

Professional Counseling:

Daniel Baker

Contact: restorationscheduling2020@gmail.com
(916) 716-3070

Melinda Arellano

Pacific Counseling and Trauma Center
Contact: melinda@pacifictraumacenter.com
(530) 350-6382

Tracia Rushing

Contact:
traciarushing@traciarushingtherapy.com
www.traciarushingtherapy.com

Loving On Purpose Resources:

Brittney & Ben Serpell

Marriage, Family & Individual Coaching
Contact: familycoaching@lovingonpurpose.com

Additional help with relationships

www.lovingonpurpose.com/familycoaching

Inner Healing SOZO Ministry:

Teresa Liebscher

Contact: Bethelsozosacramento.com



Local Food Banks:

Sunrise Food Bank

5901 San Juan Ave, Citrus Heights, CA 95610
(916) 965-5431

Loaves & Fishes Downtown Sac

1351 N C St, Sacramento, CA 95811
(916) 446-0874

Sacramento Food Bank & Family Services

1951 Bell Ave, Sacramento, CA 95838
(916) 925-3240

Union Gospel Mission:

Homeless Shelter, Foodbank, Rehabilitation
400 Bannon St Sacramento, CA 95811
(916) 447-3268

Twin Lakes Food Bank

327 Montrose Drive, Folsom, CA 95630
www.twinlakesfoodbank.org
Email: info@twinlakesfoodbank.org
(916) 985-6232

Assistance:

Weave

Domestic violence or sex trafficking
Support Line: (916) 920-2952

California Lifeline (Utility Discounts)

Qualified individuals may receive discounted
basic home phone service.
(866) 272-0349
www.californialifeline.com/en

Powerhouse Ministry

Main offices and Community Drop-In Center
(homeless liaison, emergency needs, legal, etc.)
311 Market Street, Folsom, CA 95630
www.phmfolsom.org
(916) 983-0658
info@phmfolsom

Sacramento Life Center (Pregnancy)

2316 Bell Executive Lane
Sacramento, CA 95825
(916) 451-2273

Suicide Prevention Lifeline

(800) 273-8255 | 24/7 counselors available

Child Protection Services

Hot Line: (916) 875-5437

Mental Health Urgent Care Clinic

2130 Stockton Blvd Building 300,
Sacramento, CA 95817
(916) 520-2460