

# Yuba Sutter Counties 2009



T H E  
FREMONT-RIDEOUT  
H E A L T H G R O U P  
exceptional care, close to home

# LOW COST • NO COST PEOPLE SERVICES

PUBLICATION SPONSORED BY A PARTNERSHIP BETWEEN SUTTER COUNTY HUMAN SERVICES AND FREMONT-RIDEOUT HEALTH GROUP

For a free copy visit the Sutter County Health Department, 1445 Veterans Memorial Circle, Yuba City, CA 95993. This information is also available by visiting the Sutter County Human Services website: [www.SutterCounty.org](http://www.SutterCounty.org)

## Alcohol & Drug Abuse

### ACTS

Alcohol Chemical Treatment Series  
Marysville, Truth Tabernacle Church,  
Friday 7 PM ..... 742-7761

### Addiction Treatment Svc. Inc.

Narcotic treatment program.. 749-8640

### Adult Children of Alcoholics

Self-help for those with alcoholic  
families. For time & location of  
meetings, call ..... 673-9380

### Aegis Medical Systems, Inc.

Narcotic treatment program.. 742-7747

### Al Anon Family Group

Fellowship for family members of  
alcoholics. Call..... 673-9380

### Alcoholics Anonymous

A fellowship for those with alcohol  
problems. Call..... 673-9380

### Beale Air Force Base Life Skills

Social Services for military personnel  
and their departments. .... 634-3420

### California Smokers' Helpline

..... 800-662-8887  
..... 800-844-2439

### Clean Break - Fremont-Rideout

Stop smoking or chewing tobacco.  
Free 4-day class..... 749-4458

### County Substance Abuse Programs

Counseling, treatment, crisis interven-  
tion for Families with drug problems.  
Sutter County ..... 822-3292  
Yuba County..... 749-6798

### Fathers First

Open group for recovery and  
parenting for Fathers, meeting at Truth  
Tabernacle Church, Marysville Friday  
Nights @ 7:00 pm..... 742-7761

### First Steps Prenatal Program

See Women's Services

### NAR-Anon Family Group

A support group for family members of  
addicts. Call..... 1-800-477-6291

### Narcotics Anonymous

Self-help for those with drug problems.  
Call..... 877-6361

### National Alcohol & Drug Abuse Hotline

Self-help info..... 1-800-784-6776

### National Council on Alcoholism

Information on alcohol-abuse services  
Toll-free ..... 1-800-622-2255

### Pathway's Drug & Alcohol Program

Substance Abuse Programs including:  
Youth and Family, Out-patient,  
Residential for men and women. Free  
Assessments..... 674-4530

### Rideout Memorial Hospital Emergency Dept.

726 4th Street, Marysville. For  
emergencies \*S\*P\*H,~O.  
Call..... 911

### School Alcohol/Drug Prevention

Alcohol and other drug prevention and  
other intervention for School-based  
programs.  
Sutter County ..... 822-7654  
Yuba County..... 741-4379

### Sutter & Yuba County Alcohol & Drug Administrator

Coordinates county services .822-7200

### Sutter Yuba Mental Health

Counseling and referral for drug and  
alcohol abuse..... 822-7200

### Tobacco Education & Referrals to Cessation Classes

Sutter County ..... 822-7215  
Yuba County..... 749-6366

## Animals

### Animal Bites

Sutter County Environmental  
Health ..... 822-7219  
Yuba County Animal Control 741-6478

### Animal Control Office

Licensing and control of animals  
Sutter County ..... 822-7375  
Yuba County..... 741-6478

### Pet Life Line

Shelter for dogs and cats, low-cost  
spraying and neutering.  
Adopt-a-Pet..... 755-1437

### Yuba Sutter S.P.C.A.

Low cost spraying and neutering,  
vaccinations ..... 673-6390

## Children's Activities

### 4H Club

Focus on agriculture for  
youth..... 822-7515

### Boy Scouts of America

Organized activities for boys.. 822-9275

### Campfire, Inc. Boys and Girls

Children's scouting programs.  
Call..... 1-800-427-1417  
or..... 916-452-4982

### Friday Night Live/Club Live/ Kid Live

Sponsors dances, sporting activities,  
community services, cultural activities.  
Youth Live Center for 4th, 5th and 6th  
grades on Thursday from 5-8 PM., 7th  
& 8th grades on Friday from 5-8 PM.  
and high school-age youth on Saturday  
from 8 PM. to midnight. Also FNL  
Mentor Program and the FNL /Pepsi  
Indoor Sports Arena includes adult and  
youth soccer leagues and workshops,  
youth conferences, lock-ins and  
baseball batting cages for hire.  
..... 742-5483

### Girl Scouts Council

Organized activities for girls.  
..... 1-800-322-4475

### Harmony Health Family Resource Center

Ages 0-5 ..... 742-5049

### Library Services

Sutter County ..... 822-7137  
Yuba County..... 749-7380

### Sutter/Yuba County Children & Families Commission

Planning for services for children  
under age 5. Call ..... 822-7505

### Youth Soccer League of Yuba-Sutter

..... www.yubasuttersoccer.com

### Yuba City Recreation Department

Special classes, arts and crafts, trips,  
movies, youth and adult sports.  
..... 822-4650

## Child Care

### Beale Child Development Center

Hourly, daily, and full-time care for  
children 1-5 years. Also family day care  
homes available. \*S..... 634-4717  
or..... 634-4984

### California Human Development Corp. Child Care Center

Full-day child care. Cost based on  
income. Call ..... 821-2202

### Child Care Planning Council

Call..... 749-3276 ext. 106

### Children's Day Care Licensing

Call..... 895-5033

### Children's Home Society of California

Child care referrals to licensed family  
day care homes and centers, resource  
library and financial child care services  
for children..... 673-7503  
Toll-free ..... 1-800-552-0400

### Latchkey

Linda School. K-13 years..... 741-6119

### Live Oak Child Care Center

Serves children ages 2-10 years,  
bilingual staff. Call..... 695-2372

### Migrant Head Start

Families working in agriculture. Full-  
day care with preschool curriculum for  
children ages 4 weeks- 6 years, \*S,\*P,\*H  
..... 741-2995

### North Marysville Continuation High School

Alternative education for high-school  
aged students. On-site child care  
provided for teen parents.  
Call..... 749-6919

### School District Child Care Programs

**Marysville Joint Unified**  
Full and part-time day care for children  
ages 3-13 years. .... 749-6163  
**Yuba City Unified**  
Full and part-time day care for children  
ages 2-6 years. Also services for  
migrants. .... 822-5235

### State Child Development Program

Three-and-a half-hour programs  
during school year for ages 3-4 years;  
priority to 4 year olds. Call..... 822-5235

### State Preschools

**Brittan**  
Part-day preschool for ages 3-5 years  
from low income families ..... 822-5155  
**Marysville**  
3 1/2 hour preschool programs for ages  
3-4 years, bilingual staff ..... 749-6165  
**Yuba City**  
3 1/2 hour preschool programs for ages  
3-4 years, bilingual staff ..... 822-5235

### Yuba College Child Dev. Center

Full or part-time day care for children  
3 years and older. Located on campus.  
\*S,\*P,\*H. Call ..... 749-3808

### Yuba College Infant/Toddler Center

For children 6 weeks to 36 months  
\*S,\*P,\*H. Call..... 741-7738

### E Center Head Start Program

Prenatal - 5 years  
Program Office..... 741-2995  
Yuba City ..... 671-3763  
Butte Vista ..... 751-2080  
Live Oak..... 695-8098  
Marysville..... 741-2995  
Wheatland..... 633-4011  
Yuba College ..... 742-4094  
Olivehurst..... 749-8005

\*S (Spanish), \*P (Punjabi), \*H (Hmong) = Interpreters on staff; \*I = Bring your own interpreter.

~S (Spanish) ~P (Punjabi) ~H (Hmong) ~O (other languages) = Interpreters available as needed, helpful to call in advance.

## Child & Family Counseling

### ABC Olivehurst Family Resource Center

Support services to promote self-sufficiency — targeting families in Yuba County who have young children (ages 0-5). Olivehurst ..... 740-7767  
Cedar Lane ..... 740-7766

### Beale Family Support Service Center

For active, retired, and reserve family members only. .... 634-2863

### Casa de Esperanza

Shelter for victims of domestic violence, rape and sexual assault counseling. \*S,-P,-H. Call ..... 674-5400  
Crisis Line ..... 674-2040

### Child Help's National Child Abuse Hotline

Toll-free ..... 1-800-422-4453

### Children & Families Commission

Resources and information on parenting skills, child development and wellness.  
Sutter County ..... 822-7505  
Yuba County ..... 749-6777

### Compassionate Friends

Self-help support for parents who have experienced the death of a child.  
..... 674-2595

### Family Intervention Team (FIT)

Support for families with multi-agency involvement. .... 822-7478

### Fremont-Rideout Hospice

See MEDICAL - HOSPICE

### Harmony Health Family Resource Center

Assists families with community referrals, in home case managing, counseling, parent workshops/support groups, woman's support group, and resource information file. \*S,\*H.  
Call ..... 742-5049

### Nine Line

Phone-counseling and referral for teens.  
Toll-free, 24 hours ..... 1-800-999-9999

### Parent Network

For families of children with special needs. Provides referrals to services, a resource library, parent-to-parent support, parenting classes and support groups.  
Sutter County Parent Network ..... 751-1925  
Yuba County Family Resource Center ..... 749-3276

### Teen Line

A confidential telephone help line for teenage callers. Volunteers - trained teenagers who will talk to the caller about anything that concerns them.  
In California call ..... 1-800-TLC-TEEN

### Yuba County Probation

Youth counseling project ..... 749-7550

## Children Missing

### California Missing Children Hotline

Toll-free ..... 1-800-222-3463

### California Runaway Hotline

Toll-free ..... 1-800-843-5200

### Kids Hotline

For kids who want to talk about their problems. Toll-free ..... 1-800-843-5200

### National Center for Missing & Exploited Children

Toll-free, 24 hours ..... 1-800-231-6946

### National Runaway Switchboard

Toll-free ..... 1-800-621-4000

## Community Information

### Chamber of Commerce

Community needs, events, business. \*S.  
Call ..... 743-6501

### Salvation Army

Help in locating missing persons.  
\*S,\*P,\*H. Call ..... 671-7283

### United Way

Community resources referral  
..... 743-1847

## Counseling Mental Health

see also MEDICAL/SUPPORT GROUPS

### A Woman's Friend

See WOMEN'S SERVICES

### Alta California Regional Center

See DISABLED

### Anger Management Classes

Sutter County Probation ..... 822-7320

### Beale Air Force Base

Mental health. Translator by appointment. Call ..... 634-3420

### Casa de Esperanza

See CHILD & FAMILY COUNSELING

### Emotions Anonymous

Support group for people having difficulty coping with unresolved problems. Sponsored by Mental Health \*S,\*P ..... 822-7200

### Harmony Health Family Resource Center

Call ..... 742-5049

### Mental Health America Yuba Sutter

Support and sharing for the families of the mentally ill ..... 822-7200 or 7178

### Parent Network

See CHILD & FAMILY COUNSELING

### Planned Parenthood

See Women's Services

### Sutter-Yuba Mental Health

24-hour Crisis Line \*S,\*P ..... 673-8255  
Day treatment ..... 822-7205  
Emergency, 24-hours ..... 673-8255  
Inpatient ..... 822-7209  
Outpatient ..... 822-7200

### Yuba-Sutter Veterans Service Center

See VETERANS

## Disabled

### Alta California Regional Center

Diagnosis, special services for those with retardation, CP, epilepsy, autism \*S,\*P,\*H. Call ..... 674-3070

### Boy Scouts Handicapped-Scouting

Programs for both girls and boys  
..... 822-9275

### Butchie's Pool

Swimming pool for the handicapped  
..... 671-4373

### California Dept. of Rehabilitation

Vocational testing, counseling, training.  
Call ..... 822-4591  
TDD only ..... 822-4594

### California Relay Service

Relay-voice-to-TTY and vice-versa for the hearing impaired... 1-800-735-2922  
Toll-free TTY ..... 1-800-735-2929

### County Depts. of Human Services

Services for disabled adults  
Sutter County ..... 822-7151  
Yuba County ..... 749-6311

### Easter Seals Society

Medical equipment for loan, information and referral, public education ..... 673-4585

### FREED Yuba-Sutter

Foundation of Resources for Equality and Employment for the Disabled.  
Advocacy, housing assistance, personal assistant registry. Call ..... 742-4474

### Fremont-Rideout Home Health

..... 673-7100

### Home Living Skills

Services for the disabled ..... 751-7140

### Housing Authority

See HOUSING

### Nor-Cal Center on Deafness

Voice Line ..... 671-0811  
TTY ..... 671-2236

### No. California Independent Living

Peer advising, attendant care, interpreting services ..... 893-8527  
TDD ..... 893-8529

### Parent Information Line

Special Education telephone line for parents of students with disabilities ages 0-22. Call ..... 1-800-434-2465  
TDD ..... 916-327-3678

### Parent Network

See CHILD & FAMILY COUNSELING

### Property Tax Assistance/Postponement

See FINANCIAL ASSISTANCE

### Special Education

For all handicapped children  
Yuba City U.S.D. .... 822-7655  
Sutter County Schools ..... 822-2900  
CTEC ..... 822-5120  
TDY ..... 822-5104  
Yuba County ..... 741-6231

## Speech & Hearing Clinic CSUC

Diagnostic evaluation of speech and hearing, hearing aid evaluation.  
Chico ..... 898-5871

## Speech-to-Speech Telephone Support Services

Public Utilities Commission provides free telephone services to people with speech disabilities ..... 1-800-854-7784

### Sutter North Medical

Home Health ..... 749-3450

### Yuba College Disabled Student Program

Call ..... 741-6795

## Emergency Social Services

### Adult Protective Services

Investigates referrals of elder and dependent adult abuse or neglect.  
Sutter County ..... 822-7151  
Yuba County ..... 749-6471

### Air Force Aid Society

Emergency assistance for active duty and dependent military members.  
Call ..... 634-2863

### American Red Cross

Emergency assistance, financial aid for members of the Armed Forces and their families, AIDS education  
..... 673-1460

### Child Protective Service

Protection for children subjected to abuse or neglect  
Sutter County (24 hours) ..... 822-7227  
Yuba County ..... 749-6361  
Yuba Co (24 hours) ..... 749-6288

### Community Resource Project

Weatherization for low income households, renters, or owners in Yuba and Sutter Counties. Call ..... 671-7590

### County Depts. of Human Services

Food, clothing, shelter.  
Sutter County ..... 822-7230  
Yuba County ..... 749-6311

### Lifeline

Personal remote control device for emergency response for the elderly, disabled handicapped or isolated.  
Call ..... 743-5500

### Rural Development

Low-interest loans for first time housing borrowers and loans for farmers ..... 673-4347

### Salvation Army

Emergency food, clothing, shelter.  
Call ..... 671-7283

### Salvation Army Depot

See HOUSING

### Twin Cities Rescue Mission

Gospel services, meals, showers, clothing, overnight accommodations for single men. Call ..... 743-8777

### Victim-Witness Program

Social, financial help for victims of violent crime, court assistance  
Sutter County \*S,\*P ..... 822-7345  
Yuba County \*S ..... 741-6275

### Yuba-Sutter Gleaners Food Bank

Call ..... 673-3834

## Employment Training

### California Dept. of Rehabilitation

Vocational testing, counseling, training, job placement assistance.  
Call ..... 822-4591  
TDD only ..... 822-4594

### California Human Development Corp.

Information about employment, training, education ..... 673-4120  
or ..... 741-2924

### Career Training & Education Center

Sutter County ..... 822-5120  
Yuba County  
Regional Career Center ..... 749-4850

### CSUC Educational Opportunity

Special admission program for students. Call ..... 898-6831

### Elderhostel & Elder-college Program

Area Agency on Aging  
Toll-free ..... 1-800-822-0109

### Employment Development Dept.

Job Search Workshop, Conservation Corps, unemployment insurance  
Call ..... 741-4218

### Farm Advisor UC Coop. Extension

Information on gardening, landscape, money management, food production  
Call ..... 822-7515

### Library Literacy Program

Serves Yuba and Sutter Counties.  
Call ..... 822-7272

### One-Stop Business Center

Sutter County ..... 822-5120  
Yuba County ..... 749-4800

### Private Industry Council

On-the-job & classroom training, work experience for youth ..... 822-7145

### Senior Employment Program

55+, Active Adults Program 40+, Training opportunities ..... 749-4800

### Sutter County Employment Services

Employment, educational training, work experience program for TANF recipients. Child care and transportation provided.  
Call ..... 822-7133

### Tri-County ROP

School-based vocational education for youth and adults 16 years and older.  
..... 822-5110  
or ..... 822-2952

### Yuba College Re-Entry Center

Call ..... 741-6826

### Yuba County Employment Services

Employment, education, work experience program ..... 749-4800

### Yuba/Sutter Enterprises

Women's career resource center  
..... 671-2911



## Easter Seals Society

Medical equipment for loan, information and referral, public education. .... 673-4585

## Epilepsy Foundation of America

Toll-free ..... 1-800-332-1000

## Hepatitis C Task Force (Nor-Cal)

Educational and support services for the community, businesses and individuals regarding the silent epidemic of hepatitis. Call ..... 671-7441

## March of Dimes Birth Defects Foundation

Advocacy, medical and public health education, printed materials (also in Spanish). Sacramento .... 916-922-1913

## National Health Information Clearing House

\*S Toll-free ..... 1-800-336-4797

## National Jewish Lung Line

Health info and doctor referral  
Toll-free ..... 1-800-222-5864

## Organ Donation Information Line

\*S Toll-free ..... 1-800-243-6667  
or ..... 1-800-292-9537

## Sexually-Transmitted Disease Hotline

Toll-free ..... 1-800-227-8922

## Sutter-Yuba Medical Society

Physician referrals, complaints  
..... 673-6894

## Medical - Hospice

### Fremont-Rideout Hospice

Medical services for the terminally ill in Sutter and Yuba Counties. Support groups for the terminally ill and their families ..... 790-3006

### Sutter North Medical Foundation

Sutter North Hospice..... 749-3460

## Medical - Support Groups

### AIDS Support

Home Health Care Management, CHP Plus for HIV positive or AIDS. No cost to client, includes skilled nursing, social work, homemaker, financial assistance \*S. Call ..... 1-800-400-0727  
or ..... 1-800-343-0727

### Alzheimer's Aid Society of No. CA

Information Group. \*S. Sacramento  
Call ..... 916-448-7001

### American Lung Ass'n • Better Breathers

Call ..... 1-800-586-4872

### Breast Cancer Support Group

Call ..... 749-3347

### Cancer Caregivers Support Group

Sponsored by the American Cancer Society and Fremont-Rideout Health Group..... 749-4400 x1686

### Cancer Support Group

Call ..... 749-4368

### Diabetes Support Group

Call ..... 674-9112

### Emotions Anonymous

Support group for people having difficulty coping with unresolved problems. Sponsored by Mental Health. \*S,\*P ..... 822-7200

### Fremont-Rideout Hospice

See *MEDICAL - HOSPICE*

### Fremont-Rideout Cancer Center

Support Group Call ..... 300-0712

### Grief Support Group

Fremont-Rideout Hospice's grief support group provides support for people experiencing grief due to the death of a loved one. .... 790-3006

### Hepatitis C Support Group

Meets every Thursday from 3:30 - 5:00 PM at the F.O.R. Families Suite, 6000 Lindhurst Ave., Suite 700-B, Marysville  
Call ..... 671-7441

### Mental Health America Yuba Sutter

Support group for families of the mentally ill. Call ..... 822-7178

### Parkinson's Support Group

Call ..... 674-5557

### Prostate Support Group

Call ..... 741-1366

### Yuba/Sutter Children's Type 1 Diabetes Support Group

Call ..... 329-5339

## Native Americans

### California Tribal TANF Partnership

Call ..... 671-5401

### Feather River Health

Emergency care, medical, dental, vision, hearing. Oroville. .... 891-5700

### Feather River Tribal Health

General medical care ..... 751-8454

### U.S. Indian Affairs Bureau

Sacramento ..... 916-930-3927

## Recreation

### City Recreation Departments

Swimming, softball, field trips  
Live Oak City Hall ..... 695-2112  
Yuba City ..... 822-4650

### County Libraries

Book and record loans  
Sutter County ..... 822-7137  
Yuba County ..... 749-7380

### Friday Night Live/Club Live/Kid Live

See *CHILDREN'S ACTIVITIES*

### Ruff Hill Recreation

Brownsville..... 675-0121

### YMCA Feather River

Afterschool care, summer day camps, sports, camping and cheerleading in Yuba/Sutter area. Call ..... 666-9622

## Senior Citizens

See also *DISABLED SERVICES*

### Adult Protective Services

See *EMERGENCY/SOCIAL SERVICES*

### Area Agency on Aging

Homemaker aid, ombudsman, information, referral for those 60 years or older. Sacramento.  
Call ..... 916-486-1876

### Caring Calls

Daily call to see how seniors are doing  
Call ..... 674-5253

### Elder Services of Northern California

Ombudsman, advocacy for Seniors, Gatekeeper Community Services. Translation by appointment.  
Call ..... 755-2018  
Pager ..... 916-522-8464

### Experience Works

Senior workforce solutions  
..... [www.experienceworks.org](http://www.experienceworks.org)  
Call ..... 749-4887

### Health Insurance Counseling

Referrals to help seniors with medicare billing and insurance selection  
Chico ..... 898-5923  
Yuba City/Marysville..... 742-2334  
Toll-free ..... 1-800-822-0109

### Housing Authority

See *HOUSING*

### Meals on Wheels

Call ..... 916-486-1876

### Medicare Information

Toll-free ..... 1-800-952-8627

### Nutrition

Dine-in meals for seniors.  
Yuba City Senior Center ..... 822-4608  
or ..... 282-8557  
Lunch at Senior Center ..... 990-0852

### Property Tax Assistance/Postponement

See *FINANCIAL ASSISTANCE*

### Senior Legal Hotline

See *LEGAL SERVICES*

### Senior Snack Program

Call ..... 749-6471

### Senior Information & Assistance

Locates services and resources requested by seniors, provides assistance completing forms, schedules HICAP appointments, etc..... 742-2334

### Social Security Administration

\*S,\*P,\*H ..... 866-931-2521

### Yuba City Senior Citizen Center

Classes, crafts, dances, trips, exercise, tax assistance, blood pressure screening ..... 822-4608

### Yuba County In-Home Supportive Services (IHSS)

Helps people remain safely in their own home. Call ..... 749-6471

### Yuba Sutter Legal Center for Seniors

See *LEGAL SERVICES*

## Transportation

### Community Resource Services

Senior Medi-Car provides transportation to non-emergency medical appointments for Seniors aged 60 + ..... 741-9090

### Yuba Sutter Transit

A variety of general public and senior/disabled scheduled and specialized transportation services. 15 commuter schedules to Sacramento. Mon-Fri: 6:30 pm - 9:30 pm; Sat: 8:30 pm - 5:30 pm; Sun: No service.  
Route & Schedule Info ..... 742-2877  
Dial-A-Ride Reservations..... 742-2877  
Administration..... 634-6880  
TTY ..... 634-6889

## Utilities

### Community Resource Project, Inc.

Home Energy Assistance Program (HEAP) through PG&E, weatherization.  
Call ..... 671-7590

### Garbage

Yuba Sutter Disposal ..... 743-6933

### Gas & Electric

Pacific Gas and Electric Company  
Call ..... 1-800-743-5000

### Water Resources Department

Call for flood management .... 755-0071

## Veterans & Military

### American Red Cross

Service to military families .... 673-1460

### National Veterans' Foundation

Toll free ..... 888-777-4443

### Yuba College Veteran's Affairs

Education benefits for veterans and dependents. Call ..... 741-6822

### Yuba-Sutter Veterans Service Center

Services to veterans, dependents of veterans, and surviving spouses of veterans ..... 749-4967

## Women's Services

### A Woman's Friend

Services for expectant mothers, post-abortion counseling, free pregnancy tests and verification, maternity and infant clothing for loan. \*I  
24-hour Hotline ..... 741-0556

### Access for Infants & Mothers

Insurance for medical expenses during pregnancy ..... 1-800-433-2611

### Casa de Esperanza

See *CHILD & FAMILY COUNSELING*

### Child Protective Services

See *EMERGENCY/SOCIAL SERVICES*

### County Health Services

See *MEDICAL CLINICS*

### Feminist Women's Health Center

Abortion, birth control, VD and pregnancy testing, referrals, fertility services ..... 891-1911

### First Steps Perinatal Program

Drug abuse counseling/treatment for pregnant and parenting women  
Call ..... 822-7263

### Fremont-Rideout

Child birth classes; breastfeeding, maternity dept. tours and childbirth preparation ..... 751-4165

### Great Beginnings

Prenatal care, delivery services and hospitalization for pregnant women at Fremont Medical Center. MediCal accepted. \*S, ~O ..... 751-2390

### Harmony Health Family Resource Cntr.

Call ..... 742-5049

### La Leche League

Information, education and support for expectant and breast-feeding-mothers  
Call ..... 797-4176

### Planned Parenthood

Birth Control, pregnancy testing, STD screening and treatment, first trimester abortion, PAP tests, AIDS testing, tubal ligation and vasectomy counseling. \*S  
Call ..... 674-2603

### Rape Crisis Intervention

24-hour crisis hotline, bilingual crisis line workers available. Medical, legal and emotional advocacy, support groups, education, child-assault prevention. \*S, ~O  
Crisis ..... 674-2040  
Business..... 674-5400

### Sweet Success Fremont-Rideout Health Group

Diabetes in pregnancy education.  
Call ..... 751-2108

### WIC: Women, Infants, & Children

Nutrition education, supplemental food vouchers  
Sutter C. ~S..... 822-7224  
Yuba County..... 749-4830

If services have been overlooked or if there are errors, contact Sutter Human Services at 822-7327. All information is subject to change. A listing in this document does not indicate a recommendation of the agency.

Visit the Sutter County Human Services Web Site at:  
..... [www.suttercounty.org](http://www.suttercounty.org)

The Network of Care web site is a valuable resource for individuals, families and agencies concerned with behavioral health services, laws, and related news. Visit the Network of Care local Web Sites at:  
..... [www.sutter.networkofcare.org](http://www.sutter.networkofcare.org)  
or ..... [www.yuba.networkofcare.org](http://www.yuba.networkofcare.org).

Mental Health America Yuba Sutter (MHAYS, formally known as National Alliance for the Mentally Ill, NAMI) is committed to assisting those with psychiatric disabilities and their families, by providing mutual support, education, advocacy and research. Visit the Mental Health America Yuba Sutter Web Site at:  
..... [www.mhayubasutter.com](http://www.mhayubasutter.com)