



# Community Information

# Handbook 2019

Find Community Services in San Mateo County



**COUNTY** OF **SAN MATEO**  
HUMAN SERVICES AGENCY



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HUMAN SERVICES AGENCY

Welcome to the 2019 Community Information Handbook. It is my pleasure to present this resource guide to the residents of San Mateo County. This handbook provides a hard copy for users, while a more in-depth listing of services are available at [www.smc-connect.org](http://www.smc-connect.org). In addition to the agencies in this handbook, you can find information on many additional nonprofit agencies, government programs and community organizations. The easy-to-use web browser works on various platforms: desktops, tablets, and smartphones, and is available in five different languages. I would encourage you to take a few minutes to try it out yourself.

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

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

Nicole Pollack  
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.*

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# EMERGENCY / CRISIS INTERVENTION

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

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

. . . . . 800-273-6222

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

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

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

## 24-HOUR EMERGENCY NUMBERS

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

. . . . . 800-675-8437

. . . . . (TTY) 711

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

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

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

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

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

. . . . . 595-7922

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

**Community Overcoming Relationship Abuse**

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

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

**Mills-Peninsula Health Services  
Chemical Dependency Center**

Crisis Line . . . . . 696-5915

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

StarVista . . . . . 579-0359

**Psychiatric Emergency Services**

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

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

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

. . . . . 692-7273

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](http://www.coastsidehope.org)  
99 Avenue Alhambra, El Granada 94018 Core Service Agency serving El Granada, Half Moon Bay, Miramar, Montara, Moss Beach.

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

[www.mypuente.org](http://www.mypuente.org)  
620 North St., Pescadero 94060  
Core Service Agency serving La Honda, Loma Mar, Pescadero and San Gregorio.

### *NORTH COUNTY:*

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

[www.dalycity.org/residents/community\\_service\\_center.htm](http://www.dalycity.org/residents/community_service_center.htm)  
[www.dcpartnership.org](http://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](http://www.pacresourcecenter.org)  
1809 Palmetto Ave., Pacifica 94044  
Core Service Agency serving Pacifica.

### *CENTRAL COUNTY:*

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

[www.samaritanhousesanmateo.org](http://www.samaritanhousesanmateo.org)  
4031 Pacific Blvd. (at 42nd Ave.) San Mateo 94403  
Core Service Agency serving Belmont, Burlingame, Foster City, Hillsborough, Millbrae, San Carlos and San Mateo.

### *SOUTH COUNTY:*

**Samaritan House South** . . . . . 294-4312

[www.samaritanhousesanmateo.org](http://www.samaritanhousesanmateo.org)  
1852 Bay Road, East Palo Alto 94303  
Core Service Agency serving East Palo Alto and Menlo Park.

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

[www.redwoodcity.org/parks/cc/fairoaks.html](http://www.redwoodcity.org/parks/cc/fairoaks.html)  
2600 Middlefield Rd., Redwood City 94063  
Core Service Agency serving Atherton, north Fair Oaks, Portola Valley, Redwood City, Redwood Shores and Woodside.



*FOR ASSISTANCE ANYWHERE IN THE COUNTY:*

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

**DISASTER RELIEF**

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

**INMATE AND POST-RELEASE SUPPORT**

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

**VICTIM ASSISTANCE**

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

*For Emergency Shelter see Homeless Services*

*For Hospitals see Health*

**ANIMAL SERVICES**

- Peninsula Humane Society and SPCA** ..... 340-8200  
[www.phs-sPCA.org](http://www.phs-sPCA.org)  
 Adoptions, Education, Wildlife, Administration  
 1450 Rollins Rd., Burlingame 94010  
 Lost/Found, Animal Intake, Spay/Neuter, Animal Control  
 12 Airport Blvd., San Mateo 94401  
 Educates the public about animal care and protection, offers classes in dog obedience, provides a lost-and-found service for dogs and cats and a low-cost spay/neutering service.
- San Mateo County Animal Licensing**  
 Pet Data, Inc. .... 866-925-5906  
 Licenses can be purchased locally at:  
 225-37th Avenue, Room 11 San Mateo 94403  
 1450 Rollins Rd. Burlingame 94010  
 12 Airport Blvd. San Mateo 94401

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

## **CHILDREN, TEENS, YOUTH & FAMILIES**

### **ADOPTION**

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

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

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

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

### **CHILD CARE REFERRALS AND HEAD START PROGRAMS**

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

**Institute for Human and Social Development (IHSD)**  
[www.ihsdinc.org](http://www.ihsdinc.org)  
155 Bovet Road, Suite 300, San Mateo 94402  
Early Head Start . . . . . 368-1728 x5  
Head Start . . . . . 578-3440  
Offers a child and family development program for low-income families to serve children from 0-5 years of age and pregnant mothers.

**Peninsula Family Connections**  
[www.familyconnections.org](http://www.familyconnections.org)  
P.O. Box 358, San Carlos, CA 94070  
Our parent participation preschools provide enriching early learning experiences for birth-to-five year olds.

**Peninsula Family Service** . . . . . 403-4300 x4775  
Offers early head start and center based services throughout San Mateo County for infant, toddler, pre-school, and school age children.

## CHILD SUPPORT

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

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

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

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

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

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

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

#### **Family Law Facilitators**

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

1050 Mission Rd., South San Francisco 94080

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

## CHILD / YOUTH ABUSE PREVENTION AND REPORTING

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

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

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

1 Davis Dr., Belmont 94002

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

#### **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](http://www.rapetraumaservices.org)

## FOSTER CARE

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

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

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

1 Davis Dr., Belmont 94002

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

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

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

Foster and adoptive parent licensing for San Mateo County.

## RESOURCES FOR PARENTS AND FAMILIES

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

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

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

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

[www.dcpartnership.org](http://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

Comprehensive support and services for relative caregivers to help children remain with family members and in the community, instead of “stranger” care and/or out-of-home placement.

**Multicultural Institute** . . . . . 339-2794  
Academic success mentorship program for third to fifth graders.

**Parent Support Line (StarVista)** . . . . . 888-220-7575  
. . . . . 579-0359

**San Mateo County Health –**

**Family Health Services** . . . . . 573-2501  
www.smchealth.org/division-family-health-services  
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**

### **Drop-in Centers: North and South**

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** . . . . . (415) 725-0173  
931 San Bruno Avenue, Ste 1, San Bruno 94066  
(front entrance at Ste 2)

**Drop in Center: South** . . . . . (415) 680-0944  
604 Price Avenue, Suite A, Redwood City 94603

## **BOYS AND GIRLS CLUBS**

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

### **COASTSIDE:**

**Boys and Girls Club - Coastside** . . . . . 712-9710  
Middle School Club - Cunha Campus  
[www.bgc-coastside.org](http://www.bgc-coastside.org)  
600 Church St., Half Moon Bay 94019

### **NORTH COUNTY:**

**DeLue Boys and Girls Club** . . . . . 347-9891  
[www.midpenbgc.org](http://www.midpenbgc.org)  
450 Martin St., Daly City 94014

**Ingrid B. Lacy Middle School Club** . . . . . 359-6118  
[www.theclubs.org](http://www.theclubs.org)  
1427 Palmetto Ave., Pacifica 94044

**Pacifica Club** . . . . . 355-1334  
[www.theclubs.org](http://www.theclubs.org)  
955 Yosemite Dr., Pacifica 94044

**Paradise Valley Club** . . . . . 583-2348  
[www.theclubs.org](http://www.theclubs.org)  
291 Hillside Blvd., South San Francisco 94080

**South San Francisco Club** . . . . . 589-7090  
[www.theclubs.org](http://www.theclubs.org)  
201 W. Orange Ave., South San Francisco 94080

**Sunshine Gardens Elementary Club** . . . . . 580-1864  
[www.theclubs.org](http://www.theclubs.org)  
1200 Miller Ave., South San Francisco 94080

### **CENTRAL COUNTY:**

**San Mateo Club** . . . . . 347-9891  
[www.midpenbgc.org](http://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](http://www.bgcp.org)  
Belle Haven Community School . . . . . 561-3135  
415 Ivy Dr., Menlo Park 94025  
James Flood Magnet School . . . . . 847-1600  
2037 Pulgas Avenue, East Palo Alto 94303  
Hoover Community School . . . . . 482-5925 x313  
701 Charter St., Redwood City 94063  
Taft Community School . . . . . 556-1651 x10  
903 - 10th Ave., Redwood City 94063

- Boys and Girls Club - Peninsula** . . . . .646-6070 x9510  
 McNeil Family Clubhouse . . . . . www.bgcp.org  
 401 Pierce Rd., Menlo Park 94025
- Boys and Girls Club - Peninsula** . . . . . 587-9370  
 Mervin G. Morris Branch . . . . . www.bgcp.org  
 1109 Hilton St., Redwood City 94063
- Boys and Girls Club - Peninsula** . . . . . 646-6090  
 Moldaw-Zaffaroni Clubhouse . . . . . www.bgcp.org  
 2031 Pulgas Ave., East Palo Alto 94303
- Boy Scouts of America** . . . . .341-5633  
 www.pacsky.org  
 1150 Chess Dr., Foster City 94404  
 For boys age 7-17, girls age 14-20.
- Boys Hope Girls Hope** . . . . . 415-657-9302  
 www.bhghsf.org  
 A residential program providing academically capable children in need with a stable home, growth opportunities, positive parenting, and a solid education. Also offers a community-based program for girls.
- Coastside Children's Programs (CCP)** . . . . . 726-7413  
 www.coastsidechildren.org  
 494 Miramontes Ave., Half Moon Bay 94019  
 Administers child care and learning centers that provide educational, recreational and skill-building activities through before- and after-school programs, and full-time summer activities. Also has a preschool.
- Explorers' Program** . . . . . 363-4012  
 Search-and-rescue or law enforcement training programs for youth age 14-20. Sponsored by the San Mateo County Sheriff's Office and Learning for Life.
- Fresh Lifelines for Youth (FLY)** . . . . . 408-263-2630  
 www.flyprogram.org  
 568 Valley Way, Milpitas 95035  
 Prevents juvenile crime and incarceration through legal education, mentoring and leadership training.
- Friends for Youth** . . . . . 368-4444  
 www.friendsforyouth.org  
 1741 Broadway, 1st Fl., Redwood City 94063  
 Matches troubled teens age 10-17 with adult volunteers recruited from the community for the purpose of forming one-to-one relationships.
- Girl Scouts** . . . . . 800-447-4475  
 www.girlscoutsnorcal.org . . . . . 408-287-4170  
 1310 S. Bascom Avenue, San Jose 95128  
 For girls age 5-17.
- Junior Statesmen Foundation** . . . . . 800-334-5353  
 www.jsa.org . . . . . 347-1600  
 800 S. Claremont St., #202, San Mateo 94402  
 Nonpartisan political education program teaching young people about government, politics and the responsibilities of citizenship.
- Peninsula Jewish Community Center (PJCC)** . . . . 212-PJCC  
 www.pjcc.org . . . . . (212-7522)  
 800 Foster City Blvd., Foster City 94404  
 Recreational, social, cultural and educational activities for

all ages, faiths and backgrounds.

**StarVista Youth Development Initiative (YDI)** .401-8617 x20  
www.bethedifference.org/smcyc  
800 South Claremont St., Suite 108 San Mateo, 94402  
Promotes, champions and sustains the youth asset development model in San Mateo County

**University of California Cooperative Extension**  
www.ca4h.org . . . . . 726-9059  
80 Stone Pine Rd., #100, Half Moon Bay 94019  
Sponsors 4-H Clubs.

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

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

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

## DISABILITY SERVICES

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

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

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

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

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

**California Children's Services** . . . . . 650-616-2500  
801 Gateway Blvd., Ste 100, South San Francisco 94080  
A tax supported statewide program that helps children

and young adults up 21 years old who have certain 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 disabilities to live more independent lives.

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

www.cidsanmateo.org . . . . . 645-1780  
. . . . . (TTY) 522-9313  
2001 Winward Way, Suite 103, San Mateo, CA 94404  
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 intervention 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 arranging 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](http://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](http://www.hearingspeech.org) . . . . . (TTY) 415-921-8990  
 1234 Divisadero St., San Francisco 94115  
 Information/services on hearing, hearing loss, hearing conservation, deafness. Loan of hearing aids.
- Hearing Loss Association of America** . . . . . 593-6760  
[www.hearinglossca.org/chapters/peninsula-chapter](http://www.hearinglossca.org/chapters/peninsula-chapter)  
 Educational and emotional support group for hearing-impaired persons.
- HOPE Services** . . . . . 408-284-2850  
[www.hopeservices.org](http://www.hopeservices.org)  
 30 Las Colinas Ln., San Jose 95119  
 Provides a variety of services for persons with developmental disabilities.
- Kainos Home and Training Center** . . . . . 363-2423  
[www.kainosusa.org](http://www.kainosusa.org)  
 3631 Jefferson Ave., Redwood City 94062  
 Maintains licensed residential homes and a work training program for developmentally disabled adults.
- National Center for Equine Facilitated Therapy (NCEFT)**  
[www.nceft.org](http://www.nceft.org) . . . . . 851-2271  
 880 Runnymede Rd., Woodside 94062  
 Uses the movement of the horse to provide physical and occupational therapy for children and adults affected by neuromuscular disorders.
- Parca** . . . . . 312-0730  
[www.parca.org](http://www.parca.org)  
 800 Airport Blvd., #320, Burlingame 94010  
 Serves as an advocate to persons with developmental disabilities and provides various recreational, social and support activities, residential facilities.
- San Mateo County Health – Aging and Adult Services** . . . . . 800-675-TIES  
[www.smchealth.org/aas](http://www.smchealth.org/aas) . . . . . 800-675-8437  
 . . . . . (TTY) 711  
 225 - 37th Ave., San Mateo 94403  
 Provides a continuum of services for frail, older adults or adults with chronically disabling illnesses.
- San Mateo County Human Services Agency Vocational Rehabilitation Services (VRS)**  
[www.smchsavrs.org](http://www.smchsavrs.org) . . . . . 802-6482  
 550 Quarry Rd., San Carlos 94070  
 Provides job training, placement or employment for any employable county resident collecting General Assistance or undergoing psychiatric treatment.
- San Mateo County Office of Education**  
 Special Education Services . . . . . 802-5460  
[www.smcoe.k12.ca.us](http://www.smcoe.k12.ca.us) . . . . . (TTY) 802-5480  
 101 Twin Dolphin Dr., Redwood City 94065  
 Determines questions of compliance involving special education issues.

**Vista Center** ..... 858-0202  
www.vistacenter.org  
2470 El Camino Real, #107, Palo Alto 94306  
Social services, training in daily living skills, mobility training, support groups, computer classes, a low-vision clinic, store, youth group and Braille classes for the visually impaired. Also provides volunteers to assist clients.

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

*See also Children, Teens, Youth and Families*

## EDUCATION

### ADULT SCHOOLS

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

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

**Adult Education Division** ..... 550-7890  
www.jeffersonadulted.net  
699 Serramonte Blvd., #111, Daly City 94015

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

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

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

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

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

**Adult Education Program** ..... 877-8844  
www.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  
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](http://www.jobcorps.gov) . . . . . (800-733-5627)  
 Career development, job training and placement at various sites nationwide. High school diploma / GED classes. For age 16-24.
- Jobs for Youth** . . . . . 301-8492  
[hsa.smcgov.org/jobs-youth](http://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](http://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](http://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.onepa.org](http://www.onepa.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](http://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](http://www.novaworks.org)  
 Offers comprehensive employment services for job seekers, youth and employers.
- Phase2Careers** . . . . . [www.phase2careers.org](http://www.phase2careers.org)  
 Assist older adults in the Bay Area find new career opportunities through job search and career development workshops; employment roundtables; job search panels; networking and recruitment events; and special presentations.
- Samaritan House Worker Resource Center**  
[www.samaritanhousesanmateo.org](http://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/](http://www.calfresh.ca.gov/) or see HSA offices below.

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

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

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

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

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

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

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

1487 Huntington Ave. So. San Francisco 94080

. . . . . 877-5608

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

400 Harbor Blvd., Building B., Belmont 94002

. . . . . 802-6470

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

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

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

*See also Health Insurance*

## SOCIAL SECURITY BENEFITS

### **Social Security Administration**

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

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

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

355 Gellert Blvd., #201, Daly City 94015

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

The federal Social Security Administration provides continuing income to workers and their families after retirement, disability or death; offers Medicare for people 65 or

over and some people under 65 who are disabled; offers Supplemental Security Income (SSI) to those in financial need who are 65 or over, or those who are blind or disabled; and issues Social Security and Medicare cards.

*For Unemployment Benefits see Employment and Training*

## OTHER SERVICES

### **Breast Cancer Emergency Fund**

[www.bcef-sf.org](http://www.bcef-sf.org) . . . . . 415-558-6999 x8

12 Grace St., #300, San Francisco 94103

Provides emergency financial assistance to low-income men and women in San Francisco, San Mateo and Santa Clara counties in treatment for breast cancer.

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

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

771 Euclid Ave., Berkeley 94708. . . . . 510-559-8638

Connects people with low-cost financial services. Users load their own money onto a CFR prepaid debit card or set up free direct deposit.

## FOOD PROGRAMS

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

Provides a debit card for eligible low-income households. CalFresh benefits can be used to buy food at all major grocery stores, many neighborhood stores and participating farmers markets. Apply in-person through Human Services Agency regional offices listed on page 20 or on-line at [www.calfresh.ca.gov/](http://www.calfresh.ca.gov/)

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

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

[www.shfb.org/getfood](http://www.shfb.org/getfood)

Provides multi-lingual referrals to free food pantries/groceries and soup kitchens. Provides CalFresh application assistance by phone or at community locations throughout the County. Mon.-Fri., 8 am–5 pm.

## CONGREGATE MEAL SITES

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

1852 Bay Rd., East Palo Alto 94303

Free meal Tue.-Thur., 5-6 pm.

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

555 West San Bruno Ave., San Bruno 94066

Breakfast Tue.-Fri., 7-9 am.

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

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

At St. Francis of Assisi Church

1425 Bay Rd., East Palo Alto 94303

Provides meals Monday, Wed. thru Friday. 10 am–noon and 2:30–4:30 pm

### **LifeMoves Opportunities Services Center**

[www.LifeMoves.org](http://www.LifeMoves.org) . . . . . 853-8672

33 Encina Way, Palo Alto 94301

Serves light breakfast and lunch, Mon.-Fri., 8 am-4 pm.

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

[www.seniorcoastsiders.org](http://www.seniorcoastsiders.org) . . . . . 726-9056



925 Main St., Half Moon Bay, CA 94019  
Breakfast every Saturday

**North Peninsula Food Pantry and Dining Center of Daly City** ..... 994-5150  
www.fooddc.org  
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  
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 – Drop In Food Pantry** ..... 342-CALL  
www.callprimrose.org ..... 342-2255  
139 Primrose Rd., Burlingame 94010  
Open Mon.–Fri., 9 am–2:45 pm

**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](http://www.gracecovssf.org)  
740 Del Monte Ave., South San Francisco 94080  
Distributes bags of food to those in need twice a month  
and hosts a monthly luncheon for seniors.

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

[www.LifeMoves.org](http://www.LifeMoves.org)  
All Saints Church, 425 Hamilton Ave., Palo Alto 94301  
Offers canned goods, fresh produce, dairy products and  
bread to low-income residents of Palo Alto, East Palo  
Alto, and Menlo Park. Mon.–Fri., 10 am–2:30 pm.

**North Peninsula Food Pantry and  
Dining Center of Daly City** . . . . . 994-5150

31 Bepler St., Daly City 94014. . . . . [www.fooddc.org](http://www.fooddc.org)  
Distributes food boxes throughout the northern  
peninsula.

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

[www.samaritanhousesanmateo.org](http://www.samaritanhousesanmateo.org)  
4031 Pacific Blvd., San Mateo 94403  
Provides access to onsite emergency food pantry. Mon.–  
Fri., 9 am–12 noon and 1–4 pm.  
Dining Room Mon.–Fri. 4:30–6 pm; Mobile Meals Mon.–  
Fri. 1–5 pm

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

[www.shfb.org](http://www.shfb.org) . . . . . 800-984-3663  
1051 Bing St., San Carlos 94070

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

[www.stfrancisrwc.org](http://www.stfrancisrwc.org)  
151 Buckingham Ave., Redwood City 94063  
Provides up to five days of food for needy families in  
Redwood City or Menlo Park.

## MEALS ON WHEELS

Will deliver a hot meal to the home of persons age 60 or over  
or homebound who are unable to prepare their own meals.  
For information about the program and financial contribu-  
tions, or to order Meals on Wheels, call:

Daly City to East Palo Alto . . . . . 323-2022  
Coastside . . . . . 726-9056  
Pacifica . . . . . 738-7350

*See also Homeless Services*

*For Senior Dining Centers see Senior Services*

## HEALTH

### HEALTH AND DENTAL CLINICS

**Arbor Free Clinic**

[arbor.stanford.edu](http://arbor.stanford.edu)  
795 Willow Rd., Menlo Park 94025  
Sundays . . . . . 493-5000 x22222  
Weekdays . . . . . 724-1332  
Free medical care for low-income and homeless persons

every Sun., 10 am–2 pm. First come, first served until capacity is reached. Specialty clinics available.

**Bay Area Addiction Research and Treatment (BAART)**

Methadone Clinic . . . . . 324-1470  
www.baartprograms.com  
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/dentalt  
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 Center** . . . . 515-6885

380 90th Street, Daly City 94015  
Mon., 5:30–7:30 pm. Closed for holidays. Urgent care clinic only. First come, first-served basis.

**RotaCare Coastside Clinic** . . . . . 573-3774

225 S. Cabrillo Hwy., #100-A, Half Moon Bay 94019  
Wed., 5–7 pm. Offers basic medical care and medications to adults without health insurance.

**Samaritan House**

www.samaritanhousesanmateo.org

**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**

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/hivstds  
222 W. 39th Ave. (inside Edison Clinic) San Mateo  
Drop-in clinic for STD screening and treatment. All languages. Tuesday (testing only) and Thursday (doctor available), 4–7 pm.

**Testing on Demand** . . . . . 619-9125

Mobile Testing Van meets clients for rapid HIV and

STD testing and needle exchange.

## **San Mateo Medical Center**

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

222 W. 39th Avenue, San Mateo 94403

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

**Emergency Services (Medical)** . . . . . 573-2564

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

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

Mon–Fri: 8 am–5 pm, Sat: 8 am–2 pm.

Comprehensive adult primary care

[www.smchealth.org/location/innovative-care-clinic](http://www.smchealth.org/location/innovative-care-clinic)

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

Mon & Fri: 8 am–5 pm, Tue–Thu: 8 am–8 pm, Sat: 8 am–2 pm.

**OB-GYN Clinic** . . . . . 573-3702

Mon–Fri: 8 am–5 pm. Wed & Thu evening hrs: 5–8 pm

[www.smchealth.org/location/obgyn-clinic](http://www.smchealth.org/location/obgyn-clinic)

**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

[www.smchealth.org/location/surgical-specialty-clinic](http://www.smchealth.org/location/surgical-specialty-clinic)

Mon–Fri: 8 am–4:30 pm. Hours may vary depending on specialty. All patients must have a referral from their primary care doctor.

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

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

Mon–Wed: 8 am–5 pm. Thu: 8 am–8 pm, Fri: 8 am–5 pm, Sat: 8 am–4 pm. Appointments available at

Puente location on Thursday 5–8 pm.

**Daly City Health Center** . . . . . 301-8600

[www.smchealth.org/location/daly-city-health-center](http://www.smchealth.org/location/daly-city-health-center)

380 - 90th St., Daly City 94015

Mon–Fri: 8 am–5 pm. Extended pediatric hours on

Mon: 5–9 pm

**Daly City Youth Health Center** . . . . . 877-5700

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

350 90th St., 3rd Floor, Daly City, CA 94015

Mon–Fri: 9 am–5:30 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. Pediatrics only Sat: 8 am–5 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](http://www.co.sanmateo.ca.us/sequoiaTWC)

200 James Ave., Redwood City 94063

Mon – Fri: 8:30 am–4:30 pm.

Closed daily 12 noon–1 pm.

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

**South San Francisco Clinic** . . . . . 877-7070

306 Spruce Ave., South San Francisco 94080

Adults: Mon – Fri: 8 am– 5 p.m.

Pediatrics: Mon & Thurs: 8 am– 8:30 pm. Tue, Wed & Fri: 8 am–5 pm. Closed daily 12 noon–1 pm.

Adult and pediatric primary care, OB-GYN services

**Sonrisas Community Dental Clinic** . . . . . 726-2144

[www.sonrisasdental.org](http://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](http://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](http://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](http://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/](http://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](http://healthlibrary.stanford.edu) . . . . . 725-8400

Hoover Pavilion 211 Quarry Rd., S.201, Palo Alto 94304

Maintains current information on health issues ranging from individual exercise programs to complex medical conditions.

## HOSPITALS AND MEDICAL CENTERS

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

**Kaiser Permanente Medical Center**

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

1200 El Camino Real . . . . . 742-2000

South San Francisco 94080 . . . . . (TTY) 916-784-5987

1000 Franklin Pkwy. . . . . 358-7000

San Mateo 94403 . . . . . (TTY) 711

1150 Veterans Blvd . . . . . 299-2000

Redwood City 94063 . . . . . (TTY) 299-2207

## **Mills-Peninsula Health Services**

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

**Mills Health Center** . . . . . 696-5400

100 S. San Mateo Dr., San Mateo 94401

An outpatient facility.

**Mills-Peninsula Medical Center** . . . . . 696-5400

1501 Trousdale Dr., Burlingame 94010

An acute care facility.

**San Mateo Medical Center** . . . . . 573-2222

[www.sanmateomedicalcenter.org](http://www.sanmateomedicalcenter.org) . . . . . (TTY) 573-3753

222 W. 39th Ave., San Mateo 94403

**Sequoia Hospital** . . . . . 369-5811

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

170 Alameda de las Pulgas, Redwood City 94062

**Seton Medical Center** . . . . . 992-4000

[www.setonmedicalcenter.org](http://www.setonmedicalcenter.org) . . . . . (TTY) 997-7949

1900 Sullivan Ave., Daly City 94015

**Seton Medical Center Coastside** . . . . . 563-7100

[www.setonmedicalcentercoastside.org](http://www.setonmedicalcentercoastside.org) . . (TTY) 728-7081

600 Marine Blvd., Moss Beach 94038

## **Stanford University Medical Center**

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

### **Lucile Packard Children's Hospital at Stanford**

. . . . . 497-8000

[www.lpch.org](http://www.lpch.org) . . . . . (TTY) 326-4976

725 Welch Rd., Palo Alto 94304

### **Stanford Hospital and Clinics**

300 Pasteur Dr., Stanford 94305. . . . . 723-4000

. . . . . (TTY) 725-5888

**UCSF Medical Center** . . . . . 415-476-1000

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

505 Parnassus Ave., San Francisco 94143

## **Veterans Affairs Palo Alto Health Care System**

[www.paloalto.va.gov](http://www.paloalto.va.gov) . . . . . 493-5000

3801 Miranda Ave., Palo Alto 94304

## **Veterans Affairs San Francisco Health Care System**

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

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

1001 Sneath Ln., #300, San Bruno 94066

## **NURSING AND HOSPICE SERVICES**

### **Mission Hospice and Home Care**

[www.missionhospice.org](http://www.missionhospice.org) . . . . . 554-1000

1670 S. Amphlett Blvd., #300, San Mateo 94402

Offers special medical and emotional care for the patient

and family when there is a life-threatening illness.

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

[www.pathwayshealth.org](http://www.pathwayshealth.org) . . . . . 888-755-7855

. . . . . 888-600-2273

585 N. Mary Ave., Sunnyvale 94085

**Sutter Care at Home** . . . . . 685-2800

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

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 – Family Health Services**

www.smchealth.org/division-family-health-services  
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](http://www.sanmateoprolife.com)

P.O. Box 6273, San Mateo 94403

Can assist women with problem pregnancies who do not want an abortion and women who have had abortions and are seeking a support group.

## **OTHER SERVICES**

### **Bay Area Caregiver Resource Center**

Family Caregiver Alliance . . . . . 800-445-8106

[www.caregiver.org](http://www.caregiver.org) . . . . . 415-434-3388

785 Market St., #750, San Francisco 94103

Offers a comprehensive range of services for family, partners, friends and others concerned with or caring for a brain impaired adult.

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

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

711 Nevada St., Redwood City 94061

Advocates on behalf of long-term care facility residents.

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

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

50 Tower Rd., San Mateo 94402

Investigates certain types of deaths. Accepts and considers requests for cremations for people without funds.

## **HEALTH INSURANCE**

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

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

Offers a toll-free number to report Medi-Cal changes, ask questions about health coverage and other services.

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

[www.aim.ca.gov](http://www.aim.ca.gov) . . . . . 800-433-2611

Low-cost health coverage for mid-income pregnant women and their newborns.

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

[hpsm.org](http://hpsm.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](http://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](http://www.coveredca.com)

**HICAP, the Medicare Counseling Program** . . . . . 627-9350

1710 South Amphlett Blvd., #100, San Mateo 94402

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



and prescription drug plans.

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

*See also Financial Assistance*

## HOMELESS SERVICES

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

### EMERGENCY ASSISTANCE

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

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

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

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

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

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

### EMERGENCY SHELTER

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

#### *FOR ADULTS WITH CHILDREN*

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

**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

#### *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

**Project WeHOPE Shelter in East Palo Alto**  
www.projectwehope.org ..... 330-8000  
1854 Bay Road, East Palo Alto, CA 94303

**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](http://www.corasupport.org)

*FOR MENTALLY DISABLED ADULTS*

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

[www.mhasmc.org/prog/springshelter.shtml](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** . . . . . 321-3109

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

422 Hibiscus Ct., East Palo Alto 94303

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

**StarVista**

Your House South . . . . . 367-9687

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

Temporary housing and counseling for youth age 10-17.

**TRANSITIONAL HOUSING**

*FOR ADULTS WITH OR WITHOUT CHILDREN*

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

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

**Family Crossroads**, Daly City

**Haven Family House**, Menlo Park

**Maple Street Shelter**, Redwood City

**Redwood Family House**, Redwood City

**Service League: Hope House** . . . . . 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](http://www.star-vista.org)

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

*FOR VETERANS*

**Homeless Veterans Rehabilitation Program**

795 Willow Rd., Bldg. 347-B . . . . . 800-848-7254

Menlo Park 94025 . . . . . 617-2751

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

**VRC- Next Step** . . . . . 650-566-0240  
795 Willow Rd., Bldg. 348, Menlo Park 94025  
VRC assist veterans with employment development through a HUD grant and ending homelessness through Supportive Services for Veteran Family's Grant.

## OTHER SERVICES

**Mateo Lodge, Inc. Mobile Support Team** . . . . .368-3178  
Locates mentally ill homeless people and assists them with referrals for food, lodging, clothing and mental health services. In the home, offers mediation when a family member is in danger of becoming homeless.

*See also Food Programs*

*See also Housing*

## HOUSING

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

## DISCRIMINATION

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

**California State Department of Fair Employment and Housing** . . . . . 800-884-1684  
[www.dfeh.ca.gov](http://www.dfeh.ca.gov) . . . . .(TTY) 800-700-2320  
Investigates, mediates and litigates charges of housing discrimination.

**Project Sentinel** . . . . .321-6291  
[www.housing.org](http://www.housing.org)  
1615 Hudson Street, Suite A, Redwood City, CA 94061  
The Fair Housing Center provides community education, complaint counseling, investigation and legal assistance to victims of housing discrimination.

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

## LOW-COST REHABILITATION SERVICES

**Rebuilding Together Peninsula** . . . . . 366-6597  
[www.rebuildingtogetherpeninsula.org](http://www.rebuildingtogetherpeninsula.org)  
841 Kaynyne Street, Redwood City 94063  
Home renovation and repair to income-qualified homeowners, including seniors, people with disabilities and families, and to nonprofit, community buildings.

**San Mateo County Department of Housing and Community Development**  
[www.smchousing.org](http://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

**Housing Industry Foundation** . . . . . 437-2980

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

Offers housing/rent/deposit/utility assistance

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

[www.mhasmc.org](http://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 – Environmental Health Services**

[www.smchealth.org](http://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](http://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](http://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.

**San Mateo County Pride Initiative**

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.

**San Mateo County Pride Center** . . . . . 591-0133  
sanmateopride.org/  
1021 S El Camino Real, San Mateo 94402

**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.

**Rape Trauma Services (RTS)** . . . . . 650-652-0598  
For Sexual assault survivors and their families. Available in English and Spanish. Mon.-Fri. 9 am–5 pm

## **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](http://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](http://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](http://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](http://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](http://www.smcba.org)  
**Lawyer Referral Service** ..... 369-4149 x3  
333 Bradford St., #200, Redwood City 94063  
Refers callers to local attorneys, handles writing of simple wills for low-income senior citizens.

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



juvenile court and persons subject to mental commitment proceedings.

**San Mateo County Health Public Administrator . . .573-3475**

[www.smchealth.org/PublicAdministrator](http://www.smchealth.org/PublicAdministrator)

225 - 37th Ave., San Mateo 94403

Investigates and administers the estates of persons who die with no will.

*See also Employment and Training*

*See also Housing*

*See also Immigration Services*

## MEDIATION SERVICES

### **Appropriate (Alternative) Dispute Resolution**

**(ADR) . . . . .261-5075 or 261-5076**

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

As an alternative to traditional court litigation, provides appropriate dispute resolution (ADR) options (arbitration, mediation and neutral evaluation) to assist parties in resolving disputes.

Family Law ADR . . . . .261-5076

General Civil ADR . . . . . 261-5075, 261-5076

Judicial Arbitration . . . . .261-5076

Juvenile Mediation Program . . . . .261-5076

### **Peninsula Conflict Resolution Center (PCRC) . . . . 513-0330**

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

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

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

## PROBATION AND JAILS

### **San Mateo County Probation Department**

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

**Adult Probation . . . . .363-4244**

400 County Center, 5th Fl., Redwood City 94063

**Juvenile Services . . . . .312-8816**

222 Paul Scannell Dr., San Mateo 94402

Investigates delinquent behavior on the order of the court and recommends dispensation.

**Sheriff's Office . . . . .363-4911**

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

300 Bradford Street, Redwood City 94063

Men's Jail

(Maguire Correctional Facility) . . . . .363-4000 x6071

Women's Jail . . . . .363-4310

## SAN MATEO COUNTY DISTRICT ATTORNEY

**District Attorney . . . . .363-4636**

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

400 County Center, 3rd Fl., Redwood City 94063

Responsible for criminal prosecution in the Superior and Municipal Courts.

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

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

# LIBRARY SERVICES

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

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

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

## *CITY LIBRARIES:*

### **Burlingame**

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

### **Daly City**

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

### **Menlo Park**

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

### **Redwood City**

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

### **San Bruno**

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

### **San Mateo**

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

### **South San Francisco**

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

*COMMUNITY COLLEGE DISTRICT LIBRARIES:*

**Cañada College**

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

**College of San Mateo**

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

**Skyline College**

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

*COUNTY LIBRARIES:*

**San Mateo County Library Administration** . . . [www.smcl.org/](http://www.smcl.org/)

125 Lessingia Ct., San Mateo 94402 . . . . . 312-5258

**Atherton**

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

**Belmont**

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

**Bookmobile**

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

**Brisbane**

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

**East Palo Alto**

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

**Foster City**

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

**Half Moon Bay**

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

**Millbrae**

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

**Pacifica**

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

**Portola Valley**

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

**San Carlos**

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

**Woodside**

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

*For Health Libraries see Health*

*For Law Library see Legal and Mediation Services*

**MENTAL HEALTH / COUNSELING**

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

Adolescent Substance Abuse Treatment Program

[www.acs-teens.org](http://www.acs-teens.org)

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

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

**Anger Management and Domestic Abuse Therapy**

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

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

430 Peninsula Ave., #7, San Mateo 94401

151 87th St., #11 Daly City 94015

Offers court-ordered and self-referred counseling programs including domestic violence counseling, anger management, and parenting and child abuse education in English and Spanish.

**BHRS Office of Consumer & Family Affairs** . 800-388-5189  
[www.smchealth.org/support-clients-family](http://www.smchealth.org/support-clients-family)  
Provides assistance for clients navigating the BHRS system and assists with problem resolution regarding services.

**Caminar** . . . . . 578-8691  
[www.caminar.org](http://www.caminar.org)  
2600 S. El Camino Real, San Mateo  
A community-based psychosocial rehabilitation service for persons with serious and persistent psychiatric disabilities.

**Catholic Charities CYO** . . . . . 295-2160 x185  
[www.cccyo.org](http://www.cccyo.org)  
36 - 37th Ave., San Mateo 94403  
Offers individual, group, family and marital counseling and education to all persons, regardless of religion.

**Christian Counseling Centers, Inc.** . . . . . 570-7273  
[www.christiancounseling.net](http://www.christiancounseling.net)  
1510 Fashion Island Blvd., #110, San Mateo 94404  
Offers individual psychotherapy for children, adolescents and adults, as well as couples and family therapy, regardless of religion.

**Community Overcoming Relationship Abuse (CORA)** . . . . . 800-300-1080  
[www.corasupport.org](http://www.corasupport.org) . . . . . 312-8515

**Family Assertive Support Team (FAST)**. . . . . 368-3178  
FAST Team is an in-home outreach service that offers assessment, consultation, and support services to adults (age 18+) experiencing a severe mental health problem and their designated family members. (9am-9pm Spanish and Mandarin language capacity)

**Family and Children Services** . . . . . 326-6576  
[www.fcservices.org](http://www.fcservices.org)  
375 Cambridge Ave., Palo Alto 94306  
Offers counseling and support services to families and children, including specialized services for targeted populations.

**Family Resource Centers** . . . . . 802-7684  
[hsa.smcgov.org/family-resource-centers](http://hsa.smcgov.org/family-resource-centers)  
Provides counseling, support and education services for youth and adults, home visiting, parent involvement in leadership, financial assistance and case management at specific school locations with Spanish speaking staff.

**Heart and Soul** . . . . . 650-232-7426  
210 Industrial Road, Ste 205, San Carlos, CA 94070  
With five locations throughout San Mateo County they offer a variety of recovery oriented and mental wellness support classes.

**Jewish Family and Children's Services**  
[www.jfcs.org](http://www.jfcs.org)  
[www.parentsplaceonline.org](http://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](http://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](http://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](http://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](http://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](mailto:info@ascasupport.org)  
[www.ascasupport.org](http://www.ascasupport.org)  
 P.O. Box 281535, San Francisco 94128

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

[www.namisanmateo.org](http://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](http://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](http://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 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 BHRS Central County Mental Health Clinic** . . . . . 800-686-0101  
1950 Alameda de las Pulgas, San Mateo 94403  
Provides information, assessment, consultation and referrals for mental health and substance use services.

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

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

**Veterans Affairs Palo Alto Health Care System**

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

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

3801 Miranda Ave., Palo Alto, 94304

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

2946 Broadway St., Redwood City 94062

**Veterans Affairs San Francisco Health Care System**

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

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

1001 Sneath Lane, #300, San Bruno 94066

Outpatient mental health services for veterans.

**YMCA of San Francisco**

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

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

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

435 Edgemar Ave., Pacifica 94044

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

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

**Youth Service Bureau of South San Francisco**

. . . . . 276-4101

1486 Huntington Ave. #100, So. San Francisco 94080

**TEEN AND PRETEEN WEB SITES**

**Palo Alto Medical Foundation (PAMF)**

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

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

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

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

**StarVista**

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

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

See also Alcohol / Tobacco / Drug Abuse

See also Children, Teens, Youth and Families

## RECREATION

### CITY PARKS AND RECREATION

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

### COUNTY AND STATE PARKS AND BEACHES

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

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

See also Children, Teens, Youth and Families

## RECYCLING & CONSERVING RESOURCES

### San Mateo County Public Works Department

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

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

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

## SENIOR SERVICES

**70 Strong** ..... 650-780-7547

[www.70Strong.org](http://www.70Strong.org)

Our navigators guide older adults to connect with services, activities and resources in Atherton, Belmont, Redwood City, Portola Valley, Redwood Shores, San Carlos, Woodside, and parts of Menlo Park, Foster City, and San Mateo (94404).

**CarePatrol Placement Services** ..... 866-560-5656

[www.carepatrol.com](http://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.dcpartnership.org](http://www.dcpartnership.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](http://www.smcfallprevention.org) ..... 844-663-2557



Provides resources for older adults, caregivers and service providers.

### **San Mateo County Health Aging and Adult**

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

### **Network of Care**

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

### **Senior Mobility Guide** . . . . . www.peninsularides.org

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

### **Sequoia Village** . . . . . 260-4569 711 Nevada Street, Redwood City

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

PO Box 5283, San Mateo  
Villages assists its members to continue living in their homes and communities as they age by providing access to support services.

## **ADULT DAY CENTERS**

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

### **Catholic Charities CYO**

**San Carlos Adult Day Services** . . . . . 592-9325  
www.cccyo.org/sancarlosadultday  
787 Walnut St., San Carlos 94070  
A daily activity center for moderately disabled senior citizens who need specialized and individualized care.

**Coastside Adult Day Health Center** . . . . . 726-5067  
www.coastsideadultdayhealth.org  
645 Correas St., Half Moon Bay 94019

### **Mills-Peninsula Health Services**

#### **Senior Focus / Adult Day Health Program**

**Alzheimer Day Care Resource Center** . . . . . 696-3660  
www.mills-peninsula.org/seniors  
1720 El Camino Real, #10, Burlingame 94010

### **Peninsula Volunteers Rosener House**

**Adult Day Services** . . . . . 322-0126  
www.penvol.org/rosenerhouse  
500 Arbor Rd., Menlo Park 94025

### **South San Francisco Senior Services**

**Adult Day Program** . . . . . 829-3824  
Magnolia Senior Center  
601 Grand Ave., South San Francisco 94080

## **SENIOR CENTERS AND SENIOR DINING CENTERS**

Senior Centers are the entry point for many senior services, leisure activities and dining. These centers offer information about services and agencies which may offer assistance

in the areas of consumer affairs, education, employment, food, home-delivered meals, household repairs, housing, legal aid, Medi-Cal, Medicare, recreation, Social Security, taxes, transportation and volunteer opportunities. Most of these sites serve a midday meal. Call for specific information.

### *BELMONT*

#### **Twin Pines Senior and Community Center**

[www.belmont.gov](http://www.belmont.gov) ..... 595-7444  
20 Twin Pines Ln., 94002

### *DALY CITY*

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

[www.dalycity.org](http://www.dalycity.org)  
101 Lake Merced Blvd., 94015

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

[www.dalycity.org](http://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](http://www.fostercity.org)  
650 Shell Blvd., 94404

### *HALF MOON BAY*

#### **Village of the Coastsiders** ..... 440-5030

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

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

[www.seniorcoastsiders.org](http://www.seniorcoastsiders.org)  
535 Kelly Ave., 94019

### *MENLO PARK*

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

[www.menlopark.org](http://www.menlopark.org)  
110 Terminal Ave., 94025

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

[www.penvol.org/littlehouse](http://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](http://www.ci.millbrae.ca.us)  
477 Lincoln Circle, 94030

### *PACIFICA*

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

[www.cityofpacifica.org/depts/senior\\_services/](http://www.cityofpacifica.org/depts/senior_services/)  
540 Crespi Dr., 94044

*REDWOOD CITY*

**Peninsula Family Service**

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

1455 Madison Ave., 94061

*SAN BRUNO*

**San Bruno Senior Center** ..... 616-7150

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

1555 Crystal Springs Rd., 94066

*SAN CARLOS*

**San Carlos Adult Community Center**

[www.cityofsancarlos.org/acc](http://www.cityofsancarlos.org/acc)

601 Chestnut St., 94070 ..... 802-4384

*SAN MATEO*

**City of San Mateo Senior Center** ..... 522-7490

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

2645 Alameda de las Pulgas, 94403

**Martin Luther King Center** ..... 522-7470

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

725 Monte Diablo Ave., 94401

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

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

4031 Pacific Blvd., San Mateo 94403

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

Dining Room Mon.–Fri. 4:30–6 pm; Mobile Meals Mon.–Fri. 1–5 pm

**Self-Help for the Elderly** ..... 342-0822

[www.selfhelpelderly.org](http://www.selfhelpelderly.org) 50 E. Fifth Ave., 94401

*SOUTH SAN FRANCISCO*

**Magnolia Senior Center** ..... 829-3820

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

601 Grand Ave., 3rd Fl., 94080

**SUBSTANCE USE TREATMENT SERVICES**

**12-STEP PROGRAMS**

**Al-Anon / Alateen** ..... [www.ncwsa.org](http://www.ncwsa.org)

North County ..... 873-2356

South and Central County, Coastside ..... 592-7935

Spanish Line ..... 794-9654

For anyone affected by someone else’s drinking.

**Alcoholics Anonymous** ..... 577-1310

2215 S. El Camino Real, Suite 204, San Mateo

[www.aa-san-mateo.org](http://www.aa-san-mateo.org)

**Cocaine Anonymous** ..... 415-821-6155

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

**Crystal Meth Anonymous** ..... 415.692.4762

[www.norcalcma.org](http://www.norcalcma.org) or [www.crystalmeth.org](http://www.crystalmeth.org)

**Marijuana Anonymous**

www.ma-sf.org . . . . . 415-325-4785  
www.madistrict3.org . . . . . 408-450-0796

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

www.naranoncalifornia.org  
For anyone affected by someone else’s drug abuse.

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

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

**DAY TREATMENT / COUNSELING**

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

Adolescent Substance Abuse Treatment Program  
www.acs-teens.org  
643 Bair Island Rd, Suite 301, Redwood City, CA 94063  
Provides on-campus counseling, information and referral for youth and their families.

**Asian-American Recovery Services (AARS) Outpatient Services (a program of HealthRIGHT 360)** . . . 415-337-0140

www.healthright360.org.org  
Provides outpatient services to 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

Offers day treatment services for men with substance use issues.

**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  
internal.star-vista.org/whatwedo\_services/education/adults/archway.html  
609 Price Ave., #201, Redwood City 94063  
Offers counseling and support for children from chemically dependent families, and First Offender, Drug Diversion and Domestic Non-Violence programs.

**Insights** . . . . . 366-8436  
internal.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  
www.horizonservices.org/recovery-programs/  
2251 Palm Ave., San Mateo 94403  
Treats both drug and alcohol detoxification.

**INFORMATION AND REFERRAL**

**Alcohol and Drug Helpline** . . . . . 573-3950  
24-hour information about and referral to substance abuse services.

**Behavioral Health and Recovery Services** . . . . 800-686-0101  
www.smchealth.org/bhrs  
Provides information, assessment, referrals and treatment for mental health and substance use services.

**Breathe California** . . . . . 994-5868  
www.ggbreathe.org  
1 Sutter Street, Suite 225, San Francisco, 94104  
Supports research and public education on lung diseases, advocates for the rights of non-smokers, offers classes on the care and treatment of various diseases.

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

**San Mateo County Health Tobacco Education Coalition**  
. . . . . 573-3777  
www.smchealth.org/general-information/  
tobacco-education-coalition  
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)** . . . . . 348-6603  
www.healthright360.org/agency/  
womens-recovery-association  
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.

## NON 12-STEP OPTIONS

### Alternatives to 12-Step

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

A Buddhist path to which all are welcome.

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

Based in cognitive-behavioral therapy; run by professional.

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

Help for women based on positive change using meditation, groups, nutrition and more.

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

Based on "3 S's": sobriety, secularity, and self-help.

*See also Mental Health / Counseling*

## TAXPAYER INFORMATION & OFFICIAL RECORDS

### COUNTY

#### San Mateo County Assessor - County Clerk - Recorder

..... 363-4500

[www.smcare.org](http://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](http://www.sanmateocountytaxcollector.org)

555 County Center, 1st Fl., Redwood City 94063

Collects property taxes.

#### Vital Statistics ..... 573-2395

[www.smchealth.org](http://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](http://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](http://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](http://www.earnitkeepitsaveit.org)

Provides low- to moderate-income households with free tax return preparation by IRS-certified volunteers. Call for site locations.

## TRANSPORTATION

- BART (Bay Area Rapid Transit)** . . . . .992-2278  
www.bart.gov . . . . .(TTY) 510-839-2220  
San Mateo County BART stations are located in Daly City, Colma, South San Francisco, San Bruno, San Francisco Airport and Millbrae.
- CalTrain** . . . . . 800-660-4287  
www.caltrain.com . . . . . (TTY) 508-6448  
Train service between San Francisco and Gilroy.
- Metropolitan Transportation Commission (MTC)**  
www.511.org . . . . .511  
Transit, traffic, rideshare (carpool and vanpool), and bicycling information for the nine-county Bay Area. Also has information on planning a trip using public transportation.
- Peninsula Traffic Congestion Relief Alliance**  
www.commute.org . . . . .588-8170  
1150 Bayhill Dr., #107, San Bruno 94044  
Shuttles (commuter / community); incentives (carpool, vanpool, bike parking, "Try Transit").
- Redi-Wheels and RediCoast** . . . . . 800-660-4287  
www.samtrans.com/accessibility . . . . . (TTY) 508-6448  
Special bus service for mobility-impaired persons who are unable to use regular bus service. Redi-Wheels serves the bayside of the county; RediCoast serves the coast-side. Call for eligibility.
- SamTrans** . . . . . 800-660-4287  
www.samtrans.com . . . . . (TTY) 508-7919  
Public bus transportation serving the county.
- Senior Mobility Guide** . . . . .www.peninsularides.org  
Provides information on a wide range of transportation programs and services for seniors.

*See also Senior Services*

## VETERANS SERVICES

### VETERANS AFFAIRS LOCAL OFFICES

- San Mateo County Human Services Agency**  
**Veterans Service Office** . . . . . 802-6598  
hsa.smcgov.org/veterans  
550 Quarry Rd., San Carlos 94070  
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.

**Peninsula Vet Center** ..... 650-617-4300  
345 Middlefield Road, Building 1, Menlo Park 94025

**VRC-Next Step** ..... 650-566-0240  
795 Willow Rd., Bldg. 334, Menlo Park 94025  
VRC assist veterans with employment development through a HUD grant and ending homelessness through Supportive Services for Veteran Family’s Grant.

**THE AMERICAN LEGION**

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

[www.legion.org](http://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](http://www.handsonbayarea.org)  
Provides flexible evening and weekend projects.

**Mills-Peninsula Health Services Senior Focus**

[www.mills-peninsula.org](http://www.mills-peninsula.org)  
1720 El Camino Real, #10, Burlingame 94010

**Foster Grandparent Program** ..... 696-7662  
Low-income adults (age 55 or older) volunteer at sites to provide mentoring and nurturing to at-risk children.

**Retired and Senior Volunteer Program**  
..... 696-7660  
Provides volunteer referrals for people age 55 or older to nonprofit agencies.

**Senior Companion Program** ..... 696-7662  
Low-income adults (age 55 or older) volunteer at sites to help frail elderly remain independent.

**One Brick**

[www.onebrick.org](http://www.onebrick.org)  
Brings volunteers together to support local nonprofits and offers a social event after each volunteer opportunity.

- Thrive Alliance of Nonprofits in San Mateo County of San Mateo** .....650-654-7993  
 330 Twin Dolphin Drive, #155, Redwood City 94065
- Volunteer Center** ..... 235-3550  
[www.thevolunteercenter.net](http://www.thevolunteercenter.net) ..... 415-982-8999  
 Refers groups and individuals of all ages to nonprofit agencies that need volunteers.
- Volunteer Match** ..... 415-241-6868  
[www.volunteermatch.org](http://www.volunteermatch.org)  
 Offers a variety of online services to support nonprofits and volunteers.

*See also Children, Teens, Youth and Families*

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## NOTES

The information in this booklet is accurate as of February 2019. Be sure to contact agencies before going to the site or referring clients there.

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