

Community Information Handbook 2018

Find community services in San Mateo County

COUNTY OF **SAN MATEO**
HUMAN SERVICES AGENCY

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.

CONTENTS

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

Health Insurance	29
Homeless Services	30
Emergency Assistance	
Emergency Shelter	
Transitional Housing	
Other Services	
Housing	32
Discrimination	
Low-Cost Rehabilitation Services	
Rental Assistance	
Unsafe, Unhealthy Housing Conditions	
Other Housing Information	
Immigration Services	34
LGBTQ Services	34
Community Advocacy	
Crisis Hotlines	
Healthcare	
Support Groups	
Legal and Mediation Services	36
San Mateo County Superior Court	
Law-Related Services	
Legal Assistance	
Mediation Services	
Probation and Jails	
San Mateo County District Attorney	
Library Services	38
Mental Health / Counseling	40
Teen and Preteen Web Sites	
Recreation	45
City Parks and Recreation	
County and State Parks and Beaches	
Recycling & Conserving Resources	45
Senior Services	45
Adult Day Centers	
Senior Centers and	
Senior Dining Centers	
Taxpayer Information & Official Records	48
County	
State	
Federal	
Other	
Transportation	49
Veterans Services	50
Veterans Affairs Local Offices	
The American Legion	
Volunteer Placement Services	50
Index	52
Notes	64

EMERGENCY / CRISIS INTERVENTION

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

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

. 800-273-6222

. (TTY) 415-808-4300 or 711

www.211BayArea.org

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 accom-
paniment 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.pacresourcecenter.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-Anon800-477-6291
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.projectninetynety.org
720 S. B St., San Mateo 94401
A residential treatment program for men and women who abuse drugs or alcohol.

- Pyramid Alternatives** 355-8787
 www.pyramidalternatives.org
 480 Manor Plaza, Pacifica 94044
- Service League, Hope House** 363-8735
 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 chem-
 ically 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 treat-
 ment 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/
neutering service.

San Mateo County Animal Licensing

Pet Data, Inc. 866-925-5906

Licenses can be purchased locally at:

225-37th Avenue, Room 11 San Mateo 94403

1450 Rollins Rd. Burlingame 94010

12 Airport Blvd. San Mateo 94401

Program Manager 650-573-3726

For information on service dogs, rabies vaccination
exemption requests, breeder and fancier permits, and
spay/neuter voucher requests.

CHILDREN, TEENS, YOUTH & FAMILIES

ADOPTION

Adopt International 415-934-0300

www.adoptinter.org

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.

Drop in Center (north county) (415) 725-0173
931 San Bruno Avenue, Ste 1, San Bruno 94066
(front entrance at Ste 2)

Drop in Center (south county). (415) 680-0944
604 Price Avenue, Suite B, Redwood City 94603

BOYS AND GIRLS CLUBS

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

COASTSIDE:

Boys and Girls Club - Coastside712-9710
Middle School Club - Cunha Campus
www.bgc-coastside.org
600 Church St., Half Moon Bay 94019

NORTH COUNTY:

DeLue Boys and Girls Club347-9891
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 Club347-9891
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 School561-3135
415 Ivy Dr., Menlo Park 94025

James Flood Magnet School847-1600
2037 Pulgas Avenue, East Palo Alto 94303

Hoover Community School482-5925 x313
701 Charter St., Redwood City 94063

Taft Community School556-1651 x10
903 - 10th Ave., Redwood City 94063

Boys and Girls Club - Peninsula646-6070 x9510
McNeil Family Clubhousewww.bgcp.org
401 Pierce Rd., Menlo Park 94025

Boys and Girls Club - Peninsula587-9370
Mervin G. Morris Branch.www.bgcp.org
1109 Hilton St., Redwood City 94063

- Boys and Girls Club - Peninsula** 646-6090
 Moldaw-Zaffaroni Clubhouse. www.bgcp.org
 2031 Pulgas Ave., East Palo Alto 94303
- Boy Scouts of America** 341-5633
 www.pacsky.org
 1150 Chess Dr., Foster City 94404
 For boys age 7-17, girls age 14-20.
- Boys Hope Girls Hope** 415-657-9302
 www.bhghsf.org
 A residential program providing academically capable children in need with a stable home, growth opportunities, positive parenting, and a solid education. Also offers a community-based program for girls.
- Coastside Children's Programs (CCP)** 726-7413
 www.coastsidechildren.org
 494 Miramontes Ave., Half Moon Bay 94019
 Administers child care and learning centers that provide educational, recreational and skill-building activities through before- and after-school programs, and full-time summer activities. Also has a preschool.
- Explorers' Program** 363-4012
 Search-and-rescue or law enforcement training programs for youth age 14-20. Sponsored by the San Mateo County Sheriff's Office and Learning for Life.
- Fresh Lifelines for Youth (FLY)** 408-263-2630
 www.flyprogram.org
 568 Valley Way, Milpitas 95035
 Prevents juvenile crime and incarceration through legal education, mentoring and leadership training.
- Friends for Youth** 368-4444
 www.friendsforyouth.org
 1741 Broadway, 1st Fl., Redwood City 94063
 Matches troubled teens age 10-17 with adult volunteers recruited from the community for the purpose of forming one-to-one relationships.
- Girl Scouts** 800-447-4475
 www.girlscoutsnorcal.org 408-287-4170
 1310 S. Bascom Avenue, San Jose 95128
 For girls age 5-17.
- Junior Statesmen Foundation** 800-334-5353
 www.jsa.org. 347-1600
 800 S. Claremont St., #202, San Mateo 94402
 Nonpartisan political education program teaching young people about government, politics and the responsibilities of citizenship.
- Peninsula Jewish Community Center (PJCC)** 212-PJCC
 www.pjcc.org (212-7522)
 800 Foster City Blvd., Foster City 94404
 Recreational, social, cultural and educational activities for all ages, faiths and backgrounds.
- StarVista Youth Development Initiative (YDI)** .401-8617 x20
 www.bethedifference.org/smcyc
 800 South Claremont St., Suite 108 San Mateo, 94402
 Promotes, champions and sustains the youth asset development model in San Mateo County

University of California Cooperative Extension

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

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

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

YMCA of Silicon Valley

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

DISABILITY SERVICES

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

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

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

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

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

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

California State Department of Rehabilitation
www.dor.ca.gov or www.db101.org
801 Traeger Ave., #105, San Bruno 94066 . . 737-2606
1065 E. Hillsdale Blvd., #403, Foster City 94404
. 358-4180

800 Menlo Ave., #122, Menlo Park 94025 . . . 688-6380
Provides the counseling, testing and training necessary
for physically or mentally disabled persons to become
competitively employed.

Canine Companions for Independence (CCI)

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

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

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

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

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

Community Gatepath(Voice / TTY) 259-8500

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

Family Resource Center at Community Gatepath 259-8544

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

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

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

Golden Gate Regional Center (GGRC)

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

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

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

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

www.hearingspeech.org(TTY) 415-921-8990
1234 Divisadero St., San Francisco 94115
Information/services on hearing, hearing loss, hearing

conservation, deafness. Loan of hearing aids.

Hearing Loss Association of America 593-6760

www.hearinglossca.org/chapters/peninsula-chapter
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.jeffersonadulthood.net

699 Serramonte Blvd., #111, Daly City 94015

San Mateo Union High School District

Adult and Community Education 558-2100

smuhd.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.ssfusd.org

825 Southwood Dr., South San Francisco 94080

COLLEGES

COMMUNITY COLLEGES

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

Cañada College 306-3100

www.canadacollege.edu

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. Web site includes a public schools directory.

LITERACY PROGRAMS

PROJECT READ PROGRAMS

Project Read-Menlo Park 330-2525

www.projectreadmenlopark.org

800 Alma St., Menlo Park 94025

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

Project Read North San Mateo County

www.ssf.net/projectread 829-3871

840 W. Orange Ave., South San Francisco 94080

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

Redwood City Project Read 780-7077

www.projectreadredwoodcity.org

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

Equal Rights Advocates 800-839-4372

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

Legal Aid Society

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

JOB TRAINING AND PLACEMENT

Apprenticeship Standards Division

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

California Conservation Corps (CCC)

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

California State Department of Rehabilitation

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

Goodwill Industries 415-575-2101

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

Job Corps 800-733-JOBS

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

Jobs for Youth301-8492

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

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

Belmont 802-6534
400 Harbor Blvd, Belmont, 94002

JobTrain

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

Day Worker Program, North Fair Oaks

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

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

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

Peninsula Family Service

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

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

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

Samaritan House Worker Resource Center

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

San Mateo County Human Resources

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

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

San Mateo County Human Services Agency

Vocational Rehabilitation Services (VRS) 802-6482

hsa.smcgov.org/vocational-rehabilitation-services

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

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

OTHER SERVICES

Breast Cancer Emergency Fund

www.bcef-sf.org 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 PROGRAMS

Food Assistance Program (CalFresh) 800-223-8383

Provides a debit card for eligible low-income households. CalFresh benefits can be used to buy food at all major grocery stores, many neighborhood stores and participating farmers markets. Apply in-person through Human Services Agency regional offices listed on page 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. Lunches available Sat. and Sun. 12 noon–1 pm, in the parking lot at 4031 Pacific Blvd.
- St. Anthony’s Padua Dining Room** 365-9665
 3500 Middlefield Rd., Menlo Park 94025
 Provides meals Mon.–Sat., 11 am–1 pm.
- St. Vincent de Paul Society**
www.svdpsm.org
 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

Alto, Menlo Park, and Palo Alto

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 contributions, 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

www.baartprograms.com

795 Willow Rd., Bldg. 332, Menlo Park 94025

HealthRIGHT 360 348-6603

www.healthright360.org

2015 Pioneer Court, Suite B, San Mateo, 94403

Foothill College Dental Hygiene Clinic 949-7335

www.foothill.edu/bio/programs/dentalth

12345 El Monte Rd., Room 5312, Los Altos Hills 94022

Provides dental services for low-income people.

Ravenswood Family Health Center 330-7400

www.ravenswoodfhc.org

1798-A Bay Rd., East Palo Alto 94303

at Belle Haven 321-0980

100 Terminal Ave., Menlo Park 94025

Health care for persons in south part of County.

RotaCare Clinics www.rotacarebayarea.org

RotaCare Clinic at Seton Medical Center515-6885

380 90th Street, Daly City 94015

Mon., 5:30–7:30 pm. Closed for holidays. Urgent care clinic only. First come, first-served basis.

RotaCare Coastside Clinic 573-3774

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

Wed., 5–7 pm. Offers basic medical care and medications to adults without health insurance.

Samaritan House

www.samaritanhousesanmateo.org

Redwood City Free Clinic 839-1447

114 - 5th Ave., Redwood City 94063

San Mateo Free Clinic 578-0400

19 W. 39th Ave., San Mateo 94403

Free non-emergency and primary care services for uninsured, low-income persons. Appointments required.

San Mateo County Health System

www.smchealth.org

Edison Clinic 573-2385

222 W. 39th Ave., San Mateo 94403

Full-service HIV and STD specialty clinic.

Mobile Clinic 573-2786

Health screenings, immunizations, family planning for low-income, non-insured and homeless people.

Partner Services 573-3401

Assists clients in notifying sex and / or needle-sharing partners of potential exposure to HIV or another STD.

STD Clinic 573-2385

www.smchealth.org/std

222 W. 39th Ave. (inside Edison Clinic) San Mateo

Drop-in clinic for STD screening and treatment. All languages. Tuesday (testing only) and Thursday (doctor available), 4–7 pm.

Testing on Demand 619-9125

Mobile Testing Van meets clients for rapid HIV and STD testing and needle exchange.

San Mateo Medical Center

www.sanmateomedicalcenter.org

222 W. 39th Avenue, San Mateo 94403

- Dental Clinic** 573-3982
- Emergency Services (Medical)** 573-2671
- Emergency Services (Psychiatric)** 573-2662
- 39th Avenue Innovative Care Clinic** 573-3702
 Mon–Fri: 8 am–5 pm. Closed daily 12 noon–1 pm.
 Comprehensive adult primary care
- 39th Avenue Pediatrics Clinic** 573-3702
 Mon–Fri: 8 am–5 pm. Closed daily 12 noon–1 pm.
- 39th Avenue OB-GYN Clinic** 573-3702
 Mon–Fri: 8 am–5 pm. Closed daily 12 noon–1 pm.
- 39th Avenue Health Clinics** 573-3702
 222 W. 39th Ave., San Mateo 94403
 Full-service specialty outpatient clinics including
 pediatrics.
- Medical and Surgical Specialty Clinics** 573-3982
 Mon–Fri: 8 am–5 pm. Closed daily 12 noon–1 pm.
 Referrals required
- Coastside County Clinic** 573-3941
 225 S. Cabrillo Hwy., #100-A, Half Moon Bay 94019
 Mon–Fri: 8 am–5 pm. Sat: 8 am– 4 pm.
 Closed daily 12 noon–1 pm.
 Adult and pediatric primary care, OB-GYN services,
 dental services
- Daly City Clinic** 301-8600
 380 - 90th St., Daly City 94015
 Mon–Fri: 8 am–5 pm. Closed daily 12 noon–1 pm.
 Adult and pediatric primary care, OB-GYN services,
 dental services
- Daly City Youth Health Center** 985-7000
www.dalycityyouth.org
 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 Coastsides who are uninsured or have
Medi-Cal, Healthy Families or Healthy Kids.

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

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

HEALTH EDUCATION

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

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

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

HOSPITALS AND MEDICAL CENTERS

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

Kaiser Permanente Medical Center
www.kp.org
1200 El Camino Real 742-2000
South San Francisco 94080 (TTY) 916-784-5987
1000 Franklin Pkwy. 358-7000
San Mateo 94403 (TTY) 711
1150 Veterans Blvd 299-2000
Redwood City 94063 (TTY) 299-2207

Mills-Peninsula Health Services
www.mills-peninsula.org
Mills Health Center 696-5400
100 S. San Mateo Dr., San Mateo 94401
An outpatient facility.

- Mills-Peninsula Medical Center** 696-5400
 1501 Trousdale Dr., Burlingame 94010
 An acute care facility.
- 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.rapetraumaservices.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.sequoiahospital.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.paloalto.va.gov 493-5000
 3801 Miranda Ave., Palo Alto 94304
- Veterans Affairs San Francisco Health Care System**
www.sanfrancisco.va.gov/cboc/sanbruno.asp
 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.smcdds.com
240-A Twin Dolphin Dr., Redwood City 94065

San Mateo County Medical Association

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

FAMILY PLANNING SERVICES AND INFORMATION

Alpha Pregnancy Center 415-584-6800

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

East Palo Alto Teen Home 324-8487

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

First Resort 261-9115

www.firstresort.net
801 Brewster Ave., #210, Redwood City 94063
Provides support and assistance to women experiencing a crisis pregnancy.

Health Connected 367-1937

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

Planned Parenthood

www.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 consid-
ers 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 wom-
en 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.

Medicare800-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 Family's Grant.

OTHER SERVICES

Mateo Lodge, Inc. Mobile Support Team368-3178
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 Sentinel321-6291
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 homeowners, including seniors, people with disabilities and families, and to nonprofit, community buildings.

**San Mateo County Department of Housing
Housing and Community Development**
www.smchousing.org 802-5050
264 Harbor Blvd., Bldg. A, Belmont 94002

Provides low-interest loans for assistance to first-time homebuyers. Daly City, Redwood City, San Mateo and South San Francisco have separate programs for their residents. Call the city offices for information.

RENTAL ASSISTANCE

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

www.mhasmc.org 368-3345

2686 Spring St., Redwood City 94063

Provides direct services for adults with mental illnesses that include housing, food, social programs, advocacy and networking.

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

UNSAFE, UNHEALTHY HOUSING CONDITIONS

San Mateo County Health System Environmental Health Services

www.smchealth.org 372-6200

2000 Alameda de las Pulgas, #100, San Mateo 94403

Conducts routine and complaint housing inspections of all multi-unit (4 or more) rental properties in San Mateo County with the exception of properties located in the cities of San Mateo and San Carlos. Single family dwellings, duplexes and triplexes are inspected on a complaint only basis. Inspection of common/public areas includes: Ground/exterior building maintenance, garbage area, structural hazards (handrails, guardrails, stairs, and balconies), lighting (hallways, stairs, exits), fire safety (fire extinguishers), sewage, lead paint hazards (peeling/deteriorated paint, ensure lead safe work practices).

If you reside within the City of San Mateo or the City of San Carlos, contact your local Code Enforcement Dept. directly for more information on registering a complaint.

City of San Mateo Code Enforcement 522-7150

City of San Carlos Code Enforcement 802-4100

OTHER HOUSING INFORMATION

California Bureau of Real Estate

www.dre.ca.gov 877-373-4542

1515 Clay St., #702, Oakland 94612

Answers questions and investigates complaints about real estate fees, advance fee rental agencies, and subdivision / condominium agreements. Licenses agents and brokers.

HIP Housing (Human Investment Project)

www.hiphousing.org 348-6660

800 S. Claremont St, Suite 210, San Mateo, 94402

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

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

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

*For Emergency Shelters and Transitional Housing see
Homeless Services*

See also Legal and Mediation Services

IMMIGRATION SERVICES

Catholic Charities CYO
www.cccyo.org/ris 650-295-2160, ext. 185
36 37th Ave., 2nd Floor, San Mateo 94403
Catholic Charities CYO is offering legal immigration ser-
vices in San Mateo. All services are provided by appoint-
ment 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 educa-
tional events.

Pride Initiative of San Mateo County
Pride@smcgov.org . . . www.smchealth.org/bhrs/ode/pride
A monthly meeting for social service providers, community members and stakeholders interested in addressing LGBTQ issues.

CRISIS HOTLINES

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

Sage LGBT Elder Hotline 1-888-234-SAGE
Sage@GLBThotline.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 treatment, HIV testing, breast and cervical cancer screening, other reproductive and general health services.

Transgender Adult Health Clinic 650-573-2521
San Mateo County Medical Center, Edison Clinic
222 West 37th Ave. San Mateo 94403
4th Friday afternoon of each month.

Stanford Children’s Health Transgender Care Clinic for Trans Youth . . . 650-721-1811
Healthcare for gender non-conforming children and teens age 4 to 19.

SUPPORT GROUPS

Gelaam (Gente Latino de Ambiente). 650-762-5428
Provides a welcoming environment for LGBTQ Latinos, their families and friends.

LGBT Veterans Support Group 650-493-5000 x28844
www.paloalto.va.gov/services/lgbt.asp
Menlo Park Division, Veterans Administration
Palo Alto Health Care System - Thur. 5–6:30 pm

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

Adolescent Counseling Services

Project Outlet 650-424-0852 x107

acs-teens.org

643 Bair Island Rd. Suite 301 Redwood City 94063

Provides counseling, peer support groups, and social events for LGBTQ Youth ages 10-25, as well as educational presentations and consultation on LGBTQIA+ youth issues.

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

www.pflagsanjose.org

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

LEGAL AND MEDIATION SERVICES

SAN MATEO COUNTY SUPERIOR COURT

www.sanmateocourt.org

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

Appropriate Dispute Resolution (ADR)

See Mediation Services on page 35.

Family Court Services

400 County Center, 6th Fl. Redwood City 94063

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

Family Law Facilitators

400 County Center, 2nd Fl. 261-5010
Redwood City 94063

1050 Mission Rd. 261-5010
South San Francisco 94080. Wed., 8:30 am–12 noon.

Assists those who do not have attorneys in matters such as child and spousal support, custody and visitation, paternity, divorce and legal separation.

See also Child Support Services on page 7

LAW-RELATED SERVICES

San Mateo County Law Library 363-4913

www.smclawlibrary.org

710 Hamilton St., Redwood City 94063

Provides access to legal materials to all persons interested in the law.

San Mateo County Probation Department

Pre-Trial Services 363-4181

303 Bradford St., 2nd Floor, Redwood City 94063

Interviews arrested persons, verifies information and presents case to the court for possible release without posting bond.

Victim Services 599-7479

400 County Center, DA's Office, 3rd Fl., Redwood City

1050 Mission Rd., DA's Office, South San Francisco

Provides general emergency and ongoing assistance for victims of violent crime.

LEGAL ASSISTANCE

Bay Area Legal Aid 358-0745

www.baylegal.org

1048 El Camino Real, Ste. A, Redwood City, 94063

Provides free legal assistance to low-income domestic violence survivors in divorce, child custody, restraining order and immigration matters.

Domestic Violence Restraining Order Clinic . . 358-0745

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

Legal Advice Line 800-551-5554

. 472-2666

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

Community Legal Services in East Palo Alto

www.clsepa.org 326-6440

1765 E. Bayshore Road, East Palo Alto 94303

1861 Bay Road, East Palo Alto 94303

Offers legal assistance on issues such as tenants' rights, immigration services and predatory lending.

Community Overcoming Relationship

Abuse (CORA).Hotline 800-300-1080

Legal Information Line for survivors of domestic violence

. 259-1855

La Raza Centro Legal 415-575-3500

www.lrcl.org(TTY) 711

474 Valencia St. #295, San Francisco 94103

Provides bilingual services in the areas of immigration law, fair housing, workers' rights and senior law.

Legal Aid Society of San Mateo County 558-0915

www.legalaidsmc.org 800-381-8898

330 Twin Dolphin Dr., #123, Redwood City 94065

Legal advice and counsel on civil matters for individuals, families and groups whose incomes are below an established level.

San Mateo County Bar Association

www.smcba.org

Lawyer Referral Service369-4149 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

Administrator573-3475

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.pcrweb.org

1660 S. Amphlett Blvd., #219, San Mateo 94402

Offers mediation services for landlord/tenant and neighbor/neighbor disputes and training for community organizations.

PROBATION AND JAILS

San Mateo County Probation Department

www.co.sanmateo.ca.us

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 homebound; 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 programs 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.jfcs.org
www.parentsplaceonline.org
 200 Channing Ave., Palo Alto 94301 688-3030
 Parents' Place 688-3040
 Senior Services 688-3000
 2001 Winward Way at Mariner's Island Blvd., #200

San Mateo 94404 931-1800
Parents' Place 931-1840
Senior Services 931-1860

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

Kara 321-5272

www.kara-grief.org

457 Kingsley Ave., Palo Alto 94301

Offers emotional support and information to adults, teens and children who are grieving a death or coping with a life-threatening illness, including individual peer counseling, grief-related therapy and support groups, outreach, education, consultations and referrals.

Mental Health Association of San Mateo County

www.mhasmc.org 368-3345

2686 Spring St., Redwood City 94063

Provides direct services for adults with mental illnesses that include housing, food, social programs, advocacy and networking.

Mental Research Institute 321-3055

www.mri.org

555 Middlefield Rd., Palo Alto 94301

Offers a variety of mental health services for individuals, couples and families, including clinic services for Spanish-speaking clients.

Mills-Peninsula Health Services

Behavioral Health Services 696-4666

www.mphs.org/behavioralhealth

100 S. San Mateo Dr., San Mateo 94401

Inpatient and outpatient programs for adolescents, adults and the elderly.

Morris Center for Adult Survivors

of Child Abuse (ASCA) info@ascasupport.org

www.ascasupport.org

P.O. Box 281535, San Francisco 94128

National Alliance on Mental Illness (NAMI)

www.namisanmateo.org 638-0800

1650 Borel Pl., #130, San Mateo 94402

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.onelifecounselingcenter.com
1350 Walnut Street, San Carlos
Provide individual, group, and family counseling that is affordable and accessible for all age groups.

Peninsula Family Service 403-4300
www.peninsulafamilyservice.org
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.

Pacifica Youth Service Bureau 355-3900

435 Edgemar Ave., Pacifica 94044

Youth Service Bureau of San Mateo 349-7969

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

Youth Service Bureau of South San Francisco

. 276-4101

1486 Huntington Ave. #100, 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.

See also Alcohol / Tobacco / Drug Abuse

See also Children, Teens, Youth and Families

RECREATION

CITY PARKS AND RECREATION

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

COUNTY AND STATE PARKS AND BEACHES

www.eparks.net 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

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/sancarlosadulday
787 Walnut St., San Carlos 94070
A daily activity center for moderately disabled senior citi-
zens who need specialized and individualized care.

Coastside Adult Day Health Center 726-5067
www.coastsideaduldayhealth.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 Coastsides 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
www.irs.gov 415-553-8990
450 Golden Gate Ave., San Francisco 94102

OTHER

Earn It! Keep It! Save It! Coalition 211
www.earnitkeepitsaveit.org
Provides low- to moderate-income households with free tax return preparation by IRS-certified volunteers. Call for site locations.

TRANSPORTATION

BART (Bay Area Rapid Transit)992-2278
www.bart.gov(TTY) 510-839-2220
San Mateo County BART stations are located in Daly City, Colma, South San Francisco, San Bruno, San Francisco Airport and Millbrae.

CalTrain 800-660-4287
www.caltrain.com (TTY) 508-6448
Train service between San Francisco and Gilroy.

Metropolitan Transportation Commission (MTC)
www.511.org511
Transit, traffic, rideshare (carpool and vanpool), and bicycling information for the nine-county Bay Area. Also has information on planning a trip using public transportation.

Peninsula Traffic Congestion Relief Alliance
www.commute.org 588-8170
1150 Bayhill Dr., #107, San Bruno 94044
Shuttles (commuter / community); incentives (carpool, vanpool, bike parking, "Try Transit").

Redi-Wheels and RediCoast 800-660-4287
www.samtrans.com/accessibility (TTY) 508-6448
Special bus service for mobility-impaired persons who are unable to use regular bus service. Redi-Wheels serves the bayside of the county; RediCoast serves the coast-side. Call for eligibility.

SamTrans 800-660-4287
www.samtrans.com (TTY) 508-7919
Public bus transportation serving the county.

Senior Mobility Guidewww.peninsularides.org
Provides information on a wide range of transportation programs and services for seniors.

See also Senior Services

VETERANS SERVICES

VETERANS AFFAIRS LOCAL OFFICES

San Mateo County Human Services Agency

Veterans Service Office 802-6598

hsa.smcgov.org/veterans

400 Harbor Blvd., Bldg. B, Belmont 94002

Assists veterans, survivors and dependents of veterans in gaining access to benefits based on military service.

US Veterans Affairs Department 614-9997

www.paloalto.va.org

795 Willow Road, Menlo Park 94025

San Bruno VA Outpatient Clinic 615-5000

www.sanfrancisco.va.gov

1001 Sneath Lane, Suite 300, San Bruno 94006

The San Bruno VA Outpatient Clinic offers a wide range of preventive and primary care.

Health Care for Homeless Veterans Program

. 1-877-424-3838

Provides emergency housing for homeless Veterans at a non-VA community based facility for up to 90 days.

VRC-Next Step 650-566-0240

795 Willow Rd., Bldg. 348, Menlo Park 94025

VRC assist veterans with employment development through a HUD grant and ending homelessness through Supportive Services for Veteran Family's Grant.t

THE AMERICAN LEGION

The American Legion is a service organization and foundation that provide support for our veterans and their families.

www.legion.org

San Mateo Post No 82 345-7388

130 South Boulevard, San Mateo

San Carlos Post No 585 595-9998

1159 Bush Street, San Carlos

Redwood City Post No 105 365-1337

651 El Camino Real, Redwood City

Half Moon Bay Post 474 728-9224

470 Capistrano Rd., Half Moon Bay

Pacifica Post 238 355-4346

555 Buel Rd., Pacifica

San Bruno Post 409 589-3102

757 San Mateo Ave, San Bruno

American Legion Riders-Chapter 82 349-7146

VOLUNTEER PLACEMENT SERVICES

Many nonprofits have their own volunteer programs. Contact each organization directly for details.

HandsOn Bay Area 415-541-9616

www.handsonbayarea.org

Provides flexible evening and weekend projects.

Mills-Peninsula Health Services Senior Focus

www.mills-peninsula.org

1720 El Camino Real, #10, Burlingame 94010

- Foster Grandparent Program** 696-7662
 Low-income adults (age 55 or older) volunteer at sites to provide mentoring and nurturing to at-risk children.
- Retired and Senior Volunteer Program**
 696-7660
 Provides volunteer referrals for people age 55 or older to nonprofit agencies.
- Senior Companion Program** 696-7662
 Low-income adults (age 55 or older) volunteer at sites to help frail elderly remain independent.

One Brick

www.onebrick.org
 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

Symbols

- 12-Step Programs 3
- 24-Hour Crisis Line 6
- 24-Hour Emergency Numbers 1
- 39th Avenue Health Clinics 25

A

- Abilities United 12
- Access for Infants and Mothers (AIM) Program 29
- Achievekids 12
- ACRC 26
- Adolescent Counseling Services 4, 36
- Adopt International 7
- Adoption 7
- ADR 36
- Adult Day Centers 46
- Adult Day Health Program 46
- Adult Schools 15
- Aging and Adult Services 1, 14, 46
- AIDS Community Research Consortium (ACRC) 26
- Al-Anon / Alateen 3
- Alcohol and Drug Helpline 5
- Alcoholics Anonymous 3
- Alcohol / Tobacco / Drug Abuse 3–51
- Alpha Pregnancy Center 28
- Alzheimer Day Care Resource Center 46
- American Legion, The 50
 - American Legion Riders 50
 - Half Moon Bay Post 474 50
 - Pacifica Post 238 50
 - Redwood City Post No 105 50
 - San Bruno Post 409 50
 - San Carlos Post No 585 50
 - San Mateo Post No 82 50
- American Red Cross 3
- and Head Start Programs 7
- Anger Management and Domestic Abuse Therapy Center 40
- Animal Licensing 7
- Animal Services 6
- Apprenticeship Standards Division 17
- Appropriate Dispute Resolution (ADR) 36, 38
- Arbor Free Clinic 23
- Archway 5
- Arc of San Francisco 12
- Asian-American Recovery Services 4

B

- BART (Bay Area Rapid Transit) 49
- Bay Area Addiction Research and Treatment Methadone Clinic 23
- Bay Area Caregiver Resource Center 29
- Bay Area Rapid Transit 49

Bayshore Christian Ministries 9
Big Brothers-Big Sisters of the Bay Area 9
B.O.K. Ranch 12
Boys and Girls Clubs 10
Boy Scouts of America 11
Boys Hope Girls Hope 11
Bread of Life 21
Breast Cancer Emergency Fund 21
Breathe California 5

C

Café St. Vincent 22
CalFresh (formerly the Food Stamp Program) 20, 21
California Bureau of Real Estate 33
California Children's Services 12
California Conservation Corps (CCC) 17
California Poison Control System 1
California Smokers' Helpline 6
California State Department of Fair Employment and Housing 16
California State Department of Rehabilitation 12, 17
California Work Opportunity and Responsibility to Kids (CalWorks)
20
California Youth Crisis Line 1
CALL - Primrose Center 22
CalTrain 49
CalWORKS 20
Caminar 41
Cañada College 15
Canine Companions for Independence (CCI) 13
Cash Assistance Program for Immigrants (CAPI) 20
Catholic Charities CYO 34, 41, 46
Catholic Worker Hospitality House 21
San Bruno House 30
Catholic Worker House 22, 31
Center for Independence of Individuals with Disabilities (CID) 13
Chadbourne Adult Activity Center 47
Child Care Coordinating Council (4Cs) 7
Child Care Referrals 7
Child Protective Services (CPS) 1
Children and Family Services 8
Children's Health Council 13
Child Support 8
Child / Youth Abuse Prevention and Reporting 8
Christian Counseling Centers 41
City of San Mateo Senior Center 48
City Parks and Recreation 45
Coastside Adult Day Health Center 46
Coastside Children's Programs (CCP) 11
Coastside County Clinic 25
Coastside Hope 2, 34
Cocaine Anonymous 3
College of San Mateo 15
Colleges 15
Community Colleges 15

Community Financial Resources (CFR) 21
Community Gatepath 13
Community Legal Services in East Palo Alto 37
Community Overcoming Relationship Abuse 1, 31, 37, 41
Community Service Agencies 2–51
Congregate Meal Sites 21
Consumer and Environmental Protection Unit 38
Consumer Credit Counseling Service 19
Consumer Education 19
County and State Parks and Beaches 45
County Clerk 48
Crisis Intervention and Suicide Prevention Center 1
Crystal Meth Anonymous 3

D

Daly City Clinic 25
Daly City Community Service Center 2
Daly City Peninsula Partnership 8
Daly City Youth Health Center 25
David Lewis Community Reentry Center 3
Day Treatment / Counseling 4
Day Worker Program 18
Deaf and Disabled Telecommunications Program 12
Dental Clinic 25
Department of Child Support Services (DCSS) 8
Department of Fair Employment and Housing, California State 16,
32
Department of Rehabilitation, State of California 12
Dining Center of Daly City 22
Disability Services 12
Disaster Relief 3
Discrimination (Housing) 32
District Attorney 38
Doelger Senior Center 47
Domestic Violence Restraining Order Clinic 37

E

East Palo Alto Senior Center 47
East Palo Alto Teen Home 28
Ecumenical Hunger Program 21, 22
EDD 19
Edgewood 9
Edgewood Center for Children and Families 8
Kinship Support Services Program 8
Edison Clinic 24
Education 15–51
EEOC 17
El Centro de Libertad 4
El Concilio Emergency Services Partnership 2
Elementary and Secondary Schools 16
Emergency / Crisis Intervention 1
Emergency Food Providers 22
Emergency Shelter 30
Employment and Training 16

Employment Development Department (EDD) 19
Employment Discrimination 16
Employment Law Center 17
Equal Employment Opportunity Commission (EEOC) 17
Equal Rights Advocates 17
Explorers' Program 11

F

Fair Oaks Clinic 25
Fair Oaks Community Center 2
Family and Children Services 41
Family Assertive Support Team 41
Family Caregiver Alliance 29
 Bay Area Caregiver Resource Center 29
Family Court Services 7, 36
Family Crossroads 31
Family Housing and Adult Resources (FHAR) 13
Family Law Facilitators 8, 36
Family Resource Center at Community Gatepath 13
Family Resource Centers 41
FHAR 13
Financial Assistance 19–51
First Resort 28
First Step for Families 30
Food Programs 21
Food Stamp Program. *See* CalFresh
Foothill College Dental Hygiene Clinic 24
Foster Care 8
Foster City Parks and Recreation Dept. 47
Foster Grandparent Program 51
Franchise Tax Board 49
Free at Last 4, 6
Fresh Lifelines for Youth (FLY) 11
Friends for Youth 11

G

Gelaam (Gente Latino de Ambiente) 35
General Assistance (GA) 20
Girl Scouts 11
GLBT National Help Center 35
Golden Gate Regional Center (GGRC) 13
Goodwill Industries 17
Grace Covenant Church 23
Guide Dogs for the Blind 13

H

HandsOn Bay Area 50
HART 45
Haven Family House 31
Health 23
Health and Dental Clinics 23
Health Connected 28
Health Education 26
Health Insurance 29

Health Insurance TeleCenter 29
Health Plan of San Mateo 29
HealthRIGHT 360 4, 24
Healthy Aging Response Team (HART) 45
Hearing and Speech Center for Northern California 13
Hearing Loss Association of America 14
Heart and Soul 41
HELPLINK 34
HICAP 29
HIP Housing (Human Investment Project) 33
Home and Hope (formerly Interfaith Hospitality Network) 30
Homeless Services 30
Homeless Veterans Program 50
Homeless Veterans Rehabilitation Program 31
HOPE Services 14
Hospitals and Medical Centers 26
Housing 32
HUD 32
Humane Society 6
Human Services Agency Regional Offices 20

I

IHSD 7
Immigration Services 34
Inc. 13, 41
Information and Referral 5
Inmate and Post-Release Support 3
Inpatient Treatment 6
Insights 5
Institute for Health and Healing 26
Institute for Human and Social Development (IHSD) 7
Interfaith Hospitality Network. *See* Home and Hope
Internal Revenue Service (IRS) 49
International Institute of the Bay Area 34
IRS 49

J

Jefferson Adult Education 15
Jewish Family and Children's Services 41
 Parents' Place 41
 Senior Services 42
Job Corps 17
Jobs for Youth 17
JobTrain 18
Job Training and Placement 17
Junior Statesmen Foundation 11

K

Kainos Home and Training Center 14
Kaiser Permanente Medical Center 26
Kara 42
Kinship Support Services Program 8

L

La Raza Centro Legal 37
 Latino Commission on Alcohol and Drug Abuse Services 6
 Legal Advice Line 37
 Legal Aid Society 17
 Employment Law Center 17
 Legal Aid Society of San Mateo County 37
 Legal and Mediation Services 36
 LGBTQ Commission of San Mateo County 34
 LGBTQ Senior Peer Counseling 35
 LGBTQ Services 34
 CRISIS HOTLINES 35
 HEALTHCARE 35
 SUPPORT GROUPS 35
 LGBT Veterans Support Group 35
 Library Services 38
 LifeMoves 30, 31
 Family Crossroads 31
 Haven Family House 31
 Maple Street Shelter 31
 Redwood Family House 31
 LifeMoves Food Closet 23
 Lincoln Park Community Center 47
 Literacy Programs 16
 Loan Programs 19
 Low-Cost Rehabilitation Services 32
 Lucile Packard Children's Hospital at Stanford 27

M

Magnolia Senior Center 48
 Maguire Correctional Facility 38
 Maple Street Shelter 31
 Marijuana Anonymous 3
 Martin Luther King Center 48
 Mateo Lodge Inc. 32
 Meals on Wheels 23
 Medicare 30
 Medicare Counseling Program 29
 Menlo College 15
 Menlo Park Senior Center 47
 Men's Jail 38
 Mental Health Association of San Mateo County 33, 42
 Housing and Client Assistance Program 33
 Mental Health / Counseling 40
 Mental Research Institute 42
 Methadone Clinic 23
 Metropolitan Transportation Commission (MTC) 49
 MidPen Housing Corporation 34
 Mid-Peninsula Dental Health Foundation 28
 Mid-Peninsula Village 46
 Millbrae Senior Center 47
 Mills Health Center 26
 Mills-Peninsula Health Services 1, 4, 6, 26, 42
 Adult Day Health Program 46
 Alzheimer Day Care Resource Center 46

Behavioral Health Services 42
Chemical Dependency Center 1, 4, 6
Mills Health Center 26
Mills-Peninsula Medical Center 27
Senior Focus 46
 Foster Grandparent Program 51
 Retired and Senior Volunteer Program 51
 Senior Companion Program 51
Mills-Peninsula Medical Center 27
Mission Hospice and Home Care 27
Mobile Clinic 24
Mobile Support Team 32
Morris Center for Adult Survivors of Child Abuse (ASCA) 42
Multicultural Institute 9, 18

N

Nar-Anon 4
Narcotics Anonymous 4
National Alliance on Mental Illness (NAMI) 42
National Center for Equine Facilitated Therapy (NCEFT) 14
NCEFT 14
Network of Care 46
New Creation Home Ministries 31
Next Step Center 18
North Peninsula Food Pantry and 22, 23
No Strings Attached Breakfast 21
Notre Dame de Namur University 15
NOVA Workforce Development 18
Nursing and Hospice Services 27

O

Oak Tree Bereavement Center 42
Ombudsman of San Mateo County 29
One Brick 51
One East Palo Alto (OEPA) 18, 42
One Life Counseling Center 43
Opportunity Fund 19
Our Common Ground 6
 Adolescent Program 6
 Adult Program 6
Our Second Home Family Support Center 8

P

Pacifica Resource Center 2
Pacifica Senior Services 47
Palm Avenue Detoxification Program 5
Palo Alto Medical Foundation (PAMF) 9, 44
Parca 14
Parent Support Line 1, 9
Pathways Home Health, Hospice and Private Duty 27
PCRC 38
Peninsula Conflict Resolution Center (PCRC) 38
Peninsula Family Service 18, 43, 48
 Fair Oaks Adult Activity Center 48
 Financial Empowerment Services 19

Second Career Services 18
Ways to Work Vehicle Loan Program 19
Peninsula Family YMCA 12
Peninsula Humane Society and SPCA 6
Peninsula Jewish Community Center (PJCC) 11
Peninsula Traffic Congestion Relief Alliance 49
Peninsula Volunteers Little House 47
Peninsula Volunteers Rosener House 46
PFLAG 36
Phase2Careers 18
Physician and Dental Referral Services 28
Planned Parenthood 28
Prenatal to Three 28
Pride Initiative of San Mateo County 35
Private Colleges 15
Probation and Jails 38
Project 90 4
Project Read Programs 16
Project Sentinel 32
Project WeHOPE Shelter in East Palo Alto 30
Psychiatric Emergency Services 1
Public Assistance 20
Puente de la Costa Sur 2, 43
Pyramid Alternatives 5

R

Rally Family Visitation Services 43
Rape Trauma Services (RTS) 1, 43
Ravenswood Family Health Center 24
Rebuilding Together Peninsula 32
Recorder, San Mateo County 48
Recreation 45
RecycleWorks 45
Recycling & Conserving Resources 45
Red Cross 3, 9
RediCoast 49
Redi-Wheels and RediCoast 49
Redwood City Free Clinic 24
Redwood Family House 31
Rental Assistance 33
Resources for Parents and Families 8
Retired and Senior Volunteer Program 51
Ron Robinson Senior Care Center 25
Rosener House 46
RotaCare Clinics 24
 RotaCare Clinic at Seton Medical Center 24
 RotaCare Coastside Clinic 24

S

Safe Harbor Shelter 30
Sage LGBT Elder Hotline 35
Salvation Army 3, 22
Samaritan House 2, 18, 22, 23, 24
 Redwood City Free Clinic 24

San Mateo Free Clinic 24
 SamTrans 49
 San Bruno House 30
 San Bruno Senior Center 48
 San Bruno VA Outpatient Clinic 44, 50
 San Carlos Adult Community Center 48
 San Carlos Adult Day Services 46
 San Mateo Adult School 15
 San Mateo County Assessor 48
 San Mateo County Bar Association 37
 Lawyer Referral Service 37
 Private Defender Program 37
 San Mateo County Coroner 29
 San Mateo County Dental Society 28
 San Mateo County Department of Child Support Services 8
 San Mateo County Department of Housing 34
 Housing Authority 34
 San Mateo County Department of Housing Housing and
 Community Development 32
 San Mateo County District Attorney 38
 San Mateo County Fall Prevention Task Force 45
 San Mateo County Health Coverage Unit 29
 San Mateo County Health System 6, 9, 24, 28–29, 33, 37, 43, 46
 Aging and Adult Services 14
 Alzheimer Day Care Resource Center 46
 Behavioral Health and Recovery Services Access Team 5
 Edison Clinic 24
 Environmental Health Services 33
 Family Health Services 9
 Mental Health Access Team 43
 Mobile Clinic 24
 Partner Services 24
 Prenatal Advantage Black Infant Health Project 28
 Prenatal to Three 28
 Public Administrator 37
 STD Clinic 24
 Testing on Demand 24
 San Mateo County Human Resources Department 18
 San Mateo County Human Services Agency 7, 8, 14, 19, 50
 Children and Family Services 8
 Foster Care Eligibility 8
 Vocational Rehabilitation Services (VRS) 14
 San Mateo County Law Library 36
 San Mateo County Medical Association 28
 San Mateo County Office of Education 14, 16
 San Mateo County Probation Department 38
 San Mateo County Public Works Department 45
 San Mateo County Reads Programs 16
 San Mateo County Superior Court 7, 8, 36
 Family Court Services 7
 Family Law Facilitators 8
 San Mateo Free Clinic 24
 San Mateo Medical Center 1, 24, 27
 San Mateo Pro Life 29
 Second Harvest Food Bank 23

Second Harvest Food Bank Food Connection Hotline 21
 Self-Help for the Elderly 48
 Senior Centers 46
 Senior Coastsiders 47
 Senior Companion Program 51
 Senior Dining Centers 46
 Senior Focus 46, 50
 Senior Mobility Guide 46, 49
 Senior Services 45
 Senior Wing 47
 Sequoia Adult School 15
 Sequoia Hospital 27
 Sequoia Teen Wellness Center 25
 Sequoia Village 46
 Service Connect 3
 Service League, Hope House 5
 Service League: Hope House 31
 Service League of San Mateo County 3
 Seton Medical Center 27
 Seton Medical Center Coastside 27
 Shelter Bed Hotline 30
 Sheriff's Office 38
 Sitike Counseling Center 5
 Skyline College 15
 Social Security Administration 20
 Social Security Benefits 20
 Solidarity Fellowship 6
 Sonrisas Community Dental Clinic 26
 South San Francisco Adult School 15
 South San Francisco Clinic 25
 South San Francisco Senior Services Adult Day Program 46
 SPCA 6
 Spring Street Shelter 31
 Stanford Hospital and Clinics 27
 Stanford Hospital Health Library 26
 Stanford University Medical Center 27
 Lucile Packard Children's Hospital at Stanford 27
 Stanford Hospital and Clinics 27
 St. Anthony's Padua Dining Room 22
 StarVista 1, 5, 9, 11, 31, 43, 44
 Archway 5
 Child and Adolescent Hotline Prevention Program 43
 Children's Place Program 43
 Crisis Intervention and Suicide Prevention Center 1
 Crisis Services 44
 Healthy Homes 44
 Insights 5
 Your House South 1, 31, 44
 STD Clinic 24
 St. Francis Center 23
 Street Life Ministries 22
 St. Vincent de Paul Society 3, 22, 30
 Café St. Vincent 22
 Homeless Help Desks 30

Sutter Care at Home 27, 44

T

Tax Collector 48

Taxpayer Information & Official Records 48

Tax return preparation 49

Teen and Preteen Web Sites 9, 44

Tobacco Prevention Program 6

Transgender Adult Health Clinic 35

Transgender Care Clinic for Trans Youth 35

Transitional Housing 31

Trans Lifeline 35

Transportation 49

Trevor Project 24/7 Suicide Prevention 35

Twin Pines Senior and Community Center 47

U

UCSF Medical Center 27

UCSF School of Dentistry 26

Unemployment Benefits 19

United Indian Nations 19

University of California Cooperative Extension 12

University of the Pacific Dental Clinic 26

Unsafe, Unhealthy Housing Conditions 33

U.S. Department of Homeland Security 34

U.S. Department of Housing and Urban Development 32

US Veterans Affairs Department 50

V

Veterans Affairs Palo Alto Health Care System 5, 6, 27, 44
Mental Health Clinic 44

Peninsula Vet Center 44

Veterans Affairs San Francisco Health Care System 27, 44
San Bruno Outpatient Clinic 44

Veterans Memorial Senior Center 48

Victim Assistance 3

Victim Center 3

Victim Center Program 36

Vista Center 14

Vital Statistics 48

Vocational Rehabilitation Services (VRS) 14, 19

Voices of Recovery 5

Volunteer Center 51

Volunteer Match 51

Volunteer Placement Services 50

VRC- Next Step 32, 50

VRS 14

W

WIC 9, 22

Women, Infants and Children's Program 9, 22

Women's Jail 38

Y

YMCA of San Francisco 12, 44
 Pacifica Youth Service Bureau 44
 Peninsula Family YMCA 12
 Youth Service Bureau of San Mateo 44
 Youth Service Bureau of South San Francisco 44
YMCA of Silicon Valley 12
 East Palo Alto Family YMCA 12
 Sequoia Branch 12
Your House South 31
Youth Development and Mentoring 9
Youth Service Bureaus of YMCA 2, 12

NOTES