



Contact Us



400 Bannon Street  
Sacramento, CA 95811

(916) 447-3268 | [info@ugmsac.com](mailto:info@ugmsac.com) | [UGMSAC.com](http://UGMSAC.com)

**CHAPEL SERVICE** – Every Night at 7:30 PM. For men, women and children.

**DINNER** – Every Night at 8:30 PM - Must attend Chapel Service. For men, women, & children.

### **MONTHLY FOOD BOXES**

- Distributed **Tuesdays** and **Thursdays** between **1:00 PM – 3:00 PM**.  
One box is allowed monthly per household  
Please call by 11:00 am on pick-up day to sign up.
- Must show I.D. and proof of residence.
- Guests who attend the Women's Clothes Closet may request an early pick up no later than 4 pm the day before.

### **MAILROOM SERVICES** – Men and Women

- See the mailroom attendant to sign up. I.D. required.
- Open Monday – Thursday: 9:00 – 11:00 AM and 1:00 – 2:45 PM
- Friday: 9:00 – 11:00 AM only!
- Weekends & Holidays: Closed

### **LOCKERS** – Men and Women

- Fees: \$16.00 month
- Rental hours: Tuesday and Wednesday, 10:00 AM – 11:00 AM and 1:00 PM – 2:45 PM.
- Please talk to the mailroom attendant to get one.

### **HAIRCUTS**

- **For men:** Every Other Monday, 1:00 PM – 2:45 PM. Limited to the first 6 men to sign up.
- **For women:** Done during Women's Clothes Closet days

### **MEN'S CLOTHES CLOSET AND SHOWERS**

- Monday – Thursday 9:00 – 11:00 AM and 1:00 – 2:45 PM
- Friday and Saturday 9:00 – 11:00 AM *only*
- Sundays and Holidays: Closed

### **MEN'S NEW LIFE PROGRAM** - FOR THOSE WITH ADDICTIONS, FREE, 10-MONTH, RESIDENTIAL

- Must apply in person. Monday - Thursday 9:00 AM - 11:00 AM and 1:00 PM - 2:00 PM
- Have a current negative TB Clearance (within 30 days, in or out of the county)
- Must be detoxed and No Methadone
- Must be willing to enter the program immediately if accepted.

Upon successful completion of the probationary period, candidates will proceed to:

- Proven biblical method to change hearts and be freed from addiction.

- Customized curriculum engaging each man with the Gospel.
- Weekly biblical counseling and discipleship.
- Assigned roles to partner with UGM in serving the homeless community.
- Aftercare Support: Job readiness, financial stewardship, church membership.

## **MEN'S SHELTER** – Men Only

- Sign-ups are nightly at 5:30 PM and are conducted on a first-come, first-serve basis. **NEWCOMERS** are given priority. (*Newcomer*: someone who has never stayed overnight or has not stayed overnight for at least one year)
- Must have a Photo ID and TB Card (negative test results) to sign up for bed.
- Must claim bed between 6:30 PM – 6:45 PM daily.
- Beds can be claimed for up to 7 days and shelter guests must attend the 7:30 PM Chapel Service.
- Newcomers and repeaters will be assigned work duties as needed. Those who miss work details forfeit their bed.
- Wake-up times are Monday – Friday 6 AM, Saturday, Sunday & Holidays 7 AM
- Must be able to climb a flight of stairs to get to the dorm.
- If an earlier wake-up time is required, inform the Contact Office upon nightly check-in.
- All overnight guests must take showers.
- Men without beds can also take showers in the evening.

## **WOMEN'S CLOTHES CLOSET AND SHOWERS** – Women and Children

- Every **Tuesday** and **Thursday** from **9:30 AM - 11:30 AM**
- Starts with ½ hour Bible Study and refreshments will be served.
- Must be here by 9:30 am. No late arrivals are accepted.
- Shower sign-ups are Tuesdays and Thursdays from 9:00-9:30 AM. Limited to first 8-9 women.
- Haircuts (subject to availability)

## **BELOW IS A SNIPPET OF THE FRONT & BACK OF OUR HANDOUT CARD**



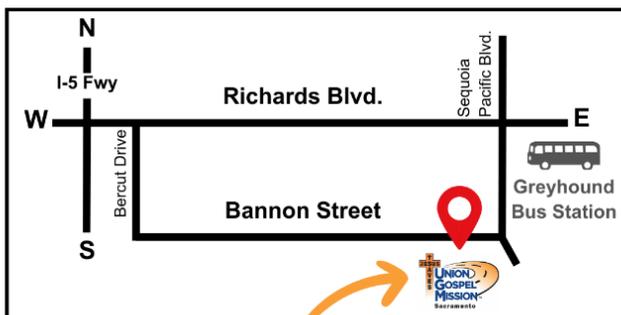
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### **Services for Everyone:**

- ▶ Chapel & Dinner: Daily at 7:30p
- ▶ Mailroom: 9-11a, 1-2:45p, Fri 9-11, Closed Sa & Su
- ▶ Food Boxes: Tu & Th 1-3p, call in advance
- ▶ Warming Center: Nov-Feb, 10p-5a

### **Services for Men:**

- ▶ New Life Prog: Free 10 mo, apply M-Th, 9-11a, 1-2p
- ▶ Clothes & Showers: M-Th 9-11a, 1-2:45p, F-Sa 9-11a
- ▶ Shelter: Nightly signups at 5:30p w/ ID and TB card

### **Services for Women:**

- ▶ Women's Clothes Closet: Tu & Th 9a-12p w/Devotional
- ▶ Showers: Tu & Th, sign ups 9-9:30a



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