Alameda County Resource Guide

for Men, Women, Children and Teens

Guía de Recursos para el Condado de Alameda

para Hombres, Mujeres, Niños y Adolescentes

All area codes are 510 unless indicated

ASSISTANCE FOR BASIC NEEDS

Asistencia con necesidades básicas

Medi-Cal, Food Stamps, CAL-Works, and General Assistance

Medi-Cal, estampillas para comprar comida, CAL-Works, y asistencia general

Alameda County Department of Social Services

General Information		888-999-4772
Oakland,	4501 Broadway	596-0110
	Eastmont Mall	383-5300
	8477 Enterprise Way	639-1000
Hayward	243100 Amador Avenue	670-6000
Fremont	39155 Liberty Street	795-2428

Emergency and Low Cost Food / *Comida de emergencia y bajo costo*

Alameda County Food Bank		800-870-FOOD or 834-3663
Berkeley Food Pantry		525-2280
East Oakland Switchboard		569-6369
Food Opportunities, formerly Share Program		888-445-6500
Hunger Hotline		800-870-3663
Salvation Army	Oakland	437-9437
	Hayward	581-6444
Telegraph Community Center (Food Pantry)		658-4457
Tri-Valley (Haven) Food Pantry		925-449-1664

WIC Programs / *Los Programas de WIC*

Food Assistance Program for Women, Infants and Children

(Programa de asistencia de alimentacíon para mujeres, infantes y niños)

Alameda County:	
Telegraph, Eastmont, Hayward, Fremont	595-6400
City of Berkeley	981-5360
East Oakland Health Center	613-2272
La Clinica de La Raza, Oakland	535-4110
San Antonio Health Center, Oakland	238-5431
Tiburcio Vasquez Health Center	
San Lorenzo, Union City, Fremont	471-5913

Urban Indian Health Board: Oakland, Alameda	535-4420
Valley Community Health Center	
Livermore	925-294-4077
Pleasanton	925-462-2365
West Oakland Health Center	302-3734

Other Needs ***/ Otras necesidades***

Birthright (Maternity clothes, baby supplies)	481-9677
Davis Street Community Center	347-4620
Reach Program (PG&E assistance)	268-0671

Emergency Shelter ***/ Vivienda temporal de emergencia***

American Red Cross	595-4400
Building Futures	866-292-9688 (866-A Way Out)
Echo Housing Oakland	836-4826
Hayward	581-9380
Emergency Services Network	844-0792
Emergency Shelter Program of Oakland	534-6030
Emergency Shelter Program of Hayward-24 hr.	786-1246
FESCO-Family Emerg. Shelter Coalition, Hayward	581-3223
Travelers Aid	444-6834
Tri City Homeless Coalition Fremont	252-0910

Also see DOMESTIC VIOLENCE, SEXUAL ASSAULT
Refiérase a servicios para víctimas de la violencia doméstica

BIRTH / DEATH CERTIFICATES
Actas de nacimiento/Certificados de muerte

Alameda County	272-6362
City of Berkeley	981-5320

BREASTFEEDING HELP / ***Ayuda en dar pecho***

Alameda Alliance For Health Members	747-4577
Blue Cross Members Breastfeeding Support	800-227-3238
City of Berkeley Breastfeeding Support Center	981-5215
Kaiser Breastfeeding Consultants - Oakland	752-7557
Hayward/Fremont	784-2804
La Leche League	496-6009
Alameda County WIC Clients Breastfeeding Help	595-6470

CHILD CARE / ***Cuidado infantíl***

Bananas Referral Resources (North County)	658-0381
Child Care Links (East County)	925-417-8733

4 C's Child Care Referral, Fremont	790-0655
Hayward	582-2182
E.B. Agency for Children Therapeutic Nursery	428-3406
Early Head Start (0 to 3 yrs) Oakland	553-9926
Hayward	782-6207
Head Start (3-5 yrs) Alameda	865-4500
Berkeley	848-9092
Oakland	238-3166
South County	796-9512
Hug Project	533-0431

CHILDREN'S HEALTH SERVICES / *Servicios de salud para niños*

Also see HEALTH CENTERS / CLINICS

Refiérase a Clínicas de Salud

California Children Services (For chronic and disabling conditions only)	208-5970
Immunizations	267-3230
Lead Poisoning Prevent	567-8280, 800-B-LEAD-SAFE
Referrals for well-child exams (CHDP)	888-604-INFO
Regional Center of the East Bay (Developmental Disability Prevention Program)	383-1200

CHILDREN'S MENTAL HEALTH SERVICES / *Servicios de consejería para niños*

ACCESS (24-hour line)	800-491-9099
Asian Community Mental Health Services	869-6087
BANANAS, Inc.	658-7101
Children's Hospital (Infant & Early Childhood Mental Health Program referrals)	428-3885, ext. 5932
Center for the Vulnerable Child	428-3148
East Bay Agency for Children	268-1073
Jewish Family and Children's Services	704-7475
La Clinica de la Raza	535-4167
Parental Stress Services	893-9230, ext. 235
Seneca Center – Building Blocks	434-7990
The Link to Children	261-9586
Through the Looking Glass	848-1112
West Coast Children's Center	527-7249

COUNSELING SERVICES / *Servicios de consejería*

ACCESS (24 hour Crisis Support Line)	800-491-9099
HELPLINK	800-273-6222
Spanish Line / Línea en español	415-772-4444

Center For Family Counseling, East Oakland	562-3731
City of Berkeley Mental Health Program	981-5280
Crisis Support Services, Oakland/Berkeley	849-2212
Hayward/Castro Valley	889-1333
Fremont/Union City	794-5211
Livermore	925-449-5566
Eden Adult Outpatient, San Leandro	667-7500
John George Psychiatric Pavilion	481-4141
La Familia Mental Health Counseling	881-5921
Oakland Community Support Services	481-3700
Parental Stress Service, Inc.	893-9230
Tri City Mental Health, Fremont	795-2434
Ujima Family Life Resource Center	569-8933
Valley Community Support Svcs, Pleasanton	925-462-3010
West Oakland Mental Health Department	465-1800
Women First	729-6236

DENTAL CARE / Cuidado Dental

Referrals for low-cost dental care (CHDP)	888-604-INFO
Denti-Cal for Medi-Cal Members	800-952-5253
Healthy Kids, Healthy Teeth and the	
Office of Dental Health	208-5910

DOMESTIC VIOLENCE/ SEXUAL ASSAULT HELP

Servicios para víctimas de la violencia doméstica y asalto sexual

AASRA (For East Indian women)	800-313-2772
A Safe Place (24 hour Crisis Line)	536-7233
Alameda County Medical Center (Highland Hospital)	
Domestic Violence	437-4688
Sexual Assault (24 hr Hotline)	534-9290 or 534-9291
Alameda County Adult Protective Services	567-6894
Asian Women's Shelter	415-751-7110
Bay Area Women Against Rape	845-7273
Building Futures With Women and	
Children	866- A-WAY -OUT, 357-0205
Communities United Against Violence	
(Gay & Lesbian)	415-333-HELP
Emergency Shelter Program of Hayward	786-1181
Narika (For women from India, Pakistan, Nepal,	
Bangladesh, Sri Lanka)	800-215-7308
National Domestic Violence Hotline (24 hour)	800-422-4453
Mujeres Con Esperanza	536-4764

SAVE (Shelter Against Violent Environments)	
24 hr Hotline	794-6055
Tri Valley Haven Crisis Line	800-884-8119
Counseling/Business	925-449-5845
Women, Inc. (San Francisco)	415-864-4722
Women's Refuge (24 hour)	547-4663

EMERGENCY MEDICAL SERVICES / *Servicos médicos de emergencia*

For Life Threatening Emergencies	911
California Poison Action Line (Eng, Sp)	800-876-4766

EMPLOYMENT SERVICES / *Servicios de empleo*

Building Opportunities For Self Sufficiency	649-1930
California Conservation Corps (18-23 yrs)	800-952-5627
California Employment Development Department	
Unemployment Benefits	800-300-5616
Eden Area Multi Service Center - Hayward	259-3500
Jobs Consortium	251-6241
Oakland Private Industry Council Career Center	768-4473
Project Transition (CAL Works participants)	808-0300
Tri Cities One Stop Career Center (Fremont)	794-3669

FAMILY SUPPORT / *Apoyo familiar*

African American Parent Center	562-1283
Alanon/Ala Teen Family Groups, Oak-Hayward	276-2270
Berkeley, Albany	528-4379
Big Brothers Big Sisters of the East Bay	729-5050
Black Women For Educational Development	763-9523
Childhelp USA/Child Abuse Hotline	800-4-A-CHILD
Child Protective Services	259-1800
Child Support Enforcement	639-7299
Community To Save The Family	490-5296
Davis Street Community Center	347-4620
Education: The Family Affair	237-5393
Family Resource Network	547-2000
Grandparents & Relatives as Second Parents	568-7786
HAND (Helping Hand After Neonatal Death)	
Washington Hospital Hlth Connection	800-963-7070
Valley Care Health Systems	925-373-4114
Hayward Adult School Parenting Classes	293-8599
Homeless Services - Shelter, Social Services,	
Medical	925-449-2510

Jubilee West, Inc.	839-6776
Oakland Ready To Learn - Parenting Info	444-8653
Parental Stress Service, Inc.	800-829-3777 or 893-5444
Parent SHARE (for parents of premies)	925-935-9240
San Leandro Adult School Parenting Classes	667-6087
Spanish Parent Coordinator	895-4646
SAND- Support After Neonatal Death, Alta Bates Hospital	204-1571
Tiburcio Vasquez Family Support Services	264-0319
West Oakland Health Council - Achievers Program	433-1500 ext.47

FATHERS SERVICES / *Servicios para padres*

Black Infant Health Program (BIH)	873-6570
Fatherhood and Male Services (IPOP)	618-2080
The HIM Program	446-7120

FOSTER FAMILY SUPPORT / *Apoyo para familias temporales*

Families First	434-2200
Foster Pal, Foster Parent Advice	888-580-3725, 893-9266
Triad Family Service	351-3665

GENERAL INFORMATION AND REFERRALS / *Informacíon general y referencias*

Alameda Housing Authority	747-4300
Eden Information and Referral Service	537-2552
HELPLINK	800-273-6222
Spanish, San Francisco	415-772-4444
TTY Voice to Deaf, Deaf to Voice Relay	415-772-4440
Oakland Housing Authority	874-1500
Public Health Clearinghouse Health Referrals	888-604-INFO

HEALTH CENTERS & CLINICS / *Clínicas de salud*

Also see PREGNANCY TESTING / FAMILY PLANNING

Refiériase a pruebas de embarazo y proveedores de anticonceptivos

Berkeley	Alcatraz Medical Group	704-6000
	Berkeley Free Clinic	548-2570
	Berkeley Primary Care Access	204-4666
	Berkeley Women's Health Center	843-6194
	Over 60's	601-6060
	Suitcase Clinic	643-6786
	West Berkeley Family Practice	704-6010
Fremont	Tri City Health Center	770-8040

Hayward	Miranda Health Center	471-5880
	Planned Parenthood Clinic	800-967-7526
	Silva Clinic	782-4470
	Winton Wellness Center	670-5300
Livermore	Valley Community Health Center	925-447-1881
Newark	Newark Health Center	795-2530
Oakland	Asian Health Services	986-6800
	Eastmont Wellness Center	577-5668
	East Oakland Health Center	430-9401
	Highland Outpatient Clinics	437-8500
	Highland Pediatrics	437-4299
	Highland Women's Urgent Care	437-4778
	La Clinica de la Raza	535-4000
	Lifelong Medical, East Oakland	615-4870
	Native American Health Center	535-4400
	Planned Parenthood (Eastmont & MacArthur	800-967-7526
	San Antonio Health Center	238-5400
	West Oakland Health Center	835-9610
Pleasanton	Valley Community Health Ctr.	925-462-1755
Union City	Tiburcio Vasquez Health Center	471-5880

HEALTH INSURANCE / *Seguro Médico*

Medi-Cal See ASSISTANCE FOR BASIC NEEDS

Medi-Cal Refiérase a asistencia con necesidades básicas

AIM	Help Line (For local assistance)	800-300-1031
Alameda Alliance For Health		747-4500
Blue Cross of California		986-2400
Healthy Families		800-880-5305
KP Cares For KIDS		800-255-5053

IMMIGRANT SERVICES / *Servicios para inmigrantes*

Catholic Charities of the East Bay	768-3102
International Institute of the East Bay	451-2846
U.S. Immigration & Naturalization Services	800-375-5283

LEGAL SERVICES / *Servicios legales*

Alameda County Bar Association		893-7160
Bay Area Legal Aid		877-346-4529 or 663-4744
Equal Rights Advocates		800-839-4-ERA
Law Center For Families	Oakland	451-9261
	Hayward	538-6507

Tri-Valley	925-449-6206
TTY Deaf Access	844-0430

PREGNANCY / POST PARTUM CARE

Servicios para el Embarazo / Cuidado Después del Embarazo

Also see HEALTH CENTERS / CLINICS

Refiérase a clínicas de salud

Birthways	869-2797
Black Infant Health Program	873-6570
Improving Pregnancy Outcomes Program (IPOP)	
Case Management Services	595-6300
Program Information / Community Education	618-2080
Pregnancy Risk Information (Teratogen)	800-532-3749
Referrals for Pregnancy Care	444-BABY
Women First	729-6236

PREGNANCY TESTING/FAMILY PLANNING

Pruebas de embarazo / Proveedores de anticonceptivos

Also see HEALTH CENTERS / CLINICS

Refiérase a clínicas de salud

Emergency Contraception	888-NOT-2- LATE
Planned Parenthood Clinics	
Oakland: Eastmont, MacArthur	800-967-7526
Hayward	800-967-7526
Pregnancy Choices Clinic	487-4357
Ujima House	569-8933

SEXUALLY TRANSMITTED DISEASES & AIDS

Enfermedades Transmitidas Sexualmente y VIH (SIDA)

AIDS Project of the East Bay	663-7979
Center for AIDS Services	655-3435
Children's Hospital Oakland	
(Pediatric HIV/AIDS)	428-3010
Downtown Youth Clinic	204-2935
National STD Hotline	800-227-8922
SF AIDS Foundation Hotline	415-863-2437
WORLD (HIV/AIDS services for women, children, families and adolescents)	986-0340

SUBSTANCE ABUSE TREATMENT / *Tratamiento para el abuso de drogas*

ACCESS	800-491-9099
Alameda County Tobacco Control Program	628-STOP

Alanon/AlaTeen	276-2270
Alcoholics Anonymous	839-8900
American Lung Association	800-LUNG-USA
Berkeley Addiction Treatment Services (BATS)	644-0200
Bi-Bett Orchid (Perinatal Residential Program)	535-0611
California Smokers' Helpline	
English:	800-NO-BUTTS
Spanish	800-45-NO-FUME
Chinese	800-838-8917
Korean	800-556-5564
Vietnamese	800-778-8440
Chew Tobacco	800-844-CHEW
TDD/TTY	800-933-4TDD
Chrysalis Horizon Services	450-1190
Cocaine Anonymous (San Francisco)	415-821-6155
G.R.A.C.E. (Perinatal Residential Program)	562-5508
Highland Hospital Substance Abuse Program	437-5192
Magnolia Women's Recovery House	713-7743
Mujeres con Esperanza (for women)	536-4764
Narcotics Anonymous	444-4673
Project Pride, Perinatal Residential Program	446-7150
R.L. Geddins WEN, Perinatal Residential Prog	430-8874
Second Chance	
Hayward	886-8696
Newark	792-4357
San Leandro	481-8645
Solid Foundation, Inc	533-5317
Women's Center	482-6490
W.O.H.C. Options (Day Treatment Program)	433-1500

TEEN SERVICES / *Servicios para adolescentes*

Alanon/AlaTeen Family Groups	276-2270
Boys & Girls Club Oakland	444-8211
Children's Hospital Oakland-Teen Clinic	428-3387
Girls Inc.	357-5515
Lend A Hand Foundation	553-1262
Planned Parenthood Teen Clinic, Oakland	
Eastmont	800-967-7526
Tri-City Teen Clinic	770-8131

School Based Clinics / *Clinicas Basadas en Escuelas*

Alameda High (Tri-High Health Center)	337-7006
Berkeley High	644-6965
Encinal (Alameda)	748-4023
Fremont (Oakland)	879-1600
James Logan (Union City)	471-2520
Oakland Tech	879-3050 ext157

School District Programs for Parenting Teens (CalSafe)

Programas de escuelas para madres y padres adolescentes

Alameda	748-4024
Berkeley	644-6954
San Leandro, San Lorenzo	785-9326
Oakland	532-1038 or 879-3050
Fremon	659-2531
Hayward, Castro Valley	785-3948 or 785-9326
Hayward Tennyson Teen Parent Program	537-6452
Pleasanton	925-426-4275

Teen Parenting Services / *Servicios de apoyo para madres y padres adolescentes*

California Youth Crisis Line	800-843-5200
Black Infant Health Program	873-6570
The Perinatal Council	
Oakland	437-8950
Richmond	236-6990
Hayward	264-1005 or 264-9833
Tiburcio Vasquez Family Support Services	264-0319

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A folding version of this guide is available at
www.acgov.org/public health

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