

## Professional Counseling:

### **Daniel Baker**

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

### **Melinda Arellano**

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

### **Tanya Tibshirani**

Living Beautifully: Life Coaching for Women  
Contact: [tanya@tanyatibshirani.com](mailto:tanya@tanyatibshirani.com)  
(916) 254-2300

### **Tracia Rushing**

Contact: [traciarrushing@traciarrushingtherapy.com](mailto:traciarrushing@traciarrushingtherapy.com)  
[www.traciarrushingtherapy.com](http://www.traciarrushingtherapy.com)

## Loving On Purpose Resources:

### **Brittney & Ben Serpell**

Marriage, Family & Individual Coaching  
Contact: [familycoaching@lovingonpurpose.com](mailto:familycoaching@lovingonpurpose.com)

### **Additional help with relationships**

[www.lovingonpurpose.com/familycoaching](http://www.lovingonpurpose.com/familycoaching)

## Inner Healing SOZO Ministry:

### **Teresa Liebscher**

Contact: [Bethelsozosacramento.com](mailto:Bethelsozosacramento.com)



For additional resources or information, you can email us at:  
[church@jesusculture.com](mailto:church@jesusculture.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](http://www.twinlakesfoodbank.org)  
Email: [info@twinlakesfoodbank.org](mailto: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](http://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](http://www.phmfolsom.org)  
(916) 983-0658  
[info@phmfolsom](mailto: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