

FOOD – HOT MEALS

Plowshares462-8582
1346 S. State Street
Open Monday–Friday
Lunch: 11:30am–Noon
Dinner: 5:30pm–6:00pm, Families & Seniors
6:00–6:30pm, Open to All

FOOD – GROCERIES

UCC Food Bank.....463-2409
888 N. State Street
Open Monday–Friday
Mon: 9:00am–3:00pm, All
Tues: 9:00am–1:00pm, Seniors
Wed: 1:00–7:00pm, All
Thurs: Closed – Emergency Food Available
Fri: 9:00am–3:00pm, All

ESSENTIAL SERVICES

Ukiah Community Center
(UCC) Services462-8879
888 N. State Street
Open: Mon.–Wed. & Fri., 8:00am–Noon
& 1:00–2:00pm
Thurs., 10:00am–Noon, 1:00–2:00pm
Homeless services including Supportive
Housing Program and Day Shelter.

ADDITIONAL NUMBERS

VETERANS
Veteran Service Office463-4226
Ukiah Senior Center462-4343
Indian Senior Center.....462-5595
In Home Support463-7979
Community Care.....468-9347
Area Agency on Aging.....463-7775

SENIOR SERVICES

ESSENTIAL SERVICES CONTINUED...

Buddy Eller Center (BEC)462-6290
201 Brush Street
Open: Daily, 5:00pm–8:00am
Homeless shelter and clothing.
Showers: Mon., Wed. & Fri., 4:00pm
Recovery Services (call for days).
Other services include: counseling, referrals,
client only crisis intervention, health care
screening, assistance in obtaining housing, job
training and employment services.

Plowshares462-8582
1346 S. State Street
Open: Monday–Friday
11:30am–Noon & 5:30–6:30pm
Haircuts: Tues. 11:30am–1:00pm
Phone Messages: 462-0265
Services for Homeless: mail, phone messages,
food service, job training, Meals on Wheels
(seniors), socks, etc.
(No Showers)

HEALTH SERVICES

Consolidated Tribal Health.....485-5115
Healthy Kids.....463-5437
Hillside Health Clinic.....468-1010
Hillside Health Clinic.....468-1932
Medi-Cal.....463-7700
Ukiah Valley Medical Center462-3111
Veterans Health Clinic468-7700

MENTAL HEALTH

Manzanita.....463-0404
Mental Health Department463-4396
Adult Vocational Education463-5217

SUBSTANCE ABUSE

AODP.....472-2637
Ford Street Project462-1934

TRANSPORTATION

Dial A Ride.....462-3881
MTA(800) 696-4MTA
North Coast Energy Services463-0303
Heap.....

EMPLOYMENT SERVICES

Ford Street Project/Cal Trans462-1934
CalWorks Job Services463-5627
Mendocino Works467-5900
State Vocational Rehab463-4791

FAMILY SERVICES

Child Protective Services463-7992
Ukiah Family Center.....467-5810
WTC.....472-2473

FINANCIAL SERVICES

Child Support/DAs Office.....462-4216
Food Stamps, AFDC, TANF463-7700
General Assistance.....463-7900
Social Security Office.....462-0225

HOUSING SERVICES

Buddy Eller Homeless Shelter.....462-6290
CDC/Housing Authority.....463-5462
Ukiah Community Center.....462-8879
MCAYN (for those with HIV/HCV)462-1932

Crisis/Help Line

(707) 463-HELP (4357)
1 (800) 575-HELP (4357)

These numbers will connect you
24/7 with access to these services:

- Emergency Food & Shelter
- Youth Services/Runaways
- Rape/Domestic Violence
- Adult Protective Services
- Children's Protective Services
 - Alcohol and Other Drugs Services
 - HIV/AIDS Information
 - Mental Health

CLOTHING

Dorcas Society462-1388
151 Cherry Street
Wed. 9:00–11:45am

COUNSELING SERVICES

Hillside Health Clinic.....468-0487
Mental Health Department463-4303
Redwood Children's467-2000
Redwood Counseling.....964-1251
Youth Project.....463-4915

EDUCATION SERVICES

MCOE, ROP463-4791
Mendocino College.....468-3000
Ukiah Adult School463-5217
K-12 Students.....467-5104

EMERGENCY SERVICES

Fire Department463-6262 or 911
Poison Control Center(800) 876-4766
Sheriff's Office.....463-4086 or 911
Ukiah Police Department463-6262 or 911
CPS Emergency.....463-7992



Community Resources for the Homeless

Mendocino County
Ukiah Area

Ukiah Community Center

Resource Center & Day Shelter
888 North State Street
Ukiah, CA 95482
Phone: (707) 462-8879
Fax: (707) 462-0654

“We’re here to help you.”

Unfold this guide for map to services



Community Resources for the Homeless

Mendocino County, Inland Ukiah Area

● Buddy Eller Center

201 Brush Street
462-6290
Open Daily: 5 pm – 8 am

● Ukiah Community Center

888 North State Street
462-8879
Open: Mon – Wed. & Fri.
8 am – Noon & 1 – 2 pm;
Thurs. 10 am – Noon & 1 – 2 pm

● Ford Street Project

139 Ford Street
462-1934
Open : Monday – Friday
8 am – Noon, 1 – 5 pm

● Ukiah Police Department

300 Seminary Lane
463-6262 or 911
Open : Monday – Friday
9 am – 5 pm

● Dept. of Social Services

747 South State Street
463-7700
Open : Monday – Friday
7 am – Noon & 1 – 5 pm

● Plowshares

1346 South State Street
462-8582
Open : Monday – Friday
11:30 am – noon & 5:30 – 6:30 pm

