



Open Door Community Health Centers
Resource Guide

Table of Contents

Adoptions and Foster Care	Page 01
Alcohol and Other Drugs	Page 02
Bereavement and Grief Counseling Resources	Page 04
Case Management and Support Advocacy (Adults)	Page 05
Case Management and Support Advocacy (Children)	Page 07
Case Management and Support Advocacy (Homeless)	Page 08
Child Care	Page 09
Clothing and Furniture	Page 10
Crisis Management	Page 11
Dental	Page 13
Disability Resources	Page 14
Domestic Violence and Other Crimes	Page 16
Education	Page 17
Employment	Page 18
Family Planning	Page 19
Financial Assistance	Page 20
Food Resources	Page 21
HIV Resources	Page 25
Homelessness	Page 26
Hospice and Palliative Care Resources	Page 28
Housing	Page 29
Hygiene	Page 31
Legal Aid	Page 32
Medical Care	Page 33
Medical Insurance	Page 35
Mental Health	Page 36
Pain Management	Page 37
Parenting	Page 38
Senior Housing Resources	Page 39
Senior Resources	Page 40
Transportation	Page 42
Utilities Assistance	Page 43
Veterans Services	Page 44

Adoptions and Foster Care

Adoption Horizons

Address: 10 W. 7th Street., Suite F, Eureka CA 95501

Phone: 707-444-9909

Website: <http://www.adoption-horizons.org>

Adoption facilitation and preparation classes, home studies, post placement, birthparent educational and vocational trust funds available.

Adoptions Services Bureau

Phone: 916-651-8089

Website: <http://www.childsworld.ca.gov>

A service for adoptees to find background information on their adoptions.

CA Adoption and Foster Care Referral

Phone: 800-543-7487

Website: <http://www.childsworld.ca.gov>

New adoptions and foster care licensing.

California State Office of Adoptions

Address: 749 F St., Arcata CA 95521

Phone: 707-826-9180

Works with prospective adoptive parents and birth parents. Performs home studies. Make placements when court mandated.

Dept. of Health and Human Services Branch

Phone: 707-441-5013

Website: <http://www.co.humboldt.ca.us>

Foster Care coordination.

Environmental Alternatives

Address: 202 M St. Box 3414, Eureka CA 95501

Phone: 443-7370

Website: <http://www.ea.org>

Foster family agency. Provides residential care for children and youth. Recruit, train and certify foster families.

Independent Adoption Center

Phone: 800-877-6736

Website: <http://www.adoptionhelp.org>

Adoption agency facilitating fully open adoptions. Comprehensive educational and counseling-centered services to birthparents, adopting parents and adoptees nationwide.

Alcohol and Other Drugs

Alcoholics Anonymous (AA)

Address: PO Box 7102, Eureka CA 95501

Phone: 707-442-0711 (24-hr)

Website: <http://www.aahumboldtelnorte.org/meetings.html>

24 hour answering service has a schedule of AA meeting times and locations. If requested the operator can forward the caller to an AA member who will speak with them regarding their individual situation. Website has the most recent meeting schedule.

Crossroads

Address: P.O. Box 1332, Eureka CA 95501

Address: 1205 Myrtle Avenue, Eureka CA 95501

Phone: 707-445-0869

Website: <http://ncsac-crossroads.org>

21 Private Pay Beds, 6 County beds. PP is \$55/day (\$1650/mo), however, if a person is on SSI, they are only charged 90% of their income. This is a long-term program, designed to last ~ 1 year. There is also a 90 day program, which is completely private pay.

Detox Facility

Address: Corner of 14th and C, Eureka CA

Phone: 707-445-3869 (DTOX)

Patient must have actively used/drank within the last 48 hours. Short-term detox – will refer to other programs.

DHHS

Address: 720 Wood St., Eureka CA 95501

Phone: 707-445-6250 (Outpatient Svcs.)

Phone: 707-476-4054 (In-Pt. Svcs.)

Website: <http://co.humboldt.ca.us/HHS/MHB/DualRecoveryPrograms.asp>

Comprehensive alcohol and other drugs programming, from assessment to aftercare.

Healthy Moms Program

Address: 2910 H St., Eureka CA 95501

Phone: 707-441-5220

Outpatient day treatment, classes and support groups, with emphasis on parenting. Childcare available for participating clients.

Humboldt Recovery Center

Address: 1303 11th St., Eureka CA 95501

Phone: 707-445-0869

Phone: 707-443-0614 (Admin Svcs.)

6 month in-pt, 6 months aftercare. \$10,000. Will work w/sliding scale pts... SSI B&C Rate and GR/FS okay, but longer wait list. Absolutely no narcotics allowed.

IMS Property Management

Address: 3857 Walnut Drive, Eureka Ca 95503

Phone: 707-445-0905

Rentals throughout Humboldt County. Call for rental list.

Narcotics Anonymous

Address: PO Box 6634, Eureka CA 95501

Phone: 707-444-8645

Website: <http://www.humdelna.org/files/schedule06-08.pdf>

If requested the operator can forward the caller to an AA member who will speak with them regarding their individual situation. Website has the most recent meeting schedule.

New Beginnings

Phone: 707-442-8750

abused women (can be any kind of abuse) – share a room, \$260 per month: includes all necessities except food. This is a Christian program; there are required classes, reading and groups. They try not to take children, but don't usually turn anyone away, especially pregnant women. They DO allow meds, suboxone okay – they like people to be *off of* or willing to get off of Klonopin and Haldol, but nothing is out of the question. The women don't have to stay the whole 2 years, but if they don't stay for at least 6 mts, they "go out the same way they came in".

Singing Trees

Phone: 1-800-344-3799

28 day in-patient program; 1 year aftercare: good reviews 19 beds – 4 counselors \$5,200 for 28 days (pd on admit). 750

for every in-pt month over 28 days.

Teen Challenge

Phone: 707-268-0614

Phone: 707-499-6365

Singles of any age. 1 year to 16 mts. Faith based. Work program. No meds allowed – *some* exceptions can be made...There is a one time, \$500 fee, which can be waived. For Moms with kids, there is a facility in Alum Rock Women and Children's Center San Jose, CA Carolyn Taylor – (408) 272 - 4416

This Side of the Rock

Phone: 707-725-9252

Residential recovery. 0 Tolerance policy for narcotics...even Rx meds. \$300/mo – does not include food. There are house managers, ~3 meetings/wk in the house, and support from church members. Not licensed, not religious (no worship attendance required). There are 'men only' houses in Eureka, Fortuna, and Rio Dell, and a 'women only' house in Rio Dell.

United Indian Health Services

Phone: 707-825-5060

Must be a patient of UIHS. Can be referred for in-pt tx. Group meetings and 1:1 counseling on an outpt basis.

Bereavement and Grief Counseling Resources

Heart of the Redwoods Community Hospice

Address: 464 Maple Lane, Garberville CA 95542

Phone: (707) 923-7276

Website: <http://www.heartoftheredwoodscommunityhospice.org/>

Heart of the Redwoods Community Hospice serves the people of Southern Humboldt County, a rural area of nearly 3,000 square miles. Our patient care staff and volunteers are dedicated to supporting families in providing the care needed to allow patients to die in their homes with the people they love nearby. We also offer support to people who are facing life-threatening illness and those who are bereaved. We have chosen to operate outside the Medicare licensed hospice system, allowing us to serve our patients with greater flexibility and humanity. Our services are free of charge and funded entirely by donations, gifts, fundraising events, and small local grants.

Hospice of Humboldt

Address: 2010 Myrtle Ave., Eureka CA 95501

Phone: (707) 445-8443

Fax: (707) 445-2209

Website: <http://www.hospiceofhumboldt.org>

Office is open 8:30 am to 5:00 pm, Monday through Friday. To access Hospice of Humboldt at other times, just call 707-445-8443; nurses are available 24 hours a day in the event of an emergency.

Case Management and Support Advocacy (Adults)

County Mental Health

Phone: 707-268-2935 (Adult Case Management))

Phone: 707-476-2155 (Senior 60+)

Phone: 707-923-2729 (Southern Humboldt)

Mental Health case management for adults who are receiving services at County Mental Health.

Deaf Counseling Advocacy and Referral Agency

Address: 14895 East 14th Street, Suite 200, San Leandro CA 94578-2926

Phone: (877) 322-7288 (Toll Free TTY)

Phone: (877) 322-7299 (Toll Free Voice)

Website: http://www.dcara.org/index.php?option=com_content&task=view&id=139&Itemid=190

Information, Counseling and Advocacy for hearing impaired persons.

Humboldt Community Breast Health Project

Address: 987 8th Street, Arcata CA 95521

Phone: 707-825-8345

Phone: 1-877-422-4776 (toll free)

Website: <http://www.hcbhp.org>

Support and education for those facing a breast health concern or a diagnosis of breast or gynecologic cancer.

Humboldt Domestic Violence Services

Address: P.O. Box # 969, Eureka CA 95503

Phone: 707-443-6042 (24 hour crisis line)

Phone: 866-668-6543 (toll free outside local calling area)

Phone: 707-444-9255 (Office)

Website: <http://www.hdvs.org>

Emergency shelter for victims of domestic violence. Restraining order assistance. Support groups with free child care. Support group hours: Mon. 6-7:30pm, Thurs. 6-7:30pm, Fri 12-1:30pm. Children 17 yrs and under may stay with the parent. 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.

LightHouse of the North Coast

Address: 2830 G Street, Suite B-1, Eureka CA 95501

Phone: 707-268-5646

Phone: 707-268-5565 (TTY)

Phone: 800-592-9053 (Para Espanol)

Website: <http://www.lighthouse-sf.org>

Information, Referral and Assistance, as well as help with assistive devices for visually impaired persons.

Lighthouse of the North Coast

Address: 1901 California Street, Eureka CA 95501

Phone: 707-268-5646

Phone: 707-268-5565 (TTY)

Phone: 800-592-9053 (Para Espanol)

Website: <http://www.lighthouse-sf.org>

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.

Making Headway, Inc.

Address: 305 "O" Street, Eureka CA 95501

Phone: 707-442-7668

Website: <http://www.mhwcenter.org/about.html>

Case management services to people with traumatic brain injuries and their families

Multi-purpose Senior Service Program (MSSP)

Address: 1910 California Street, Eureka CA 95501

Phone: 707-443-9747

Website: <http://www.humsenior.org>

Case management, and some financial assistance with household needs for low income seniors (must be 60+ and must be full scope Medi-Cal). Trinidad to Rio Dell.

Nami – Humboldt

Phone: 707-444-1600

Phone:

707-845-3233

Website: <http://www.nami-humboldt.org/>

National alliance on mental illness. Support and education and advocacy for MH patients and families

Newcomer Center

Address: 674 Allard Avenue, Eureka CA 95501

Phone: 707-441-2462

Spanish speaker's referral and resources, especially for newcomers to the area. Access to English classes, schools, employment, health and legal resources.

NorCAP – North Coast Aids Project

Address: 908 7th Street, Eureka CA 95501

Phone: 707-268-2132

Website: <http://co.humboldt.ca.us/HHS/PHB/NorCAP.asp>

Case management, counseling, referral and advocacy for non-medical, psychosocial needs of patients with HIV/AIDS and their families.

North Coast Veterans Resource Center

Address: 2107 3rd St., Eureka Ca 95501

Phone: 707-442-4322

Website: <http://www.humboldt.edu/~ves/Pages/community.html#NCVRC>

Case Management, employment, homeless services and transitional housing, resource and referral center. Employment and limited training for homeless and/or unemployed veterans

Redwood Coast Regional Center

Address: 525 2D, Eureka CA 95501

Phone: 707-445-0893

Website: <http://www.redwoodcoastrc.org>

Case management for people with developmental disabilities and their families. Assessment and diagnostics, counseling, case management, individualized plans of care, purchase of services. Referrals given to most major disability organizations in the area

The Emma Center

Address: 920 Samoa Blvd., Suite 207, Arcata CA 95521

Phone: 707-825-6680

Website: <http://www.emmacenter.org/>

Provides information, referrals, support and education on trauma and trauma-related conditions for women survivors of abuse and violence. Peer support groups.

Tri-County Independent Living, Inc.

Address: 2822 Harris Street, Eureka CA 95503

Phone: 707-445-8404

Pager: 707-445-8405 (TDD)

Website: <http://www.tilinet.org>

Short term case management and referral service for persons who identify themselves as disabled. Donated computers available for persons with disabilities. 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. 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.

Case Management and Support Advocacy (Children)

Changing Tides

Address: 2379 Myrtle Ave., Eureka CA 95501

Phone: 707-444-8293

Phone: 1-800-795-3554 (toll free)

Website: <http://www.hccc1.org>

Referrals for child care. Child care, special needs and mental health case management for children. 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.

Children/Youth Family Services, DHHS

Address: Mental Health Branch 1711 3D, Eureka CA 95501

Phone: 707-268-2800

Mental health assessments and treatment. Accepts Medi-Cal, has sliding scale fees based on income.

Family Resource Center in Redway

Address: 344 Humboldt Drive, Redway

Phone: 923-1147

Counselors can direct families to resources, make family plans, parenting classes, play groups, Making Friends after school groups for kids, Partner Alternatives to Violence Endeavor (PAVE), Safe & Span alcohol, drug and meth group meets 1st Tues of the month.

Manila Teenship Wellness Village Resource Center

Address: Manila Community Center, Pacific Avenue, Manila,

Phone: 707-444-9771

Free parenting support group. They meet every Monday 6 pm dinner and child care provided.

Our House

Phone: 444-2273 (24 hour crisis line)

Short term shelter (up to 2 weeks) for children between the ages of 10-17 Who are: not actively drug or alcohol dependent and not actively suicidal, homeless because they refuse to return home due to abuse or neglect and they do not meet Child Protective Services eligibility requirements or are temporarily out of home due to family problems, willing to participate in the program and follow the program rules.

Remi-Vista

Phone: 707-268-8722

Website: <http://www.remivista.com>

Mental Health case management for adults and children who are receiving services at Remi-Vista.

Teenage Pregnancy and Parenting Network (TAPPN)

Phone: 707-476-4914

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)

Youth Services Bureau

Address: 1100 California St, Eureka CA 95501

Website: <http://www.rcaa.org/ysb.html>

Case management for teens ages 12-21 through a variety of residential or outreach programs related to unstable housing or homelessness. Also, advice and assessment for parents with concerns about teen children. This is also a crisis line but is appropriate for initial inquiries as well.

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 16-18b

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

Case Management and Support Advocacy (Homeless)

Arcata House

Address: 1005 11th St., Arcata CA 95521

Phone: 707-822-4528

Case management for persons living in this transitional housing program. Transitional housing to learn skills needed to reach a goal of permanent housing. Focus is on women and children. Includes case management. Apartment first program places homeless single people with a disability into apartment or home.

MAC House

Address: 2415 Second St., Eureka CA 95501

Phone: 707-269-9590

Phone: 707-269-2002 (office)

Phone: 707-269-2075 (Emergency shelter)

Website: <http://www.rcaa.org/macenter.htm>

Case management for residents of this homeless transitional housing facility. 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 and participant must be on CalWorks.

North Coast Resource Center nee: Arcata Endeavor

Address: 501 9th Ave, Arcata CA 95521

Phone: 707-822-5008

Website: <http://www.arcataendeavor.org>

Not a shelter. Case management for homeless persons. Includes emergency interventions, referrals, emergency telephone and travel aid, ID search, SSI assistance. NCRC provides support for homeless people, to include: hot meals and food bank, phone. Must provide proof of Arcata residency for food.

Child Care

Changing Tides

Address: 2379 Myrtle Ave., Eureka CA 95501

Phone: 707-444-8293

Phone: 1-800-795-3554 (toll free)

Website: <http://www.hccc1.org>

Referrals for child care. Child care, special needs and mental health case management for children. 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.

College of the Redwood's Child Development Center

Address: 7351 Tomkins Hill Rd., Eureka CA 95501

Phone: 707-476-4337

Website: <http://www.redwoods.edu/catalog/catalog05-06-access/Services/cdc.htm>

For College of the Redwoods students.

Humboldt State University Children's Center

Phone: 707-826-3838

Website: <http://studentaffairs.humboldt.edu/children/>

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)

North Coast Children's Services

Address: 1266 Ninth St., Arcata CA 95521

Phone: 707-822-7206

Website: <http://www.ncsheadstart.org>

Administers Head Start and Early Head Start Programs.

Clothing and Furniture

Murray Road Community Church Thrift Store

Address: 1490 Murray Rd., McKinleyville CA

Phone: 707-839-4676

Website: <http://www.murrayroad.org>

Hours of operation are 10 a.m. to 5 p.m. Monday through Saturday 839-4676. Furniture, electronics, toys, clothes, items for the home.

Rescue Mission Thrift/Free Store

Address: 1031 Broadway, Eureka CA 95501

Phone: 707-443-2523

Phone: 707-443-4551 (free store)

Website: <http://eurekarescuemission.org>

Items available for purchase, very reasonable. Free store open Thursday-Sat from 1-5 p.m.

Seventh Day Adventist Social Services

Address: 1200 Central Avenue, McKinleyville CA

Address: 2301 Rohnerville Road, Fortuna CA

Phone: 707-839-4693 (McKinleyville)

Phone: 725-1166 ext 207 (Fortuna - message)

Website: <http://www.tagnet.org/fortuna/>

McKinleyville - Dorcas - Clothing. Wed. 9 a.m. to 2 p.m.

Fortuna - Dorcas -- Food and Clothing Bank for Low-Income. Walk in hours are Monday 6:30 - 8:00 p.m.; Tuesday & Wednesday 9:00 - 100:30 a.m.

St. Vincent de Paul Thrift Store

Address: 513 K St., Arcata CA 95521

Address: 528 2nd St., Eureka CA

Address: 1117 Main St., Fortuna CA

Phone: 707-725-4061 (Arcata)

Phone: 707-443-8676 (Eureka)

Phone: 707-725-4061 (Fortuna)

Website: <http://www.svdp.bluestep.net>

Used furniture and clothing, remanufactured mattresses, reconditioned appliances. The organization also provides food boxes, emergency back bill pay, bus tickets, and other emergency assistance.

Crisis Management

Adult Protective Services

Address: 808 E St., Eureka Ca 95501

Phone: 707-476-2100

Phone: 24 Hour hotline: 707-445-6180

Website: <http://http://www.co.humboldt.ca.us/welfare/adult-1.htm>

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. 24 hour line for reporting adult and elder abuse. PHN or SW will make home visit and possibly offer short-term case management and referral

American Red Cross

Address: 406 Eleventh Street, Eureka CA 95501

Phone: 707-443-4521

Website: <http://www.northcoast.com/~hcarc/>

Humboldt County Chapter

Boys and Girls National Hotline

Phone: 800-448-3000

Website: <http://www.girlsandboystown.org>

24 hour crisis line for primarily children and parents. Includes national resource and referral service information in English and Spanish.

California Suicide Prevention Center

Phone: 877-727-4747

California State Crisis Line

Child Welfare Humboldt County DHHS

Phone: 707-445-6180

Website: <http://www.co.humboldt.ca.us/welfare/cws.htm>

24 hour crisis and reporting line.

County Mental Health Crisis Line

Phone: 707-445-7715

Website: <http://www.co.humboldt.ca.us/mehealth>

Talk with a live person 24 hours/day.

Humboldt Domestic Violence Services

Address: P.O. Box # 969, Eureka CA 95503

Phone: 707-443-6042 (24 hour crisis line)

Phone: 866-668-6543 (toll free outside local calling area)

Phone: 707-444-9255 (Office)

Website: <http://www.hdvs.org>

Emergency shelter for victims of domestic violence. Restraining order assistance. Support groups with free child care. Support group hours: Mon. 6-7:30pm, Thurs. 6-7:30pm, Fri 12-1:30pm. Children 17 yrs and under may stay with the parent. 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.

North Coast Rape Crisis Center

Phone: 707-445-2881

24 hour crisis line.

Pathways Crisis Response Service

Phone: 707-826-1886

Website: <http://www.redwoodcoastrc.org>

Only for developmentally delayed Redwood Coast Regional Center clients. Call RCRC to learn if the individual is eligible for services.

Redwood Community Action Agency

Phone: 707-444-2273

24-hour Youth & Family

Crisis Intervention Hotline

(707) 444-CARE

VA MH Crisis Line (Veterans Only)

Phone: 1-800-733-0502

Website: <http://www.mentalhealth.va.gov/>

Veterans mental health services and crisis line

Dental

Burre Dental Health Center

Address: 959 Myrtle Ave., Eureka CA 95503

Phone: 707-442-7078

Website: <http://www.opendoorhealth.com>

General dentistry, oral hygiene education, and children's dental services.

College of the Redwoods Dental Clinic

Address: 7351 Tompkins Hill Rd., Eureka CA 95503

Phone: 707-476-4250

Website: <http://www.redwoods.edu/catalog/0708access/Services/dent-htl.htm>

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. Open Mondays and Wednesdays during the fall and spring semester.

Humboldt Dental Society

Phone: 707-443-7476

Website: <http://www.hdnds.org>

Provides names and phone numbers for dentists to the public. Keeps track of who is taking new patients and what insurance they take.

Mobile Medical Health

Address: 760 15th St., Arcata CA 95521

Phone: 707-826-9926

Website: <http://www.mobilemed.org>

Dental care for **children** at elementary schools in Humboldt and Del Norte County. During the academic school year only. Call for a schedule.

Old Town Dental Clinic

Address: 310 3rd St., Eureka CA 95501

Phone: 707-441-1188

Website: <http://www.stjosepheureka.org>

The dental clinic accepts Medi-Cal, CMSP, CHDP.

Redwoods Rural Dental Clinic

Address: 101 West Coast Road, POB 769, Redway CA 95560

Phone: 707-923-4313

Dental care for any Humboldt County resident. Medi-cal accepted.

Union Labor Health Foundation Dental Fund

Phone: 707-442-2417

Website: <http://www.hafoundation.org/form.html>

Provides small grants to meet immediate dental needs of **children ONLY**. Applications are accepted at any time and are reviewed periodically. Must be referred by a provider or agency.

Western Dental Center

Address: 1350 Churn Creek Rd # F1, Redding CA 96003

Phone: 530-224-9700

Website: <http://www.westerndental.com/services.html>

Accepts Medi-Cal patients for dental care, Orthodontia and Oral Surgery. Requires at least two visits to Redding, and a \$25 yearly membership fee.

Disability Resources

Adult Day Health Centers

Phone: 707-822-4866 (Arcata)

Phone: 707-444-8254 (Eureka)

Extension: 707-725-6927

Medically supervised day program for Seniors and younger people with disabilities. Social activities, Physical, Occupational and Speech therapy. Transportation provided. Medi-Cal, RCRC clients and Veterans covered. Sliding scale available for all others. Some scholarships available.

Area 1 Agency on Aging

Address: 434 7th St., Eureka CA 95501

Phone: 707-443-4363 (caregiver registry)

Phone: 707-442-3763 9 (caregiver services)

Website: <http://www.a1aa.org/>

Help finding in-home caregivers, resource referral for people with disabilities. Support and resource referral for caregivers and families of people with disabilities and Seniors. 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.

Health Insurance Counseling and Advocacy Program (HICAP): 444-3000 Provides free counseling and help with Medicare, Medigap, Medicare D, long term care insurance, Medicare Fraud, Medicare appeals, etc.

Department of Rehabilitation

Address: 1330 Bayshore Way # 101, Eureka CA 95501

Phone: 707-445-6300

Website: <http://www.dor.ca.gov/>

Vocational rehabilitation for people with disabilities, including evaluation, education, training, and job seeking assistance. Call to schedule an orientation appointment.

Dial a Ride/Dial a Lift

Phone: 707-443-0826

Website: <http://www.hta.org/Dial-A-Ride/service.htm>

Handicap accessible transportation available to people who cannot use public transportation, and can be so certified by a physician.

Easter Seals

Address: 3289 Edgewood Rd., Eureka CA 95503

Phone: 707-445-8841

Website: <http://www.easterseals.com/site/pageserver>

Adult day care services for elderly and disabled people. 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

H-CAR (Humboldt Community Access and Resource Center)

Phone: 707-443-7077

Website: <http://www.hcar.us>

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.

In Home Support Services (IHSS)

Address: 929 Koster St., Eureka CA 95501

Phone: 707-476-2100

IHSS may be able to pay for a caregiver 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. Based on Medi-Cal eligibility

In Home Support Services (IHSS)

Address: 880 Northcrest Dr, Crescent City CA 95531

Phone: 707-464-3191

IHSS may be able to pay for a caregiver 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. Based on Medi-Cal eligibility

In Home Support Services (IHSS)

Address: 808 E Street, Eureka Ca 95501

Phone: 707-476-2100

Website: <http://www.co.humboldt.ca.us/hhs/socialservices/ihss-1.htm>

Program to help Medi-cal and very-low income people who are frail, elderly or functionally impaired, to stay in their own

homes. Pays for a caregiver to help an eligible elderly person or persons with disabilities with everyday tasks.

Lighthouse of the North Coast

Address: 1901 California Street, Eureka CA 95501

Phone: 707-268-5646

Phone: 707-268-5565 (TTY)

Phone: 800-592-9053 (Para Espanol)

Website: <http://www.lighthouse-sf.org>

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.

Maternal Child and Adolescent Health

Address: 317 2nd St., Eureka CA 95501

Phone: 707-445-6212

Children's Medical Services- Provides authorization and payment for specialty medical care for disabled children Serves persons with developmental disability.

Redwood Coast Regional Center

Address: 525 2D, Eureka CA 95501

Phone: 707-445-0893

Website: <http://www.redwoodcoastrc.org>

Case management for people with developmental disabilities and their families. Assessment and diagnostics, counseling, case management, individualized plans of care, purchase of services. Referrals given to most major disability organizations in the area

Tri-County Independent Living, Inc.

Address: 2822 Harris Street, Eureka CA 95503

Phone: 707-445-8404

Pager: 707-445-8405 (TDD)

Website: <http://www.tilinet.org>

Short term case management and referral service for persons who identify themselves as disabled. Donated computers available for persons with disabilities. 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. 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.

Domestic Violence and Other Crimes

Humboldt Domestic Violence Services

Address: P.O. Box # 969, Eureka CA 95503

Phone: 707-443-6042 (24 hour crisis line)

Phone: 866-668-6543 (toll free outside local calling area)

Phone: 707-444-9255 (Office)

Website: <http://www.hdvs.org>

Emergency shelter for victims of domestic violence. Restraining order assistance. Support groups with free child care. Support group hours: Mon. 6-7:30pm, Thurs. 6-7:30pm, Fri 12-1:30pm. Children 17 yrs and under may stay with the parent. 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.

National Domestic Violence Hotline

Phone: 800-799-7233

Website: <http://www.ndvh.org>

Offers crisis intervention, information, and referrals to local services and shelters. Spanish speakers always available, as well as access to interpreters of other languages.

New Beginnings

Phone: 707-442-8750

abused women (can be any kind of abuse) – share a room, \$260 per month: includes all necessities except food. This is a Christian program; there are required classes, reading and groups. They try not to take children, but don't usually turn anyone away, especially pregnant women. They DO allow meds, suboxone okay – they like people to be *off of* or willing to get off of Klonopin and Haldol, but nothing is out of the question. The women don't have to stay the whole 2 years, but if they don't stay for at least 6 mts, they "go out the same way they came in".

North Coast Rape Crisis Team

Address: P.O. Box 543, Eureka CA 95501

Phone: 707-445-2881

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.

Safe Haven

Phone: 707-269-2075

Website: <http://www.rcaa.org>

Long term transitional shelter for women and children fleeing domestic violence. Call between 1:00 PM and 4:30 PM weekdays.

Safelink

Phone: 877-785-2020

Website: <http://www.casamyrna.org/programs/safelink.html>

Offers information, safety planning and linkages to shelter and other resources. Spanish speakers available.

Victim Witness Office

Address: 712 Fourth St, Eureka CA 95501

Phone: 707- 445-7417

Website: http://www.cya.ca.gov/victim/vw_county.html

Humboldt County District Attorney

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).

VINE (Victim Information and Notification Every Day)

Phone: 877-331-8463

Website: <http://www.appriss.com/VINE.html>

To register to receive updates on the release or change of custody status of offenders. An automated guide accessible to touchtone and rotary phones.

Education

Adult Education

Phone: 707-441-2448

Website: <http://www.eurekaadultschool.org>

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.

College of the Redwoods

Address: 7351 Tompkins Hill Rd., Eureka CA 95501

Phone: 707-476-4200 (Enrollment services)

Phone: 800-641-0400 (General Information)

Eureka Even Start

Phone: 707-441-3396

Website: <http://www.eurekaadultschool.org/evenstart.html>

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.

Home and Hospital

Phone: 707-441-2574

In home or hospital education for students who cannot attend school for health reasons

Homeless Education Project

Address: 2100 J St., Eureka CA 95501

Phone: 707-441-2516

Website: <http://www.eurekacityschools.org/homeless/homeless.html>

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.

Humboldt Literacy Project

Address: 647 Allard Ave, Room 74, Eureka CA 95503

Phone: 707-443-3655

Website: <http://www.humlit.org>

Assessment and education for adults who would like to learn to read. No charge for services.

NHUHSD (Northern Humboldt Unified High School District) Adult School

Address: 2755 McKinleyville Ave., McKinleyville CA 95519

Phone: 707-839-6460

Website: <http://www.nohum.k12.ca.us/nhuhsd/>

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.

Employment

Department of Rehabilitation

Address: 1330 Bayshore Way # 101, Eureka CA 95501

Phone: 707-445-6300

Website: <http://www.dor.ca.gov/>

Vocational rehabilitation for people with disabilities, including evaluation, education, training, and job seeking assistance. Call to schedule an orientation appointment.

Experience Works

Address: 1125 16th St. 212, Arcata CA 95521

Phone: (707) 445-6781

Phone: (800) 288-1324

Website: <http://www.experienceworks.org>

Assists low income workers 55 years of age and over find paid community-based service opportunities and gain employment related experience and training.

Express Employment Services

Address: 14 W Wabash St, Eureka CA 95503

Phone: 707-268-1866

Website: <http://www.expresspersonnel.com>

A temporary job agency. Does include temp jobs that lead to full time positions. All types of employment ranging from office to manual labor.

North Coast Veterans Resource Center

Address: 2107 3rd St., Eureka Ca 95501

Phone: 707-442-4322

Website: <http://www.humboldt.edu/~ves/Pages/community.html#NCVRC>

Case Management, employment, homeless services and transitional housing, resource and referral center. Employment and limited training for homeless and/or unemployed veterans

Sequoia Personnel Services

Address: 2930 E St., Eureka CA 95503

Phone: 707-445-9641

Website: <http://www.sequoiapersonnel.com>

A temporary job agency. Does include temp jobs that lead to full time positions. All types of employment ranging from office to manual labor.

The Job Market

Address: 409 K St., Eureka CA 95503

Phone: 707-445-6149

Phone: 707-441-5719 (workforce training)

Website: <http://www.thejobmarket.org/>

Comprehensive resource center for jobseekers and employers. Resume assistance, fax, phones, classifieds, classes and workshops, counseling and advising.

Family Planning

Center for Women's Health Care

Address: 2773 Harris St, Eureka 95503 Ca 95503

Phone: 707-444-9664

Phone: 707-442-4593

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

Address: 2607 Harris St. Suite B, Eureka CA 95503

Phone: 707-445-3443

Prenatal care. Accepts Medical and presumptive eligibility for Medi-Cal.

National Abortion Federation Hotline

Phone: 1 (800) 772-9100

Website: <http://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.

Six Rivers Planned Parenthood

Address: 2316 Harrison Ave., Eureka Ca 95503

Phone: 707-442-5709

Website: <http://www.ppeureka.org>

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.

Some parenting workshops offered on a rotating basis. Check Availability.

Financial Assistance

Consumer Credit Counseling

Address: 1309 11th St. Suite 104, Eureka Ca 95521

Phone: 707-822-8536

Phone: 1-800-762-1811

Website: <http://www.cccsnojuggle.org>

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.

Food Stamps

Address: 929 Koster St., Eureka Ca 95501

Phone: 707-269-3590

Phone: 707-476-4700

Website: <http://www.dss.cahwnet.gov/foodstamps/>

Department of Health and Human Services

General Relief

Phone: 707-476-4700

Website: <http://www.co.humboldt.ca.us/hhs/socialservices/pubassistance.asp>

A loan program for people with limited resources. Funds obtained must be paid back

Salvation Army

Address: 2123 Tydd St, Eureka Ca 95501

Phone: 707-442-6475

Website: <http://www.salvationarmyusa.org>

Financial assistance with utility bills that have received a 15 day or 48 hour notice for shut-off through REACH program. Short interview to qualify.

Individual or family can drop in and receive bag of groceries once per month. Picture ID needed for the one filling out the form, and some sort of ID for everyone else in the family. No income guidelines, proof of income. Also, REACH can provide energy assistance for utility bills that have received a 15 day, or 48 hour notice for shut off. Short interview to

Social Security

Address: 3144 Broadway, Eureka Ca 95501

Phone: 707-445-9640

Phone: 1-800-772-1213

Website: <http://www.ssa.gov>

Retirement and disability income.

Unemployment Insurance

Phone: 1-800-300-5616

Website: <http://www.edd.ca.gov/uibdg/ut46085.htm>

Call to apply for assistance with unemployment benefits.

Food Resources

Arcata Community Center

Address: 321 Community Parkway Center, Arcata Ca 95521

Phone: 707-825-2027

Distribute government commodities foods (no fresh food) 3rd Thurs of each month 10:30am – 11:00am to low income persons. Especially good for seniors – no long lines. Income guidelines, but no proof of income needed.

Arcata Service Center Arcata Endeavor

Address: 509 9th St., Arcata Ca 95521

Phone: 707-822-5008

Website: <http://www.arcataendeavor.org>

Food boxes of bread and produce. Must show proof of Arcata residency, M-F 2:00-2:30 pm

Community Assistance Network (CAN)

Address: 355 Standard Veneer Road, Crescent City Ca 95531

Phone: (707) 464-9190

Website: <http://www.canbless.org>

Faith Based Program, food bank, commodity supplemental food distribution, community gardens project. One box of food per individual or family per month. Food distribution days are T,W,Th,F 12:00-3:30pm

Del Norte Senior Center

Address: 1765 Northcrest Drive, Crescent City Ca 95531

Phone: (707) 464-3069

Serve lunch to senior or anyone M-F, 60 years and up: \$2.50 per meal, 50 years and below \$5.00 per meal. Reservations preferred, but walk-ins taken. Deliveries to homebound. Free bus transportation to meals for Crescent City area residents.

Doorstep Lunches (Senior Resource Center)

Address: 1910 California Street, Eureka ca 95501

Phone: 707-443-9747

Hot or frozen meal including entrée of the day, starch, seasonal vegetable, and a fresh baked cookie for \$8.50, all orders must be received by 3:00pm for the next day delivery. Orders must be pre-paid by credit card or cash on delivery, *no checks accepted*. Delivery times are from 12:00-1:00pm M-F. Boxed lunches (sandwiches on French roll) \$10:00. No income/age restrictions apply. Can be ordered up to a month in advance. Orders of 10 or more require 3 days notice.

Eureka Rescue Mission

Address: 110 2nd St., P.O. Box #76, Eureka Ca 95501

Phone: 707-443-4551

Breakfast 5:30am-6:00am M-Sa, 6:30am-7:00 Sun. Intake for Dinner/Overnight Stay 5:30-6:00. Dinner 6:30pm Nightly, 365 days per year

Eureka Rescue Mission Women and Children

Address: 107 3rd Street, Eureka Ca 95501

Phone: 707-443-5016

Breakfast T/Th 8:00am-9:00. Dinner Every night 4:45pm, Mandatory Chapel Service Following, No ID/proof of income needed.

Ferndale Community Church

Address: 712 Main Street., Ferndale Ca 95536

Phone: 707-786-4475

Food commodities and fresh food to low income seniors (60+) 3rd Thurs of each month 8:00am – 12:00pm. Delivery to housebound seniors in Ferndale area available. No proof of income, no ID.

Food For People

Address: 307 West 14th St., Eureka Ca 95501

Phone: 707-445-3166

Website: <http://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, stated income/no proof

Food For People Summer Lunch Program

Free sack lunches for children who would normally get free school lunches during the school year. Pick-up at over 18 sites. Call for more information.

Food For People After School Snack

Nutritious snack after school. No income eligibility, neighborhood pick-up sites

Food for People Back Packs For Kids

A "back pack" full of child-friendly nutritious food for children in danger of going hungry over the weekend. Kids are identified and referred by school personnel, clinicians, and helping professionals in the community.

Food For People Community Education Outreach

Ask for Deb Waxman

Monthly cooking class at Eureka Co-Op by retired chef and diabetes educator. What you have in your kitchen can be a tasty and nutritious meal. (Grant pending for Homeless Education, as well.)

Food For People

Can help clients sign-up for food stamps, and train case managers/social workers to help people apply for food stamps.

Food Stamp Division

Address: 929 Koster St., Eureka Ca 95501

Phone: 707-269-3590

Website: <http://www.dss.cahwnet.gov/foodstamps/>

Streamline for food stamps and Medi-Cal

Food Stamps

Address: 929 Koster St., Eureka Ca 95501

Phone: 707-269-3590

Phone: 707-476-4700

Website: <http://www.dss.cahwnet.gov/foodstamps/>

Department of Health and Human Services

Food's Here Restaurant Delivery

Phone: 707-441-0775

Website: <http://www.foodshere.com>

Delivers meals from numerous local restaurants for \$7.00 charge plus restaurant expense. Delivers to Greater Eureka Area including Samoa, Manilla, Indianola, Cutten, Humboldt Hill, King Salmon, and others. Arcata Delivery on Fri & Sat night. Check website for restaurants served and more info.

Garberville Food Pantry

Address: Maple St., Garberville Ca

Phone: 707-923-2275

Food distribution on T,Th 10:30 – 12:00, and Wed. 2:00-4:00 .Community Presbyterian Church,Maple street @ Locust

Grace Good Shepherd Church

Address: 1450 Hiller Road, McKinleyville Ca 95519

Phone: 707-839-3726

Food boxes and garden produce distributed Wed. and Sat. 11:00 – 1:00. Just show-up and stand in line. Need proof of living in the McKinleyville area (delivered mail or driver's license.) No proof of income needed.

Senior Brown Bag Program

Food For People distribution. Seniors only, 3rd Thurs, commodities and fresh food. Sign-up at Food For People, Eureka Site.

Home Delivered Meal Program (Senior Resource Center)

Phone: 707-443-9747

Website: <http://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.

Humboldt Senior Resource Center Dining Centers

Phone: Arcata: 707-825-2027

Phone: Eureka: 707- 443-9747

Phone: Fortuna: 707-725-6245

Website: <http://www.humsenior.org/dining/dining.html>

Make reservations day before, lunch served M-Fri 11:45AM-12:15PM. 60+. Suggested donation of \$3.50 per meal. Deliver to 60 and over & homebound up to 5 to 7 meals a week as needed.

K'ima:w Medical Center (pronounced Kee-mohw)

Address: P.O. Box 1288, Hoopa Ca 95546

Phone: (530)625-4834

Food distributions for tribal members and residents who live on tribal lands Home delivered meals for seniors 60+ years and homebound living in valley. Call for more information.

Mateel Community Center

Address: 59 Rusk Lane, Redway

Phone: 707-923-3368

Noon- 1:30, T, W, Th, Community meal everyone welcome, no income guidelines, no charge, donations welcome.

Murray Road Community Church McKinleyville

Address: 1490 Murray Road, McKinleyville Ca 95519

Phone: 707-839-2484

"Soup's On" Free lunch Mon-Sat. 12:00-2:00p. No ID or proof of income necessary.

Ray's Food Place McKinleyville

Address: 1500 Anna Sparks Way, McKinleyville Ca 95519

Phone: (707)839-4413

Groceries delivered in greater McKinleyville area (Not Trinidad.) Possibly to Blue Lake as time and staffing permit. No extra charge.

Redway Healy Senior Center of So. Humboldt

Address: 456 Briceland Road, Redway Ca

Phone: (707)923-2399

Food commodities distributed 2nd Thurs of the month between 1:30-4:00pm. Sign-up requires ID, Proof of age (65+), residence in Redway area, and proof of income.

Meals on Wheels

Delivery of cooked meals for housebound and disabled. Waiting list, call for availability.

Congregate Meal Program

Full meal served at Senior Center M-F 12:15, call for reservations. 65+, suggested donation \$4.00 (no Seniors will be turned away for inability to pay,) under 65, suggested donation \$6.00

Quail Service So. Humboldt Transportation for Seniors and Disabled (943-300) Makes regular stops daily at the Senior Center, and can transport elderly and disabled to meals/activities.

Rural Human Services

Address: 286 M Street, Crescent City Ca 95531

Phone: (707) 464-7441

Website: <http://www.ruralhumanservices.org>

Food commodities distribution 2nd full week of the month T,W,Th. Emergency food boxes. Need California ID to sign-up. No proof of income/residency needed.

Salvation Army

Address: 2123 Tydd St, Eureka Ca 95501

Phone: 707-442-6475

Website: <http://www.salvationarmyusa.org>

Financial assistance with utility bills that have received a 15 day or 48 hour notice for shut-off through REACH program. Short interview to qualify.

Individual or family can drop in and receive bag of groceries once per month. Picture ID needed for the one filling out the form, and some sort of ID for everyone else in the family. No income guidelines, proof of income. Also, REACH can provide energy assistance for utility bills that have received a 15 day, or 48 hour notice for shut off. Short interview to

Senior Nutrition Center

Phone: 707-825-2027

60 years and older, suggested donation \$3.00 per meal, noon meal 11:30am -12:15, reservations required 825-2027

Seventh Day Adventist Community Services

Phone: Fortuna: 707-725-6164

Phone: Eureka: 707-442-6950

Phone: McKinleyville: 707-839-3832

Limited hours, call ahead

St. Joseph's Pantry Shelf

Address: 2292 Newburg Road, Fortuna Ca

Phone: (707)725-1148

Once per month food box to low income adults and families. Must Have utility bill for Fortuna, Loleta, or Bridgeville area. No ID, or proof of income needed.

Also, food commodities to low-income seniors

St. Vincent de Paul Meals

Address: 35 W. 3rd St., Eureka Ca 95501

Phone: 707-445-9588

Website: <http://www.humstvincentdepaul.org/dining.html>

Provides free lunch and dinner service everyday 11-1p.m & 5-6 p.m.

WIC (Women, Infants and Children)

Address: 730 Harris St., Eureka Ca 95501

Phone: 707-445-6255

Website: <http://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

Yurok Food Distribution Program

Address: 190 Nelson Rd, Crescent City Ca 95531

Phone: (707) 464-1852

Website: <http://www.yuroktribe.com>

Commodities and fresh produce once per month for low income Native Americans on or near reservations. You can't be on SSI or Food Stamps if California resident (Oregon okay.) Income guidelines apply. Must have proof of income, Tribal ID, utility bill or other proving physical address. Non-tribal members can qualify as long as they live on the reservation. Tribal members can live anywhere and still qualify.

HIV Resources

California Children Services

Address: 712 Fourth St., Eureka CA 95501

Phone: 707-445-6212

Services for children who are at risk of HIV infection or who are HIV positive.

Centers for Disease Control

Phone: 800-232-4636 (English/Spanish)

Phone: 800-232-6348 (Deaf Callers Only)

24 Hotline.

North Coast AIDS Project

Address: 529 I Street, Eureka CA 95501

Phone: 707-441-5074

AIDS education and prevention, direct services to people living with HIV/AIDS

HIV Testing at 529 I St. Eureka - By appointment only - call 707-268-2109

Planned Parenthood

Address: 3225 Timber Court, Eureka CA 95501

Phone: 707-442-5700

Confidential testing for HIV/AIDS

<http://www.ppeureka.org>

United Indian Health Services

Address: 1600 Weott Way, Arcata CA 95521

Phone: 707-825-5070

Confidential testing for patients

Homelessness

Arcata House

Address: 1005 11th St., Arcata CA 95521

Phone: 707-822-4528

Case management for persons living in this transitional housing program. Transitional housing to learn skills needed to reach a goal of permanent housing. Focus is on women and children. Includes case management. Apartment first program places homeless single people with a disability into apartment or home.

Crescent City Community Assistance Network (CAN)

Address: 455 Standard Veneer Road, Crescent City CA 95531

Phone: (707) 464-9190

Temporary emergency shelter provided after completing a screening process. Homeowner and Rental Assistance for the elderly and disabled.

Eureka Rescue Mission (Men)

Address: 110 2nd St., Eureka CA 95501

Phone: 707-443-4551

Emergency shelter and transitional housing. Length of stay no more than 60 days. Must remain clean and sober. Mon-Su, sign in 5:30 and stay for meal, shower and bed space. Open 365 days per year.

Eureka Rescue Mission Women & Children's Shelter

Address: 107 3rd St., Eureka CA 95501

Phone: 707-443-5016

Emergency shelter and transitional housing. Intake before 5:00pm (preferably) or later in case of emergency.

Eureka Rescue Mission Women and Children

Address: 107 3rd Street, Eureka Ca 95501

Phone: 707-443-5016

Breakfast T/Th 8:00am-9:00. Dinner Every night 4:45pm, Mandatory Chapel Service Following, No ID/proof of income needed.

Humboldt Domestic Violence Services

Address: P.O. Box # 969, Eureka CA 95503

Phone: 707-443-6042 (24 hour crisis line)

Phone: 866-668-6543 (toll free outside local calling area)

Phone: 707-444-9255 (Office)

Website: <http://www.hdvs.org>

Emergency shelter for victims of domestic violence. Restraining order assistance. Support groups with free child care. Support group hours: Mon. 6-7:30pm, Thurs. 6-7:30pm, Fri 12-1:30pm. Children 17 yrs and under may stay with the parent. 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.

Humboldt Housing Now

Phone: 707-441-1001 (for 'pre-screening')

Homeless Prevention and Rapid Re-housing Program. Through United Way and RCAA. Federal Stimulus grant \$ available to prevent eviction and provide for security deposits!!!

MAC House

Address: 2415 Second St., Eureka CA 95501

Phone: 707-269-9590

Phone: 707-269-2002 (office)

Phone: 707-269-2075 (Emergency shelter)

Website: <http://www.rcaa.org/macenter.htm>

Case management for residents of this homeless transitional housing facility. 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 and participant must be on CalWorks.

North Coast Resource Center nee: Arcata Endeavor

Address: 501 9th Ave, Arcata CA 95521

Phone: 707-822-5008

Website: <http://www.arcataendeavor.org>

Not a shelter. Case management for homeless persons. Includes emergency interventions, referrals, emergency telephone and travel aid, ID search, SSI assistance. NCRC provides support for homeless people, to include: hot meals and food bank, phone. Must provide proof of Arcata residency for food.

RCAA Family Services Emergency Shelter

Address: 926 G St, Eureka CA 95501

Phone: 707-269-2075

Website: <http://www.rcaa.org/emershel.html>

Call between 1:00PM and 3:00PM. By referral only. 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)

Youth Services Bureau

Address: 1100 California St, Eureka CA 95501

Website: <http://www.rcaa.org/ysb.html>

Case management for teens ages 12-21 through a variety of residential or outreach programs related to unstable housing or homelessness. Also, advice and assessment for parents with concerns about teen children. This is also a crisis line but is appropriate for initial inquiries as well.

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 16-18b

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

Hospice and Palliative Care Resources

Heart of the Redwoods Community Hospice

Address: 464 Maple Lane, Garberville CA 95542

Phone: (707) 923-7276

Website: <http://www.heartoftheredwoodscommunityhospice.org/>

Heart of the Redwoods Community Hospice serves the people of Southern Humboldt County, a rural area of nearly 3,000 square miles. Our patient care staff and volunteers are dedicated to supporting families in providing the care needed to allow patients to die in their homes with the people they love nearby. We also offer support to people who are facing life-threatening illness and those who are bereaved. We have chosen to operate outside the Medicare licensed hospice system, allowing us to serve our patients with greater flexibility and humanity. Our services are free of charge and funded entirely by donations, gifts, fundraising events, and small local grants.

Hospice of Humboldt

Address: 2010 Myrtle Ave., Eureka CA 95501

Phone: (707) 445-8443

Fax: (707) 445-2209

Website: <http://www.hospiceofhumboldt.org>

Office is open 8:30 am to 5:00 pm, Monday through Friday. To access Hospice of Humboldt at other times, just call 707-445-8443; nurses are available 24 hours a day in the event of an emergency.

Housing

American Property Mangement

Address: 3101 Concorde Drive Ste B, McKinleyville Ca 95519
Phone: 707-839-9658
Rentals in the North County area. Call or email for a rental list.

Arcata Endeavor

Address: 501 9th Ave, Arcata Ca 95521
Phone: 707-822-5008
Website: <http://www.arcataendeavor.org>
Assistance with locating and securing housing.

Bode Property Management

Phone: Hotline: (707) 445-2414
Phone: Office: (707) 442-1313
Website: <http://www.bodepropertymanagement.com/>
Eureka, Arcata, and McKinleyville rentals.

Consolidated Management

Address: 710 E Street, Suite 130, Eureka Ca 95501
Phone: (707) 441-0981
Website: <http://www.c-management.com/listing/residential/>
Eureka, Arcata, and McKinleyville rentals.

Craigslist

Website: <http://humboldt.craigslist.org/>
Click [rooms/shared](#) (under housing) for room rentals

Housing Authority

Address: 735 W Everding St, Eureka CA 95501
Phone: 707-443-4583
Website: <http://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.

Humboldt Bay Housing

Address: 500 Valley West Blvd, Arcata Ca 95521
Phone: 707-826-7312
Website: <http://hbhdc@reninet.com>
Develops and manages housing for low to moderate income residents of Humboldt County.

Humboldt Property Management

Address: 954 H Street, Arcata Ca 95521
Work Phone: 707-825-1515
Website: <http://www.humboldtpropertymanagement.com/>

Many apartment rentals in Arcata, M-F 10-5.

IMS Property Management

Address: 3857 Walnut Drive, Eureka Ca 95503
Phone: 707-445-0905
Rentals throughout Humboldt County. Call for rental list.

North Coast Veterans Resource Center

Address: 2107 3rd St., Eureka Ca 95501
Phone: 707-442-4322
Website: <http://www.humboldt.edu/~ves/Pages/community.html#NCVRC>
Case Management, employment, homeless services and transitional housing, resource and referral center. Employment and limited training for homeless and/or unemployed veterans

Professional Property Management

Address: 3109 H St, Eureka Ca
Phone: Hotline: 707-444-9197

Phone:

Office: 707-444-3835

Website: <http://www.ppmrentals.com>

Mostly Eureka rentals – many allow pets.

RCAA Family Services Property Management

Address: 537 9th St, Eureka CA 95501

Phone: 707-269-2011

Website: <http://www.rcaa.org/propmgmt.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.

Six Rivers Property Management

Address: 710 Main Street, Fortuna Ca 95540

Phone: (707) 725-1094

Phone: (707) 826-1094

Website: <http://www.six-rivers.com>

Rentals in South County Area. Affordable housing.

Strombeck Properties

Phone: 707- 822-4557

Phone: 707- 822-4688

Many affordable apartments in Arcata

Hygiene

Arcata Endeavor

Address: 501 9th, Arcata CA 95521

Phone: 707-822-5008

Website: <http://www.arcataendeavor.org>

Shower and laundry service for volunteers, court appointments, job interviews, doctor's appointments, and children who are in school.

Community Access Network (CAN)

Address: 355 Standard Veneer Road, Crescent City CA 95531

Phone: (707)464-9190

Hot showers and hygienic supplies, call for more information. May need Driver's License, Social Security Card and Proof of Income.

Eureka Rescue Mission

Address: 110 2nd St., P.O. Box #76, Eureka Ca 95501

Phone: 707-443-4551

Breakfast 5:30am-6:00am M-Sa, 6:30am-7:00 Sun. Intake for Dinner/Overnight Stay 5:30-6:00. Dinner 6:30pm Nightly, 365 days per year

Eureka Rescue Mission

Address: 110 2nd St Eureka, CA 95521, Eureka CA 95521

Phone: 707-443-4551

Free showers Mon, Wed, and Fri. 1:00-3:00pm. Also Free Store at side of Thrift Store building, 1031 Broadway, Eureka, for clothes, shoes, blankets household items, etc. M-F 12:30-4:30, as much as you can carry.

Eureka Rescue Mission Women and Children

Address: 107 3rd Street, Eureka Ca 95501

Phone: 707-443-5016

Breakfast T/Th 8:00am-9:00. Dinner Every night 4:45pm, Mandatory Chapel Service Following, No ID/proof of income needed.

Eureka Rescue Mission Women and Children's Shelter

Address: 107 3rd Street, Eureka CA 95501

Phone: 707-443-5016

Showers M,W,F 9:00am-11:00am. Clean clothes, shoes, jackets. Emergency Diapers, formula (as available) wipes, and other baby needs anytime before 10pm. No ID, no proof of income needed.

Hansen's Truck Stop

Address: 2404 Sandy Prairie Rd, Fortuna CA 95540

Phone: 707-725-1744

Shower \$1.00 , 5AM-8PM, bring own towel and soap.

Raven Project

Website: <http://rcaa.org/ysb/stroutrch.html>

Provides food, clothing, laundry, shower facilities, free internet access, safe sex supplies, bleach kits to clean needles, and other, for youth only, ages 10-21. Also provides other supportive services for youth in unstable housing situations (including homeless).

Legal Aid

Child Support Services

Address: P.O. Box 128, Eureka CA 95502

Phone: 707-441-3200

Website: <http://www.co.humboldt.ca.us/dcss/>

Services provided for free and can establish paternity as well as obtain, enforce, collect and distribute child support and medical support orders.

Legal Services of Northern California

Website: <http://www.lsn.net/>

Website with Resources for legal needs, information about CA and Federal Laws and Legislators.

Legal Services of Northern California and Senior Legal Services

Address: 3rd St, Eureka CA 95501

Phone: 707-443-9123

Website: <http://www.humsenior.org/legal/legal.html>

Serves local people in legal matters regarding family, tenant's rights and public benefits. Phone and in person consultation available.

NAACP Legal Defense and Education Fund

Phone: 1-800-221-7822

Website: <http://www.naacpldf.org/>

Provides legal assistance, not representation, to anyone who feels they may be victims of discrimination of any kind.

Newcomer Center

Address: 674 Allard Ave (Located on the Eureka Adult School Campus), Eureka CA 95501

Phone: 707-441-2462

Website: <http://www.eurekaadultschool.org/newcomer.html>

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.

Senior Legal Hotline

Phone: 1-800-222-1753

Website: <http://www.seniorlegalhotline.org/>

Free legal advise for any reason by phone to CA residence over 60. Spanish speakers available.

Victim Witness Office

Address: 712 Fourth St, Eureka CA 95501

Phone: 707- 445-7417

Website: http://www.cya.ca.gov/victim/vw_county.html

Humboldt County District Attorney

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).

Victims of Crime Resource Center

Phone: 1-800-842-8467

Website: <http://www.1800victims.org/>

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.

Medical Care

Downtown Express Medical Group

Address: 2456 Buhne Street, Eureka CA 95501

Phone: 707-443-2293

Primary Care – Eureka Area

Dr. Charles Rigney

Address: 500 B. Street, Scotia CA 95565

Phone: 707-764-5617

Family Practice – Rio Dell, Scotia

Dr. Olkin and Dr. C. Ray Jones

Address: 3302 Renner Drive, Fortuna CA 95540

Phone: 707-725-3318

Family Practice – South County

Fortuna Family Medical Group

Address: 874 Main Street, Fortuna CA 95540

Phone: 707-725-3334

Primary Care for the South County area.

HDN Medical Foundation

Phone: 1-866-443-4563 (Toll Free)

Phone: 707-443-4563

Website: <http://hdnfmf.com/provSearchForm.php>

Find a local medical provider – including specialists – by searching this site. Referrals also made by phone.

Humboldt Medical Group

Address: 3306 Renner Dr, Fortuna CA 95540

Address: 528 Washington,, Ferndale CA 95536

Phone: 707-725-6101

Phone: 707-786-4028

Primary Care for the South County area

Kris Kelly Health Info Ctr.

Address: Humboldt County Library, 1313 3rd St, Eureka CA 95501

Phone: 707-442-9094

Website: <http://www.kkhic.org/>

Provides general health information via phone, mail, internet.

Mobile Medical Office

Address: P.O. Box # 905, Eureka CA 95500

Phone: 707-443-1186

Website: <http://www.mobilemed.org/>

Comprehensive primary care: mental health, substance abuse, preventive dental, homeless services, help with public benefit applications. Bilingual evening clinics. Vans circulate to various locations from Arcata to Rio Dell. Call for schedules, or see website.

Public Health, Department of Health and Human Services

Address: 529 I St, Eureka CA 95501

Phone: 1-800-698-0843

Website: <http://co.humboldt.ca.us/HHS/PHB/>

Care line for health related questions for County residents. Caller may be referred to services, or speak with a nurse on site.

Redwood Internal Medicine

Address: 3304 Renner Drive, Fortuna CA 95540

Phone: 707-725-4477

Internal Medicine – South County

Redwoods Rural Health

Address: 101 West Coast Rd, Redway CA 95560

Phone: 707-923-2783

Website: <http://www.rrhc.org/newsite/>

Comprehensive primary care including behavioral health and full-scope dental care for Southern Humboldt.

Willow Creek Dept. of Public Health

Address: 77 Walnut Way, Willow Creek CA 95573

Phone: 530-629-2410

Women's health, STD screenings, immunization, birth control, pregnancy testing. (11/7/05 GY)

Medical Insurance

County Medical Services Program (CMSP)

Phone: 707-269-3590

Website: <http://www.cmspcounties.org>

To apply by phone, call **707-268-3471**. Provides limited health coverage for low-income, indigent adults 21-64 years of age.

Health Insurance Programs – Overview

Website: <http://www.ahirc.org/quickguideCalifornia.html>

Website: <http://www.calhealth.net/>

Explains the basics of health insurance in California with links to programs.

Medi-Cal

Address: 929 Koster St, Eureka CA 95501

Website: <http://www.dhs.ca.gov/mcs/medi-calhome/>

California's version of Medicaid, healthcare insurance for low-income families and individuals.

(11/7/05 gy)

Medicare

Phone: 800-772-1213

Phone: 707-445-9610

Website: <http://www.medicare.gov/>

Federal health insurance program for people 65 or older (or disabled for 2 or more years and RSDI eligible). Pays 80% of most medical expenses. For personal consultation on Medicare, Medigap plans and Medicare D, contact HICAP at **444-3000**

Mental Health

Humboldt Family Services Center

Address: 1802 California St., Eureka Ca 95501

Phone: 707-443-7358

Website: <http://www.HFSC@SBCglobal.net>

Free walk-in counseling Mon 1-4. Provide many court ordered programs: Anger Management, Drug Diversion, the children of Divorce Workshop, and others. Victim witness and RCRC referrals accepted. Medi-Cal and sliding fee scale. Also an office in Arcata – Call Eureka office to make an appointment.

Irv Tessler

Address: 381 Bayside Rd., Arcata Ca 95521

Phone: 707-826-2830

Psychiatric services. Does not accept Medi-cal. No sliding scale

Mental Health, DHHS

Address: 720 Wood St., Eureka Ca 95501

Phone: 707-268-2900

Phone: 707-445-7715 Crisis Line

Website: <http://www.co.humboldt.ca.us/hhs/mh/>

Out patient services for psychiatrist, counselors and therapists for assessment, treatment and referral. Same day services as needed. Call for more information.

North Coast Association of Mental Health Providers (NCAMHP)

Website: <http://www.ncamhp.org>

Excellent web-based resource. Match a patient's treatment needs, insurance and location with a licensed therapist.

Pain Management

Family Resource Centers

Phone: McKinleyville: 707-840-0905

Phone: Manila: 707-444-9771

Phone: Rio Dell: 707-764-5239

Website: <http://www.humkids.org/content/index.php?option=content&task=view&id=213&Itemid=56>

Resource centers for Manila, Rio Dell, and McKinleyville. Parent Support Groups, parenting classes, some child care provided for class attendance. Call for additional information.

Mad River Community Hospital Pain Clinic

Phone: 707-822-3621

Website: <http://www.madriverhospital.com/services/WelcometoSurgicalServices.htm>

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.

Making Headway, Inc

Address: 305 "O" Street, Eureka Ca 95501

Phone: (707) 442-7668

Website: <http://http://www.mhwcenter.org/about.html>

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.

Northern California Neurosurgery Medical Group

Address: 2400 Country Drive, Suite 100, Fremont Ca 94536

Phone: 510-494-5700

Website: <http://www.liebersson.com>

Multi-specialty group caring for spine problems, carpal tunnel disease, pain, and work injuries.

Northern California Pain Initiative (NCPI)

Website: <http://www.home.earthlink.net/~norcalpain/index.html>

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.

Northern California Spine Institute

Address: 5725 West Las Positas, Suite 200, Pleasanton Ca 94588

Phone: 925-469-6274

Website: <http://www.ncsi.tv>

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.

UCSF Pain Management Center

Address: 2255 Post Street, San Francisco Ca 94143

Phone: 415-885-PAIN(7246)

Phone: Patient Info Line 415-885-3878

Website: http://http://mountzion.ucsfmedicalcenter.org/pain_management/

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.

Parenting

Changing Tides

Address: 2379 Myrtle Ave., Eureka CA 95501

Phone: 707-444-8293

Phone: 1-800-795-3554 (toll free)

Website: <http://www.hccc1.org>

Referrals for child care. Child care, special needs and mental health case management for children. 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.

Healthy Moms

Address: 2910 H St., Eureka Ca 95501

Phone: 707-441-5225

Website: http://www.centerforaddiction.org/healthy_moms_program/

Required for mothers enrolled in the 6 month program only. 2 days/week.

Parent Project

Phone: 707-441-2448

Phone: Pat Graves: 707-441-2423 ext: 423

Website: <http://www.eurekacityschools.org/progserv/progserv.htm#PARENT>

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. Contact Eureka Adult School 441-2448

Six Rivers Planned Parenthood

Address: 2316 Harrison Ave., Eureka Ca 95503

Phone: 707-442-5709

Website: <http://www.ppeureka.org>

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.

Some parenting workshops offered on a rotating basis. Check Availability.

TAPPN (Teenage Pregnancy and Parenting Network)

Phone: 707-476-4914

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.

Senior Housing Resources

Housing Authority, City of Eureka and Humboldt County

Address: 735 West Everding St., Eureka Ca 95501

Phone: 707-443-4583

Website: <http://www.eureka-humboldt-hsg.org>

Subsidized housing program for low-income seniors/disabled/families. Public housing units available.

Humboldt Bay Housing Development

Address: 100 Ericson Ct., Arcata Ca 95521

Phone: 707-826-7312

Website: <http://hbhdc@reninet.com>

Affordable housing in Arcata and McKinleyville for low-income seniors and adults with disabilities.

Humboldt Senior Resource Center

Website: <http://www.humsenior.org>

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.

Property Management (RCAA)

Address: 904 G St., Eureka Ca 95501

Phone: 707-269-2014

Website: <http://www.rcaa.org/propmgmt.html>

Maintains and administers housing options for low and moderate income dwellings, rentals, and other options.

Tri-County Independent Living, Inc.

Address: 2822 Harris Street, Eureka CA 95503

Phone: 707-445-8404

Pager: 707-445-8405 (TDD)

Website: <http://www.tilinet.org>

Short term case management and referral service for persons who identify themselves as disabled. Donated computers available for persons with disabilities. 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. 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.

Senior Resources

Adult Protective Services

Address: 808 E St., Eureka Ca 95501

Phone: 707-476-2100

Phone: 24 Hour hotline: 707-445-6180

Website: <http://http://www.co.humboldt.ca.us/welfare/adult-1.htm>

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. 24 hour line for reporting adult and elder abuse. PHN or SW will make home visit and possibly offer short-term case management and referral

Area 1 Agency on Aging

Address: 434 7th St., Eureka CA 95501

Phone: 707-443-4363 (caregiver registry)

Phone: 707-442-3763 9 (caregiver services)

Website: <http://www.a1aa.org/>

Help finding in-home caregivers, resource referral for people with disabilities. Support and resource referral for caregivers and families of people with disabilities and Seniors. 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.

Health Insurance Counseling and Advocacy Program (HICAP): 444-3000 Provides free counseling and help with Medicare, Medigap, Medicare D, long term care insurance, Medicare Fraud, Medicare appeals, etc.

Caregiver Registry

Phone: 707-443-4363

Help finding in-home caregivers, resource referral for people with disabilities

Caregiver Services

Address: 434 7th St., Eureka Ca 95501

Phone: 707-442-3763

Website: <http://http://www.a1aa.org/>

Support and resource referral for caregivers and families of people with disabilities and Seniors

Easter Seals Adult Day Services

Address: 3289 Edgewood Rd., Eureka c 95503

Phone: 707-445-8841

Phone: 1-800-675-SEAL

Website: <http://www.easterseals.com>

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.

Experience Works

Address: 1125 16th St. 212, Arcata CA 95521

Phone: (707) 445-6781

Phone: (800) 288-1324

Website: <http://www.experienceworks.org>

Assists low income workers 55 years of age and over find paid community-based service opportunities and gain employment related experience and training.

Home Delivered Meals

Phone: 707-668-5101

Home Delivered Meals – meals delivered once per week – freezable and heatable. Trinidad to Rio Dell and maybe beyond. Tribal elders/younger tribal members with disabilities who are homebound, no charge (any tribe). All others pay per meal (minimal cost).

Home Delivered Meals / Doorstep Lunches

Work Phone: 707-443-9747

Website: http://http://www.humsenior.org/index.php?option=com_content&task=view&id=29&Itemid=105

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. (usually a wait list). Others may consider Doorstep Lunches (no wait list or age limit, but higher cost per meal).

In Home Support Services (IHSS)

Address: 929 Koster St., Eureka CA 95501

Phone: 707-476-2100

IHSS may be able to pay for a caregiver 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. Based on Medi-Cal eligibility

In Home Support Services (IHSS)

Address: 880 Northcrest Dr, Crescent City CA 95531

Phone: 707-464-3191

IHSS may be able to pay for a caregiver 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. Based on Medi-Cal eligibility

In Home Support Services (IHSS)

Address: 808 E Street, Eureka Ca 95501

Phone: 707-476-2100

Website: <http://www.co.humboldt.ca.us/hhs/socialservices/ihss-1.htm>

Program to help Medi-cal and very-low income people who are frail, elderly or functionally impaired, to stay in their own homes. Pays for a caregiver to help an eligible elderly person or persons with disabilities with everyday tasks.

Lifeline Service

Phone: 707-445-9911

Lifeline service for Seniors and people with disabilities.

Senior Dining Centers

Phone: Arcata: 707- 825-2027

Phone: Fortuna: 707- 725-6245

Phone: Eureka: 707-442-1181

Website: http://http://www.humsenior.org/index.php?option=com_content&task=view&id=66&Itemid=109

Congregate Senior Meals. For 60+ year-olds. Suggested donation \$3.00 per meal, BUT NO DONATION IS REQUIRED.

Reservations *are* required.

For Reservations or Information Call:

Susan in ARCATA @ 825-2027. Lunch is served from 11:30-12:15

Gail in FORTUNA @ 725-6245. Lunch is served from noon-12:30

Benita in EUREKA @ 442-1181. Lunch is served from 11:45-12:15

Senior Home Repair and Job Bank

Phone: 707-443-9747 ext 1240

Website: http://www.humsenior.org/index.php?option=com_content&task=category§ionid=4&id=50&Itemid=128

Senior Home Repair. Helps homeowners with minor inexpensive repairs such as: leaky pipes or faucets, handrails, grab bars.

Eligibility depends on income and location. Job Bank. Makes referrals for workers (handymen) for minor home repairs for people in various areas.

Senior Legal Hotline

Phone: 800-222-1753

Website: <http://www.seniorlegalhotline.org>

Free legal advice over the telephone for California residents over 60 years of age on any subject. Call early in the morning...you will get a call back.

Senior Legal Services

Address: 1910 California Street, Eureka Ca 95501

Phone: 707-443-9747

Appointments in person for legal advice regarding Social Security, SSI, CMSP, Medi-Cal, In-Home Support Services (IHSS).

Must be 60 or older.

Transportation

Arcata Mad River Transit System (AMRTS)

Website: <http://www.arcatatransit.org/>

Arcata/Valley West/Sunnybrae bus service.

Blue Lake Rancheria Transit System

Website: <http://www.green-wheels.org/files/Blue%20Lake%20Rancheria%20Transit%20Schedule.html>

Service within Blue Lake and to Arcata.

Dial-A-Ride

Phone: 707-442-4555

Website: <http://www.hta.org/Dial-A-Ride>

Door-to-door service for disabled or elderly. Must be unable to use public transportation or walk to bus stop. Rider must be certified by a licensed MD/DO and must purchase tickets in advance. Only available from McKinleyville to Humboldt Hill – along 101, with some service to Old Arcata Road. Call 443-0826 for eligibility and ticket information. Fax completed applications: 443-2032

Eureka Transit Service (ETS)

Website: <http://www.eukatransit.org/>

Bus service in Eureka city limits.

Fortuna Transit

Phone: 707-725-7625

Website: <http://news.fortunaparks.com-a.googlepages.com/MicrosoftWord-Letter-to-Bus-Riders.pdf>

Door-to-door bus service for disabled and seniors within the Fortuna City limits.

Other Transportation Information at A1AA site:

Website: <http://www.a1aa.org/SRD2006-07/Transportation.pdf>

Other transportation services for the region.

Quail Bus

Phone: 707-943-3000

Southern Humboldt bus for disabled and elderly. Weekly trips to Fortuna and Eureka.

Redwood Transit System (RTS)

Website: <http://www.redwoodtransit.org/>

“County Bus” from Scotia to Trinidad also Willow Creek.

Utilities Assistance

CARE Program (PG&E)

Phone: 800-743-2273

Website: <http://www.pge.com/myhome/customerservice/financialassistance/care/>

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 or LL must complete submetered application.

Humboldt Senior Resource Center, Firewood Program

Phone: 707-443-9747 ext. 1240

Website: <http://www.humsenior.org/firewood/firewood.html>

Firewood for low to moderate income seniors 65+. Call for income eligibility information. You pay for delivery or pick up the wood yourself.

Lifeline Telephone Service

Phone: 1-800-310-2355

Website: <http://www.att.com/gen/landing-pages?pid=3308>

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 and gives you ½ off rates for phone services.

PG&E Medical Baseline program

Website: <http://www.pge.com/myhome/customerservice/financialassistance/medicalbaseline/howtoapply/>

A licensed MD must certify that the patient is:

- * dependent on life-support equipment OR
- * a para/hemi/quadruplegic or MS pt w/special heating needs OR
- * being treated for another illness w/special heating needs

RCAA's Energy & Environmental Services Division, Energy Demonstration Center

Address: 539 T St., Eureka Ca 95501

Phone: 707-444-3834

Website: <http://www.rcaa.org/energy.html>

Home Energy Assistance Program (HEAP): **444-3834**. 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.

REACH Program

Address: 2123 Tydd Street, Eureka Ca 95501

Phone: 707-442-6475

Assistance up to \$300 with past-due PG&E bills for income eligible people. 1-2 person HH (\$2282/mo after taxes income limit). Must have a 15 day notice (Reach pays past due amount OR 48 hour notice (Reach pays full amount) Does NOT cover deposits; subject to availability of funds.

Weatherization Programs

Phone: PG&E energy partners: 1-800-933-9555

Phone: Atlas: Susan Penn: 707-443-9660

Website: <http://www.pge.com/myhome/customerservice/financialassistance/energypartners/>

Website: <http://www.atlasstarenergy.net/weatherization.htm>

Programs to improve home energy efficiency for homeowners and renters. Participants may qualify for appliance replacement. Subject to availability of funds. Call for information.

Veterans Services

Department of Veterans Affairs (VA)

Address: 810 Vermont Ave., NW Wa 20420

Phone: 1-800-827-1000

Website: <http://www.va.gov>

Federal telephone service contact point for all services available to veterans through the US government.

Eureka Veterans Clinic

Address: 714 F St., Eureka Ca 95501

Phone: 707- 442-5335

Website: <http://www.va.gov/directory/guide/facility.asp?ID=756>

Provides primary care, mental health, and some ancillary services to qualified veterans.

Humboldt County Veterans Service Office

Address: 825 5th St., Rm. 310, Eureka Ca 95501

Phone: 707-445-7341

Website: <http://www.co.humboldt.ca.us/veteran/>

Advocate for veterans and their dependents for support in getting benefits and processing claims.

North Coast Veterans Resource Center

Address: 2107 3rd St., Eureka Ca 95501

Phone: 707-442-4322

Website: <http://www.humboldt.edu/~ves/Pages/community.html#NCVRC>

Case Management, employment, homeless services and transitional housing, resource and referral center. Employment and limited training for homeless and/or unemployed veterans

Redwoods Veterans Outreach Center

Address: 2830 G St., Eureka Ca 95501

Phone: 707-444-8271

Website: <http://www.humboldt.edu/~ves/Pages/community.html#VC>

Provides a broad range of counseling, outreach and services to eligible veterans and their families.

Veterans Upward Bound

Arcata Ca

Phone: 1-800-826-4971

Website: <http://www.humboldt.edu/~veterans/vub>

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.