

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	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, Livermore, Fremont	595-6400	
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	535-4110, 272-1500	
Native American Health Center, Alameda	814-8440	
Native American Health Center, Oakland	434-5300	
Tiburcio Vasquez - Various Locations	471-5913	
Baywell 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 P		
Livermore, Pleasanton	925-462-1755	
Bay Area Community Health Center, Fremont P	770-8040	
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	
Baywell 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	912-8589	
Fuente Wellness Center, Ashland Youth Center	481-4556	
Hayward (formerly Winton) Wellness Center P	266-1700	
Highland Hospital, Oakland Outpatient Clinics P		
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 P		
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 P		
San Leandro, Hayward/Union City	471-5880	
Women's Center at St. Rose Hospital, Hayward	342-0020	

HEALTH INSURANCE - Seguro medico		
Health Insurance Technicians (HealthPAC)	800-422-9495	
Alameda Alliance for Health	877-932-2738	
Blue Cross of California	800-407-4627	
Covered California	800-300-1506	
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	877-424-3746	
AIDS Project of the East Bay (APEB)	WWW.APEB.ORG	
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
Brighter Futures - Reentry Home for Men	510-397-2443
Echo Housing:	Hayward 581-9380
	Oakland 496-0496

Emergency Shelter Program, 24 hour	
Hayward - Ruby's Place, 888-339-7233	
Family Emergency Shelter	581-3223
Oakland Housing Assistance	238-6182
Housing Repairs – Reparaciones a viviendas	
Healthy Homes, Oakland	567-8280
Advocacy/defensa	
Causa Justa: Just Cause, Oakland	763-5877
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
EmbraceHer, African Americans	618-2080
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

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	
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	WWW.EOYDC.ORG
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	644-6854x2
Carolyn Hobbs 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

FATHERS SERVICES - Servicios para padres
Bananas Group
Fatherhood Initiative
658-7353
667-4333

Child Protective Services
FamilyPaths, Eng/Span
4 C's, Parenting Classes:
Alameda Family Services, Xanithos
Bananas Group and Counseling, North County
Brighter Beginnings (Teens, Fathers)
Embrace Her select zip codes
Help Me Grow, birth to 5 years
Native American Health Center, Groups
Tiburcio Vasquez Health Center, Family Support
471-5907 X3711

FAMILY SUPPORT - Apoyo familiar

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

ACCESS, 24-hour line Eng/Span/Chin
800-491-9099
Alanon and AlaTeen
Alcoholics Anonymous
Narcotics Anonymous
444-4673

abuso de drogas y alcohol

Alameda County Family Justice Center
267-8800
 Also call for DV Resource Guide copies
Child Abuse Hotline (CPS)
259-1800
2-1-1
577-3500
536-7233
800-4247
 Building Futures with Women and Children, San Leandro
866-292-9688
534-9290
800-799-7233
888-339-7233
794-6055
 Safe Alternatives to Violent Environments, Fremont
925-449-5842 or **1-800-884-8119**
 Tri-Valley Haven, Livermore

DOMESTIC VIOLENCE and SEXUAL ASSAULT HELP

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

TATTOO REMOVAL PROGRAMS – Servicios de Eliminación de Tatuajes

Alameda County Project New Start 510-268-2497
Jails to Jobs 925-931-3063

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 January 2025

ACCESS, 24-hour line Eng/Span/Chin
Family/Paths hotline, Eng/Span
800-829-3777
 800-491-9099
 601-0203
 629-6300
 735-3900
 437-8950
 981-5280
 835-2777
 428-3408
 800-309-2131
 704-7475
 535-6200
 654-4004
 745-9151
 471-5907 X3774
 269-9030

COUNSELLING SERVICES - Servicios de consejería

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	415-353-2080
Developmental & Behavioral Pediatrics	428-3006
Neonatal Follow-up	925-979-3470
Speech & Language Center	268-3770
East Bay Agency for Children, Therapeutic Nursery	618-6100
Regional Center of the East Bay	848-1112
For behavior and development issues	
Through the Looking Glass, disabled parent or child	

especiales

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

383-5181
383-5185
800-222-1222

Asthma Start Program
Diabetes Start Program
California Poison Control System

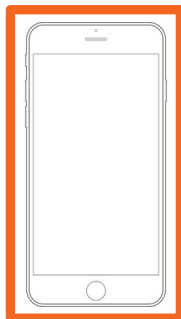
100% of the respondents were female, and 100% were white. The majority of the respondents were aged 18-24 (50%), followed by 25-34 (30%). The majority of the respondents were currently employed (70%), followed by unemployed (30%). The majority of the respondents were currently living with a partner (50%), followed by single (30%). The majority of the respondents were currently living in a house (50%), followed by apartment (30%). The majority of the respondents were currently living in the United States (50%), followed by other countries (30%).

4 C's, South County
Banana Child Care Referral
Child Care Links, referrals, Livermore
Head Start 3-5 years / Early Head Start 0-3 years:
Alameda 629-6350
925-417-8733
658-0831
582-2182 x3198
Oakland 238-3165
Hayward (855) 757-5437
Emeryville 601-8674
Berkeley 848-9092

CHILD CARE - Cuidado infantil

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