Community Information Handbook 2018

Find community services in San Mateo County
Welcome to the 2018 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. 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.

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. 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.

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.

Nicole Pollack
Interim Agency Director

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.
EMERGENCY / CRISIS INTERVENTION

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

Non-emergency calls for health and human service programs .............................................. 211
.................................................. (TTY) 415-808-4300 or 711
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
Provides 24 hour crisis counseling, advocacy and accompaniment for survivors of sexual assault.

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
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
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
www.dcpartnership.org
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.pacresourcedcenter.org
1809 Palmetto Ave., Pacifica 94044
Core Service Agency serving Pacifica.

CENTRAL COUNTY:

Samaritan House .......................... 347-3648
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 ............ 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
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
409 S. Spruce Ave., South San Francisco 94080

St. Vincent de Paul Society .......................... 373-0622
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
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
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
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

Cocaine Anonymous .......................... 415-821-6155
www.norcalca.com

Crystal Meth Anonymous .......................... 415.692.4762
www.norcalcma.org or www.crystalmeth.org

Marijuana Anonymous .......................... 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 Services (a program of HealthRIGHT 360) .. 415-337-0140
www.healthright360.org.org
We serve Adults
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 ..................... www.healthright360.org.org
Outpatient Services currently provides mental health and substance use disorder services in the form of trauma-informed and evidence-based individual and group therapies.

HealthRIGHT 360 Outpatient Program .. 650-348-6603
2015 Pioneer Court, Suite B, San Mateo, 94403
We serve Youth, Transitional Age Youth and Adults

HealthRIGHT 360 Engaging Positive Actions Outpatient (EPA) .................. 650-331-1611
2396 University Ave. East Palo Alto, CA 94303
We serve Youth and Transitional Age Youth

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.projectninety.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
727 Middlefield Road, Redwood City 94063
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/whatwedo_services/counseling/adults/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.

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

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)
(a program of HealthRIGHT 360)
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/neuter 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
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 800-972-9225
1710 Scott St., San Francisco 94115

San Mateo County Human Services Agency
Adoptions Unit 802-7615
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

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
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
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 ................. 866-901-3212
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
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
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
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.dcpartnership.org
725 Price St., Daly City 94014
An early childhood family resource center.

Edgewood Center for Children and Families
Kinship Support Services Program
www.ikinship.org ................. 832-6711
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 .......................... 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 ..................... 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
Provides information on topics including general health, drugs and alcohol, and emotions for teens and their parents.

www.pamf.org/preteen
Provides health information about topics of concern to preteens (age 9-12) and their parents.

**StarVista** ............................ 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 ............... 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 .......................... 415-503-4050
For age 6-16

**Edgewood**

**The Struggle May Be Real–Adulting Doesn’t Have to Be program**
Program 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.
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

smc-connect.org
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.bghsf.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 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.thearcsf.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 med-
ical 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

smc-connect.org 12
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

Trains specially-bred dogs to assist people with disabilities to live more independent lives.

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

www.cidsanmateo.org ................... 645-1780

Canine Companions for Independence

www.cci.org .............................. 800-572-2275

Trains specially-bred dogs to assist people with disabilities to live more independent lives.

**Children's Health Council**

(Voice / TTY) 326-5530

A multidisciplinary diagnostic and treatment center for children with emotional problems, learning disabilities or other neurologic problems.

**Community Gatepath**

(Voice / TTY) 259-8500

Provides vocational training and day activity programs for adults with developmental disabilities, and early intervention services for infants age 3 or under.

**Family Resource Center at Community Gatepath**

259-8544

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

Provides residential housing and training for individuals with developmental disabilities such as cerebral palsy, epilepsy or autism.

**Golden Gate Regional Center (GGRC)**

574-9232

Provides diagnosis, counseling, and assistance in arranging and paying for needed services for persons of all ages diagnosed as developmentally disabled.

**Guide Dogs for the Blind, Inc.**

800-295-4050

Guide dogs and training for blind persons age 16 or over.

**Hearing and Speech Center for Northern California**

415-921-7658

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
Educational and emotional support group for hearing-impaired persons.

HOPE Services ............................. 408-284-2850
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
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 ............................... 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
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 .......................... 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 .......................... 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 ...................... (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
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.jeffersonadulted.net
699 Serramonte Blvd., #111, Daly City 94015

San Mateo Union High School District
Adult and Community Education 558-2100
smuhsd.org/smas
789 E. Poplar Ave., San Mateo 94401

Sequoia Union High School District
Sequoia Adult School 306-8866
www.adultschool.seq.org
3247 Middlefield Rd., Menlo Park 94025

South San Francisco Unified School District
Adult Education Program 877-8844
www.ss fusd.org
825 Southwood Dr., South San Francisco 94080

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
4200 Farm Hill Blvd., Redwood City 94061

College of San Mateo 574-6161
www.collegeofsanmateo.edu
1700 W. Hillsdale Blvd., San Mateo 94402

Skyline College 738-4100
www.skylinecollege.edu
3300 College Dr., San Bruno 94066

PRIVATE COLLEGES

Menlo College 800-55-MENLO
www.menlo.edu (800-556-3656)
1000 El Camino Real, Atherton 94027

Notre Dame de Namur University 508-3500
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 .......................... 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. Website includes a public schools directory.

LITERACY PROGRAMS

PROJECT READ PROGRAMS

Project Read-Menlo Park .......................... 330-2525
www.projecttreadmenlopark.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 .......................... 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.projecttreadredwoodcity.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
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 .......................... (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
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-elic.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
1065 E. Hillsdale Blvd., #403, Foster City 94404
800 Menlo Ave., #122, Menlo Park 94025
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
45 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
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
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
See also Legal and Mediation Services

**FINANCIAL ASSISTANCE**

**CONSUMER EDUCATION**

**Consumer Credit Counseling Service**
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
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 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 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/ 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

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 ............... (TTY) 800-325-0778
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
Breast Cancer Emergency Fund
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
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 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 20 or on-line at www.calfresh.ca.gov/

Second Harvest Food Bank Food Connection Hotline ............................. 800-984-3663
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
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 ..................... 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 ................ 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
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
4031 Pacific Blvd., San Mateo 94403
Serves hot dinners Mon.–Fri., 4:30–6 pm, at Masonic Hall, 100 N. Ellsworth Ave., San Mateo. Luncheons 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
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-Fri, 10am–Noon, Sat from 10am–11am; 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 .............................. 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 ................................. 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
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
Grace Covenant Church .......................... 589-6797
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
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
Distributes food boxes throughout the northern
peninsula.

Samaritan House ................................. 347-3648
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 .................................. 800-984-3663
1051 Bing St., San Carlos 94070

St. Francis Center ................................. 365-7829
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 contribu-
tions, or to order Meals on Wheels, call:
Daly City to East Palo Alto ....................... 323-2022
Coastside ....................................... 726-9056
Pacifica ......................................... 738-7350

See also Homeless Services
For Senior Dining Centers see Senior Services

HEALTH

HEALTH AND DENTAL CLINICS

Arbor Free Clinic
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
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
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 ............................... 578-7141
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, optometry, 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
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 Coastside 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.

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 services, 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

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

smc-connect.org  26
Mills-Peninsula Medical Center .................. 696-5400
1501 Trousdale Dr., Burlingame 94010
An acute care facility.

Rape Trauma Services (RTS) ................. 650-652-0598
Provides education for students, teachers, community
groups and other professionals working with trauma,
including violence prevention and intervention. www.
arapetraumaservices.org

San Mateo Medical Center .................... 573-2222
www.sanmateomedicalcenter.org  (TTY) 573-3753
222 W. 39th Ave., San Mateo 94403

Sequoia Hospital .............................. 369-5811
www.sequioahospital.org
170 Alameda de las Pulgas, Redwood City 94062

Seton Medical Center ......................... 992-4000
www.setonmedicalcenter.org  (TTY) 997-7949
1900 Sullivan Ave., Daly City 94015

Seton Medical Center Coastside ............ 563-7100
www.setonmedicalcentercoastside.org  (TTY) 728-7081
600 Marine Blvd., Moss Beach 94038

Stanford University Medical Center
www.stanfordhospital.com
Lucile Packard Children’s Hospital at Stanford
......... 497-8000
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
505 Parnassus Ave., San Francisco 94143

Veterans Affairs Palo Alto Health Care System
www.paloaltoa.va.gov ...................... 493-5000
3801 Miranda Ave., Palo Alto 94304

Veterans Affairs San Francisco Health Care System
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 .................. 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 .................. 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.smcds.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.ppmarmonte.org
Medical health clinics for women, men and teens that specialize in reproductive health care.

San Mateo Health Center ............ 877-855-7526
29 Baywood Ave., San Mateo 94402

Redwood City Health Center ...... 877-855-7526
2907 El Camino Real, Redwood City 94061

South San Francisco Health Center ...... 877-855-7526
435 Grand Ave. South San Francisco 94080

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

Prenatal to Three Program and 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
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 ...................... 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
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
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 ............................. 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.smchealth.org/health-insurance
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

HICAP, the Medicare Counseling Program .... 627-9350
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
Maple Street Shelter .......................... Redwood City

FOR DOMESTIC VIOLENCE SURVIVORS
Community Overcoming Relationship Abuse (CORA) .......................... 800-300-1080
(English / Spanish) 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
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
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
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 .................. 364-4664
727 Middlefield Road, Redwood City 94063
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
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 Families' 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 (TTY) 800-700-2320
Investigates, mediates and litigates charges of housing discrimination.

**Project Sentinel** 321-6291
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 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
841 Kaynyne Street, Redwood City 94063
Home renovation and repair to income-qualified home-owners, 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 .......... 522-7150

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
Provides online resources, policy advocacy, and educational events.
Pride Initiative of San Mateo County ........................
Pride@smcgov.org. . . www.smchealth.org/bhrs/ode/pride
A monthly meeting for social service providers, commu-
nity members and stakeholders interested in addressing
LGBTQ issues.

CRISIS HOTLINES

GLBT National Help Center ................. 888-843-4564
www.glnh.org Peer support and local resources.

Sage LGBT Elder Hotline .............. 1-888-234-SAGE
Sage@GLBT hotline.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 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 treat-
mant, 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
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.lrccl.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
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
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.pcrcweb.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
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
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
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 home-bound; Lawyers in the Library consultations; snacks and meals for children and adults; and much, much more.

Peninsula Library System . . . . . . . . . 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/
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
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
430 Peninsula Ave., #7, San Mateo 94401
151 87th St., #11 Daly City 94015
Offers court-ordered and self-referred counseling pro-
grams including domestic violence counseling, anger
management, and parenting and child abuse education
in English and Spanish.
BHRS Office of Consumer & Family Affairs  . .800-388-5189
www.smchealth.org/support-clients-family
Provide assistance for clients with navigating Behavioral Health and Recovery Services and assist with problem resolution regarding services.

Caminar  .................................. 578-8691
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
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
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  .................. 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
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
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.jfc.org
www.parentsplaceonline.org
200 Channing Ave., Palo Alto 94301  ......... 688-3030
Parents’ Place  .................. 688-3040
Senior Services  .................. 688-3000
2001 Winward Way at Marinier’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
Non-profit organization that offers resources and support for people with mental illness.

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.onelifeconsultingcenter.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
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
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)** ...................... 652-0598
www.rapetraumaservices.org
Provides short and long term counseling for individuals, families and support groups for survivors of sexual assault and their loved ones.

**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

**StarVista**
www.star-vista.org ................................. 591-9623
610 Elm St., #212, San Carlos 94070

**Child and Adolescent Hotline Prevention Program**
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
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

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
1001 Sneath Lane, #300, San Bruno 94066
Outpatient mental health services for veterans.

YMCA of San Francisco
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.

Pacific 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, So. San Francisco 94080

TEEN AND PRETEEN WEB SITES

Palo Alto Medical Foundation (PAMF)
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
Provides health information about topics of concern to preteens (age 9-12) and their parents.

StarVista
www.onyourmind.net
Teens can obtain support and talk live to trained peer mentors.
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  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
• 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
70 Strong  529-4994
70strong.org/index.php
A resource guide for services and activities for seniors in Atherton, Belmont, Redwood City, Portola Valley, San Carlos, Woodside, and portions of Menlo Park, Foster City and San Mateo.

CarePatrol Placement Services  866-560-5656
www.carepatrol.com
Finds assisted living, memory care, board and care, independent living for seniors county wide & across the nation

Healthy Aging Response Team (HART)  991-5558
www.dcpartnerhip.org
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  844-663-2557
Provides resources for older adults, caregivers and

See also Alcohol / Tobacco / Drug Abuse
See also Children, Teens, Youth and Families
service providers.

San Mateo County Health System
Aging and Adult Services .................. 800-675-TIES
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
Comprehensive Web-based resource for older adults, adults with disabilities, caregivers and service providers.

Senior Mobility Guide ...............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
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
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
1720 El Camino Real, #10, Burlingame 94010

Peninsula Volunteers Rosener House
Adult Day Services .................. 322-0126
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., Foster City 94404

Foster City Village .......................... 378-8541  
http://www.fostercityvillage.org/

Village of the Coastside .......................... 440-5030  
http://www.villageofthecoastside.org/

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  
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 coastside. Call for eligibility.

**SamTrans** .......................... 800-660-4287  
www.santrans.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

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.

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
Pacific 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

NOTICE: This document is intended for informational purposes only. It does not provide legal advice or replace the need for legal advice from a qualified professional.
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
Brings volunteers together to support local nonprofits and offers a social event after each volunteer opportunity.

Volunteer Center ............................... 235-3550
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
Offers a variety of online services to support nonprofits and volunteers.

See also Children, Teens, Youth and Families
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