

# MODOC COUNTY CHILDREN & FAMILY RESOURCES

## CAR SEAT PROGRAMS

### **T.E.A.C.H. Modoc – Car Seat Program**

“Modoc Resource and Referral has the help for your childcare needs. We can provide you with a list of licensed providers, or assist you with the steps needed to use an exempt provider, you may even qualify for assistance to help pay for your childcare.”

**Location:** 112 E 2<sup>nd</sup> Street  
Alturas, CA 96101

**Contact:** (530) 233-5437

**Website:**

<http://www.teachinc.org/pdf/Car%20seat%20brochure.pdf>

Last Verified On: 02/05/2025



## CHILD ABUSE RESOURCES

### **Child Protective Services**

“Child Protective Services provides protection, intervention, and ongoing support to children who are victims of or are threatened with abuse, neglect, or exploitation. Services are designed to preserve the family unit by strengthening parental capacity and creating a willingness to provide a safe and healthful child-rearing environment.”

**Location:** 120 North Main Street  
Alturas, CA 96101

**Contact:** (530) 233-6501

**Toll Free Hotline:** (866) 233-4424

**Website:**

<https://www.cdss.ca.gov/reporting/report-abuse/child-protective-services>

Last Verified On: 02/07/2025



# MODOC COUNTY

## CHILDREN AND FAMILY RESOURCES

### CHILD DEVELOPMENT RESOURCES

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#### Child Protective Services

“Child Protective Services provides protection, intervention, and ongoing support to children who are victims of or are threatened with abuse, neglect, or exploitation. Services are designed to preserve the family unit by strengthening parental capacity and creating a willingness to provide a safe and healthful child-rearing environment.”

**Location:** 120 North Main Street  
Alturas, CA 96101

**Contact:** (530) 233-6501

**Toll Free Hotline:** (866) 233-4424

**Website:**

<https://www.cdss.ca.gov/reporting/report-abuse/child-protective-services>

Last Verified On: 02/07/2025

#### Sierra Cascade Family Opportunities-Alturas Head Start

“Provides free high quality child development services including preschool, infant and toddler care and services for pregnant women.”

**Location:** 802 North East Street Suite C  
Alturas, CA 96101

**Contact:** (530) 233-4134

**Website:** <http://headstart4u.org/>

Last Verified On: 02/05/2025

#### First 5 Modoc Early Learning and Resource HUB

“Parent and family resource connection for children prenatal through age five. The HUB playroom provides hands-on experiential learning and service connection.”

**Location:** 802 North East Street  
Alturas, CA 96101

**Contact:** (530) 233-7122

**Website:** <https://first5modoc.com/parent-resource-hub/>

Last Verified On: 02/05/2025

#### Modoc County Office of Education Early Head Start – Alturas Center

“Provide a strength based, comprehensive early childhood development program to families by working with other agencies and programs serving expectant parents and children under age three.”

**Location:** 901 N East A Street  
Alturas, CA 96101

**Contact:** (530) 233-7134

**Website:**

<https://www.modoccoe.k12.ca.us/Teams/Early-Head-Start/index.html>

Last Verified On: 02/05/2025

#### Child Inc.

“Child Inc, founded in 1972, is a nonprofit organization operating to provide low-income families with early childhood education, mental health services, disabilities services, nutritional services, medical and dental services, social services and parent engagement activities.”

**Contact:** (512) 451-7361

**Website:** <https://childinc.org/>

Last Verified On: 02/14/2025



# MODOC COUNTY

## CHILDREN AND FAMILY RESOURCES

### CHILDCARE RESOURCES

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#### California Department of Social Services Child Care and Development Programs

“This page offers an overview of California’s subsidized child care and development programs.”

**Location:** 744 P Street M.S. 9-8-360  
Sacramento, CA 95814

**Website:**

<https://www.cdss.ca.gov/inforesources/calworks-child-care/subsidized-programs>

Last Verified On: 02/14/2025

#### T.E.A.C.H. - Child Care Resource and Referral

“Modoc Resource and Referral has the help for your childcare needs. If you are looking for a childcare provider or would like to become a care provide we can help.”

**Location:** 112 E 2<sup>nd</sup> Street  
Alturas, CA 96101

**Contact:** (530) 233-3111

**Website:** <https://www.teachinc.org/modoc-child-care-resource-and-referral/>

Last Verified On: 02/05/2025

### CHILDREN ADVOCACY SERVICES

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#### California CASA – Court Appointed Special Advocate Association

“California Court Appointed Special Advocate Association ensures that children & youth in the foster care system have a voice and the services they need for a stable future.”

**Location:** 3525 Del Mar Heights Road #243  
San Diego, CA 92130

**Contact:** (510) 663-8440

**Website:** <https://www.californiacasa.org/>

Last Verified On: 02/14/2025

#### T.E.A.C.H. - CASA Program

“CASA volunteers are everyday citizens judges appoint to advocate for the safety and well-being of children who have been removed from their homes due to parental abuse and neglect..”

**Location:** 112 E 2<sup>nd</sup> Street  
Alturas, CA 96101

**Contact:** (530) 233-3111

**Website:** <https://www.teachinc.org/modoc-casa-program/>

Last Verified On: 02/05/2025

#### Child Protective Services

“Child Protective Services provides protection, intervention, and ongoing support to children who are victims of or are threatened with abuse, neglect, or exploitation. Services are designed to preserve the family unit by strengthening parental capacity and creating a willingness to provide a safe and healthful child-rearing environment.”

**Location:** 120 North Main Street  
Alturas, CA 96101

**Contact:** (530) 233-6501

**Toll Free Hotline:** (866) 233-4424

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Last Verified On: 02/07/2025



# MODOC COUNTY CHILDREN AND FAMILY RESOURCES

## CHILDREN & FAMILY SUPPORT SERVICES

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### **T.E.A.C.H. Nurturing Parenting Programs**

“TEACH Inc. uses the Nurturing Parenting programs. These programs are family centered classes that focus on building nurturing parenting skills as an alternative to spanking, hitting, and yelling. Classes are for both the parents and the children learning similar skills with children learning at their developmental level.”

**Location:** 112 E 2<sup>nd</sup> Street  
Alturas, CA 96101

**Contact:** (530) 233-3111

**Website:** <http://www.teachinc.org/child-abuse-prevention-and-nurturing-parenting-program/>

Last Verified On: 02/05/2025

### **T.E.A.C.H. Training Employment and Community Help, Inc.**

“The only diverse, multi-program community based non-profit in Modoc County. T.E.A.C.H. is dedicated to assisting and empowering individuals and families to improve their quality of life and self-sufficiency”

**Location:** 112 E 2<sup>nd</sup> Street  
Alturas, CA 96101

**Contact:** (530) 233-3111

**24 Hour Crisis Line:** (855) 855-6745

**Website:** <http://www.teachinc.org/>

Last Verified On: 02/05/2025

## CITIZENSHIP ASSISTANCE

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### **U.S. Citizenship and Immigration Services**

“On the USCIS office website, you can check your status, locate your nearest field or international office, and also schedule a free appointment to get answers on your case.”

**Website:** <https://www.uscis.gov/>

Last Verified On: 01/15/2025

## DIAPER RESOURCES

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### **First 5 Modoc Early Learning and Resource HUB**

“Parent and family resource connection for children prenatal through age five. The HUB playroom provides hands-on experiential learning and service connection.”

**Location:** 802 North East Street  
Alturas, CA 96101

**Contact:** (530) 233-7122

**Website:** <https://first5modoc.com/parent-resource-hub/>

Last Verified On: 02/05/2025



# [COUNTY] COUNTY CHILDREN & FAMILY RESOURCES

## DOMESTIC VIOLENCE RESOURCES

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### Love is Respect

"Love is respect is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources."

**Contact:** (866) 331-9474

**Text:** LOVEIS to 22522

**Website:** <https://www.loveisrespect.org/>

Last Verified On: 02/07/2025

### The Rape, Abuse & Incest National Network (RAINN)

"Largest anti-sexual violence organization. Carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice."

**24/7 Help Hotline:** (800) 656-4673

**Website:** <https://www.rainn.org/>

Last Verified On: 02/07/2025

### Training, Employment & Community Help (T.E.A.C.H, Inc.)

"T.E.A.C.H. is dedicated to assisting and empowering individuals and families to improve their quality of life and self-sufficiency.

Programs administered include: ... domestic violence and sexual assault victim services."

**Location:** 112 E. 2<sup>nd</sup> Street

Alturas, CA 96101

**24-Hour Crisis Line:** (855) 855-6745

**Contact:** (530) 233-3111

**Website:** <http://www.teachinc.org>

Last Verified On: 02/07/2025

## EDUCATIONAL RESOURCES

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### Sierra Cascade Family Opportunities-Alturas Head Start

"Provides free high quality child development services including preschool, infant and toddler care and services for pregnant women."

**Location:** 802 North East Street Suite C

Alturas, CA 96101

**Contact:** (530) 233-4134

**Website:** <http://headstart4u.org/>

Last Verified On: 02/05/2025

### Modoc County Office of Education Early Head Start – Alturas Center

"Provide a strength based, comprehensive early childhood development program to families by working with other agencies and programs serving expectant parents and children under age three."

**Location:** 901 N East A Street

Alturas, CA 96101

**Contact:** (530) 233-7134

**Website:**

<https://www.modoccoe.k12.ca.us/Teams/Early-Head-Start/index.html>

Last Verified On: 02/05/2025



# MODOC COUNTY CHILDREN & FAMILY RESOURCES

## FINANCIAL ASSISTANCE RESOURCES

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### The B+ Foundation Family Assistance Program

“Our program gives qualified families money for expenses that are attributable to their child’s cancer diagnosis. The goal of the program is to lessen the financial burden so families can focus on helping their children get well.”

**Contact:** (302) 563-8389

**Website:** <https://bepositive.org/need-help/>

Last Verified On: 02/14/2025

## HOME VISITING PROGRAMS

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### CalWORKs Home Visiting Program

“CalWORKs HVP aims to support positive health development and well-being outcomes for pregnant and parenting people, families, and infants born into poverty, expand their future educational, economic, and financial capability opportunities, and improve the likelihood that they will exit poverty.”

**Email:** [CalWORKsHVP@dss.ca.gov](mailto:CalWORKsHVP@dss.ca.gov)

**Website:** <https://www.cdss.ca.gov/calworks-home-visiting-program/families>

Last Verified On: 02/14/2025

## LEGAL SERVICES

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### California Family Law Facilitator’s Office

“The Family Law Facilitator's Office is a self-help program staffed by attorneys, paralegals and clerks that provides free legal assistance to unrepresented family law litigants.”

**Website** <https://flf.sdccourt.ca.gov/>

Last Verified On: 002/14/2025

### Parentage Opportunity Program

“The Parentage Opportunity Program offers eligible parents the opportunity to establish a legal parent-child relationship free of charge by signing and filing a Voluntary Declaration of Parentage. The Program is only one of two ways to legally establish parentage, and the program significantly decreases the time and money required to establish legal parentage through the lengthy and expensive court process.”

**Contact:** (916) 464-1982

**Website:** <https://parentage.dcss.ca.gov/>

Last Verified On: 06/19/2025





# MODOC COUNTY

## CHILDREN & FAMILY RESOURCES

### MENTAL HEALTH SERVICES

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#### Carelon Behavioral Health (formerly Beacon)

“Behavioral health services company that serves the full spectrum of mental health and wellness needs, from mild-to-moderate anxiety and depression to substance use disorder, suicide prevention, and crisis solutions.”

**Contact:** (855) 765-9703

**Website:** <https://www.carelon.com>

Last Verified On: 05/31/2024

#### Bright Life Kids (CalHOPE)

“Personalized support for California families. Kids ages 0–12 get free, expert coaching for sleep issues, worry, social skills, and more. Live, 1:1 video sessions, secure chat, on-demand content, and more”

**Contact:** (888) 275-5357

**Email:** [ce@hellobrightline.com](mailto:ce@hellobrightline.com)

**Website:**

<https://www.hellobrightline.com/brightlifekids/>

Last Verified On: 02/14/2025

### PET SERVICES

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#### CDSS Assistance Dog Special Allowance Program

“The California Department of Social Services offers the Assistance Dog Special Allowance, which provides a monthly stipend of \$50 to eligible people who use a guide, service, or signal dog. The allowance is to help cover the food, grooming, and health costs of the dog.”

**Contact:** 916-657-2628

**Website:** <https://www.cdss.ca.gov/assistance-dogs>

Last Verified On: 02/07/2025

#### Pet Harbor

“Our goals are to benefit the animals by providing mechanisms for them to be adopted if they are available or found if they are lost....Benefit the public by empowering them to adopt a new animal companion, find a lost pet or re-unite an owner with a lost pet that we have found...”

**Website:** <http://petharbor.com/>

Last Verified On: 02/07/2025

#### Petco Lovelost

“Our mission [is] to reunite lost pets. Together, we'll spread the word and help lost pets find their way home. Use a photo to search our national lost and found database for your missing pet.”

**Website:** <https://lost.petcolove.org/>

Last Verified On: 02/07/2025



# MODOC COUNTY CHILDREN & FAMILY RESOURCES

## UTILITY ASSISTANCE

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### California Alternate Rates for Energy (CARE) program.

“Qualified households can save 20 percent or more each month on their energy bill. Apply is easy and only takes a few minutes. Your income eligibility is based on current earnings going forward and not past income, so if you have had a change in circumstances you may now qualify.”

**Contact:** (800) 743-5000

**Website:**

<https://www.pge.com/medicalbaseline>

Last Verified: 02/07/2025

### California Phones, CA Telephone Access Program

“California Phones, from the California Telephone Access Program (CTAP) provides free specialized phones and accessories for your mobile phone to all qualified Californians. These devices make it easier to hear, dial, and call. A Program of the California Public Utilities Commission.”

**Website:** <https://californiaphones.org/contact-us>

Last Verified On: 02/07/2025

### Family Electric Rate Assistance (FERA) Program

“Separate from CARE, income-qualified households with three or more persons can apply for a monthly discount on their electric bill”

**Contact :** ( 800) 743-5000

**Website:**

<https://www.pge.com/medicalbaseline>

Last Verified: 02/07/2025

### PG&E Medical Baseline Program

“Assistance program for residential customers who depend on power for certain medical and independent living needs.”

**Contact:** (800) 743-5000

**Website:**

<https://www.pge.com/medicalbaseline>

Last Verified On: 02/07/2025

### Relief for Energy Assistance through Community Help (REACH)

“Provides income qualified customers with financial assistance during times of hardship. Customers impacted by the COVID-19 will be provided with up to an additional \$100 in bill payment assistance through March 4, 2021.”

**Contact:** (800) 743-5000

**Website:**

<https://www.pge.com/medicalbaseline>

Last Verified: 02/07/2025





# MODOC COUNTY CHILDREN & FAMILY RESOURCES

## WIC WOMEN, INFANTS, AND CHILDREN

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### Northeastern Rural Health Clinics - Modoc County WIC

“WIC program is available to low to moderate income pregnant women, recently delivered women, breastfeeding women, infants, and children up to age 5 who are at nutrition risk. Fathers can also bring their children to apply for WIC.”

**Location:** 106 East Modoc Street

Alturas, CA 96101

**Contact:** (530) 233-5800

**Website:** <https://www.wicstore.org/california-wic-alturas-california-northeastern-rural-health-clinics.htm>

**State Website:**

<https://www.myfamily.wic.ca.gov/>

Last Verified On: 04/08/2025