For health care referrals, call the Family Health line at 888-604-4636 M-F, 8:30-5; or go to www.achealthcare.org

For other needs, call 2-1-1, anytime.

Para información sobre cuidado de salud, llame a la línea de salud familiar 888-604-4636 lunes a viernes, 8:30-5 visite www.achealthcare.org

Para otra ayuda, llame al 2-1-1, en cualquier tiempo.

ALAMEDA COUNTY SOCIAL SERVICES AGENCY, Medi-cal, Cal Fresh, CalWORKS and Cash Aide (asistencia monetaria)

General Information
888.999.4772
East Oakland, 6955 Foothill Blvd, Suite 100
510.383.5300
East Oakland, 8477 Enterprise Way
510.777.2300
Fremont, 39155b Liberty St, Suite C330
510.795.2428
Hayward, 24100 Amador Avenue
510.670.6000
Livermore, 3311 Pacific Avenue
925.455.0747
North Oakland, 2000 San Pablo Avenue
510.263.2420

BIRTH and DEATH CERTIFICATES (Actas de nacimiento y actas de defunción)

Alameda County Clerk-Recorder’s Office
510.272.6362
City of Berkeley Vital Records
510.981.5320

BREASTFEEDING HELP (Ayuda para amamantar)
Also see WIC Program Listings under “Food” - Reffierase a los Programamas WIC (Food-Wic Programas)

Alameda Alliance for Health (members)
510.747.4577

Alameda County WIC
510.595.6470

Blue Cross Advice Nurse (Medi-Cal members)
800.231.2999

Kaiser (members)
Oakland 510.795.2428 San Leandro 510.795.2428

La Leche League
Berkeley 510.898.6592 Oakland 510.530.5864

Native American Health Center WIC
510.434.5310

CHILD CARE (Cuidado infantil)

Bananas Child Care Referral
510.658.0381

Child Care Links, referrals, Livermore
925.417.8733

4 C’s, South County
Fremont 510.713.2557 Hayward 510.582.2182

Early Head Start 0-3 years
Hayward 510.796.9512 ext 2
Oakland 510.238.3165

Head Start
Alameda 510.629.6350
Hayward 510.796.9512 Oakland 510.293.3165
CHILDREN’S HEALTH SERVICES
(Servicios de salud para ninos)
Also see HEALTH CARE/CLINICS (Refierase a las Clinicas de Salud)
For well-child exams call Family Health Line
Asthma Start Program
Highway Patrol, Car Seat Help
California Poison Control System

CHILDREN with SPECIAL NEEDS
(Ninos con necesidades especiales)
Family Resource Network
California Children’s Services, CCS, OT, PT
Regional Center of the East Bay Behavior and Development Issues
Building Blocks Therapeutic Preschool
Children’s Hospital (UCSF Benioff), Oakland:
  Developmental & Behavioral Pediatrics
  Neonatal Follow-up
  Speech & Language Center
East Bay Agency for Children, Therapy Nursery
Through the Looking Glass, disabled parent or child

COUNCILING SERVICES
(Servicios de consejeria)
ACCESS, 24-hour line Eng/Span/Chin
FamilyPaths Hotline, Eng/Span
Asian Community Mental Health Services
CHAA (Community Health for Asian Americans) 17 languages
Children’s Hospital (UCSF Benioff) - Infant & Early Childhood Mental Health Program Eng/Span
Crisis Support Services - 24 hour line
Jewish Family & Children’s Services of the East Bay
Pathways Counciling Center, Girls Inc.
West Coast Children’s Clinic, Oakland

DENTAL CARE
(cuidado dental)
Office of Dental Health, Healthy Kids, Healthy Teeth and Resources for Prenatal and Adult Care
Highland Hospital Dental Clinic

DOMESTIC VIOLENCE and SEXUAL ASSAULT HELP
(Servicios para victimas de violencia domestica y asalto sexual)
Alameda County Family Justice Center
Child Abuse Hotline (CPS)
Alameda County Resource Guide
Guía de Recursos para el Condado de Alameda

Shelter Referrals
Adult Protective Services 2-1-1
Bay Area Women Against Rape, 24-hour line 510.577.3500
Building Futures 510.845.7273
Highland Hospital Sexual Assault Center 866.292.9688
National Domestic Violence Hotline 510.534.9290
Domestic Violence Resource Guide, to get a copy call 800.799.7233

DRUG and ALCOHOL TREATMENT
(Tratamiento para el abuso de drogas y alcohol)
ACCESS, for referrals 510.547.7322
California Children’s Services, CCS, OT, PT 510.208.5970
Regional Center of the East Bay Behavior and Development Issues 510.618.6100
Building Blocks Therapeutic Preschool 510.434.7990
Children’s Hospital (UCSF Benioff), Oakland:
   Developmental & Behavioral Pediatrics 510.428.3351
   Neonatal Follow-up 510.428.3006
   Speech & Language Center 925.979.3440
East Bay Agency for Children, Therapy Nursery 510.655.4896 ext 6103
Through the Looking Glass, disabled parent or child 510.848.1112

EMPLOYMENT SERVICES
(Servicios de empleo)
California Employment Development Department 800.300.5616
East Bay Works Career Centers, 7 locations 866.329.6757

FAMILY SUPPORT
(Apoyo familiar)
Child Protective Services 510.259.1800
FamilyPaths, Eng/Span 800.829.3777
4 C's Parenting Classes 510.582.2182
   Fremont 510.713.2557  Hayward 510.582.2182
Alameda Family Services, Xanthos 510.629.6300
Bananas Groups and Counseling, North County 510.658.7353
Brighter Beginnings (Teens, Fathers) 510.903.7500
Family Health Promotion (Clubmom) African American women in select zip codes 510.434.5421
Help Me Grow 888.510.1211
Native American Health Center, Groups 510.434.5421
Tiburcio Vasquez HC Family Support 510.471.5907 ext 3711
FATHERS SERVICES
(Servicios para padres)
Bananas Groups 510.658.7353
Fatherhood Initiative 510.667.4343

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 510.574.2003
Operation Hope Inc., Oakland 510.535.6700
Sparkpoint Oakland 510.924.3610

FOOD HELP
(Ayuda con comida)
Alameda County Community Food Bank 800.870.3663
Emergency food, CalFresh application assistance 510.635.3663

FOOD: WIC PROGRAMS
(Los Programas de WIC)
Food Assistance Program for Women, Infants and Children (Programa de asistencia de comida para mujeres bebsy ninos) Alameda County Eastmont, Telegraph, Hayward 510.595.6400 Fremont 510.795.2457
Axis Community Health, Pleasanton 925.462.2365
City of Berkeley 510.981.5360
East Oakland Health Center 510.430.9401
Native American Health Center Oakland 510.434.5300 Alameda 510.814.8440
La Clinica de La Raza FruitVale 510.535.4110 San Antonio 510.272.1500
Tiburcio Vasquez - Various Locations 510.471.5913
West Oakland Health Center 510.835.9610

FOSTER CARE
(Padres de crianza)
Emergency Foster Care (SSA Crisis Line) 800.309.2131
Foster & Adoptive Parent Hotline, SSA 510.259.3575
Foster Pal: FamilyPaths 888.580.3725 510.893.9266
Kinship Support Services, respite and support, referrals
Family Support Services North County 510.834.2443
Lincoln Children’s Center South & East County 510.583.8026
Legal Assistance for Seniors - guardianship 510.832.3040
# Alameda County Resource Guide

## Guia de Recursos para el Condado de Alameda

### 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**

<table>
<thead>
<tr>
<th>Access (for reproductive referrals)</th>
<th>English</th>
<th>Spanish</th>
</tr>
</thead>
<tbody>
<tr>
<td>888.604.4636</td>
<td>800.376.4636</td>
<td>888.422.2237</td>
</tr>
</tbody>
</table>

- **Alta Bates Summit Perinatal Ccenter**
- **Ann Chandler Health Clinic, Berkeley**
- **Asian Health Services, Oakland**
- **Axis Community Health Centers Livermore, Pleasanton**
- **Berkely Free Clinic**
- **Children’s Hospital Outpatient Clinic, Oakland**
- **Clinica Alta Vista (Teens) Oakland**
- **Davis Street Primary Care Clinic, San Leandro**
- **East Oakland Health Center**
- **Eastmont Wellness Center, Oakland**
- **Encore Medical Clinic for Homeless**
- **FPA Womens Health, Oakland**
- **Family Planning Specialists, Oakland** (Pregnancy termination)
- **Firehouse Clinic, Hayward**
- **Frank Klang Medical Center, Oakland**
- **Fuente Wellness Center, Ashland**
- **Hayward (formally Winton) Wellness Center**
- **Healthy Oakland, Save a Life Wellness Center**
- **Highland Hospital, Oakland Outpatient Clinics**
  - **Pediatrics**
  - **Women’s Urgent Care**
- **La Clinica de la Raza, Oakland**
- **La Loma Medical Group, Oakland**
- **Lifelong Medical Care, Howard Daniel Clinic, Oakland, Berkeley**
- **Native American Health Center, Oakland**
- **Newark Wellness Center**
- **Planned Parenthood, various locations**
- **R&K Lowe Medical Center, Oakland**
- **San Antonio Health Center, Oakland**
- **Street Level Health Project, Oakland**
- **Tiburcio Vasquez Health Center, San Leandro, Hayward/Union City**

**Accessibility:**

| 800.625.4642 | 510.548.2570 |
| 510.428.3226 | 510.536.6300 |
| 510.347.4620 | 510.613.2222 |
| 510.567.5700 | 510.717.5680 |
| 510.481.4556 | 510.266.1700 |
| 510.444.9655 | 510.437.4800 |
| 510.437.4887 | 510.437.4778 |
| 510.535.4110 | 510.261.1677 |
| 510.981.4100 | 510.535.4400 |
| 510.505.1600 | 510.300.3800 |
| 510.318.5800 | 510.238.5400 |
| 510.533.9906 | 510.533.9906 |
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Guía de Recursos para el Condado de Alameda

Tri-City Health Center, Fremont  510.770.8040
Washington Hospital Walk-In Clinic  510.791.2273
West Oakland Health Center  510.835.9610
Women’s Center at St. Rose Hospital, Hayward  510.342.0020

HEALTH INSURANCE
(Seguro medico)

Health Insurance Technicians (HealthPAC)  800.422.9495
Medi-Cal Access Program (Prenatal)  800.433.2611
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

HIV and AIDS
(VIH, SIDA)

Alameda County HIV/AIDS Resource Guide  877.424.3746
AIDS Project of the East Bay (APEB)  510.663.7979
WORLD, women’s services  510.986.0340

HOUSING, EMERGENCY SHELTER & REPAIRS
(Hogar, vivenda temporal de emergencia y reparacion)

Eden I&R (shelter and housing)  2-1-1
Echo Housing  Hayward  510.581.9380  Oakland  510.496.0496
Emergency Shelter Program, 24 hours  Hayward - Ruby’s Place  888.339.7233  Oakland  510.534.6030
FESCO (Family Emergency Shelter Coalition) Hayward  510.581.3223
Oakland Housing Assistance Center  510.238.6182

HOUSING REPAIRS
(reparacion)

Healthy Homes Department (lead, mold, other hazards)

Oakland  510.567.8280
Hayward  510.670.8282

Rebuilding Together, Oakland (home repair)  510.625.0316 ext. 104

ADVOCACY
(defensa)

Causa Justa: Just Cause, Oakland  510.836.2687
Tenants Together, Foreclosure Help  888.495.8020
HOPE NOW Hotline, Foreclosure Help  888.995.4673

IMMIGRANT SERVICES
(Servicios para inmigrantes)

Catholic Charities of the East Bay  888.995.4673
Alameda County Resource Guide
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International Institute of Bay Area
    Oakland                      510.451.2846
    Fremont                      510.849.3639
Lao Family Community Development                     510.533.8850
Spanish Speaking Citizen’s Foundation                      510.261.7839
U.S. Citizenship & Immigration Services                      800.375.5283

IMMUNIZATIONS  
(Vacunas)
Immunization Referrals for children & adults                      510.267.3230

LEGAL SERVICES  
(Servicios legales)
Alameda County Bar Association                     510.302.2222 ext. 4
Alameda County Child Support Services                         866.901.3212
Asian Pacific Islander Legal Outreach                     510.251.2846
Bay Area Legal Aid                                           800.551.5554
Centro Legal de la Raza                                      510.437.1554
East Bay Community Law Center, Berkeley                     510.548.4040
Equal Rights Advocates                                       800.839.4372
Family Violance Law Center, Oakland                        510.836.3260 ext. 301 800.947.8301
Homeless Action Center, Berkeley                            510.540.0878

MULTI-SERVICE CENTERS  
(Centros de servicios completos)
Davis Street Community Center, San Leandro                       510.347.4620
Fremont Resource Center                                          510.574.2000
Healthy Oakland Family Resource Center                         510.444.9655

PREGNANCY SERVICES  
(Servicios para el embarazo)
For Pregnancy Referrals, Call Family Health Line               888.604.4636 http://birthways.org
BirthWays, Support & Classes, Berkeley                          http://birthways.org
Black Infant Health Classes, African Americans                    510.618.1967
Brighter Beginning Teen Family Support                          510.437.8950
Healthy Families America, case management                       510.667.3140
MADRE, for women who suffered fetal loss                        510.667.4333
Mother To Baby California, Information on toxins                800.532.3749
Nurse Family Partnership for first time mothers                  510.667.4311
Women’s Health Promotion (formerly IPOP)
African American women in select zip codes 510.618.2080
Work & Family Project, Paid Family Leave 800.880.8047

SMOKING CESSATION
(Ayuda para dejar de fumar)
California Smoker’s Helpline

<table>
<thead>
<tr>
<th>Language</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>English</td>
<td>800.662.8887</td>
</tr>
<tr>
<td>Chinese</td>
<td>800.838.8917</td>
</tr>
<tr>
<td>Vietnamese</td>
<td>800.778.8440</td>
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TEEN SERVICES
(Servicios para adolescentes)

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Asian Health Services, Oakland</td>
<td>510.986.1024</td>
</tr>
<tr>
<td>Beyond Emancipation, Teens Timing Out</td>
<td>510.667.7694</td>
</tr>
<tr>
<td>Boys &amp; Girls Club</td>
<td>510.444.8211</td>
</tr>
<tr>
<td>California Youth Crisis Line</td>
<td>800.843.5200</td>
</tr>
<tr>
<td>Children’s Hospital Teen Clinic, Oakland</td>
<td>510.428.3387 Option 4</td>
</tr>
<tr>
<td>East Oakland Youth Development Center</td>
<td>510.569.8088</td>
</tr>
<tr>
<td>Independent Living Skills Program, teens timing out</td>
<td>510.667.7696</td>
</tr>
<tr>
<td>Native American Health Center, Oakland</td>
<td>510.434.5330</td>
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<tr>
<td>Planned Parenthood Teen Success groups</td>
<td>510.300.3800</td>
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<tr>
<td>REACH Ashland Youth Center</td>
<td>510.481.4551</td>
</tr>
<tr>
<td>School-based Health Centers, call to find location</td>
<td>510.667.7416</td>
</tr>
<tr>
<td>Thunder Road, Substance Abuse Services</td>
<td>510.653.5040</td>
</tr>
<tr>
<td>Tri-City Teen Cilic, Fremont</td>
<td>510.770.8131</td>
</tr>
<tr>
<td>Youth Employment Partnership</td>
<td>510.533.3447</td>
</tr>
<tr>
<td>Youth Uprising, leadership, arts, health and careers</td>
<td>510.777.9909</td>
</tr>
</tbody>
</table>

SCHOOL DISTRICT PROGRAMS FOR PARENTING TEENS
(Programas de escuelas para madres y padres adolescentes) (CalSAFE)

<table>
<thead>
<tr>
<th>School/Location</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Berkeley High School, Vera Casey Center</td>
<td>510.809.2254</td>
</tr>
<tr>
<td>Fruitvale Academy, Oakland</td>
<td>510.536.6086</td>
</tr>
<tr>
<td>Horizon High School, Pleasanton</td>
<td>925.426.4275</td>
</tr>
<tr>
<td>Island High School, Alameda</td>
<td>510.748.4024 Ext. 114</td>
</tr>
<tr>
<td>Robertson High School, Fremont</td>
<td>510.657.9155 Ext. 49111</td>
</tr>
<tr>
<td>Tennyson High School, Hayward</td>
<td>510.723.3190 Ext. 63155</td>
</tr>
<tr>
<td>W.P Burke Academy, Hayward</td>
<td>510.785.9326</td>
</tr>
</tbody>
</table>

TEENS PARENTING/PREGNANCY SERVICES
(Servicios de apoyo para madres y padres adolescentes)
Brighter Beginnings 510.437.8950
Tiburcio Vasquez Family Support, Hayward, Union City 510.471.5880 Ext. 3711

**UTILITIES**
(**Utilidades**)

California Lifeline Telephone Service English 866.272.0349  TTY 866.272.0358
PG&E CARE program 886.743.2273
PG&E Bill Help, REACH Program 800.933.9677

**SAFE SURRENDER**
(Como entregar a su bebe sin peligro)

To find a location 2-1-1

Newborns can be safely and legally given up at any hospital emergency room or firestation.

Bebes recien nacidos pueden ser entregados en forma segura y legal al personal de cualquier hospital o estacion de bomberos.