





Day by Day: Community Resources in the Hayward Area

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Color Key	Yellow = Meals	Orange = Food	Green = Shelter	Blue = Showers	Purple = Hotlines	<i>The Day by Day guide is produced by Hayward Public Library and was last updated September 2024. Please see back for contact information.</i>
First Presbyterian Breakfast 6-8 am	California Youth Crisis 1 (800) 843-5200	First United Methodist Breakfast, bag lunch 8am	Hayward Spanish SDA Food 8am-1pm	Alameda Crisis Hotline 1 (800) 309-2131	The Peace Haven Pantry 9-11am	
East Bay AA Helpline 24/7 1 (510) 839-8900	South Hayward Parish 8am-12pm: People without housing can sign up for mail service, offered in 3-month contracts.					
	BACS Hedco Wellness 8:45-9:30am Breakfast, followed by news and activities plus access to clothing, services, and resources.					
	First Pres./South Hay. Showers 10-11am	The Peace Haven Pantry 9-11am	First Pres./South Hay. Showers 10-11am	New Hope Christian Food 10am-12:30pm	First Pres./South Hay. Showers 10am-1pm	
	San Lorenzo Family Help Center Food 11am-12pm		Community of Grace Food 11am-12pm Except 5 th Wed.	BACS Hedco Wellness 10am Laundry Offsite wash	San Lorenzo Family Food 11am-12pm	Hope 4 the Heart Food 7:30 am, 3 rd Sat.
	Salvation Army M-Th 10am-2pm Sack lunch along with hygiene kits and access to food pantry.			BACS Hedco Wellness Showers 10-11am		CrossStreets Ministry 2 nd and 4 th Saturdays Showers 8-10:30 am
	First Presbyterian/South Hayward Lunch 12-1pm with use of resource center, 10am-4pm. Help with housing, IDs, and more.			BACS Hedco Wellness 12-12:30pm Lunch. Also offering help with housing, benefits, jobs, IDs, and connection to resources.		
Spectrum Senior Meals: 12pm M-F Josephine Lum Lodge and Hayward Area Senior Center. 12pm T-F Glad Tidings						
April Showers at San Leandro	Glad Tidings White House Food pantry 12:30-1:30pm					
Boys & Girls Club 11am-2pm 1 st 3 rd 5 th Sun.	<i>Look for something positive in every day.</i>	First Pres./South Hay. Register for a bed or safe parking 12-3pm	EUCC Eden United Pantry 2 nd & 4 th Wed. 1:30-4:30pm	First Pres./South Hay. Register for a bed or safe parking 12-3pm	Mobile Health Clinic (510) 437-5086	San Lorenzo Fam. Ctr. Food 10-12:30pm
If you are looking for a sign not to kill yourself, this is it. Suicide Prevention Call 988	Veterans Hotline 1 (877) 424-3838	Downtown Streets Meeting + lunch 12:30		South Hayward Pantry 1-4pm		
	Free Hot Meals 2-4pm, Eden Greenway Harder Rd at Cypress Ave	South Hayward Pantry 1-4pm		Free Hot Meals 2-4pm, Eden Youth 680 W. Tennyson Rd	New Life Christian Pantry 2pm	
<i>Believe in yourself. You are braver than you think.</i>	First Pres./South Hay. Showers 2-3pm	Hope 4 the Heart Food 1:30pm	First Pres./South Hay. Showers 2-3pm	Apply for housing at Housing.acgov.org	First Pres./South Hay. Showers 2-3pm	Escape domestic violence and human trafficking 1 (888) 339-7233
Sexual Assault Hotline 1 (800) 656 4673	South Hayward Pantry 2-5pm	Downtown Hayward Shower Ministry 3-4:30	New Hope Christian Dinner 5:30pm + food	Faith Lutheran Pantry 6:30-7:30pm 1 st & 3 rd Thursday	Our Lady of the Rosary Dinner 6pm Food giveaway 6:15pm	
First Presbyterian Shelter opens 6:30pm. Dinner 6:30pm. For a shelter bed or safe parking, register in advance Tues. or Thurs. 12-3pm. Questions? (510) 634-4750						
South Hayward Parish Shelter opens 6:30pm. Dinner 6:30pm. For a shelter bed, register in advance Tues. or Thurs. 12-3pm. No overnight parking. Questions? (510) 634-2229						
Find a Food Pantry with Foodnow.net	First Pres./South Hay. Showers 7-8pm	LGBTQ National Hotline 1 (888) 843-4564	First Pres./South Hay. Showers 7-8pm	Need a place to stay? Call 211 / Text 898211	First Pres./South Hay. Showers 7-8pm	Alameda County Food Bank (510) 635-3663

First Step: Call 211 or visit 211alamedacounty.org for help with housing and other services

MEALS – see guide for days/times	CONTACT	COMPUTERS	CONTACT
BACS Hedco Wellness: 590 B St., Hayward	510 247 8235	Hayward Public Library: 888 C Street or 27300 Patrick Ave.	510 293 8685
First Presbyterian: 2490 Grove Way, Castro Valley	510 634 4750	ESCAPE VIOLENCE and HUMAN TRAFFICKING	
First United Methodist: 1183 B St., Hayward	510 581 2266	BAWAR Bay Area Women Against Rape	510 800 4247
New Hope Christian: 22110 Montgomery St., Hayward	510 537 6230	Building Futures: 1840 Fairway Dr., San Leandro	510 357 0205
Our Lady of the Rosary: 703 C St., Union City	510 471 2609	Narika (especially for South Asian immigrants)	800 215 7308
Salvation Army: 430 A St., Hayward	510 581 6444	Ruby's Place	888 339 7233
Spectrum Senior Meals: Glad Tidings: 1027 W. Tennyson Rd.	510 783 9377	A Safe Place	510 536 7233
Spectrum Senior Meals, Hayward Senior Ctr: 22325 N 3 rd St.	510 881 6766	SAVE (Safe Alternatives to Violent Environments)	510 794 6055
Spectrum Senior Meals, Josephine Lum Lodge: 2747 Oliver	510 785 1997	24-hour crisis line, 1 866 A WAY OUT	866 292 9688
Free Hot Meals by 5 Sikh Seva, CSUEB, Eden Youth, HARD, HPL, HPN, and TVHC.		FAMILIES	
FOOD GIVEAWAY – see guide for days/times		FESCO (Family emergency shelter) – by appointment only	510 581 3223
Alameda County DSAL: 2700 Fairmont Dr., San Leandro	510 820 5222	JOBS	
All Saints Catholic Church: 22824 Second St., Hayward	510 581 2570	Downtown Streets Team: 22551 2 nd St., Hayward	408 384 1119
Community of Grace: 380 Elmhurst St., Hayward	510 783 8062	East Bay Works	Eastbayworks.com
Eden United Church of Christ: 21455 Birch St. #1, Hayward	510 582 9533	Eden Area One Stop Career Center: 24100 Amador St., 3 rd Floor	510 670 5700
Faith Lutheran: 20080 Redwood Rd., Castro Valley	510 581 0818	LEGAL	
Glad Tidings International: 27751 Tyrrell Ave., Hayward	510 783 9377	Bay Area Legal Aid: 1735 Telegraph Ave., Oakland	800 551 5554
Hayward Spanish SDA Church: 22117 Meekland Ave.	510 581 1456	CLASP clinic: Call 1 st Sat. 10am-12pm for appt later the same day	510 485 9933
Hope 4 the Heart: 22035 Meekland Ave., Hayward	Hope4theheart.org	Centro Legal de la Raza: 3400 E. 12th St., Oakland	510 437 1554
House of Faith Bay Area: 1265 B St., Hayward	510 736 3848	Eviction Defense Center: 350 Frank Ogawa Plaza, Ste. 703	510 452 4541
New Hope Christian: 22110 Montgomery St., Hayward	510 253 7525	Homeless Action Center: 2601 San Pablo Ave., Oakland	510 695 2260
New Life Christian: 1265 B St., Hayward	510 889 1304	Immigrant Hope: 951 MacArthur Blvd., San Leandro	510 338 4025
The Peace Haven Freedom Store: 1063 A St., Hayward	408 680 6577	MEDICAL CARE and MENTAL HEALTH	
San Lorenzo Family Help Ctr: 20960 Corsair Blvd, Hayward	341 314 6770	ACHCH Mobile Health Clinic: Call for times and locations	510 437 5086
South Hayward Parish: 27287 Patrick Ave., Hayward	510 785 3663	Ashland Free Clinic: 16539 Ashland Ave., San Lorenzo Sat. 8-11am	510 407 2362
SHOWERS – see guide for days/times		Birthright (for pregnant women): 1048 Grant Ave, San Lorenzo	510 481 9677
April Showers: 2200 San Leandro Blvd., San Leandro	ihnaprishowers.org	Davis Street Clinic: 3081 Teagarden St., San Leandro M-F 8am-6pm	510 347 4620
BACS Hedco Wellness: 590 B St., Hayward	510 247 8235	La Familia: Locations and hours vary. Se habla español.	510 300 3500
CrossStreets at Creekside: 951 MacArthur Blvd, San Leandro		Planned Parenthood: 1032 A St., Hayward	510 300 3800
Downtown Hayward Shower Ministry: 1265 B St., Hayward		Tiburcio Vasquez Clinic: 22331 Mission Blvd., Hayward	510 471 5880
First Presbyterian: 2490 Grove Way, Castro Valley	510 634 4750	RECOVERY	
South Hayward Parish: 27287 Patrick Ave., Hayward	510 634 2229	Alcoholics Anonymous: 22654 Mission Blvd., Hayward	510 839 8900
SHELTER – register in advance or lottery		First Presbyterian Recovery Café: 2490 Grove Way, Castro Valley	510 634 4750
First Presbyterian: 2490 Grove Way, Castro Valley	510 634 4750	La Familia: 24301 Southland Dr. Ste. 300 Hayward Se habla español	510 300 3500
South Hayward Parish: 27287 Patrick Ave., Hayward	510 634 2229	Life House Recovery Homes: 22280 Main St., Hayward	510 999 7901
SAFE PARKING PROGRAMS – register in advance		Second Chance Hayward Recovery Center: 107 Jackson St.	510 886 8696
Alameda County Safe Parking: Fairmont, San Leandro	510 593 4660	Victory Outreach Heart	510 830 5140
Careavan: Union City: JesusG@UnionCity.org	510 675 5482	VETERANS SERVICES	
First Presbyterian: 2490 Grove Way, Castro Valley	510 634 4750	Alameda Co. Veterans Serv.: 6955 Foothill Blvd., Ste 143, Oakland	510 577 1926

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