



# Community Information Handbook 2017



**SMC**  
CONNECT

[smc-connect.org](http://smc-connect.org)

Find community services  
in San Mateo County

**COUNTY OF SAN MATEO**  
HUMAN SERVICES AGENCY



# Community Information Handbook 2017

Find community services in San Mateo County



**COUNTY OF SAN MATEO**  
HUMAN SERVICES AGENCY

Welcome to the 2017 Community Information Handbook. It is my pleasure to present this resource guide to the residents of San Mateo County. This handbook provides a hard copy for users, while a more in-depth listing of services are available at [www.smc-connect.org](http://www.smc-connect.org). In addition to the agencies in this handbook, you can find information on many additional nonprofit agencies, government programs and community organizations. The easy-to-use web browser works on various platforms: desktops, tablets, and smartphones, and is available in five different languages. I would encourage you to take a few minutes to try it out yourself.

In addition to the updated entries, we also added a section of LGBTQ resources.

Has your agency information changed? Have you changed your phone numbers or service offerings? You can easily update the information yourself online by downloading the one page instruction on our website: [hsa.smcgov.org/smc-connect](http://hsa.smcgov.org/smc-connect). Our goal is to leverage the use of technology to improve your access to the database. We welcome your feedback; please send any comments to [echan@smcgov.org](mailto:echan@smcgov.org).

Please note that inclusion of an agency in this handbook does not imply endorsement, nor is exclusion a reflection of the value or quality of an agency's services.

Iliana Rodriguez

Agency Director, Human Services Agency

*Unless otherwise noted, all telephone numbers listed in the Handbook are in the 650 area code.*

*Se habla español en la mayoría de las oficinas del Condado de San Mateo.*

# CONTENTS

<b>Emergency / Crisis Intervention</b> . . . . .	<b>1</b>
24-Hour Emergency Numbers	
Core Service Agencies	
Disaster Relief	
Inmate and Post-Release Support	
Victim Assistance	
<b>Alcohol / Tobacco / Drug Abuse</b> . . . . .	<b>3</b>
12-Step Programs	
Day Treatment / Counseling	
Detoxification Services	
Information and Referral	
Inpatient Treatment	
<b>Animal Services</b> . . . . .	<b>6</b>
<b>Children, Teens, Youth &amp; Families</b> . . . . .	<b>7</b>
Adoption	
Child Care Referrals and Head Start Programs	
Child Support	
Child / Youth Abuse Prevention and Reporting	
Foster Care	
Resources for Parents and Families	
Teen and Preteen Web Sites	
Youth Development and Mentoring	
<b>Disability Services</b> . . . . .	<b>12</b>
<b>Education</b> . . . . .	<b>15</b>
Adult Schools	
Colleges	
Elementary and Secondary Schools	
Literacy Programs	
<b>Employment and Training</b> . . . . .	<b>16</b>
Employment Discrimination	
Job Training and Placement	
Unemployment Benefits	
<b>Financial Assistance</b> . . . . .	<b>19</b>
Consumer Education	
Loan Programs	
Public Assistance	
Social Security Benefits	
Other Services	
<b>Food Programs</b> . . . . .	<b>21</b>
Congregate Meal Sites	
Emergency Food Providers	
Meals on Wheels	
<b>Health</b> . . . . .	<b>23</b>
Health and Dental Clinics	
Health Education	
Hospitals and Medical Centers	
Nursing and Hospice Services	
Physician and Dental Referral Services	

Family Planning Services and Information	
Other Services	
<b>Health Insurance</b> . . . . .	<b>29</b>
<b>Homeless Services</b> . . . . .	<b>30</b>
Emergency Assistance	
Emergency Shelter	
Transitional Housing	
Other Services	
<b>Housing</b> . . . . .	<b>32</b>
Discrimination	
Low-Cost Rehabilitation Services	
Rental Assistance	
Unsafe, Unhealthy Housing Conditions	
Other Housing Information	
<b>Immigration Services</b> . . . . .	<b>34</b>
<b>LGBTQ Services</b> . . . . .	<b>35</b>
Community Advocacy	
Crisis Hotlines	
Healthcare	
Support Groups	
<b>Legal and Mediation Services</b> . . . . .	<b>36</b>
San Mateo County Superior Court	
Law-Related Services	
Legal Assistance	
Mediation Services	
Probation and Jails	
San Mateo County District Attorney	
<b>Library Services</b> . . . . .	<b>39</b>
<b>Mental Health / Counseling</b> . . . . .	<b>40</b>
Teen and Preteen Web Sites	
<b>Recreation</b> . . . . .	<b>45</b>
City Parks and Recreation	
County and State Parks and Beaches	
<b>Recycling &amp; Conserving Resources</b> . . . . .	<b>45</b>
<b>Senior Services</b> . . . . .	<b>45</b>
Adult Day Centers	
Senior Centers and	
Senior Dining Centers	
<b>Taxpayer Information &amp; Official Records</b> . . . . .	<b>48</b>
County	
State	
Federal	
Other	
<b>Transportation</b> . . . . .	<b>49</b>
<b>Veterans Services</b> . . . . .	<b>49</b>
Veterans Affairs Local Offices	
The American Legion	
<b>Volunteer Placement Services</b> . . . . .	<b>50</b>
<b>NOTES</b> . . . . .	<b>64</b>

# EMERGENCY / CRISIS INTERVENTION

**EMERGENCY CALLS for ambulance, fire, highway patrol and police services** . . . . . 911

**Non-emergency calls for health and human service programs** . . . . . 211

. . . . . 800-273-6222

. . . . . (TTY) 415-808-4300 or 711

[www.211BayArea.org](http://www.211BayArea.org)

211 is free, confidential and available 24 hours a day in more than 150 languages.

## 24-HOUR EMERGENCY NUMBERS

**Aging and Adult Services** . . . . . 800-675-TIES

. . . . . 800-675-8437

. . . . . (TTY) 711

Call this number to report suspected cases of elder and dependent adult abuse or neglect, or to request help for other issues.

**California Poison Control System** . . . . . 800-222-1222

**California Youth Crisis Line** . . . . . 800-843-5200

Providing crisis intervention counseling, youth-to-parent message service, phone connections to service providers and families, and information and referral to youth in crisis and their families.

**Child Protective Services (CPS)** . . . . . 800-632-4615

. . . . . 595-7922

Accepts reports about children age 17 or under who may be in danger due to abuse, abandonment or exploitation.

**Community Overcoming Relationship Abuse**

**(CORA)** . . . . . 800-300-1080

Provides crisis intervention, counseling and civil legal services for victims of domestic violence.

**Mills-Peninsula Health Services**

**Chemical Dependency Center**

Crisis Line . . . . . 696-5915

**Parent Support Line** . . . . . 888-220-7575

StarVista . . . . . 579-0359

**Psychiatric Emergency Services**

San Mateo Medical Center . . . . . 573-2662

Mills-Peninsula Health Services . . . . . 696-5915

**Rape Trauma Services (RTS)** . . . . . 692-RAPE

. . . . . 692-7273

**StarVista Crisis Intervention and**

**Suicide Prevention Center** . . . . . 800-273-TALK

. . . . . 800-273-8255

. . . . . 579-0350

Spanish Crisis Line 1–9 pm . . . . . 800-303-7432

**Your House South** . . . . . 367-9687

Temporary housing and counseling center for youth experiencing family problems or who have run away from home.

## CORE SERVICE AGENCIES

The community service agencies listed below are the first place to contact for emergency assistance. They can provide or locate emergency food, clothing, shelter, deposit and rental assistance, utility assistance, short-term counseling and/or employment information. Most provide translation services.

### *COASTSIDE:*

**Coastside Hope** . . . . . 726-9071

[www.coastsidehope.org](http://www.coastsidehope.org)

99 Avenue Alhambra, El Granada 94018 Core Service Agency serving El Granada, Half Moon Bay, Miramar, Montara, Moss Beach.

**Puente de la Costa Sur** . . . . . 879-1691

[www.mypuente.org](http://www.mypuente.org)

620 North St., Pescadero 94060

Core Service Agency serving La Honda, Loma Mar, Pescadero and San Gregorio.

### *NORTH COUNTY:*

**Daly City Community Service Center** . . . . . 991-8007

[www.dalycity.org/residents/community\\_service\\_center.htm](http://www.dalycity.org/residents/community_service_center.htm)

350 - 90th St., Daly City 94015

Core Service Agency serving Broadmoor, Colma and Daly City.

**Youth Service Bureaus of YMCA** . . . . . 276-4101

1486 Huntington Ave, Suite 100, SSF

Core Service Agency serving SSF, San Bruno, and Brisbane.

**Pacifica Resource Center** . . . . . 738-7470

[www.pacresourcecenter.org](http://www.pacresourcecenter.org)

1809 Palmetto Ave., Pacifica 94044

Core Service Agency serving Pacifica.

### *CENTRAL COUNTY:*

**Samaritan House** . . . . . 347-3648

[www.samaritanhousesanmateo.org](http://www.samaritanhousesanmateo.org)

4031 Pacific Blvd. (at 42nd Ave.) San Mateo 94403

Core Service Agency serving Belmont, Burlingame, Foster City, Hillsborough, Millbrae, San Carlos and San Mateo.

### *SOUTH COUNTY:*

**El Concilio Emergency Services Partnership**

[www.el-concilio.com](http://www.el-concilio.com) . . . . . 330-7432

2396 University Ave, East Palo Alto, 94303

Core Service Agency serving East Palo Alto and Menlo Park.

**Fair Oaks Community Center** . . . . . 780-7500

[www.redwoodcity.org/parks/cc/fairoaks.html](http://www.redwoodcity.org/parks/cc/fairoaks.html)

2600 Middlefield Rd., Redwood City 94063

Core Service Agency serving Atherton, north Fair Oaks, Portola Valley, Redwood City, Redwood Shores and Woodside.



*FOR ASSISTANCE ANYWHERE IN THE COUNTY:*

- Salvation Army** ..... 266-4591  
[www.tsagoldenstate.org](http://www.tsagoldenstate.org)  
 409 S. Spruce Ave., South San Francisco 94080
- St. Vincent de Paul Society** ..... 373-0622  
[www.svdpsm.org](http://www.svdpsm.org) ..... Help Line 343-4403  
 50 N. B St., San Mateo 94401

**DISASTER RELIEF**

- American Red Cross, Bay Area Chapter** .....259-1750  
[www.redcrossbayarea.org](http://www.redcrossbayarea.org)  
 1710 Trousdale Dr., Burlingame 94010  
 Emergency relief for victims of disasters, services to military personnel, health and safety training for the public.

**INMATE AND POST-RELEASE SUPPORT**

- David Lewis Community Reentry Center** ..... 853-3120  
 2227 University Ave., East Palo Alto 94303
- Service League of San Mateo County** ..... 364-4664  
[www.serviceleague.org](http://www.serviceleague.org)  
 727 Middlefield Rd., Redwood City 94063  
 Provides a variety of services to inmates of the county jail, persons released from jail and their families.
- Service Connect** ..... 508-6745  
 550 Quarry Road San Carlos, CA 94070  
 Provides social services to help stabilize clients who have just been released from jail.

**VICTIM ASSISTANCE**

- Victim Services** .....599-7479  
 400 County Center, DA's Office, 3rd Fl., Redwood City  
 1050 Mission Rd., DA's Office, South San Francisco  
 Provides general emergency and ongoing assistance for victims of violent crimes.

*For Emergency Shelter see Homeless Services*

*For Hospitals see Health*

**ALCOHOL / TOBACCO / DRUG ABUSE**

**12-STEP PROGRAMS**

- Al-Anon / Alateen** ..... [www.ncwsa.org](http://www.ncwsa.org)  
 North County ..... 873-2356  
 South and Central County, Coastside ..... 592-7935  
 Spanish Line ..... 794-9654  
 For anyone affected by someone else's drinking.
- Alcoholics Anonymous** ..... 577-1310  
 2215 S. El Camino Real, Suite 204, San Mateo  
[www.aa-san-mateo.org](http://www.aa-san-mateo.org)
- Cocaine Anonymous** ..... 415-821-6155  
[www.norcalca.com](http://www.norcalca.com)
- Crystal Meth Anonymous** ..... 415.692.4762  
[www.norcalcma.org](http://www.norcalcma.org)  
[www.crystalmeth.org](http://www.crystalmeth.org)
- Marijuana Anonymous**  
[www.ma-sf.org](http://www.ma-sf.org) ..... 415-325-4785

www.madistrict3.org . . . . . 408-450-0796

**Nar-Anon** . . . . .800-477-6291

www.naranoncalifornia.org

For anyone affected by someone else’s drug abuse.

**Narcotics Anonymous** . . . . . 802-5950

www.peninsulana.org

Self-help organization for men and women who desire to stop drug/alcohol use.

## DAY TREATMENT / COUNSELING

**Adolescent Counseling Services** . . . . . 424-0852 x104

Adolescent Substance Abuse Treatment Program

www.acs-teens.org

643 Bair Island Rd, Suite 301, Redwood City, CA 94063

Provides on-campus counseling, information and referral for youth and their families.

**Asian-American Recovery Services (AARS)**

**Outpatient Drug and Alcohol Services for Asians**

**(ODASA)** . . . . . 415-337-0140

www.aars.org

6181 Mission St., Daly City 94014

**El Centro de Libertad** . . . . . 599-9955

The Freedom Center . . . . . www.elcentrodelibertad.org

225 S. Cabrillo Hwy., Half Moon Bay 94019

500 Allerton St., Redwood City 94063

Bilingual and bicultural outpatient program with group and individual counseling.

**Free at Last** . . . . . 462-6999

www.freeatlast.org

1796 Bay Rd., East Palo Alto 94303

A continuum of community-based services for adults and youth that includes prevention and intervention services, structured treatment, transitional housing and long-term success

**HealthRIGHT 360** . . . . . 348-6603

www.healthright360.org

2015 Pioneer Court, Suite B, San Mateo, 94403

**Mills-Peninsula Health Services**

**Chemical Dependency Center** . . . . . 696-4666

24-Hour Crisis Line . . . . . 696-5915

www.mills-peninsula.org

100 S. San Mateo Dr., San Mateo 94401

**Project 90** . . . . .579-7881

www.projectninetynety.org

720 S. B St., San Mateo 94401

A residential treatment program for men and women who abuse drugs or alcohol.

**Pyramid Alternatives** . . . . . 355-8787

www.pyramidalternatives.org

480 Manor Plaza, Pacifica 94044

**Service League, Hope House** . . . . . 363-8735

1725 Middlefield Road, Redwood City

Residential Substance Use Disorder Treatment Program for adult women, pregnant women, and women with infants.

- Sitike Counseling Center** . . . . . 589-9305  
 www.sitike.org  
 306 Spruce Ave., South San Francisco 94080
- StarVista** . . . . . 591-9623  
 www.star-vista.org  
 610 Elm St., Suite 212, San Carlos, 94070
- Archway** . . . . . 366-8433  
 www.star-vista.org/what\_we\_do/adult\_services/archway.html  
 609 Price Ave., #201, Redwood City 94063  
 Offers counseling and support for children from chemically dependent families, and First Offender, Drug Diversion and Domestic Non-Violence programs.
- Insights** . . . . . 366-8436  
 http://www.star-vista.org/whatwedo\_services/counseling/youth/insights.html  
 609 Price Ave., #101, Redwood City 94063  
 333 Gellert Blvd., #206, Daly City 94015  
 Offers a structured 22-week drug and alcohol recovery program for youth.
- Veterans Affairs Palo Alto Health Care System  
 Addiction Consultation and Treatment Services**  
 www.paloalto.va.gov . . . . . 493-5000 x60050  
 . . . . . 866-717-1978  
 3801 Miranda Avenue, 520/ATS, Palo Alto, 94304

- Voices of Recovery** . . . . . www.vorsmc.org  
 Service Centers:  
 310 Harbor Blvd., Belmont 94002 . . . . . 802-6552  
 1842 Bay Road, East Palo Alto 94303 . . . . . 289-7670

## DETOXIFICATION SERVICES

- Palm Avenue Detoxification Program** . . . . . 513-6500  
 horizonservices.org/recovery-programs/  
 2251 Palm Ave., San Mateo 94403  
 Treats both drug and alcohol detoxification.
- Project 90** . . . . . 579-7881  
 www.projectninetynety.org  
 720 S. B St., San Mateo 94401  
 Social model, non-medical detoxification of drugs and alcohol for men and women age 18 and over.

## INFORMATION AND REFERRAL

- Alcohol and Drug Helpline** . . . . . 573-3950  
 24-hour information about and referral to substance abuse services.
- Behavioral Health and Recovery Services** . . . . 800-686-0101  
 www.smchealth.org/bhrs  
 Provides information, assessment, referrals and treatment for mental health and substance use services.
- Breathe California** . . . . . 994-5868  
 www.ggbreathe.org  
 1 Sutter Street, Suite 225, San Francisco, 94104  
 Supports research and public education on lung diseases, advocates for the rights of non-smokers, offers classes on the care and treatment of various diseases.

**California Smokers' Helpline** ..... 800-NOBUTTS  
www.nobutts.org ..... 800-662-8887

**San Mateo County Health System**  
www.smchealth.org/tobaccoeducationcoalition

**Tobacco Prevention Program** ..... 573-3777  
Conducts community outreach, education and advocacy activities to reduce the number of county residents using tobacco products.

## INPATIENT TREATMENT

**Free at Last** ..... 462-6999  
www.freeatlast.org  
1796 Bay Rd., East Palo Alto 94303

**Latino Commission on Alcohol and Drug Abuse Services** ..... 244-1444  
www.thelatinocommission.org  
301 Grand Ave., #301, South San Francisco 94080  
Also offers outpatient treatment.

**Mills-Peninsula Health Services**  
**Chemical Dependency Center** ..... 696-4666  
**24-Hour Crisis Line** ..... 696-5915  
www.mills-peninsula.org  
100 S. San Mateo Dr., San Mateo 94401

**Our Common Ground** ..... www.ocgworks.org  
**Adolescent Program** ..... 367-9030  
631 Woodside Rd., Redwood City 94061  
**Adult Program** ..... 325-6466  
2560 Pulgas Ave., East Palo Alto 94303

**Project 90** ..... 579-7881  
www.projectninetynety.org  
720 S. B St., San Mateo 94401  
Substance abuse services and co-occurring disorders treatment for adults.

**Solidarity Fellowship** ..... 341-3803  
P.O. Box 5007, San Mateo 94402  
Residential substance abuse recovery program for men, including fathers with a child age 15 or under.

**Veterans Affairs Palo Alto Health Care System**  
**Addiction Consultation and Treatment Services (ACT)**  
www.paloalto.va.gov/services/mental/ats/programs\_act.asp  
..... 493-5000 x60050  
..... 866-717-1978  
3801 Miranda Avenue, 520/ATS, Palo Alto, 94304

**Women's Recovery Association (WRA)**  
https://healthright360.org ..... 348-6603  
2015 Pioneer Court, Suite B, San Mateo 94403  
Offers a full range of residential therapeutic services for women struggling with substance use disorders and their children.

*See also Mental Health / Counseling*

## ANIMAL SERVICES

**Peninsula Humane Society and SPCA** ..... 340-8200  
www.phs-sPCA.org

Adoptions, Education, Wildlife, Administration  
1450 Rollins Rd., Burlingame 94010  
Lost/Found, Animal Intake, Spay/Neuter, Animal Control  
12 Airport Blvd., San Mateo 94401  
Educates the public about animal care and protection,  
offers classes in dog obedience, provides a lost-and-  
found service for dogs and cats and a low-cost spay/  
neutering service.

**San Mateo County Animal Licensing**

Pet Data, Inc. . . . . 866-925-5906  
Licenses can be purchased locally at:  
225-37th Avenue, Room 11 San Mateo 94403  
1450 Rollins Rd. Burlingame 94010  
12 Airport Blvd. San Mateo 94401

**Program Manager** . . . . . 650-573-3726  
For information on service dogs, rabies vaccination  
exemption requests, breeder and fancier permits, and  
spay/neuter voucher requests.

**CHILDREN, TEENS, YOUTH & FAMILIES**

**ADOPTION**

**Adopt International** . . . . . 415-934-0300  
[www.adoptinter.org](http://www.adoptinter.org)  
1000 Brannan St., #301, San Francisco 94103  
Facilitates the adoption process for couples and single  
adults who wish to adopt children.

**Adoption Connection** . . . . . 415-359-2494  
[www.adoptionconnection.org](http://www.adoptionconnection.org) . . . . . 800-972-9225  
1710 Scott St., San Francisco 94115

**San Mateo County Human Services Agency**  
**Adoptions Unit** . . . . . 802-7615  
[hsa.smcgov.org/](http://hsa.smcgov.org/)  
1 Davis D., Belmont 94002  
A full service adoption agency, working with birth parents,  
adoptive parents, adoptive children and adult adoptees.

**San Mateo County Superior Court**  
[www.sanmateocourt.org](http://www.sanmateocourt.org)  
**Family Court Services** . . . . . 261-5080  
400 County Center, 6th Fl., Redwood City 94063  
Provides mediation related to custody and visitation  
issues in family court.

**CHILD CARE REFERRALS  
AND HEAD START PROGRAMS**

**Child Care Coordinating Council (4Cs)** . . . . . 517-1460  
[www.sanmateo4Cs.org](http://www.sanmateo4Cs.org)  
330 Twin Dolphin Dr., #119, Redwood City 94065  
Provides referrals for licensed family day care homes or  
centers, infant care, full-day child care, preschools and  
extended day care.

**Institute for Human and Social Development (IHSD)**  
[www.ihsdinc.org](http://www.ihsdinc.org)  
155 Bovet Road, Suite 300, San Mateo 94402  
Early Head Start . . . . . 368-1728 x5  
Head Start . . . . . 578-3440

Offers a child and family development program for low-income families to serve children from 0-5 years of age and pregnant mothers.

## CHILD SUPPORT

### **San Mateo County Department of Child Support Services (DCSS)**

[www.smcDCSS.com](http://www.smcDCSS.com) . . . . . 866-901-3212

[www.childsup-connect.ca.gov](http://www.childsup-connect.ca.gov)

555 County Center, 2nd Fl., Redwood City 94063

Handles problems and questions about the collection of child support from a non-custodial parent.

### **San Mateo County Superior Court**

[www.sanmateocourt.org](http://www.sanmateocourt.org)

#### **Family Law Facilitators**

400 County Center, 2nd Fl., Redwood City 94063

1050 Mission Rd., South San Francisco 94080

Assists those with child support issues who do not have attorneys.

## CHILD / YOUTH ABUSE PREVENTION AND REPORTING

### **San Mateo County Human Services Agency**

#### **Child Protective Services (CPS)** . . . . . 800-632-4615

[hsa.smcgov.org/child-protective-services](http://hsa.smcgov.org/child-protective-services)

1 Davis Dr., Belmont 94002

Accepts referrals about situations in which children age 17 or under are in jeopardy because of abuse, abandonment or exploitation

## FOSTER CARE

### **San Mateo County Human Services Agency**

#### **Children and Family Services**

[hsa.smcgov.org/foster-care-program](http://hsa.smcgov.org/foster-care-program)

1 Davis Dr., Belmont 94002

#### **Foster Care Eligibility** . . . . . 802-5103

Dispenses payments to foster parents, non-related guardians, and relatives.

#### **Homefinding Unit** . . . . . 802-7637

Foster and adoptive parent licensing for San Mateo County.

## RESOURCES FOR PARENTS AND FAMILIES

### **Children's Integrative Resiliency Program**

Provides comprehensive case management and therapeutic services for children and teens impacted by domestic violence.

### **Daly City Peninsula Partnership** . . . . . 301-3300

#### **Our Second Home Family Support Center**

[www.oursecondhome.org](http://www.oursecondhome.org)

725 Price St., Daly City 94014

An early childhood family resource center.

### **Edgewood Center for Children and Families**

#### **Kinship Support Services Program**

[www.cakinship.org](http://www.cakinship.org) . . . . . 832-6722

170 South Spruce Ave. Ste. #200, South San Francisco

94080

Residential and day treatment program for severely behaviorally and emotionally disturbed children ages 6-25.

**Multicultural Institute** . . . . . 339-2794

Mentoring for Academic Success program for 3rd to 5th graders.

**Parent Support Line (StarVista)** . . . . . 888-220-7575

. . . . . 579-0359

**San Mateo County Health System Family Health Services**

[www.smchealth.org](http://www.smchealth.org) . . . . . 573-2501

Resource Line . . . . . 888-840-0889

2000 Alameda de Las Pulgas, #200, San Mateo 94403

Family support services for pregnant and parenting women, men and their families, including education and linkages to community resources.

**Women, Infants and Children Program (WIC)**

[www.smchealth.org/wic](http://www.smchealth.org/wic) . . . . . 573-2168

Breastfeeding Helpline . . . . . 800-205-0333

Offers supplemental food, nutrition and breastfeeding education to low-income women and their children age 0-5 at clinics throughout the county.

**TEEN AND PRETEEN WEB SITES**

**Palo Alto Medical Foundation (PAMF)**

[www.pamf.org/teen](http://www.pamf.org/teen)

Provides information on topics including general health, drugs and alcohol, and emotions for teens and their parents.

[www.pamf.org/preteen](http://www.pamf.org/preteen)

Provides health information about topics of concern to preteens (age 9-12) and their parents.

**StarVista** . . . . . [www.onyourmind.net](http://www.onyourmind.net)

Teens obtain support and talk live to trained peer mentors.

**YOUTH DEVELOPMENT AND MENTORING**

**American Red Cross, Bay Area Chapter**

[www.redcrossbayarea.org](http://www.redcrossbayarea.org) . . . . . 259-1750

1663 Market St., San Francisco 94103

Youth Engaged in Service volunteer program, peer education training in disaster preparedness, babysitting and CPR classes.

**Bayshore Christian Ministries** . . . . . 327-9941

1001 Beech Street, East Palo Alto 94303

Provides academic support (KidSmart for grades 1-5), spiritual mentoring, and life skills to youth in elementary, middle school, and high school.

**Big Brothers-Big Sisters of the Bay Area**

[www.bbbsba.org](http://www.bbbsba.org) . . . . . 415-503-4050

For age 6-16

**Edgewood**

**The Struggle May Be Real—Adulting Doesn't Have to Be program**

Drop in centers is a peer-led safe space providing free resources and basic needs for 18-25 year olds. Open

M-F from 3 pm to 8 pm.

**Drop in Center (north county)** . . . . . (415) 725-0173

931 San Bruno Avenue, Ste 1, San Bruno 94066  
(front entrance at Ste 2)

**Drop in Center (south county)** . . . . . (415) 680-0944

604 Price Avenue, Suite B, Redwood City 94603

**BOYS AND GIRLS CLUBS**

Provide after-school activities, homework assistance and, in some cases, one-on-one tutoring.

**COASTSIDE:**

**Boys and Girls Club - Coastside** . . . . . 712-9710

Middle School Club - Cunha Campus  
www.bgc-coastside.org  
600 Church St., Half Moon Bay 94019

**NORTH COUNTY:**

**DeLue Boys and Girls Club** . . . . . 347-9891

www.midpenbgc.org  
450 Martin St., Daly City 94014

**Ingrid B. Lacy Middle School Club** . . . . . 359-6118

www.theclubs.org  
1427 Palmetto Ave., Pacifica 94044

**Pacifica Club** . . . . . 355-1334

www.theclubs.org  
955 Yosemite Dr., Pacifica 94044

**Paradise Valley Club** . . . . . 583-2348

www.theclubs.org  
291 Hillside Blvd., South San Francisco 94080

**South San Francisco Club** . . . . . 589-7090

www.theclubs.org  
201 W. Orange Ave., South San Francisco 94080

**Sunshine Gardens Elementary Club** . . . . . 580-1864

www.theclubs.org  
1200 Miller Ave., South San Francisco 94080

**CENTRAL COUNTY:**

**San Mateo Club** . . . . . 347-9891

www.midpenbgc.org  
200 N. Quebec St., San Mateo 94401

**SOUTH COUNTY:**

**Boys and Girls Club - Peninsula** . . . . . 646-6140

**Center for a New Generation** . . . . . www.bgcp.org

Belle Haven Community School . . . . . 561-3135  
415 Ivy Dr., Menlo Park 94025

James Flood Magnet School . . . . . 847-1600  
2037 Pulgas Avenue, East Palo Alto 94303

Hoover Community School . . . . . 482-5925 x313  
701 Charter St., Redwood City 94063

Taft Community School . . . . . 556-1651 x10  
903 - 10th Ave., Redwood City 94063

**Boys and Girls Club - Peninsula** . . . . . 646-6070 x9510

McNeil Family Clubhouse . . . . . www.bgcp.org  
401 Pierce Rd., Menlo Park 94025

**Boys and Girls Club - Peninsula** . . . . . 587-9370

Mervin G. Morris Branch . . . . . www.bgcp.org



1109 Hilton St., Redwood City 94063

**Boys and Girls Club - Peninsula** . . . . . 646-6090

Moldaw-Zaffaroni Clubhouse. . . . . www.bgcp.org

2031 Pulgas Ave., East Palo Alto 94303

**Boy Scouts of America** . . . . . 341-5633

www.pacsky.org

1150 Chess Dr., Foster City 94404

For boys age 7-17, girls age 14-20.

**Boys Hope Girls Hope** . . . . . 415-657-9302

www.bhghsf.org

A residential program providing academically capable children in need with a stable home, growth opportunities, positive parenting, and a solid education. Also offers a community-based program for girls.

**Coastside Children's Programs (CCP)** . . . . . 726-7413

www.coastsidechildren.org

494 Miramontes Ave., Half Moon Bay 94019

Administers child care and learning centers that provide educational, recreational and skill-building activities through before- and after-school programs, and full-time summer activities. Also has a preschool.

**Explorers' Program** . . . . . 363-4012

Search-and-rescue or law enforcement training programs for youth age 14-20. Sponsored by the San Mateo County Sheriff's Office and Learning for Life.

**Fresh Lifelines for Youth (FLY)** . . . . . 408-263-2630

www.flyprogram.org

568 Valley Way, Milpitas 95035

Prevents juvenile crime and incarceration through legal education, mentoring and leadership training.

**Friends for Youth** . . . . . 368-4444

www.friendsforyouth.org

1741 Broadway, 1st Fl., Redwood City 94063

Matches troubled teens age 10-17 with adult volunteers recruited from the community for the purpose of forming one-to-one relationships.

**Girl Scouts** . . . . . 800-447-4475

www.girlscoutsnorcal.org . . . . . 408-287-4170

1310 S. Bascom Avenue, San Jose 95128

For girls age 5-17.

**Junior Statesmen Foundation** . . . . . 800-334-5353

www.jsa.org. . . . . 347-1600

800 S. Claremont St., #202, San Mateo 94402

Nonpartisan political education program teaching young people about government, politics and the responsibilities of citizenship.

**Peninsula Jewish Community Center (PJCC)** . . . . . 212-PJCC

www.pjcc.org . . . . . (212-7522)

800 Foster City Blvd., Foster City 94404

Recreational, social, cultural and educational activities for all ages, faiths and backgrounds.

**StarVista Youth Development Initiative (YDI)** .401-8617 x20

www.bethedifference.org/smcyc

800 South Claremont St., Suite 108 San Mateo, 94402

Promotes, champions and sustains the youth asset

development model in San Mateo County

**University of California Cooperative Extension**

www.ca4h.org . . . . . 726-9059  
80 Stone Pine Rd., #100, Half Moon Bay 94019  
Sponsors 4-H Clubs.

**Youth Service Bureaus of YMCA** . . . . . 276-4101  
1486 Huntington Ave, Suite 100, SSF 94080

**YMCA of San Francisco** . . . . . 286-9622  
**Peninsula Family YMCA** . . . . . www.ymcasf.org/peninsula  
1877 S. Grant St., San Mateo 94402

**YMCA of Silicon Valley**

www.ymcasv.org  
**East Palo Alto Family YMCA** . . . . . 328-9622  
550 Bell St., East Palo Alto 94303  
**Sequoia Branch** . . . . . 368-4168  
1445 Hudson St., Redwood City 94061

**DISABILITY SERVICES**

**Abilities United** . . . . . 494-0550  
www.abilitiesunited.org  
525 E. Charleston Rd., Palo Alto 94306  
A multifaceted agency with various programs serving infants, children and adults who are developmentally disabled.

**Achievekids** . . . . . 494-1200  
www.achievekids.org  
3860 Middlefield Rd., Palo Alto 94303  
A year-round day treatment and special education program for children and adolescents with emotional, behavioral, developmental or learning disabilities.

**Arc of San Francisco** . . . . . 756-1304  
www.thearcsof.org  
6644 Mission St., Suite A, Daly City 94014  
Offers programs for the developmentally disabled on community living skills, employment, independent living, recreation and the arts, and senior services.

**B.O.K. Ranch** . . . . . 366-2265  
www.bokranch.org  
1815 Cordilleras Rd., Redwood City 94062  
Therapeutic horseback riding for children and adults with physical or developmental disabilities.

**Deaf and Disabled Telecommunications Program (DDTP)** . . . . . 800-806-1191  
www.ddtp.org . . . . . (TTY) 800-806-4474  
Provides a statewide relay system between those who have and those who don't have TTY.

**California Children's Services** . . . . . 650-616-2500  
801 Gateway Blvd., Ste 100, South San Francisco 94080  
A tax supported statewide program that helps children and young adults up 21 years old who have certain medical conditions.

**California State Department of Rehabilitation**  
www.dor.ca.gov or www.db101.org  
801 Traeger Ave., #105, San Bruno 94066 . . 737-2606

1065 E. Hillsdale Blvd., #403, Foster City 94404  
..... 358-4180  
800 Menlo Ave., #122, Menlo Park 94025. . . . 688-6380  
Provides the counseling, testing and training necessary  
for physically or mentally disabled persons to become  
competitively employed.

**Canine Companions for Independence (CCI)**

www.cci.org ..... 800-572-2275  
.....(TTY) 707-577-1756  
Trains specially-bred dogs to assist people with disabili-  
ties to live more independent lives.

**Center for Independence of Individuals  
with Disabilities (CID)**

www.cidsanmateo.org ..... 645-1780  
1515 S. El Camino Real, #400 ..... (TTY) 522-9313  
San Mateo 94402  
1590 El Camino Real, Suite C  
San Bruno 94066 ..... 589-8994  
Provides a variety of services to enable disabled and frail  
elderly people to lead independent lives.

**Children’s Health Council** .....(Voice / TTY) 326-5530

www.chconline.org  
650 Clark Way, Palo Alto 94304  
A multidisciplinary diagnostic and treatment center for  
children with emotional problems, learning disabilities or  
other neurologic problems.

**Community Gatepath** .....(Voice / TTY) 259-8500

www.gatepath.org  
875 Stanton Road, Burlingame, CA 94010  
Provides vocational training and day activity programs for  
adults with developmental disabilities, and early interven-  
tion services for infants age 3 or under.

**Family Resource Center at Community Gatepath** 259-8544

1764 Marco Polo Way, Burlingame 94010  
Provides support groups, parent mentors, resource  
library, warm line support, community outreach, IEP  
training, bilingual support and parent workshops.

**Family Housing and Adult Resources (FHAR)**. . . . 403-0403

www.fhar.org  
20 E. 20th Ave., San Mateo 94403  
Provides residential housing and training for individuals  
with developmental disabilities such as cerebral palsy,  
epilepsy or autism.

**Golden Gate Regional Center (GGRC)**

www.ggrc.org ..... 574-9232  
3130 La Selva St., #202, San Mateo 94403  
Provides diagnosis, counseling, and assistance in arrang-  
ing and paying for needed services for persons of all ages  
diagnosed as developmentally disabled.

**Guide Dogs for the Blind, Inc.** ..... 800-295-4050

www.guidedogs.com ..... 415-499-4000  
Guide dogs and training for blind persons age 16 or over.

**Hearing and Speech Center for Northern  
California** ..... 415-921-7658

www.hearingspeech.org .....(TTY) 415-921-8990

1234 Divisadero St., San Francisco 94115  
Information/services on hearing, hearing loss, hearing conservation, deafness. Loan of hearing aids.

**Hearing Loss Association of America** . . . . . 593-6760  
[www.hearinglossca.org/chapters/peninsula-chapter](http://www.hearinglossca.org/chapters/peninsula-chapter)  
Educational and emotional support group for hearing-impaired persons.

**HOPE Services** . . . . . 408-284-2850  
[www.hopeservices.org](http://www.hopeservices.org)  
30 Las Colinas Ln., San Jose 95119  
Provides a variety of services for persons with developmental disabilities.

**Kainos Home and Training Center** . . . . . 363-2423  
[www.kainosusa.org](http://www.kainosusa.org)  
3631 Jefferson Ave., Redwood City 94062  
Maintains licensed residential homes and a work training program for developmentally disabled adults.

**National Center for Equine Facilitated Therapy (NCEFT)**  
[www.nceft.org](http://www.nceft.org) . . . . . 851-2271  
880 Runnymede Rd., Woodside 94062  
Uses the movement of the horse to provide physical and occupational therapy for children and adults affected by neuromuscular disorders.

**Parca** . . . . . 312-0730  
[www.parca.org](http://www.parca.org)  
800 Airport Blvd., #320, Burlingame 94010  
Serves as an advocate to persons with developmental disabilities and provides various recreational, social and support activities, residential facilities.

**San Mateo County Health System**

**Aging and Adult Services** . . . . . 800-675-TIES  
[www.smchealth.org](http://www.smchealth.org) . . . . . 800-675-8437  
. . . . . (TTY) 711  
225 - 37th Ave., San Mateo 94403  
Provides a continuum of services for frail, older adults or adults with chronically disabling illnesses.

**San Mateo County Human Services Agency  
Vocational Rehabilitation Services (VRS)**

[www.smchsavrs.org](http://www.smchsavrs.org) . . . . . 802-6482  
550 Quarry Rd., San Carlos 94070  
Provides job training, placement or employment for any employable county resident collecting General Assistance or undergoing psychiatric treatment.

**San Mateo County Office of Education**

Special Education Services . . . . . 802-5460  
[www.smcoe.k12.ca.us](http://www.smcoe.k12.ca.us) . . . . . (TTY) 802-5480  
101 Twin Dolphin Dr., Redwood City 94065  
Determines questions of compliance involving special education issues.

**Vista Center** . . . . . 858-0202  
[www.vistacenter.org](http://www.vistacenter.org)  
2470 El Camino Real, #107, Palo Alto 94306  
Social services, training in daily living skills, mobility training, support groups, computer classes, a low-vision clinic, store, youth group and Braille classes for the visually

impaired. Also provides volunteers to assist clients.

*Many cities have recreation programs designed for people with special needs. Contact your local Parks and Recreation Department for more information.*

*See also Children, Teens, Youth and Families*

## EDUCATION

### ADULT SCHOOLS

Contact for information on literacy, citizenship, English as a Second Language (ESL), General Education Degree (GED), occupational, recreational and degree courses.

#### **Jefferson Union High School District**

**Adult Education Division** . . . . . 550-7890

[www.juhsd.net](http://www.juhsd.net)

699 Serramonte Blvd., #111, Daly City 94015

#### **San Mateo Union High School District**

**Adult and Community Education** . . . . . 558-2100

[www.smace.org](http://www.smace.org)

789 E. Poplar Ave., San Mateo 94401

#### **Sequoia Union High School District**

**Sequoia Adult School** . . . . . 306-8866

[www.adultschool.seq.org](http://www.adultschool.seq.org)

3247 Middlefield Rd., Menlo Park 94025

#### **South San Francisco Unified School District**

**Adult Education Program** . . . . . 877-8844

[www.ssfusd.org](http://www.ssfusd.org)

825 Southwood Dr., South San Francisco 94080

### COLLEGES

#### *COMMUNITY COLLEGES*

These three community colleges offer courses in general education and lower division college education, plus career and extended education programs. Contact your local community college for information on programs for ESL (English as a Second Language), seniors, women, minorities, disabled people, and persons re-entering the work force.

**Cañada College** . . . . . 306-3100

[www.canadacollege.edu](http://www.canadacollege.edu)

4200 Farm Hill Blvd., Redwood City 94061

**College of San Mateo** . . . . . 574-6161

[www.collegeofsanmateo.edu](http://www.collegeofsanmateo.edu)

1700 W. Hillsdale Blvd., San Mateo 94402

**Skyline College** . . . . . 738-4100

[www.skylinecollege.edu](http://www.skylinecollege.edu)

3300 College Dr., San Bruno 94066

#### *PRIVATE COLLEGES*

**Menlo College** . . . . . 800-55-MENLO

[www.menlo.edu](http://www.menlo.edu) . . . . . (800-556-3656)

1000 El Camino Real, Atherton 94027

**Notre Dame de Namur University** . . . . . 508-3500

[www.ndnu.edu](http://www.ndnu.edu)

1500 Ralston Ave., Belmont 94002

## ELEMENTARY AND SECONDARY SCHOOLS

In addition to the general school program, various school districts offer some of the following: bilingual education; programs for the physically, mentally and emotionally disabled; work experience and vocational education; and environmental education.

### **San Mateo County Office of Education**

[www.smcoe.k12.ca.us](http://www.smcoe.k12.ca.us) . . . . . 802-5300

101 Twin Dolphin Dr., Redwood City 94065

Administers the county schools programs and acts as liaison between the state and the school districts. Web site includes a public schools directory.

## LITERACY PROGRAMS

### *PROJECT READ PROGRAMS*

#### **Project Read-Menlo Park** . . . . . 330-2525

[www.projectreadmenlopark.org](http://www.projectreadmenlopark.org)

800 Alma St., Menlo Park 94025

Offers a literacy program for functionally illiterate adults with any language background.

#### **Project Read North San Mateo County**

[www.ssf.net/projectread](http://www.ssf.net/projectread) . . . . . 829-3871

840 W. Orange Ave., South San Francisco 94080

Offers a literacy program for functionally illiterate English-speaking adults.

#### **Redwood City Project Read** . . . . . 780-7077

[www.projectreadredwoodcity.org](http://www.projectreadredwoodcity.org)

1044 Middlefield Rd., 2nd Fl. Redwood City 94063

Offers an intergenerational literacy program for adults and youth seeking to improve literacy skills.

#### **San Mateo Project Read** . . . . . 522-7848

<http://www.projectread.org/>

55 W. 3rd Ave., 2nd Fl., San Mateo 94402

Offers a literacy program for functionally illiterate English-speaking adults.

### *SAN MATEO COUNTY READS PROGRAMS*

#### **[www.smcl.org/content/adult-literacy](http://www.smcl.org/content/adult-literacy)**

Community Learning Office . . . . . 323-0362

2415 University Ave., 2nd Fl., East Palo Alto 94303

225 S. Cabrillo Hwy, Ste. 104B, Half Moon Bay 94019

. . . . . 726-2316 x4

Literacy support for adults and families, including one-on-one tutoring and group workshops.

*For Preschool Referrals see Children, Teens, Youth and Families*

## EMPLOYMENT AND TRAINING

### EMPLOYMENT DISCRIMINATION

#### **California State Department of Fair Employment and Housing** . . . . . 916-478-7251

2218 Kausen Dr., #100. Elk Grove 95758

[www.dfeh.ca.gov](http://www.dfeh.ca.gov) . . . . . (TTY) 800-700-2320

Investigates complaints of discrimination and harassment in employment, housing and public accommodation, and

threats or acts of hate violence.

**Equal Employment Opportunity Commission**

**(EEOC)** . . . . . 866-408-8075  
www.eeoc.gov . . . . . 415-625-5600  
350 The Embarcadero, #500, San Francisco 94105  
Investigates charges of employment discrimination based on race, color, religion, sex, disability, national origin or age.  
Walk-ins accepted Tue., Wed. and Thu., 8:30 am-3 pm.

**Equal Rights Advocates** . . . . . 800-839-4372

www.equalrights.org  
Provides legal services for women and girls in cases of sex discrimination in employment and education.  
Provides assistance and counseling regarding family leave laws.

**Legal Aid Society**

Employment Law Center . . . . . 415-864-8848  
www.las-elc.org  
180 Montgomery St., San Francisco 94104  
Information, advocacy, counseling and legal services primarily to low-income individuals.

**JOB TRAINING AND PLACEMENT**

**Apprenticeship Standards Division**

www.dir.ca.gov . . . . . 408-277-1273  
100 Paseo de San Antonio, R-125, San Jose 95113  
Organizes apprenticeship programs, works with schools to set up vocational trade classes and offers consultation to employers.

**California Conservation Corps (CCC)**

www.ccc.ca.gov . . . . . (916) 341-3100  
Offers training and employment to state residents age 18-23 in a variety of locations throughout California.

**California State Department of Rehabilitation**

www.rehab.cahwnet.gov  
801 Traeger Ave., #105, San Bruno 94066  
. . . . . (Voice / TTY) 737-2606  
1065 E. Hillsdale Blvd., #403, Foster City 94404  
. . . . . (Voice / TTY) 358-4180  
800 Menlo Ave., #122, Menlo Park 94025  
. . . . .(Voice / TTY) 688-6380  
Provides the counseling, testing and training necessary for physically or mentally disabled persons to become competitively employed.

**Goodwill Industries** . . . . . 415-575-2101

www.sfgoodwill.org  
Vocational rehabilitation for disabled and disadvantaged adults.

**Job Corps** . . . . . 800-733-JOBS

www.jobcorps.gov . . . . . (800-733-5627)  
Career development, job training and placement at various sites nationwide. High school diploma / GED classes.  
For age 16-24.

**Jobs for Youth** . . . . .301-8492

hsa.smcgov.org/jobs-youth  
Finds employment for young people age 14-21.

**Daly City** . . . . . 301-8434  
271 - 92nd St., Daly City 94015

**Belmont** . . . . . 802-6534  
400 Harbor Blvd, Belmont, 94002

**JobTrain**

www.jobtrainworks.org . . . . . 330-6429  
1200 O'Brien Dr., Menlo Park 94025  
Provides job training to economically disadvantaged,  
unemployed, or underemployed adults and youth.

**Day Worker Program, North Fair Oaks**

**Multicultural Institute** . . . . . 339-2794  
www.mionline.org  
Multiservice day laborer program and aids contractors  
and homeowners in finding day laborers through a phone  
or online reservation system.

**Next Step Center** . . . . . 566-0240  
795 Willow Rd., Bldg. 348, Menlo Park 94025  
Comprehensive vocational and employment services for  
veterans.

**One East Palo Alto (OEPA)** . . . . . (650) 391-9617  
www.oneepa.org . . . . . 2400 Ralmar Ave., Menlo Park  
One East Palo Alto (OEPA) Neighborhood Improvement  
Initiative offers youth-focused services such as the  
Sponsored Employment Program (SEP) that provides  
part-time summer jobs with mentoring and community  
connectedness opportunities for East Palo Alto young  
people at highest risk, ages 14-24.

**Peninsula Family Service**

**Second Career Services** . . . . . 403-4300 x4385  
www.peninsulafamilyservice.org  
24 - 2nd Ave., San Mateo 94401  
Paid one-on-one job match-ups and paid internships for  
persons age 55 or over. Must meet income requirements  
for training.

**NOVA Workforce Development** . . . . . 408-730-7232  
www.novaworks.org  
Offers comprehensive employment services for job seek-  
ers, youth and employers.

**Phase2Careers** . . . . . www.phase2careers.org  
Assist older adults in the Bay Area find new career  
opportunities through job search and career develop-  
ment workshops; employment roundtables; job search  
panels; networking and recruitment events; and special  
presentations.

**Samaritan House Worker Resource Center**

www.samaritanhousesanmateo.org . . . . . 344-1651  
400 E. 5th Ave., San Mateo 94401  
Provides a meeting place for day workers and employers.  
Any worker who is a resident of San Mateo County can  
use the services Mon.–Fri., 7 am–2 pm; Sat., 7 am–1 pm,  
Sun., 7 am–12 noon.

**San Mateo County Human Resources**

**Department** . . . . . 363-4343  
www.smcgov.org . . . . . (TTY) 368-7807  
455 County Center, 5th Fl., Redwood City 94063



Handles employee classification, benefits, training and public safety issues for the county.

**San Mateo County Human Services Agency**

**Vocational Rehabilitation Services (VRS)** . . . . . 802-6482

[hsa.smcgov.org/vocational-rehabilitation-services](http://hsa.smcgov.org/vocational-rehabilitation-services)

550 Quarry Rd., San Carlos 94070

Provides job training, placement or employment for any employable county resident collecting General Assistance or undergoing psychiatric treatment.

**United Indian Nations** . . . . . 510-352-4510

[www.uin.net](http://www.uin.net)

1436 Clarke St., Suite B, San Leandro 94577

Provides employment counseling, job placement and training primarily for unemployed, underemployed or low-income American Indian or Alaskan Native adults.

## UNEMPLOYMENT BENEFITS

**Employment Development Department (EDD)**

[www.edd.ca.gov](http://www.edd.ca.gov)

*See also Legal and Mediation Services*

## FINANCIAL ASSISTANCE

### CONSUMER EDUCATION

**Consumer Credit Counseling Service**

[www.cccssf.org](http://www.cccssf.org) . . . . . 800-777-PLAN

. . . . . 800-777-7526

595 Market St., 15th Fl., San Francisco 94105

Counseling on alternatives for family money management, debt liquidation, budget planning and the use of credit.

**Opportunity Fund** . . . . . 408-297-0204

[www.opportunityfund.org](http://www.opportunityfund.org)

11 W. Saint John St., #800, San Jose 95113

Offers the Individual Development Account (IDA) savings program and the Small Business Loans program which makes loans to low-income entrepreneurs who cannot qualify for a traditional bank loan.

**Peninsula Family Service Financial Empowerment Services**

[www.peninsulafamilyservice.org](http://www.peninsulafamilyservice.org) . . . . . 403-4300 x4105

24 Second Ave., San Mateo 94401

Helps low-income individuals maintain self-sufficiency by providing financial management workshops.

## LOAN PROGRAMS

**Peninsula Family Service**

**Ways to Work Vehicle Loan Program**

[www.peninsulafamilyservice.org](http://www.peninsulafamilyservice.org). . . . . 403-4300 x4415

24 Second Ave., San Mateo 94401

Helps low-income individuals maintain self-sufficiency by providing small loans for automobile purchases.

## PUBLIC ASSISTANCE

### **CalWORKS (California Work Opportunity and Responsibility to Kids)**

Provides temporary cash assistance and employment services to help families achieve self-sufficiency. See HSA offices below.

### **Cash Assistance Program for Immigrants (CAPI)**

Provides assistance in the form of monthly cash payments for legal non-citizens who need financial help. For information on CAPI, call 800-648-0954 or see HSA offices below.

### **CalFresh (formerly the Food Stamp Program)**

Provides electronic benefits (similar to a debit card) for eligible low-income households. CalFresh benefits can be used to buy food at most grocery stores, many neighborhood stores and participating farmers. Apply for CalFresh online at [www.calfresh.ca.gov/](http://www.calfresh.ca.gov/) or see HSA offices below.

### **General Assistance (GA)**

Provides short-term financial assistance and supportive services to all eligible, low-income adults without children residing in San Mateo County who are unemployed or unable to work.

Call one of the following Human Services Agency regional offices for information on CalWORKS, CalFresh and General Assistance.

### **Human Services Agency Regional Offices**

[hsa.smcgov.org/contact-us-0](http://hsa.smcgov.org/contact-us-0)

**Northern region:** Brisbane, Colma, Daly City, Pacifica, San Bruno, South San Francisco

271 - 92nd St., Daly City 94015 . . . . . 301-8440

1487 Huntington Ave. So. San Francisco 94080

. . . . . 877-5608

**Central region:** Belmont, Brisbane, Burlingame, Foster City, Half Moon Bay, Hillsborough, Millbrae, San Carlos, San Mateo

400 Harbor Blvd., Building B., Belmont 94002

. . . . . 802-6470

**Southern region:** Atherton, East Palo Alto, Menlo Park, Pescadero, Portola Valley, Redwood City, Woodside

2415 University Ave., East Palo Alto 94303 . . . 363-4218

2500 Middlefield Rd., Redwood City 94063 . . . 599-3811

*See also Health Insurance*

## SOCIAL SECURITY BENEFITS

### **Social Security Administration**

[www.socialsecurity.gov](http://www.socialsecurity.gov) . . . . . (TTY) 800-325-0778

[www.ssa.gov](http://www.ssa.gov) . . . . . 800-772-1213

800 S. Claremont St., #101, San Mateo 94402

355 Gellert Blvd., #201, Daly City 94015

601 Allerton St., 2nd Fl., Redwood City 94063

The federal Social Security Administration provides continuing income to workers and their families after retirement, disability or death; offers Medicare for people 65 or over and some people under 65 who are disabled; offers Supplemental Security Income (SSI) to those in financial need who are 65 or over, or those who are blind or

disabled; and issues Social Security and Medicare cards.  
*For Unemployment Benefits see Employment and Training*

## OTHER SERVICES

### **Breast Cancer Emergency Fund**

[www.bcef-sf.org](http://www.bcef-sf.org) . . . . . 415-558-6999 x8  
12 Grace St., #300, San Francisco 94103  
Provides emergency financial assistance to low-income men and women in San Francisco, San Mateo and Santa Clara counties in treatment for breast cancer.

### **Community Financial Resources (CFR)**

[www.communityfinancialresources.net](http://www.communityfinancialresources.net)  
771 Euclid Ave., Berkeley 94708. . . . . 510-559-8638  
Connects people with low-cost financial services. Users load their own money onto a CFR prepaid debit card or set up free direct deposit.

## FOOD PROGRAMS

### **Food Assistance Program (CalFresh) . . . . . 800-223-8383**

Provides a debit card for eligible low-income households. CalFresh benefits can be used to buy food at all major grocery stores, many neighborhood stores and participating farmers markets. Apply in-person through Human Services Agency regional offices listed on page 19 or on-line at [www.calfresh.ca.gov/](http://www.calfresh.ca.gov/)

### **Second Harvest Food Bank Food Connection**

#### **Hotline . . . . . 800-984-3663**

[www.shfb.org/getfood](http://www.shfb.org/getfood)  
Provides multi-lingual referrals to free food pantries/groceries and soup kitchens. Provides CalFresh application assistance by phone or at community locations throughout the County. Mon.-Fri., 8 am–5 pm.

## CONGREGATE MEAL SITES

### **Bread of Life . . . . . 326-9796**

1852 Bay Rd., East Palo Alto 94303  
Free meal Tue.-Thur., 5-6 pm.

### **Catholic Worker Hospitality House . . . . . 827-0706**

555 West San Bruno Ave., San Bruno 94066  
Breakfast Tue.-Fri., 7-9 am.

### **Ecumenical Hunger Program . . . . . 323-7781**

[www.ehpcares.org](http://www.ehpcares.org)  
At St. Francis of Assisi Church  
1425 Bay Rd., East Palo Alto 94303  
Provides meals Wed., 5-6 pm.

### **LifeMoves Opportunities Services Center**

[www.LifeMoves.org](http://www.LifeMoves.org) . . . . . 853-8672  
33 Encina Way, Palo Alto 94301  
Serves light breakfast and lunch, Mon.-Fri., 8 am-4 pm.

### **No Strings Attached Breakfast Senior Coastsiders**

[www.seniorcoastsiders.org](http://www.seniorcoastsiders.org) . . . . . 726-9056  
925 Main St., Half Moon Bay, CA 94019  
Breakfast every Saturday

- North Peninsula Food Pantry and Dining Center of Daly City** ..... 994-5150  
[www.fooddc.org](http://www.fooddc.org)  
 31 Bepler St., Daly City 94014  
 Serves hot meals Mon., Tue. and Thu., 5–6 pm.
- Salvation Army** ..... 266-4591  
 409 S. Spruce Ave., South San Francisco 94080  
 Saturday, 10:30-11:30 am
- Samaritan House Kitchen** ..... 347-3648  
[www.samaritanhousesanmateo.org](http://www.samaritanhousesanmateo.org)  
 4031 Pacific Blvd., San Mateo 94403  
 Serves hot dinners Mon.–Fri., 4:30–6 pm, at Masonic Hall, 100 N. Ellsworth Ave., San Mateo. Lunches available Sat. and Sun. 12 noon–1 pm, in the parking lot at 4031 Pacific Blvd.
- St. Anthony’s Padua Dining Room** ..... 365-9665  
 3500 Middlefield Rd., Menlo Park 94025  
 Provides meals Mon.–Sat., 11 am–1 pm.
- St. Vincent de Paul Society**  
[www.svdpsm.org](http://www.svdpsm.org)  
 50 N. B St., San Mateo 94401 ..... 343-9251  
 Mon.-Fri., 9:45–11:45 am
- Café St. Vincent** ..... 589-9039  
 421 4th Lane, South San Francisco 94080  
 Mon.–Sat., 10 am–12 noon; Food only on Sat. Entrance at rear of building.
- Street Life Ministries** ..... 650-395-8114  
<http://streetlifeministries.org>  
 Serves meals on Mon and Wed, 7:30 to 9 pm, 1300 Middlefield Road, Redwood City  
 Serves meals on Tues and Thurs, 7:30 to 9 pm, 1120 Merrill Street, Menlo Park
- Women, Infants and Children Program (WIC)**  
[www.smchealth.org/wic](http://www.smchealth.org/wic) ..... 573-2168  
 Breastfeeding Helpline ..... 800-205-0333  
 Offers nutrition education and supplemental foods to low-income women and their children age 0-5 at clinics throughout the county.

*See also Children, Teens, Youth and Families*

## EMERGENCY FOOD PROVIDERS

The community service agencies listed on pages 2 and 3 can provide or help locate emergency food. Additional resources are listed below.

- CALL - Primrose Center** ..... 342-CALL  
[www.callprimrose.org](http://www.callprimrose.org) ..... 342-2255  
 139 Primrose Rd., Burlingame 94010
- Catholic Worker House** ..... 366-4415  
 545 Cassia St., Redwood City 94063  
 Food is distributed Fridays at 11:30 am.
- Ecumenical Hunger Program** ..... 323-7781  
[www.ehpcares.org](http://www.ehpcares.org)  
 2411 Pulgas Ave., East Palo Alto, CA 94303  
 Emergency Food Box distributed Mon., Wed., Thurs. and Fri. 10 am–2 pm, (closed Tuesdays). Serves East Palo

Alto, Menlo Park, and Palo Alto

**Grace Covenant Church** . . . . . 589-6797

[www.gracecovssf.org](http://www.gracecovssf.org)

740 Del Monte Ave., South San Francisco 94080

Distributes bags of food to those in need twice a month and hosts a monthly luncheon for seniors.

**LifeMoves Food Closet** . . . . . 853-8672

[www.LifeMoves.org](http://www.LifeMoves.org)

All Saints Church, 425 Hamilton Ave., Palo Alto 94301

Offers canned goods, fresh produce, dairy products and bread to low-income residents of Palo Alto, East Palo Alto, and Menlo Park. Mon.–Fri., 10 am–2:30 pm.

**North Peninsula Food Pantry and**

**Dining Center of Daly City** . . . . . 994-5150

31 Bepler St., Daly City 94014. . . . . [www.fooddc.org](http://www.fooddc.org)

Distributes food boxes throughout the northern peninsula.

**Samaritan House** . . . . . 347-3648

[www.samaritanhousesanmateo.org](http://www.samaritanhousesanmateo.org)

4031 Pacific Blvd., San Mateo 94403

Provides access to onsite emergency food pantry. Mon.–Fri., 9 am–12 noon and 1–4 pm.

**Second Harvest Food Bank**. . . . . 610-0800

[www.shfb.org](http://www.shfb.org) . . . . . 800-984-3663

1051 Bing St., San Carlos 94070

**St. Francis Center** . . . . . 365-7829

[www.stfrancisrwc.org](http://www.stfrancisrwc.org)

151 Buckingham Ave., Redwood City 94063

Provides up to five days of food for needy families in Redwood City or Menlo Park.

## MEALS ON WHEELS

Will deliver a hot meal to the home of persons age 60 or over or homebound who are unable to prepare their own meals.

For information about the program and financial contributions, or to order Meals on Wheels, call:

San Mateo to Daly City . . . . . 800-675-8437

Coastside . . . . . 726-9056

Pacifica . . . . . 738-7350

Belmont to East Palo Alto . . . . . 323-2022

*See also Homeless Services*

*For Senior Dining Centers see Senior Services*

## HEALTH

### HEALTH AND DENTAL CLINICS

**Arbor Free Clinic**

[arbor.stanford.edu](http://arbor.stanford.edu)

795 Willow Rd., Menlo Park 94025

Sundays . . . . . 493-5000 x22222

Weekdays . . . . . 724-1332

Free medical care for low-income and homeless persons every Sun., 10 am–2 pm. First come, first served until capacity is reached. Specialty clinics available.

- Bay Area Addiction Research and Treatment (BAART)**  
 Methadone Clinic . . . . . 324-1470  
[www.baartprograms.com](http://www.baartprograms.com)  
 795 Willow Rd., Bldg. 332, Menlo Park 94025
- HealthRIGHT 360** . . . . . 348-6603  
[www.healthright360.org](http://www.healthright360.org)  
 2015 Pioneer Court, Suite B, San Mateo, 94403
- Foothill College Dental Hygiene Clinic** . . . . . 949-7335  
[www.foothill.edu/bio/programs/dentalth](http://www.foothill.edu/bio/programs/dentalth)  
 12345 El Monte Rd., Room 5312, Los Altos Hills 94022  
 Provides dental services for low-income people.
- Ravenswood Family Health Center** . . . . . 330-7400  
[www.ravenswoodfhc.org](http://www.ravenswoodfhc.org)  
 1798-A Bay Rd., East Palo Alto 94303
- at Belle Haven** . . . . . 321-0980  
 100 Terminal Ave., Menlo Park 94025  
 Health care for persons in south part of County.
- RotaCare Clinics** . . . . . [www.rotacarebayarea.org](http://www.rotacarebayarea.org)
- RotaCare Clinic at Seton Medical Center** . . . . 515-6885  
 380 90th Street, Daly City 94015  
 Mon., 5:30–7:30 pm. Closed for holidays. Urgent care clinic only. First come, first-served basis.
- RotaCare Coastside Clinic** . . . . . 573-3774  
 225 S. Cabrillo Hwy., #100-A, Half Moon Bay 94019  
 Wed., 5–7 pm. Offers basic medical care and medications to adults without health insurance.
- Samaritan House**  
[www.samaritanhousesanmateo.org](http://www.samaritanhousesanmateo.org)
- Redwood City Free Clinic** . . . . . 839-1447  
 114 - 5th Ave., Redwood City 94063
- San Mateo Free Clinic** . . . . . 578-0400  
 19 W. 39th Ave., San Mateo 94403  
 Free non-emergency and primary care services for uninsured, low-income persons. Appointments required.
- San Mateo County Health System**  
[www.smchealth.org](http://www.smchealth.org)
- Edison Clinic** . . . . . 573-2385  
 222 W. 39th Ave., San Mateo 94403  
 Full-service HIV and STD specialty clinic.
- Mobile Clinic** . . . . . 573-2786  
 Health screenings, immunizations, family planning for low-income, non-insured and homeless people.
- Partner Services** . . . . . 573-3401  
 Assists clients in notifying sex and / or needle-sharing partners of potential exposure to HIV or another STD.
- STD Clinic** . . . . . 573-2385  
[www.smchealth.org/std](http://www.smchealth.org/std)  
 222 W. 39th Ave. (inside Edison Clinic) San Mateo  
 Drop-in clinic for STD screening and treatment. All languages. Tuesday (testing only) and Thursday (doctor available), 4–7 pm.
- Testing on Demand** . . . . . 619-9125  
 Mobile Testing Van meets clients for rapid HIV and STD testing and needle exchange.

## San Mateo Medical Center

[www.sanmateomedicalcenter.org](http://www.sanmateomedicalcenter.org)

222 W. 39th Avenue, San Mateo 94403

**Dental Clinic** . . . . . 573-3982

**Emergency Services (Medical)** . . . . . 573-2671

**Emergency Services (Psychiatric)** . . . . . 573-2662

**39th Avenue Innovative Care Clinic** . . . . . 573-3702

Mon–Fri: 8 am–5 pm. Closed daily 12 noon–1 pm.

Comprehensive adult primary care

**39th Avenue Pediatrics Clinic** . . . . . 573-3702

Mon–Fri: 8 am–5 pm. Closed daily 12 noon–1 pm.

**39th Avenue OB-GYN Clinic** . . . . . 573-3702

Mon–Fri: 8 am–5 pm. Closed daily 12 noon–1 pm.

**39th Avenue Health Clinics** . . . . . 573-3702

222 W. 39th Ave., San Mateo 94403

Full-service specialty outpatient clinics including pediatrics.

**Medical and Surgical Specialty Clinics** . . . . . 573-3982

Mon–Fri: 8 am–5 pm. Closed daily 12 noon–1 pm.

Referrals required

**Coastside County Clinic** . . . . . 573-3941

225 S. Cabrillo Hwy., #100-A, Half Moon Bay 94019

Mon–Fri: 8 am–5 pm. Sat: 8 am– 4 pm.

Closed daily 12 noon–1 pm.

Adult and pediatric primary care, OB-GYN services, dental services

**Daly City Clinic** . . . . . 301-8600

380 - 90th St., Daly City 94015

Mon–Fri: 8 am–5 pm. Closed daily 12 noon–1 pm.

Adult and pediatric primary care, OB-GYN services, dental services

**Daly City Youth Health Center** . . . . . 985-7000

[www.dalycityyouth.org](http://www.dalycityyouth.org)

2780 Junipero Serra Blvd., Daly City 94015

Mon–Fri: 9:30 am–6 pm. Closed daily 12 noon–1 pm.

Provides a range of health services for teens and young adults (ages 12-24)

**Fair Oaks Health Center** . . . . . 364-6010

2710 Middlefield Rd., Redwood City 94063

Mon–Fri: 8 am–7 pm. Closed daily 12 noon–1 pm.

Adult and pediatric primary care, OB-GYN services, dental services.

**Ron Robinson Senior Care Center** . . . . . 573-2426

222 W. 39th Ave., San Mateo 94403

Mon–Fri: 8:30 am–5 pm. Closed daily 12 noon–1 pm.

Comprehensive health services for seniors 65 and older.

**Sequoia Teen Wellness Center** . . . . . 366-2927

[www.co.sanmateo.ca.us/sequoiaTWC](http://www.co.sanmateo.ca.us/sequoiaTWC)

200 James Ave., Redwood City 94063

Mon – Fri: 8:30 am–4:30 pm.

Closed daily 12 noon–1 pm.

Provides a range of health services for teens and young adults (ages 12-24)

**South San Francisco Clinic** . . . . . 877-7070  
306 Spruce Ave., South San Francisco 94080  
Adults: Mon – Fri: 8 am– 5 p.m.  
Pediatrics: Mon & Thurs: 8 am– 8:30 pm. Tue, Wed &  
Fri: 8 am–5 pm. Closed daily 12 noon–1 pm.  
Adult and pediatric primary care, OB-GYN services

**Sonrisas Community Dental Clinic** . . . . . 726-2144  
www.sonrisasdental.org  
210 San Mateo Rd., #104, Half Moon Bay 94019  
Provides affordable dental care for low-income  
residents of the Coastsides who are uninsured or have  
Medi-Cal, Healthy Families or Healthy Kids.

**UCSF School of Dentistry** . . . . . 415-476-5814  
dentistry.ucsf.edu  
707 Parnassus Ave., San Francisco 94143  
Provides comprehensive dental care and services.

**University of the Pacific Dental Clinic**  
www.dental.pacific.edu . . . . . 415-929-6501  
2155 Webster St., San Francisco 94115  
Comprehensive dental care performed by dental students  
under supervision.

## HEALTH EDUCATION

**AIDS Community Research Consortium (ACRC)**  
www.acrc.org . . . . . 364-6563  
2684 Middlefield Rd., Suite E Redwood City 94063  
Provides HIV and Hepatitis C research, education and  
outreach.

**El Concilio of San Mateo County** . . . . . 373-1080  
www.el-concilio.com  
1419 Burlingame Ave., Suite N Burlingame 94010  
Provides health education in a culturally and linguistically  
appropriate manner to Latinos.

**Institute for Health and Healing** . . . . . 415-600-3503  
www.cpmc.org/services/ihh/  
2300 California Street, #3, San Francisco 94115  
Health education resource for consumers. Research  
medical conditions yourself or have the research done for  
a small fee. By appointment only.

**Stanford Hospital Health Library** . . . . . 800-295-5177  
healthlibrary.stanford.edu . . . . . 725-8400  
Hoover Pavilion 211 Quarry Rd., S.201, Palo Alto 94304  
Maintains current information on health issues ranging  
from individual exercise programs to complex medical  
conditions.

## HOSPITALS AND MEDICAL CENTERS

Many hospitals offer classes, support groups, wellness ser-  
vices, hospice care, resource libraries and a variety of other  
services. Some services may only be available to members  
of particular medical groups.

**Kaiser Permanente Medical Center**  
www.kp.org  
1200 El Camino Real . . . . . 742-2000  
South San Francisco 94080 . . . . . (TTY) 916-784-5987  
1000 Franklin Pkwy. . . . . 358-7000



San Mateo 94403 . . . . . (TTY) 711  
1150 Veterans Blvd . . . . . 299-2000  
Redwood City 94063 . . . . . (TTY) 299-2207

**Mills-Peninsula Health Services**

[www.mills-peninsula.org](http://www.mills-peninsula.org)

**Mills Health Center** . . . . . 696-5400  
100 S. San Mateo Dr., San Mateo 94401  
An outpatient facility.

**Mills-Peninsula Medical Center** . . . . . 696-5400  
1501 Trousdale Dr., Burlingame 94010  
An acute care facility.

**San Mateo Medical Center** . . . . . 573-2222  
[www.sanmateomedicalcenter.org](http://www.sanmateomedicalcenter.org) . . . . . (TTY) 573-3753  
222 W. 39th Ave., San Mateo 94403

**Sequoia Hospital** . . . . . 369-5811  
[www.sequoiahospital.org](http://www.sequoiahospital.org)  
170 Alameda de las Pulgas, Redwood City 94062

**Seton Medical Center** . . . . . 992-4000  
[www.setonmedicalcenter.org](http://www.setonmedicalcenter.org) . . . . . (TTY) 997-7949  
1900 Sullivan Ave., Daly City 94015

**Seton Medical Center Coastside** . . . . . 563-7100  
[www.setonmedicalcentercoastside.org](http://www.setonmedicalcentercoastside.org) . . (TTY) 728-7081  
600 Marine Blvd., Moss Beach 94038

**Stanford University Medical Center**

[www.stanfordhospital.com](http://www.stanfordhospital.com)

**Lucile Packard Children's Hospital at Stanford**  
. . . . . 497-8000  
[www.lpch.org](http://www.lpch.org) . . . . . (TTY) 326-4976  
725 Welch Rd., Palo Alto 94304

**Stanford Hospital and Clinics**  
300 Pasteur Dr., Stanford 94305. . . . . 723-4000  
. . . . . (TTY) 725-5888

**UCSF Medical Center** . . . . . 415-476-1000  
[www.ucsfhealth.org](http://www.ucsfhealth.org)  
505 Parnassus Ave., San Francisco 94143

**Veterans Affairs Palo Alto Health Care System**

[www.paloalto.va.gov](http://www.paloalto.va.gov) . . . . . 493-5000  
3801 Miranda Ave., Palo Alto 94304

**Veterans Affairs San Francisco Health Care System**

[www.sanfrancisco.va.gov/cboc/sanbruno.asp](http://www.sanfrancisco.va.gov/cboc/sanbruno.asp)  
San Bruno Outpatient Clinic . . . . . 615-6000  
1001 Sneath Ln., #300, San Bruno 94066

**NURSING AND HOSPICE SERVICES**

**Mission Hospice and Home Care**

[www.missionhospice.org](http://www.missionhospice.org) . . . . . 554-1000  
1670 S. Amphlett Blvd., #300, San Mateo 94402  
Offers special medical and emotional care for the patient  
and family when there is a life-threatening illness.

**Pathways Home Health, Hospice and Private Duty**

[www.pathwayshealth.org](http://www.pathwayshealth.org) . . . . . 888-755-7855  
. . . . . 888-600-2273  
585 N. Mary Ave., Sunnyvale 94085

**Sutter Care at Home** . . . . . 685-2800  
www.suttercareathome.org . . . . . 685-2830  
700 S. Claremont St., #220, San Mateo 94402

## PHYSICIAN AND DENTAL REFERRAL SERVICES

**Mid-Peninsula Dental Health Foundation**  
www.mpds.org . . . . . 328-2242  
220 Main St., #208-A, Los Altos 94022

**San Mateo County Dental Society** . . . . . 637-1121  
www.smcdds.com  
240-A Twin Dolphin Dr., Redwood City 94065

**San Mateo County Medical Association**  
www.smcma.org . . . . . 312-1663  
777 Mariner's Island Blvd., #100, San Mateo 94404

## FAMILY PLANNING SERVICES AND INFORMATION

**Alpha Pregnancy Center** . . . . . 415-584-6800  
www.alphapc.org  
5070 Mission St., San Francisco 94112  
Information and referral, free pregnancy tests, pregnancy options and post-abortion counseling, maternity and baby clothing, diapers and formula. Offers parenting classes, mom's support group and Bible study.

**East Palo Alto Teen Home** . . . . . 324-8487  
www.epateenhome.org  
2265 Oakwood Dr., East Palo Alto 94303  
A residence for teenage mothers age 12-17.

**First Resort** . . . . . 261-9115  
www.firstresort.net  
801 Brewster Ave., #210, Redwood City 94063  
Provides support and assistance to women experiencing a crisis pregnancy.

**Health Connected** . . . . . 367-1937  
health-connected.org  
120 James Ave., Redwood City 94062  
A partnership of educators, community residents, and health and human service providers organized to address teenage pregnancy in the county.

**Planned Parenthood**  
www.plannedparenthood.org

**Mobile Health Clinic** . . . . . 877-855-7526  
2907 El Camino Real, Redwood City 94063

**San Mateo Health Center** . . . . . 235-7940  
35 Baywood Ave., San Mateo 94402  
Medical health clinics for women, men and teens that specialize in reproductive health care.

**San Mateo County Health System, Family Health Services**  
www.smchealth.org  
Resource Line . . . . . 888-840-0889

**Prenatal to Three Adolescent Family Life Program**  
**Nurse-Family Partnership** . . . . . 573-2501  
2000 Alameda de las Pulgas, #200, San Mateo 94403  
Referrals, education and support for pregnant and

parenting women and teens.

**Prenatal Advantage Black Infant**

**Health Project** . . . . . 363-7850  
2415 University Ave., 2nd Fl. East Palo Alto 94303  
Referrals, education and support for pregnant and parenting African-American women.

**San Mateo Pro Life** . . . . . 572-1468

[www.sanmateoprolife.com](http://www.sanmateoprolife.com)  
P.O. Box 6273, San Mateo 94403  
Can assist women with problem pregnancies who do not want an abortion and women who have had abortions and are seeking a support group.

**OTHER SERVICES**

**Bay Area Caregiver Resource Center**

Family Caregiver Alliance . . . . . 800-445-8106  
[www.caregiver.org](http://www.caregiver.org) . . . . . 415-434-3388  
785 Market St., #750, San Francisco 94103  
Offers a comprehensive range of services for family, partners, friends and others concerned with or caring for a brain impaired adult.

**Ombudsman of San Mateo County** . . . . . 780-5707

[www.ossmc.org](http://www.ossmc.org)  
711 Nevada St., Redwood City 94061  
Advocates on behalf of long-term care facility residents.

**San Mateo County Coroner** . . . . . 312-5562

<http://coroner.smcgov.org/>  
50 Tower Rd., San Mateo 94402  
Investigates certain types of deaths. Accepts and considers requests for cremations for people without funds.

**HEALTH INSURANCE**

**HSA Health Insurance Call Center** . . . . . 800-223-8383

[www.smchsa.org](http://www.smchsa.org)  
Offers a toll-free number to report Medi-Cal changes, ask questions about health coverage and other services.

**Access for Infants and Mothers (AIM) Program**

[www.aim.ca.gov](http://www.aim.ca.gov) . . . . . 800-433-2611  
Low-cost health coverage for mid-income pregnant women and their newborns.

**Health Plan of San Mateo** . . . . . 616-0050

<http://smcchi.org>  
801 Gateway Blvd., #100 South San Francisco 94080  
A locally managed health care program for Medi-Cal and Medicare recipients.

**San Mateo County Health Coverage Unit** . . . . . 616-2002

[www.smchcu.org](http://www.smchcu.org)  
Enrollment application assistance with public health coverage programs such as Medi-Cal, Covered California, Access and Care for Everyone (ACE), and Healthy Kids. Residents can also apply directly online for Medi-Cal and Covered California. Please visit [www.coveredca.com](http://www.coveredca.com)

**HICAP, the Medicare Counseling Program**

. . . . . 800-434-0222  
1710 South Amphlett Blvd., #100, San Mateo 94402

Free Medicare counseling. Assists seniors with Medicare billing, filing of claims and questions about supplemental and prescription drug plans.

**Medicare** .....800-MEDICARE  
www.medicare.gov ..... (800-633-4227)  
A federal health insurance program for seniors and some disabled persons.

*See also Financial Assistance*

## HOMELESS SERVICES

The Core Service Agencies listed on pages 2 and 3 can provide or help locate emergency food, clothing, shelter, rental assistance, bus passes and referrals for other needs. Additional resources are listed below.

### EMERGENCY ASSISTANCE

#### **St. Vincent de Paul Society**

**Homeless Help Desks** ..... 343-9251

**Emergency Services** ..... 343-4403  
www.svdpsm.org

**Redwood City Center** ..... 780-7500  
2600 Middlefield Rd., Redwood City 94063  
Drop-in assistance Mon.–Fri., 1–2 pm.

**San Mateo Center** ..... 343-9251  
50 N. B St., San Mateo 94401  
Drop-in assistance Mon.–Fri., 10 am–12 noon.

**South San Francisco Center** ..... 589-9039  
421 4th Lane, South San Francisco 94080  
Drop-in assistance Mon.–Sat., 10 am–12 noon; Food only on Sat. Entrance at rear of building.

### EMERGENCY SHELTER

#### **Project WeHOPE Shelter in East Palo Alto**

www.projectwehope.org ..... 330-8000  
1854 Bay Road, East Palo Alto, CA 94303

**Emergency Shelter** ..... Call 211  
Callers can call 211 to access other emergency shelters.

#### *FOR ADULTS WITH CHILDREN*

#### **Home and Hope (formerly Interfaith Hospitality Network)**

..... 652-1103  
www.homeandhope.net  
1720 El Camino Real, #7, Burlingame 94010  
Host families provide meals and overnight accommodations to persons in need.

#### **LifeMoves**

lifemoves.org

**First Step for Families**, San Mateo

Call the nearest community service agency listed on pages 2 and 3 for referral.

#### *FOR ADULTS WITHOUT CHILDREN*

Call the nearest CORE Service Agency listed on pages 2 & 3 for referral. If after normal business hours, call 211

**Catholic Worker Hospitality House**

**San Bruno House** . . . . . San Bruno

**Safe Harbor Shelter** . . . . . South San Francisco

**LifeMoves**

[lifemoves.org](http://lifemoves.org)

**Maple Street Shelter**. . . . . Redwood City

*FOR DOMESTIC VIOLENCE SURVIVORS*

**Community Overcoming Relationship Abuse**

**(CORA)** . . . . .800-300-1080

(English / Spanish) [www.corasupport.org](http://www.corasupport.org)

*FOR MENTALLY DISABLED ADULTS*

**Spring Street Shelter** . . . . . 365-5772

<http://www.mhasmc.org/prog/springshelter.shtml>

2686 Spring St., Redwood City 94063

Emergency and short-term housing for mentally disabled clients.

*FOR RUNAWAY OR HOMELESS TEENS*

**New Creation Home Ministries** . . . . .329-1603

[www.newcreationhome.org](http://www.newcreationhome.org)

422 Hibiscus Ct., East Palo Alto 94303

Provides housing and support services to homeless pregnant or parenting teen mothers age 13-22.

**StarVista**

Your House South . . . . .367-9687

[www.star-vista.org](http://www.star-vista.org)

394 Sequoia Ave., Redwood City 94061

Temporary housing and counseling for youth age 10-17.

**TRANSITIONAL HOUSING**

*FOR ADULTS WITH OR WITHOUT CHILDREN*

**LifeMoves**

[lifemoves.org](http://lifemoves.org)

Administers transitional housing programs for homeless adults and families. Call the nearest Core Service Agency listed on pages 2 and 3 for referral to one of the following transitional shelters:

**Family Crossroads**, Daly City

**Haven Family House**, Menlo Park

**Maple Street Shelter**, Redwood City

**Redwood Family House**, Redwood City

**Service League: Hope House**

1725 Middlefield Road, Redwood City

Transitional Housing (clean and sober) for men and women.

*FOR TEENS*

**Catholic Worker House** . . . . . 366-4415

545 Cassia St., Redwood City 94063

For age 17-20. Short term (1 week to 6 months).

**StarVista Daybreak** . . . . .364-4633

[www.star-vista.org](http://www.star-vista.org)

639 Douglas Ave., Redwood City 94063

A shelter for homeless teenagers, age 16-21, in San

Mateo County.

**FOR VETERANS**

**Homeless Veterans Rehabilitation Program**

795 Willow Rd., Bldg. 347-B . . . . . 800-848-7254  
Menlo Park 94025 . . . . . 617-2751

A residential co-ed program designed to provide homeless veterans with the skills necessary to live self-sufficiently.

**VRC- Next Step . . . . . 650-566-0240**

795 Willow Rd., Bldg. 348, Menlo Park 94025  
VRC assist veterans with employment development through a HUD grant and ending homelessness through Supportive Services for Veteran Family’s Grant.

**OTHER SERVICES**

**Mateo Lodge, Inc. Mobile Support Team . . . . . 368-3178**

Locates mentally ill homeless people and assists them with referrals for food, lodging, clothing and mental health services. In the home, offers mediation when a family member is in danger of becoming homeless.

*See also Food Programs*

*See also Housing*

**HOUSING**

Many cities have low-cost housing programs. Call your local housing department for information.

**DISCRIMINATION**

State laws protect people from housing discrimination based on race, religion, national origin or ancestry, sex, marital status, physical handicap or retaliation.

**California State Department of Fair Employment and Housing . . . . . 800-884-1684**

[www.dfeh.ca.gov](http://www.dfeh.ca.gov) . . . . .(TTY) 800-700-2320  
Investigates, mediates and litigates charges of housing discrimination.

**Project Sentinel . . . . . 321-6291**

[www.housing.org](http://www.housing.org)  
626 Jefferson Ave., #6, Redwood City 94063  
The Fair Housing Center offers education, counseling, investigation and, when necessary, legal referrals to persons who believe they have experienced housing discrimination.

**U.S. Dept. of Housing and Urban Development (HUD)**

[www.hud.gov](http://www.hud.gov) . . . . . 415-489-6400  
600 Harrison St., 3rd Fl., San Francisco 94107  
Investigates housing discrimination complaints regarding sales or rentals, advertising, financing and brokerage services.

**LOW-COST REHABILITATION SERVICES**

**Rebuilding Together Peninsula . . . . . 366-6597**

[www.rebuildingtogetherpeninsula.org](http://www.rebuildingtogetherpeninsula.org)  
841 Kaynyne Street, Redwood City 94063  
Home renovation and repair to income-qualified

homeowners, including seniors, people with disabilities and families, and to nonprofit, community buildings.

**San Mateo County Department of Housing  
Housing and Community Development**

www.smchousing.org . . . . . 802-5050  
264 Harbor Blvd., Bldg. A, Belmont 94002  
Provides low-interest loans for assistance to first-time homebuyers. Daly City, Redwood City, San Mateo and South San Francisco have separate programs for their residents. Call the city offices for information.

**RENTAL ASSISTANCE**

**Mental Health Association of San Mateo County  
Housing and Client Assistance Program**

www.mhasmc.org . . . . . 368-3345  
2686 Spring St., Redwood City 94063  
Provides direct services for adults with mental illnesses that include housing, food, social programs, advocacy and networking.

*For additional information on temporary rental assistance, contact the closest Core Service Agency listed on pages 2 and 3. All programs are dependent upon availability of funds. Clients must meet eligibility requirements.*

**UNSAFE, UNHEALTHY  
HOUSING CONDITIONS**

**San Mateo County Health System  
Environmental Health Services**

www.smchealth.org . . . . . 372-6200  
2000 Alameda de las Pulgas, #100, San Mateo 94403  
Conducts routine and complaint housing inspections of all multi-unit (4 or more) rental properties in San Mateo County with the exception of properties located in the cities of San Mateo and San Carlos. Single family dwellings, duplexes and triplexes are inspected on a complaint only basis. Inspection of common/public areas includes: Ground/exterior building maintenance, garbage area, structural hazards (handrails, guardrails, stairs, and balconies), lighting (hallways, stairs, exits), fire safety (fire extinguishers), sewage, lead paint hazards (peeling/deteriorated paint, ensure lead safe work practices).  
If you reside within the City of San Mateo or the City of San Carlos, contact your local Code Enforcement Dept. directly for more information on registering a complaint.  
City of San Mateo Code Enforcement . . . . . 522-7150  
City of San Carlos Code Enforcement . . . . . 802-4100

**OTHER HOUSING INFORMATION**

**California Bureau of Real Estate**

www.dre.ca.gov . . . . . 877-373-4542  
1515 Clay St., #702, Oakland 94612  
Answers questions and investigates complaints about real estate fees, advance fee rental agencies, and subdivision / condominium agreements. Licenses agents and brokers.

**HIP Housing (Human Investment Project)**

www.hiphousing.org . . . . . 348-6660  
800 S. Claremont St, Suite 210, San Mateo, 94402

Homesharing program that matches persons with a home or apartment to share with those seeking housing, thereby reducing housing costs for both. The Self-Sufficiency Program provides housing, case management and supportive services to motivated parents to achieve self-reliance.

**MidPen Housing Corporation** ..... 356-2900  
www.midpen-housing.org  
303 Vintage Park Dr., #250, Foster City 94404  
Manages and develops low-income subsidized housing.

**San Mateo County Department of Housing  
Housing Authority** ..... 802-3300  
www.smchousing.org  
264 Harbor Blvd., Bldg. A, Belmont 94002  
Administers the federal subsidy program county-wide through a variety of assistance programs.

*For Emergency Shelters and Transitional Housing see Homeless Services*

*See also Legal and Mediation Services*

## IMMIGRATION SERVICES

**Catholic Charities CYO**  
www.cccyo.org/ris ..... 650-295-2160, ext. 185  
36 37th Ave., 2nd Floor, San Mateo 94403  
Catholic Charities CYO is offering legal immigration services in San Mateo. All services are provided by appointment only, except for weekly drop-in workshops.

**Coastside Hope** ..... 726-9071  
www.coastsidehope.org  
99 Avenue Alhambra, El Granada 94018  
Immigration and citizenship services, including free citizenship classes.

**International Institute of the Bay Area**  
www.iibayarea.org ..... 780-7530  
2600 Middlefield Rd., Redwood City 94063  
Provides legal services for immigration and citizenship, including consultations, application assistance, and citizenship preparation classes.

**HELPLINK** ..... 211  
United Way of the Bay Area Immigrant Assistance Line  
English ..... 415-808-4357  
Chinese ..... 415-808-7339  
Spanish ..... 415-808-4444  
Provides immigration information and referrals.

**U.S. Department of Homeland Security  
U.S. Citizenship and Immigration  
Services (USCIS)** ..... 800-375-5283  
www.uscis.gov ..... (TTY) 800-767-1833  
444 Washington St., San Francisco 94111  
Issues visas, passports and related documents.

*See also Legal and Mediation Services*



# LGBTQ SERVICES

## COMMUNITY ADVOCACY

**LGBTQ Commission of San Mateo County** . . . 650-363-4872

[lgbtq.smcgov.org](http://lgbtq.smcgov.org)

Provides online resources, policy advocacy, and educational events.

**Pride Initiative of San Mateo County** . . . . .

[Pride@smcgov.org](mailto:Pride@smcgov.org) . . . [www.smchealth.org/bhrs/ode/pride](http://www.smchealth.org/bhrs/ode/pride)

A monthly meeting for social service providers, community members and stakeholders interested in addressing LGBTQ issues.

## CRISIS HOTLINES

**GLBT National Help Center** . . . . . 888-843-4564

[www.glnh.org](http://www.glnh.org) Peer support and local resources.

**Sage LGBT Elder Hotline** . . . . . 1-888-234-SAGE

[Sage@GLBHotline.org](mailto:Sage@GLBHotline.org)

Peer counseling, information and local resources. (Mon - Friday 1–9 PM, Sat. 9 am–2 pm)

**StarVista Crisis Hotline** . . . . . 650-579-0350

Available 24/7. Crisis and suicide intervention for adults and youth

**Trans Lifeline** . . . . . 877-565-8860

Crisis and suicide hotline by and for transgender people experiencing a crisis.

**Trevor Project 24/7 Suicide Prevention**

**Lifeline** . . . . . 866-488-7386

Suicide prevention hotline for LGBTQ youth.

[thetrevorproject.org](http://thetrevorproject.org) also provides TrevorChat instant messaging with a counselor and TrevorText

## HEALTHCARE

**Planned Parenthood** . . . . . 650-235-7940

San Mateo Health Center (Mar Monte)  
29 Baywood Avenue San Mateo 94403

Transgender primary health care, STD testing and treatment, HIV testing, breast and cervical cancer screening, other reproductive and general health services.

**Transgender Adult Health Clinic** . . . . . 650-573-2521

San Mateo County Medical Center, Edison Clinic  
222 West 37th Ave. San Mateo 94403  
4th Friday afternoon of each month.

**Stanford Children's Health**

**Transgender Care Clinic for Trans Youth** . . . 650-721-1811

Healthcare for gender non-conforming children and teens age 4 to 19.

## SUPPORT GROUPS

**Gelaam (Gente Latino de Ambiente)**. . . . . 650-762-5428

Provides a welcoming environment for LGBTQ Latinos, their families and friends.

**LGBT Veterans Support Group** . . . . . 650-493-5000 x28844

[www.paloalto.va.gov/services/lgbt.asp](http://www.paloalto.va.gov/services/lgbt.asp)

Menlo Park Division, Veterans Administration

Palo Alto Health Care System - Thur. 5–6:30 pm

**LGBTQ Senior Peer Counseling Program**

www.peninsulafamilyservice.org . . . . . 650-403-4300  
Peninsula Family Service  
24 2nd Avenue San Mateo 94401.  
Provides weekly visits to LGBTQ older adults to manage life changes.

**Adolescent Counseling Services**

**Project Outlet** . . . . . 650-424-0852 x107  
acs-teens.org  
643 Bair Island Rd. Suite 301 Redwood City 94063  
Provides counseling, peer support groups, and social events for LGBTQ Youth ages 10-25, as well as educational presentations and consultation on LGBTQIA+ youth issues.

**PFLAG (San Jose/Peninsula Chapter)** . . . . . 408-270-8182

www.pflagsanjose.org  
Supportive environment for parents, families, friends, and straight allies of people who are lesbian, gay, bisexual, transgender and questioning.

**LEGAL AND MEDIATION SERVICES**

**SAN MATEO COUNTY SUPERIOR COURT**

**www.sanmateocourt.org**

Provides help completing legal forms, jury duty information, online traffic payment system and general information about the court.

**Appropriate Dispute Resolution (ADR)**

*See Mediation Services on page 35.*

**Family Court Services**

400 County Center, 6th Fl. Redwood City 94063  
Provides mediation and limited evaluation services to parents or other appropriate parties who are in dispute about child custody and/or child visitation and have a court action pending in Family Court. Provides information and referral on child custody and visitation matters, parenting plans and related issues.

**Family Law Facilitators**

400 County Center, 2nd Fl. . . . . 261-5010  
Redwood City 94063  
1050 Mission Rd. . . . . 261-5010  
South San Francisco 94080. Wed., 8:30 am–12 noon.  
Assists those who do not have attorneys in matters such as child and spousal support, custody and visitation, paternity, divorce and legal separation.

*See also Child Support Services on page 7*

**LAW-RELATED SERVICES**

**San Mateo County Law Library** . . . . . 363-4913

www.smclawlibrary.org  
710 Hamilton St., Redwood City 94063  
Provides access to legal materials to all persons interested in the law.

**San Mateo County Probation Department**

Pre-Trial Services . . . . . 363-4181  
303 Bradford St., 2nd Floor, Redwood City 94063  
Interviews arrested persons, verifies information and presents case to the court for possible release without posting bond.

**Victim Services . . . . . 599-7479**

400 County Center, DA's Office, 3rd Fl., Redwood City  
1050 Mission Rd., DA's Office, South San Francisco  
Provides general emergency and ongoing assistance for victims of violent crime.

**LEGAL ASSISTANCE**

**Bay Area Legal Aid . . . . . 358-0745**

www.baylegal.org  
1048 El Camino Real, Ste. A, Redwood City, 94063  
Provides free legal assistance to low-income domestic violence survivors in divorce, child custody, restraining order and immigration matters.

**Domestic Violence Restraining Order Clinic . . 358-0745**

Provides free assistance to self-represented litigants requesting restraining orders.

**Legal Advice Line . . . . . 800-551-5554**

. . . . . 472-2666  
Provides free telephone legal advice and counsel to low-income individuals in the priority areas of housing, family law, domestic violence, public benefits and health access.

**Community Legal Services in East Palo Alto**

www.clsepa.org . . . . . 326-6440  
1765 E. Bayshore Road, East Palo Alto 94303  
1861 Bay Road, East Palo Alto 94303  
Offers legal assistance on issues such as tenants' rights, immigration services and predatory lending.

**Community Overcoming Relationship**

**Abuse (CORA). . . . . Hotline 800-300-1080**

Legal Information Line for survivors of domestic violence  
. . . . . 259-1855

**La Raza Centro Legal . . . . . 415-575-3500**

www.lrcl.org . . . . . (TTY) 711  
474 Valencia St. #295, San Francisco 94103  
Provides bilingual services in the areas of immigration law, fair housing, workers' rights and senior law.

**Legal Aid Society of San Mateo County . . . . . 558-0915**

www.legalaidsmc.org . . . . . 800-381-8898  
330 Twin Dolphin Dr., #123, Redwood City 94065  
Legal advice and counsel on civil matters for individuals, families and groups whose incomes are below an established level.

**San Mateo County Bar Association**

www.smcba.org  
**Lawyer Referral Service . . . . . 369-4149 x3**

333 Bradford St., #200, Redwood City 94063  
Refers callers to local attorneys, handles writing of simple wills for low-income senior citizens.

**Private Defender Program** . . . . . 298-4000  
333 Bradford St., #200, Redwood City 94063  
Arranges legal representation for indigents charged in criminal cases, minors subject to proceedings in juvenile court and persons subject to mental commitment proceedings.

**San Mateo County Health System Public Administrator** . . . . . 573-3475  
[www.smchealth.org/PublicAdministrator](http://www.smchealth.org/PublicAdministrator)  
225 - 37th Ave., San Mateo 94403  
Investigates and administers the estates of persons who die with no will.

*See also Employment and Training*  
*See also Housing*  
*See also Immigration Services*

## MEDIATION SERVICES

**Appropriate (Alternative) Dispute Resolution (ADR)** . . . . . 261-5075 or 261-5076  
[www.sanmateocourt.org/adr](http://www.sanmateocourt.org/adr)  
As an alternative to traditional court litigation, provides appropriate dispute resolution (ADR) options (arbitration, mediation and neutral evaluation) to assist parties in resolving disputes.  
Family Law ADR . . . . . 261-5076  
General Civil ADR . . . . . 261-5075, 261-5076  
Judicial Arbitration . . . . . 261-5076  
Juvenile Mediation Program . . . . . 261-5076

**Peninsula Conflict Resolution Center (PCRC)** . . . . . 513-0330  
[www.pcrweb.org](http://www.pcrweb.org)  
1660 S. Amphlett Blvd., #219, San Mateo 94402  
Offers mediation services for landlord/tenant and neighbor/neighbor disputes and training for community organizations.

## PROBATION AND JAILS

**San Mateo County Probation Department**  
[www.co.sanmateo.ca.us](http://www.co.sanmateo.ca.us)  
**Adult Probation** . . . . . 363-4244  
400 County Center, 5th Fl., Redwood City 94063  
**Juvenile Services** . . . . . 312-8816  
222 Paul Scannell Dr., San Mateo 94402  
Investigates delinquent behavior on the order of the court and recommends dispensation.  
**Sheriff's Office** . . . . . 363-4911  
[www.smcsheriff.com](http://www.smcsheriff.com)  
300 Bradford Street, Redwood City 94063  
Men's Jail  
(Maguire Correctional Facility) . . . . . 363-4000 x6071  
Women's Jail . . . . . 363-4310

## SAN MATEO COUNTY DISTRICT ATTORNEY

**District Attorney** . . . . . 363-4636  
[www.co.sanmateo.ca.us](http://www.co.sanmateo.ca.us)  
400 County Center, 3rd Fl., Redwood City 94063

Responsible for criminal prosecution in the Superior and Municipal Courts.

**Consumer and Environmental Protection Unit . . . 363-4651**

Enforces laws prohibiting false advertising, unfair competition and other forms of consumer fraud. Also files actions for violations of environmental protection laws.

## LIBRARY SERVICES

All public and community college libraries in San Mateo County are a part of the Peninsula Library System.

Library cards are free, available to everyone, and can be used at all locations. Library card holders can check out books, movies and music, and materials can be requested for pick up at any library listed below. Online collections include eBooks and eMagazines; streaming videos and music; live homework help; and databases on topics ranging from language learning to car repair. Wi-Fi and computers are available for public use at all libraries, enabling free access to the internet.

Public libraries offer a wide variety of free resources and events, such as activities for families, including storytimes, parenting classes, etc.; afterschool programs for kids and teens, including homework help, hands-on crafts, STEM workshops, etc.; computer classes; adult literacy tutoring; cultural events; delivery of library materials to the homebound; Lawyers in the Library consultations; snacks and meals for children and adults; and much, much more.

**Peninsula Library System . . . . .** [www.plsinfo.org](http://www.plsinfo.org)

### *CITY LIBRARIES:*

#### **Burlingame**

Main, 480 Primrose Rd., 94010 . . . . . 558-7400  
Easton Branch, 1800 Easton Dr., 94010 . . . . . 340-6180

#### **Daly City**

Serramonte Branch, 40 Wembley Dr., 94015 . . 991-8023  
Bayshore Branch, 460 Martin St., 94014 . . . 991-8074  
John D. Daly Branch, 134 Hillside Blvd., 94014 991-8073  
Westlake Branch, 275 Southgate Ave., 94015. . 991-8071

#### **Menlo Park**

Main, 800 Alma St., 94025 . . . . . 330-2500  
Belle Haven Branch, 413 Ivy Dr., 94025 . . . . . 330-2540

#### **Redwood City**

Main, 1044 Middlefield Rd., 94063 . . . . . 780-7018  
Fair Oaks Branch, 2510 Middlefield Rd., 94063  
. . . . . 780-7261  
Redwood Shores Branch  
399 Marine Pkwy., 94065 . . . . . 780-5740  
Schaberg Branch, 2140 Euclid Ave., 94061. . .780-7010

#### **San Bruno**

701 Angus Avenue West, 94066 . . . . . 616-7078

#### **San Mateo**

Main, 55 W. 3rd Ave., 94402 . . . . . 522-7800  
Hillsdale Branch, 205 W. Hillsdale Blvd., 94403 522-7880  
Marina Branch, 1530 Susan Ct., 94403 . . . . . 522-7890

**South San Francisco**

Main, 840 West Orange Ave., 94080 . . . . . 829-3860  
 Community Learning Center,  
 520 Tamarack Lane, 94080 . . . . . 877-8540  
 Grand Avenue Branch,  
 306 Walnut Ave., 94080 . . . . . 877-8530

*COMMUNITY COLLEGE DISTRICT LIBRARIES:***Cañada College**

4200 Farm Hill Blvd., Redwood City 94061 . . . 306-3267

**College of San Mateo**

1700 W. Hillsdale Blvd., Bldg. 9, San Mateo 94402  
 . . . . . 574-6100

**Skyline College**

3300 College Dr., San Bruno 94066 . . . . . 738-4311

*COUNTY LIBRARIES:*

**San Mateo County Library Administration** . . . [www.smcl.org/](http://www.smcl.org/)  
 125 Lessingia Ct., San Mateo 94402 . . . . . 312-5258

**Atherton**

2 Dinkelspiel Station Lane, 94027 . . . . . 328-2422

**Belmont**

1110 Alameda de las Pulgas, 94002 . . . . . 591-8286

**Bookmobile**

Administration, San Mateo, 94402 . . . . . 207-4426

**Brisbane**

250 Visitacion Ave., 94005 . . . . . 415-467-2060

**East Palo Alto**

2415 University Ave., 94303 . . . . . 321-7712

**Foster City**

1000 E. Hillsdale Blvd., 94404 . . . . . 574-4842

**Half Moon Bay**

225 S. Cabrillo Hwy, Ste. 104B, 94019 . . . 726-2316 x4

**Millbrae**

1 Library Ave., 94030 . . . . . 697-7607

**Pacifica**

Sanchez Branch, 1111 Terra Nova Bl., 94044 359-3397  
 Sharp Park Branch, 104 Hilton Way, 94044 . . 355-5196

**Portola Valley**

765 Portola Rd., 94028 . . . . . 851-0560

**San Carlos**

610 Elm St., 94070 . . . . . 591-0341

**Woodside**

3140 Woodside Rd., 94062 . . . . . 851-0147

*For Health Libraries see Health*

*For Law Library see Legal and Mediation Services*

## MENTAL HEALTH / COUNSELING

**Adolescent Counseling Services** . . . . . 424-0852 x104  
 Adolescent Substance Abuse Treatment Program  
[www.acs-teens.org](http://www.acs-teens.org)  
 643 Bair Island Rd, Suite 301, Redwood City, CA 94063  
 Provides on-campus counseling, information and referral

for youth and their families.

**Anger Management and Domestic Abuse Therapy**

**Center** . . . . . 375-0449

[www.angercure.org](http://www.angercure.org)  
430 Peninsula Ave., #7, San Mateo 94401  
151 87th St., #11 Daly City 94015  
Offers court-ordered and self-referred counseling programs including domestic violence counseling, anger management, and parenting and child abuse education in English and Spanish.

**Caminar** . . . . . 578-8691

[www.caminar.org](http://www.caminar.org)  
2600 S. El Camino Real, San Mateo  
A community-based psychosocial rehabilitation service for persons with serious and persistent psychiatric disabilities.

**Catholic Charities CYO** . . . . . 295-2160 x185

[www.cccyo.org](http://www.cccyo.org)  
36 - 37th Ave., San Mateo 94403  
Offers individual, group, family and marital counseling and education to all persons, regardless of religion.

**Christian Counseling Centers, Inc.** . . . . . 570-7273

[www.christiancounseling.net](http://www.christiancounseling.net)  
1510 Fashion Island Blvd., #110, San Mateo 94404  
Offers individual psychotherapy for children, adolescents and adults, as well as couples and family therapy, regardless of religion.

**Community Overcoming Relationship Abuse**

**(CORA)** . . . . . 800-300-1080

[www.corasupport.org](http://www.corasupport.org) . . . . . 312-8515

**Family Assertive Support Team (FAST)**. . . . . 368-3178

FAST Team is an in-home outreach service that offers assessment, consultation, and support services to adults (age 18+) experiencing a severe mental health problem and their designated family members. (9am-9pm Spanish and Mandarin language capacity)

**Family and Children Services** . . . . . 326-6576

[www.fcservices.org](http://www.fcservices.org)  
375 Cambridge Ave., Palo Alto 94306  
Offers counseling and support services to families and children, including specialized services for targeted populations.

**Family Resource Centers** . . . . . 802-7684

[hsa.smcgov.org/family-resource-centers](http://hsa.smcgov.org/family-resource-centers)  
Provides counseling, support and education services for youth and adults, home visiting, parent involvement in leadership, financial assistance and case management at specific school locations with Spanish speaking staff.

**Heart and Soul** . . . . . 650-232-7426

210 Industrial Road, Ste 205, San Carlos, CA 94070  
With five locations throughout San Mateo County they offer a variety of recovery oriented and mental wellness support classes.

**Jewish Family and Children's Services**

[www.jfcs.org](http://www.jfcs.org)

www.parentsplaceonline.org  
 200 Channing Ave., Palo Alto 94301 . . . . . 688-3030  
 Parents' Place . . . . . 688-3040  
 Senior Services . . . . . 688-3000  
 2001 Winward Way at Mariner's Island Blvd., #200  
 San Mateo 94404 . . . . . 931-1800  
 Parents' Place . . . . . 931-1840  
 Senior Services . . . . . 931-1860

Provides adult, child, marriage and family counseling, and services for the elderly and disabled. Parents' Place offers parent education, counseling and support groups. Drop-in play center for children age 0-5 and their parents.

**Kara** . . . . . 321-5272

www.kara-grief.org  
 457 Kingsley Ave., Palo Alto 94301  
 Offers emotional support and information to adults, teens and children who are grieving a death or coping with a life-threatening illness, including individual peer counseling, grief-related therapy and support groups, outreach, education, consultations and referrals.

**Mental Health Association of San Mateo County**

www.mhasmc.org . . . . . 368-3345  
 2686 Spring St., Redwood City 94063  
 Provides direct services for adults with mental illnesses that include housing, food, social programs, advocacy and networking.

**Mental Research Institute** . . . . . 321-3055

www.mri.org  
 555 Middlefield Rd., Palo Alto 94301  
 Offers a variety of mental health services for individuals, couples and families, including clinic services for Spanish-speaking clients.

**Mills-Peninsula Health Services**

**Behavioral Health Services** . . . . . 696-4666  
 www.mphs.org/behavioralhealth  
 100 S. San Mateo Dr., San Mateo 94401  
 Inpatient and outpatient programs for adolescents, adults and the elderly.

**Morris Center for Adult Survivors**

**of Child Abuse (ASCA)** . . . . . info@ascasupport.org  
 www.ascasupport.org  
 P.O. Box 281535, San Francisco 94128

**National Alliance on Mental Illness (NAMI)**

www.namisanmateo.org . . . . . 638-0800  
 1650 Borel Pl., #130, San Mateo 94402  
 Support, education, and advocacy for mental health clients and their families.

**Oak Tree Bereavement Center** . . . . . 415-806-7169

www.oaktreebereavement.org  
 1500 Perez Dr., Pacifica 94044  
 Group and individual grief and loss support and counseling for teens and adults, primarily for the coastside.

**One East Palo Alto (OEPA)** . . . . . 391-9617

www.oneepa.org . . . . . 2400 Ralmar Ave. Menlo Park



One East Palo Alto (OEPA) Neighborhood Improvement Initiative is a youth-focused, community-based, intermediary nonprofit offering several behavioral health programs, including The Barbara A. Mouton Multicultural Wellness Center, an award winning mental health support service, as well as substance abuse prevention programs.

**One Life Counseling Center** . . . . . 394-5155

[www.onelifecounselingcenter.com](http://www.onelifecounselingcenter.com)

1350 Walnut Street, San Carlos

Provide individual, group, and family counseling that is affordable and accessible for all age groups.

**Peninsula Family Service** . . . . . 403-4300

[www.peninsulafamilyservice.org](http://www.peninsulafamilyservice.org)

24 - 2nd Ave., San Mateo 94401

Offers supervised visitation services for separated or divorced parents. Peer counseling programs are available for seniors:

**Cantonese and Mandarin** . . . . . 403-4300 x4392

**English** . . . . . 403-4300 x4322

**Filipino** . . . . . 403-4300 x4363

**LGBT Community** . . . . . 403-4300 x4322

**Spanish/La Esperanza Vive** . . . . . 403-4300 x4321

Senior counseling services are available at client's place of residence.

**Puente de la Costa Sur** . . . . . 879-1691

[www.mypuente.org](http://www.mypuente.org)

620 North St., Pescadero 94060

Provides a single point of entry for men, women and children to have access to safety net services, health and wellness services, leadership development, and community engagement and action.

**Rally Family Visitation Services** . . . . . 259-7996

**Rape Trauma Services (RTS)** . . . . . 692-7273

[www.rapetraumaservices.org](http://www.rapetraumaservices.org)

1860 El Camino Real, #406, Burlingame 94010

Provides 24-hour crisis counseling, outreach and advocacy services for survivors of sexual assault, their families and friends.

**San Mateo County Health System**

1950 Alameda de las Pulgas, San Mateo 94403

**Behavioral Health and Recovery Services Access Team**

. . . . . 800-686-0101

Provides information, assessment, consultation and referrals for mental health and substance use services. List of local mental health clinics, please visit [www.smchealth.org/bhrs](http://www.smchealth.org/bhrs)

**StarVista**

[www.star-vista.org](http://www.star-vista.org) . . . . . 591-9623

610 Elm St., #212, San Carlos 94070

**Child and Adolescent Hotline Prevention Program**

[567kids@star-vista.org](mailto:567kids@star-vista.org). . . . . 567-5437

24/7 hotline for parents, educators, counselors, or any community member in contact w/ children 0-18 yrs old. Helps provide early identification of behavioral, learning and developmental issues. Includes referral

to appropriate counseling and support services.

**Children's Place Program** . . . . .591-9623 x116

610 Elm St., #212, San Carlos 94070

Provides alcohol / drug prevention education and therapeutic support services for children age 5-13.

**Crisis Services** . . . . .579-0350

Provides crisis counseling, outreach and community education.

**Healthy Homes** . . . . .579-0361 x12

Counseling and case management for children age 0-6 who have witnessed domestic violence.

**Your House South** . . . . .367-9687

394 Sequoia Ave., Redwood City 94061 Counseling for youth age 10-17 experiencing family problems or who have run away from home. Offers emergency and temporary housing.

**Sutter Care at Home**

**Youth Bereavement Program** . . . . .685-2806

[www.suttercareathome.org](http://www.suttercareathome.org)

700 S. Claremont St., #220, San Mateo 94402 Offers grief support and education to children, teens and their caregivers.

**Veterans Affairs Palo Alto Health Care System**

[www.paloalto.va.gov](http://www.paloalto.va.gov)

**Mental Health Clinic.** . . . . .800-455-0057

3801 Miranda Ave., Palo Alto, 94304

**Peninsula Vet Center** . . . . .299-0672

2946 Broadway St., Redwood City 94062

**Veterans Affairs San Francisco Health Care System**

**San Bruno Outpatient Clinic** . . . . .615-6000

[www.sanfrancisco.va.gov/cboc/sanbruno.asp](http://www.sanfrancisco.va.gov/cboc/sanbruno.asp)

1001 Sneath Lane, #300, San Bruno 94066

Outpatient mental health services for veterans.

**YMCA of San Francisco**

[www.youthservicebureaus.org](http://www.youthservicebureaus.org)

Youth Service Bureaus are the community mental health arm of the YMCA, specializing in counseling for youth and families, crisis intervention, prevention programs for at-risk youth, and parent education and support.

**Pacifica Youth Service Bureau** . . . . .355-3900

435 Edgemar Ave., Pacifica 94044

**Youth Service Bureau of San Mateo** . . . . .349-7969

1670 S. Amphlett Blvd., #115, San Mateo 94402

**Youth Service Bureau of South San Francisco**

. . . . .276-4101

1486 Huntington Ave.,

#100, South San Francisco 94080

**TEEN AND PRETEEN WEB SITES**

**Palo Alto Medical Foundation (PAMF)**

**[www.pamf.org/teen](http://www.pamf.org/teen)**

Provides information on topics including general health, drugs and alcohol, and emotions for teens and their parents.

**[www.pamf.org/preteen](http://www.pamf.org/preteen)**

Provides health information about topics of concern to

preteens (age 9-12) and their parents.

### **StarVista**

[www.onyourmind.net](http://www.onyourmind.net)

Teens can obtain support and talk live to trained peer mentors.

*See also Alcohol / Tobacco / Drug Abuse*

*See also Children, Teens, Youth and Families*

## **RECREATION**

### **CITY PARKS AND RECREATION**

Most cities have a department of Parks and Recreation. Check the CIP database or city listings in the front of a telephone book for phone numbers.

### **COUNTY AND STATE PARKS AND BEACHES**

[www.eparks.net](http://www.eparks.net) [www.parks.ca.gov](http://www.parks.ca.gov)

These parks provide facilities and activities ranging from picnic and playground areas to hiking trails, nature and campfire programs, campgrounds and more. For general information on county parks, call 363-4020; to inquire about special events or to reserve group picnic facilities or youth group camping, call 363-4021. For state park and beach reservations, call 800-444-7275.

*See also Children, Teens, Youth and Families*

## **RECYCLING & CONSERVING RESOURCES**

### **San Mateo County Public Works Department**

**RecycleWorks** . . . . . 888-442-2666

**[www.RecycleWorks.org](http://www.RecycleWorks.org)**

- Web site includes information to “reduce, reuse and recycle” at home, work and school.
- Learn how to donate items to social service agencies at the ReUse Center section.
- Also provides material on other topics, such as composting, how to get rid of junk mail, information for kids, and where to buy items made from recycled materials.

## **SENIOR SERVICES**

**Healthy Aging Response Team (HART)**. . . . . 991-5558

Provides peer-based outreach and facilitated referral services to Daly City residents age 50 or over or with disabilities.

### **San Mateo County Fall Prevention Task Force**

[www.smcfallprevention.org](http://www.smcfallprevention.org) . . . . . 573-3728

. . . . . 573-3930

Provides resources for older adults, caregivers and service providers.

### **San Mateo County Health System**

**Aging and Adult Services** . . . . . 800-675-TIES

[www.smchealth.org](http://www.smchealth.org) . . . . . 800-675-8437

. . . . . (TTY) 711

225 - 37th Ave., San Mateo 94403

Provides a continuum of services for frail, older adults or adults with chronically disabling illnesses.

**Network of Care**

[www.sanmateo.networkofcare.org](http://www.sanmateo.networkofcare.org)

Comprehensive Web-based resource for older adults, adults with disabilities, caregivers and service providers.

**Senior Mobility Guide** . . . . . [www.peninsularides.org](http://www.peninsularides.org)

Provides information on a wide range of transportation programs and services for seniors.

**Sequoia Village** . . . . . 260-4569

711 Nevada Street, Redwood City

**Mid-Peninsula Village** . . . . . 434-2455

PO Box 5283, San Mateo

Villages assists its members to continue living in their homes and communities as they age by providing access to support services.

## ADULT DAY CENTERS

Adult Day Centers provide services to enable frail and / or functionally impaired seniors to maximize and maintain their activities of everyday living.

**Catholic Charities CYO**

**San Carlos Adult Day Services** . . . . . 592-9325

[www.cccyo.org/sancarlosadultday](http://www.cccyo.org/sancarlosadultday)

787 Walnut St., San Carlos 94070

A daily activity center for moderately disabled senior citizens who need specialized and individualized care.

**Coastside Adult Day Health Center** . . . . . 726-5067

[www.coastsideadultdayhealth.org](http://www.coastsideadultdayhealth.org)

645 Correas St., Half Moon Bay 94019

**Mills-Peninsula Health Services**

**Senior Focus / Adult Day Health Program**

**Alzheimer Day Care Resource Center** . . . . . 696-3660

[www.mills-peninsula.org/seniors](http://www.mills-peninsula.org/seniors)

1720 El Camino Real, #10, Burlingame 94010

**Peninsula Volunteers Rosener House**

**Adult Day Services** . . . . . 322-0126

[www.penvol.org/rosenerhouse](http://www.penvol.org/rosenerhouse)

500 Arbor Rd., Menlo Park 94025

**South San Francisco Senior Services**

**Adult Day Program** . . . . . 829-3824

Magnolia Senior Center

601 Grand Ave., South San Francisco 94080

## SENIOR CENTERS AND SENIOR DINING CENTERS

Senior Centers are the entry point for many senior services, leisure activities and dining. These centers offer information about services and agencies which may offer assistance in the areas of consumer affairs, education, employment, food, home-delivered meals, household repairs, housing, legal aid, Medi-Cal, Medicare, recreation, Social Security, taxes, transportation and volunteer opportunities. Most of these sites serve a midday meal. Call for specific information.

*BELMONT*

**Twin Pines Senior and Community Center**

www.belmont.gov ..... 595-7444  
20 Twin Pines Ln., 94002

*DALY CITY*

**Doelger Senior Center** ..... 991-8012

www.dalycity.org  
101 Lake Merced Blvd., 94015

**Lincoln Park Community Center** ..... 991-8018

www.dalycity.org  
901 Brunswick St., 94014

*EAST PALO ALTO*

**East Palo Alto Senior Center** ..... 329-5900

560 Bell St., 94303

*FOSTER CITY*

**Foster City Parks and Recreation Dept.**

**Senior Wing** ..... 286-2585

www.fostercity.org  
650 Shell Blvd., 94404 Half Moon Bay

**Senior Coastsiders** ..... 726-9056

www.seniorcoastsiders.org  
535 Kelly Ave., 94019

*MENLO PARK*

**Menlo Park Senior Center** ..... 330-2230

www.menlopark.org  
110 Terminal Ave., 94025

**Peninsula Volunteers Little House** ..... 326-2025

www.penvol.org/littlehouse  
800 Middle Ave., 94025

*MILLBRAE*

**Chadbourne Adult Activity Center** ..... 697-8300

at New Vision Church  
450 Chadbourne Ave., 94030  
First Mondays of the month.

**Millbrae Senior Center** ..... 259-2370

www.ci.millbrae.ca.us  
477 Lincoln Circle, 94030

*PACIFICA*

**Pacifica Senior Services** ..... 738-7384

www.cityofpacifica.org/depts/senior\_services/  
540 Crespi Dr., 94044

*REDWOOD CITY*

**Peninsula Family Service**

www.peninsulafamilyservice.org

**Fair Oaks Adult Activity Center**

2600 Middlefield Rd., 94063 ..... 780-7525

**Veterans Memorial Senior Center** ..... 780-7270

www.redwoodcity.org/parks/cc  
1455 Madison Ave., 94061

*SAN BRUNO*

**San Bruno Senior Center** ..... 616-7150  
www.sanbruno.ca.gov  
1555 Crystal Springs Rd., 94066

*SAN CARLOS*

**San Carlos Adult Community Center**  
www.cityofsancarlos.org/acc  
601 Chestnut St., 94070 ..... 802-4384

*SAN MATEO*

**City of San Mateo Senior Center** ..... 522-7490  
www.cityofsanmateo.org  
2645 Alameda de las Pulgas, 94403

**Martin Luther King Center** ..... 522-7470  
www.cityofsanmateo.org  
725 Monte Diablo Ave., 94401

**Self-Help for the Elderly** ..... 342-0822  
www.selfhelpelderly.org 50 E. Fifth Ave., 94401

*SOUTH SAN FRANCISCO*

**Magnolia Senior Center** ..... 829-3820  
www.ssf.net  
601 Grand Ave., 3rd Fl., 94080

**TAXPAYER INFORMATION & OFFICIAL RECORDS**

**COUNTY**

**San Mateo County Assessor - County Clerk - Recorder**  
..... 363-4500  
www.smcare.org  
555 County Center, 1st Fl., Redwood City 94063

**Assessor** places a value on property in the county for tax purposes.

**County Clerk** issues copies of birth, death and marriage records. Also is the official filing location for various legal and business documents.

**Recorder** files and maintains all land transactions such as deeds and maps.

**Tax Collector** ..... 363-4142  
www.sanmateocountytaxcollector.org  
555 County Center, 1st Fl., Redwood City 94063  
Collects property taxes.

**Vital Statistics** ..... 573-2395  
www.smchealth.org  
225 - West 37th Ave., Room 11, San Mateo 94403  
Maintains recent birth and death records for the county and issues copies of birth and death records.

**STATE**

**Franchise Tax Board** ..... 800-338-0505  
www.ftb.ca.gov ..... (TTY) 800-822-6268  
121 Spear St., #400, San Francisco 94105

## FEDERAL

**Internal Revenue Service (IRS)** . . . . . 800-829-1040  
www.irs.gov . . . . . 415-553-8990  
450 Golden Gate Ave., San Francisco 94102

## OTHER

**Earn It! Keep It! Save It! Coalition** . . . . . 211  
www.earnitkeepitsaveit.org  
Provides low- to moderate-income households with free tax return preparation by IRS-certified volunteers. Call for site locations.

## TRANSPORTATION

**BART (Bay Area Rapid Transit)** . . . . . 992-2278  
www.bart.gov . . . . . (TTY) 510-839-2220  
San Mateo County BART stations are located in Daly City, Colma, South San Francisco, San Bruno, San Francisco Airport and Millbrae.

**CalTrain** . . . . . 800-660-4287  
www.caltrain.com . . . . . (TTY) 508-6448  
Train service between San Francisco and Gilroy.

**Metropolitan Transportation Commission (MTC)**  
www.511.org . . . . . 511  
Transit, traffic, rideshare (carpool and vanpool), and bicycling information for the nine-county Bay Area. Also has information on planning a trip using public transportation.

**Peninsula Traffic Congestion Relief Alliance**  
www.commute.org . . . . . 588-8170  
1150 Bayhill Dr., #107, San Bruno 94044  
Shuttles (commuter / community); incentives (carpool, vanpool, bike parking, "Try Transit").

**Redi-Wheels and RediCoast** . . . . . 800-660-4287  
www.samtrans.com/accessibility . . . . . (TTY) 508-6448  
Special bus service for mobility-impaired persons who are unable to use regular bus service. Redi-Wheels serves the bayside of the county; RediCoast serves the coast-side. Call for eligibility.

**SamTrans** . . . . . 800-660-4287  
www.samtrans.com . . . . . (TTY) 508-7919  
Public bus transportation serving the county.

**Senior Mobility Guide** . . . . . www.peninsularides.org  
Provides information on a wide range of transportation programs and services for seniors.

*See also Senior Services*

## VETERANS SERVICES

### VETERANS AFFAIRS LOCAL OFFICES

#### **San Mateo County Human Services Agency**

**Veterans Service Office** . . . . . 802-6598  
hsa.smcgov.org/veterans  
400 Harbor Blvd., Bldg. B, Belmont 94002  
Assists veterans, survivors and dependents of veterans in gaining access to benefits based on military service.

**US Veterans Affairs Department** .....614-9997  
www.paloalto.va.org  
795 Willow Road, Menlo Park 94025

**San Bruno VA Outpatient Clinic** ..... 615-5000  
www.sanfrancisco.va.gov  
1001 Sneath Lane, Suite 300, San Bruno 94006  
The San Bruno VA Outpatient Clinic offers a wide range of preventive and primary care.

**Health Care for Homeless Veterans Program**  
..... 1-877-424-3838  
Provides emergency housing for homeless Veterans at a non-VA community based facility for up to 90 days.

**VRC-Next Step** ..... 650-566-0240  
795 Willow Rd., Bldg. 348, Menlo Park 94025  
VRC assist veterans with employment development through a HUD grant and ending homelessness through Supportive Services for Veteran Family's Grant.t

## THE AMERICAN LEGION

The American Legion is a service organization and foundation that provide support for our veterans and their families.  
www.legion.org

**San Mateo Post No 82** ..... 345-7388  
130 South Boulevard, San Mateo

**San Carlos Post No 585** ..... 595-9998  
1159 Bush Street, San Carlos

**Redwood City Post No 105** ..... 365-1337  
651 El Camino Real, Redwood City

**Half Moon Bay Post 474** ..... 728-9224  
470 Capistrano Rd., Half Moon Bay

**Pacifica Post 238** ..... 355-4346  
555 Buel Rd., Pacifica

**San Bruno Post 409** ..... 589-3102  
757 San Mateo Ave, San Bruno

**American Legion Riders-Chapter 82** ..... 349-7146

## VOLUNTEER PLACEMENT SERVICES

Many nonprofits have their own volunteer programs. Contact each organization directly for details.

**HandsOn Bay Area** ..... 415-541-9616  
www.handsonbayarea.org  
Provides flexible evening and weekend projects.

**Mills-Peninsula Health Services Senior Focus**  
www.mills-peninsula.org  
1720 El Camino Real, #10, Burlingame 94010

**Foster Grandparent Program** ..... 696-7662  
Low-income adults (age 55 or older) volunteer at sites to provide mentoring and nurturing to at-risk children.

**Retired and Senior Volunteer Program**  
..... 696-7660  
Provides volunteer referrals for people age 55 or older to nonprofit agencies.

**Senior Companion Program** ..... 696-7662  
Low-income adults (age 55 or older) volunteer at sites to help frail elderly remain independent.



**One Brick**

[www.onebrick.org](http://www.onebrick.org)

Brings volunteers together to support local nonprofits and offers a social event after each volunteer opportunity.

**Volunteer Center** . . . . . 235-3550

[www.thevolunteercenter.net](http://www.thevolunteercenter.net) . . . . . 415-982-8999

Refers groups and individuals of all ages to nonprofit agencies that need volunteers.

**Volunteer Match** . . . . . 415-241-6868

[www.volunteermatch.org](http://www.volunteermatch.org)

Offers a variety of online services to support nonprofits and volunteers.

*See also Children, Teens, Youth and Families*

## Symbols

- 12-Step Programs 3
- 24-Hour Crisis Line 6
- 24-Hour Emergency Numbers 1
- 39th Avenue Health Clinics 25

## A

- AARS 4
- Abilities United 12
- Access for Infants and Mothers (AIM) Program 29
- Achievekids 12
- ACRC 26
- Adolescent Counseling Services 4, 36
- Adopt International 7
- Adoption 7
- ADR 36
- Adult Day Centers 46
- Adult Day Health Program 46
- Adult Schools 15
- Aging and Adult Services 1, 14, 45
- AIDS Community Research Consortium (ACRC) 26
- AI-Anon / Alateen 3
- Alcohol and Drug Helpline 5
- Alcoholics Anonymous 3
- Alcohol / Tobacco / Drug Abuse 3–51
- Alpha Pregnancy Center 28
- Alzheimer Day Care Resource Center 46
- American Legion, The 50
  - American Legion Riders 50
  - Half Moon Bay Post 474 50
  - Pacifica Post 238 50
  - Redwood City Post No 105 50
  - San Bruno Post 409 50
  - San Carlos Post No 585 50
  - San Mateo Post No 82 50
- American Red Cross 3
- and Head Start Programs 7
- Anger Management and Domestic Abuse Therapy Center 41
- Animal Licensing 7
- Animal Services 6
- Apprenticeship Standards Division 17
- Appropriate Dispute Resolution (ADR) 36, 38
- Arbor Free Clinic 23
- Archway 5
- Arc of San Francisco 12
- Asian-American Recovery Services (AARS) 4

## B

- BART (Bay Area Rapid Transit) 49
- Bay Area Addiction Research and Treatment Methadone Clinic 24
- Bay Area Caregiver Resource Center 29

Bay Area Rapid Transit 49  
Bayshore Christian Ministries 9  
Big Brothers-Big Sisters of the Bay Area 9  
B.O.K. Ranch 12  
Boys and Girls Clubs 10  
Boy Scouts of America 11  
Boys Hope Girls Hope 11  
Bread of Life 21  
Breast Cancer Emergency Fund 21  
Breathe California 5

## **C**

Café St. Vincent 22  
CalFresh (formerly the Food Stamp Program) 20, 21  
California Bureau of Real Estate 33  
California Children's Services 12  
California Conservation Corps (CCC) 17  
California Poison Control System 1  
California Smokers' Helpline 6  
California State Department of Fair Employment and Housing 16  
California State Department of Rehabilitation 12, 17  
California Work Opportunity and Responsibility to Kids (CalWorks)  
20  
California Youth Crisis Line 1  
CALL - Primrose Center 22  
CalTrain 49  
CalWORKS 20  
Caminar 41  
Cañada College 15  
Canine Companions for Independence (CCI) 13  
Cash Assistance Program for Immigrants (CAPI) 20  
Catholic Charities CYO 34, 41, 46  
Catholic Worker Hospitality House 21  
San Bruno House 31  
Catholic Worker House 22, 31  
Center for Independence of Individuals with Disabilities (CID) 13  
Chadbourne Adult Activity Center 47  
Child Care Coordinating Council (4Cs) 7  
Child Care Referrals 7  
Child Protective Services (CPS) 1  
Children and Family Services 8  
Children's Health Council 13  
Child Support 8  
Child / Youth Abuse Prevention and Reporting 8  
Christian Counseling Centers 41  
City of San Mateo Senior Center 48  
City Parks and Recreation 45  
Coastside Adult Day Health Center 46  
Coastside Children's Programs (CCP) 11  
Coastside County Clinic 25  
Coastside Hope 2, 34  
Cocaine Anonymous 3  
College of San Mateo 15  
Colleges 15

Community Colleges 15  
Community Financial Resources (CFR) 21  
Community Gatepath 13  
Community Legal Services in East Palo Alto 37  
Community Overcoming Relationship Abuse 1, 31, 37, 41  
Community Service Agencies 2–51  
Congregate Meal Sites 21  
Consumer and Environmental Protection Unit 39  
Consumer Credit Counseling Service 19  
Consumer Education 19  
County and State Parks and Beaches 45  
County Clerk 48  
Crisis Intervention and Suicide Prevention Center 1  
Crystal Meth Anonymous 3

## **D**

Daly City Clinic 25  
Daly City Community Service Center 2  
Daly City Peninsula Partnership 8  
Daly City Youth Health Center 25  
David Lewis Community Reentry Center 3  
Day Treatment / Counseling 4  
Day Worker Program 18  
Deaf and Disabled Telecommunications Program 12  
Department of Child Support Services (DCSS) 8  
Department of Fair Employment and Housing, California State 16,  
32  
Department of Rehabilitation, State of California 12  
Dining Center of Daly City 22  
Disability Services 12  
Disaster Relief 3  
Discrimination (Housing) 32  
District Attorney 38  
Doelger Senior Center 47  
Domestic Violence Restraining Order Clinic 37

## **E**

East Palo Alto Senior Center 47  
East Palo Alto Teen Home 28  
Ecumenical Hunger Program 21, 22  
EDD 19  
Edgewood 9  
Edgewood Center for Children and Families 8  
Kinship Support Services Program 8  
Edison Clinic 24  
Education 15–51  
EEOC 17  
El Centro de Libertad 4  
El Concilio Emergency Services Partnership 2  
El Concilio of San Mateo County 26  
Elementary and Secondary Schools 16  
Emergency / Crisis Intervention 1  
Emergency Food Providers 22  
Emergency Shelter 30

Employment and Training 16  
Employment Development Department (EDD) 19  
Employment Discrimination 16  
Employment Law Center 17  
Equal Employment Opportunity Commission (EEOC) 17  
Equal Rights Advocates 17  
Explorers' Program 11

## **F**

Fair Oaks Clinic 25  
Fair Oaks Community Center 2  
Family and Children Services 41  
Family Assertive Support Team 41  
Family Caregiver Alliance 29  
    Bay Area Caregiver Resource Center 29  
Family Court Services 7, 36  
Family Crossroads 31  
Family Housing and Adult Resources (FHAR) 13  
Family Law Facilitators 8, 36  
Family Resource Center at Community Gatepath 13  
Family Resource Centers 41  
FHAR 13  
Financial Assistance 19–51  
First Resort 28  
First Step for Families 30  
Food Programs 21  
Food Stamp Program. *See* CalFresh  
Foothill College Dental Hygiene Clinic 24  
Foster Care 8  
Foster City Parks and Recreation Dept. 47  
Foster Grandparent Program 50  
Franchise Tax Board 48  
Free at Last 4, 6  
Fresh Lifelines for Youth (FLY) 11  
Friends for Youth 11

## **G**

Gelaam (Gente Latino de Ambiente) 35  
General Assistance (GA) 20  
Girl Scouts 11  
GLBT National Help Center 35  
Golden Gate Regional Center (GGRC) 13  
Goodwill Industries 17  
Grace Covenant Church 23  
Guide Dogs for the Blind 13

## **H**

HandsOn Bay Area 50  
HART 45  
Haven Family House 31  
Health 23  
Health and Dental Clinics 23  
Health Connected 28  
Health Education 26

Health Insurance 29  
Health Insurance TeleCenter 29  
Health Plan of San Mateo 29  
HealthRIGHT 360 4, 24  
Healthy Aging Response Team (HART) 45  
Hearing and Speech Center for Northern California 13  
Hearing Loss Association of America 14  
Heart and Soul 41  
HELPLINK 34  
HICAP 29  
HIP Housing (Human Investment Project) 33  
Home and Hope (formerly Interfaith Hospitality Network) 30  
Homeless Services 30  
Homeless Veterans Program 50  
Homeless Veterans Rehabilitation Program 32  
HOPE Services 14  
Hospitals and Medical Centers 26  
Housing 32  
HUD 32  
Humane Society 6  
Human Services Agency Regional Offices 20

## **I**

IHSD 7  
Immigration Services 34  
Inc. 13, 41  
Information and Referral 5  
Inmate and Post-Release Support 3  
Inpatient Treatment 6  
Insights 5  
Institute for Health and Healing 26  
Institute for Human and Social Development (IHSD) 7  
Interfaith Hospitality Network. *See* Home and Hope  
Internal Revenue Service (IRS) 49  
International Institute of the Bay Area 34  
IRS 49

## **J**

Jefferson Adult Education 15  
Jewish Family and Children's Services 41  
    Parents' Place 42  
    Senior Services 42  
Job Corps 17  
Jobs for Youth 17  
JobTrain 18  
Job Training and Placement 17  
Junior Statesmen Foundation 11

## **K**

Kainos Home and Training Center 14  
Kaiser Permanente Medical Center 26  
Kara 42  
Kinship Support Services Program 8

## **L**

La Raza Centro Legal 37  
Latino Commission on Alcohol and Drug Abuse Services 6  
Legal Advice Line 37  
Legal Aid Society 17  
    Employment Law Center 17  
Legal Aid Society of San Mateo County 37  
Legal and Mediation Services 36  
LGBTQ Commission of San Mateo County 35  
LGBTQ Senior Peer Counseling 36  
LGBTQ Services 35  
    CRISIS HOTLINES 35  
    HEALTHCARE 35  
    SUPPORT GROUPS 35  
LGBT Veterans Support Group 35  
Library Services 39  
LifeMoves 31  
    Family Crossroads 31  
    Haven Family House 31  
    Maple Street Shelter 31  
    Redwood Family House 31  
Lincoln Park Community Center 47  
Literacy Programs 16  
Loan Programs 19  
Low-Cost Rehabilitation Services 32  
Lucile Packard Children's Hospital at Stanford 27

## **M**

Magnolia Senior Center 48  
Maguire Correctional Facility 38  
Maple Street Shelter 31  
Marijuana Anonymous 3  
Martin Luther King Center 48  
Mateo Lodge Inc. 32  
Meals on Wheels 23  
Medicare 30  
Medicare Counseling Program 29  
Menlo College 15  
Menlo Park Senior Center 47  
Men's Jail 38  
Mental Health Association of San Mateo County 33, 42  
    Housing and Client Assistance Program 33  
Mental Health / Counseling 40  
Mental Research Institute 42  
Methadone Clinic 24  
Metropolitan Transportation Commission (MTC) 49  
MidPen Housing Corporation 34  
Mid-Peninsula Dental Health Foundation 28  
Mid-Peninsula Village 46  
Millbrae Senior Center 47  
Mills Health Center 27  
Mills-Peninsula Health Services 1, 4, 6, 27, 42  
    Adult Day Health Program 46  
    Alzheimer Day Care Resource Center 46

Behavioral Health Services 42  
Chemical Dependency Center 1, 4, 6  
Mills Health Center 27  
Mills-Peninsula Medical Center 27  
Senior Focus 46  
    Foster Grandparent Program 50  
    Retired and Senior Volunteer Program 50  
    Senior Companion Program 50  
Mills-Peninsula Medical Center 27  
Mission Hospice and Home Care 27  
Mobile Clinic 24  
Mobile Support Team 32  
Morris Center for Adult Survivors of Child Abuse (ASCA) 42  
Multicultural Institute 9, 18

## **N**

Nar-Anon 4  
Narcotics Anonymous 4  
National Alliance on Mental Illness (NAMI) 42  
National Center for Equine Facilitated Therapy (NCEFT) 14  
NCEFT 14  
Network of Care 46  
New Creation Home Ministries 31  
Next Step Center 18  
North Peninsula Food Pantry and 22, 23  
No Strings Attached Breakfast 21  
Notre Dame de Namur University 15  
NOVA Workforce Development 18  
Nursing and Hospice Services 27

## **O**

Oak Tree Bereavement Center 42  
ODASA 4  
Ombudsman of San Mateo County 29  
One Brick 51  
One East Palo Alto (OEPA) 18, 42  
One Life Counseling Center 43  
Opportunity Fund 19  
Our Common Ground 6  
    Adolescent Program 6  
    Adult Program 6  
Our Second Home Family Support Center 8  
Outpatient Drug and Alcohol Services for Asians 4

## **P**

Pacifica Resource Center 2  
Pacifica Senior Services 47  
Palm Avenue Detoxification Program 5  
Palo Alto Medical Foundation (PAMF) 9, 44  
Parca 14  
Parent Support Line 1, 9  
Pathways Home Health, Hospice and Private Duty 27  
PCRC 38  
Peninsula Conflict Resolution Center (PCRC) 38



Peninsula Family Service 18, 43, 47  
Fair Oaks Adult Activity Center 47  
Financial Empowerment Services 19  
Second Career Services 18  
Ways to Work Vehicle Loan Program 19  
Peninsula Family YMCA 12  
Peninsula Humane Society and SPCA 6  
Peninsula Jewish Community Center (PJCC) 11  
Peninsula Traffic Congestion Relief Alliance 49  
Peninsula Volunteers Little House 47  
Peninsula Volunteers Rosener House 46  
PFLAG 36  
Phase2Careers 18  
Physician and Dental Referral Services 28  
Planned Parenthood 28  
Prenatal to Three 28  
Pride Initiative of San Mateo County 35  
Private Colleges 15  
Probation and Jails 38  
Project 90 4, 5, 6  
Project Read Programs 16  
Project Sentinel 32  
Project WeHOPE Shelter in East Palo Alto 30  
Psychiatric Emergency Services 1  
Public Assistance 20  
Puente de la Costa Sur 2, 43  
Pyramid Alternatives 4

## **R**

Rally Family Visitation Services 43  
Rape Trauma Services (RTS) 1, 43  
Ravenswood Family Health Center 24  
Rebuilding Together Peninsula 32  
Recorder, San Mateo County 48  
Recreation 45  
RecycleWorks 45  
Recycling & Conserving Resources 45  
Red Cross 3, 9  
RediCoast 49  
Redi-Wheels and RediCoast 49  
Redwood City Free Clinic 24  
Redwood Family House 31  
Rental Assistance 33  
Resources for Parents and Families 8  
Retired and Senior Volunteer Program 50  
Ron Robinson Senior Care Center 25  
Rosener House 46  
RotaCare Clinics 24  
RotaCare Clinic at Seton Medical Center 24  
RotaCare Coastside Clinic 24

## **S**

Safe Harbor Shelter 31  
Sage LGBT Elder Hotline 35

Salvation Army 3, 22  
Samaritan House 2, 18, 22, 23, 24  
    Redwood City Free Clinic 24  
    San Mateo Free Clinic 24  
SamTrans 49  
San Bruno House 31  
San Bruno Senior Center 48  
San Bruno VA Outpatient Clinic 44, 50  
San Carlos Adult Community Center 48  
San Carlos Adult Day Services 46  
San Mateo Adult School 15  
San Mateo County Assessor 48  
San Mateo County Bar Association 37  
    Lawyer Referral Service 37  
    Private Defender Program 38  
San Mateo County Coroner 29  
San Mateo County Dental Society 28  
San Mateo County Department of Child Support Services 8  
San Mateo County Department of Housing 34  
    Housing Authority 34  
San Mateo County Department of Housing Housing and  
    Community Development 33  
San Mateo County District Attorney 38  
San Mateo County Fall Prevention Task Force 45  
San Mateo County Health Coverage Unit 29  
San Mateo County Health System 6, 9, 24, 28–29, 33, 38, 43, 45  
    Aging and Adult Services 14  
    Alzheimer Day Care Resource Center 46  
    Behavioral Health and Recovery Services Access Team 5  
    Edison Clinic 24  
    Environmental Health Services 33  
    Family Health Services 9  
    Mental Health Access Team 43  
    Mobile Clinic 24  
    Partner Services 24  
    Prenatal Advantage Black Infant Health Project 29  
    Prenatal to Three 28  
    Public Administrator 38  
    STD Clinic 24  
    Testing on Demand 24  
San Mateo County Human Resources Department 18  
San Mateo County Human Services Agency 7, 8, 14, 19, 49  
    Children and Family Services 8  
    Foster Care Eligibility 8  
    Vocational Rehabilitation Services (VRS) 14  
San Mateo County Law Library 36  
San Mateo County Medical Association 28  
San Mateo County Office of Education 14, 16  
San Mateo County Probation Department 38  
San Mateo County Public Works Department 45  
San Mateo County Reads Programs 16  
San Mateo County Superior Court 7, 8, 36  
    Family Court Services 7  
    Family Law Facilitators 8  
San Mateo Free Clinic 24

San Mateo Medical Center 1, 25, 27  
 San Mateo Pro Life 29  
 Second Harvest Food Bank 23  
 Second Harvest Food Bank Food Connection Hotline 21  
 Self-Help for the Elderly 48  
 Senior Centers 46  
 Senior Coastsiders 47  
 Senior Companion Program 50  
 Senior Dining Centers 46  
 Senior Focus 46, 50  
 Senior Mobility Guide 46, 49  
 Senior Services 45  
 Senior Wing 47  
 Sequoia Adult School 15  
 Sequoia Hospital 27  
 Sequoia Teen Wellness Center 25  
 Sequoia Village 46  
 Service Connect 3  
 Service League, Hope House 4  
 Service League: Hope House 31  
 Service League of San Mateo County 3  
 Seton Medical Center 27  
 Seton Medical Center Coastside 27  
 Shelter Bed Hotline 30  
 Sheriff's Office 38  
 Sitike Counseling Center 5  
 Skyline College 15  
 Social Security Administration 20  
 Social Security Benefits 20  
 Solidarity Fellowship 6  
 Sonrisas Community Dental Clinic 26  
 South San Francisco Adult School 15  
 South San Francisco Clinic 26  
 South San Francisco Senior Services Adult Day Program 46  
 SPCA 6  
 Spring Street Shelter 31  
 Stanford Hospital and Clinics 27  
 Stanford Hospital Health Library 26  
 Stanford University Medical Center 27  
     Lucile Packard Children's Hospital at Stanford 27  
     Stanford Hospital and Clinics 27  
 St. Anthony's Padua Dining Room 22  
 StarVista 1, 5, 9, 11, 31, 43, 45  
     Archway 5  
     Child and Adolescent Hotline Prevention Program 43  
     Children's Place Program 44  
     Crisis Intervention and Suicide Prevention Center 1  
     Crisis Services 44  
     Healthy Homes 44  
     Insights 5  
     Your House South 1, 31, 44  
 STD Clinic 24  
 St. Francis Center 23  
 Street Life Ministries 22

St. Vincent de Paul Society 3, 22, 30  
Café St. Vincent 22  
Homeless Help Desks 30  
Sutter Care at Home 28, 44

## **T**

Tax Collector 48  
Taxpayer Information & Official Records 48  
Tax return preparation 49  
Teen and Preteen Web Sites 9, 44  
Tobacco Prevention Program 6  
Transgender Adult Health Clinic 35  
Transgender Care Clinic for Trans Youth 35  
Transitional Housing 31  
Trans Lifeline 35  
Transportation 49  
Trevor Project 24/7 Suicide Prevention 35  
Twin Pines Senior and Community Center 47

## **U**

UCSF Medical Center 27  
UCSF School of Dentistry 26  
Unemployment Benefits 19  
United Indian Nations 19  
University of California Cooperative Extension 12  
University of the Pacific Dental Clinic 26  
Unsafe, Unhealthy Housing Conditions 33  
U.S. Department of Homeland Security 34  
U.S. Department of Housing and Urban Development 32  
US Veterans Affairs Department 50

## **V**

Veterans Affairs Palo Alto Health Care System 5, 6, 27, 44  
Mental Health Clinic 44  
Peninsula Vet Center 44  
Veterans Affairs San Francisco Health Care System 27, 44  
San Bruno Outpatient Clinic 44  
Veterans Memorial Senior Center 47  
Victim Assistance 3  
Victim Center 3  
Victim Center Program 37  
Vista Center 14  
Vital Statistics 48  
Vocational Rehabilitation Services (VRS) 14, 19  
Voices of Recovery 5  
Volunteer Center 51  
Volunteer Match 51  
Volunteer Placement Services 50  
VRC- Next Step 32, 50  
VRS 14

## **W**

WIC 9, 22  
Women, Infants and Children's Program 9, 22

Women's Jail 38

## **Y**

YMCA of San Francisco 12, 44

    Pacifica Youth Service Bureau 44

    Peninsula Family YMCA 12

    Youth Service Bureau of San Mateo 44

    Youth Service Bureau of South San Francisco 44

YMCA of Silicon Valley 12

    East Palo Alto Family YMCA 12

    Sequoia Branch 12

Your House South 31

Youth Development and Mentoring 9

Youth Service Bureaus of YMCA 2, 12

## NOTES



The information in this booklet is accurate as of January 2017. Please be advised that some programs may have reduced services or closed due to budget constraints since that time. Be sure to contact agencies before going to the site or referring clients there.

[smc-connect.org](http://smc-connect.org)