Find community services in San Mateo County
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. In addition to the agencies in this handbook, you can find information on many additional nonprofit agencies, government programs and community organizations. The easy-to-use web browser works on various platforms: desktops, tablets, and smartphones, and is available in five different languages. I would encourage you to take a few minutes to try it out yourself.

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

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

Nicole Pollack
Agency Director

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

Se habla español en la mayoría de las oficinas del Condado de San Mateo.
EMERGENCY / CRISIS INTERVENTION

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

Non-emergency calls for health and human service programs ......................... 211
........................................ 800-273-6222
........................................ (TTY) 415-808-4300 or 711
www.211BayArea.org
211 is free, confidential and available 24 hours a day in more than 150 languages.

24-HOUR EMERGENCY NUMBERS

Aging and Adult Services .................. 800-675-TIES
........................................ 800-675-8437
........................................ (TTY) 711
Call this number to report suspected cases of elder and dependent adult abuse or neglect, or to request help for other issues.

California Poison Control System ........ 800-222-1222
California Youth Crisis Line .............. 800-843-5200
Providing crisis intervention counseling, youth-to-parent message service, phone connections to service providers and families, and information and referral to youth in crisis and their families.

Child Protective Services (CPS) ........... 800-632-4615
........................................ 595-7922
Accepts reports about children age 17 or under who may be in danger due to abuse, abandonment or exploitation.

Community Overcoming Relationship Abuse (CORA) .. 800-300-1080
Provides crisis intervention, counseling and civil legal services for victims of domestic violence.

Mills-Peninsula Health Services
Chemical Dependency Center
Crisis Line .............................. 696-5915

Parent Support Line ...................... 888-220-7575
StarVista ................................. 579-0359

Psychiatric Emergency Services
San Mateo Medical Center .............. 573-2662
Mills-Peninsula Health Services ........ 696-5915

Rape Trauma Services (RTS) ............. 692-RAPE
........................................ 692-7273
Provides 24 hour crisis counseling, advocacy and accompaniment for survivors of sexual assault.

StarVista Crisis Intervention and Suicide Prevention Center .................. 800-273-TALK
........................................ 800-273-8255
........................................ 579-0350
Spanish Crisis Line 1–9 pm ............. 800-303-7432

Your House South ........................ 367-9687
Temporary housing and counseling center for youth experiencing family problems or who have run away from home.
CORE SERVICE AGENCIES

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

COASTSIDE:

Coastside Hope ........................................ 726-9071
www.coastsidehope.org
99 Avenue Alhambra, El Granada 94018 Core Service Agency serving El Granada, Half Moon Bay, Miramar, Montara, Moss Beach.

Puente de la Costa Sur .......................... 879-1691
www.mypuente.org
620 North St., Pescadero 94060
Core Service Agency serving La Honda, Loma Mar, Pescadero and San Gregorio.

NORTH COUNTY:

Daly City Community Service Center ............... 991-8007
www.dalycity.org/residents/community_service_center.htm
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.pacresourcem中新网r.org
1809 Palmetto Ave., Pacifica 94044
Core Service Agency serving Pacifica.

CENTRAL COUNTY:

Samaritan House .................................. 347-3648
www.samaritanhousesanmateo.org
4031 Pacific Blvd. (at 42nd Ave.) San Mateo 94403
Core Service Agency serving Belmont, Burlingame, Foster City, Hillsborough, Millbrae, San Carlos and San Mateo.

SOUTH COUNTY:

Samaritan House South ............................ 294-4312
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
2600 Middlefield Rd., Redwood City 94063
Core Service Agency serving Atherton, north Fair Oaks, Portola Valley, Redwood City, Redwood Shores and Woodside.
FOR ASSISTANCE ANYWHERE IN THE COUNTY:

Salvation Army .......................... 266-4591
www.tsagoldenstate.org
409 S. Spruce Ave., South San Francisco 94080

St. Vincent de Paul Society ............... 373-0622
www.svdpsm.org .............. Help Line 343-4403
50 N. B St., San Mateo 94401

DISASTER RELIEF

American Red Cross, Bay Area Chapter ........ 259-1750
www.redcrossbayarea.org
1710 Trousdale Dr., Burlingame 94010
Emergency relief for victims of disasters, services to mili-
tary personnel, health and safety training for the public.

INMATE AND POST-RELEASE SUPPORT

David Lewis Community Reentry Center ........ 853-3120
2227 University Ave., East Palo Alto 94303

Service League of San Mateo County .......... 364-4664
www.serviceleague.org
727 Middlefield Rd., Redwood City 94063
Provides a variety of services to inmates of the county jail,
persons released from jail and their families.

Service Connect .......................... 508-6745
550 Quarry Road San Carlos, CA 94070
Provides social services to help stabilize clients who have
just been released from jail.

VICTIM ASSISTANCE

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

For Emergency Shelter see Homeless Services
For Hospitals see Health

ANIMAL SERVICES

Peninsula Humane Society and SPCA ........... 340-8200
www.phs-s pca.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
For information on service dogs, rabies vaccination exemption requests, breeder and fancier permits, and spay/neuter voucher requests.

**CHILDREN, TEENS, YOUTH & FAMILIES**

**ADOPTION**

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

**Adoption Connection** .......................... 415-359-2494
www.adoptionconnection.org .......................... 800-972-9225
1710 Scott St., San Francisco 94115

**San Mateo County Human Services Agency**

**Adoptions Unit** .......................... 802-7615
hsa.smcgov.org/
1 Davis D., Belmont 94002
A full service adoption agency, working with birth parents, adoptive parents, adoptive children and adult adoptees.

**San Mateo County Superior Court**

www.sanmateocourt.org

**Family Court Services** .......................... 261-5080
400 County Center, 6th Fl., Redwood City 94063
Provides mediation related to custody and visitation issues in family court.

**CHILD CARE REFERRALS AND HEAD START PROGRAMS**

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

**Institute for Human and Social Development (IHSD)**

www.ihsdinc.org
155 Bovet Road, Suite 300, San Mateo 94402
Early Head Start .......................... 368-1728 x5
Head Start .......................... 578-3440
Offers a child and family development program for low-income families to serve children from 0-5 years of age and pregnant mothers.

**Peninsula Family Connections**

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, preschool, and school age children.
CHILD SUPPORT

San Mateo County Department of Child Support Services (DCSS)
- www.smcdcss.com 866-901-3212
- www.childsup-connect.ca.gov
- 555 County Center, 2nd Fl., Redwood City 94063
Handles problems and questions about the collection of child support from a non-custodial parent.

San Mateo County Superior Court
- www.sanmateocourt.org
Family Law Facilitators
- 400 County Center, 2nd Fl., Redwood City 94063
- 1050 Mission Rd., South San Francisco 94080
Assists those with child support issues who do not have attorneys.

CHILD / YOUTH ABUSE PREVENTION AND REPORTING

San Mateo County Human Services Agency
Child Protective Services (CPS) 800-632-4615
- hsa.smcgov.org/child-protective-services
- 1 Davis Dr., Belmont 94002
Accepts referrals about situations in which children age 17 or under are in jeopardy because of abuse, abandonment or exploitation

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

FOSTER CARE

San Mateo County Human Services Agency
Children and Family Services
- hsa.smcgov.org/foster-care-program
- 1 Davis Dr., Belmont 94002
Foster Care Eligibility 802-5103
Dispenses payments to foster parents, non-related guardians, and relatives.

Homefinding Unit 802-7637
Foster and adoptive parent licensing for San Mateo County.

RESOURCES FOR PARENTS AND FAMILIES

Children’s Integrative Resiliency Program
Provides comprehensive case management and therapeutic services for children and teens impacted by domestic violence.

Daly City Peninsula Partnership 301-3300
Our Second Home Family Support Center
- www.dcpartnership.org
- 725 Price St., Daly City 94014
An early childhood family resource center.
Edgewood Center for Children and Families
Kinship Support Services Program
www.ikinship.org ...................... 832-6711
170 South Spruce Ave. Ste. #200, South San Francisco 94080
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 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
600 Church St., Half Moon Bay 94019

**NORTH COUNTY:**
**DeLue Boys and Girls Club**
(347-9891)
www.midpenbgc.org
450 Martin St., Daly City 94014

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

**Pacifica Club**
(355-1334)
www.theclubs.org
955 Yosemite Dr., Pacifica 94044

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

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

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

**CENTRAL COUNTY:**
**San Mateo Club**
(347-9891)
www.midpenbgc.org
200 N. Quebec St., San Mateo 94401

**SOUTH COUNTY:**
**Boys and Girls Club - Peninsula**
(646-6140)

**Center for a New Generation**
www.bgcp.org
Belle Haven Community School  ........ 561-3135
415 Ivy Dr., Menlo Park 94025
James Flood Magnet School  ........ 847-1600
2037 Pulgas Avenue, East Palo Alto 94303
Hoover Community School  ........ 482-5925 x313
701 Charter St., Redwood City 94063
Taft Community School  ........ 556-1651 x10
903 - 10th Ave., Redwood City 94063
Boys and Girls Club - Peninsula ........ 646-6070 x9510
McNeil Family Clubhouse .............. www.bgcp.org
401 Pierce Rd., Menlo Park 94025

Boys and Girls Club - Peninsula ........ 587-9370
Mervin G. Morris Branch ............. www.bgcp.org
1109 Hilton St., Redwood City 94063

Boys and Girls Club - Peninsula ........ 646-6090
Moldaw-Zaffaroni Clubhouse .......... www.bgcp.org
2031 Pulgas Ave., East Palo Alto 94303

Boy Scouts of America ................... 341-5633
www.pacsky.org
1150 Chess Dr., Foster City 94404
For boys age 7-17, girls age 14-20.

Boys Hope Girls Hope ................. 415-657-9302
www.bghsf.org
A residential program providing academically capable children in need with a stable home, growth opportunities, positive parenting, and a solid education. Also offers a community-based program for girls.

Coastside Children's Programs (CCP) ......... 726-7413
www.coastsidechildren.org
494 Miramontes Ave., Half Moon Bay 94019
Administers child care and learning centers that provide educational, recreational and skill-building activities through before- and after-school programs, and full-time summer activities. Also has a preschool.

Explorers' Program ..................... 363-4012
Search-and-rescue or law enforcement training programs for youth age 14-20. Sponsored by the San Mateo County Sheriff's Office and Learning for Life.

Fresh Lifelines for Youth (FLY) .......... 408-263-2630
www.flyprogram.org
568 Valley Way, Milpitas 95035
Prevents juvenile crime and incarceration through legal education, mentoring and leadership training.

Friends for Youth ...................... 368-4444
www.friendsforyouth.org
1741 Broadway, 1st Fl., Redwood City 94063
Matches troubled teens age 10-17 with adult volunteers recruited from the community for the purpose of forming one-to-one relationships.

Girl Scouts .............................. 800-447-4475
www.girls scoutsnorcal.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/smcy
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.ymcaofsf.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
California State Department of Rehabilitation
www.dor.ca.gov or www.db101.org
801 Traeger Ave., #105, San Bruno 94066 . . . 737-2606
1065 E. Hillsdale Blvd., #403, Foster City 94404
.......................................................... 358-4180
800 Menlo Ave., #122, Menlo Park 94025 . . . 688-6380
Provides the counseling, testing and training necessary
for physically or mentally disabled persons to become
competitively employed.

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

Center for Independence of Individuals
with Disabilities (CID)
www.cidsanmateo.org ..................... 645-1780
.................................. (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 interven-
tion services for infants age 3 or under.

Family Resource Center at Community Gatepath 259-8544
1764 Marco Polo Way, Burlingame 94010
Provides support groups, parent mentors, resource
library, warm line support, community outreach, IEP
training, bilingual support and parent workshops.

Family Housing and Adult Resources (FHAR) . . . 403-0403
www.fhar.org
20 E. 20th Ave., San Mateo 94403
Provides residential housing and training for individuals
with developmental disabilities such as cerebral palsy,
epilepsy or autism.

Golden Gate Regional Center (GGRC)
www.ggrc.org .......................... 574-9232
3130 La Selva St., #202, San Mateo 94403
Provides diagnosis, counseling, and assistance in arrang-
ing and paying for needed services for persons of all ages
diagnosed as developmentally disabled.
Guide Dogs for the Blind, Inc. 800-295-4050
www.guidedogs.com 415-499-4000
Guide dogs and training for blind persons age 16 or over.

Hearing and Speech Center for Northern California 415-921-7658
www.hearingspeech.org (TTY) 415-921-8990
1234 Divisadero St., San Francisco 94115
Information/services on hearing, hearing loss, hearing conservation, deafness. Loan of hearing aids.

Hearing Loss Association of America 593-6760
www.hearinglossca.org/chapters/peninsula-chapter
Educational and emotional support group for hearing-impaired persons.

HOPE Services 408-284-2850
www.hopeservices.org
30 Las Colinas Ln., San Jose 95119
Provides a variety of services for persons with developmental disabilities.

Kainos Home and Training Center 363-2423
www.kainosusa.org
3631 Jefferson Ave., Redwood City 94062
Maintains licensed residential homes and a work training program for developmentally disabled adults.

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

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

San Mateo County Health – 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.

San Mateo County Human Services Agency Vocational Rehabilitation Services (VRS) 802-6482
www.smchsavrs.org
550 Quarry Rd., San Carlos 94070
Provides job training, placement or employment for any employable county resident collecting General Assistance or undergoing psychiatric treatment.

San Mateo County Office of Education
Special Education Services 802-5460
www.smcoe.k12.ca.us (TTY) 802-5480
101 Twin Dolphin Dr., Redwood City 94065
Determines questions of compliance involving special education issues.
Vista Center ........................................ 858-0202
www.vistacenter.org
2470 El Camino Real, #107, Palo Alto 94306
Social services, training in daily living skills, mobility
training, support groups, computer classes, a low-vision
clinic, store, youth group and Braille classes for the visu-
ally 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 (En-
glish 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  .......................... (800-556-3656)  
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-elic.org
180 Montgomery St., San Francisco 94104
Information, advocacy, counseling and legal services primarily to low-income individuals.

JOB TRAINING AND PLACEMENT

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

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

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

Goodwill Industries .................. 415-575-2101
www.sfgoodwill.org
Vocational rehabilitation for disabled and disadvantaged adults.
Job Corps ............................. 800-733-JOBS
www.jobcorps.gov ........................ (800-733-5627)
Career development, job training and placement at vari-
ous sites nationwide. High school diploma / GED classes.
For age 16-24.

Jobs for Youth ........................... 301-8492
hsa.smcgov.org/jobs-youth
Finds employment for young people age 14-21.

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

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

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

Day Worker Program, North Fair Oaks

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

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

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

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

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

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

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

**San Mateo County Human Resources**

Department ............................................. 363-4343

www.smcgov.org .................................. (TTY) 368-7807

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

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

**San Mateo County Human Services Agency**

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

hsa.smcgov.org/vocational-rehabilitation-services

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 manage-
ment, 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

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

PUBLIC ASSISTANCE

CalWORKS (California Work Opportunity and Responsibility to Kids)

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

Cash Assistance Program for Immigrants (CAPI)

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

CalFresh (formerly the Food Stamp Program)

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

General Assistance (GA)

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

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

Human Services Agency Regional Offices

hsa.smcgov.org/contact-us-0

Northern region: Brisbane, Colma, Daly City, Pacifica, San Bruno, South San Francisco
271 - 92nd St., Daly City 94015 ........................ 301-8440
1487 Huntington Ave. So. San Francisco 94080
.......................................................... 877-5608

Central region: Belmont, Brisbane, Burlingame, Foster City, Half Moon Bay, Hillsborough, Millbrae, San Carlos, San Mateo
400 Harbor Blvd., Building B., Belmont 94002
.......................................................... 802-6470

Southern region: Atherton, East Palo Alto, Menlo Park, Pescadero, Portola Valley, Redwood City, Woodside
2415 University Ave., East Palo Alto 94303 . . . 363-4218
2500 Middlefield Rd., Redwood City 94063 . . . 599-3811

See also Health Insurance

SOCIAL SECURITY BENEFITS

Social Security Administration

www.socialsecurity.gov .............. (TTY) 800-325-0778
www.ssa.gov .......................... 800-772-1213
800 S. Claremont St., #101, San Mateo 94402
355 Gellert Blvd., #201, Daly City 94015
601 Allerton St., 2nd Fl., Redwood City 94063
The federal Social Security Administration provides continuing income to workers and their families after retirement, disability or death; offers Medicare for people 65 or
over and some people under 65 who are disabled; offers Supplemental Security Income (SSI) to those in financial need who are 65 or over, or those who are blind or disabled; and issues Social Security and Medicare cards.

For Unemployment Benefits see Employment and Training

OTHER SERVICES

Breast Cancer Emergency Fund
www.bcef-sf.org .......................... 415-558-6999 x8
12 Grace St., #300, San Francisco 94103
Provides emergency financial assistance to low-income men and women in San Francisco, San Mateo and Santa Clara counties in treatment for breast cancer.

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

FOOD PROGRAMS

Food Assistance Program (CalFresh) .......................... 800-223-8383
Provides a debit card for eligible low-income households. CalFresh benefits can be used to buy food at all major grocery stores, many neighborhood stores and participating farmers markets. Apply in-person through Human Services Agency regional offices listed on page 20 or on-line at www.calfresh.ca.gov/

Second Harvest Food Bank Food Connection
Hotline ............................................. 800-984-3663
www.shfb.org/getfood
Provides multi-lingual referrals to free food pantries/groceries and soup kitchens. Provides CalFresh application assistance by phone or at community locations throughout the County. Mon.-Fri., 8 am–5 pm.

CONGREGATE MEAL SITES

Bread of Life ............................................. 326-9796
1852 Bay Rd., East Palo Alto 94303
Free meal Tue.-Thur., 5-6 pm.

Catholic Worker Hospitality House .................................. 827-0706
555 West San Bruno Ave., San Bruno 94066
Breakfast Tue.-Fri., 7-9 am.

Ecumenical Hunger Program ............................................. 323-7781
www.ehpcares.org
At St. Francis of Assisi Church
1425 Bay Rd., East Palo Alto 94303
Provides meals Monday, Wed. thru Friday. 10 am–noon and 2:30–4:30 pm

LifeMoves Opportunities Services Center
www.LifeMoves.org .................................. 853-8672
33 Encina Way, Palo Alto 94301
Serves light breakfast and lunch, Mon.-Fri., 8 am-4 pm.

No Strings Attached Breakfast Senior Coastsiders
www.seniorcoastsiders.org .................................. 726-9056
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

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
740 Del Monte Ave., South San Francisco 94080
Distributes bags of food to those in need twice a month and hosts a monthly luncheon for seniors.

**LifeMoves Food Closet** ............................. 853-8672
www.LifeMoves.org
All Saints Church, 425 Hamilton Ave., Palo Alto 94301
Offers canned goods, fresh produce, dairy products and bread to low-income residents of Palo Alto, East Palo Alto, and Menlo Park. Mon.–Fri., 10 am–2:30 pm.

**North Peninsula Food Pantry and Dining Center of Daly City** ............................ 994-5150
31 Bepler St., Daly City 94014 .......................... www.fooddc.org
Distributes food boxes throughout the northern peninsula.

**Samaritan House** ................................. 347-3648
www.samaritanhousesanmateo.org
4031 Pacific Blvd., San Mateo 94403
Provides access to onsite emergency food pantry. Mon.–Fri., 9 am–12 noon and 1–4 pm.
Dining Room Mon.–Fri. 4:30–6 pm; Mobile Meals Mon.–Fri. 1–5 pm

**Second Harvest Food Bank** .......................... 610-0800
www.shfb.org ............................... 800-984-3663
1051 Bing St., San Carlos 94070

**St. Francis Center** ................................. 365-7829
www.stfrancisrwc.org
151 Buckingham Ave., Redwood City 94063
Provides up to five days of food for needy families in Redwood City or Menlo Park.

**MEALS ON WHEELS**
Will deliver a hot meal to the home of persons age 60 or over or homebound who are unable to prepare their own meals.
For information about the program and financial contributions, or to order Meals on Wheels, call:
- Daly City to East Palo Alto .................. 323-2022
- Coastside .................. 726-9056
- Pacifica ................................. 738-7350

See also Homeless Services
For Senior Dining Centers see Senior Services

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**HEALTH**

**HEALTH AND DENTAL CLINICS**

**Arbor Free Clinic**
arbor.stanford.edu
795 Willow Rd., Menlo Park 94025
Sundays .................. 493-5000 x22222
Weekdays .................. 724-1332
Free medical care for low-income and homeless persons
every Sun., 10 am–2 pm. First come, first served until capacity is reached. Specialty clinics available.

**Bay Area Addiction Research and Treatment (BAART)**  
Methadone Clinic  
www.baartprograms.com  
795 Willow Rd., Bldg. 332, Menlo Park 94025

**HealthRIGHT 360**  
www.healthright360.org  
2015 Pioneer Court, Suite B, San Mateo, 94403

**Foothill College Dental Hygiene Clinic**  
949-7335  
www.foothill.edu/bio/programs/dental  
12345 El Monte Rd., Room 5312, Los Altos Hills 94022  
Provides dental services for low-income people.

**Ravenswood Family Health Center**  
www.ravenswoodfhc.org  
1798-A Bay Rd., East Palo Alto 94303  
at Belle Haven  
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
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
www.smchealth.org/location/innovative-care-clinic
Mon–Thu: 8 am–6:30 pm, Fri: 8 am–5 pm, Sat: 8 am–2 pm. Comprehensive adult primary care

39th Avenue Pediatric Clinic ............... 573-3702
www.smchealth.org/location/pediatric-clinic
Mon & Fri: 8 am–5 pm, Tue–Thu: 8 am–8 pm, Sat: 8 am–2 pm.

OB/GYN Clinic .................................. 573-3702
www.smchealth.org/location/obgyn-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
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
350 90th St., 3rd Floor, Daly City, CA 94015
Mon–Fri: 9 am–5:30 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
200 James Ave., Redwood City 94063
Mon – Fri: 8:30 am–4:30 pm.
Closed daily 12 noon–1 pm.
Provides a range of health services for teens and
young adults (ages 12-24)

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

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

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

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

**HEALTH EDUCATION**

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

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

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

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

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

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

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

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

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

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

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

Stanford University Medical Center  
www.stanfordhospital.com

Lucile Packard Children’s Hospital at Stanford  
........................................... 497-8000  
www.lpch.org, (TTY) 326-4976  
725 Welch Rd., Palo Alto 94304

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

U.S.C. Medical Center .......................... 415-476-1000  
www.ucsfhealth.org  
505 Parnassus Ave., San Francisco 94143

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

Veterans Affairs San Francisco Health Care System  
www.sanfrancisco.va.gov/cboc/sanbruno.asp  
San Bruno Outpatient Clinic .......................... 615-6000  
1001 Sneath Ln., #300, San Bruno 94066

NURSING AND HOSPICE SERVICES

Mission Hospice and Home Care  
www.missionhospice.org .......................... 554-1000  
1670 S. Amphlett Blvd., #300, San Mateo 94402  
Offers special medical and emotional care for the patient and family when there is a life-threatening illness.

Pathways Home Health, Hospice and Private Duty  
www.pathwayshealth.org .......................... 888-755-7855  
888-600-2273  
585 N. Mary Ave., Sunnyvale 94085

Sutter Care at Home .......................... 685-2800  
www.suttercareathome.org  
700 S. Claremont St., #220, San Mateo 94402
**PHYSICIAN AND DENTAL REFERRAL SERVICES**

**Mid-Peninsula Dental Health Foundation**  
[www.mpds.org](http://www.mpds.org)  328-2242  
220 Main St., #208-A, Los Altos 94022

**San Mateo County Dental Society**  
[www.smcds.com](http://www.smcds.com)  637-1121  
240-A Twin Dolphin Dr., Redwood City 94065

**San Mateo County Medical Association**  
[www.smcma.org](http://www.smcma.org)  312-1663  
777 Mariner's Island Blvd., #100, San Mateo 94404

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**FAMILY PLANNING SERVICES AND INFORMATION**

**Alpha Pregnancy Center**  415-584-6800  
[www.alphapc.org](http://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](http://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](http://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](http://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](http://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
P.O. Box 6273, San Mateo 94403
Can assist women with problem pregnancies who do not want an abortion and women who have had abortions and are seeking a support group.

OTHER SERVICES

Bay Area Caregiver Resource Center
Family Caregiver Alliance .............. 800-445-8106
www.caregiver.org ...................... 415-434-3388
785 Market St., #750, San Francisco 94103
Offers a comprehensive range of services for family, partners, friends and others concerned with or caring for a brain impaired adult.

Ombudsman of San Mateo County ............ 780-5707
www.ossmc.org
711 Nevada St., Redwood City 94061
Advocates on behalf of long-term care facility residents.

San Mateo County Coroner ...................... 312-5562
coroner.smcgov.org/
50 Tower Rd., San Mateo 94402
Investigates certain types of deaths. Accepts and considers requests for cremations for people without funds.

HEALTH INSURANCE

HSA Health Insurance Call Center .... 800-223-8383
www.smchsa.org
Offers a toll-free number to report Medi-Cal changes, ask questions about health coverage and other services.

Access for Infants and Mothers (AIM) Program
www.aim.ca.gov .............. 800-433-2611
Low-cost health coverage for mid-income pregnant women and their newborns.

Health Plan of San Mateo ..................... 616-0050
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
Enrollment application assistance with public health coverage programs such as Medi-Cal, Covered California, Access and Care for Everyone (ACE), and Healthy Kids. Residents can also apply directly online for Medi-Cal and Covered California. Please visit www.coveredca.com

HICAP, the Medicare Counseling Program .... 627-9350
1710 South Amphlett Blvd., #100, San Mateo 94402
Free Medicare counseling. Assists seniors with Medicare billing, filing of claims and questions about supplemental

smc-connect.org 26
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.svdpasm.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 accommoda-
tions 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

FOR MENTALLY DISABLED ADULTS
Spring Street Shelter ..................... 365-5772
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
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
Temporary housing and counseling for youth age 10–17.

TRANSITIONAL HOUSING
FOR ADULTS WITH OR WITHOUT CHILDREN
LifeMoves ................................ lifemoves.org
Administers transitional housing programs for homeless adults and families. Call the nearest Core Service Agency listed on pages 2 and 3 for referral to one of the following transitional shelters:
Family Crossroads, Daly City
Haven Family House, Menlo Park
Maple Street Shelter, Redwood City
Redwood Family House, Redwood City
Service League: Hope House ................. 364-4664
727 Middlefield Road, Redwood City 94063
Transitional Housing (clean and sober) for men and women.

FOR TEENS
Catholic Worker House .............. 366-4415
545 Cassia St., Redwood City 94063
For age 17-20. Short term (1 week to 6 months).

StarVista Daybreak ..................... 364-4633
www.star-vista.org
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 ............................ (TTY) 800-700-2320
Investigates, mediates and litigates charges of housing discrimination.

Project Sentinel .............................. 321-6291
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 ................................. 415-489-6400
600 Harrison St., 3rd Fl., San Francisco 94107
Investigates housing discrimination complaints regarding sales or rentals, advertising, financing and brokerage services.

LOW-COST REHABILITATION SERVICES

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

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

Housing Industry Foundation ....................... 437-2980
www.hifinfo.org
Offers housing/rent/deposit/utility assistance

Mental Health Association of San Mateo County
Housing and Client Assistance Program
www.mhasmc.org ................................. 368-3345
2686 Spring St., Redwood City 94063
Provides direct services for adults with mental illnesses that include housing, food, social programs, advocacy and networking.

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

UNSAFE, UNHEALTHY HOUSING CONDITIONS

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

OTHER HOUSING INFORMATION

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

HIP Housing (Human Investment Project)
www.hiphousing.org ......................... 348-6660
800 S. Claremont St, Suite 210, San Mateo, 94402
Homesharing program that matches persons with a home or apartment to share with those seeking housing, thereby reducing housing costs for both. The Self-Sufficiency Program provides housing, case management and supportive services to motivated parents to achieve self-reliance.
MidPen Housing Corporation .......................... 356-2900
www.midpen-housing.org
303 Vintage Park Dr., #250, Foster City 94404
Manages and develops low-income subsidized housing.

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

For Emergency Shelters and Transitional Housing see
Homeless Services
See also Legal and Mediation Services

IMMIGRATION SERVICES

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

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

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

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

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

See also Legal and Mediation Services

LGBTQ SERVICES

COMMUNITY ADVOCACY

LGBTQ Commission of San Mateo County .......................... 650-363-4872
lgbtq.smcgov.org
Provides online resources, policy advocacy, and educational events.
San Mateo County Pride Initiative
Pride@smcgov.org... www.smchealth.org/bhrs/ode/prise
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
The first and only LGBTQ+ community center in San Mateo County. Provides mental health and recovery services including: therapy; case management; assistance with finding housing and employment; connections to resources and other service providers; peer-led social and support groups; education and training; as well as social and cultural events for the LGBTQ+ community. Mon–Thu, 10 am–7 pm, Friday 10 am–9 pm.

CRISIS HOTLINES

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

Sage LGBT Elder Hotline............. 1-888-234-SAGE Sage@GLBH hotline.org
Peer counseling, information and local resources. (Mon - Friday 1–9 PM, Sat. 9 am–2 pm)

StarVista Crisis Hotline............. 650-579-0350 Available 24/7. Crisis and suicide intervention for adults and youth

Trans Lifeline............. 877-565-8860
Crisis and suicide hotline by and for transgender people experiencing a crisis.

Trevor Project 24/7 Suicide Prevention
Lifeline............. 866-488-7386
Suicide prevention hotline for LGBTQ youth. thetrevorproject.org also provides TrevorChat instant messaging with a counselor and TrevorText

HEALTHCARE

Planned Parenthood............. 650-235-7940
San Mateo Health Center (Mar Monte)
29 Baywood Avenue San Mateo 94403
Transgender primary health care, STD testing and 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 - Thu. 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 educa-
tional 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 informa-
tion, online traffic payment system and general informa-
tion 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 par-
ents or other appropriate parties who are in dispute about
child custody and/or child visitation and have a court
action pending in Family Court. Provides information and
referral on child custody and visitation matters, parenting
plans and related issues.

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

See also Child Support Services on page 7
LAW-RELATED SERVICES

San Mateo County Law Library ............................ 363-4913
www.smclawlibrary.org
710 Hamilton St., Redwood City 94063
Provides access to legal materials to all persons interested in the law.

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

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

LEGAL ASSISTANCE

Bay Area Legal Aid ........................ 358-0745
www.baylegal.org
1048 El Camino Real, Ste. A, Redwood City, 94063
Provides free legal assistance to low-income domestic violence survivors in divorce, child custody, restraining order and immigration matters.

Domestic Violence Restraining Order Clinic ........................ 358-0745
Provides free assistance to self-represented litigants requesting restraining orders.

Legal Advice Line .......................... 800-551-5554
........................................ 472-2666
Provides free telephone legal advice and counsel to low-income individuals in the priority areas of housing, family law, domestic violence, public benefits and health access.

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

Community Overcoming Relationship Abuse (CORA) .......................... Hotline 800-300-1080
Legal Information Line for survivors of domestic violence .......................... 259-1855

La Raza Centro Legal .......................... 415-575-3500
www.lrcl.org .......................... (TTY) 711
474 Valencia St. #295, San Francisco 94103
Provides bilingual services in the areas of immigration law, fair housing, workers’ rights and senior law.

Legal Aid Society of San Mateo County .......................... 558-0915
www.legalaidsmc.org .......................... 800-381-8898
330 Twin Dolphin Dr., #123, Redwood City 94065
Legal advice and counsel on civil matters for individuals, families and groups whose incomes are below an established level.
San Mateo County Bar Association
www.smcba.org
Lawyer Referral Service ................. 369-4149 x3
333 Bradford St., #200, Redwood City 94063
Refers callers to local attorneys, handles writing of simple wills for low-income senior citizens.

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

San Mateo County Health Public Administrator .............. 573-3475
www.smchealth.org/PublicAdministrator
225 - 37th Ave., San Mateo 94403
Investigates and administers the estates of persons who die with no will.
See also Employment and Training
See also Housing
See also Immigration Services

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

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

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

District Attorney .......................... 363-4636
www.co.sanmateo.ca.us
400 County Center, 3rd Fl., Redwood City 94063
Responsible for criminal prosecution in the Superior and Municipal Courts.

Consumer and Environmental Protection Unit . . . 363-4651
Enforces laws prohibiting false advertising, unfair competition and other forms of consumer fraud. Also files actions for violations of environmental protection laws.

LIBRARY SERVICES

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

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

Peninsula Library System .......................... www.plsinfo.org

CITY LIBRARIES:

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

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

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

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

San Bruno
701 Angus Avenue West, 94066 .............. 616-7078
San Mateo  
Main, 55 W. 3rd Ave., 94402 ............. 522-7800  
Hillsdale Branch, 205 W. Hillsdale Blvd., 94403 522-7880  
Marina Branch, 1530 Susan Ct., 94403 ....... 522-7890  

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

COMMUNITY COLLEGE DISTRICT LIBRARIES:  

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

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

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

COUNTY LIBRARIES:  
San Mateo County Library Administration  
... www.smcl.org/  
125 Lessingia Ct., San Mateo 94402 .......... 312-5258  

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

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

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

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

East Palo Alto  
2415 University Ave., 94303 .......... 321-7712  

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

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

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

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

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

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

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

For Health Libraries see Health  
For Law Library see Legal and Mediation Services
MENTAL HEALTH / COUNSELING

Adolescent Counseling Services .......... 424-0852 x104
Adolescent Substance Abuse Treatment Program
www.acs-teens.org
643 Bair Island Rd, Suite 301, Redwood City, CA 94063
Provides on-campus counseling, information and referral
for youth and their families.

Anger Management and Domestic Abuse Therapy
Center .................................................. 375-0449
www.angercure.org
430 Peninsula Ave., #7, San Mateo 94401
151 87th St., #11 Daly City 94015
Offers court-ordered and self-referred counseling pro-
grams including domestic violence counseling, anger
management, and parenting and child abuse education
in English and Spanish.

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

Caminar .............................................. 578-8691
www.caminar.org
2600 S. El Camino Real, San Mateo
A community-based psychosocial rehabilitation ser-
vice for persons with serious and persistent psychiatric
disabilities.

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

Christian Counseling Centers, Inc. .......... 570-7273
www.christiancounseling.net
1510 Fashion Island Blvd., #110, San Mateo 94404
Offers individual psychotherapy for children, adolescents
and adults, as well as couples and family therapy, regard-
less of religion.

Community Overcoming Relationship Abuse
(CORA) .............................................. 800-300-1080
www.corasupport.org ............................ 312-8515

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

Family and Children Services ............... 326-6576
www.fcServices.org
375 Cambridge Ave., Palo Alto 94306
Offers counseling and support services to families and
children, including specialized services for targeted
populations.
Family Resource Centers .......................... 802-7684
hsa.smcgov.org/family-resource-centers
Provides counseling, support and education services for
youth and adults, home visiting, parent involvement in
leadership, financial assistance and case management at
specific school locations with Spanish speaking staff.

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

Jewish Family and Children’s Services
www.jfcs.org
www.parentsplaceonline.org
200 Channing Ave., Palo Alto 94301 ........ 688-3030
Parents’ Place .............................. 688-3040
Senior Services ......................... 688-3000
2001 Winward Way at Mariner’s Island Blvd., #200
San Mateo 94404 .......................... 931-1800
Parents’ Place .............................. 931-1840
Senior Services ......................... 931-1860
Provides adult, child, marriage and family counseling,
and services for the elderly and disabled. Parents’
Place offers parent education, counseling and support
groups. Drop-in play center for children age 0-5 and their
parents.

Kara ........................................... 321-5272
www.kara-grief.org
457 Kingsley Ave., Palo Alto 94301
Offers emotional support and information to adults, teens
and children who are grieving a death or coping with a
life-threatening illness, including individual peer counsel-
ing, grief-related therapy and support groups, outreach,
education, consultations and referrals.

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

Mental Research Institute .................... 321-3055
www.mri.org
555 Middlefield Rd., Palo Alto 94301
Offers a variety of mental health services for individu-
als, couples and families, including clinic services for
Spanish-speaking clients.

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

Morris Center for Adult Survivors
of Child Abuse (ASCA) ...................... info@ascasupport.org
www.ascasupport.org
P.O. Box 281535, San Francisco 94128
National Alliance on Mental Illness (NAMI)  
www.namisanmateo.org .......................... 638-0800  
1650 Borel Pl., #130, San Mateo 94402  
Non-profit organization that offers resources and support for people with mental illness.

Oak Tree Bereavement Center .................. 415-806-7169  
www.oaktreebereavement.org  
1500 Perez Dr., Pacifica 94044  
Group and individual grief and loss support and counseling for teens and adults, primarily for the coastside.

One East Palo Alto (OEPA) ..................... 391-9617  
www.oneepa.org  .... 2400 Ralmar Ave, Menlo Park  
One East Palo Alto (OEPA) Neighborhood Improvement Initiative is a youth-focused, community-based, intermediary nonprofit offering several behavioral health programs, including The Barbara A. Mouton Multicultural Wellness Center, an award-winning mental health support service, as well as substance abuse prevention programs.

One Life Counseling Center ..................... 394-5155  
www.onelife counseling center.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
Child and Adolescent Hotline Prevention Program
567kids@star-vista.org .......................... 567-5437
24/7 hotline for parents, educators, counselors, or any community member in contact w/ children 0-18 yrs old. Helps provide early identification of behavioral, learning and developmental issues. Includes referral to appropriate counseling and support services.

Children’s Place Program ............... 591-9623 x116
610 Elm St., #212, San Carlos 94070
Provides alcohol / drug prevention education and therapeutic support services for children age 5-13.

Crisis Services ............................ 579-0350
Provides crisis counseling, outreach and community education.

Healthy Homes ............................ 579-0361 x12
Counseling and case management for children age 0-6 who have witnessed domestic violence.

Your House South ............................ 367-9687
394 Sequoia Ave., Redwood City 94061 Counseling for youth age 10-17 experiencing family problems or who have run away from home. Offers emergency and temporary housing.

Sutter Care at Home
Youth Bereavement Program ............... 685-2806
www.suttercareathome.org
700 S. Claremont St., #220, San Mateo 94402 Offers grief support and education to children, teens and their caregivers.

Veterans Affairs Palo Alto Health Care System
www.paloalto.va.gov
Mental Health Clinic ....................... 800-455-0057
3801 Miranda Ave., Palo Alto, 94304
Peninsula Vet Center ....................... 299-0672
2946 Broadway St., Redwood City 94062

Veterans Affairs San Francisco Health Care System
San Bruno Outpatient Clinic ............... 615-6000
www.sanfrancisco.va.gov/cboc/sanbruno.asp
1001 Sneath Lane, #300, San Bruno 94066 Outpatient mental health services for veterans.

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

Pacifica Youth Service Bureau ............. 355-3900
435 Edgemar Ave., Pacifica 94044
Youth Service Bureau of San Mateo ........ 349-7969
1670 S. Amphlett Blvd., #115, San Mateo 94402
Youth Service Bureau of South San Francisco
............................................ 276-4101
1486 Huntington Ave. #100, So. San Francisco 94080
TEEN AND PRETEEN WEB SITES

Palo Alto Medical Foundation (PAMF)

www.pamf.org/teen
Provides information on topics including general health, drugs and alcohol, and emotions for teens and their parents.

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

StarVista
www.onyourmind.net
Teens can obtain support and talk live to trained peer mentors.

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

RECREATION

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

COUNTY AND STATE PARKS AND BEACHES

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

See also Children, Teens, Youth and Families

RECYCLING & CONSERVING RESOURCES

San Mateo County Public Works Department
RecycleWorks ................................. 888-442-2666
www.RecycleWorks.org
- Web site includes information to “reduce, reuse and recycle” at home, work and school.
- Learn how to donate items to social service agencies at the ReUse Center section.
- Also provides material on other topics, such as composting, how to get rid of junk mail, information for kids, and where to buy items made from recycled materials.

SENIOR SERVICES

70 Strong ................................. 650-780-7547
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  
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.dcppartnership.org  
Provides peer-based outreach and facilitated referral services to Daly City residents age 50 or over or with disabilities.

**San Mateo County Fall Prevention Task Force**  
www.smcfallprevention.org ............... 844-663-2557  
Provides resources for older adults, caregivers and service providers.

**San Mateo County Health 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
Peninsula Volunteers Rosener House
Adult Day Services .......................... 322-0126
www.penvol.org/rosenerhouse
500 Arbor Rd., Menlo Park 94025

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

**SENIOR CENTERS AND SENIOR DINING CENTERS**

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

**BELMONT**

Twin Pines Senior and Community Center
www.belmont.gov .......................... 595-7444
20 Twin Pines Ln., 94002

**DALY CITY**

Doelger Senior Center .......................... 991-8012
www.dalycity.org
101 Lake Merced Blvd., 94015

Lincoln Park Community Center .......................... 991-8018
www.dalycity.org
901 Brunswick St., 94014

**EAST PALO ALTO**

East Palo Alto Senior Center .......................... 329-5900
560 Bell St., 94303

**FOSTER CITY**

Foster City Parks and Recreation Dept.
Senior Wing .......................... 286-2585
www.fostercity.org
650 Shell Blvd., 94404

**HALF MOON BAY**

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

Senior Coastsiders .......................... 726-9056
www.seniorcoastsiders.org
535 Kelly Ave., 94019

**MENLO PARK**

Menlo Park Senior Center .......................... 330-2230
www.menlopark.org
110 Terminal Ave., 94025

Peninsula Volunteers Little House .......................... 326-2025
www.penvol.org/littlehouse
800 Middle Ave., 94025

**MILLBRAE**

**Chadbourne Adult Activity Center** ............... 697-8300
at New Vision Church
450 Chadbourne Ave., 94030
First Mondays of the month.

**Millbrae Senior Center** ......................... 259-2370
www.ci.millbrae.ca.us
477 Lincoln Circle, 94030

**PACIFICA**

**Pacifica Senior Services** ......................... 738-7384
www.cityofpacificacity.depts/senior_services/
540 Crespi Dr., 94044

**REDWOOD CITY**

**Peninsula Family Service**
www.peninsulafamilyservice.org

**Fair Oaks Adult Activity Center**
2600 Middlefield Rd., 94063 ............... 780-7525

**Veterans Memorial Senior Center** ............. 780-7270
www.redwoodcity.org/parks/cc
1455 Madison Ave., 94061

**SAN BRUNO**

**San Bruno Senior Center** ....................... 616-7150
www.sanbruno.ca.gov
1555 Crystal Springs Rd., 94066

**SAN CARLOS**

**San Carlos Adult Community Center**
www.cityofsancarlos.org/acc
601 Chestnut St., 94070 ............... 802-4384

**SAN MATEO**

**City of San Mateo Senior Center** ............ 522-7490
www.cityofsanmateo.org
2645 Alameda de las Pulgas, 94403

**Martin Luther King Center** ................... 522-7470
www.cityofsanmateo.org
725 Monte Diablo Ave., 94401

**Samaritan House** ............................... 347-3648
www.samaritanhouseofsanmateo.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 50 E. Fifth Ave., 94401

**SOUTH SAN FRANCISCO**

**Magnolia Senior Center** ......................... 829-3820
www.ssf.net
601 Grand Ave., 3rd Fl., 94080
**SUBSTANCE USE TREATMENT SERVICES**

### 12-STEP PROGRAMS

**Al-Anon / Alateen**
- 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**
- 2215 S. El Camino Real, Suite 204, San Mateo: 577-1310
- www.norcalca.com

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

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

**Marijuana Anonymous**
- www.ma-sf.org: 415-325-4785
- www.madistrict3.org: 408-450-0796

**Nar-Anon**
- 800-477-6291
- www.naranoncalifornia.org
  For anyone affected by someone else's drug abuse.

**Narcotics Anonymous**
- 802-5950
- www.peninsulana.org
  Self-help organization for men and women who desire to stop drug/alcohol use.

### DAY TREATMENT / COUNSELING

**Adolescent Counseling Services**
- 424-0852 x104
  Adolescent Substance Abuse Treatment Program
  www.acs-teens.org
  643 Bair Island Rd, Suite 301, Redwood City, CA 94063
  Provides on-campus counseling, information and referral for youth and their families.

**Asian-American Recovery Services (AARS) Outpatient Services (a program of HealthRIGHT 360)**
- 415-337-0140
  www.healthright360.org
  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
  Outpatient Services currently provides mental health and substance use disorder services in the form of
trauma-informed and evidence-based individual and group therapies.

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

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

**Mills-Peninsula Health Services**

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

**Project 90**  . 579-7881
www.projectninety.org
720 S. B St., San Mateo 94401
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., #205, 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.paloaltoa.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

smc-connect.org
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.nobutters.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
A Buddhist path to which all are welcome.
www.smartrecovery.org
Based in cognitive-behavioral therapy.
www.womenforsobriety.org
Help for women based on positive change using meditation, groups, nutrition and more.
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
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.smcountytaxcollector.org
555 County Center, 1st Fl., Redwood City 94063
Collects property taxes.

Vital Statistics .......................... 573-2395
www.smchealth.org
225 - West 37th Ave., Room 11, San Mateo 94403
Maintains recent birth and death records for the county and issues copies of birth and death records.

STATE
Franchise Tax Board .......................... 800-338-0505
www.ftb.ca.gov .......................... (TTY) 800-822-6268
FEDERAL

Internal Revenue Service (IRS) ....... 800-829-1040
450 Golden Gate Ave., San Francisco 94102

OTHER

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

TRANSPORTATION

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

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

Metropolitan Transportation Commission (MTC)
www.511.org .................................. 511
Transit, traffic, rideshare (carpool and vanpool), and bicy-
cling 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,
avanpool, 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

**San Mateo Post No 82** .......................... 345-7388
130 South Boulevard, San Mateo

**San Carlos Post No 585** .......................... 595-9998
1159 Bush Street, San Carlos

**Redwood City Post No 105** .......................... 365-1337
651 El Camino Real, Redwood City

**Half Moon Bay Post 474** .......................... 728-9224
470 Capistrano Rd., Half Moon Bay

**Pacifica Post 238** .......................... 355-4346
555 Buel Rd., Pacifica

**San Bruno Post 409** .......................... 589-3102
757 San Mateo Ave, San Bruno

**American Legion Riders–Chapter 82** .......................... 349-7146

**VOLUNTEER PLACEMENT SERVICES**
Many nonprofits have their own volunteer programs. Contact each organization directly for details.

**HandsOn Bay Area** .......................... 415-541-9616
www.handsonbayarea.org
Provides flexible evening and weekend projects.

**Mills-Peninsula Health Services Senior Focus**
www.mills-peninsula.org
1720 El Camino Real, #10, Burlingame 94010

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

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

One Brick
www.onebrick.org
Brings volunteers together to support local nonprofits and
offers a social event after each volunteer opportunity.

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 ............. 415-982-8999
Refers groups and individuals of all ages to nonprofit
agencies that need volunteers.

Volunteer Match ..................... 415-241-6868
www.volunteermatch.org
Offers a variety of online services to support nonprofits
and volunteers.

See also Children, Teens, Youth and Families
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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