

SACRAMENTO RESOURCES

For Homeless Mothers & Their Children

Compiled for Women of Color On The Move (WoCoTM) | July 2026

Start here: Call 2-1-1 (press 8) or 916-498-1000, 24/7. This is the required entry point for nearly every family shelter in Sacramento — walk-ins are not accepted at most sites. Ask specifically for a family shelter assessment through the Coordinated Access System (CAS).

1. Emergency Shelter for Mothers & Children

Organization	Phone	Services / Notes
211 Sacramento – Family Shelter Assessment	Dial 2-1-1 or 916-498-1000	24/7. Required first step for shelter placement. Ask for the family/CAS assessment. Toll-free backup: 1-844-546-1464.
Next Move – Family Shelter	916-455-2160	85-bed campus; private family rooms (the only shelter in Sacramento with this). Accepts mothers with children of any age. Stay up to 30 days. On-site SETA Head Start, life skills coaching, laundry, school transportation for kids. 2925 34th St, Sacramento 95817 (Oak Park). Entry only via 211/CAS.
St. John's Shelter for Real Change (Women & Children Only)	916-453-1482	24-hour emergency shelter exclusively for women and their children, plus comprehensive support (education, job training, recovery support) to transition out of crisis. Referral via 211.
Volunteers of America (VOA) – Residential Family Shelter	See VOA NorCal/NorNV listing	Immediate safety, temporary housing, and meals for single parents/couples with young children. Case management, school transportation for children, permanent housing referrals.
Emergency Shelter Voucher (ESV) Program – Motel-Based	Via 211 / CAS	Rapidly houses families in motels within 24 hours of assessment. Initial 28-day voucher, renewable up to 5 times (6 months total) while participating in a rehousing plan. Serves ~200 families at a time. (Replaced the former “City Motel Program” in 2026.)
Wind Youth Services – TAY Access Point	916-561-4900 (drop-in) or 211	For young/teen parents (transitional age youth 18–25). In-person assessment at 815 S Street, Sacramento, 8:30 AM–4:00 PM, 7 days/week.

2. Domestic Violence & Safety Resources

If a mother and her children are fleeing abuse, safety planning comes first. These programs offer confidential shelter that is separate from the general homeless shelter system.

Organization	Phone	Services / Notes
National Domestic Violence Hotline	1-800-799-7233 or text START to 88788	24/7, confidential, English/Spanish + 200 languages via interpretation.
WEAVE (Sacramento's primary DV/sexual assault provider)	916-920-2952 (24-hr Support & Info Line)	Confidential Safehouse for survivors and their children, counseling, legal advocacy, children's programs, onsite charter school. 1900 K St, Sacramento 95811.
My Sister's House (Asian/Pan-Pacific focus, open to all)	916-428-3271 (24-hr help line)	Culturally-specific shelter and services for women and children fleeing domestic violence and human trafficking. 3053 Freeport Blvd #120, Sacramento 95818.
Emergency Housing Vouchers (EHV) – SHRA	Via SHRA – shra.org	Priority rental assistance for households fleeing domestic violence, dating violence, sexual assault, stalking, or trafficking.

3. Food, Diapers & Baby Supplies

Organization	Phone	Services / Notes
WIC (Women, Infants & Children)	1-800-852-5770 or 1-844-4MY-FAMILY (24/7)	Free healthy foods, breastfeeding support, nutrition education for pregnant/postpartum women and children up to age 5. No citizenship requirement; does not affect immigration status.
Sacramento Food Bank & Family Services	916-456-1980	Diaper distribution, baby food, utility assistance, plus its network of 112 partner food pantries county-wide (use their Food Finder tool).
Wellspring Women's Center	See findhelp.org listing	Free breakfast and light lunch for any woman and child in need. Mon–Fri, 8:30–11:00 AM.
Amber's Closet (Chicks in Crisis)	916-896-0031	Free diapers, wipes, formula, baby clothing. Tue & Thu, 12:00–4:00 PM. Once every 60 days (30 days if enrolled in school).
Union Gospel Mission – Food Box Program	916-447-3268	One food box per household every 30 days. Tue & Thu pickup, 1:00–3:00 PM.

4. Health Care for Mother & Children

Organization	Phone	Services / Notes
Medi-Cal / CalFresh / CalWORKs Enrollment	916-874-3100 (Sacramento County DHA)	Health coverage, food assistance, and cash aid for eligible families.
Elica Health Centers	916-454-2345	Sliding-scale/free primary and pediatric care for uninsured families.
WellSpace Health	916-737-5555	Community health center; serves uninsured and homeless individuals and families.
Sacramento County Health Center	916-874-9670	County-run medical services.
Sacramento Children's Home – Crisis Nursery	916-679-3600	24-hour emergency childcare for children ages 0–5, up to 30 days, for parents in crisis. 6699 South Land Park Dr, Sacramento 95831.

5. Childcare, School & Family Stability

Organization	Phone	Services / Notes
SETA Head Start (on-site at Next Move & other family shelters)	Via shelter case manager or 916-263-3804	Free early childhood education for children of families in shelter or experiencing homelessness.
McKinney-Vento School Liaison (any Sacramento school district)	Ask your child's school office, or call the district directly	Federal law guarantees homeless children the right to stay enrolled in their current school, receive free transportation, and access free school meals — regardless of address or missing paperwork.
CalWORKs Child Care / Alternative Payment Program	916-874-3100 (DHA)	Subsidized child care for eligible low-income working or job-training parents.
North Sac Family Resource Center	See northsacfr.org	Family support hub connecting parents to WIC, behavioral health, youth programs, and tax help (VITA).

6. Rental Assistance & Path to Permanent Housing

Organization	Phone	Services / Notes
Saint John's Housing Assistance Program	See saintjohnsprogram.org	One-time Security Deposit Assistance (up to \$1,500) and Rental Assistance (up to \$1,500) for Sacramento County residents 6+ months. Funds are limited and reopen monthly.
SHRA Housing Choice Voucher (Section 8)	916-440-1390	Ongoing rental subsidy; extra preference points for homeless status and families with children. Apply via Sacwaitlist.com only (beware of scam sites).
Family Shelter → Permanent Supportive Housing (North Natomas)	Via 211 / CAS	Permanent supportive housing community for families who've experienced homelessness, with on-site after-school programs and life skills education.

Organization	Phone	Services / Notes
Shelter Inc. – Rental & Deposit Assistance	See shelterinc.org	One-time help with move-in costs, deposits, or short-term rent for families.

7. Mental Health & Emotional Support

Organization	Phone	Services / Notes
988 Suicide & Crisis Lifeline	Call or text 988	Free, confidential, 24/7 crisis support for the whole family.
Mental Health Urgent Care Clinic (MHUCC)	916-520-2460	24/7 walk-in mental health & substance use crisis care, all ages. 2130 Stockton Blvd, Bldg 300, Sacramento 95817.
Genesis Mental Health Program (Loaves & Fishes)	916-446-0874	Free counseling for uninsured homeless adults.
WEAVE Counseling Services	916-920-2952	Individual and group counseling for mothers and children who've experienced trauma or abuse.

Note: This list reflects publicly available information as of July 2026. Shelter and program availability changes often — always start with a call to 211 and confirm current openings before traveling to any location. If you or your children are in immediate danger, call 911.

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