

WIC ... is for Pregnant Women, Parents & Foster Parents, too! Are you Pregnant, Breastfeeding or raising children under 5?

**Get nutrition advice, help with breastfeeding,
and checks to buy healthy foods!**



Alameda County WIC Program

(510) 595-6400

Hours: Monday,
Tuesday, Thursday,
Friday: 8:40-5;
Wednesday:
9:40-1, 3:30-6
Saturdays: 8:40-4:30

Telegraph

3600 Telegraph Avenue
North Oakland

Eastmont Mall

7200 Bancroft Avenue,
2nd floor, Room 204
East Oakland

Hayward

24085 Amador Street,
Suite 100
1st floor

Fremont

Call for appointment:
795-2457 or
595-6400
Monday, Tuesday,
Thursday, Friday:
8:40-12; 1-5
One Saturday per month:
8:40-12, 1-4:30
Fremont Resource Center
39155 Liberty Street,
Room D-430

Other WIC offices

Axis Community Health Center

Monday, Wednesday,
Thursday, Friday
1st Tuesday: 8:30-12,
12:45-4:30,
Other Tuesdays:
9:30-5:30
1991 Santa Rita Rd,
H - Mission Plaza
Shopping Center,
Pleasanton
(925) 846-5983

City of Berkeley

Monday-Thursday:
8:30-5,
2nd Thursday, 8:30-6:30,
1st Saturday: 11-3
830 University Avenue
(510) 981-5360

East Oakland Health Center

Monday-Friday: 9-5
7450 International
Boulevard
(510) 613-2257, 613-
2216

La Clinica de la Raza - Fruitvale WIC

La Clinica de La Raza
Monday-Friday: 8-5:30
2716 International
Boulevard, Oakland,
(510) 535-4110

- San Antonio WIC

Monday, Wednesday,
Thursday, Friday: 8-5:30,
Tuesday: 8:30- 5:30
1030 International Blvd
Oakland
(510) 272-1500

Alameda Point (Native American Health Center)

1st Monday, 2nd
Wednesday & 3rd
Saturday, 9-12, 1-4
677 West Ranger Ave.
Alameda, 814-8440,
(510) 814-8440

Native American Health Center

Monday-Friday: 8:30-5,
3rd Saturday:
8:30-12, 1- 5
3124 International Blvd
1st Floor, Room 103
Oakland
(510) 434-5300

Tiburcio Vasquez Health Center offices

(510) 471-5913

-Union City

Monday-Friday: 8:30-5
32970 Alvarado Niles
Rd., Suite 760,

-Hayward

Monday-Friday: 8:30-
4:45
22331 Mission Blvd.
(second floor)

- San Leandro

Wednesday, Friday and
some Mondays: 8:30-4:45
15949 E. 14th Street

West Oakland Health Center

Wednesday, Friday
8:30-4:30, Thursday:
phone service only
700 Adeline Street
(510) 302-3734

Working Families can get WIC!

**A family of two (a pregnant woman, or a parent with
one child) can earn up to \$2,456 per month before
taxes, a family of 3 up to \$3,098**

To apply, bring ID, proof of income and address

Legal residence is not
required. Participation in
WIC will not affect your
future application for
citizenship.

This institution is an equal
opportunity provider.

WIC ...es para mujeres embarazadas, madres, padres y tutores

**¿Está embarazada, dando pecho o criando niños
menores de 5 años?**

**Recibe consejos y clases sobre la nutrición y la
lactancia y cheques para comprar comida saludable**



**Alameda County
WIC Program**
(510) 595-6400
**Horas: Lunes, Martes,
Jueves, Viernes:**
8:40-5, Miércoles:
9:40-1, 3:30-6, algunos
Sábados: 8:40-4:30

Telegraph
3600 Telegraph Avenue
North Oakland

Eastmont Mall
7200 Bancroft Avenue,
2nd piso, sala 204
East Oakland

Hayward
24085 Amador Street,
sala 100
Planta baja

Fremont
(510) 795-2456 or
(510) 595-6400
Lunes, Martes, Jueves y
Viernes: 8:40-12; 1-5,
un Sábado por mes:
8:40-12; 1-4:30
Fremont Resource Center
39155 Liberty Street,
Sala D-430

Other WIC offices
**Axis Community
Health Center**
lunes, miércoles, jueves,
viernes, y 1st martes del mes:
8:30-12, 12:45-4:30, otros
martes: 9:30a-5:30
1991 Santa Rita Rd,
H - Mission Plaza
Shopping Center,
Pleasanton
(925) 462-2365

Ciudad de Berkeley
lunes a jueves: 8:30-5,
2º jueves, 8:30-6:30,
1º sábado: 11-3
830 University Avenue
(510) 981-5360

**East Oakland WIC
Health Center**
lunes a viernes: 9-5
7450 International
Boulevard
(510) 613-2257, 613-
2216

**La Clinica de la Raza
- Fruitvale WIC**
lunes a viernes: 8-5:30
2716 International
Boulevard, Oakland
(510) 535-4110

- San Antonio WIC
lunes, miércoles, jueves y
viernes: 8-5:30
martes: 8:30-5:30
1030 International
Boulevard, Oakland,
(510) 272-1500

**Alameda Point (Native
American Health
Center)**
1º lunes, 2º miercoles y
3º sábado, 9-12, 1-4
677 West Ranger Ave.
Alameda, 814-8440

**Native American
Health Center**
lunes a viernes: 8:30-5,
3º sábado: 8:30-12, 1-5
3124 International Blvd
planta baja, sala 103
Oakland, (510) 434-
5300

**Tiburcio Vasquez
Health Center offices**
(510) 471-5913

-Union City
lunes a viernes:
8:30-5
32970 Alvarado Niles
Rd., sala 760

- Fremont
lunes a jueves: 8:30-5
3845 Beacon Ave., Suite
A, 94538

- Hayward
lunes a viernes:
8:30-4:45
22331 Mission Blvd.
(2º piso)

- San Leandro
miércoles y viernes, y
algunos lunes:
8:30- 4:45
15949 E. 14th Street

**West Oakland
Health Center**
Lunes a Viernes, 9-5
700 Adeline Street
302-3734

Residencia legal no es
necesario. Su
participación en el
programa WIC no afecta
a solicitud de ciudadanía.

USDA es un proveedor y
empleador que ofrece
oportunidad igual para
todos.

¡Familias que trabajan pueden calificar!

Una familia de dos personas (como una mujer
embarazada, o una madre y un niño) puede ganar
\$2,456 por mes, antes de los impuestos,
una familia de 3 personas \$3,098

Para inscribirse, traiga identificación con prueba de
ingresos y domicilio.