

EAST SLOPE

MARKLEEVILLE-WOODFORDS-KIRKWOOD

EMERGENCY SERVICES

Fire, Ambulance, Sheriff, California Highway Patrol	Dial 911
Alpine County Sheriff's Dispatch	(530) 694-2231
California Highway Patrol Dispatch	(530) 582-7500
Douglas County Sheriff's Dispatch	(775) 782-5126
El Dorado Sheriff's Dispatch	(530) 626-4911
Amador County Sheriff's Dispatch	(209) 223-1235
Red Cross– Sierra– Delta Chapter	(916) 993-7070
Alpine Co. Office of Emergency Preparedness	(530) 694-1339
Liberty Utilities– Power outages	(800) 782-2506
Frontier Communications	(775) 782-0965

Phone & internet outages & issues.

24 HOUR HOTLINES

Child Protective Services	(888) 755-8099
Takes reports and responds to allegations of child abuse & neglect.	
Alpine Co. Behavioral Health	(800) 318-8212
24 hour crisis– emergency line	
Live Violence Free	(888) 750-6444
Advocates or peer counselors are available 24 hours a day, 7 days a week to be supportive, to discuss options, or to listen to individual's concerns related to domestic violence.	
Tahoe Youth & Family Services	(800) 870-8937
Crisis line for any children, youth or parents in Alpine County, South Lake Tahoe & Minden/Gardnerville area.	
California Poison Control	(800) 222-1222
Child Abuse Hotline	(800) 422-4453
National Domestic Violence Hotline	(800) 799-7233
National Sexual Assault Hotline	(800) 656-4673
Ca. Youth Crisis Line	(800) 843-5200
Suicide Prevention & Lifeline	(800) 273-8255

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First 5 California IMPACT &
The California Department of Education
Early Care & Support Division

For additional copies contact: 877-694-2129

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HOSPITALS

Barton Memorial Hospital, South Lake Tahoe, CA	(530) 541-3420
Carson Valley Medical Center, Gardnerville, NV	(775) 782-1500
Carson Tahoe Rgnl. Med. Ctr. - Carson City, NV	(775) 445-8000
Renown Medical Center- Reno, NV	(775) 982-4100
St. Mary's Regional Medical Center- Reno, NV	(775) 770-3000
Veteran's Medical Center- Reno, NV	(775) 786-7200

URGENT CARE

Carson Tahoe Emergent Care— Minden	(775) 445-7800
CVMC Urgent Care— Minden	(775) 782-1610
CVMC Complete Care- Gardnerville	(775) 782-1603
Tahoe Urgent Care	(530) 541-3277

HEALTH CLINICS

Alpine County Health Department	(530) 694-2146
Patients of all ages are welcome and no one is refused care due to the lack of medical insurance coverage. Services include: general medical care, pre-employment exams, DMV physicals, health screening (all ages), vaccinations, lab work, EKG, tobacco cessation, diabetes prevention & care, HIV & STD testing.	
Kirkwood Health Clinic	(209) 258-7224
Douglas Co. Health Nurse	(775) 782-9038
El Dorado County Health Dept.	(530) 573-3155
Veteran's Health Clinic— Gardnerville	(775) 782-5265
Coleville Clinic	(530) 495-2100
Denti-Cal provider.	

OTHER HEALTH SERVICES

Breastfeeding Support— Alpine Co. Health Dept.	(530) 694-2146
La Leche League	(877) 452-5324
Mother-to-mother breastfeeding support.	
Women, Infants & Children (WIC)	(530) 573-3491
Vouchers for healthy food for children under 5 years & pregnant, postpartum & lactating women along with nutrition counseling and breastfeeding support.	
Legal Services of Northern California-Health	(888) 354-4474
A non-profit that provides education & advocacy to healthcare consumers. Services are free and there is no income cap for services. They assist individuals with issues related to Medi-Cal, Medicare, private insurance & Covered California. If you have questions about your insurance coverage or are having trouble accessing health services please call LSNC-Health.	

LAW ENFORCEMENT

Alpine County Sheriff's Department	(530) 694-2231
California Highway Patrol	(530) 577-1001
Douglas County Sheriff's Department	
	Minden (775) 782-9935
	Minden Jail (775) 782-9921
	Stateline Substation (775) 586-7250
	Tahoe Jail (775) 586-7265
El Dorado County Sheriff's Dept.	(530) 573-3000
	Detention Center (530) 573-3031
Amador County Sheriff's Dept.	(209) 223-6500
Alpine County Probation	(530) 694-2192

LEGAL SERVICES

Alpine Co. Child Support Services (530) 694-2235

The Central Sierra Child Support Agency does not charge for its services. Any custodial or non-custodial party may request that the Central Sierra Child Support Agency aid in collecting the court ordered support. You are eligible regardless of whether or not you are receiving TANF.

Alpine Co. Recorder (530) 694-2283

Get copies of recorded documents & vital statistics such as birth certificates and marriage documents.

Alpine Co. Superior Court (530) 694-2113

The Court provides free legal assistance to eligible consumers representing themselves in civil cases. While we will not represent you, we can help you to process your own case. We don't give legal advice, but we can help fill out forms and translate "legalese" in the following areas: Family Law, Evictions, Dissolution of Marriage, Small Claims Actions, Debt Collection, Parentage Actions, Child Support, Custody, Visitation, Guardianship, Domestic Violence Prevention, other civil matters. Free Legal Aid is provided at the Courthouse in Markleeville on the third Thursday of each month on a first come first serve basis. Phone ins are welcome if you can't make it in person.

Alpine Co. Victim/ Witness Assistance (530) 694-2971

Offers a wide variety of assistance to victims and witnesses of crime. Trained advocates can provide support through the court process and will keep you informed about the status of a criminal case. Advocates may also assist victims with submitting requests for restitution, filing claims for Victims of Crime compensation, and much more.

Live Violence Free (530) 694-1853

Provides a vital service to survivors of sexual assault, domestic violence and stalking. If you are a survivor and your legal issue is directly related to the abuse you experienced, the Live Violence Free Legal Program may be able to assist you. Their attorney can represent those regarding issues of protection orders, divorce, custody, immigration, credit, disability, social security & housing. Services also include, legal advice, legal representation, document preparation, safety planning, court accompaniment, legal advocacy & translation services in Tagalog and Spanish.

California Indian Legal Services (800) 736-3582

Their mission is to protect and advance Indian rights, foster Indian self-determination, and facilitate tribal nation building. CILS offers representation in cases that involve issues unique to Native Americans.

Legal Services of Northern California-Health (888) 354-4474

A non-profit that provides education & advocacy to healthcare consumers. Services are free and there is no income cap for services. They assist individuals with issues related to Medi-Cal, Medicare, private insurance & Covered California. If you have questions about your insurance coverage or are having trouble accessing health services please call LSNC-Health.

Family Law Facilitator (530) 573-3066

If you need help with regards to a Family Law issue, such as child custody, visitation, court motions, etc., please contact the Family Law Facilitator. The Department of Child Support Services cannot provide legal advice.

SUBSTANCE ABUSE:

PREVENTION & TREATMENT

Alpine County Behavioral Health (530) 694-1816

Outpatient groups for mental health, alcohol and drug issues.

Inpatient treatment and/or detoxification for substance use disorders.

Alcoholics Anonymous—Alpine Co. (530) 694-1816

Alpine County Behavioral Health Services offers sobriety, recovery, addictions prevention, and wellness resources using a Native American Wellbriety model. Groups are open to both Native and non-native community members of all ages.

Alcoholics Anonymous—Douglas Co. (775) 355-1151

Alcoholics Anonymous—South Lake Tahoe (530) 541-1243

Alanon (888) 425-2666

Support for friends and families of problem drinkers. Online and phone meetings available.

Tahoe Youth & Family Services (775) 782-4202

Offering individual, family & group counseling for early intervention, prevention, substance abuse evaluations and student assistance programs.

Tahoe Turning Point—SLT (530) 541-4594

Non-profit offering substance abuse & addiction counseling, drug & alcohol education and relapse prevention group, drug testing, Batterer's Intervention Program, families & couples counseling and Drinking Driver Programs.

Smoking Cessation (530) 694 2146

Help and resources to help you quit smoking. (800) 662-8887

COUNSELING

Alpine County Behavioral Health (530) 694-1816

Outpatient individual and family counseling for mental health issues.

Outpatient individual substance abuse treatment counseling.

Outpatient groups for mental health, alcohol and drug issues.

Inpatient mental health treatment options.

Psychiatric consultation for medications via telehealth technology.

Inpatient treatment and/or detoxification for substance use disorders.

Community based prevention and early intervention programs.

Live Violence Free (530) 694-1853

FREE Individual Therapy –The ability to heal from a traumatic experience includes the capability to process, learn and grow from the incident. To that end, Live Violence Free offers individual therapy to those who have experienced domestic violence, sexual assault or child abuse for up to 8 weeks or more. Support Group: Free Confidential support group that deals with Domestic Violence/Sexual Assault struggles at various stages of life. Batter's Intervention counseling/ Anger management counseling: 12 to 52 week courses.

Tahoe Youth & Family Services (775) 782-4202

Offering individual & family counseling, including crisis counseling, focused therapy, family reunification & services for the very young.



So much brain growth happens through talking and listening. Your little one is busy learning sounds, words, and phrases and making connections between the words and what she sees.



Cuddle up with your child and enter the world of a story. Books are brain boosters. The more your child is read to from the very start, the more his brain will grow & language will develop.



Songs are a great way for your child to learn language and build vocabulary. Singing also helps your child bond with you. They also help create a lifelong love of music!

FINANCIAL, FOOD & CLOTHING

ASSISTANCE

Alpine County Health & Human Services (530) 694-2235

Offering a Food Closet, CalFresh-funds to purchase food, CalWORKs—cash aid, among other services for eligible residents.

Live Violence Free (530) 694-1853

Offering limited assistance with food, clothing, and diapers. If Live Violence Free is unable to provide those items, appropriate referrals will be provided to other agencies in our community who can meet their client's needs.

Women, Infants & Children (WIC) (530) 573-3491

Vouchers for healthy food for children under 5 years & pregnant, postpartum & lactating women along with nutrition counseling & breastfeeding support

Energy Assistance (530) 573-3490

This federally funded program helps income eligible households offset the cost of heating and cooling their homes. Eligible homeowners or renters may qualify to have specific payment amounts credited to their electric utility accounts or receive help obtaining firewood, propane, pellets or heating oil. Priority is given to the elderly, disabled and families with children under age 5.

Liberty Utilities CARE Program (800) 782-2506

Save 20% every month on your electric bill if income eligible.

Other services: free weatherization, insulation, minor home repairs and refrigerator replacements.

Tahoe Youth & Family Services (530) 694-9459

Monthly drop-in day for snacks, help with home work. Also offering sleeping bags, tents & socks to couch surfers or homeless youth and laundry services.

Carson Valley Community Food Closet (775) 782-3711

HOUSING INFORMATION

- Alpine County Health & Human Services (530) 694-2235
Live Violence Free (530) 694-1853
Emergency Housing for Domestic Violence Victims.

JOB SERVICES

- Alpine Connections One-Stop Center (530) 694-2235
Offers comprehensive career and employer services designed to support job seekers, employers, and entrepreneurs.
- CA Unemployment Insurance (866) 333-4606
State Disability Insurance (800) 480-3287
Program to provide short-term benefits to eligible California workers who have a loss of wages when they are unable to work due to a non-work related illness, injury, or pregnancy.
- State Department of Rehabilitation (530) 541-3226
Assists Californians with disabilities to obtain and retain employment and maximize their equality and ability to live independently in their communities.
- CalWORKs (530) 694-2235
A welfare program that gives cash aid and services to eligible needy California families.

TRANSPORTATION

- Alpine County Dial-A-Ride (530) 694-9301
Low cost public transportation services. Please call for current schedule or to schedule a ride.
- California DMV (800) 777-0133
California Road Conditions (800) 427-7623
Alpine County Road Conditions (530) 694-2140
Nevada Road Conditions (877) 687-6237

CHILD & FAMILY SERVICES

- Choices for Children (530) 694-2129
Help finding child care, paying for child care, or becoming a child care provider. Toy & resource lending library, Infant/Child CPR & First Aid, information and resources on child development, guidance, parenting & nutrition.
- First 5 Alpine (530) 694-1149
First 5 Alpine offers health, education and family support resources for families or anyone caring for children birth through five years of age in Alpine County.
- Live Violence Free (530) 694-1853
The STEP program is an easy to use 8 week program with chapters that relate to real-life situations and at home activities that help parents apply STEP ideas. The STEP parent handbook includes essential topics such as single parents, stepfamilies, cooperation in the family, schoolwork and homework, drugs, violence and gangs.
- Tahoe Youth & Family Services (530) 694-9459
The Mentoring program's focus is to unleash the innate greatness and unlimited potential of youth. Mentoring provides children and their families with connections to community resources, helping them build resiliency and support them in successful peer, adult and family relationships.
- Foster & Kinship Care Education Program (530) 541-0740
FKCE provides FREE classes and trainings for Foster care and Kinship care (relative or non-relative) providers in South Lake Tahoe. Our programs are designed to engage and educate Foster and Kinship Care providers so that these providers may meet the educational, emotional, behavioral and developmental needs of our children and youth. Training topics cover a wide range of subjects including parenting skills, child development, behavioral issues, child abuse and neglect, developmental issues, teen issues such as gangs and sexuality, and many other relevant community issues.
- Douglas Co. Family Support Council (775) 782-8692
Family resources & parenting classes available.
- Foster Family Service (530) 544-2111
Koinonia Foster Care (530) 541-1870
Adoption Services (530) 642-7100
The Adoption Services Program is administered by the El Dorado County Department of Human Services.

CAR SEAT INSTALLATION

call for an appointment....

California Highway Patrol South Lake Tahoe	(530) 577-1001
Douglas County Sheriff's Office	(775) 782-9945
AAA Carson City	(775) 888-6419

CHILD CARE CENTERS

Alpine Early Learning Center	(530) 694-2230
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Licensed care for infants through preschool.

SCHOOLS

Alpine County Unified School District & Office of Education	(530) 694-2230
Diamond Valley School (K-8th)	(530) 694-2238
Douglas High School (9th-12th)	(775) 782-5136
Alpine County Community Day School & Alpine County Opportunity School (7th-12th)	(530) 694-9423

RECREATION

Alpine County Library— Markleeville	(530) 694-2120
Alpine County Museum	(530) 694-2317
Alpine Kids	(530) 694-2934

Drug & tobacco free family outings for families who live or work in Alpine County.

Grover's Hot Springs	(530) 694-2249
Kirkwood Mountain Resort	(209) 258-6000
Alpine County Chamber of Commerce	(530) 694-2475

SPECIAL NEEDS/ DISABILITIES

Alta California Regional Center	(530) 542-0442
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Provides services to persons, age three and above, with a developmental disability pursuant to the Lanterman Act. Also provides services to infants and toddlers, between birth and 36 months, who have a need for early intervention services and who meet the eligibility criteria for the California Early Start program.

Tahoe-Alpine County SELPA	(530) 541-2850
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Provides special education services for children 3-22 years old.

Alpine Co. Office of Education	(530) 694-2230
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Provides special education services for children 3-22 years old.

Warmline Parent Resource Center	(844) 455-9517
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Provides resources, support, training and consultation to families of children with special needs birth to age 26.

California Children's Services	(530) 694-2146
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A state program which helps children up to 21 years old with certain diseases or health problems receive the health care and services they need.

In-Home Supportive Services	(530) 694-2235
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The IHSS Program will help pay for services provided to you so that you can remain safely in your own home. Disabled children are also potentially eligible.

Disability Rights California	(800) 776-5746
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Advocacy, education, investigation and litigation to advance and protect the rights of Californians with disabilities.

State Department of Rehabilitation	(530) 541-3226
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Assists Californians with disabilities to obtain and retain employment and maximize their equality and ability to live independently in their communities.

Special Needs for Disasters/Evacuations	(530) 694-2146
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Contact for a form to complete prior to a disaster or evacuation to ensure those special needs are recognized for support during a disaster/evacuation.

WASHOE TRIBAL SERVICES

Washoe Tribe of NV and CA	(800) 769-2746
Administrative Offices	(775) 265-8600
Woodfords Community Council	(530) 694-2170
Washoe Tribal Health Clinic	(866) 280-3862
	(775) 265-8622
Washoe Tribal Healing Center	(866) 280-3863
	(775) 265-5001
Washoe Tribal Social Services	(775) 265-8691
Domestic Violence Advocate	(775) 265-8698
Washoe Tribal Police	(877) 663-1275
Administration	(775) 265-7450
Dispatch	(877) 663-1275
Washoe Tribal Probation	(775) 265-7885
Washoe Tribal TANF	(530) 694-2555
Washoe Housing	(800) 249-4942
	(775) 265-2410
Washoe Job Development/ Job Coach	(775) 782-6320
Woodfords Indian Education Center	(530) 694-2964

Serving students from Hung-A-Lel-Ti with academic supports including tutoring, library and computer lab services.

Cultural Resource Department (775) 782-0010

Washoe Language Classes (775) 781-4853

(775) 781-0513

Woodfords Gymnasium (530) 694-1090

Washoe Head Start (775) 265-1074

California Indian Legal Services (800) 736-3582

Their mission is to protect and advance Indian rights, foster Indian self-determination, and facilitate tribal nation building. CILS offers representation in cases that involve issues unique to Native Americans.

VOLUNTEER FIRE STATIONS

Woodfords Fire Station 91	(530) 694-2922
Markleeville Fire Station 92	(530) 694-2223
Kirkwood Fire Station 93	(209) 258-4444
	ext. 3
Alpine County Search & Rescue	(530) 694-2231

SELECTED ELECTED OFFICIALS

Alpine County Board of Supervisors	(530) 694-2281
Alpine County Board of Education	(530) 694-2230

WHAT MAKES YOUR FAMILY STRONG?

Research shows if your family has these **5 PROTECTIVE FACTORS** you are more likely to weather the storms and stay strong.

PARENTAL RESILIENCE Exercise flexibility and inner strength to help you bounce back from challenges. Resilience makes your family strong.

SOCIAL CONNECTIONS Connecting with friends builds a support system and makes your family strong.

KNOWLEDGE OF PARENTING & CHILD DEVELOPMENT Being a parent is part natural & part learned. Parent education makes your family strong.

CONCRETE SUPPORTS IN TIMES OF NEED Ask for help. Meeting your needs through community support & resources makes your family strong.

SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN Give your child words to express how they feel. Teaching your child to effectively communicate & interact builds positive relationships and makes your family strong.

Strengthening Families: A Protective Factors Framework