



# Community Resources Inland Mendocino County Region



**Ukiah Food Bank**  
 888 N. State Street  
 Ph: 463-2409  
 Staffed 8-4 M-F  
 General Distribution:  
 Mon, Wed, Fri 12-4 PM  
 "Fresh Fridays" for  
 fresh Produce



**MCAVHN Care &  
 Prevention Network**  
 148 Clara Street  
 Ph: 462-1932



**Ukiah Police Dept**  
 300 Seminary Lane  
 Ph: 463-6262 or 911  
 Open hours:  
 Mon-Fri 8 AM-5 PM



**Social Services**  
 747 S. State Street  
 Ph: 463-7900  
 Open hours:  
 Monday-Thursday  
 8 AM-Noon & 1-5 PM



**Building Bridges**  
 1045 S State St  
 Ph: 234-3270  
 M-F 9-5 Showers, links to  
 shelter, housing,  
 healthcare, Greyhound  
 tickets, and Case  
 Management  
 M-F 8AM-3PM Laundry

**PLOWSHARES**



COMMUNITY DINING ROOM

**Plowshares**  
 1346 S. State Street  
 Ph: 462-8582  
 Open hours:  
 Mon-Fri. 11:30 -Noon

