

CHILD CARE - Cuidado infantil
4 C's, South County 582-2182 x3198
Banana Child Care Referral 658-0381
Child Care Links, referrals, Livermore 925-417-8733
Head Start 3-5 years / Early Head Start 0-3 years:
Alameda 629-6350, Berkeley 848-9092, Emeryville 601-8674,
Hayward (855) 757-5437, Oakland 238-3165

CHILDREN'S HEALTH SERVICE - Servicios de salud para niños.
Also see **HEALTH CARE / CLINICS – Refiérase a las Clínicas de Salud**
For well-child exams call Family Health Line 888-604-4636
Asthma Start Program 383-5181
Diabetes Start Program 383-5185
California Poison Control System 800-222-1222

CHILDREN with SPECIAL NEEDS - Niños con necesidades especiales
Family Resource Navigator 547-7322
Building Blocks Therapeutic 434-7990
California Children's Services, CCS, OT PT 208-5970
Children's Hospital (UCSF Benioff), Oakland
Developmental & Behavioral Pediatrics 428-3351
Neonatal Follow-up 428-3006
Speech & Language Center 925-979-3470
East Bay Agency for Children, Therapeutic Nursery (268-3770)
Regional Center of the East Bay 618-6100
For behavior and development issues
Through the Looking Glass, disabled parent or child 848-1112

COUNSELING SERVICES - Servicios de consejería
ACCESS, 24-hour line Eng/Span/Chin 800-491-9099
FamilyPaths hotline, Eng/Span 800-829-3777
A Better Way 601-0203
Alameda Family Services 629-6300
Asian Community Mental Health Services 735-3900
Brighter Beginnings Mental Health Services 437-8950
City of Berkeley Family, youth & Children Services 981-5280
CHAA (Community Health for Asian Americans) 835-2777
Early Intervention Services:
UCSF Benioff Children's Hospital Oakland 428-3408
Crisis Support Services - 24 hour line 800-309-2131
Jewish Family & Community Services East Bay 704-7475
La Clinica de la Raza, Casa del Sol Mental Health 535-6200
Pathways Counseling Center, Girls Inc. 357-5515
Portia Bell Hume Center 745-9151
Tiburcio Vasquez Health Center Behavioral Health 471-5907 x3774
West Coast Children's Clinic Oakland 269-9030

TEEN PARENTING/PREGNANCY SERVICE – Servicios de apoyo para padres adolescentes
Brighter Beginnings 437-8950
Tiburcio Vasquez Family Support
Hayward, Union City 471-5907 x3711

UTILITIES – Utilidades
California Lifeline Telephone Service, English 866-272-0349
PG&E CARE Program, discounts on energy bills 866-743-2273
PG&E REACH Program, bill help during crisis 800-933-9677

SAFE SURRENDER - Como entregar a su bebe de forma segura
To find a location, call 2-1-1



Newborns can be safely and legally given up at any hospital or fire station.
Recién nacidos pueden ser entregados de forma segura y legal al personal de cualquier hospital o estación de bomberos.

Prepared by the Community Forum for Perinatal Health,
a collaboration of organizations in Alameda County.
Funded by the Alameda County Public Health Department
WIC Program and MPCA, and Alameda Alliance for Health,
all are equal opportunity providers.



All area codes are 510 unless indicated.
For corrections and additions, call the Family Health Line at 888-604-4636
For copies call 268-4270
Printed October 2022

DENTAL CARE
Highland Hospital Dental Clinic 437-4473
Office of Dental Health, Healthy Kids, Healthy Teeth and
Resources for Prenatal and Adult dental care 208-5910

DOMESTIC VIOLENCE and SEXUAL ASSAULT HELP
Ayuda para víctimas de violencia domestica y asalto sexual
Alameda County Family Justice Center 267-8800
Also call for DV Resource Guide copies
Child Abuse Hotline (CPS) 259-1800
Shelter Referrals 2-1-1
Adult Protective Services 577-3500
A Safe Place, Oakland 536-7233
Bay Area Women Against Rape, 24-hour line 845-7273
Building Futures with Women and Children, San Leandro 866-292-9688
Highland Hospital Sexual Assault Center 534-9290
National Domestic Violence Hotline 800-799-7233
Ruby's Place, Hayward 888-339-7233
Safe Alternatives to Violent Environments, Fremont 794-6055
Tri-Valley Haven, Livermore 925-449-5842 or 1-800-884-8119

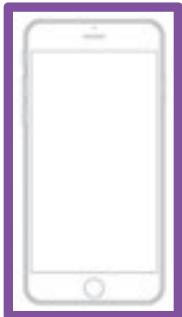
DRUG and ALCOHOL TREATMENT – Tratamiento para el abuso de drogas y alcohol
ACCESS, 24-hour line Eng/Span/Chin 800-491-9099
Alanon and AlaTeen 276-2270
Alcoholics Anonymous 839-8900
Narcotics Anonymous 444-4673

EMPLOYMENT SERVICES - Servicios de empleo
California Employment Development Dept. 800-300-5616
East Bay Works Career Centers, 7 locations 866-329-6757

FAMILY SUPPORT - Apoyo familiar
Child Protective Services 259-1800
FamilyPaths, Eng/Span 800-829-3777
4 C's, Parenting Classes: (582-2182)
Alameda Family Services, Xanthos 629-6300
Bananas Group and Counseling, North County 658-7353
Brighter Beginnings (Teens, Fathers) 437-8950
Embrace Her select zip codes 618-2080
Help Me Grow, birth to 5 years 888-510-1211
Native American Health Center, Groups 434-5421
Tiburcio Vasquez Health Center, Family Support 471-5907 x3711

FATHERS SERVICES - Servicios para padres
Bananas Group 658-7353
Fatherhood Initiative 667-4343

Alameda County Resource Guide
Guía de Recursos para el Condado de Alameda



For health care referrals, call Family Health Line 888-604-4636, M-F 8:30-5
Or go to WWW.ACPHD.ORG
For other needs, call 2-1-1, any time.

Para información sobre cuidado de salud, llame a la línea de salud familiar, 888-604-4636, Lunes a Viernes, 8:30-5
visite WWW.ACPHD.ORG . Para cualquier otra ayuda, llame al 2-1-1, a cualquier hora.

ALAMEDA COUNTY SOCIAL SERVICES AGENCY
Medi-Cal, Cal Fresh, and CalWORKs (asistencia monetaria)
General Information 888-999-4772
East Oakland, 6955 Foothill Blvd, Suite 100 383-5300
East Oakland, 8477 Enterprise Way 777-2300
Fremont, 39155 Liberty St., Suite C330 795-2428
Hayward, 24100 Amador Avenue 670-6000
Livermore, 2481 Constitution Drive 925-455-0747
North Oakland, 2000 San Pablo Avenue 263-2420

BIRTH and DEATH CERTIFICATES
Actas de nacimiento y actas de defunción
Alameda County Clerk-Recorder's Office 272-6362
City of Berkeley Vital Records 981-5320

BREASTFEEDING HELP - Ayuda para amamantar
Also see WIC Program Listings under "Food" – Refierase a los Programas de WIC (Food-WIC Programs)
Alameda Alliance for Health (members) 747-4577
Alameda County WIC 268-4247
Axis Community Health Center WIC 925-462-2365
Blue Cross Advice Nurse (Medi-Cal members) 800-231-2999
Kaiser (members) Oakland 752-1200,
La Leche League Berkeley 545-3840 Oakland 289-5807
Native American Health Center WIC 434-5310

FINANCIAL SERVICES - Servicios financieros		
Alameda County Child Support Services	866-901-3212	
Earn it, Keep It, Save it (Free Tax Preparation Help)	2-1-1	
For Financial Coaching, Bank accounts, Savings, Credit Building		
Family Economic Success, Fremont Resource Center	574-2000	
Operation Hope Inc., Oakland	535-6700	
Sparkpoint, Oakland	924-3610	

FOOD HELP - Ayuda con comida		
Alameda County Community Food Bank	800-870-3663, 635-3663	
Emergency food, CalFresh application assistance		

FOOD: WIC PROGRAMS - Los Programas de WIC		
Food Assistance Program for Women, Infants and Children		
Programa de asistencia de comida para mujeres, bebés y niños		
Alameda County:		
Eastmont, Telegraph, Hayward:	595-6400	Fremont 795-2457
Axis Community Health Center, Pleasanton	925-462-2365	
City of Berkeley	981-5360	
East Oakland Health Center	835-9610 x2270	
La Clínica de La Raza		
Fruitvale	535-4110	San Antonio 272-1500
Native American Health Center		
Alameda	814-8440	Oakland 434-5300
Tiburcio Vasquez - Various Locations		471-5913
West Oakland Health Center	835-9610, x2080	

FOSTER CARE - Padres de crianza		
Emergency Foster Care (SSA Crisis Line)	833-939-3877	
Foster & Adoptive Parent Hotline, SSA	259-3575	
Foster Pal: FamilyPaths	800-829-3777, 893-9230	
Kinship Support Services, respite and support, referrals		
Family Support Services North County	834-2443	
Lincoln Children's Center South & East County	583-8026	
Legal Assistance for Seniors, guardianship	832-3040	

HEALTH CLINICS - Clinicas de salud		
P means provides comprehensive prenatal care		
P significa que proporciona cuidado prenatal		
For health care referrals, call Family Health Line 888-604-4636		
ACCESS (for reproductive referrals)	Eng/Span 800-376-4636	

Alta Bates Summit Perinatal Center	P	869-8425
Ann Chandler Health Clinic, Berkeley		981-5350
Asian Health Services, Oakland	P	986-6800
Axis Community Health Centers		
Livermore, Pleasanton		925-462-1755
Berkeley Free Clinic	800-625-4642, 548-2570	
Children's Hospital Outpatient Clinic, Oakland		428-3226
Clinica Alta Vista, Oakland (teens)	P	535-6300
Davis Street Primary Care Clinic, San Leandro		347-4620 x400
East Oakland Health Center	P	835-9610
Eastmont Wellness Center, Oakland	P	567-5700
Encore Medical Clinic for Homeless		510-428-3783
FPA Womens Health, Berkely.		877-883-7264
Firehouse Clinic, Hayward (walk-in)		398-7474
Fremont Healthy Start		656-4206
Fuente Wellness Center, Ashland Youth Center		481-4556
Hayward (formerly Winton) Wellness Center	P	266-1700
Highland Hospital, Oakland Outpatient Clinics		
Pediatrics	437-4887	Women's Urgent Care 437-4778
La Clinica de la Raza, Oakland	P	535-4000
La Loma Medical Group, Oakland		261-1677
Lifelong Medical Care		
Howard Daniel Clinic, Oakland, Berkeley		981-4100
Native American Health Center, Oakland	P	535-4400
Newark Wellness Center	P	505-1600
Planned Parenthood, various locations		300-3800
R & K Lowe Medical Center, Oakland	P	318-5800
San Antonio Health Center, Oakland	P	238-5400
Street Level Health Project, Oakland		533-9906
Tiburcio Vasquez Health Center		
San Leandro, Hayward/Union City		471-5880
Tri-City Health Center, Fremont	P	770-8040
West Oakland Health Center	P	835-9610
Women's Center at St. Rose Hospital, Hayward		342-0020

HEALTH INSURANCE - Seguro medico		
Health Insurance Technicians (HealthPAC)		
Alameda Alliance for Health		877-932-2738
Blue Cross of California		800-407-4627
Covered California		800-300-1506
Kaiser Permanente Child Health Program		800-993-2437
Medi-Cal Access Program (Prenatal)		800-433-2611

HIV and AIDS - VIH, SIDA		
Alameda County HIV/AIDS Resource Guide		
AIDS Project of the East Bay (APEB)		663-7979
WORLD, women's services		986-0340

HOUSING, EMERGENCY SHELTER & REPAIRS
Hogar, vivienda temporal de emergencia y reparaciones

For Emergency shelter & housing, call Eden I&R 2-1-1		
Echo Housing: Hayward	581-9380	Oakland 496-0496
Emergency Shelter Program, 24 hour		
Hayward - Ruby's Place,	888-339-7233,	
Family Emergency Shelter Coalition, Hayward		581-3223
Oakland Housing Assistance Center		238-6182
Housing Repairs – Reparaciones a viviendas		
Healthy Homes, Oakland		567-8280
Rebuilding Together, Oakland		625-0316 x104
Advocacy/defensa		
Causa Justa:: Just Cause, Oakland		836-2687
HOPE NOW Hotline, Foreclosure Help		888-995-4673
Tenants Together, Foreclosure Help		888-495-8020

IMMIGRANT SERVICES - Servicios para inmigrantes		
Catholic Charities of the East Bay		768-3100
East Bay Sanctuary Covenant		540-5296
Filipino Advocates for Justice		465-9876
International Institute of Bay Area		
Fremont	894-3639	Oakland 451-2846
International Rescue Committee		452-8222
Korean Community Center of the East Bay		844-828-2254
Lao Family Community Development		533-8850
Spanish Speaking Citizen's Foundation		261-7839
U.S. Citizenship & Immigration Services		800-375-5283

IMMUNIZATIONS - Vacunas		
Immunization Referrals for children & adults		267-3230

LEGAL SERVICES - Servicios legales		
Alameda County Bar Association		302-2222 x4
Alameda County Child Support Services		866-901-3212
Asian Pacific Islander Legal Outreach		251-2846
Bay Area Legal Aid		800-551-5554
Centro Legal de la Raza		437-1554
East Bay Community Law Center, Berkeley		548-4040
Equal Rights Advocates		800-839-4372
Family Violence Law Center, Oakland		208-0220
Homeless Action Center, Berkeley		540-0878
Legal Assistance for Seniors		832-3040
Transgender Law Center		587-9670

MULTI-SERVICE CENTERS - Centros de servicios completos		
Davis Street Community Center, San Leandro		347-4620
Fremont Family Resource Center		574-2000

PREGNANCY SERVICES - Servicios para el embarazo		
For pregnancy referrals, call Family Health Line 888-604-4636		
BirthWays, Support & Classes, Berkeley		WWW.BIRTHWAYS.ORG
Black Infant Health, classes for African Americans		618-1967
Brighter Beginning Teen Family Support		437-8950
CAL Works & Family Project, Paid Family Leave		800-880-8047
DREAMS, for women who suffered fetal or infant loss		667-4333
Healthy Families America, case management		667-3140
Mother To Baby California, information on toxins		866-626-6847
Nurse Family Partnership, for first time mothers		667-4311
Women's Health Promotion, African Americans		618-2080

SMOKING CESSATION - Ayuda para dejar de fumar		
California Smokers' Helpline		English 800-662-8887
Chinese	800-838-8917	Korean 800-556-5564
Spanish	800-456-6386	Vietnamese 800-778-8440

TEEN SERVICES - Servicios para adolescentes		
Beyond Emancipation, Teens Timing Out		667-7694
Boys & Girls Club, Oakland	444-8211	Alameda 522-4900
California Youth Crisis Line		800-843-5200
Children's Hospital Teen Clinic, Oakland		428-3387
East Oakland Youth Development Center		569-8088
Independent Living Program		667-7696
Native American Health Center, Oakland		434-5421
Planned Parenthood Teen Success groups		300-3800 x3602
REACH Ashland Youth Center		481-4551
School-Based Health Centers, call to find location		268-1260
Tri-City Teen Clinic, Fremont		770-8131
Youth Employment Partnership		533-3447
Youth Uprising, leadership, arts, health and careers		777-9909

SCHOOL DISTRICT PROGRAMS FOR PARENTING TEENS – Programas de escuelas para padres adolescentes (CalSAFE)		
Berkeley High School, Vera Casey Center		
		(510) 644-6854 ext 2
Fruitvale Academy, Oakland		536-6086
Island High School, Alameda		748-4024 x114
Robertson High School, Fremont		657-9155 x49111
Tennyson High School, Hayward		723-3190 x63155
Village High School, Pleasanton		925-426-4260
W. P. Burke Academy, Hayward		785-9326