

Alameda County Resource Guide

Guía de Recursos para el Condado de Alameda

For health care referrals, call the Family Health line at 888-604-4636 M-F, 8:30-5; or go to www.achealthcare.org

For other needs, call 2-1-1, anytime.

Para información sobre cuidado de salud, llame a la línea de salud familiar 888-604-4636 lunes a Viernes, 8:30-5 visite www.achealthcare.org

Para otra ayuda, llame al 2-1-1, en cualquier tiempo.

ALAMEDA COUNTY SOCIAL SERVICES AGENCY, Medi-cal, Cal Fresh, CalWORKS and Cash Aide (asistencia monetaria)

General Information	888.999.4772
East Oakland, 6955 Foothill Blvd, Suite 100	510.383.5300
East Oakland, 8477 Enterprise Way	510.777.2300
Fremont, 39155b Liberty St, Suite C330	510.795.2428
Hayward, 24100 Amador Avenue	510.670.6000
Livermore, 3311 Pacific Avenue	925.455.0747
North Oakland, 2000 San Pablo Avenue	510.263.2420

BIRTH and DEATH CERTIFICATES (Actas de nacimiento y actas de defuncion)

Alameda County Clerk-Recorder's Office	510.272.6362
City of Berkeley Vital Records	510.981.5320

BREASTFEEDING HELP (Ayuda para amamantar)

Also see WIC Program Listings under "Food" - Refferase a los Programamas WIC (Food-Wic Programas)

Alameda Alliance for Health (members)	510.747.4577
Alameda County WIC	510.595.6470
Blue Cross Advice Nurse (Medi-Cal members)	800.231.2999
Kaiser (members)	Oakland 510.795.2428 San Leandro 510.795.2428
La Leche League	Berkeley 510.898.6592 Oakland 510.530.5864
Native American Health Center WIC	510.434.5310

CHILD CARE (Cuidado infantil)

Bananas Child Care Referral	510.658.0381
Child Care Links, referrals, Livermore	925.417.8733
4 C's, South County	Fremont 510.713.2557 Hayward 510.582.2182
Early Head Start 0-3 years	Hayward 510.796.9512 ext 2 Berkeley 510.848.9092 Emeryville 510.601.8674
	Oakland 510.238.3165 Unity Council-Oakland 510.530.5864
Head Start	Alameda 510.629.6350 Hayward 510.796.9512 Oakland 510.293.3165

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CHILDREN'S HEALTH SERVICES

(Servicios de salud para niños)

Also see **HEALTH CARE/CLINICS (Referase a las Clinicas de Salud)**

For well-child exams call Family Health Line	888.604.4636
Asthma Start Program	510.383.5181
Highway Patrol, Car Seat Help	510.450.3821
California Poison Control System	800.222.1222

CHILDREN with SPECIAL NEEDS

(Niños con necesidades especiales)

Family Resource Network	510.547.7322
California Children's Services, CCS, OT, PT	510.208.5970
Regional Center of the East Bay Behavior and Development Issues	510.618.6100
Building Blocks Therapeutic Preschool	510.434.7990
Children's Hospital (UCSF Benioff), Oakland:	
Developmental & Behavioral Pediatrics	510.428.3351
Neonatal Follow-up	510.428.3006
Speech & Language Center	925.979.3440
East Bay Agency for Children, Therapy Nursery	510.655.4896 ext 6103
Through the Looking Glass, disabled parent or child	510.848.1112

COUNCILING SERVICES

(Servicios de consejería)

ACCESS, 24-hour line Eng/Span/Chin	800.491.9099
FamilyPaths Hotline, Eng/Span	800.829.3777
Asian Community Mental Health Services	510.451.6729
CHAA (Community Health for Asian Americans) 17 languages	510.835.2777
Children's Hospital (UCSF Benioff) - Infant & Early Childhood Mental Health Program Eng/Span	510.530.5864
Crisis Support Services - 24 hour line	800.309.2131
Jewish Family & Children's Services of the East Bay	510.704.7475
Pathways Counseling Center, Girls Inc.	510.357.5515
West Coast Children's Clinic, Oakland	510.269.9030

DENTAL CARE

(cuidado dental)

Office of Dental Health, Healthy Kids, Healthy Teeth and Resources for Prenatal and Adult Care	510.208.5910
Highland Hospital Dental Clinic	510.437.6575

DOMESTIC VIOLENCE and SEXUAL ASSAULT HELP

(Servicios para víctimas de violencia doméstica y asalto sexual)

Alameda County Family Justice Center	510.267.8800
Child Abuse Hotline (CPS)	510.437.6575

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Shelter Referrals	2-1-1
Adult Protective Services	510.577.3500
Bay Area Women Against Rape, 24-hour line	510.845.7273
Building Futures	866.292.9688
Highland Hospital Sexual Assault Center	510.534.9290
National Domestic Violence Hotline	800.799.7233
Domestic Violence Resource Guide, to get a copy call	510.267.8810
DRUG and ALCOHOL TREATMENT	
(Tratamiento para el abuso de drogas y alcohol)	
ACCESS, for referrals	510.547.7322
California Children's Services, CCS, OT, PT	510.208.5970
Regional Center of the East Bay Behavior and Development Issues	510.618.6100
Building Blocks Therapeutic Preschool	510.434.7990
Children's Hospital (UCSF Benioff), Oakland:	
Developmental & Behavioral Pediatrics	510.428.3351
Neonatal Follow-up	510.428.3006
Speech & Language Center	925.979.3440
East Bay Agency for Children, Therapy Nursery	510.655.4896 ext 6103
Through the Looking Glass, disabled parent or child	510.848.1112
EMPLOYMENT SERVICES	
(Servicios de empleo)	
California Employment Development Department	800.300.5616
East Bay Works Career Centers, 7 locations	866.329.6757
FAMILY SUPPORT	
(Apoyo familiar)	
Child Protective Services	510.259.1800
FamilyPaths, Eng/Span	800.829.3777
4 C's Parenting Classes	Fremont 510.713.2557 Hayward 510.582.2182
Alameda Family Services, Xanthos	510.629.6300
Bananas Groups and Counseling, North County	510.658.7353
Brighter Beginnings (Teens, Fathers)	510.903.7500
Family Health Promotion (Clubmom) African American women in select zip codes	510.434.5421
Help Me Grow	888.510.1211
Native American Health Center, Groups	510.434.5421
Tiburcio Vasquez HC Family Support	510.471.5907 ext 3711

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FATHERS SERVICES (Servicios para padres)

Bananas Groups	510.658.7353
Fatherhood Initiative	510.667.4343

FINANCIAL SERVICES (Servicios financieros)

Alameda County Child Support Services	866.901.3212
Earn it, Keep it, Save it (Free Tax Preparation Help)	2-1-1

For Financial Coaching, Bank accounts, Savings, Credit Building

Family Economic Success, Fremont Resource Center	510.574.2003
Operation Hope Inc., Oakland	510.535.6700
Sparkpoint Oakland	510.924.3610

FOOD HELP (Ayuda con comida)

Alameda County Community Food Bank	800.870.3663
Emergency food, CalFresh application assistance	510.635.3663

FOOD: WIC PROGRAMS (Los Programas de WIC)

Food Assistance Program for Women, Infants and Children (Programa de asistencia de comida para mujeres bebsy ninos) Alameda County Eastmont, Telegraph, Hayward	510.595.6400 Fremont	510.795.2457
Axis Community Health, Pleasanton		925.462.2365
City of Berkeley		510.981.5360
East Oakland Health Center		510.430.9401
Native American Health Center	Oakland 510.434.5300 Alameda	510.814.8440
La Clinica de La Raza	FruitVale 510.535.4110 San Antonio	510.272.1500
Tiburcio Vasquez - Various Locations		510.471.5913
West Oakland Health Center		510.835.9610

FOSTER CARE (Padres de crianza)

Emergency Foster Care (SSA Crisis Line)		800.309.2131
Foster & Adoptive Parent Hotline, SSA		510.259.3575
Foster Pal: FamilyPaths	888.580.3725	510.893.9266
Kinship Support Services, respite and support, referrals		
Family Support Services North County		510.834.2443
Lincoln Children's Center South & East County		510.583.8026
Legal Assistance for Seniors - guardianship		510.832.3040

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HEALTH CLINICS (Clínicas de salud)

P means provides comprehensive prenatal care

P significa que proporciona cuidado prenatal

For health care referrals, call Family Health Line

888.604.4636

ACCESS (for reproductive referrals)

English 800.376.4636 Spanish 888.422.2237

Alta Bates Summit Perinatal Center **P**

510.868.8425

Ann Chandler Health Clinic, Berkeley

510.981.5350

Asian Health Services, Oakland **P**

510.986.6800

Axis Community Health Centers Livermore, Pleasanton **P**

925.462.1755

Berkely Free Clinic

800.625.4642 510.548.2570

Children's Hospital Outpatient Clinic, Oakland

510.428.3226

Clinica Alta Vista (Teens) Oakland **P**

510.536.6300

Davis Street Primary Care Clinic, San Leandro

510.347.4620

East Oakland Health Center **P**

510.613.2222

Eastmont Wellness Center, Oakland **P**

510.567.5700

Encore Medical Clinic for Homeless

510.717.5680

FPA Womens Health, Oakland

877.883.7264

Family Planning Specialists, Oakland (Pregnancy termination)

510.268.3720

Firehouse Clinic, Hayward

510.398.7500

Frank Klang Medical Center, Oakland **P**

510.986.6800

Fuente Wellness Center, Ashland

510.481.4556

Hayward (formally Winton) Wellness Center **P**

510.266.1700

Healthy Oakland, Save a Life Wellness Center

510.444.9655

Highland Hospital, Oakland Outpatient Clinics **P**

510.437.4800

Pediatrics

510.437.4887

Women's Urgent Care

510.437.4778

La Clinica de la Raza, Oakland **P**

510.535.4110

La Loma Medical Group, Oakland **P**

510.261.1677

Lifelong Medical Care, Howard Daniel Clinic, Oakland, Berkeley **P**

510.981.4100

Native American Health Center, Oakland **P**

510.535.4400

Newark Wellness Center **P**

510.505.1600

Planned Parenthood, various locations

510.300.3800

R&K Lowe Medical Center, Oakland **P**

510.318.5800

San Antonio Health Center, Oakland **P**

510.238.5400

Street Level Health Project, Oakland

510.533.9906

Tiburcio Vasquez Health Center, San Leandro, Hayward/Union City **P**

510.533.9906

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Tri-City Health Center, Fremont P	510.770.8040
Washington Hospital Walk-In Clinic	510.791.2273
West Oakland Health Center P	510.835.9610
Women's Center at St. Rose Hospital, Hayward P	510.342.0020

HEALTH INSURANCE **(Seguro medico)**

Health Insurance Technicians (HealthPAC)	800.422.9495
Medi-Cal Access Program (Prenatal)	800.433.2611
Alameda Alliance for Health	877.932.2738
Blue Cross of California	800.407.4627
Covered California	800.300.1506
Kiaser Permanente Child Health Program	800.255.5053

HIV and AIDS **(VIH, SIDA)**

Alameda County HIV/AIDS Resource Guide	877.424.3746
AIDS Project of the East Bay (APEB)	510.663.7979
WORLD, women's services	510.986.0340

HOUSING, EMERGENCY SHELTER & REPAIRS **(Hogar, vivienda temporal de emergencia y reparacion)**

Eden I&R (shelter and housing)	2-1-1
Echo Housing	Hayward 510.581.9380 Oakland 510.496.0496
Emergency Shelter Program, 24 hours	Hayward - Ruby's Place 888.339.7233 Oakland 510.534.6030
FESCO (Family Emergency Shelter Coalition) Hayward	510.581.3223
Oakland Housing Assistance Center	510.238.6182

HOUSING REPAIRS **(reparacion)**

Healthy Homes Department (lead, mold, other hazards)	
Oakland	510.567.8280
Hayward	510.670.8282
Rebuilding Together, Oakland (home repair)	510.625.0316 ext. 104

ADVOCACY **(defensa)**

Causa Justa: Just Cause, Oakland	510.836.2687
Tenants Together, Foreclosure Help	888.495.8020
HOPE NOW Hotline, Foreclosure Help	888.995.4673

IMMIGRANT SERVICES **(Servicios para inmigrantes)**

Catholic Charities of the East Bay	888.995.4673
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International Institute of Bay Area	
Oakland	510.451.2846
Fremont	510.849.3639
Lao Family Community Development	510.533.8850
Spanish Speaking Citizen's Foundation	510.261.7839
U.S. Citizenship & Immigration Services	800.375.5283
IMMUNIZATIONS (Vacunas)	
Immunization Referrals for children & adults	510.267.3230
LEGAL SERVICES (Servicios legales)	
Alameda County Bar Association	510.302.2222 ext. 4
Alameda County Child Support Services	866.901.3212
Asian Pacific Islander Legal Outreach	510.251.2846
Bay Area Legal Aid	800.551.5554
Centro Legal de la Raza	510.437.1554
East Bay Community Law Center, Berkeley	510.548.4040
Equal Rights Advocates	800.839.4372
Family Violence Law Center, Oakland	510.836.3260 ext. 301 800.947.8301
Homeless Action Center, Berkeley	510.540.0878
MULTI-SERVICE CENTERS (Centros de servicios completos)	
Davis Street Community Center, San Leandro	510.347.4620
Fremont Resource Center	510.574.2000
Healthy Oakland Family Resource Center	510.444.9655
PREGNANCY SERVICES (Servicios para el embarazo)	
For Pregnancy Referrals, Call Family Health Line	888.604.4636
BirthWays, Support & Classes, Berkeley	http://birthways.org
Black Infant Health Classes, African Americans	510.618.1967
Brighter Beginning Teen Family Support	510.437.8950
Healthy Families America, case management	510.667.3140
MADRE, for women who suffered fetal loss	510.667.4333
Mother To Baby California, Information on toxins	800.532.3749
Nurse Family Partnership for first time mothers	510.667.4311

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Women's Health Promotion (formerly IPOP)

African American women in select zip codes 510.618.2080

Work & Family Project, Paid Family Leave 800.880.8047

SMOKING CESSATION

(Ayuda para dejar de fumar)

California Smoker's Helpline

English 800.662.8887 Spanish 800.456.6386

Chinese 800.838.8917 Korean 800.556.5564

Vietnamese 800.778.8440 TDD/TTY: 800.933.4833

TEEN SERVICES

(Servicios para adolescentes)

Asian Health Services, Oakland 510.986.1024

Beyond Emancipation, Teens Timing Out 510.667.7694

Boys & Girls Club Oakland 510.444.8211 Alameda 510.522.4900

California Youth Crisis Line 800.843.5200

Children's Hospital Teen Clinic, Oakland 510.428.3387 Option 4

East Oakland Youth Development Center 510.569.8088

Independent Living Skills Program, teens timing out 510.667.7696

Native American Health Center, Oakland 510.434.5330

Planned Parenthood Teen Success groups 510.300.3800

REACH Ashland Youth Center 510.481.4551

School-based Health Centers, call to find location 510.667.7416

Thunder Road, Substance Abuse Services 510.653.5040

Tri-City Teen Clinic, Fremont 510.770.8131

Youth Employment Partnership 510.533.3447

Youth Uprising, leadership, arts, health and careers 510.777.9909

SCHOOL DISTRICT PROGRAMS FOR PARENTING TEENS

(Programas de escuelas para madres y padres adolescentes) (CalSAFE)

Berkeley High School, Vera Casey Center 510.809.2254

Fruitvale Academy, Oakland 510.536.6086

Horizon High School, Pleasanton 925.426.4275

Island High School, Alameda 510.748.4024 Ext. 114

Robertson High School, Fremont 510.657.9155 Ext. 49111

Tennyson High School, Hayward 510.723.3190 Ext. 63155

W.P Burke Academy, Hayward 510.785.9326

TEENS PARENTING/PREGNANCY SERVICES

(Servicios de apoyo para madres y padres adolescents)

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Brighter Beginnings

510.437.8950

Tiburcio Vasquez Family Support, Hayward, Union City

510.471.5880 Ext. 3711

UTILITIES (Utilidades)

California Lifeline Telephone Service English

866.272.0349 TTY 866.272.0358

PG&E CARE program

886.743.2273

PG&E Bill Help, REACH Program

800.933.9677

SAFE SURRENDER

(Como entregar a su bebe sin peligro)

To find a location

2-1-1

Newborns can be safely and legally given up at any hospital emergency room or firestation.

Bebes recién nacidos pueden ser entregados en forma segura y legal al personal de cualquier hospital o estación de bomberos.

