



Community Information

Handbook 2019

Find Community Services in San Mateo County



COUNTY OF **SAN MATEO**
HUMAN SERVICES AGENCY

Community Information Handbook 2019

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HUMAN SERVICES AGENCY

Welcome to the 2019 Community Information Handbook. It is my pleasure to present this resource guide to the residents of San Mateo County. This handbook provides a hard copy for users, while a more in-depth listing of services are available at www.smc-connect.org. 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.

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EMERGENCY / CRISIS INTERVENTION

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

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

. 800-273-6222

. (TTY) 415-808-4300 or 711

www.211BayArea.org

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

24-HOUR EMERGENCY NUMBERS

Aging and Adult Services 800-675-TIES

. 800-675-8437

. (TTY) 711

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

California Poison Control System 800-222-1222

California Youth Crisis Line 800-843-5200

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

Child Protective Services (CPS) 800-632-4615

. 595-7922

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

Community Overcoming Relationship Abuse

(CORA) 800-300-1080

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

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

Crisis Line 696-5915

Parent Support Line 888-220-7575

StarVista 579-0359

Psychiatric Emergency Services

San Mateo Medical Center 573-2662

Mills-Peninsula Health Services 696-5915

Rape Trauma Services (RTS) 692-RAPE

. 692-7273

Provides 24 hour crisis counseling, advocacy and accom-
paniment for survivors of sexual assault.

StarVista Crisis Intervention and

Suicide Prevention Center 800-273-TALK

. 800-273-8255

. 579-0350

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

Your House South 367-9687

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

CORE SERVICE AGENCIES

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

COASTSIDE:

Coastside Hope 726-9071

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

Puente de la Costa Sur 879-1691

www.mypuente.org
620 North St., Pescadero 94060
Core Service Agency serving La Honda, Loma Mar, Pescadero and San Gregorio.

NORTH COUNTY:

Daly City Community Service Center 991-8007

www.dalycity.org/residents/community_service_center.htm
www.dcpartnership.org
350 - 90th St., Daly City 94015
Core Service Agency serving Broadmoor, Colma and Daly City.

Youth Service Bureaus of YMCA 276-4101

1486 Huntington Ave, Suite 100, SSF
Core Service Agency serving SSF, San Bruno, and Brisbane.

Pacifica Resource Center 738-7470

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

CENTRAL COUNTY:

Samaritan House 347-3648

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

SOUTH COUNTY:

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 military personnel, health and safety training for the public.

INMATE AND POST-RELEASE SUPPORT

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

VICTIM ASSISTANCE

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

For Emergency Shelter see Homeless Services

For Hospitals see Health

ANIMAL SERVICES

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

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

CHILDREN, TEENS, YOUTH & FAMILIES

ADOPTION

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

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

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

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

CHILD CARE REFERRALS AND HEAD START PROGRAMS

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

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

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, pre-school, and school age children.

CHILD SUPPORT

San Mateo County Department of Child Support Services (DCSS)

www.smcdcass.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, men and their families, including education and linkages to community resources.

Women, Infants and Children Program (WIC)

www.smchealth.org/wic 573-2168
Breastfeeding Helpline 800-205-0333
Offers supplemental food, nutrition and breastfeeding education to low-income women and their children age 0-5 at clinics throughout the county.

TEEN AND PRETEEN WEB SITES

Palo Alto Medical Foundation (PAMF)

www.pamf.org/teen

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

www.pamf.org/preteen

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

StarVista www.onyourmind.net

Teens obtain support and talk live to trained peer mentors.

YOUTH DEVELOPMENT AND MENTORING

American Red Cross, Bay Area Chapter

www.redcrossbayarea.org 259-1750
1663 Market St., San Francisco 94103
Youth Engaged in Service volunteer program, peer education training in disaster preparedness, babysitting and CPR classes.

Bayshore Christian Ministries 327-9941

1001 Beech Street, East Palo Alto 94303
Provides academic support (KidSmart for grades 1-5), spiritual mentoring, and life skills to youth in elementary, middle school, and high school.

Big Brothers-Big Sisters of the Bay Area

www.bbbsba.org 415-503-4050
For age 6-16

Edgewood

Drop-in Centers: North and South

Program is a peer led safe space providing free resources and basic needs for 18-25 year olds. Open M-F from 3 pm to 8 pm.

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

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

BOYS AND GIRLS CLUBS

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

COASTSIDE:

Boys and Girls Club - Coastside 712-9710
Middle School Club - Cunha Campus
www.bgc-coastside.org
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 Clubhousewww.bgcp.org
 401 Pierce Rd., Menlo Park 94025
- Boys and Girls Club - Peninsula**587-9370
 Mervin G. Morris Branchwww.bgcp.org
 1109 Hilton St., Redwood City 94063
- Boys and Girls Club - Peninsula**646-6090
 Moldaw-Zaffaroni Clubhousewww.bgcp.org
 2031 Pulgas Ave., East Palo Alto 94303
- Boy Scouts of America**341-5633
 www.pacsky.org
 1150 Chess Dr., Foster City 94404
 For boys age 7-17, girls age 14-20.
- Boys Hope Girls Hope**415-657-9302
 www.bhghsf.org
 A residential program providing academically capable children in need with a stable home, growth opportunities, positive parenting, and a solid education. Also offers a community-based program for girls.
- Coastside Children's Programs (CCP)**726-7413
 www.coastsidechildren.org
 494 Miramontes Ave., Half Moon Bay 94019
 Administers child care and learning centers that provide educational, recreational and skill-building activities through before- and after-school programs, and full-time summer activities. Also has a preschool.
- Explorers' Program**363-4012
 Search-and-rescue or law enforcement training programs for youth age 14-20. Sponsored by the San Mateo County Sheriff's Office and Learning for Life.
- Fresh Lifelines for Youth (FLY)**408-263-2630
 www.flyprogram.org
 568 Valley Way, Milpitas 95035
 Prevents juvenile crime and incarceration through legal education, mentoring and leadership training.
- Friends for Youth**368-4444
 www.friendsforyouth.org
 1741 Broadway, 1st Fl., Redwood City 94063
 Matches troubled teens age 10-17 with adult volunteers recruited from the community for the purpose of forming one-to-one relationships.
- Girl Scouts**800-447-4475
 www.girlscoutsnorcal.org408-287-4170
 1310 S. Bascom Avenue, San Jose 95128
 For girls age 5-17.
- Junior Statesmen Foundation**800-334-5353
 www.jsa.org347-1600
 800 S. Claremont St., #202, San Mateo 94402
 Nonpartisan political education program teaching young people about government, politics and the responsibilities of citizenship.
- Peninsula Jewish Community Center (PJCC)**212-PJCC
 www.pjcc.org(212-7522)
 800 Foster City Blvd., Foster City 94404
 Recreational, social, cultural and educational activities for

all ages, faiths and backgrounds.

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

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

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

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

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

DISABILITY SERVICES

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

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

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

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

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

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

and young adults up 21 years old who have certain medical conditions.

California State Department of Rehabilitation

www.dor.ca.gov or www.db101.org
801 Traeger Ave., #105, San Bruno 94066 . . . 737-2606
1065 E. Hillsdale Blvd., #403, Foster City 94404
. 358-4180
800 Menlo Ave., #122, Menlo Park 94025. . . . 688-6380
Provides the counseling, testing and training necessary for physically or mentally disabled persons to become competitively employed.

Canine Companions for Independence (CCI)

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

Center for Independence of Individuals with Disabilities (CID)

www.cidsanmateo.org 645-1780
. (TTY) 522-9313
2001 Winward Way, Suite 103, San Mateo, CA 94404
1590 El Camino Real, Suite C, San Bruno 94066
. 589-8994
Provides a variety of services to enable disabled and frail elderly people to lead independent lives.

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

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

Community Gatepath (Voice / TTY) 259-8500

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

Family Resource Center at Community Gatepath 259-8544

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

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

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

Golden Gate Regional Center (GGRC)

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

- Guide Dogs for the Blind, Inc.** 800-295-4050
www.guidedogs.com 415-499-4000
 Guide dogs and training for blind persons age 16 or over.
- Hearing and Speech Center for Northern California** 415-921-7658
www.hearingspeech.org (TTY) 415-921-8990
 1234 Divisadero St., San Francisco 94115
 Information/services on hearing, hearing loss, hearing conservation, deafness. Loan of hearing aids.
- Hearing Loss Association of America** 593-6760
www.hearinglossca.org/chapters/peninsula-chapter
 Educational and emotional support group for hearing-impaired persons.
- HOPE Services** 408-284-2850
www.hopeservices.org
 30 Las Colinas Ln., San Jose 95119
 Provides a variety of services for persons with developmental disabilities.
- Kainos Home and Training Center** 363-2423
www.kainosusa.org
 3631 Jefferson Ave., Redwood City 94062
 Maintains licensed residential homes and a work training program for developmentally disabled adults.
- National Center for Equine Facilitated Therapy (NCEFT)**
www.nceft.org 851-2271
 880 Runnymede Rd., Woodside 94062
 Uses the movement of the horse to provide physical and occupational therapy for children and adults affected by neuromuscular disorders.
- Parca** 312-0730
www.parca.org
 800 Airport Blvd., #320, Burlingame 94010
 Serves as an advocate to persons with developmental disabilities and provides various recreational, social and support activities, residential facilities.
- San Mateo County Health – 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)**
www.smchsavrs.org 802-6482
 550 Quarry Rd., San Carlos 94070
 Provides job training, placement or employment for any employable county resident collecting General Assistance or undergoing psychiatric treatment.
- San Mateo County Office of Education**
 Special Education Services 802-5460
www.smcoe.k12.ca.us (TTY) 802-5480
 101 Twin Dolphin Dr., Redwood City 94065
 Determines questions of compliance involving special education issues.

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

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

See also Children, Teens, Youth and Families

EDUCATION

ADULT SCHOOLS

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

Jefferson Union High School District

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

San Mateo Union High School District

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

Sequoia Union High School District

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

South San Francisco Unified School District

Adult Education Program 877-8844
www.ssfusd.org
825 Southwood Dr., South San Francisco 94080

COLLEGES

COMMUNITY COLLEGES

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

Cañada College 306-3100
www.canadacollege.edu
4200 Farm Hill Blvd., Redwood City 94061

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

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

PRIVATE COLLEGES

- Menlo College**800-55-MENLO
www.menlo.edu (800-556-3656)
1000 El Camino Real, Atherton 94027
- Notre Dame de Namur University** 508-3500
www.ndnu.edu
1500 Ralston Ave., Belmont 94002

ELEMENTARY AND SECONDARY SCHOOLS

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

San Mateo County Office of Education

www.smcoe.k12.ca.us 802-5300
101 Twin Dolphin Dr., Redwood City 94065
Administers the county schools programs and acts as liaison between the state and the school districts. Web site includes a public schools directory.

LITERACY PROGRAMS

PROJECT READ PROGRAMS

- Project Read-Menlo Park** 330-2525
www.projectreadmenlopark.org
800 Alma St., Menlo Park 94025
Offers a literacy program for functionally illiterate adults with any language background.
- Project Read North San Mateo County**
www.ssf.net/projectread 829-3871
840 W. Orange Ave., South San Francisco 94080
Offers a literacy program for functionally illiterate English-speaking adults.
- Redwood City Project Read**780-7077
www.projectreadredwoodcity.org
1044 Middlefield Rd., 2nd Fl. Redwood City 94063
Offers an intergenerational literacy program for adults and youth seeking to improve literacy skills.
- San Mateo Project Read**522-7848
www.projectread.org/
55 W. 3rd Ave., 2nd Fl., San Mateo 94402
Offers a literacy program for functionally illiterate English-speaking adults.

SAN MATEO COUNTY READS PROGRAMS

www.smcl.org/content/adult-literacy

Community Learning Office 323-0362
2415 University Ave., 2nd Fl., East Palo Alto 94303
225 S. Cabrillo Hwy, Ste. 104B, Half Moon Bay 94019
.....726-2316 x4
Literacy support for adults and families, including one-on-one tutoring and group workshops.

For Preschool Referrals see Children, Teens, Youth and Families

EMPLOYMENT AND TRAINING

EMPLOYMENT DISCRIMINATION

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

2218 Kausen Dr., #100, Elk Grove 95758
www.dfeh.ca.gov(TTY) 800-700-2320
Investigates complaints of discrimination and harassment in employment, housing and public accommodation, and threats or acts of hate violence.

Equal Employment Opportunity Commission (EEOC) 866-408-8075

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

Equal Rights Advocates 800-839-4372

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

Legal Aid Society

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

JOB TRAINING AND PLACEMENT

Apprenticeship Standards Division

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

California Conservation Corps (CCC)

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

California State Department of Rehabilitation

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

Goodwill Industries 415-575-2101

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

- Job Corps** 800-733-JOBS
www.jobcorps.gov (800-733-5627)
 Career development, job training and placement at various sites nationwide. High school diploma / GED classes. For age 16-24.
- Jobs for Youth** 301-8492
hsa.smcgov.org/jobs-youth
 Finds employment for young people age 14-21.
- Daly City** 301-8434
 271 - 92nd St., Daly City 94015
- Belmont** 802-6534
 400 Harbor Blvd, Belmont, 94002
- JobTrain**
www.jobtrainworks.org 330-6429
 1200 O'Brien Dr., Menlo Park 94025
 Provides job training to economically disadvantaged, unemployed, or underemployed adults and youth.
- Day Worker Program, North Fair Oaks**
Multicultural Institute 339-2794
www.mionline.org
 Multiservice day laborer program and aids contractors and homeowners in finding day laborers through a phone or online reservation system.
- Next Step Center** 566-0240
 795 Willow Rd., Bldg. 348, Menlo Park 94025
 Comprehensive vocational and employment services for veterans.
- One East Palo Alto (OEPA)** (650) 391-9617
www.onepa.org 2400 Ralmar Ave., Menlo Park
 One East Palo Alto (OEPA) Neighborhood Improvement Initiative offers youth-focused services such as the Sponsored Employment Program (SEP) that provides part-time summer jobs with mentoring and community connectedness opportunities for East Palo Alto young people at highest risk, ages 14-24.
- Peninsula Family Service**
Second Career Services 403-4300 x4385
www.peninsulafamilyservice.org
 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 seekers, youth and employers.
- Phase2Careers** www.phase2careers.org
 Assist older adults in the Bay Area find new career opportunities through job search and career development workshops; employment roundtables; job search panels; networking and recruitment events; and special presentations.
- Samaritan House Worker Resource Center**
www.samaritanhousesanmateo.org 344-1651
 400 E. 5th Ave., San Mateo 94401

Provides a meeting place for day workers and employers. Any worker who is a resident of San Mateo County can use the services Mon.–Fri., 7 am–2 pm; Sat., 7 am–1 pm, Sun., 7 am–12 noon.

San Mateo County Human Resources

Department 363-4343
www.smcgov.org (TTY) 368-7807
455 County Center, 5th Fl., Redwood City 94063
Handles employee classification, benefits, training and public safety issues for the county.

San Mateo County Human Services Agency

Vocational Rehabilitation Services (VRS) 802-6482
hsa.smcgov.org/vocational-rehabilitation-services
550 Quarry Rd., San Carlos 94070
Provides job training, placement or employment for any employable county resident collecting General Assistance or undergoing psychiatric treatment.

United Indian Nations 510-352-4510

www.uin.net
1436 Clarke St., Suite B, San Leandro 94577
Provides employment counseling, job placement and training primarily for unemployed, underemployed or low-income American Indian or Alaskan Native adults.

UNEMPLOYMENT BENEFITS

Employment Development Department (EDD)

www.edd.ca.gov

See also Legal and Mediation Services

FINANCIAL ASSISTANCE

CONSUMER EDUCATION

Consumer Credit Counseling Service

www.cccssf.org 800-777-PLAN
. 800-777-7526
595 Market St., 15th Fl., San Francisco 94105
Counseling on alternatives for family money management, debt liquidation, budget planning and the use of credit.

Opportunity Fund 408-297-0204

www.opportunityfund.org
11 W. Saint John St., #800, San Jose 95113
Offers the Individual Development Account (IDA) savings program and the Small Business Loans program which makes loans to low-income entrepreneurs who cannot qualify for a traditional bank loan.

Peninsula Family Service Financial Empowerment Services

www.peninsulafamilyservice.org 403-4300 x4105
24 Second Ave., San Mateo 94401
Helps low-income individuals maintain self-sufficiency by providing financial management workshops.

LOAN PROGRAMS

Peninsula Family Service

Ways to Work Vehicle Loan Program

www.peninsulafamilyservice.org 403-4300 x4415

24 Second Ave., San Mateo 94401
Helps low-income individuals maintain self-sufficiency by providing small loans for automobile purchases.

PUBLIC ASSISTANCE

CalWORKS (California Work Opportunity and Responsibility to Kids)

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

Cash Assistance Program for Immigrants (CAPI)

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

CalFresh (formerly the Food Stamp Program)

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

General Assistance (GA)

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

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

Human Services Agency Regional Offices

hsa.smcgov.org/contact-us-0

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

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

1487 Huntington Ave. So. San Francisco 94080

. 877-5608

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

400 Harbor Blvd., Building B., Belmont 94002

. 802-6470

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

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

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

See also Health Insurance

SOCIAL SECURITY BENEFITS

Social Security Administration

www.socialsecurity.gov (TTY) 800-325-0778

www.ssa.gov 800-772-1213

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

355 Gellert Blvd., #201, Daly City 94015

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

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

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

For Unemployment Benefits see Employment and Training

OTHER SERVICES

Breast Cancer Emergency Fund

www.bcef-sf.org 415-558-6999 x8

12 Grace St., #300, San Francisco 94103

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

Community Financial Resources (CFR)

www.communityfinancialresources.net

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

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

FOOD PROGRAMS

Food Assistance Program (CalFresh) 800-223-8383

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

Second Harvest Food Bank Food Connection

Hotline 800-984-3663

www.shfb.org/getfood

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

CONGREGATE MEAL SITES

Bread of Life 326-9796

1852 Bay Rd., East Palo Alto 94303

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

Catholic Worker Hospitality House 827-0706

555 West San Bruno Ave., San Bruno 94066

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

Ecumenical Hunger Program 323-7781

www.ehpcares.org

At St. Francis of Assisi Church

1425 Bay Rd., East Palo Alto 94303

Provides meals 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

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

North Peninsula Food Pantry and Dining Center of Daly City 994-5150
www.fooddc.org
31 Bepler St., Daly City 94014
Serves hot meals Mon., Tue. and Thu., 5–6 pm.

Salvation Army 266-4591
409 S. Spruce Ave., South San Francisco 94080
Saturday, 10:30-11:30 am

Samaritan House Kitchen 347-3648
www.samaritanhousesanmateo.org
4031 Pacific Blvd., San Mateo 94403
Serves hot dinners Mon.–Fri., 4:30–6 pm, at Masonic Hall, 100 N. Ellsworth Ave., San Mateo. Lunches available Sat. and Sun. 12 noon–1 pm, in the parking lot at 4031 Pacific Blvd.

St. Anthony's Padua Dining Room 365-9665
3500 Middlefield Rd., Menlo Park 94025
Provides meals Mon.–Sat., 11 am–1 pm.

St. Vincent de Paul Society
www.svdpsm.org
50 N. B St., San Mateo 94401 343-9251
Mon.-Fri., 9:45–11:45 am

Café St. Vincent 589-9039
421 4th Lane, South San Francisco 94080
Mon-Fri, 10am–Noon, Sat from 10am–11am; Food only on Sat. Entrance at rear of building.

Street Life Ministries 650-395-8114
streetlifeministries.org
Serves meals on Mon and Wed, 7:30 to 9 pm, 1300 Middlefield Road, Redwood City
Serves meals on Tues and Thurs, 7:30 to 9 pm, 1120 Merrill Street, Menlo Park

Women, Infants and Children Program (WIC)
www.smchealth.org/wic 573-2168
Breastfeeding Helpline 800-205-0333
Offers nutrition education and supplemental foods to low-income women and their children age 0-5 at clinics throughout the county.

See also Children, Teens, Youth and Families

EMERGENCY FOOD PROVIDERS

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

CALL Primrose – Drop In Food Pantry 342-CALL
www.callprimrose.org 342-2255
139 Primrose Rd., Burlingame 94010
Open Mon.–Fri., 9 am–2:45 pm

Catholic Worker House 366-4415
545 Cassia St., Redwood City 94063
Food is distributed Fridays at 11:30 am.

Ecumenical Hunger Program 323-7781
www.ehpcares.org

2411 Pulgas Ave., East Palo Alto , CA 94303
Emergency Food Box distributed Mon., Wed., Thurs. and
Fri. 10 am–2 pm, (closed Tuesdays). Serves East Palo
Alto, Menlo Park, and Palo Alto

Grace Covenant Church 589-6797
www.gracecovssf.org

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 contribu-
tions, or to order Meals on Wheels, call:

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

See also Homeless Services

For Senior Dining Centers see Senior Services

HEALTH

HEALTH AND DENTAL CLINICS

Arbor Free Clinic

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

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

Bay Area Addiction Research and Treatment (BAART)

Methadone Clinic 324-1470
www.baartprograms.com
795 Willow Rd., Bldg. 332, Menlo Park 94025

HealthRIGHT 360 348-6603

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

Foothill College Dental Hygiene Clinic 949-7335

www.foothill.edu/bio/programs/dentalt
12345 El Monte Rd., Room 5312, Los Altos Hills 94022
Provides dental services for low-income people.

Ravenswood Family Health Center 330-7400

www.ravenswoodfhc.org
1798-A Bay Rd., East Palo Alto 94303

at Belle Haven 321-0980

100 Terminal Ave., Menlo Park 94025
Health care for persons in south part of County.

RotaCare Clinics www.rotacarebayarea.org

RotaCare Clinic at Seton Medical Center 515-6885

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

RotaCare Coastside Clinic 573-3774

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

Samaritan House

www.samaritanhousesanmateo.org

Redwood City Free Clinic 839-1447

114 - 5th Ave., Redwood City 94063

San Mateo Free Clinic 578-0400

19 W. 39th Ave., San Mateo 94403
Free non-emergency and primary care services for uninsured, low-income persons. Appointments required.

San Mateo County Health

www.smchealth.org

Edison Clinic 573-2385

222 W. 39th Ave., San Mateo 94403
Full-service HIV and STD specialty clinic.

Mobile Clinic 573-2786

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

Partner Services 573-3401

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

STD Clinic 573-2385

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

Testing on Demand 619-9125

Mobile Testing Van meets clients for rapid HIV and

STD testing and needle exchange.

San Mateo Medical Center

www.sanmateomedicalcenter.org

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–5 pm. Wed & Thu evening hrs: 5–8 pm

39th Avenue Health Clinics 573-3702

222 W. 39th Ave., San Mateo 94403

Full-service specialty outpatient clinics including pediatrics.

Medical and Surgical Specialty Clinics 573-3982

www.smchealth.org/location/surgical-specialty-clinic

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

Coastside County Clinic 573-3941

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

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

Daly City Health Center 301-8600

www.smchealth.org/location/daly-city-health-center

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 Coastsides who are uninsured or have Medi-Cal, Healthy Families or Healthy Kids.

UCSF School of Dentistry 415-476-5814

dentistry.ucsf.edu

707 Parnassus Ave., San Francisco 94143

Provides comprehensive dental care and services.

University of the Pacific Dental Clinic

www.dental.pacific.edu 415-929-6501

2155 Webster St., San Francisco 94115

Comprehensive dental care performed by dental students under supervision.

HEALTH EDUCATION

AIDS Community Research Consortium (ACRC)

www.acrc.org 364-6563

2684 Middlefield Rd., Suite E Redwood City 94063

Provides HIV and Hepatitis C research, education and outreach.

Institute for Health and Healing 415-600-3503

www.cpmc.org/services/ihh/

2300 California Street, #3, San Francisco 94115

Health education resource for consumers. Research medical conditions yourself or have the research done for a small fee. By appointment only.

Stanford Hospital Health Library 800-295-5177

healthlibrary.stanford.edu 725-8400

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

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

HOSPITALS AND MEDICAL CENTERS

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

Kaiser Permanente Medical Center

www.kp.org

1200 El Camino Real 742-2000

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

1000 Franklin Pkwy. 358-7000

San Mateo 94403 (TTY) 711

1150 Veterans Blvd 299-2000

Redwood City 94063 (TTY) 299-2207

Mills-Peninsula Health Services

www.mills-peninsula.org

Mills Health Center 696-5400

100 S. San Mateo Dr., San Mateo 94401

An outpatient facility.

Mills-Peninsula Medical Center 696-5400

1501 Trousdale Dr., Burlingame 94010

An acute care facility.

San Mateo Medical Center 573-2222

www.sanmateomedicalcenter.org (TTY) 573-3753

222 W. 39th Ave., San Mateo 94403

Sequoia Hospital 369-5811

www.sequoiahospital.org

170 Alameda de las Pulgas, Redwood City 94062

Seton Medical Center 992-4000

www.setonmedicalcenter.org (TTY) 997-7949

1900 Sullivan Ave., Daly City 94015

Seton Medical Center Coastside 563-7100

www.setonmedicalcentercoastside.org . . (TTY) 728-7081

600 Marine Blvd., Moss Beach 94038

Stanford University Medical Center

www.stanfordhospital.com

Lucile Packard Children's Hospital at Stanford

. 497-8000

www.lpch.org (TTY) 326-4976

725 Welch Rd., Palo Alto 94304

Stanford Hospital and Clinics

300 Pasteur Dr., Stanford 94305 723-4000

. (TTY) 725-5888

UCSF Medical Center 415-476-1000

www.ucsfhealth.org

505 Parnassus Ave., San Francisco 94143

Veterans Affairs Palo Alto Health Care System

www.paloalto.va.gov 493-5000

3801 Miranda Ave., Palo Alto 94304

Veterans Affairs San Francisco Health Care System

www.sanfrancisco.va.gov/cboc/sanbruno.asp

San Bruno Outpatient Clinic 615-6000

1001 Sneath Ln., #300, San Bruno 94066

NURSING AND HOSPICE SERVICES

Mission Hospice and Home Care

www.missionhospice.org 554-1000

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

Offers special medical and emotional care for the patient

and family when there is a life-threatening illness.

Pathways Home Health, Hospice and Private Duty

www.pathwayshealth.org 888-755-7855

. 888-600-2273

585 N. Mary Ave., Sunnyvale 94085

Sutter Care at Home 685-2800

www.suttercareathome.org 685-2830

700 S. Claremont St., #220, San Mateo 94402

PHYSICIAN AND DENTAL REFERRAL SERVICES

Mid-Peninsula Dental Health Foundation

www.mpds.org 328-2242
220 Main St., #208-A, Los Altos 94022

San Mateo County Dental Society 637-1121

www.smcdds.com
240-A Twin Dolphin Dr., Redwood City 94065

San Mateo County Medical Association

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

FAMILY PLANNING SERVICES AND INFORMATION

Alpha Pregnancy Center 415-584-6800

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

East Palo Alto Teen Home 324-8487

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

First Resort 261-9115

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

Health Connected 367-1937

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

Planned Parenthood

www.ppmarmonte.org
Medical health clinics for women, men and teens that specialize in reproductive health care.

San Mateo Health Center 877-855-7526

29 Baywood Ave., San Mateo 94402

Redwood City Health Center 877-855-7526

2907 El Camino Real, Redwood City 94061

South San Francisco Health Center 877-855-7526

435 Grand Ave. South San Francisco 94080

San Mateo County Health – Family Health Services

www.smchealth.org/division-family-health-services
Resource Line 888-840-0889

Prenatal to Three Program and Nurse-Family

Partnership 573-2501

2000 Alameda de las Pulgas, #200, San Mateo 94403
Referrals, education and support for pregnant and parenting women and teens.

Prenatal Advantage Black Infant

Health Project 363-7850

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

Referrals, education and support for pregnant and parenting African-American women.

San Mateo Pro Life 572-1468

www.sanmateoprolife.com

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

and prescription drug plans.

Medicare800-MEDICARE
www.medicare.gov (800-633-4227)
A federal health insurance program for seniors and some disabled persons.

See also Financial Assistance

HOMELESS SERVICES

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

EMERGENCY ASSISTANCE

St. Vincent de Paul Society

Homeless Help Desks 343-9251

Emergency Services 343-4403
www.svdpsm.org

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

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

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

EMERGENCY SHELTER

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

FOR ADULTS WITH CHILDREN

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

Home and Hope (formerly Interfaith Hospitality Network) 652-1103
www.homeandhope.net

1720 El Camino Real, #7, Burlingame 94010
Host families provide meals and overnight accommodations to persons in need.

LifeMoves lifemoves.org
First Step for Families, San Mateo

FOR ADULTS WITHOUT CHILDREN

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

Catholic Worker Hospitality House
San Bruno House San Bruno

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

Safe Harbor Shelter South San Francisco

LifeMoves lifemoves.org
Maple Street Shelter Redwood City

FOR DOMESTIC VIOLENCE SURVIVORS

Community Overcoming Relationship Abuse

(CORA)800-300-1080

(English / Spanish) www.corasupport.org

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 Ministries321-3109

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 Team368-3178
Locates mentally ill homeless people and assists them with referrals for food, lodging, clothing and mental health services. In the home, offers mediation when a family member is in danger of becoming homeless.

See also Food Programs

See also Housing

HOUSING

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

DISCRIMINATION

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

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

Project Sentinel321-6291
www.housing.org
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 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 ser-
 vices in San Mateo. All services are provided by appoint-
 ment only, except for weekly drop-in workshops.

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

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

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

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

See also Legal and Mediation Services

LGBTQ SERVICES

COMMUNITY ADVOCACY

- LGBTQ Commission of San Mateo County** . . 650-363-4872
 lgbtq.smcgov.org
 Provides online resources, policy advocacy, and educa-
 tional events.

San Mateo County Pride Initiative

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

San Mateo County Pride Center 591-0133

sanmateopride.org/
1021 S El Camino Real, San Mateo 94402
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.glnh.org Peer support and local resources.

Sage LGBT Elder Hotline 1-888-234-SAGE

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

StarVista Crisis Hotline 650-579-0350

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

Trans Lifeline 877-565-8860

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

Trevor Project 24/7 Suicide Prevention

Lifeline 866-488-7386

Suicide prevention hotline for LGBTQ youth.
thetrevorproject.org also provides TrevorChat instant messaging with a counselor and TrevorText

HEALTHCARE

Planned Parenthood 650-235-7940

San Mateo Health Center (Mar Monte)
29 Baywood Avenue San Mateo 94403
Transgender primary health care, STD testing and treatment, HIV testing, breast and cervical cancer screening, other reproductive and general health services.

Transgender Adult Health Clinic 650-573-2521

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

Stanford Children’s Health

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

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

SUPPORT GROUPS

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

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

LGBT Veterans Support Group650-493-5000 x28844
www.paloalto.va.gov/services/lgbt.asp
Menlo Park Division, Veterans Administration
Palo Alto Health Care System - Thur. 5–6:30 pm

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

Adolescent Counseling Services

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

PFLAG (San Jose/Peninsula Chapter)408-270-8182
www.pflagsanjose.org
Supportive environment for parents, families, friends, and straight allies of people who are lesbian, gay, bisexual, transgender and questioning.

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

LEGAL AND MEDIATION SERVICES

SAN MATEO COUNTY SUPERIOR COURT

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

Appropriate Dispute Resolution (ADR)
See Mediation Services on page 35.

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

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

See also Child Support Services on page 7

LAW-RELATED SERVICES

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

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

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

LEGAL ASSISTANCE

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

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

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

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

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

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

Legal Aid Society of San Mateo County 558-0915
www.legalaidsmc.org 800-381-8898
330 Twin Dolphin Dr., #123, Redwood City 94065
Legal advice and counsel on civil matters for individuals, families and groups whose incomes are below an established level.

San Mateo County Bar Association

www.smcba.org

Lawyer Referral Service369-4149 x3
333 Bradford St., #200, Redwood City 94063
Refers callers to local attorneys, handles writing of simple wills for low-income senior citizens.

Private Defender Program298-4000
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 ADR261-5076

General Civil ADR261-5075, 261-5076

Judicial Arbitration261-5076

Juvenile Mediation Program261-5076

Peninsula Conflict Resolution Center (PCRC) 513-0330

www.pcrweb.org

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

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

PROBATION AND JAILS

San Mateo County Probation Department

www.co.sanmateo.ca.us

Adult Probation363-4244

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

Juvenile Services312-8816

222 Paul Scannell Dr., San Mateo 94402

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

Sheriff's Office363-4911

www.smcsheriff.com

300 Bradford Street, Redwood City 94063

Men's Jail

(Maguire Correctional Facility)363-4000 x6071

Women's Jail363-4310

SAN MATEO COUNTY DISTRICT ATTORNEY

District Attorney 363-4636

www.co.sanmateo.ca.us

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

Responsible for criminal prosecution in the Superior and Municipal Courts.

Consumer and Environmental Protection Unit . . . 363-4651

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

LIBRARY SERVICES

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

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

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

Peninsula Library System www.plsinfo.org

CITY LIBRARIES:

Burlingame

Main, 480 Primrose Rd., 94010 558-7400

Easton Branch, 1800 Easton Dr., 94010 340-6180

Daly City

Serramonte Branch, 40 Wembley Dr., 94015 . . 991-8023

Bayshore Branch, 460 Martin St., 94014 991-8074

John D. Daly Branch, 134 Hillside Blvd., 94014 991-8073

Westlake Branch, 275 Southgate Ave., 94015. . 991-8071

Menlo Park

Main, 800 Alma St., 94025 330-2500

Belle Haven Branch, 413 Ivy Dr., 94025 330-2540

Redwood City

Main, 1044 Middlefield Rd., 94063 780-7018

Fair Oaks Branch, 2510 Middlefield Rd., 94063

. 780-7261

Redwood Shores Branch

399 Marine Pkwy., 94065 780-5740

Schaberg Branch, 2140 Euclid Ave., 94061. . . 780-7010

San Bruno

701 Angus Avenue West, 94066 616-7078

San Mateo

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

South San Francisco

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

COMMUNITY COLLEGE DISTRICT LIBRARIES:**Cañada College**

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

College of San Mateo

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

Skyline College

3300 College Dr., San Bruno 94066 738-4311

COUNTY LIBRARIES:

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

Atherton

2 Dinkelspiel Station Lane, 94027 328-2422

Belmont

1110 Alameda de las Pulgas, 94002 591-8286

Bookmobile

Administration, San Mateo, 94402 207-4426

Brisbane

250 Visitacion Ave., 94005 415-467-2060

East Palo Alto

2415 University Ave., 94303 321-7712

Foster City

1000 E. Hillsdale Blvd., 94404 574-4842

Half Moon Bay

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

Millbrae

1 Library Ave., 94030 697-7607

Pacifica

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

Portola Valley

765 Portola Rd., 94028 851-0560

San Carlos

610 Elm St., 94070 591-0341

Woodside

3140 Woodside Rd., 94062 851-0147

For Health Libraries see Health

For Law Library see Legal and Mediation Services

MENTAL HEALTH / COUNSELING

- Adolescent Counseling Services** 424-0852 x104
Adolescent Substance Abuse Treatment Program
www.acs-teens.org
643 Bair Island Rd, Suite 301, Redwood City, CA 94063
Provides on-campus counseling, information and referral for youth and their families.
- Anger Management and Domestic Abuse Therapy Center** 375-0449
www.angercure.org
430 Peninsula Ave., #7, San Mateo 94401
151 87th St., #11 Daly City 94015
Offers court-ordered and self-referred counseling programs including domestic violence counseling, anger management, and parenting and child abuse education in English and Spanish.
- BHRS Office of Consumer & Family Affairs** . .800-388-5189
www.smchealth.org/support-clients-family
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 service for persons with serious and persistent psychiatric disabilities.
- Catholic Charities CYO** 295-2160 x185
www.cccyo.org
36 - 37th Ave., San Mateo 94403
Offers individual, group, family and marital counseling and education to all persons, regardless of religion.
- Christian Counseling Centers, Inc.**570-7273
www.christiancounseling.net
1510 Fashion Island Blvd., #110, San Mateo 94404
Offers individual psychotherapy for children, adolescents and adults, as well as couples and family therapy, regardless of religion.
- Community Overcoming Relationship Abuse (CORA)**800-300-1080
www.corasupport.org 312-8515
- Family Assertive Support Team (FAST)**.368-3178
FAST Team is an in-home outreach service that offers assessment, consultation, and support services to adults (age 18+) experiencing a severe mental health problem and their designated family members. (9am-9pm Spanish and Mandarin language capacity)
- Family and Children Services** 326-6576
www.fcservices.org
375 Cambridge Ave., Palo Alto 94306
Offers counseling and support services to families and children, including specialized services for targeted populations.

- Family Resource Centers** 802-7684
 hsa.smcgov.org/family-resource-centers
 Provides counseling, support and education services for youth and adults, home visiting, parent involvement in leadership, financial assistance and case management at specific school locations with Spanish speaking staff.
- Heart and Soul** 650-232-7426
 210 Industrial Road, Ste 205, San Carlos, CA 94070
 With five locations throughout San Mateo County they offer a variety of recovery oriented and mental wellness support classes.
- Jewish Family and Children's Services**
 www.jfcs.org
 www.parentsplaceonline.org
 200 Channing Ave., Palo Alto 94301 688-3030
 Parents' Place 688-3040
 Senior Services 688-3000
 2001 Winward Way at Mariner's Island Blvd., #200
 San Mateo 94404 931-1800
 Parents' Place 931-1840
 Senior Services 931-1860
 Provides adult, child, marriage and family counseling, and services for the elderly and disabled. Parents' Place offers parent education, counseling and support groups. Drop-in play center for children age 0-5 and their parents.
- Kara** 321-5272
 www.kara-grief.org
 457 Kingsley Ave., Palo Alto 94301
 Offers emotional support and information to adults, teens and children who are grieving a death or coping with a life-threatening illness, including individual peer counseling, grief-related therapy and support groups, outreach, education, consultations and referrals.
- Mental Health Association of San Mateo County**
 www.mhasmc.org 368-3345
 2686 Spring St., Redwood City 94063
 Provides direct services for adults with mental illnesses that include housing, food, social programs, advocacy and networking.
- Mental Research Institute** 321-3055
 www.mri.org
 555 Middlefield Rd., Palo Alto 94301
 Offers a variety of mental health services for individuals, couples and families, including clinic services for Spanish-speaking clients.
- Mills-Peninsula Health Services**
Behavioral Health Services 696-4666
 www.mphs.org/behavioralhealth
 100 S. San Mateo Dr., San Mateo 94401
 Inpatient and outpatient programs for adolescents, adults and the elderly.
- Morris Center for Adult Survivors of Child Abuse (ASCA)** info@ascasupport.org
 www.ascasupport.org
 P.O. Box 281535, San Francisco 94128

National Alliance on Mental Illness (NAMI)

www.namisanmateo.org 638-0800
1650 Borel Pl., #130, San Mateo 94402
Non-profit organization that offers resources and support for people with mental illness.

Oak Tree Bereavement Center 415-806-7169

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

One East Palo Alto (OEPA) 391-9617

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

One Life Counseling Center 394-5155

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

Peninsula Family Service 403-4300

www.peninsulafamilyservice.org
24 - 2nd Ave., San Mateo 94401
Offers services for separated or divorced parents. Peer counseling programs are available for seniors:

Cantonese and Mandarin 403-4300 x4392

English 403-4300 x4322

Filipino 403-4300 x4363

LGBT Community 403-4300 x4322

Spanish/La Esperanza Vive 403-4300 x4321

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

Puente de la Costa Sur 879-1691

www.mypuente.org
620 North St., Pescadero 94060
Provides a single point of entry for men, women and children to have access to safety net services, health and wellness services, leadership development, and community engagement and action.

Rally Family Visitation Services 259-7996

Rape Trauma Services (RTS) 652-0598

www.rapetraumaservices.org
Provides short and long term counseling for individuals, families and support groups for survivors of sexual assault and their loved ones.

San Mateo County Health BHRS Central County Mental Health Clinic 800-686-0101

1950 Alameda de las Pulgas, San Mateo 94403
Provides information, assessment, consultation and referrals for mental health and substance use services.

StarVista

www.star-vista.org 591-9623

610 Elm St., #212, San Carlos 94070

Child and Adolescent Hotline Prevention Program

567kids@star-vista.org. 567-5437
24/7 hotline for parents, educators, counselors, or any community member in contact w/ children 0-18 yrs old. Helps provide early identification of behavioral, learning and developmental issues. Includes referral to appropriate counseling and support services.

Children’s Place Program 591-9623 x116

610 Elm St., #212, San Carlos 94070
Provides alcohol / drug prevention education and therapeutic support services for children age 5-13.

Crisis Services 579-0350

Provides crisis counseling, outreach and community education.

Healthy Homes 579-0361 x12

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

Your House South 367-9687

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

Sutter Care at Home

Youth Bereavement Program 685-2806

www.suttercareathome.org
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.dcpartnership.org

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

San Mateo County Fall Prevention Task Force

www.smcfallprevention.org 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 Guidewww.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 Services592-9325

www.cccyo.org/sancarlosadultday

787 Walnut St., San Carlos 94070

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

Coastside Adult Day Health Center 726-5067

www.coastsideadultdayhealth.org

645 Correas St., Half Moon Bay 94019

Mills-Peninsula Health Services

Senior Focus / Adult Day Health Program

Alzheimer Day Care Resource Center 696-3660

www.mills-peninsula.org/seniors

1720 El Camino Real, #10, Burlingame 94010

Peninsula Volunteers Rosener House

Adult Day Services322-0126

www.penvol.org/rosenerhouse
500 Arbor Rd., Menlo Park 94025

South San Francisco Senior Services

Adult Day Program829-3824

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.gov595-7444
20 Twin Pines Ln., 94002

DALY CITY

Doelger Senior Center991-8012

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

Lincoln Park Community Center991-8018

www.dalycity.org
901 Brunswick St., 94014

EAST PALO ALTO

East Palo Alto Senior Center329-5900

560 Bell St., 94303

FOSTER CITY

Foster City Parks and Recreation Dept.

Senior Wing286-2585

www.fostercity.org
650 Shell Blvd., 94404

HALF MOON BAY

Village of the Coastsiders440-5030

www.villageofthecoastside.org/

Senior Coastsiders726-9056

www.seniorcoastsiders.org
535 Kelly Ave., 94019

MENLO PARK

Menlo Park Senior Center330-2230

www.menlopark.org
110 Terminal Ave., 94025

Peninsula Volunteers Little House326-2025

www.penvol.org/littlehouse

800 Middle Ave., 94025

MILLBRAE

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

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

PACIFICA

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

REDWOOD CITY

Peninsula Family Service
www.peninsulafamilyservice.org
Fair Oaks Adult Activity Center
2600 Middlefield Rd., 94063 780-7525

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

SAN BRUNO

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

SAN CARLOS

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

SAN MATEO

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

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

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

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 www.ncwsa.org
North County 873-2356
South and Central County, Coastsides 592-7935
Spanish Line 794-9654
For anyone affected by someone else's drinking.

Alcoholics Anonymous 577-1310
2215 S. El Camino Real, Suite 204, San Mateo
www.aa-san-mateo.org

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

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

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

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

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

DAY TREATMENT / COUNSELING

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

Asian-American Recovery Services (AARS) Outpatient Services (a program of HealthRIGHT 360) . . . 415-337-0140
www.healthright360.org.org
Provides outpatient services to adults.
6181 Mission St., Daly City 94014

El Centro de Libertad 599-9955
The Freedom Center www.elcentrodelibertad.org
225 S. Cabrillo Hwy., Half Moon Bay 94019
500 Allerton St., Redwood City 94063
Bilingual and bicultural outpatient program with group and individual counseling.

Free at Last 462-6999
www.freeatlast.org
1796 Bay Rd., East Palo Alto 94303
A continuum of community-based services for adults and youth that includes prevention and intervention services, structured treatment, transitional housing and long-term success

HealthRIGHT 360. www.healthright360.org.org
Outpatient Services currently provides mental health and substance use disorder services in the form of

trauma-informed and evidence-based individual and group therapies.

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

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

Mills-Peninsula Health Services

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

Project 90 579-7881
www.projectninetynety.org
720 S. B St., San Mateo 94401
Offers day treatment services for men with substance use issues.

Pyramid Alternatives 355-8787
www.pyramidalternatives.org
480 Manor Plaza, Pacifica 94044

Service League, Hope House 363-8735
727 Middlefield Road, Redwood City 94063
Residential Substance Use Disorder Treatment Program for adult women, pregnant women, and women with infants.

Sitike Counseling Center 589-9305
www.sitike.org
306 Spruce Ave., South San Francisco 94080

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

Archway 366-8433
internal.star-vista.org/whatwedo_services/education/adults/archway.html
609 Price Ave., #201, Redwood City 94063
Offers counseling and support for children from chemically dependent families, and First Offender, Drug Diversion and Domestic Non-Violence programs.

Insights 366-8436
internal.star-vista.org/whatwedo_services/counseling/youth/insights.html
609 Price Ave., #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.paloalto.va.gov 493-5000 x60050
. 866-717-1978
3801 Miranda Avenue, 520/ATS, Palo Alto, 94304

Voices of Recovery www.vorsmc.org
Service Centers:
310 Harbor Blvd., Belmont 94002. 802-6552

1842 Bay Road, East Palo Alto 94303 289-7670

DETOXIFICATION SERVICES

Palm Avenue Detoxification Program 513-6500
www.horizonservices.org/recovery-programs/
2251 Palm Ave., San Mateo 94403
Treats both drug and alcohol detoxification.

INFORMATION AND REFERRAL

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

Behavioral Health and Recovery Services800-686-0101
www.smchealth.org/bhrs
Provides information, assessment, referrals and treatment for mental health and substance use services.

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

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

San Mateo County Health Tobacco Education Coalition
. 573-3777
www.smchealth.org/general-information/tobacco-education-coalition
Conducts community outreach, education and advocacy activities to reduce the number of county residents using tobacco products.

INPATIENT TREATMENT

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

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

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

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

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

Veterans Affairs Palo Alto Health Care System

Addiction Consultation and Treatment Services (ACT)

www.paloalto.va.gov/services/mental/ats/programs_act.asp
.....493-5000 x60050
..... 866-717-1978
3801 Miranda Avenue, 520/ATS, Palo Alto, 94304

Women’s Recovery Association (WRA)

(a program of HealthRIGHT 360) 348-6603

www.healthright360.org/agency/
womens-recovery-association
2015 Pioneer Court, Suite B, San Mateo 94403
Offers a full range of residential therapeutic services for
women struggling with substance use disorders and their
children.

NON 12-STEP OPTIONS

Alternatives to 12-Step

- www.refugerecovery.org
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 medi-
tation, 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 Collector363-4142

www.sanmateocountytaxcollector.org
555 County Center, 1st Fl., Redwood City 94063
Collects property taxes.

Vital Statistics 573-2395

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

STATE

Franchise Tax Board 800-338-0505

www.ftb.ca.gov(TTY) 800-822-6268

121 Spear St., #400, San Francisco 94105

FEDERAL

Internal Revenue Service (IRS)800-829-1040
www.irs.gov 415-553-8990
450 Golden Gate Ave., San Francisco 94102

OTHER

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

TRANSPORTATION

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

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

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

Peninsula Traffic Congestion Relief Alliance
www.commute.org588-8170
1150 Bayhill Dr., #107, San Bruno 94044
Shuttles (commuter / community); incentives (carpool, vanpool, bike parking, "Try Transit").

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

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

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

See also Senior Services

VETERANS SERVICES

VETERANS AFFAIRS LOCAL OFFICES

San Mateo County Human Services Agency
Veterans Service Office 802-6598
hsa.smcgov.org/veterans
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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