

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 574-2004
 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 434-5400
 Tiburcio Vasquez - Various Locations 471-5913
 West Oakland Health Center 835-9610, x2080

FOSTER CARE - Padres de crianza

Emergency Foster Care (SSA Crisis Line) 800-309-2131
 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 800-376-4636 Span 888 422-2237
 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
 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
 East Oakland Health Center **P** 613-2222
 Eastmont Wellness Center, Oakland **P** 567-5700
 Encore Medical Clinic for Homeless 717-5680
 FPA Womens Health, Oakland 877-883-7264
 Firehouse Clinic, Hayward (walk-in) 398-7500
 Frank Kiang Medical Center, Oakland **P** 986-6800
 Fuente Wellness Center, Ashland Youth Center 481-4556
 Hayward (formerly Winton) Wellness Center **P** 266-1700
 Healthy Oakland, Save a Life Wellness Center 444-9655
 Highland Hospital, Oakland Outpatient Clinics **P**
 Pediatrics 437-4887 Women's Urgent Care 437-4778
 La Clínica de la Raza, Oakland **P** 535-4110
 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
 Tri-City Health Center, Fremont **P** 770-8040
 Washington Hospital Walk-In Clinic 791-2273
 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) 800-422-9495
 Alameda Alliance for Health 877-932-2738
 Blue Cross of California 800-407-4627
 Covered California 800-300-1506
 Kaiser Permanente Child Health Program 800-255-5053
 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) 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, Oakland 534-6030
 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
 Social Justice Initiative 992-3764
 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

Asian Health Services, Oakland 986-1024
 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 x4
 East Oakland Youth Development Center 569-8088
 Independent Living Program 667-7696
 Native American Health Center, Oakland 479-1801
 Planned Parenthood Teen Success groups 300-3800 x3602
 REACH Ashland Youth Center 481-4551
 School-Based Health Centers, call to find location 667-7990
 Thunder Road, Substance Abuse Services 653-5040
 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 542-2146
 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

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 796-9512 x2, Oakland 238-3165,
 Unity Council- Oakland 533-9926

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
 California Poison Control System 800-222-1222
 Highway Patrol, Car Seat Help 450-3821

CHILDREN with SPECIAL NEEDS - Niños con necesidades especiales

Family Resource Network 547-7322
 Building Blocks Therapeutic Preschool 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 925-979-3440
 East Bay Agency for Children, Therapeutic Nursery 655-4896 x6103
 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/Spain/Chin 800-491-9099
FamilyPaths hotline, Eng/Spain 800-829-3777
 A Better Way 601-0203
 Alameda Family Services 629-6300
 Asian Community Mental Health Services 451-6729
 Brighter Beginnings Mental Health Services 903-7500
 Building Hope Early Childhood Mental Health Program, BHCS 481-4203
 City of Berkeley Family, youth & Children Services 981-5280
 CHAA (Community Health for Asian Americans) 835-2777
 Children's Hospital (UCSF Benioff) - Infant & Early Childhood Mental
 Health Program, Eng/Spain 428-3407
 Crisis Support Services - 24 hour line 800-309-2131
 Jewish Family & Community Services of the 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 Oakland 269-9030

DENTAL CARE

Highland Hospital Dental Clinic 437-6575
 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 1-800-884-8199

DRUG and ALCOHOL TREATMENT – Tratamiento para el abuso de drogas y alcohol

ACCESS, 24-hour line Eng/Spain/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/Spain 800-829-3777
 4 C's, Parenting Classes: Fremont 713-2557, Hayward 582-2182
 Alameda Family Services, Xanthos 629-6300
 Bananas Group and Counseling, North County 658-7353
 Brighter Beginnings (Teens, Fathers) 903-7500
 Family Health Promotion (ClubMom), 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

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
Spanish 866-272-0359 TTY 888-858-7889
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,
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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

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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, 3311 Pacific Avenue	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, San Leandro 452-4050
La Leche League Berkeley	898-6592, Oakland 530-5864
Native American Health Center WIC	434-5310