

CAR SEAT PROGRAMS

OTS - Who's Got Car Seats

“The following directory, mandated by SB 1073 (Chapter 1223, Statutes of 1991), and SB 503 (Chapter 512, Statutes of 1995), was designed as a first step in complying with Vehicle Code Section 27360 which requires local health departments to provide municipal courts with the listing of all local low-cost car seat programs.”

Contact: (916) 509-3030

Website: <https://www.ots.ca.gov/whos-got-car-seat/>

Last Verified On: 01/13/2026



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: 01/13/2026

CHILD DEVELOPMENT 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.”

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Alturas, CA 96101

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Toll Free Hotline: (866) 233-4424

Website:

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Last Verified On: 01/07/2026

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: 01/07/2026

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: 01/07/2026

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

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/calwork-s-child-care/subsidized-programs>

Last Verified On: 01/07/2026

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 2nd Street
Alturas, CA 96101

Contact: (530) 233-3111

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

Last Verified On: 01/07/2026

CHILDREN ADVOCACY SERVICES

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: 01/07/2026

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 2nd Street
Alturas, CA 96101

Contact: (530) 233-3111

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

Last Verified On: 01/07/2026

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Last Verified On: 01/07/2026



MODOC COUNTY CHILDREN AND FAMILY RESOURCES

CHILDREN & FAMILY SUPPORT SERVICES

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 2nd Street
Alturas, CA 96101

Contact: (530) 233-3111

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

Last Verified On: 01/07/2026

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 2nd Street
Alturas, CA 96101

Contact: (530) 233-3111

24 Hour Crisis Line: (855) 855-6745

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

Last Verified On: 01/07/2026

CITIZENSHIP ASSISTANCE

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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Contact: (530) 233-7122

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

Last Verified On: 01/07/2026

Lassen County Office of Education

“The mission of the Lassen County Office of Education is to provide essential and necessary resources, services, support, and leadership to all public schools in Lassen County that will assist in the improvement of programs and development of all children in reaching their fullest individual potential.”

Location: 472-013 Johnstonville Rd. North,
Susanville, CA 96130

Contact: (530) 257-2196

Website: <https://www.lcoe.org/>

Last Verified On: 01/11/2026

DOMESTIC VIOLENCE RESOURCES

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: 01/07/2026

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: 01/07/2026

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. 2nd Street

Alturas, CA 96101

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

Contact: (530) 233-3111

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

Last Verified On: 01/07/2026

EDUCATIONAL RESOURCES

Sierra Cascade Family Opportunities-Alturas Head Start

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Alturas, CA 96101

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Alturas, CA 96101

Contact: (530) 233-7134

Website:

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

Last Verified On: 01/07/2026

FINANCIAL ASSISTANCE RESOURCES

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: 01/07/2026

HOME VISITING PROGRAMS

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

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

Last Verified On: 01/07/2026

LEGAL SERVICES

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: 01/07/2026

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: 01/07/2026

MENTAL HEALTH SERVICES

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: 01/07/2026

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

Website:

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

Last Verified On: 01/07/2026

PET SERVICES

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: 01/07/2026

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: 01/07/2026

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: 01/07/2026

UTILITY ASSISTANCE

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: 01/07/2026

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: 01/07/2026

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: 01/07/2026

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: 01/07/2026

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: 01/07/2026

WIC WOMEN, INFANTS, AND CHILDREN

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: 01/07/2026