

Alameda County Resource Guide

for Men, Women,
Children and Teens

2007 - 2008

Guia de Recursos
para el
Condado de Alameda
para Hombres, Mujeres,
Niños y Adolescentes

ALAMEDA COUNTY SOCIAL SERVICES AGENCY

Medi-Cal, Food Stamps, CAL-Works & General

Assistance (Medi-Cal, estampillas para comprar comida, CAL-Works, y asistencia general)

General Information

888-999-4772

North Oakland, 2000 San Pablo Ave.	670-8560
East Oakland, 6955 Foothill Blvd. Suite #100	383-5300
East Oakland, 8477 Enterprise Way	639-1000
Hayward, 24100 Amador Ave.	670-6000
Fremont, 39155 Liberty St., Ste. C330	795-2428
Livermore, 3311 Pacific Ave.	925-455-0747

BIRTH & DEATH CERTIFICATES

Actas de nacimiento y Actas de defunción

Alameda County Clerk-Recorder's Office, 1106 Madison St., Oakland	272-6362
Berkeley Vital Records, 1947 Center Street	981-5139

BREASTFEEDING HELP - Ayuda en dar pecho

Alameda County WIC Breastfeeding Help	595-6470
Other WIC clients, see WIC Program listings	
Alameda Alliance for Health Members	747-4577
Blue Cross Advice Nurse	800-231-2999
City of Berkeley Breastfeeding Support Center	981-5390
Kaiser Breastfeeding Consultants, Oakland:	752-7557
Hayward, Fremont:	784-2804
La Leche League, English only:	496-6009

CHILD CARE - Cuidado infantil

Bananas Child Care Referral, North County: 658-0381

Child Care Link, East County: 925-417-8733

4 C's Child Care Referral Fremont: 574-2160

Hayward: 582-2182

Early Head Start, 0-3 yrs, Oakland: 553-9926, Hayward: 782-6207

Head Start, 3-5 yrs, Oakland: 238-3165, Alameda: 865-4500

Berkeley: 848-9092 South County: 796-9512

CHILDREN'S HEALTH SERVICES/Servicios de salud para niños, Also see HEALTH CARE / CLINICS Refiérase a Clínicas de Salud:

Referrals for well-child exams CHDP: 888-604-4636
Asthma Start Program 383-5181
Immunization Referrals 267-3230
Lead Poisoning Prevention 567-8280, 800-B-LEADSAFE
Poison Action Line 1-800-222-1222

CHILDREN'S COUNSELING SERVICES

Servicios de consejería para niños

ACCESS, 24-hour line: En/Sp/Chin: 800-491-9099
FamilyPaths Hotline, En/Sp: 800-829-3777
Asian Community Mental Health Services 451-6729
Asian Pacific Psychological Svcs, 17 langs: 835-2777
Children's Hospital - Infant & Early Childhood
Mental Health Program, En/Sp: 428-3407
City of Berkeley—Family, Youth & Children Svcs 981-5280
East Bay Agency for Children 268-3770
Jewish Family & Children's Svcs, 8 langs: 704-7475 x299
Through the Looking Glass, En/Sp: 848-1112
West Coast Children's Clinic, En/Sp: 527-7249

CHILDREN WITH SPECIAL NEEDS

Niños con necesidades especiales

California Children's Services, CCS 208-5970
(occupational and physical therapy)

Regional Center of the East Bay, Special Needs: 383-1200
(behavior and development issues)

Building Blocks Therapeutic Preschool En/Sp: 434-7990
Developmental & Behavioral Pediatrics, Children's Hosp. 428-3351
East Bay Agency for Children, Therap. Nursery, Oakland: 655-4896
Family Resource Network 547-7322
Neonatal Follow-up, Children's Hospital 428-3006
Speech and Language Center, Children's Hospital 428-3179

COUNSELING SERVICES - Servicios de consejería

ACCESS, 24 Hour Support Line: 800-491-9099
FamilyPaths, En/Sp: 800-829-3777
Crisis Support Services - 24 hour Line 800-309-2131

DENTAL CARE - Cuidado dental

Dentists that accept Medi-Cal 800-322-6384
Healthy Kids, Healthy Teeth, Ofc of Dental Health 208-5910

DOMESTIC VIOLENCE & SEXUAL ASSAULT HELP

Servicios para víctimas de violencia doméstica y asalto sexual

Alameda County Family Justice Center 267-8800

Child Protective Services 259-1800

Alameda County Adult Protective Services 577-1900

A Safe Place 536-7233

Asian Women's Shelter Crisis Line 415-751-0880

Bay Area Women Against Rape (24 hour line) 845-7273

Building Futures With Women and Children

Toll Free: 866-A-WAY-OUT, 292-9688

Communities United Against Violence Gay & Lesbian: 415-333-HELP

Emergency Shelter Program Hayward: 786-1246

Highland Hospital Anger Management 437-4688

SAVE - Shelter Against Violent Environments 24 hours: 794-6055

Sexual Assault 24 hour line: 534-9290 or 534-9291

Tri-Valley Haven 800-884-8119

(See also Domestic Violence Resource Guide. Call Purple Ribbon at 268-2148 for a copy. *Vea la Guía de Recursos de Violencia Doméstica. Llama al 303-9953 para obtener una copia.*)

EMPLOYMENT SERVICES - *Servicios de empleo*

Calif Employment Development Department -

Unemployment Insurance Benefits:	800-300-5616
Building Opportunities For Self Sufficiency	649-1930
California Conservation Corps, 18-23 yrs	800-952-5627
One Stop Career Centers (8 locations)	563-5200
Oakland Private Industry Council Career Center	768-4473

FAMILY SUPPORT - *Apoyo familiar*

Child Protective Services	259-1800
Child Support Enforcement	800-809-2955
FamilyPaths, En/Sp:	800-829-3777, 893-5444
Alameda Family Services, Xanthos:	522-8363
Bananas Groups and Counseling, North County:	658-7353
Triad Family Service, Dial "0" to leave message:	351-3665
Hayward Adult School Parenting Classes	293-8599
Keeping It Real - support after release from prison	446-7120
Oakland Ready To Learn - Parenting Info	444-8653
Parent SHARE - for parents of premies	846-2256
San Leandro Adult School Parenting Classes	667-6287
SAND - Support After Neonatal Death, Alta Bates	204-1571

FATHERS SERVICES - *Servicios para padres*

Bananas Groups and Counseling North County:	658-7353
Black Infant Health Program	618-1967
Fatherhood and Male Services - IPOP En/Sp:	618-2080
HIM Program	446-7120

FOOD - EMERGENCY & LOW COST

Comida de emergencia y bajo costo

Alameda County Community Food Bank	800-870-FOOD
Available Monday-Friday 9-12pm, 1-4pm	

FOOD - WIC PROGRAMS/LOS PROGRAMAS DE WIC

Food Assistance Program for Women, Infants and Children

Programa de asistencia de comida para mujeres, infantes y niños:

Alameda County - Telegraph (North Oakland), Eastmont	
(East Oakland), Hayward and Fremont	595-6400
Axis Community Health, Pleasanton:	925-462-2365
City of Berkeley	981-5360
East Oakland Health Center	En: 613-2255, Sp: 613-2257
La Clinica de La Raza, Oakland:	535-4110
Native American Health Center	
Oakland:	535-4420
Alameda:	814-8440
San Antonio Health Center, Oakland:	238-5431
Tiburcio Vasquez: Union City, Fremont, Hayward	471-5913
West Oakland Health Center	302-3734

FOSTER CARE

Foster and Adoptive Parent Hotline (SSA)	259-3575
Foster Pal (FamilyPaths)	888-580-3725, 893-9266
Grandparents & Relatives as Second Parents	568-7786
Kinship Support Services (respite and support, referrals)	
North Co (Family Support Services)	834-4766
South and East Co (Lincoln Children's Center)	583-8026
Legal Assistance for Seniors (over 50), for guardianship:	832-3040
For a child cared for by relatives, get Medi-Cal and cash aid at Alameda County Social Services Agency (see number listed).	

HEALTH CLINICS - Clínicas de salud
Also see PREGNANCY/POSTPARTUM CARE
Refiérase también a servicios para embarazos

Referrals for Health Care	888-604-INFO
Asian Health Services, Oakland	986-6800
Axis Community Health Center, Livermore	925-462-1755
Berkeley Free Clinic	548-2570
Berkeley Health Center for Women & Men	843-6194
Berkeley Primary Care Clinic	204-4666
Berkeley Public Health Clinic	981-5350
Children's Hospital Outpatient Clinic, Oakland	428-3226
Clinica Alta Vista, Teens, Oakland	535-6300
Eastmont Wellness Center, Oakland	567-5700
East Oakland Health Center	430-9401
Highland Hospital, Oakland	Outpatient Clinics 437-4800
Pediatrics 437-4299	Women's Urgent Care 437-4778
La Clinica de la Raza, Oakland	535-4000
Lifelong, E.Oakland, 563-4300, Downtown Oakland	451-4270
Native American Health Center, Oakland	535-4400
Newark Health Center	505-1600
Over 60 Health Center, Berkeley	601-6060
Planned Parenthood, North Oakland, Eastmont Mall, and Hayward locations:	800-967-7526
San Antonio Health Center, Oakland	238-5400
Rota Care Clinic, San Leandro	347-4620
Save a Life Wellness Center, Oakland	444-9155
Silva Clinic (Pediatric), Hayward	782-4470
Suitcase Clinic, drop-in only, Berkeley	643-6786
Tiburcio Vasquez Health Ctr, Hayward, Union City	471-5880
Tri-City Health Centers, Fremont, Union City	770-8133
West Berkeley Family Practice	704-6000
West Oakland Health Center	835-9610
Winton Wellness Center, Hayward	266-1700

HEALTH INSURANCE, OTHER - Otro seguro médico

AIM Help Line (Prenatal)	800-433-2611
Alameda Alliance for Health	877-371-2222
Blue Cross of California	800-407-4627
HCSA Health Insurance Technicians	800-422-9495
Healthy Families	800-880-5305
Kaiser Permanente Child Health Plan	800-255-5053

HIV & AIDS / Enfermedades transmitidas sexualmente y VIH (SIDA)

AIDS Project of the East Bay	663-7979
CalPEP	874-7850
Vital Life Services	655-3435
WORLD	986-0340

HOUSING & EMERGENCY SHELTER

Hogar y vivienda temporal de emergencia

Eden Information & Referral	537-2552
Emergency Shelter Program - 24 hour	
Hayward: 786-1246	Oakland 534-6030
FESCO, Family Emergency Shelter Coalition, Hayward	581-3223
Lead Poisoning Prevention Program	567-8280
	800-B-LEADSAFE
Travelers Aid - serves Bay Area	444-6834
Tri City Homeless Coalition, Fremont	252-0910

IMMIGRANT SERVICES - *Servicios para inmigrantes*

Catholic Charities of the East Bay 768-3100
United Way HELPLINK: 800-273-6222
Sp: 415-808-4444 TDD/TTY: 415-808-4440
International Institute of the East Bay 451-2846
Spanish Speaking Citizen's Foundation 261-7839
Spanish Speaking Unity Council 535-6900
U.S. Citizenship & Immigration Services 800-375-5283

LEGAL SERVICES - *Servicios legales*

Alameda County Bar Association 302-2222
Bay Area Legal Aid 877-346-4529 or 663-4744
Child Support Enforcement 800-809-2955
East Bay Community Law Center, Berkeley 548-4040
Equal Rights Advocates 800-839-4-ERA
Law Center for Families, Oakland 451-9261

MULTI-SERVICE CENTERS - *Centros de servicios completos*

Davis Street Community Center, San Leandro 347-4620
Healthy Oakland Family Resource Center 444-9655
Henry Robinson Multi-Service Center, Oakland 419-1010
United Neighborhood Improvement Association
(formerly Jubilee West, Inc.) 839-6776
Tri-Valley Haven Homeless Services 925-449-2510
WomenFirst, Oakland 729-6236

PREGNANCY & POST PARTUM CARE

Servicios para el embarazo y después del embarazo

Also see HEALTH CLINICS

Refiérase a clínicas de salud

Referrals for Pregnancy Care 888-604-4636 (INFO)
Alta Bates Summit Perinatal Center 869-8425
Birthways, Oakland 869-2797
Black Infant Health 618-1967
Emergency Contraception 888-NOT-2-LATE
Improving Pregnancy Outcomes Program 618-2080

SMOKING CESSATION - *Dejar de fumar*

American Lung Association 800-LUNG-USA 800-586-4872
California Smokers' Helpline
English 800-NO-BUTTS Spanish 800-45-NO-FUME
Chinese 800-838-8917 Korean 800-556-5564
Vietnamese 800-778-844 Chewing Tobacco 800-844-CHEW
Pregnant Women 1-877-866-2229
TDD/TTY 800-933-4TDD

SUBSTANCE ABUSE TREATMENT

Tratamiento para el abuso de drogas

ACCESS 800-491-9099
Alanon and AlaTeen 276-2270
Alcoholics Anonymous 839-8900
Substance Abuse Treatment Program - Link to Recovery
(pregnant women) En: 437-5192 Sp: 536-4764
Narcotics Anonymous 444-4673

TEEN SERVICES - *Servicios para adolescentes*

Asian Health Services, Oakland 986-1024
Boys & Girls Club, Oakland 444-8211
Children's Hospital Teen Clinic, Oakland 428-3387
Clinica Alta Vista, Oakland 535-6300
Girls, Inc, Pathways Counseling Center 357-5515
Lend a Hand Counseling 553-1262
Native American Health Center, Oakland 535-4400
Planned Parenthood Eastmont Teen Clinic, Oakland 800-967-7526

School-based health centers, call to find a location 667-7991
Tiburcio Vasquez Family Support Services, Hayward 471-5880
Tri-City Teen Clinic, Fremont 770-8131

School District Programs for Parenting Teens - CalSAFE
Programas de escuelas para madres y padres adolescentes
Statewide, California Department of Education 916-319-0914

Alameda City Unified School District 337-7000
Alameda County Office of Education,
for cities of Oakland, Emeryville and San Leandro 670-4104
Fremont Unified School District 657-9155 x 49111
Hayward Unified School District 537-6452
Pleasanton Unified School District 925-462-5500

Teen Parenting Services

Servicios de apoyo para madres y padres adolescentes
California Youth Crisis Line 800-843-5200
Brighter Beginnings (formerly Perinatal Council) 437-8950

UTILITIES - Utilidades

PG&E Bill Help, Salvation Army (Reach Program) 800-933-9677
437-9437
Universal Lifeline Telephone Service 800-310-2355

For more help, call 211 (toll-free) any time for housing,
health and social services in multiple languages.

**For health care referrals, in Alameda County, call
888-604-4636.**

Para más ayuda sobre vivienda, salud o servicios sociales,
llame gratuitamente al 211 (ayuda disponible en varios
idiomas). Para referencias sobre cuidado de salud en el
Condado de Alameda, llame al 888-604-4636.

Prepared by: Community Forum for Perinatal Health, a collaboration
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Abbreviations: En = English, Sp = Spanish, Chin = Chinese
All area codes are 510 unless indicated.

**For corrections and additions call: 618-1990. This guide is
available at: www.acphd.org/public.health. Revised November 2007.**