

ODCHC RESOURCE GUIDE

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Family Planning	Utilities Assistance
Financial Assistance	Veteran's Services
Food Resources	

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Adoptions and Foster Care

Adoptions Services Bureau 916-651-8089 www.childsworld.ca.gov	A service for adoptees to find background information on their adoptions.(08/05 sj)
CA Adoption and Foster Care Referral 800-543-7487 www.childsworld.ca.gov	New adoptions and foster care licensing. (08/05 sj)
Dept. of Health and Human Services Branch 441-5013 www.co.humboldt.ca.us	Foster Care coordination. (08/05 sj)
Horizons Adoption and Birth Parent Center 10 W. 7 th Street. Suite F Eureka, CA 95501 444-9909 www.adoption-horizons.org	Adoption facilitation and preparation classes, home studies, post placement, birthparent educational and vocational trust funds and counseling. (08/05 sj)
Independent Adoption Center 800-877-6736 www.adoptionhelp.org	Adoption agency facilitating fully open adoptions. Comprehensive educational and counseling-centered services to birthparents, adopting parents and adoptees nationwide. (08/05 sj)
California State Office of Adoptions 749 F St. Arcata, CA 95521 826-9180 Jane.micks@dss.ca.gov	Works with prospective adoptive parents and birth parents. Performs home studies. Make placements when court mandated. (11.16.05hj)
Environmental Alternatives 202 M St. Box 3414 Eureka, CA 95501 443-7370 www.ea.org	Foster family agency. (08/05 sj)
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Alcohol and Other Drugs

<p>Alcoholics Anonymous (AA) PO Box 7102 Eureka, CA 95501 442-0711 24-hr www.alcoholics-anonymous.org</p>	<p>An answering service that has a schedule of AA meeting times and locations for Humboldt County. If requested an operator can forward the caller to an AA representative. (08/05 sj)</p>
<p>North Coast Substance Abuse Council 205 Myrtle Ave. Eureka, CA 95502 445-3869 www.ncsac-crossroads.org</p>	<p>Comprehensive range of alcohol and other drug treatment services including assessments, residential treatment, aftercare and outpatient. (08/05 sj)</p>
<p>Alcohol/Drug Care Services 528 5th St. Eureka, CA 95501 445-1391 www.4drugrehab.com/facility-654.html</p>	<p>Assessments, residential treatment, intensive and regular outpatient programs, aftercare, transition housing, and referral to sober living houses. The only detox available in the area includes a 72 hour minimum stay, all supporting services, and referrals for continued treatment upon detox completion. Detox is \$15.75 per day including meals and supplies for ADLs.</p>
<p>Alcohol and Drugs Programs Branch, DHHS 720 Wood St. Eureka, CA 95501 445-6250 http://co.humboldt.ca.us/hhs/alcohol_and_drug_programs/</p>	<p>Comprehensive alcohol and other drugs programming, from assessment to aftercare. (08/05 sj)</p>
<p>Healthy Moms Program 2910 H St. Eureka, CA 95501 441-5220 www.centerforaddicton.org/health_moms_program</p>	<p>Outpatient day treatment, classes and support groups, with emphasis on parenting. Childcare available for participating clients. (08/05 sj)</p>
<p>Humboldt Recovery Center 1303 11th St. Eureka, CA 95501 443-4237 (443-0514 Admin Services) No web address available at this time</p>	<p>Substance abuse treatment services Residential and aftercare. Accepts private insurance, self payment, sliding fee scale. (11.16.05hj)</p>
<p>Narcotics Anonymous PO Box 6634 Eureka, CA 444-8645 www.na.org</p>	<p>An answering service that has a schedule of NA meeting times and locations for Humboldt and Del Norte counties. If requested, you can be forwarded to an NA representative. (08/05 sj)</p>
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Case Management

Children	
Humboldt Child Care Council 2379 Myrtle Ave. Eureka, Ca 95501 445-9291 www.hccc1.org	Case Management for families seeking child care resources. CMs help determine program eligibility, then identify needs, make referrals and monitor (08.01hj).
Youth Services Bureau 1100 California St Eureka CA, 95501 444-2273 www.rcaa.org/ysb.html	Case management for 12-21 YO children through a variety of residential or outreach programs related to unstable housing or homelessness. This is also a crisis line but is appropriate for initial inquiries as well (08.01hj).
Teenage Pregnancy and Parenting Network (TAPPN) , DHHS Public Health Branch 476-4914 No web address available at this time	Case management for pregnant or parenting teens and their families. Pregnant and/or parenting teens must enroll prior to age 19. Mates must enroll prior to 20 years, 10 months. (09/13/05 mm)
Disabilities	
Lighthouse of the North Coast G St. Ste B1 Eureka, CA 95501 268-5646 www.lighthouse-sf.org	Case management for visually impaired persons (08.01hj).
Deaf Counseling Advocacy and Referral Agency 2830 G St. Ste B2 476-8680 www.dcara.org	Case Management for hearing impaired persons
Redwood Coast Regional Center 525 2D Eureka, CA 95501 445-0893 www.redwoodcoastrc.org	Case management for people with developmental disabilities and their families. (11/05 bp)
Tri-Counties Independent Living 445-8408 www.tilinet.org	Short term case management and referral service for persons who identify themselves as disabled. Will help with applications for Medi-Cal, Social Security, etc
Making Headway, Inc. 1125 3D Eureka, CA 95501 442-7668 www.makingheadwayinc.org	Case management services to people with traumatic brain injuries and their families. Fees depend on financial ability to pay (free to sliding scale). (11/05 bp)
Homeless	
Arcata Endeavor 501 9 th Ave, Arcata 95521 822-5008 www.arcataendeavor.org	Case management for homeless persons. Includes emergency interventions, referrals, emergency telephone and travel aid, ID search, SSI assistance. (11/05 bp)
MAC House Eureka 269-9590 http://www.rcaa.org/macenter.htm	Case management for residents of this homeless transitional housing facility
Arcata House 1005 11 th St. Arcata, CA 95521 822-4528 arcatahouse@sbcglobal.net	Case management for persons living in this transitional housing program. (11/05 bp)
Mental Health	
County Mental Health 268-2900 www.co.humboldt.ca.us/mehealth	Mental Health case management for adults and children who are receiving services at County Mental Health.

Remi-Vista 268-8722 www.remivista.com	Mental Health case management for adults and children who are receiving services at Remi-Vista.
Humboldt Child Care Council (Family Empowerment Program) 2379 Myrtle Ave. Eureka, Ca 95501 445-1195 www.hccc1.org	Mental health case management for children and their families if child is full scope Medi-Cal.
Other	
Senior Resource Center(MSSP, Linkages, etc) 442-9591 www.humsenior.org	Case management programs offered with specific age, disability and income based requirements.
NORCAP DHHS Public Health Branch, Health Ed. Div. 268-2132 FAX: (707) 445-6097 smitchell@co.humboldt.ca.us	Case management for non-medical, psychosocial needs of patients with HIV/AIDS related problems. Program also has preventive programs and services
Northcoast Veterans Resource Center 2107 3 rd St., Eureka, CA 95501 442-4322 www.humboldt.edu/~ves/Pages/community.html#NCVRC	Case Management, employment, homeless services and transitional housing, resource and referral center
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Child Care

<p>Humboldt Child Care Council 2379 Myrtle Ave. Eureka, CA 95501 445-9291 www.hccc1.org</p>	<p>Referrals for child care. Family Eligibility Payment Service (FEPS) helps parents obtain subsidized child care. Maintains a list of licensed and unlicensed childcare providers. Trains licensed and unlicensed childcare providers. Call for referral to child care providers. (08/05 sj)</p>
<p>Arcata and Rooney Mckinleyville Children’s Center 1695 10th St. Arcata, CA 95521 822-1423 armcc@softcom.net</p>	<p>Serving children 3-11 years old. (08/05 sj)</p>
<p>College of the Redwood’s Child Development Center 7351 Tomkins Hill Rd. Eureka 476-4337 http://www.redwoods.edu/catalog/catalog05-06-access/Services/cdc.htm</p>	<p>For College of the Redwoods students. (08/05 sj)</p>
<p>North Coast Children’s Services 1266 Ninth St. Arcata, CA 95521 822-7206 www.ncsheadstart.org</p>	<p>Administers Head Start and Early Head Start Programs. (08/05 sj)</p>
<p>Humboldt State University Children’s Center 826-3838 http://studentaffairs.humboldt.edu/children/</p>	<p>Priority for HSU students, staff, and faculty. Serves age 12 months through kindergarten. No programs for school age children. Charges are \$16.00/half day, \$32.00/full day (anything over 6 ½ hours) (08/05 sj)</p>
<p>Winzler’s Children’s Center 717 Creighton St. Eureka, CA 95501 441-2498 www.eurkeacityschools.org/winzler.html</p>	<p>Preschool for ages 3 years old to kindergarten. After school programs for children in grades K-3rd. Sliding scale fees based on income and need. (08/05 sj)</p>
<p>Exchange Club Parenting Center 443-7935 www.preventchildabuse.com/exchange.htm</p>	<p>Supportive mentorship program for parents. Offers in-home parent education and referrals to community resources. (08/05 sj)</p>
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Children's Services

<p>Children/Youth Family Services, DHHS Mental Health Branch 1711 3D Eureka 95501 268-2800 www.co.humboldt.ca.us/hhs/socialservices</p>	<p>Mental health assessments and treatment. Accepts Medi-Cal, has sliding scale fees based on income. (08/05 sj)</p>
<p>California Children's Services 317 2D Eureka 95501 445-6212 www.dhs.ca.gov/pcfh/cms/ccs/</p>	<p>Pays for medical and other related services to children with qualifying (usually serious) health problems and diseases. Available services may include doctor's visits, hospital stays, surgery, physical and occupational therapy, and medical supplies/equipment. Must be under 21, meet income eligibility requirements. (08/05 sj)</p>
<p>Child Welfare Services 929 Koster St. Eureka, CA 95501 445-6182: Business and information. 445-6180: 24 hour crisis reporting www.co.humboldt.ca.us/hhs/socialservices/cws.htm</p>	<p>This is the county agency that provides Child Protective Services. Services include crisis intervention, emergency shelter, parent education, family maintenance, information and referral. Parents may self-refer to obtain necessary help. (08/05 sj)</p>
<p>North Coast Children's Services 685 F St. Arcata, CA 95521 822-7206 www.ncsheadstart.org</p>	<p>Provides assistance to families by helping get children enrolled in Headstart/Early Headstart programs. They also assess other needs, make referrals and provide nutritional screens. Families must meet certain income requirements to be eligible for services. (08/05 sj)</p>
<p>Ryan Youth Center 1653 J St. Eureka, CA 95501 268-1858 No web address available at this time</p>	<p>Youth recreation activities and after-school programs. Specialized programs for adolescents. After-school program for kids in grades K-6—monthly fee is \$30, scholarships available. (08/05 sj)</p>
<p>Remi-Vista Youth and Family Services 3960 Walnut Drive Suite B Eureka, CA 95501 268-8722 www.remivista.com</p>	<p>Comprehensive children's services for mental health and developmental disabilities. Group home, in-home behavioral services, transitional housing, foster care, supportive living services. (11/05 bp)</p>
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Chronic Disease Management

<p>Open Door Community Health Centers HIV/AIDS Program http://www.opendoorhealth.com 441-1624 Eureka Community Health Clinic, Contact: Charles Vaughn, RN 826-8610 Humboldt Open Door Community Health Clinic, Contact: Sergio Codina, RN 465-6925 Del Norte Community Health Clinic, Contact: Carolyn Dikes</p>	<p>Each listed site provides comprehensive primary medical care, including HIV Specialists, RN Case Managers, Psychologists, and Registered Dietitians. (01.12.06hj)</p>
<p>North Coast AIDS Project (NORCAP) 529 I St. Eureka, CA 95501 268-2132 www.co.humboldt.ca.us/health/norcap.htm</p>	<p>AIDS education and prevention, plus non-medical, psychosocial case management to people living with HIV/AIDS. (11/05 bp)</p>
<p>St. Joseph Home Care 721 E St. Eureka, CA 95501 443-9332 www.stjosepheureka.org</p>	<p>This HIV case management program operates out of the St. Joseph Home Care office. Provides medical case management services for people who are HIV positive; help with daily activities, medical care, finances, and emotional support. Contact Chris Cole, Project Mgr. (11/05 bp)</p>
<p>American Cancer Society 2942 F St. Eureka, CA 95501 442-1436 www.cancer.org</p>	<p>Provides cancer related educational resources, assists with transportation and accommodations to appointments (diagnosis related), support groups, “Look Good, Feel Good” program for women. (11/05 bp)</p>
<p>Humboldt Diabetes Project 3100 Edgewood Rd. Eureka, CA 95501 443-4553 www.hdnfmc.com</p>	<p>Provides case management services and has a comprehensive web-site with downloadable forms, information, and services offered.</p>
<p>American Heart Association 1400 N. Dutton Ave. Santa Rosa, CA 95401 (707) 542-1992 www.americanheart.org</p>	<p>Branch of national agency that provides information regarding heart disease and prevention, recovery information/referrals, current information and statistics. Information/referrals to local support groups, providers. (11/05 bp)</p>
<p>Humboldt Community Breast Health Project 987 8th St. Eureka, 825-834 (877) 422-4776 toll free www.hcbhp.org</p>	<p>Support and education for those facing a breast health concern or a diagnosis of breast or gynecologic cancer.</p>
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Clothing and Furniture

<p>Rescue Mission Thrift Store 1031 Broadway Eureka, CA 95501 443-2523 No web address available at this time</p>	<p>Items available for purchase, very reasonable. (11/05 bp)</p>
<p>Rescue Mission Free Store 107 3rd St. Eureka, CA 95501 443-4551 No web address available at this time</p>	<p>Free store open Thursday-Sat from 1-5 p.m. (11/05 bp)</p>
<p>RCAA Youth Bureau Thrift Shop 100 West Harris Eureka, CA 95501 445-4217 www.rcaa.org</p>	<p>Items available for purchase. M-F 10 a.m. to 6 p.m. and Sat. 10 a.m. to 5 p.m. (11/05 bp)</p>
<p>Salvation Army 822-3069 Arcata 1340 10th St. M-Sa 10-6. 443-9032 Eureka 1489 Hoover St. M-Sa 10-6. 725-4166 Fortuna _822 S Fortuna Blvd. M-Sa 10-6. Bus accessible. 839-2956 McKinleyville_1500 Anna Sparks Way (in Kmart Center) M-Sa 10-6. www.salvationarmyusa.org</p>	<p>Clothing and furniture items for purchase. For vouchers contact Salvation Army 442-6475.</p>
<p>St. Vincent de Paul Thrift Store 725-4061 Arcata 513 K St. 443-8676 Eureka 528 2nd St. 725-4061 Fortuna 1117 Main St. 530-629-1981 Willow Creek Hwy 299 www.svdp.bluestep.net</p>	<p>Used furniture and clothing, remanufactured mattresses, reconditioned appliances. The organization also provides food boxes, emergency back bill pay, bus tickets, and other emergency assistance. (11/05 bp)</p>
<p>Murray Road Community Church Thrift Store 1490 Murray Rd. McKinleyville 839-4676 www.murrayroad.org</p>	<p>Hours of operation are 10 a.m. to 5 p.m. Monday through Saturday 839-4676. Furniture, electronics, toys, clothes, items for the home.</p>
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Crisis Management

American Red Cross 406 Eleventh Street, Eureka, CA 443-4521 http://www.northcoast.com/~hcarc/	Humboldt County Chapter
Adult Protective Services 476-2100 www.co.humboldt.ca.us/welfare/adult-1.htm	24 hour line for reporting adult and elder abuse. (08/05 sj)
Child Welfare Humboldt County DHHS 445-6180 www.co.humboldt.ca.us/welfare/cws.htm	24 hour crisis and reporting line. (08/05 sj)
County Mental Health Crisis Line 445-7715 www.co.humboldt.ca.us/mehealth	Talk with a live person 24 hours/day. (09/05 sj)
Pathways Crisis Response Service 826-1886 www.redwoodcoastrc.org	Only for developmentally delayed Redwood Coast Regional Center clients. Call RCRC to learn if the individual is eligible for services. (09/05 sj)
North Coast Rape Crisis Center 445-2881 ncrcrthum@pacbell.net	24 hour crisis line. (09/05 sj)
Humboldt Domestic Violence Services 443-6042 http://www.hdvs.org/	24 hour crisis line. Offers advocacy, education, and emergency housing to keep victims safe. Also offers three groups a week. Child care is included with advance notice. (09/05 sj)
Boys and Girls National Hotline 800-448-3000 www.girlsandboystown.org	24 hour crisis line for primarily children and parents. Includes national resource and referral service information in English and Spanish. (08/05 sj)
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Dental

<p>College of the Redwoods Dental Clinic 7351 Tompkins Hill Rd. Eureka, Ca 95503 476-4250 www.redwoods.cc.ca.us</p>	<p>For low income residents. Must pay cash at time of service, no Medi-Cal and they do not bill any insurance. Costs are about 70% less expensive than normal costs. Only open during the academic school year (11/05 kh)</p>
<p>St. Joseph Dental Clinic 310 3rd St. Eureka, Ca 95501 441-1188 www.stjosepheureka.org</p>	<p>The dental clinic accepts Medi-Cal, CMSP, CHDP, and private pay insurance. (11/05 kh)</p>
<p>Burre Dental Health Center 959 Myrtle Ave Eureka, Ca 95503 442-7078 www.opendoorhealth.com</p>	<p>General dentistry, oral hygiene education, and children's dental services. Monday-Friday: 8am-5pm, Saturday pediatric clinics: 8am-noon (11/05 kh)</p>
<p>Humboldt Open Door Clinic 770 10th St. Arcata, Ca 95521 826-8624 www.opendoorhealth.com</p>	<p>Primary dental care provided (11/05 kh)</p>
<p>Humboldt Dental Society 443-7476 www.hdnds.org</p>	<p>Provides names and phone numbers for dentists to the public. Keeps track of who is taking new patients and what insurance they take.</p>
<p>Mobile Medical Health 760 15th St. Arcata, Ca 95521 Program 826-9926 www.mobilemed.org</p>	<p>Dental care for children at elementary schools in Humboldt and Del Norte County. During the academic school year only. Call for a schedule. (11/05 kh)</p>
<p>Donated Dental Services (DDS) Program 1800 15th St. Denver, CO 80202 (877) 357-8660 www.nfdh.org/DDS.html</p>	<p>Offers free or low cost, comprehensive dental care through local, volunteer dentists to patients of all ages who, because of serious disability, advanced age or medical problems lack adequate income to pay for needed dental care. Application is made through the coordinating office in Denver, Colorado. (11.17.05 hj)</p>
<p>Union Labor Health Foundation Dental Fund 442-2417 www.hafoundation.org/form.html</p>	<p>Provides small grants to meet immediate dental needs of children. Applications are accepted at any time and are reviewed periodically. Must be referred by a provider or agency. Fill out referral available on S Drive CASE MANAGERS folder, or call for faxed referral sheet.</p>
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Disability Resources

<p>Dial a Ride/Dial a Lift 443-0826 www.hta.org/Dial-A-Ride/service.htm</p>	<p>Handicap accessible transportation available to people who cannot use public transportation, and can be so certified by a physician (09/05 sj)</p>
<p>Department of Rehabilitation 310 3rd St. Suite A Eureka, Ca 95505 445-6300 Fax: 441-5833 www.dor.ca.gov/</p>	<p>Vocational rehabilitation for people with disabilities, including evaluation, education, training, and job seeking assistance. Call to schedule an orientation appointment. (08/29/05 ac)</p>
<p>Easter Seals 3289 Edgewood Rd. Eureka, Ca 95503 445-8841 www.easterseals.com/site/pageserver</p>	<p>Adult day care services for elderly and disabled people. Swimming programs for adults and children. The equipment loan program provides needed equipment for a \$10 fee for three months of use. Support groups also available. Limited scholarships available. Self referrals accepted (11/03/05 kh)</p>
<p>Humboldt Child Care Council 2379 Myrtle Ave. Eureka, Ca 95501 444-8293 www.hccc1.org</p>	<p>Supported Parenting provides support services to adult parents with developmental disabilities. The Special Needs Connection is a family resource center for parents with a developmental delayed child aged birth to three, or with a child at risk of having developmental delays. HCCC Respite Program and Behavioral Respite Program provide in home respite care to families. HCCC's goal is to help avoid the institutionalization and/or residential care of developmentally disabled family members. (09/05 sj)</p>
<p>H-CAR (Humboldt Community Access and Resource Center) 443-7077 www.hcar.us</p>	<p>Provide support and services that allow developmentally delayed persons to live and participate in the community. New clients accepted by referral only. Six sites total with services that include: Vocational training, Community life/access skills training, Recreation and Leisure Skills training etc. Call for sites and specific programs offered at each site. (11/03/05 kh)</p>
<p>Lighthouse of the North Coast 2830 G St. Suite B-1 Eureka, Ca 95501 268-5646 www.lighthouse-sf.org</p>	<p>Provide help to those who are experiencing various degrees of vision loss. Help to find funding for various doctors visits, surgeries, and assistive equipment. Will direct clients to programs that will suite their needs and improve quality of life. A social service agency no medical care provided. (11/03/05 kh)</p>
<p>Maternal Child and Adolescent Health 317 2nd St. Eureka, Ca 95501 445-6212 www.co.humboldt.ca.us/health/default.asp?pg=maternal_and_child_health.asp</p>	<p>Children's Medical Services- Provides authorization and payment for specialty medical care for disabled children Serves persons with developmental disability. (09/06/05)</p>
<p>Redwood Coast Regional Center 525 2nd St Suite 300 Eureka, Ca 95501 445-0893 www.redwoodcoastrc.org</p>	<p>Assessment and diagnostics, counseling, case management, individualized plans of care, purchase of services. Referrals given to most major disability organizations in the area (09/05 sj)</p>
<p>Tri-Counties Independent Living 955 Myrtle Ave. Eureka Ca 95501 445-8408 www.tilinet.org</p>	<p>Assist individuals in obtaining information about disability and independent living issues, assistive technology and programs. Provide housing lists and information in search of affordable housing. Benefits (SSA, SSDI, SSI, and Medi-Cal) counseling. Peer counseling available. (09/05 sj)</p>

<p>In Home Support Services (IHSS) 476-2100 929 Koster St. Eureka www.co.humboldt.ca.us/hhs/socialservices/ 464-3191 880 Northcrest Dr Crescent City</p>	<p>A program to help low income people, who are frail, elderly, or functionally impaired, to stay at home. IHSS may be able to pay for a caregiver or to help an eligible person or persons with everyday tasks. An IHSS social worker or Public Health nurse determines eligibility and the number of hours of assistance someone may receive each month. (11/02/05 kh)</p>
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Domestic Violence and Other Violent Crimes

<p>Humboldt Domestic Violence Services 443-6042 24 hour crisis line 866-668-6543 Toll-free outside local calling area 444-9255 Office www.hdvs.org</p>	<p>Victims of domestic violence should call the crisis line. Offers temporary shelter and support, including support groups, temporary restraining orders, court advocacy, emergency food, clothing, and transportation. 30 days safe house also available. (08/27/05 ac)</p>
<p>North Coast Rape Crisis Team P.O. Box 543 Eureka, CA 95501 445-2881 ncrcthum@pacbell.net</p>	<p>Offers individual and group counseling. Accompanies survivors to court proceedings, law enforcement, hospital visits. Advocacy in court cases. Offers general information and referrals to community services. (08/24/05 ac)</p>
<p>Breaking the Cycle 514 H St. Suite 442-7806 Btc.dv@sbcglobal.com</p>	<p>Court approved services for perpetrators of domestic violence. Also offers private therapy to individuals. No Medi-Cal accepted (09/07/05 hj)</p>
<p>M/WEND 930 3rd St. Eureka, CA 95501 441-8630 www.ncamp.org/showrecord.asp?id=300</p>	<p>Court approved services for perpetrators of domestic violence. Assessments and group therapy. Regular therapy/family. Classes for parents on prevention of child abuse. (11/05 dy)</p>
<p>National Domestic Violence Hotline 800-799-7233 www.ndvh.org</p>	<p>Offers crisis intervention, information, and referrals to local services and shelters. Spanish speakers always available, as well as access to interpreters of other languages. (08/24/05 ac)</p>
<p>Safelink 877-785-2020 www.casamyrna.org/programs/safelink.html</p>	<p>Offers information, safety planning and linkages to shelter and other resources. Spanish speakers available. (08/24/05 ac)</p>
<p>Safe Haven Operated by RCAA (Redwood Community Action Agency) 269-2075 www.rcaa.org</p>	<p>Long term transitional shelter for women and children fleeing domestic violence. Call between 1:00 PM and 4:30 PM weekdays (11.21.05 hj)</p>
<p>Victim Witness Office 441-7417 www.cya.ca.gov/victim/vw_county.html</p>	<p>Violent crimes victims' assistance to include court support and help opening claims to Victims of Crime Fund (provides compensation for costs associated with being the victim of a violent crime, including counseling, medical and dental bills, lost wages, funeral and burials). (08/30/05 ac)</p>
<p>VINE (Victim Information and Notification Every Day) 877-331-8463 www.appriss.com/VINE.html</p>	<p>To register to receive updates on the release or change of custody status of offenders. An automated guide accessible to touchtone and rotary phones. (11/06/05 kh)</p>
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Durable Medical Equipment

<p>Easter Seals 3289 Edgewood Rd. Eureka, CA 95503 445-8841 www.easterseals.com</p>	<p>The equipment loan program provides needed equipment for a \$10 fee for three months of use. Adult day care services for elderly and disabled people. Swimming programs for disabled adults and children. Support groups also available. Limited scholarships available. (11/03/05 kh)</p>
<p>Tri-Counties Independent Living 955 Myrtle Ave. Eureka, CA 95501 445-8408 www.tilinet.org</p>	<p>Assists individuals in obtaining assistive technology and programs. Provides information about disability and independent living issues, including housing, benefits (SSA, SSDI, SSI, and Medi-Cal) and counseling. Peer counseling available. Self referrals accepted (11/03/05 kh)</p>
<p>Apria Health Care 1735 2nd St. Eureka, Ca 444-8022 www.apria.com</p>	<p>Sales and rental of medical supplies to the public. For insurance discount, must go through individual insurance company. (11/02/05 kh)</p>
<p>Broadway Medical 442-3719 1034 Broadway Eureka, Ca 95501 725-6944 899 Main Street Fortuna, Ca 95540 www.broadwaymed.com</p>	<p>Sales and rental of home medical equipment. Respiratory therapist and rehab technician on staff. Insurance billing. 24 hour oxygen emergency service. (11/02/05 kh)</p>
<p>Lighthouse of the North Coast 2830 G St. Suite B-1 Eureka, Ca 95501 268-5646 www.lighthouse-sf.org</p>	<p>Assists visually impaired persons to find funding for assistive equipment. Will assess needs and make referrals. Education and support. (11/03/05 kh)</p>
<p>Accessible Environments, Inc. 800-643-5906 www.acesinc.com</p>	<p>Sales of adaptive equipment for persons with disabilities or limitations. (11/06/05 kh)</p>
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Education

<p>Home and Hospital 441-2574 barnetta@eurekacityschools.org</p>	<p>In home or hospital education for students who cannot attend school for health reasons (08/29/05 ac)</p>
<p>College of the Redwoods 7351 Tompkins Hill Rd. Eureka, CA 95501 800-641-0400 General Information 476-4200 Enrollment services http://www.redwoods.edu/</p>	<p>General Information</p>
<p>Adult Education 441-2448 www.eurekaadultschool.org</p>	<p>Offers GED preparation, practice test administration, and assistance with signing up for GED tests. Also offers English as a second language (ESL) classes, vocational classes, and help acquiring your high school diploma.</p>
<p>Eureka Even Start 441-3396 www.eurekaadultschool.org/evenstart.html</p>	<p>Offers GED, Adult Education and English as a Second Language, family mentors, parenting classes, free childcare, and transportation to school for parents of children under age 8, who wish to learn English or work on their high school diploma, get a better job and help their children succeed in school. (08/30/05 ac)</p>
<p>Homeless Education Project 2100 J St. Eureka, CA 95501 441-2516 www.eurekacityschools.org/homeless/homeless.html</p>	<p>Provides educational liaisons, transportation, tutoring/mentoring, backpack project, school supplies, laundry vouchers, shoe vouchers, clothing vouchers, hygiene products, etc. Serves school age youth up to age 21.</p>
<p>Humboldt Literacy Project 647 Allard Ave, Room 74, Eureka, CA 95503 443-3655 www.humlit.org</p>	<p>Assessment and education for adults who would like to learn to read. No charge for services (08/30/05 ac)</p>
<p>NHUHSD (Northern Humboldt Unified High School District) Adult School 2755 McKinleyville Ave. McKinleyville, CA 95519 839-6460 www.nohum.k12.ca.us/nhuhsd/</p>	<p>Offers assistance in acquiring high school diploma and GED. Programs for independent study, ESL with free childcare, older adults (55+), adults with disabilities, Workforce Investment Act (up to age 24), Homeless Outreach Grant (up to age 20). Free enrolment and books. (08/30/05 ac)</p>
<p>Veterans Upward Bound 14th St. Arcata, CA 95519 826-4971 or (800) 826-4971 www.humboldt.edu/~veterans/vub</p>	<p>Provide free courses for veterans. Science, math, communication courses available as well as career counseling. (11/01/05 kh)</p>
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Employment

<p>The Job Market EDD (Employment Development Department) 409 K St. Eureka, Ca 95503 445-6149 www.thejobmarket.org/</p>	<p>Comprehensive resource center for jobseekers and employers. Resume assistance, fax, phones, classifieds, classes and workshops, counseling and advising.</p>
<p>Department of Rehabilitation 310 3rd St. Suite A Eureka, Ca 95505 445-6300 Fax: 441-5833 www.dor.ca.gov</p>	<p>Vocational rehabilitation for people with disabilities, including evaluation, education, training, and job seeking assistance. (08/29/05 ac)</p>
<p>AARP Senior Community Service Employment 1125 16th St. 212 Arcata, Ca 95521 822-7027 www.aarp.com</p>	<p>Job placement in non-profit and public sector jobs. 20 hrs/week for active job seekers age 55 and over. Income based eligibility, resume assistance, assessment. Also serves Del Norte County. M-F 9:00am-4:00pm (08/30/05 ac)</p>
<p>Express Personnel Services 14 W Wabash St Eureka, Ca 95503 268-1866 www.expresspersonnel.com</p>	<p>A temporary job agency. Does include temp jobs that lead to full time positions. All types of employment ranging from office to manual labor. (11/05 kh)</p>
<p>Sequoia Personnel Services 2930 E St. Eureka, Ca 95503 445-9641 www.sequoiapersonnel.com</p>	<p>A temporary job agency. Does include temp jobs that lead to full time positions. All types of employment ranging from office to manual labor. (11/05 kh)</p>
<p>Humboldt County Personnel Department 825 5th St. Eureka, Ca 95501 476-2357 476-2349 Office phone www.co.humboldt.ca.us/personel/job_announcements.asp</p>	<p>Recording of current openings of Humboldt County Positions only</p>
<p>North Coast Veterans Resource Center 2107 3rd St, Eureka, Ca 95501 442-4322 www.humboldt.edu/~ves/Pages/community.html#NCVRC</p>	<p>Employment and limited training for homeless and/or unemployed veterans (07/05)</p>
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Family Planning	
Six Rivers Planned Parenthood 2316 Harrison Ave. Eureka, Ca 95503 442-5709 www.ppeureka.org (11/05 kh)	Gynecological services. Pregnancy testing and counseling for pregnancy options. Family PACT (no-charge access to reproductive health services) sign ups, birth control consultation and distribution, and HIV/STD testing. Teen only walk in clinics. Medical and Surgical abortion services. Vasectomy services. Referrals to a wide range of pregnancy related services. Call for appointments and clinic hours.
Open Door Clinic Community Health Centers, All sites http://opendoorhealth.com/ North Country Clinic 822-2481 Humboldt Open Door Clinic 826-8610 Eureka Community Health Center 441-1624 McKinleyville Open Door Clinic 839-3068 Del Norte Community Health Clinic 465-6925	All sites provide gynecological services, pregnancy testing, counseling for pregnancy options, Family PACT (no-charge access to reproductive health services) sign ups, birth control consultation and distribution, and HIV/STD testing. Referrals to a wide range of pregnancy related services. Call for appointment.
Arcata Open Door Teen Clinic 770 Tenth St. Arcata, CA 826-8610 http://opendoorhealth.com/	Confidential, hassle-free family planning, education, supplies, testing for pregnancy and sexually transmitted infections. Peer counseling, Walk-in, no appointments necessary. Services are free. Wednesday afternoons from 3-5 PM
McKinleyville Open Door Teen Clinic 1644 Central Avenue, McKinleyville, CA 839-3068 http://opendoorhealth.com/	Confidential, hassle-free family planning, education, supplies, testing for pregnancy and sexually transmitted infections. Peer counseling, Walk-in, no appointments necessary. Services are free. Tuesday afternoons from 3-5 PM
National Abortion Federation Hotline 1 (800) 772-9100 www.prochoice.org	A confidential service providing referrals to clinics that are members of the Federation. It is not an all-inclusive listing of abortion clinics.
<u>Prenatal Services</u>	
Center for Women's Health Care 2773 Harris St, Eureka, CA 95503 444-9664, 442-4593 No web address available at this time	Prenatal care. Accepts Medi-Cal and presumptive eligibility for Medi-Cal. Accepts private pay and insurance, CPSP program offers education, nutritional counseling, social services.
DK Stokes, MD, OB/GYN 2607 Harris St. Suite B, Eureka, CA 95503 445-3443 No web address available at this time	Prenatal care. Accepts Medical and presumptive eligibility for Medi-Cal.
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Financial Assistance

<p>Food Stamps 929 Koster St. Eureka, Ca 95501 269-3590 Public Inquiry Line, 476-4700 General line www.dss.cahwnet.gov/foodstamps/</p>	<p>Department of Health and Human Services</p>
<p>General Relief 476-4700 www.co.humboldt.ca.us/hhs/socialservices/pubassistanc.e.asp</p>	<p>A loan program for people with limited resources. Funds obtained must be paid back</p>
<p>Unemployment Insurance 800-300-5616 www.edd.ca.gov/uibdg/ut46085.htm</p>	<p>Call to apply for assistance with unemployment benefits. (08/29/05 ac)</p>
<p>Social Security 3144 Broadway Eureka, CA 95501 445-9640 or 800-772-1213 www.ssa.gov</p>	<p>Retirement and disability income.</p>
<p>Consumer Credit Counseling 1309 11th St. Suite 104 Eureka, CA 95521 822-8536 or 800-762-1811 www.cccsnojuggle.org</p>	<p>Counseling for debt management. Also offers credit report review. Counselor will pull credit reports and scores from all three of the credit bureaus, as well as offering advice on the results. (08/29/05 ac)</p>
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Food Resources

Food Stamp Division 929 Koster St. Eureka, CA 95501 269-3590 www.dss.cahwnet.gov/foodstamps/	Streamline for food stamps and Medi-Cal (11/1/05 gy)
WIC (Women, Infants and Children) 730 Harris St. Eureka, CA 95501 445-6255 www.wicworks.ca.gov/	Provides nutritional counseling & food vouchers for mothers and their children up to age 5. Automatically eligible if you receive Food Stamps, Medi-Cal, TANF, or if you have a qualifying income (11/7/05 gy)
Eureka Rescue Mission 110 2 nd St. P.O. Box #76 Eureka, CA 95501 449-4551 No web address available at this time	Serves breakfast and dinner nightly.
Arcata Food Endeavor 509 9 th St. Arcata, CA 95521 822-5008 Hot meals M-F 11:30-12:30 www.arcataendeavor.org	Hot meals M-F 11:30-12:30 Food boxes: call or drop in to sign up after 9:00 AM on Tues/Thurs. 1 box given per month. Must be resident of Humboldt for 1 month and have current I.D. Emergency food boxes given on case-by case basis.(11/1/05 gy)
Food For People 307 West 14 th St. Eureka, CA 95501 445-3166 www.foodforpeople.org	Food boxes: Tues & Fri only. Call in after 9:30AM to schedule same day appointments. Also bags of groceries delivered monthly. Appointments and food box pick-ups between 12:30PM and 4:30PM. Must have current I.D.(11/7/05 gy)
Salvation Army 2123 Tydd St. Eureka, CA 95501 442-6475 www.salvationarmyusa.org	Individual or family can drop in and receive bag of groceries once every 3 months. (11/7/05 gy)
Home Delivered Meal Program Humboldt Senior Resource Center 443-9747 www.humsenior.org/hdm/hdm.html	For homebound seniors 60 and over. Lower priority for seniors with available caregivers. \$2 suggested donation. Trinidad to Fortuna service area.
Seventh Day Adventist Community Services Fortuna: 725-6164 , Eureka: 442-6950 , McKinleyville: 839-3832 No web address available at this time	Limited hours, call ahead. (11/7/05 GY)
Senior Citizens Resource Center Dining Centers Arcata: 825-2027 , Eureka: 443-9747 , Fortuna: 725-6245 www.humsenior.org/dining/dining.html	Make reservations day before, lunch served M-Fri 11:45AM-12:15PM. 60+. Donations. Deliver to over 60 & homebound up to 5 to 7 meals a week as needed. (11/7/05 gy)
St. Vincent de Paul Meals 35 W. 3 rd St. Eureka, CA 95501, 445-9588 www.humstvincentdepaul.org/dining.html	Provides free lunch and dinner service everyday 11-1p.m & 5-6 p.m.
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Homelessness

<p>Youth Service Bureau 1100 California St Eureka CA, 95501 444-2273 24 hour hotline The Launch Pad: 445-1360 Our House: 444-2273 (444-CARE) Raven Project: 443-7099 www.rcaa.org/ysb.html</p>	<p>Our House: Crisis Shelter for homeless or at-risk youth between the ages of 12-17 The Launch Pad: Transitional living for homeless, runaway or at-risk youth ages 16-18 Raven Project: Drop in Center and Street Outreach Program for homeless, runaway, or at-risk youth ages 12-21. Showers, laundry, meals, toiletries, clothing and shoes, mail and phone service, employment assistance, other psychosocial and educational supports.(11/7/05 gy)</p>
<p>Eureka Rescue Mission 110 2nd St. Eureka CA, 95501 449-4551 No web address available at this time</p>	<p>Emergency shelter and transitional housing with no limit to length of stay. Must remain clean and sober. Mon-Sat, sign in 6:00-6:30 and stay for meal, shower and bed space, Sun- 2:30-3:30 for meal, then return at 7:00 for shower and bed. (11/7/05 gy)</p>
<p>MAC House 2415 Second St. Eureka, CA 95501 (Multiple Assistance Center) 269-2002, 269-9590, 269-2075 http://www.rcaa.org/macenter.htm</p>	<p>Transitional housing to learn skills needed to reach a goal of permanent housing. Single men, single women, and families with or without children. The MAC house is not an emergency shelter. The intake process can last two or more weeks. (11/7/05 hj)</p>
<p>Arcata Endeavor 501 9th Arcata, CA 95521 822-5008 www.arcataendeavor.org</p>	<p>The Endeavor is not a shelter. Endeavor provides support for homeless people, to include: case management, hot meals and monthly food box, showers, laundry, phone and mail drop for job seeking. There are no emergency shelters in Arcata. (11/7/05 gy)</p>
<p>RCAA Family Services Emergency Shelter 926 G St Eureka, CA 95501 269-2075 www.rcaa.org/emershel.html</p>	<p>Call between 1:00PM and 4:30PM. Entry point for Bridge House, Safe Haven, Second Step, motel vouchers. Other than a very limited supply of motel vouchers there are no emergency shelter services available at this number. Also call this number to be set up an appt. for interview for MAC house (transitional housing) (11/7/05 gy)</p>
<p>Humboldt Domestic Violence Services P.O. Box # 969 Eureka, CA 95501 443-6042 www.hdvs.org</p>	<p>Emergency shelter for victims of domestic violence. Children 17 yrs and under may stay with the parent. (11/7/05 gy)</p>
<p>Arcata House 1005 11th St. Arcata, CA 95521 822-4528 arcatahouse@sbcglobal.net</p>	<p>Transitional housing to learn skills needed to reach a goal of permanent housing. Focus is on women and children. Includes case management.</p>
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Housing

RCAA Family Services Property Management 537 9 th St Eureka, CA 95501 269-2011 www.rcaa.org/propmngmt.html	Provides referrals for substantial number low cost housing options. Also owns and manages rental properties in Eureka, Mckinleyville, and Fortuna which includes studios, one, two, and three bedroom units.
Housing Authority 735 W Everding St Eureka, CA 95501 443-4583 www.eureka-humboldt-hsg.org	(Section 8, and subsidized apartments)Subsidized housing program for low-income families, seniors and people with disabilities. Public housing units also available. (11/7/05 gy)
Humboldt Bay Housing 500 Valley West Blvd, Arcata, CA 95521 826-7312 hbhdc@reninet.com	Develops and manages housing for low to moderate income residents of Humboldt County.(11/7/05 gy)
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Hygiene, Personal

<p>Arcata Endeavor 501 9th Arcata, CA 95521 822-5008 www.arcataendeavor.org</p>	<p>Free shower and laundry service to the first 8 people to arrive at the facility, Mon, Wed, Fri at 9AM(arrive early to line up), soap shampoo, towel and laundry detergent provided. (11/7/05 gy)</p>
<p>Eureka Rescue Mission 110 2nd St Eureka, CA 95521 443-4551 No web address available at this time</p>	<p>Free showers Mon, Wed, and Fri. 8-9:30AM. Also provides free feminine hygiene and other personal hygiene products (11/7/05 gy)</p>
<p>Raven Shelter, Youth Services Bureau 443-7099 www.rcaa.org/ysb.html</p>	<p>Provides food, clothing, laundry and shower facilities for youth only, ages 10-21. Also provides other supportive services for youth in unstable housing situations (including homeless). (11/7/05 gy)</p>
<p>Hansen's Truck Stop 2404 Sandy Prairie Rd Fortuna, CA 95540 725-1744 hansenstruck@direcway.com</p>	<p>Shower \$1.00 , 5AM-8PM, bring own towel and soap (11/7/05 gy)</p>
<p>Murray Road Community Church 1490 Murray Rd. McKinleyville 839-4676 www.murrayroad.org</p>	<p>Shower facilities. Call for availability</p>
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Legal Aid

<p>Legal Services of Northern California and Senior Legal Services 3rd St Eureka, CA 95501 443-9123 www.humsenior.org/legal/legal.html</p>	<p>Serves local people in legal matters regarding family, tenant's rights and public benefits. Phone and in person consultation available. (11/7/05 gy)</p>
<p>Senior Legal Hotline 1-800-222-1753 www.seniorlegalhotline.org/</p>	<p>Free legal advise for any reason by phone to CA residence over 60. Spanish speakers available. (11/7/05 gy)</p>
<p>Victim Witness Office 712 Fourth St Eureka, CA 95501 445-7417 www.cya.ca.gov/victim/vw_county.html</p>	<p>Humboldt County District Attorney</p>
<p>Child Support Services P.O. Box 128 Eureka, CA 95502 441-3200 www.co.humboldt.ca.us/dcss/</p>	<p>Services provided for free and can establish paternity as well as obtain, enforce, collect and distribute child support and medical support orders. (11/7/05 gy)</p>
<p>NAACP Legal Defense and Education Fund 1-800-221-7822 www.naacpldf.org/</p>	<p>Provides legal assistance, not representation, to anyone who feels they may be victims of discrimination of any kind. (11/7/05 gy)</p>
<p>Victims of Crime Resource Center 1-800-842-8467 www.1800victims.org/</p>	<p>Provides information and referral statewide to victims their families, victim service providers and other interested parties. The center publishes and distributes free information material yearly concerning victims rights. Spanish speaking available. (11/7/05 gy)</p>
<p>Newcomer Center 674 Allard Ave Euerka, CA 95501 (Located on the Eureka Adult School Campus) 441-2462 www.eurekaadultschool.org/newcomer.html</p>	<p>Information and referral center for immigration, job search, legal help, and health referrals. Services for English, Spanish, Hmong, and other language speakers, and anyone with limited English skills. (11/7/05 gy)</p>

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Medical Care

Emergency Medical Services 911	For medical emergencies, dial 911
Open Door Community Health Centers http://opendoorhealth.com/ Eureka Community Health Clinic 2412 Buhne St. Eureka, CA 441-1624 Humboldt Open Door Community Health Clinic 770 Tenth St. Arcata, CA 826-8610 NorthCountry Clinic 785 18 th St, Arcata, CA 822-2481 McKinleyville Community Health Clinic 1644 Central Avenue, McKinleyville, CA 839-3068 Del Norte Community Health Clinic 200 A St. Crescent City, Ca 465-6925	Comprehensive primary care services to insured and uninsured persons, sliding fee scale for low income patients, some assistance with programs to support specific medical services at no cost to the patient. Behavioral health services. Some sites offer pediatric, OB/GYN, dental, HIV/AIDS, teen clinics, and telemedicine services. Satellite clinics with limited hours in Orick and Smith River. Call for more information. (12.19.05 hj)
Mobile Medical Office P.O. Box # 905 Eureka CA, 95500-0905 443-1186 http://www.mobilemed.org/index.html	Comprehensive primary care services including physical care and mental health screenings. Preventive dental care, substance abuse outpatient and referral services, homeless support services, help with public benefits such as health insurance applications, food stamps and social security disability applications. Provides bilingual after-hours clinic. All services are free for patients under 200% of poverty level and no one is ever turned away due to inability to pay. These services are provided via two out-reach vans that circulate in the community. Call for schedules, or see website. (12.19.05 hj)
St. Joseph General Hospital Campus 2200 Harrison, Eureka, CA 445-5111 http://www.stjosepheureka.org/frontpage/default.htm	A full service, acute care hospital. Services include Urgent Care open 8: AM to 11:00 PM. No emergency room services at this site. Urgent care will move to St. Joseph Hospital in Spring, 2006. (12.19.05 hj)
St. Joseph Hospital, Eureka 2700 Dolbeer Street, Eureka, CA 445-8121 http://www.stjosepheureka.org/frontpage/default.htm	A full service, acute care hospital. Services include emergency room (open 24 hours a day). For Urgent Care services see St. Joseph General Hospital Campus (12.19.05 hj)
Redwood Memorial Hospital , Fortuna 3300 Renner Dr. 725-3361 http://www.stjosepheureka.org/frontpage/default.htm	A full service, acute care hospital. Services include emergency room (open 24 hours a day). For Urgent Care services see St. Joseph General Hospital Campus. (12.19.05 hj)
Mad River Community Hospital 3800 Janes Rd. Arcata 822-3621 http://www.madriverhospital.com/	A full service, acute care hospital. Services include emergency room (open 24 hours a day) and Urgent Care Services open from 1 PM to 9:00 PM. (12.19.05 hj)
Mad River Home Health Service 826-8420 http://www.madriverhospital.com/index.htm	Skilled Nursing Care; Home Health Aide services; Occupational, Physical and Speech Therapy; and Social Work Services to patients at home under supervision of Medical Doctor. Accepts Medicare, Medi-Cal, private insurance. (12.19.05 hj)

<p>St. Joseph Home Care Network Web address not available 443-9332</p>	<p>Skilled Nursing Care; Home Health Aide services; Occupational, Physical and Speech Therapy; and Social Work Services to patients at home under supervision of Medical Doctor. Accepts Medicare, Medi-Cal, private insurance. (12.19.05 hj)</p>
<p>Public Health, Department of Health and Human Services 529 I St Eureka CA 95501 1-800-698-0843 http://www.co.humboldt.ca.us/health/</p>	<p>Care line for health related questions for people living in Humboldt County. Caller may be referred to services if needed, or be able to speak with a nurse on hand. 268-2108 Immunization clinic 268-2132 North Coast AIDS Project, Tobacco project, nutrition, alcohol and other drugs education project. (11/7/05 GY)</p>
<p>Willow Creek Dept. of Public Health 77 Walnut Way Willow Creek, CA 95573 530-629-2410 http://www.co.humboldt.ca.us/health/</p>	<p>Women’s health, STD screenings, immunization, birth control, pregnancy testing. (11/7/05 GY)</p>
<p>Kris Kelly Health Info Ctr. At Humboldt Co. Public Library 1313 3rd St 442-9094 http://www.kkhic.org/</p>	<p>Provides comprehensive health information in a nurturing and confidential environment. Promotes communication between patients, families and their health care providers. (11.18.05 hj)</p>
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Medical Insurance

<p>Medi-Cal 929 Koster St Eureka, CA 95501 269-3590 www.dhs.ca.gov/mcs/medi-calhome/</p>	<p>California's version of Medicaid, healthcare insurance for low-income families and individuals. (11/7/05 gy)</p>
<p>Child Health and Disability Prevention Program (CHDP) 529 I St, Eureka CA 95501 445-6210 www.dhs.ca.gov/pcfh/cms/chdp/</p>	<p>Periodic, preventive health services to non-Medi-Cal eligible, children up to age 19. Family must meet income eligibility guidelines. Services include physical exams, immunizations, nutritional, behavioral and oral health assessments, vision & hearing screenings, and screening tests for other health conditions. (11.21.05 hj)</p>
<p>Family PACT 1 (800) 942-1054 www.dhs.ca.gov/pcfh/ofp/programs/famPACT/</p>	<p>Reproductive health services, including diagnosis and treatment for STIs and UTIs, contraceptives, pregnancy testing, annual exam. There is no cost to eligible patients for covered services. (11.21/05 hj)</p>
<p>Healthy Families 269-3590 or seek information at ODCHC clinic site www.healthyfamilies.ca.gov/</p>	<p>Low cost insurance that provides health, dental and vision coverage to children who do not have insurance today and do not qualify for no-cost Medi-Cal (11/7/05 gy)</p>
<p>County Medical Services Program (CMSP) 269-3590 www.cmspcounties.org</p>	<p>To apply by phone, call 268-3471. Provides limited health coverage for low-income, indigent adults 21-64 years of age. In emergencies, same day processing is possible.</p>
<p>Medi-Care 1 (800) 772-1213, (707) 445-9610 www.socialsecurity.gov</p>	<p>Federal health insurance program for people 65 or older or disabled. (11/7/05 gy)</p>
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Mental Health

<p>Crisis Line, DHHS 445-7715 www.dmh.cahwnet.gov/ContactInfo/contact.asp</p>	<p>Call anytime day or night. Trained crisis specialists answer the phone. They can listen, and/or make referrals to community resources, and have a list of counselors who accept insurance. (08/29/05 kc)</p>
<p>Mental Health, DHHS 720 Wood St., Eureka, CA 95501, 268-2900 www.co.humboldt.ca.us/hhs/mh/</p>	<p>Comprehensive mental health services and referral point. Call during business hours to make an appointment, reach staff or speak to receptionist. (11.21.05 hj)</p>
<p>Catholic Charities of Humboldt/Del-Norte 2936 J St., Eureka, CA 95501, 444-9611 www.srcharties.org/programs-delnorte.html</p>	<p>Psychotherapeutic services for children and adults. <i>For patients who are actively dangerous to self or others, refer directly to Humboldt County Mental Health.</i> Catholic Charities accepts Medi-Cal and sliding fee scale. Limited scholarships (no charge to patient) for patients with no funds. Will conduct home based visits in some cases. (08/30/05 kc)</p>
<p>Humboldt Family Services Center 1802 California St., Eureka, CA 95501, 443-7358 Therapydok@redwoods.quik.com</p>	<p>7358 Psychotherapeutic services for children and adults. <i>For patients who are actively dangerous to self or others, refer directly to Humboldt County Mental Health.</i> Medi-Cal and sliding fee scale. Also an office in Fortuna and Arcata – Call Eureka office to make an appointment. (08/29/05 kc)</p>
<p>Remi-Vista 3960 Walnut Dr., Suite B, Eureka, CA 95501, 268-8722, Fax: 268-0218 www.remivista.com</p>	<p>Psychotherapeutic services for children and adults. <i>For patients who are actively dangerous to self or others, refer directly to Humboldt County Mental Health.</i> Remi Vista also offers group therapy and case management. Accepts Medi-Cal. No sliding fee scale. (09/06/05kc)</p>
<p>North Coast Association of Mental Health Providers (NCAMHP) www.ncamhp.org</p>	<p>A web-based resource guide for licensed, independent counselors. (09/07/05)</p>
<p>Covered Bridge Counseling Center 2367 Harrison Ave., Eureka, CA 95501, 443-1130 No web address available at this time</p>	<p>Individual and group psychotherapeutic services for children, and their families. Specializing in pediatric ADD & ADHD. (08/29/05 kc)</p>
<p>Irv Tessler 381 Bayside Rd., Arcata, CA 95521, 826-2830 No web address available at this time</p>	<p>Psychiatric services. Does not accept Medi-Cal. No sliding scale. (11/05 dy)</p>
<p>Hospice of Humboldt 2010 Myrtle Ave./P.O. Box 3611, Eureka, CA 95502, 445-8443 www.hospiceofhumboldt.org/</p>	<p>Bereavement, terminally ill patient care and respite. Provides social workers, a chaplain, grief groups and counselors. (08/25/05 kc)</p>
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Pain Management

<p>Mad River Community Hospital Pain Clinic 822-3621 www.madriverhospital.com/services/WelcometoSurgicalServices.htm</p>	<p>See patients in consultation with on-going chronic pain not with interventions. Mostly interventional problems, things that can be treated with treatment. Consult for pain management by referral from PCP. Will recommend meds and other conservative measures, but PCP must manage meds. Takes Medi-Cal and Medicare and other insurance. M-F, 8-4 pm. (11/05 dy)</p>
<p>Making Headway, Inc. 1125 3rd St., Eureka, CA 95501, 442-7668 www.makingheadwayinc.org</p>	<p>Chronic pain management for those who have traumatic brain injury. Class meets Wednesdays from 12:30 – 1:30pm. Also offer conjunctive therapy class in a pool at Easter SEALS on Tuesdays from 1:00 – 2:00pm. Ranges \$2 - \$5. Initial screening required. (11/07/05 dy)</p>
<p>UCSF Pain Management Center 2255 Post Street, San Francisco, CA 94143, 415-885-PAIN(7246), Patient Info Line 415-885-3878 http://mountzion.ucsfmedicalcenter.org/pain_management/</p>	<p>Work with patients with complicated and chronic medical, surgical, and neurological pain problems. Patients will receive a comprehensive evaluation. Other services include: regional anesthesia (nerve block); transcutaneous electrical nerve stimulation (TENS); physical therapy and/or occupational therapy; home exercise and activity guidance; medication tailoring; shorter individual psychotherapy and behavior modification; self-hypnosis training and biofeedback; stress management and relaxation; group and family psychotherapy. (11/05 dy)</p>
<p>Northern California Pain Initiative (NCPI) www.home.earthlink.net/~norcalpain/index.html</p>	<p>Works with healthcare providers, patients, and other stakeholders to provide education about effective and appropriate pain management, conducts outreach regarding pain-related issues, provides information regarding access to services, and influences public policy. Also has links for Pain Management, Pediatric Pain and Senior Pain resources. (11/05 dy)</p>
<p>Northern California Spine Institute 5725 West Las Positas, Suite 200, Pleasanton, CA 94588 925-469-6274 www.ncsi.tv</p>	<p>Spine Institute is integrated with an inpatient and outpatient program that embraces new technology when appropriate for out patients, including less invasive surgical techniques. Multi-disciplinary program of spine treatment utilizing both surgical and non-surgical treatment. (11/05 dy)</p>
<p>Northern California Neurosurgery Medical Group 2400 Country Drive, Suite 100, Fremont, CA 94536, 510-494-5700 www.liebersson.com</p>	<p>Multi-specialty group caring for spine problems, carpal tunnel disease, pain, and work injuries. (11/05 dy)</p>
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Parenting

<p>Humboldt Child Care Council 2379 Myrtle Ave. Eureka, CA 95501 445-9291 www.hcccl.org</p>	<p>Ask front desk or contact Pam Manning. Begins in Fall. Inquire about cost.</p>
<p>Humboldt Child Care Council 2379 Myrtle Ave. Eureka, CA 95501 Dad's Program 445-1195 www.hcccl.org</p>	<p>Support group for fathers under the age of 25 held once a week in Eureka and once a week in Fortuna. Drop in basis, no cost. Program resumes in the Fall. (08/30/05 mm)</p>
<p>Six Rivers Planned Parenthood 2316 Harrison Ave., Eureka, CA 95501 445-2018 x208 www.ppeureka.org</p>	<p>Classes include: <i>Growing Up</i> for 9-12 year old daughters and parents. Puberty issues and body image; <i>Girl Power/Women Power</i> for 13-16 year old girls and parents; <i>Father and Son discussion group</i> for sons and fathers 6-8 grades. Offered in Fall and in Spring. Free to public. (08/30/05 mm)</p>
<p>Family Resource Centers McKinleyville: 840-0905 Manila: 1611 Peninsula Dr., 444-9771 Rio Dell: 95 Center St., 764-5239 www.humkids.org/content/index.php?option=content&task=view&id=213&Itemid=56</p>	<p>Resource centers for Manila, Rio Dell, and McKinleyville. Parent Support Groups, parenting classes, some child care provided for class attendance. Call for additional information.</p>
<p>Exchange Club Parenting Center 1809 Albee Street, Corner of Wabash and Albee, Eureka, CA 95501 443-3484 www.preventchildabuse.com/exchange.htm</p>	<p>Classes TBA and last 6-8 weeks. Curriculum – <i>Positive Discipline</i>. No cost/donations. Call to register, no child care provided. <u>Parent Aid Program:</u> 443-7935 Contact Trish Anderson. Supportive mentorship program for parents. Offers in-home parent ed. And community resources referral. (08/30/05 mm)</p>
<p>Parent Project Eureka City Schools, call for location 441-2400 www.eurekacityschools.org/progserv/progserv.htm#PARENT</p>	<p>Parent Project Jr. for elementary age children, 6-10 week course for bx management. Parent Project Sr. 10 week course for “out of control” teens. \$20/session for parents of Eureka City Schools students or \$120/session for others. Fees are adjustable. Classes held in the Fall. (08/30/05 mm)</p>
<p>Healthy Moms 2910 H St., Eureka, CA 95501, 441-5225 www.centerforaddiction.org/healthy_moms_program/</p>	<p>Required for mothers enrolled in the 6 month program only. 2 days/week. (08/30/05 mm)</p>
<p>TAPPN (Teenage Pregnancy and Parenting Network) DHHS Public Health Branch 476-4914 No web address available at this time</p>	<p>Case management services for teens and their families. Offers early pre/post-natal care, nutrition counseling, parenting education, family planning, individual and family counseling, peer support, child care, breast feeding and childbirth education by Public Health Nurse. Pregnant and/or parenting teens must enroll prior to age 19. Mates must enroll prior to 20 years, 10 months. (09/13/05 mm)</p>
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Referral Centers (Resources)	
Redwood Community Action Agency 904 G St., Eureka, CA 95501, 269-2002 www.rcaa.org	Information and referral for social service programs. (08/30/05 mm)
Tri-Counties Independent Living 955 Myrtle Ave., Eureka, CA 95501, 445-8404 www.tilinet.org	Short-term case management and referrals for people with disabilities. (09/01/05 mm)
Humboldt Community Switchboard 441-1001 from 9:00 -5:00 or 1 (877)-460-6000 www.theswitchboard.org	Resource search services. (11.21.05hj)
HOPE coalition Humboldt resource guide No phone or address available http://hopecoalition.org/humboldtresourceguide.htm	A detailed resource guide available on the web. (01.18.06hj)
Newcomer Center at Eureka Adult School Campus, 674 Allard Ave., Eureka, 441-2462 www.eurekaadultschool.org/newcomer.html	Information and referral center for English, Spanish, Hmong, and other language speakers. Helps with immigration, job search, legal help, and health referrals. (09/06/05 mm)
Family Resource Centers <u>Orick: 488-2403</u> <u>Willow Creek: 530-692-3141</u> <u>Blue Lake: 668-5239</u> <u>McKinleyville: 840-0905</u> <u>Manila: 444-9771</u> <u>Eureka: 441-2404</u> <u>South Bay: 445-5933</u> <u>Fortuna: 725-9082</u> <u>Carlotta: 768-3372</u> <u>Bridgeville: 777-1775</u> <u>Redway: 923-1147</u> <u>Miranda: 943-3144</u> www.frcnca.org and/or www.dds.ca.gov/EarlyStart/ESFamResource.cfm	These centers offer a variety of services and support to families, including food baskets, resource referral, transportation bus tickets, laundry vouchers, free clothing, employment, education resources, holiday help, adult education, family literacy, fire safety, computer/internet access, some medical and dental screening.
General Hospital Community Resource Center 212 G St., Eureka, CA 95501, 442-5239 www.stjosepheureka.org/servicesfacilities/commresource/default.htm	Located inside the St. Vincent De Paul Thrift Store. Monday – Friday, 10:00 – 2:00 pm. (09/06/05 mm)
North Coast Veterans Resource Center 2107 3 rd St., Eureka, CA 95501 442-4322 www.humboldt.edu/~ves/Pages/community.html#NCVRC	Offers a variety of services for veterans including, but not limited to housing, employment, and referrals for mental health services. (09/06/05 mm)
Family Planning Referral Service 800-942-1054 No Web address available at this time	Provides referrals to local family planning services. (11/05 dy)
Brain Injury Association (BIA) 105 North Alfred Street Alexandria, VA 22314 (800) 444-6443 (Family Helpline), or call (703) 236-6000 www.biausa.org/bimonth.shtml	A national advocacy and awareness organization which develops and distributes educational information on resources, legal rights and services. BIA is a centralized clearinghouse for information regarding brain injury and provides referrals for state associations across the United States.

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Safety Assessment

<p>Child Protective Services, DHHS 929 Koster St., Eureka, CA 95501 445-6182 / 24-Hour Child Abuse Hotline: 445-6180 www.co.humboldt.ca.us/hhs/socialservices/cws.htm</p>	<p>To report child abuse or neglect. Provide assessment and investigation services. Provides case-management, referrals, and on-going services if there is a safety risk to children. (11/05 dy)</p>
<p>Adult Protective Services 808 E St., Eureka, CA 95501 445-6180 24 Hour hotline, Non-Emergency Line: 476-2100, Fax: 476-2142 www.co.humboldt.ca.us/hhs/socialservices/adult-1.htm</p>	<p>To report abuse, exploitation, neglect or self-neglect of dependent adults (age 18+). Services include information and referral to community resources, case management, assessments, emergency shelter or in-home protection, transportation, counseling, etc. (11/05 dy)</p>
<p>Humboldt County Sheriff 826 4th St. Eureka, CA 95501, Eureka: 445-7251 648 Locust St. Garberville, CA 95542, Garberville: 923-276 1608 Pickett Rd. McKinleyville, CA 95519, McKinleyville: 839-3857 Highway 96 P.O. Box 1247, Hoopa, CA 95546, Hoopa: 530-625-4231 www.co.humboldt.ca.us/sheriff/</p>	<p>Sheriff's department</p>
<p>Humboldt Domestic Violence Services Eureka, CA, 95502 444-9255, 24 hour crisis lines = 707-443-6042 and/or 866-668-6543 www.hdvs.org/</p>	<p>Free, comprehensive services for women and men experiencing domestic violence and their children. On-call language(s) = English, Spanish. On-site language(s) = English, Hmong, Spanish. Services include shelter, peer counseling, support groups for adults and for children, emergency transportation, court accompaniment and legal assistance. (11/05 dy)</p>
<p>Stop Abuse For Everyone (SAFE) Hotline = 800-799-SAFE www.safe4all.org/</p>	<p>Is a human rights organization that provides services for those who typically don't have services: battered men, same sex victims, teens, the elderly, and immigrants. (11/05 dy)</p>
<p>American Medical Alarms www.americanmedicalalarms.com</p>	
<p>LifeFone 800-822-2280, 16 Yellowstone Ave, White Plains, NY 10607 www.lifefone.com</p>	
<p>Lifeline (National Subscriber Services) www.lifelinesystems.com</p>	<p>Seniors living alone are often concerned about how to summon emergency help. The following companies offer programs to summon emergency medical services at any time of the day or night.</p>
<p>Lifeline – Sequoia 3897 Janes Road, Arcata, CA 95521 822-4366 www.madriverhospital.com/services/index.htm</p>	
<p>Lifeline – St. Joseph Hospital 111 Greenwood St., Blue Lake, CA 95518 441-0363 www.stjosepheureka.org/servicesfacilities/lifeline/default.htm</p>	
<p>Lifeline – Sutter Coast Hospital 983 3rd St., Crescent City, CA 95531 464-8741 www.sutterhealth.org/facilities/LocationSearchRslt.cfm</p>	
<p>RUOK? 207 Price Mall, Crescent City, CA 95531 464-5500 621 11th St., Fortuna, CA 95540 725-7550 www.alaa.org</p>	

Senior Safety Services P.O. Box 26, Kneeland, CA 95549 442-7619 No Web address available at this time	Safety assessment and installation of grab bars, handrails, and small ramps. (11/05 dy)
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Senior Housing Resources

<p>Property Management (RCAA) 904 G St., Eureka, CA 95501, 269-2014 www.rcaa.org/propmgmt.html</p>	<p>Maintains and administers housing options for low and moderate income dwellings, rentals, and other options. (11/05 dy)</p>
<p>Humboldt Senior Resource Center www.humsenior.org</p>	<p>Acts as single point of entry for senior services. Free information and referral service for seniors, caregivers, and service providers. Can consult regarding long-term care.</p>
<p>Tri-County Independent Living, Inc. 955 Myrtle Ave. Eureka, CA 95501 455-8404/877-576-5000 www.tilinet.org</p>	<p>Provide housing lists and info in search of affordable housing. Info about disability and independent living issues, assistive technology and programs. Benefit counseling (SSA, SSI, SSDI, and Medi-Cal) and independent living skills training. (11/05 dy)</p>
<p>Housing Authority, City of Eureka and Humboldt County 735 West Everding St., Eureka, CA 95501 443-4583 www.eureka-humboldt-hsg.org</p>	<p>Subsidized housing program for low-income seniors/disabled/families. Public housing units available. (11/05 dy)</p>
<p>Humboldt Bay Housing Development 100 Ericson Ct., Arcata, CA 95521 826-7312 hbhdc@reninet.com</p>	<p>Affordable housing in Arcata and McKinleyville for low-income seniors and adults with disabilities. (11/05 dy)</p>
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Senior Resources

<p>Area 1 Agency on Aging, Humboldt Senior Resource Center 1910 California St., Eureka 442-959 seniorinfo@alaa.org</p>	<p>Acts as single point of entry for senior services. Free information and referral service for seniors, caregivers, and service providers. Can consult regarding long-term care. <u>Multi-purpose Senior Services Program (MSSP): 443-9747</u> Case management services to help frail elderly and their families locate, arrange, and manage supportive services. Must be 65+, receive Medi-Cal benefits, and be in need of residential or skilled nursing care. <u>Health Insurance Counseling and Advocacy Program (HICAP): 443-9747</u> Provides free counseling and help with Medicare, discount cards, other prescription assistance programs, Medigap, long term care insurance, Medicare Fraud, Medicare appeals, etc. <u>Senior Legal Services: 443-9747</u> Legal advice regarding Social Security, SSI, CMSP, Medi-Cal, In-Home Support Services (IHSS). (09/06/05 mm)</p>
<p>Senior Dining Center, Humboldt Senior Resource Center <u>Arcata:</u> 321 Community Parkway, Arcata, CA 95521. 825-2027 <u>Eureka:</u> 1910 California St Eureka, CA 95501 442-1181 <u>Fortuna:</u> 2130 Smith Ln Fortuna, CA 95540 725-6245 www.humsenior.org/dining/dining.html</p>	<p>Activities/crafts, lunch served Monday – Friday, 11:30 – 12:15 pm. Reservations needed. Must be 60+ years of age, donations accepted.</p>
<p>Senior Dining Center, Humboldt Senior Resource Center 1125 16th St., Room 212 Arcata, CA 95521 <u>Home Delivered Meals, 443-9747 x256</u> www.humsenior.org/dining/dining.html</p>	<p>Home delivered hot lunches Monday – Friday. Must be 60+ years of age, homebound, and unable to prepare consistent nutritious meals, and live in delivery areas. Waiting list.</p>
<p>Senior Community Services Employment Program, AARP 1125 16th St., Rm. 212, Arcata, CA 95521 822-7027 www.aarp.com</p>	<p>Must be 55+ years of age. Assistance in finding part time employment, resume writing skills, interview skills. (09/07/05 mm)</p>
<p>In Home Support Services (IHSS) 929 Koster Street, Eureka, CA 95501, 476-2100 www.co.humboldt.ca.us/hhs/socialservices/ihss-1.htm</p>	<p>Program to help low income people, who are frail, elderly or functionally impaired, to stay at home. Pays for a caregiver to help an eligible elderly person or persons with disabilities with everyday tasks. (11/05 dy)</p>
<p>Senior Legal Hotline 800-222-1753 www.seniorlegalhotline.org</p>	<p>Free legal advice for California residents over 60 years of age on any subject. (09/07/05 mm)</p>
<p>Caregiver Services 808 E St., Eureka, CA 95501, 443-4363 and/or toll free 877-977-1604 also located in eastern Humboldt: St. Joseph Community Resource Center, 38883 Hwy 299, Willow Creek, CA 95573, 530-629-1139 caregiver@alaa.org</p>	<p>Hours: Monday – Friday, 9:00 – 4:30 pm, Closed 12:00 – 1:00 pm daily. Free registry lists trained and pre-screened caregivers available for work. Caregivers list with them for In-Home Supportive Services (IHSS) and private job referrals. Make free referrals for seniors and people with disabilities who need help at home. (11/05 dy)</p>
<p>Easter Seals Adult Day Services 3289 Edgewood Rd. Eureka, CA 95503 445-8841/800-675-SEAL www.easterseals.com</p>	<p>Services are designed to enhance or support life skills, well being, memory and community participation. M, W, F, 8:30 – 3:00pm (ages 18 and up) = Adult Day Services: They provide transportation and do outings, arts/crafts, social events and exercises. Partial scholarships available and willing to work various income situations. (11/05 dy)</p>

<p>Adult Protective Services 808 E St., Eureka, CA 95501, 445-7715 Emergency Line, 476-2100 Non-Emergency Line, 445-6180 24 Hour hotline, 476-2142 Fax. www.co.humboldt.ca.us/hhs/socialservices/adult-1.htm</p>	<p>Provides assistance to the elderly and adults who are functionally impaired (age 18+), and who are possible victims of abuse, exploitation or neglect, including self neglect. Services include information and referral to community resources, case management, assessments, emergency shelter or in-home protection, transportation, counseling, etc. (11/05 dy)</p>
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Transportation

<p>Angel Flights/Air Lifeline 3161 Donald Douglas Loop South, Santa Monica, CA, 800-446-1231 www.angelflight.com</p>	<p>Will transport in 500 mile radius, must be referred by another agency or physician, must be ambulatory. For people who need repeat care, medical needs requiring them to leave the area, transport blood. Provides nationwide service. Volunteer pilots. Patient and companion can fly together. (09/07/05 mm)</p>
<p>Mercy Flights, Inc. 3650 Biddle Rd., Suite #14, Medford, OR, 541-779-1019 www.mercyflights.com</p>	<p>Ground and air ambulance service. Emergency and non-emergency transport. Travel from West of the Rockies, Washington to California. (09/08/05 mm)</p>
<p>Kare-A-Van 2385 1st St., McKinleyville, CA, 839-0530 No Web address available at this time</p>	<p>Provides medically necessary transportation from hospital, home, rehabilitation appointments, doctor's appointments, etc. Will bill Medi-Cal for medically necessary transportation. Will also accept private pay and other options. \$18/pick-up plus \$1.60/mile. (09/07/05 mm)</p>
<p>H.E.L.P. Services P.O. Box 592, Crescent City, CA, 465-4357 (8:00 – 5:00pm) helpservices@charter.net</p>	<p>Non-emergency, medically necessary transportation from Portland to Los Angeles. Stationed in Crescent City. Will bill Medi-Cal for medically necessary transportation. Will also accept private pay and other options. (11/05 dy)</p>
<p>Dial-A-Ride/Dial-A-Lift 442-4555 www.hta.org/Dial-a-Ride/service.htm</p>	<p>Available to people who cannot use public transportation and can be certified so by their physician. Tickets can also be purchased at Arcata-Mad River Transit and at the Arcata City Hall. (09/05 sj)</p>
<p>Humboldt Transit Authority 133 V St., Eureka, Ca 95501 443-0826 www.hta.org</p>	<p><u>Eureka Transit Service: 433-0826.</u> Service is within the Eureka City limits only. Rates: \$1.20 Regular/ \$.90 Discount cash fare; \$3 regular/ \$2.50 discount day pass; \$9 regular/ \$6.50 reduced 10-ride pass; \$35 regular/ \$30 reduced month pass. (Reduced fare for seniors above the age of 62, children between the ages of 3 and 17, and persons with disabilities) <u>Redwood Transit: 442-0826.</u> Service runs North and South along Hwy. 101 corridor. Thru Eureka Transit Service. See rates above. <u>Arcata-Mad River Transit: 822-3775,</u> 925 E St., Arcata, CA 95501. Office Hours: Monday – Friday, 8:00 – 5:00 pm., Closed 12:00 – 1:00 pm. Buses provide transportation within Arcata City limits. Buses operate from 7:00am. – 7:00pm., Monday – Friday and 10:00am. – 5:00pm. on Saturday. Rates: \$1 regular/ \$.50 senior/ \$.60 children and disabled. Accepts cash/check only. Discount Books: \$7/10 rides – everyone entitled; \$5/10 rides – seniors, disabled, children. Dial-A-Ride tickets available to be purchased thru here. (09/07/05 mm)</p>
<p>HCAR (Humboldt Community Access and Resource Center) Care-A-Van Services 443-7077 www.hcar.us/ats.htm</p>	<p>Non-emergency, free (donations OK) transportation for medical appts in the McKinleyville to Fortuna area. Low income eligibility guidelines apply. Call at least 3 business days ahead to arrange transport.. (11.21.05 hj)</p>

<p>CAE Transport (City Ambulance of Eureka) www.cityambulance.com</p>	<p>445-4907, ambulance office 442-4551,24 Hours Taxi Service, (11.16.05 hj)</p>
<p>Coastline Enterprises 838 4th St., Crescent City, CA 95531, 465-4720 or 464-8338 www.delnortebus.com/coastline.htm</p>	<p>Non-Emergency, free medical transportation from Crescent City two days a week for medical/dental appointments in the Eureka/Arcata area. There is no charge for this service. Tuesdays for medical appointment time frame 10:00 AM to Noon. Pickup location is at the Safeway store at 7:30 AM. Wed Afternoon appts between 1:00 and 3:00, pick up at 11:00 There is limited seating. Note from medical provider verifying appt. is necessary. Call for reservation. Non-emergency medical transportation is also available on a fee basis for Southern Oregon and Northern California. Fee may be Medi-Cal, insurance, or private pay. (11.21.05 hj)</p>
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Utilities Assistance

<p>RCAA's Energy & Environmental Services Division, Energy Demonstration Center 539 T St., Eureka, CA 95501 444-3831 www.rcaa.org/energy.html</p>	<p><u>Home Energy Assistance Program (HEAP): 444-3834.</u> Provides financial assistance for PG&E, Propane, and Firewood. Calls are taken every Monday starting at 9:00am to make appointments for that week. Once slots are full, no more calls are taken for that week. Calls and appointments are taken again the following Monday though out the year until their money runs out. Low-moderate income eligible. <u>Weatherization Program: 444-3831 ext. 201.</u> Provides low to moderate-income tenants and home-owners with insulation, health and safety related testing, and home repairs. The energy saving improvements are provided free of charge for income qualified households. There is a waiting list. <u>Education:</u> Provides energy, telecommunications and lead-based paint related education services. Services are designed to help households manage rising energy and phone costs as well as health and safety related information concerning lead-based paint. (11/05 dy)</p>
<p>CARE Program (PG&E) 800-743-2273 www.pge.com/res/financial_assistance/</p>	<p>Program for qualifying, low-income or fixed-income PG&E customers for a 20% savings on their bill for two years. Customer must have his/her name on the bill. Income Criteria: For 1-2 person – pretax income must be no more than \$24,200; 3 people - \$28,400 or less; each additional member add \$5,800 to the pretax annual income. Children are included in the household size. Call to receive free application and obtain income requirements. (09/08/05 mm)</p>
<p>Humboldt Senior Resource Center, Firewood Program 443-9747 www.humsenior.org/firewood/firewood.html</p>	<p>Firewood for low to moderate income seniors 65+. Just need to call and give them your monthly income. The program is seasonal and begins in August and they only sell 1,500 cords of wood. They do not deliver for free so you can pick up your own wood on Saturdays. They do have a few men who will deliver your wood, they set their own prices. (11/05 dy)</p>
<p>Humboldt Senior Resource Center, Minor Home Repair Program (HSRC) 443-9747 www.humsenior.org/home_repair/home_repair.html</p>	<p>Helps homeowners with minor inexpensive repairs such as: leaky pipes or faucets, handrails, grab bars, etc. (DOES NOT do roof repair). Some chore work available. (11/07 dy)</p>
<p>SBC (Telephone Service) 800-310-2355 www.sbc.com</p>	<p>Offer Universal Lifeline service/program for low income households. Have to call to set it up, they will ask a few questions to determine if you qualify. This program provides a discount on your installation rate (to only \$10) and gives you ½ off rates for phone services. (11/07/05 dy)</p>
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Veterans Services

<p>North Coast Veterans Resource Center 2107 3rd St., Eureka, CA 95501, 442-4322 www.humboldt.edu/~ves/Pages/community.html#NCVRC</p>	<p>Case Management, employment, homeless services and transitional housing, resource and referral center (11.18.05 hj)</p>
<p>Eureka Veterans Clinic 714 F St., Eureka, CA 95501 442-5335 www.va.gov/directory/guide/facility.asp?ID=756</p>	<p>Provides primary care, mental health, and some ancillary services to qualified veterans. (01.18.06hj)</p>
<p>Humboldt County Veterans Service Office 825 5th St., Rm. 310(In the courthouse), Eureka, CA 95501 445-7341 http://www.co.humboldt.ca.us/veteran/</p>	<p>Advocate for veterans and their dependents for support in getting benefits and processing claims. (01.08.06hj)</p>
<p>Redwoods Veterans Outreach Center 2830 G St., Eureka, CA 95501 444-8271 www.humboldt.edu/~ves/Pages/community.html#VC</p>	<p>Provides a broad range of counseling, outreach and services to eligible veterans and their families. (11/11/05)</p>
<p>Department of Veterans Affairs (VA) 810 Vermont Ave., NW Washington, DC 20420 800-827-1000 www.va.gov</p>	<p>Federal telephone service contact point for all services available to veterans through the US government. (11/11/05 hj)</p>
<p>Veterans Upward Bound Humboldt State University, University Annex Rm 158, Arcata 800-826-4971 www.humboldt.edu/~veterans/vub</p>	<p>Offers college preparatory courses to veterans beginning or returning to college. Day and evening classes during the Fall and Spring semesters. Application & placement assistance, career & academic advising, transcript requests, financial aid assistance, college admission testing and individual tutoring. Available without charge to all college-bound veterans. (11.18.05 hj)</p>
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