workshops that you can attend with other parents.

Adolescent Family Life Program (AFLP)	530-661-2750
American Red Cross	530-662-4669 (Woodland) 916-368-3131 (W. Sac) 800-540-2000 (After hours) 800-951-5600 (Disasters)
Big Brothers Big Sisters of Greater Sacramento, Serving Yolo County	916-646-9300
CalWorks/Welfare to Work Program	530-661-2750 916-375-6200 (W. Sac)
Center for Child and Family Studies, UC Davis	530-752-2888
Center for Fathers & Families (Regional)	916-568-DADS (3237)
Child Support Services Department of Yolo County	530-661-2880 (Woodland) 530-753-9124 (Davis) 916-375-6488 (W. Sac)
Community Breastfeeding Support Line of Yolo County	800-663-8685
Mother and Baby Source	530-756-6667
La Leche League of Davis	530-756-3551 530-759-0334
First FiveYolo	530-669-2475
FISH Inc. English classes for parents	916-371-8812
La Leche League of Davis	530-756-3551 530-759-0334
Parent Outreach California	800-901-4565
Parents Together (Parents of Infants)	530-757-5695 800-723-3001
Perinatal Outreach and Education, YCHD	800-794-6517
R.I.S.E Inc. Capay Valley	530-787-4110
Teen Parent Center. Davis JUSD	530-757-5400 ext. 141
United Christian Center, W. Sacramento	916-372-0200 ext. 117
WarmLine Family Resource Center	800-660-7995 (Regional)
WIC, Supplemental Food Program	530-666-8445 916-375-6380
Yolo County Car Seat Program	530-666-8645

Yolo County Children's Alliance & Child Abuse Prevention Council	866-607-4030 530-757-5558
Yolo County Parents, Families and Friends of Lesbians and Gays	530-662-8970
Yolo Crisis Nursery	530-758-6680
Yolo Family Resource Center, Woodland	530-406-7221
Yolo Family Service Agency, Woodland (intake)	530-662-2211 ext. 40 530-753-8674 916-375-1254
Yolo Parents of Twins Club	530-753-6934 530-759-8673

HEALTH SERVICES

Your family's good health is important. The organizations listed in this section provide services that will ensure the health of you and your family; including free and low cost health care health-related programs and resources.

For information on applying for free or low cost health insurance, call the Yolo County Children's Alliance at 530-757-5558 or 866-607-4030.

LOCAL HOSPITALS:

Sutter Davis Hospital	530-756-6440 530-757-5111 (Emergency)
Woodland Healthcare, CHW	530-750-2317 (Davis) 530-662-3961 (Woodland) 795-4002 (Winters) 888-800-7688 (Find A Physician)
UC Davis Medical Center and Children's Hospital	916-734-2011 (Operator) 800-282-3284 (Information)

HEALTH RESOURCES:

AIDS Information and Testing	800-367-2437
Alta California Regional Center	530-666-3391 (Woodland) 916-978-6400 (Sac.)
American Cancer Society (Regional)	530-662-3464 916-446-7933
American Diabetes Association (Regional)	916-924-3232
American Heart Association (Regional)	800-AHA-USA1 916-446-6505
American Lung Association (Regional)	916-444-LUNG (5864)
American Red Cross	530-662-4669 (Woodland) 916-368-3131 (W. Sac) 800-540-2000 (After hours) 800-951-5600 (Disasters)

BabyCal (For Pregnant Women)	800-222-9999
CaliforniaKids Healthcare Foundation,	818-755-9700
Chapa-De Indian Health Program, Inc.	530-661-4400
Child Health and Disability Prevention Program	530-668-8249
CommuniCare Health Centers	
Communicare Davis	530-758-2060 (Medical) 530-757-4667 (Dental)
CommuniCare Knights Landing	530-753-1776
CommuniCare Peterson Clinic, Woodland	530-666-8960 (Medical) 530-666-8954 (Dental)
CommuniCare Salud Clinic, W Sacramento	916-375-6400 (Medical) 916-375-6430 (Dental)
John H Jones, W Sacramento	916-371-1966
John H Jones Woodland	530-668-2400
John H Jones Davis	530-758-3109
Community Breastfeeding Support Line	800-663-8685
Mother and Baby Source	530-756-6667
La Leche League of Davis 530-759-0334	530-756-3551 /
Healthy Families, Low Cost Insurance	800-880-5305
Maternal, Child and Adolescent Health Hotline	800-794-6517
Medi-Cal	916-375-6200 (W. Sac) 530-661-2750 (Woodland)
Migrant Child Education (Emergency medical and dental services)	530-666-1977
Planned Parenthood	530-662-4646
Pregnancy Consultation Center	800-954-2464
Pregnancy Support Group of Woodland	530-661-6333
Public Health AIDS Program	530-406-4905
Public Health Laboratory	530-666-8644
Winters Healthcare Clinic	530-795-4377
Woodland Healthcare	530-662-3961
Yolo County Children's Alliance and the Children's Health Initiative	866-607-4030
Yolo County Health Department	530-666-8645 (Woodland) 916-375-6380 (W Sac)

MENTAL HEALTH AND COUNSELING SERVICES

Feeling too sad, too mad, or just hopeless? To get help and have questions answered about emotional problems that you or your child may be experiencing, call any of these organizations.

Yolo County Alcohol, Drug and Mental Health Services Department (ADMHS)	530-666-8516 (Admin) 530-757-5530 (Davis) 530-666-8630 (intake)
ADMHS Parents/Caregivers of Transition Age Youth (16-25) w/ Psychiatric Disabilities Support Group	530-668-6765 916-375-6350
Asian Pacific Community Counseling, Sacramento	916-375-6783
ADMHS Family Partnership Program, Children's System of Care	530-666-8333
Yolo Family Service Agency	530-662-2211 (Woodland) 530-753-8674 (Davis) 916-375-1254 (W. Sac)
Children's Therapy Services (SADVC)	530-661-6336
Child Welfare Services (CWS)	888-400-0022
Child Abuse Reporting Line	530-669-2345
Diogenes Youth Services	800-339-7177 (24hr hotline) 916-363-9943 (Sacramento)
Jewish Family Service	916-484-4400 (Sacramento)
La Familia Counseling Center	916-452-3601
National Alliance for the Mentally Ill of Yolo County	530-756-8181
National Runaway Switchboard	800-786-2929 (RUNAWAY)
Omnibus Mental Health Associates	530-758-1580
Progress Ranch Treatment Services for Children	530-753-2566

Suicide Prevention and Crisis Services of Yolo County:

	<i>Business Numbers</i>	<i>Crisis Line Numbers</i>	<i>Teen Line:</i>
Davis:	530-756-7542	530-756-5000	530-753-0797
Woodland:	530-666-6350	530-666-7778	530-668-8445
West Sac:	916-372-0709	916-372-6565	916-371-3779
UC Davis Medical Center Psychiatry Services			916-734-3574

SUBSTANCE ABUSE SERVICES

The following services may be of assistance if you, or another parent you know, may be trying to cope with a drug or drinking problem. These programs offer confidential drug and alcohol treatment for adults and teens in need of support.

Al-anon Family Groups, Inc	530-758-6907 (Davis)
Al-ateen	800-970-9040
Alcohol, Drug and Mental Health Services Department	530-666-8516
Alcoholics Anonymous	800-970-9040
California Smoker's Helpline	800-662-8887
CommuniCare Health Centers,	916-371-1966 (W. Sac)
Substance Abuse Treatment Program and Outreach	530-668-2400 (Woodland)
Drug Abuse Resistance Education (DARE) & Every 15 Minutes Program	530-662-4685 (CHP)
Friday Night Live Drug and Alcohol Prevention Programs	530-406-4855
Narcotics Anonymous	800-600-4673 (Helpline)
National Council on Alcoholism & Drug Dependence	916-922-9217 (Regional)
Stepping Stone	530-666-8520

CHILD CARE SERVICES

Having a problem finding the best child care for your infant, toddler or after school care for your school age child? The organizations listed below can help.

Child Care Services Resources and Referral	530-757-5695 800-723-3001
Childcare Subsidy (Centralized Eligibility List)	530-757-5695
Local Child Care Planning Council	530-668-3773
Child Welfare Services (CalWorks)	888-400-0022 530-669-2345 530-666-8920 (after hours)
Child Care, University of California, Davis	530-752-5415
Davis Licensed Family Day Care Association	530-758-3097
Employment and Social Services Department (DESS)	530-661-2750 (Woodland) 916-375-6200 (W. Sac)
Head Start/Early Head Start (YCOE)	530-668-5160
Migrant Head Start	530-668-4783
R.I.S.E. Inc, Capay Valley	530-787-4110

Universal Preschool, W. Sacramento	916-617-4531
Yolo Crisis Nursery	530-758-6680
Regional Crisis Nursery Hot Line	877-543-7752

YOUTH DEVELOPMENT PROGRAMS AND SERVICES

The programs listed below offer a wide range of activities for children and young adults to get involved in.

4-H Youth Development. UC Extension	530-666-8703
Acme Theater Company	davidburmester@comcast.net
Yolo County Friday Night Live Youth Council	530-406-4855
Big Brothers Big Sisters (Regional)	916-646-9300
Club West Teen Center for middle school youth	916-373-5877 (W. Sac)
Collings Teen Center for high school youth	916-375-0681 (W. Sac)
Craft Center, University of California, Davis	530-752-1475
DADS Program. Yolo Family Service Agency	530-662-2211 ext. 20
Davis Community Church Youth Group	530-753-2894
Davis American Youth Soccer Organization	www.davisayso.org
Davis Art Center	530-756-5100
Davis Parks and Community Services	530-757-5340
Equestrian Center, University of California, Davis	530-752-2372
Esparto Leo Club	530-787-4441
Explorit Science Center	530-756-0191
GET READY. Yolo County Health Department	530-666-8645
Girl Scouts Tierra del Oro Council	800-322-4475 (Regional)
Outdoor Adventures, UC Davis	530-752-1995
Parks and Community Services	916-617-4620 (W. Sac)
RISE, Inc – Teen Job Training	530-787-3433
Teen Program, YMCA	530-662-1086
Teens Helping Seniors	530-661-5880
Third and B Teen Center – Youth Recreation	530-757-2065
UC Davis Campus Recreation Program	530-752-1730
UC Davis Campus Games Area	530-752-2580
Woodland Parks and Recreation Services	530-666-5414
Woodland Teen Center	530-666-5414

YMCA Yolo County	530-662-1086
Yolo County Homeschoolers	530-753-6464
Yolo Housing Recreation Center	530-666-0993
Yolo Family Resource Center	530-406-7221 (Woodland)
Western Yolo Grange #423	530-796-3424 (Guinda)
Youth Commission of West Sacramento	916-617-4620 (W. Sac)
Youth Employment Program	
Yolo County DESS	530-661-2750 ex. 2642 916-375-6200 ex. 6214 (W.Sac)

LEARNING SUPPORT FOR CHILDREN

Is your youngster having problems or difficulty meeting grade level expectations, or is he or she exceeding those expectations in reading, writing or math in school? These services offer educational support and tutoring.

Academic Improvement Center	530-753-0504
Computers 4 Kids, 4th-6th graders	916-375-0681 (W. Sac) 916-806-6447
Head Start, Early Headstart	530-668-5160
Migrant Headstart	530-666-6452
GET READY. Yolo County Health Department	530-666-8645
Even Start Family Literacy Program	916-375-7630 (W. Sac)
Yolo County Homeschoolers	530-753-6464
Kaplan Test Prep and Admissions	800-527-8378
Kumon Math Center	530-757-2831
Learning Advantage	530-666-6644
Davis Joint Unified School District	530-757-5300
Esparto Unified School District	530-787-3446
Pierce Joint Unified School District	530-476-2892
River Delta Joint Unified School District	707-374-6381
Washington Unified School District	916-375-7600
Winters Joint Unified School District	530-795-6100
Woodland Joint Unified School District	530-662-0201
Winters Parent Nursery School	530-795-4695
Davis Parent Nursery School	530-757-5375
Woodland Parent Nursery School	530-662-3878
R.I.S.E. Capay Valley Universal Early Learning Program	530-787-4110
Sylvan Learning Center	530-750-7084

UC Davis Center for Child & Family Studies	530-752-2888
Esparto Library	530-787-3426
Winters Library	530-795-4955
Woodland Public Library	530-661-5982
Arthur F. Turner Branch Library	530-375-6465 (W. Sac)
Clarksburg Branch Library	530-744-1755
Davis Branch Library	530-757-5593
Yolo Branch Library	530-662-2363
Yolo County Office of Education	530-668-6700
Yolo Family Resource Center	530-406-7221

CHILDREN WITH SPECIAL NEEDS

Warmline numbers for parents of children with special needs, including developmental disabilities.

Adapted Physical Ed, Yolo County Office of Education	530-668-3884 530-668-3885
Agency for Hearing	916-732-9040 (Regional)
Alta California Regional Center	530-666-3391 (Woodland) 916-978-6400 (Sac.)
Alt Rec Parks and Community Services Dept. Davis	530-757-5626
American Cancer Society	916-446-7933 (Regional)
American Diabetes Association	916-924-3232 (Regional)
American Heart Association	916-446-6505 (Regional)
American Red Cross	530-652-4669 (Woodland) 916-368-3131 (W. Sac) 800-540-2000 (After Hours)
American Society for Deaf Children	800-942-2732
Braille and Talking Book Library	916-654-0640 (Sacramento)
Child Health and Disability Prevention Program	530-666-8249
Easter Seals Superior California	916-485-6711
First Steps Infant-Preschool Program, Greengate School	530-668-3860
Make-a-Wish Foundation	800-722-9474 (National)
March of Dimes Foundation	916-922-1913 (Regional)
MENSA-Gifted Children's Program	916-925-3682 (Regional)
My Friends, A Pediatric Day Healthcare Center	916-987-8632
Muscular Dystrophy Association	916-921-9518 (Sacramento)
Northern California Children's Therapy Center	530-668-1010

Nor-Cal Center on Deafness	916-349-7500
YCOE Assisting Technology Specialist	530-668-3788
Scottish Rite Clinic for Childhood Language Disorders	916-731-4357
Society for the Blind	916-452-8271
SPARK Alternative Recreation Program	916-617-4620
Special Care Parents	916-658-8588
Special Education Local Plan Area (SELPA)	530-668-3786
Special Olympics Northern California	916-920-2950 ext. 30
Visually Impaired/Blind Support Services Program	530-662-0535
Outa Sight! Group	530-666-7540
WarmLine Family Resource Center	800-660-7995 (Sac)
Yolo County Office of Education	530-668-3787
Davis Joint Unified School District	530-757-5300
Esparto Unified School District	530-787-3446
Pierce Joint Unified School District	530-476-2892
River Delta Joint Unified School District	707-374-6381
Washington Unified School District	916-375-7600
Winters Joint Unified School District	530-795-6100
Woodland Joint Unified School District	530-662-0201

LEGAL INFORMATION AND ADVOCACY

These organizations provide legal representation and services for families and their children, including free or low cost legal assistance.

Yolo County Court Appointed Special Advocates (CASA)	530-661-4200
American Civil Liberties Union, Northern California	530-756-1900
California Indian Legal Services	510-835-0284
Child Abduction, District Attorney	530-666-8400
Child Care Law Center	415-394-7144
Children's Rights Council of California	916-218-6282
Community Legal Services/Victims resource center	800-VICTIMS
Community Mediation Services	530-757-5623

Family Protection & Legal Assistance Clinic (UC Davis School of Law)	530-661-4477
Juvenile Division, District Attorney	530-666-8180
Legal Services of Northern California	916-551-2150
Legal Clinic of Yolo County, LCYC, W. Sacramento	916-447-5798
Low Income Legal Assistance	530-662-1065
Multidisciplinary Interview Center, District Attorney	530-666-8186
Probation Department of Yolo County	530-406-5320
Public Defender	530-666-8165
Yolo County Bar Association	www.yolobar.com
Yolo County Child Support Services	530-661-2880
Yolo County Law Library	530-666-8918
Yolo Family Resource Center	530-406-7221
Yolo Superior Court-Family Court	530-406-6704
Yolo Superior Court-Family Law Facilitator	530-406-6792

ADOPTION AND FOSTER CARE

Want to become a foster parent? Perhaps you are already caring for a relative's child? These organizations provide information on how to become a foster parent or provide therapy and support services for children and families participating in foster or kinship care.

Child Welfare Services, Yolo County	888-400-0022
Child Abuse Reporting Line	530-669-2345
Crossroads Group Home	530-666-3443
FamiliesFirst, Inc.	530-753-0220
Families for Children	916-789-8688 (Regional)
Foster Grandparent Program (Placer, Yolo & Sacramento Counties)	916-875-3569
Foster and Kinship Care	530-661-5772
Lilliput Children's Services	916-923-5344 800-325-5359 (Regional)
Sierra Adoption Services	916-368-5114
State of California Adoption Services	916-574-1333
Yolo County Foster Care Recruitment and Retention Program	530-666-8488 foster.care@yolocounty.org
Yolo County Children's Alliance & Child Abuse Prevention Council	530-757-5558 www.yolokids.org

EMERGENCY SHELTER, FOOD AND CLOTHING

Call these organizations now to get help with emergency housing, food or clothing.

Abbey House, St. Anthony Parish	530-795-2230 (Winters)
Broderick Christian Center	916-372-0200 (W. Sac)
Clarksburg Samaritans (local only)	916-744-1395
Clothes Closet, Seventh Day Adventist Church (Woodland)	530-662-6745 530-662-2940
Davis Community Meals Program	530-756-4008
Davis Family Resource Center	530-753-9204
Food Bank of Yolo County	530-668-0690 800-621-3086 (Toll Free)
Emergency Food Closet, Davis Church of Christ	530-753-5350
Food Closet, First Southern Baptist Church of W. Sac	916-744-1395
Food Closet, Pole Line Road Baptist Church	530-753-4315
Food Closet First Baptist Church of Winters	530-759-2821
Food Locker and Clothes Closet, Holy Cross	916-373-3318 (W. Sac)
Non-Assistance Food Stamps	916-375-6205 (W. Sac) 530-661-2750 (Woodland)
Pierce Food Closet	916-371-6343 (W. Sac) 916-371-9020
Short Term Emergency Aid Committee (STEAC)	530-758-5444
Western Yolo Food Closet	530-787-3586
Women, Infants and Children (WIC)	800-852-7570 530-666-8445 (Woodland) 916-375-6390 (W. Sac)
Woodland Volunteer Food Closet (WVFC)	530-662-7020
Woodland Youth Services	530-666-7929 530-666-4622
Yolo Family Resource Center	530-406-7221
Yolo Wayfarer Center	530-661-1218

TRANSLATION SERVICES

Need help with a different language? This section includes language translation agencies to aid those in need of language assistance.

L&L Services (Spanish and English)	530-661-6508
Southeast Asian Assistance Center (Vietnamese, Lao, Mein, Hmong, Chinese, Cambodian, Russian, Ukrainian, Bosnian and Croatia)	916-421-1036 (Sac.)
Transcend (Multi-Lingual, 40 Languages)	530-756-5834

EMERGENCY ASSISTANCE, 24-HOURS

The following agencies provide 24 hour crisis intervention, counseling and referral services for parents and individuals in need of advice and special support.

Allied Services for Kids (ASK) 24-Hour Crisis Line	530-753-0797 (Davis) 530-668-8445 (Woodland) 916-371-3779 (W. Sac) 530-756-7542
California Missing Children	800-222-3463
California Poison Control System	800-222-1222
Mental Health Services 24-Hour Crisis Line	530-668-8515 530-668-8630
Sexual Assault and Domestic Violence Center (SADVC)	530-661-6336 (Business Line) 530-662-1133 (Crisis Line)
Suicide Prevention and Crisis Services of Yolo County	530-756-5000 (Davis) 530-666-7778 (Woodland) 916-372-6565 (W. Sac)

The Yolo County Children's Alliance & Child Abuse Prevention Council is pleased to provide this guide to Yolo County residents through the generous support of the County of Yolo, First 5 Yolo, Child Care Services Resource and Referral at the Parks and Community Services Department at the City of Davis, and the Yolo County Children's Health Initiative underwriters including Kaiser Permanente, Blue Shield Foundation, California Endowment, KB Homes, Richland Communities, The Grupe Company, Waste Management, Teichert Foundation, the City of West Sacramento, and the California Department of Health Services.

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Copies of this guide are available to parents and families for free (in both English and Spanish). Agencies wishing to obtain large quantities, (50 or more), of this guide for use with their clients may pay a nominal fee for bulk copies through the Children's Alliance or make their own copies from the web version. For more information on this option, please contact the Yolo County Children's Alliance at 530-757-5558 or toll free at 866-607-4030.

LOCAL EMERGENCY NUMBERS

Emergency and Non-Emergency numbers for local law enforcement and fire departments.

Emergency Calls: Fire and Rescue/Police, Sheriff and Highway Patrol/Ambulance, Paramedics/Coast Guard, Search and Rescue	Dial 9-1-1
Sheriff-Coroner (Non-Emergency)	530-666-8282
Police Department (Non-Emergency)	530-747-5400 (Davis) 530-758-3600 (Davis cell users) 530-795-2261 (Winters) 530-666-2411 (Woodland) 916-375-6474 (W. Sac)
Fire Department	530-757-5684 (Davis) 530-758-3600 (Davis cell users) 530-795-4131 (Winters) 530-666-8920 (Woodland) 916-617-4600 (W. Sac)
Poison Control	800-876-4766

CHILD ABUSE AND NEGLECT

If you know a child who may be hurt, hungry or neglected, it is very important to let someone know. The following agencies can help and you do NOT need to give your name.

To report child abuse or neglect, call the Child Abuse Reporting Line	530-669-2345 or call toll free 1-888-400-0022
Child Abduction, District Attorney	530-666-8400
Childhelp USA, Child Abuse Hotline	800-4A-CHILD
National Runaway Switchboard	800-621-4000
Prevent Child Abuse California	800-CHILDREN
Sexual Assault and Domestic Violence Center	530-661-6336 530-662-1133 (Crisis Line) 916-371-1907 (Crisis Line)
UC Davis Medical Center C.A.A.R.E.S. Diagnostic and Treatment Center	916-734-8396

For information about free or low cost
children's health insurance
Call Yolo County Children's Alliance
toll free: 866-607-4030