

PARENTING Tips Groups Resource Advice in Sacramento.  
Single parent Sacramento Parenting Help Children Families Support Groups  
Pregnancy Foster Child Services Organizations Programs Marriage Workshops  
Go to [www.onefatherslove.com](http://www.onefatherslove.com) to view the online resource center.



Helping Individuals and Families  
Achieve Self Sufficiency

### **Women's Empowerment**

1400 N C Street, Sacramento, CA 9581  
Ph. (916) 669-2307

Educates and serves Sacramento homeless women including job training, parenting classes anger management, housing assistance, substance abuse programs and transportation assistance to/from the program.

### **Del Paso Heights Neighborhood Service Agency**

3970 Research Dr., Sacramento, CA. 95838, Ph. (916) 648-0305  
AOD, Anger Management and other moms and family help.

**Frugal Plus** can give people who are out looking for free stuff, great deals, to win stuff, and even read product reviews by normal people. Disney On Ice Presents The Princess Classics & Giveaway! Click [HERE](#) to win your 4 free tickets.

### **La Familia Counseling Center**

5523 34th Street, Sacramento, CA. 95820  
Ph. (916) 452-3601

Parenting resources for zip codes 95814, 95817, 95820, 95824. Hours are M - W - F 8-6P.M., T - Thur. 8-7P.M.  
Educational workshops, budgeting, home ownership, health care, gang awareness, and code enforcement, more.

- Parenting classes in English and Spanish
- Play care is provided for moms that are participating in a Family Resource activity
- Play and Grow groups for children five years old and their parents
- Special events
- Year round youth activities
- Sacramento Works [One Stop Career Center](#)
- [Counseling, support, and outreach](#) service for at-risk youth.

### **Toughlove Parent Support Group**

(916) 331-1914 or 1-866-828-0178  
Parent support group for out of control children.

### **Parent Support Line**

1 800 281-3000  
Free parenting support line available 24/7 to caregivers, parents, grandparents, teen parents, foster parents, and guardians.

### **Healthy Marriage Project**

9719 Lincoln Village Drive, Suite 205, Sacramento, 95827  
Ph. (916) 362-1900 8:30-5:00 M-F

#### **NEW FLOURISHING FAMILIES PROGRAM CLASSES-**

Oak Park, Spanish - North Highlands Spanish - English South Sac. - English/South Sac,

[CLICK HERE TO ENROLL OR REFER ONLINE](#)

Complete 15 hours of relationship skills training- and we'll give you \$100, plus other rewards.

"Do you know a mom who is pregnant and unmarried and not sure what to do about their relationship? Learn more about marriage and relationships through marriage education?" [YOUTH - SINGLES - MARRIAGE PREP - NEW PARENTS - EMPTY NEST - RELATIONSHIP ENHANCEMENT - DISTRESSED MARRIAGES - LEADER TRAINING](#)

**White House Counseling Center**

6147 Sutter Avenue, Carmichael, CA 95608

Ph. (916) 971-7640

Fee for service that can be reduced and accepts Medi-Cal. Primarily serves students and their families within the San Juan school district providing individual, group, and family counseling/psychotherapy, consultation offering services for parenting skills, relationship skills, separation/divorce and single parenting.

**New Pathways Counseling Program**

5890 Newman Court, Sacramento, CA 95819

Ph. (916) 452-7481

This program offers professional counseling classes, educational workshops, couples communication and conflicts, including family misunderstandings and controversy, pre-marital adjustments, step-parenting and single parenting adjustments, behavior, school problems and much more. Fees are sliding scale

**The Mothers' Support Network****Parent Resource Center**

2460 Avalon Dr., Sacramento, CA 95864

(916) 971-4860

Our mission is to support mothers' in their quest to raise happy, healthy children. Mothers' Support Network is open to all parents who seek to learn more and receive support in caring for their children in a style that emphasizes personal choice and responsibility in a loving manner.

NOTE: Unless stated differently, all classes and events would appreciate a \$2 donation. All classes and activities take place at our MSN Parent Resource Center, unless specifically noted. The Center is located at 2460 Avalon Drive in Sacramento ([get directions](#)). For more information about these events, please visit our [CALENDAR](#)

**Family Support Project**

P.O. Box 269003, Sacramento, CA 95826

Ph. (916) 228-2206 or 228-2200

Improves Sacramento County school students' achievement by increasing family involvement, providing seminars, skill building workshops, other opportunities and technical assistance for families.

**Skillful Parenting**

4640 Orange Grove Avenue, Sacramento, CA 95841

Ph. (916) 971-7392

Offers Co-Parenting sessions, Positive Discipline sessions, Developing Capable Young People sessions, Parent Project Jr. & Parent Project Sr. sessions, Parenting from the inside out session.

Sessions are six weeks & fees vary. Also offers a one day CPR class.

**California Department of Education**

2035 North Ave., Sacramento, CA. 95838

Ph. (916) 286-1125

A long list of resources and information pertaining to *Pregnant moms & Parenting Students*.

**Child Abuse Reporting**

Ph. (916) 875-5437 24/day

**California Youth Crises Line**

Hotline 1-800-843-5200 or 1-800-843-5200 24/day

**National Runaway Switchboard**

Hotline 1-800-621-4000 24/day

**Neighborhood Alternative Center**

Ph. (916) 875-0560 or (916) 566-6558

\*Youth & Family Crisis Counseling 24/day.

**EMQ Children & Family Services**

8801 Folsom Blvd., Ste 210, Sacramento CA. 95826

Ph. (916)-388-6400

Services offered: Foster Family Agency, Psychiatric Services, Therapeutic Behavioral Services. To receive wraparound services, children must be referred by Sacramento County Probation, Child Protective Services and Mental Health."

"TBS is available for eligible children who need short-term behavioral support in order to remain where they are living or make a successful move to a lower level of care for TBS by Sacramento County Mental Health Children's ACCESS team."

**Adoption Bureau - (CPS)**

3701 Branch Center Rd., Suite 205, Sacramento, CA. 95827

Adoptions Program: (916) 875-5967

### **Child Protective Services (C.P.S.)**

P.O. Box 269057, Sacramento, CA. 95826

24/7 Hotline: (916) 875-5437 - Emergency response: (916) 874-4001 - Foster Home Licensing: (916) 875-5543 - Guardianship: (916) 875-6537 Independent Living Program: (916) 874-9308 - Permanent Placement: (916) 875-6357 - Family Reunification: (916) 875-5696 Family Maintenance: (916) 875-6338 (South) - Family Maintenance: (916) 648-0399 (North Area)

### **Community and Workforce Partnership Program (CPS)**

925 Del Paso Blvd., Suite 500, Sacramento, CA. 95815

Ph. (916) 874-5135

### **Family Conflict Resolution Center/Conflict Coaching**

3020 I Street, Suite 100, Sacramento, CA 95816

Ph. (916) 446-1500 F. (916) 446-1501

FCRC offers **free** support groups,

- **Anger Management Groups**
- **Batterer's Intervention Program**
- **Co-Parenting for Conflicted Families Education/Groups**
- **Drug Testing (Panel screening)**
- **Faith-based Programs**
- **Families in Crisis**
- **Family Law Mediation Services**
- **Forrest S. Mosten Client Library**
- **Parenting Classes/Groups**
- **Preventative Mediation**
- **Relationship Recovery**
- **Supervised Visitation**
- **Violence/Conflict Resolution Workshops**

Along with including free support services some classes are only \$20/session.