

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) 462-2365

City of Berkeley

Monday-Thursday:
8:30-5, Friday 9a-12,
2nd Thursday, 8:30-6:30,
1st Saturday: 11-3
830 University Avenue
(510) 981-5360

East Oakland

Health Center
Monday-Friday: 8:30-
4:30
7450 International
Boulevard
(510) 835-9610

La Clinica de la Raza

San Antonio WIC
Monday - Friday: 8-5:30,
1030 International Blvd
Oakland
(510) 272-1500

La Clinica de la Raza Fruitvale WIC

Monday - Friday: 8-5:30,
1450 Fruitvale Ave
Oakland
(510) 353-4110

Alameda Point (Native American Health Center) 2nd

Monday, 1st Wednesday
& 4th Friday, 9-12:30, 1-
4pm
677 West Ranger Ave.
Alameda, (510) 814-
8440

Native American Health Center

Monday-Friday: 8:30-5,
3rd Saturday:
8:30- 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

-Fremont

Monday-Thursday: 8:30-5
3845 Beacon Ave.,
Suite A

- Hayward

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

- San Leandro

Mondays, Wednesdays,
Fridays and some
Tuesdays and Thursdays:
8:30-4:45
16110 E. 14th Street
(second floor)

West Oakland Health Center

Mondays-Wednesdays,
Fridays 8:30-4:30
700 Adeline Street
(510) 835-9610

Working Families can get WIC!

**A family of two (a pregnant woman, or a parent with
one child) can earn up to \$2,538 per month before
taxes, a family of 3 up to \$3,204**

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,
Viernes 9-12
2º jueves, 8:30-6:30,
1º sábado: 11-3
830 University Avenue
(510) 981-5360

**East Oakland WIC
Health Center**
lunes a viernes: 8:30-4:30
7450 International
Boulevard
(510) 835-9610

**La Clínica de la Raza
San Antonio WIC**
Lunes a viernes: 8-5:30
1030 International
Boulevard, Oakland,
(510) 272-1500

**La Clínica de la Raza
Fruitvale WIC**
Lunes a Viernes: 8-5:30,
1450 Fruitvale Ave
Oakland
(510) 353-4110

**Alameda Point (Native
American Health
Center)**
2º lunes, 1º miercoles y
4º viernes, 9-12:30, 1-4
677 West Ranger Ave.
Alameda, (510) 814-
8440

**Native American
Health Center**
lunes a viernes: 8:30-5,
3º sábado: 8:30-5
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
Lunes, miércoles y viernes,
y algunos Martes y
Jueves, 8:30-4:45
16110 E. 14th Street
(2º piso)

**West Oakland
Health Center**
Lunes a Miercoles, y
Viernes, 8:30-4:30
700 Adeline Street
(510) 835-9610

¡Familias que trabajan pueden calificar!

Una familia de dos personas (como una mujer embarazada, o una madre y un niño) puede ganar \$2,538 por mes, antes de los impuestos, una familia de 3 personas \$3,204

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

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.