



Community Information Handbook 2024



COUNTY OF **SAN MATEO**
HUMAN SERVICES AGENCY

Find Community Services in San Mateo County

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Welcome to the 2024 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 CIH_Communications@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.

Claire Cunningham
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 services911

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

National Human Trafficking Hotline 1-888-373-7888

..... Text BeFree (233733)

The National Human Trafficking Hotline is a national, toll-
free hotline, available to answer calls, texts, and live chats
from anywhere in the United States, 24 hours a day, 7
days a week, in more than 200 languages. The National
Hotline's mission is to connect human trafficking victims
and survivors to critical support and services to get help
and stay safe.

Parent Support Line888-220-7575

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 and 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
[https://dcpartnership.org/
 daly-city-community-service-center/](https://dcpartnership.org/daly-city-community-service-center/)
 350 - 90th St., First Floor, Daly City 94015
 Core Service Agency serving Broadmoor, Colma and Daly
 City.

- YMCA Community Resource Center** 276-4101
www.ymcasf.org/community-resource-center-ymca
 1486 Huntington Ave, Suite 100, South San Francisco
 94080
 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

1836B 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/departments/
parks-recreation-and-community-services/
do-you-need-help
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 368-4644
Redwood City Corps Community Center
660 Veterans Blvd, Redwood City, 94063

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

DISASTER RELIEF

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

INMATE AND POST-RELEASE SUPPORT

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

Service League of San Mateo County 364-4664
www.servicleague.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 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 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.

Family Connections

www.familyconnections.org

Administrative Office: 3460 W. Bayshore Rd, Suite 202, Palo Alto 94303

Our parent participation preschools provide enriching early learning experiences for birth-to-five year olds.

Institute for Human and Social Development (IHSD)

www.ihsdinc.org

155 Bovet Road, Suite 300, San Mateo 94402

Early Head Start368-1728 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 Service403-4300 x4775
www.peninsulafamilyservice.org
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.smcdcss.com 866-901-3212
www.childsup-connect.ca.gov
555 County Center, 2nd Fl., Redwood City 94063
Handles problems and questions about the collection of child support from a non-custodial parent.

San Mateo County Superior Court

www.sanmateocourt.org

Family Law Facilitators

400 County Center, 2nd Fl., Redwood City 94063
1050 Mission Rd., South San Francisco 94080
Assists those with child support issues who do not have attorneys.

CHILD / YOUTH ABUSE PREVENTION AND REPORTING

San Mateo County Human Services Agency

Child Protective Services (CPS) 802-7922
.....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.

San Mateo County Human Trafficking Program

Voice mail only 802-4296

www.stophumantraffickingsmc.org

stophumantrafficking@smcgov.org

Rape Trauma Services (RTS) 652-0598

www.rapetraumaservices.org

Provides education for students, teachers, community groups and other professionals working with trauma, including violence prevention and intervention.

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

400 Harbor Blvd, Bldg B, Belmont 94002

Dispenses payments to resource families, non-related guardians.

Resource (Foster) Family Approval Unit 802-7637
Foster care/adoption/legal guardianship approval 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., Suite #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.

Health Ambassador Program. 372-6136

www.smchealth.org/HAP

Provides additional learning opportunities for individuals to enhance their knowledge & skills related to supporting others who need emotional support. Participants learn about WRAP, ASIST, MHFA & other effective interventions in assisting others.

Multicultural Institute 339-2794

Academic success mentorship program for third to fifth graders.

Parent Project

www.smchealth.org/ParentProject

An interactive 12-week course that teaches parenting skills to improve a parent’s/caregiver’s relationship with their child(ren). The class focuses on effective identification, prevention & early intervention strategies.

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, #230, San Mateo 94403

Family support services for pregnant and parenting women, men and their families, newborn children to age 5 with chronic diseases, mild to moderate behavioral issues, developmental delays or parents just needing support, including education and linkages to health and developmental 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 families and 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.

Big Brothers-Big Sisters of the Bay Area

www.bbbsba.org 415-503-4050

1230 Preservation Park Way, Oakland 94612

For age 6-16.

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 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:

Boys and Girls Clubs of the Peninsula

Daly City 777-9083

<https://www.bgcp.org/>

450 Martin St., Daly City 94014

Ingrid B. Lacy Middle School Club 359-6118

www.theclubs.org

1427 Palmetto Ave., 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 804-4391

www.theclubs.org

1200 Miller Ave., South San Francisco 94080

Yosemite Drive Clubhouse 355-1334
www.theclubs.org
955 Yosemite Dr., Pacifica 94044

SOUTH COUNTY:

Boys and Girls Club - Peninsula 646-6132
McNeil Family Clubhouse. 646-6066
401 Pierce Rd., Menlo Park 94025

Mervin G. Morris Branch 587-9370
1109 Hilton St., Redwood City 94063

Moldaw-Zaffaroni Clubhouse 646-6086
2031 Pulgas Ave., East Palo Alto 94303

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 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.

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 832-6797
931 W. San Bruno Avenue, Suite 2, San Bruno 94066

Drop in Center: South 517-8211
604 Price Avenue, Suite A, Redwood City 94603

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

3460 W Bayshore Rd, Suite 203, Palo Alto 94303
Matches troubled teens age 10-17 with adult volunteers

recruited from the community for the purpose of forming one-to-one relationships.

Girl Scouts 800-447-4475
www.girlscoutsnorcal.org 408-287-4170
1310 S. Bascom Avenue, San Jose 95128
For girls age 5-17.

Hope Horizon East Palo Alto 327-1139
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.

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 Health Ambassador Program 554-1257
<https://star-vista.org/programs/hap-y/>
kassandra.chavez@star-vista.org
Trains youth in common challenges in mental wellness, signs and risks of suicide, suicide prevention, and how to access mental health services.

Youth Service Bureaus of YMCA 877-8642
1486 Huntington Ave, Suite 100, South San Francisco 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

OTHER SERVICES

Daly City Youth Health Center 877-5700
www.dalycityyouth.org
350 90th St., 3rd Floor, Daly City 94015
Mon–Fri: 9 am–5:30 pm. Provides a range of health services for teens and young adults (ages 12–24).

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.

AbilityPath (Voice / TTY) 259-8500

www.abilitypath.org

875 Stanton Road, Burlingame 94010

Provides vocational training and day activity programs for adults with developmental disabilities, and early intervention services for infants age 3 or under.

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 616-2500

801 Gateway Blvd., Suite 400, 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 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.

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) 802-6450
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.

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.jeffersonadulthood.net
699 Serramonte Blvd., #111, Daly City 94015

San Mateo Union High School District
Adult and Community Education 558-2100
smuhd.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 Floor, 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, Suite 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, PLACEMENT AND DEVELOPMENT

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 599-7215

jobsforyouth.org

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

Finds employment for young people age 14–21.

JobTrain

www.jobtrainworks.org

366 Grand Ave, South San Francisco 94080

. 829-4652

1200 O'Brien Dr., Menlo Park 94025

. 330-6429

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) 980-1809

www.1epa.org

1195 Hamilton Court, Menlo Park (Facebook Willow Campus/MPK 45) 94025
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.

Renaissance Entrepreneurship Center 829-6429

www.rencenter.org
366 Grand Ave., South San Francisco 94080
Provides support to those looking to start and grow a business or an idea.

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 can use the services Mon.–Fri., 7 am–3 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 Floor, 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) 802-6450

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*

ENERGY PROGRAMS

Bay Area Regional Energy Network

BayREN Home+ 866-878-6008

www.BayRENresidential.org

Rebates and assistance for energy efficiency and electrification. Rising Sun Green House Calls with free kit of energy and water saving tools.

Bay Area Regional Energy Network/ Rising Sun Center for Opportunity

Green House Calls risingsunopp.org/programs/ghc/

Offers personalized energy audit report and a no-cost kit containing energy and water saving measures to homeowners.

Bay Area Regional Energy Network/ San Mateo County Energy Watch

Home Energy & Water Saving Toolkit Program

smcenergywatch.org/homes/home-energy-water-toolkit/

Free kit with energy & water saving tools and resources which can be borrowed from the libraries in San Mateo County.

Central Coast Energy Services www.energyservices.org

Low Income Home Energy Assistance Program (LIHEAP)

Utility payment assistance & home weatherization for low-income renters and homeowners.

PSPS: Back-up Battery Program

Provides back up batteries, hotel vouchers, transportation vouchers to residents affected by Public Safety Power Shut-offs, CARE and Medical Baseline Customers.

El Concilio of San Mateo County and PG&E

Energy Savings Assistance Program

<https://bit.ly/33SwtPN>

Provides income-qualified residents with energy-saving improvements at no charge.

GRID Alternatives Bay Area www.grid solar.org/

NO-Cost Solar for Homeowners

No-cost solar installation and Electric Vehicle upsizing for homeowners with low income in East Palo Alto, Menlo Park, South San Francisco.

Office of Sustainability 888-442-2666

sustainability@smcgov.org

455 County Center, 4th Floor, Redwood City 94063

The Office of Sustainability has programs to help the county both fight and prepare for climate change; ensure clean energy, water and air; conserve resources for future generations through waste reduction; and support livable communities with affordable housing and infrastructure for biking, walking and public transit.

**Peninsula Clean Energy, with Peninsula Family Service
DriveForward**

www.peninsulacleanenergy.com/driveforwardelectric/
Used Electric Vehicle Subsidies and Affordable Car Loans for low-income residents.

**Peninsula Clean Energy, with Senior Coastsiders and Puente
Portable Back-Up Batteries for Medical Devices**

www.peninsulacleanenergy.com/pop-medical/
Offers portable backup batteries for medical devices.
Eligibility: Renter AND eligible for Medical Baseline AND live in a high fire threat area or was impacted by two or more PSPS events.

**Peninsula Clean Energy, offering access to CPUC
Self-Generation Incentive Program**

www.peninsulacleanenergy.com/pop-homeowner/
Free backup battery installation and option to lease solar system. Eligibility: Single-family homeowner AND Eligible for Medical Baseline AND live in a high fire threat area or was impacted by two or more PSPS events.

SunWork www.Sunwork.org
Solar installation using volunteers, for residents with low energy bills.

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

DriveForward 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 or call 800-223-8383.

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 farmer's markets. Apply for CalFresh online at benefitscal.com 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. See HSA offices below or call 800-223-8383.

HSA Service 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.

Human Services Agency Regional Offices

www.smcgov.org/hsa/contact-us

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

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

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

400 Harbor Blvd., Bldg 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**

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.

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

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 17 or on-line at benefitscal.com.

Second Harvest of Silicon Valley Food Connection

Hotline. 800-984-3663

www.shfb.org/getfood

Multi-lingual referrals to free grocery distributions, pantries and congregate meals. CalFresh application assistance by phone or at community locations throughout. 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.

No Strings Attached Breakfast Senior Coastsiders

www.seniorcoastsiders.org 726-9056

925 Main St., Half Moon Bay 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 368-4644

Redwood City Corps Community Center

660 Veterans Blvd, Redwood City 94063

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 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 families and 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.

Downtown Food Closet 408-899-7350

<https://www.streetsteam.org/paloalto>

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, Sat., 9 am–1 pm.

Ecumenical Hunger Program 323-7781

www.ehpcares.org

2411 Pulgas Ave., East Palo Alto 94303

Emergency Food Box distributed Mon., Wed., Thurs. and

Fri. 10 am–2 pm, (closed Tues.). 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.

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. 1–4 pm.

Second Harvest of Silicon Valley Food Connection

Hotline 800-984-3663

www.shfb.org/getfood

Multi-lingual referrals to free grocery distributions, pantries and congregate meals. CalFresh application assistance by phone or at community locations throughout. Mon.–Fri., 8 am–5 pm.

St. Francis Center 365-7829

www.stfrancisrwc.org

151 Buckingham Ave., Redwood City 94063

Provides up to five days of food for needy families in Redwood City or Menlo Park.

MEALS ON WHEELS

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

Daly City to East Palo Alto 323-2022

Coastside 726-9056

Pacifica 738-7350

See also Homeless Services

For Senior Dining Centers see Senior Services

HEALTH

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.

Pediatric Home Visiting Program 573-2501

2000 Alameda de las Pulgas, #230, San Mateo 94403

Home visiting case management services for Medi-Cal eligible children, newborn to age 5, using Promoting First Relationships evidence-based curriculum and model. Supporting parents and child(ren) in prevention-focused services, including support around bonding, attachment, social-emotional health, and linkages to health and developmental resources.

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

Prenatal Advantage Black Infant

Health Program 363-7850

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

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

San Mateo County Health – Family Health Services

www.smchealth.org/division-family-health-services

Resource Line 888-840-0889

Healthy Families San Mateo County and Nurse-Family Partnership 573-2501

2000 Alameda de las Pulgas, #230, San Mateo 94403

Evidence-based visits in the home or location of choice providing referrals, education and support for pregnant and parenting women and teens.

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

Foothill College Dental Hygiene Clinic 949-7335

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

HealthRIGHT 360 348-6603

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

North East Medical Services 550-3923

www.NEMS.org
211 Eastmoor Avenue, Daly City 94015
Open Mon–Sat: 8 am–5 pm, closed for lunch
everyday 12 noon–1 pm.
1850 Sullivan Ave, Daly City 94015
Open Mon–Fri: 8 am–5 pm, closed for lunch everyday
12 noon–1 pm.
A federally qualified health center that provides multi-
lingual adult medicine, pediatrics, internal medicine,
behavioral health, lab, mental health, pharmacy,
dental, acupuncture and other medical services.
Accepts Medi-Cal, Medicare, private insurances and
uninsured.

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 medica-
tions 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 unin-
sured, 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.smchealth.org/smmc 573-2222
 222 W. 39th Avenue, San Mateo 94403
- New Patient Connection Center** 372-3200
 Psychiatric Emergency Services. 573-2662
- Coastside Clinic** 573-3941
www.smchealth.org/location/coastside-clinic
 225 S. Cabrillo Hwy., #100-A, Half Moon Bay 94019
 Mon–Fri: 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. Comprehensive adult and pediatric primary care; dental services.
- 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. Comprehensive adult and pediatric primary care; dental services.
- Daly City Youth Health Center** 877-5700
www.smchealth.org/location/daly-city-youth-health-center
 350 90th St., 3rd Floor, Daly City 94015
 Mon–Fri: 9 am–5:30 pm. Health services for teens and young adults (ages 12-25).
- Fair Oaks Health Center** 578-7141
www.smchealth.org/location/fair-oaks-health-center
 2710 Middlefield Rd., Redwood City 94063
 Mon–Fri: 8 am–5 pm. Comprehensive adult and pediatric primary care; dental services.
- Innovative Care Clinic** 573-3702
www.smchealth.org/location/innovative-care-clinic
 222 W. 39th Avenue, San Mateo 94403
 Mon–Fri: 8 am–5 pm, Sat: 8 am–2 pm.
 Comprehensive adult primary care.
- Medical Specialty Clinic** 573-3982
www.smchealth.org/location/surgical-specialty-clinic
 222 W. 39th Avenue, San Mateo 94403
 Mon–Fri: 8 am–4:30 pm. Hours may vary depending on specialty. All patients must have a referral from their primary care doctor.
- OB/GYN Clinic** 573-3702
www.smchealth.org/location/obgyn-clinic

222 W. 39th Avenue, San Mateo 94403
Mon–Fri: 8 am–5 pm, Wed & Thu evening hrs: 5–8 pm

Pediatric Clinic 573-3702

www.smchealth.org/location/pediatric-clinic
222 W. 39th Avenue, San Mateo 94403

Mon & Fri: 8 am–5 pm, Tue–Thu: 8 am–8 pm, Sat: 8
am–2 pm. Comprehensive pediatric primary care.

Ron Robinson Senior Care Center 573-2426

www.smchealth.org/location/senior-care-center
222 W. 39th Avenue, San Mateo 94403

Mon–Fri: 8 am–5 pm. Comprehensive health services
for seniors 60 and older.

Sequoia Teen Wellness Center 366-2927

[www.smchealth.org/location/
sequoia-teen-wellness-center](http://www.smchealth.org/location/sequoia-teen-wellness-center)
200 James Ave., Redwood City 94063

Mon–Fri: 8:30 am–4:30 pm. Health services for teens
and young adults (ages 12-25).

South San Francisco Clinic 877-7070

[www.smchealth.org/location/
south-san-francisco-clinic](http://www.smchealth.org/location/south-san-francisco-clinic)
306 Spruce Ave., South San Francisco 94080

Adults: Mon – Fri: 8 am– 5 p.m. Extended pediatric
hours: Mon & Wed: 5–8 pm. Comprehensive adult and
pediatric primary care.

Surgical Specialty Clinic 573-3982

www.smchealth.org/location/surgical-specialty-clinic
222 W. 39th Avenue, San Mateo 94403

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

Sonrisas Community Dental Clinic 726-2144

www.sonrisasdental.org
210 San Mateo Rd., #104, Half Moon Bay 94019

Provides affordable dental care for low-income residents
of the Coastside who are uninsured or have Medi-Cal.

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 stu-
dents 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.

Alcohol and Other Drugs Prevention Program . . . 802-6400

310 Harbor Blvd., Building E, Belmont 94002
Community education about the impacts of alcohol and
other drugs, especially among youth.

Institute for Health and Healing415-600-3503
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., Suite 201, Palo Alto
94304
Maintains current information on health issues ranging
from individual exercise programs to complex medical
conditions.

Tobacco Prevention Program. 573-3777
TobaccoEducationCoalition@gmail.com
310 Harbor Blvd, Building E, Belmont 94002
Conducts tobacco prevention education and policy advoca-
cy to protect the community from the harms of tobacco
use and to promote a tobacco-free San Mateo County.

HOSPITALS AND MEDICAL CENTERS

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

Kaiser Permanente Medical Center

www.kp.org
1200 El Camino Real 742-2000
South San Francisco 94080 (TTY) 916-784-5987
1000 Franklin Pkwy. 358-7000
San Mateo 94403 (TTY) 711
1150 Veterans Blvd..... 299-2000
Redwood City 94063 (TTY) 299-2207

Mills-Peninsula Health Services

www.mills-peninsula.org
Mills Health Center 696-5400
100 S. San Mateo Dr., San Mateo 94401
An outpatient facility.
Mills-Peninsula Medical Center 696-5400
1501 Trousdale Dr., Burlingame 94010
An acute care facility.

San Mateo Medical Center 573-2222
www.smchealth.org/smmc. (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

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 Service Center 800-223-8383
smcgov.org/hsa/health-coverage
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, and Access and Care for Everyone (ACE).
Residents can also apply directly online for Medi-Cal and Covered California. Please visit www.coveredca.com

**HICAP of San Mateo County –
The Medicare Counseling Program** 627-9350
www.hicapsanmateocounty.org
1710 S. Amphlett Blvd., #100, San Mateo, 94402
The program provides free Medicare counseling to beneficiaries and/or their representatives regarding their benefits and supplemental coverage such as Medicare Advantage plans, Medigap policies, prescription drug plans, and Medi-Cal.

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

See also Financial Assistance

HOMELESS SERVICES

The Core Service Agencies listed on pages 2 and 3 can provide or help locate emergency food, clothing, shelter, rental assistance, bus passes and referrals for other needs. Additional resources are listed below. (*Agencies that are contracted with the SMC Center on Homelessness are marked with an asterisk)

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)** www.homeandhope.net
 Burlingame 94010
 Host families provide meals and overnight accommodations to persons in need.

- LifeMoves*** lifemoves.org
First Step for Families, San Mateo
Family Crossroads, Daly City
Haven Family House, Menlo Park
Redwood Family House, Redwood City

FOR ADULTS WITHOUT CHILDREN

Call the nearest Core Service Agency listed on pages 2 & 3 for referral.

- Catholic Worker Hospitality House**
San Bruno House San Bruno
- LifeMoves*** lifemoves.org
Redwood City Navigation Center Redwood City

- Project WeHOPE Shelter in East Palo Alto**
www.projectwehope.org
 East Palo Alto 94303

- Safe Harbor Shelter*** South San Francisco
- Samaritan House** samaritanhousesanmateo.org

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/housing
 2686 Spring St., Redwood City 94063
 Emergency and short-term housing for mentally disabled clients.

FOR RUNAWAY OR HOMELESS TEENS

- New Creation Home Ministries** 321-3109
www.newcreationhome.org

422 Hibiscus Ct., East Palo Alto 94303
Provides housing and support services to homeless pregnant or parenting teen mothers age 13-22.

StarVista Daybreak* www.star-vista.org
A shelter for homeless teenagers, age 16-21, in San Mateo County.

TRANSITIONAL HOUSING

TRANSITIONAL HOUSING FOR ADULTS

**Service League of San Mateo County,
Hope House** 363-8769 or 363-8735
727 Middlefield Road, Redwood City 94063
Transitional Housing (clean and sober) for men and women. Adults 18 and older without children.

FOR TEENS

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

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.

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

OTHER SERVICES

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

See also Food Programs

See also Housing

HOUSING

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

DISCRIMINATION

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

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

Project Sentinel 321-6291
www.housing.org
1615 Hudson Street, Suite A, Redwood City 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 (English) 363-2834
.....(Spanish) 380-3475
2686 Spring St., Redwood City 94063
Provides services for people diagnosed with HIV (and meeting other eligibility requirements) that need help paying rent, deposits for new housing, utility payments and, in some cases, limited medical co-payments.

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 295-2160, ext. 185

36 37th Ave., 2nd Floor, San Mateo 94403

Catholic Charities CYO is offering legal immigration services in San Mateo. All services are provided by appointment only, except for weekly drop-in workshops.

Coastside Hope 726-9071

www.coastsidehope.org

99 Avenue Alhambra, El Granada 94018

Immigration and citizenship services, including free citizenship classes.

Immigration 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

CoastPride Center 479-1902

contact@coastpride.org
711 Main St., Half Moon Bay 94019
CoastPride is an organization created by our local
community in San Mateo County to improve the sup-
port, visibility and awareness of Lesbian, Gay, Bisexual,
Transgender, and Queer (LGBTQ) individuals and
families.

LGBTQ Commission of San Mateo County 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, commu-
nity 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; assis-
tance 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** 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** 235-7940
 San Mateo Health Center (Mar Monte)
 29 Baywood Avenue, San Mateo 94403
 Transgender primary health care, STD testing and treat-
 ment, HIV testing, breast and cervical cancer screening,
 other reproductive and general health services.
- Transgender Adult Health Clinic** 573-2740
 San Mateo 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** 721-1811
 Healthcare for gender non-conforming children and
 teens age 4 to 19.

SUPPORT GROUPS

Adolescent Counseling Services

- Project Outlet** 424-0852 x107
 acs-teens.org
 643 Bair Island Rd., Suite 301, Redwood City 94063
 Provides counseling, peer support groups, and social
 events for LGBTQ Youth ages 10-25, as well as educa-
 tional presentations and consultation on LGBTQIA+ youth
 issues.
- Gelaam (Gente Latino de Ambiente)** 762-5428
 Provides a welcoming environment for LGBTQ Latinos,
 their families and friends.
- LGBT Veterans Support Group** 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 403-4300
 Peninsula Family Service
 24 2nd Avenue San Mateo 94401
 Provides weekly visits to LGBTQ older adults to manage
 life changes.
- 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) 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 Floor, 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, Suite 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

Justice At Last 918-0719

www.justiceatlast.org info@justiceatlast.org

Provides free legal representation and case management exclusively to trafficked persons including sexual assault and domestic violence survivors.

La Raza Centro Legal 415-575-3500

www.lrcl.org (TTY) 711

474 Valencia St. #295, San Francisco 94103

Provides bilingual services in the areas of immigration law, fair housing, workers' rights and senior law.

Legal Aid Society of San Mateo County 558-0915

www.legalaidsmc.org 800-381-8898

330 Twin Dolphin Dr., #123, Redwood City 94065

Legal advice and counsel on civil matters for individuals, families and groups whose incomes are below an established level.

San Mateo County Bar Association

www.smcba.org

Lawyer Referral Service 369-4149 x3

333 Bradford St., #200, Redwood City 94063

Refers callers to local attorneys, handles writing of simple wills for low-income senior citizens.

Private Defender Program 298-4000

333 Bradford St., #200, Redwood City 94063

Arranges legal representation for indigents charged in criminal cases, minors subject to proceedings in juvenile court and persons subject to mental commitment proceedings.

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

www.smchealth.org/PublicAdministrator

225 - 37th Ave., San Mateo 94403

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

See also *Employment and Training*

See also *Housing*

See also *Immigration Services*

MEDIATION SERVICES

Appropriate (Alternative) Dispute Resolution

(ADR) 261-5075 or 261-5076

www.sanmateocourt.org/adr

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

Family Law ADR 261-5076

General Civil ADR 261-5075, 261-5076

Judicial Arbitration 261-5076

Juvenile Mediation Program 261-5076

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

www.pcrcweb.org

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

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

PROBATION AND JAILS

San Mateo County Probation Department

www.co.sanmateo.ca.us

Adult Probation 363-4244

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

Juvenile Services 312-8816

222 Paul Scannell Dr., San Mateo 94402

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

Sheriff's Office 363-4911

www.smcsheriff.com

300 Bradford Street, Redwood City 94063

Men's Jail

(Maguire Correctional Facility) 363-4000 x6071

Women's Jail 363-4310

SAN MATEO COUNTY DISTRICT ATTORNEY

District Attorney 363-4636

www.co.sanmateo.ca.us

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

Responsible for criminal prosecution in the Superior and Municipal Courts.

Consumer and Environmental Protection Unit . . . 363-4651

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

LIBRARY SERVICES

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

Library cards are free, available to everyone, and can be used at all locations. Library card holders can check out books, movies and music, and materials can be requested

for pick up at any library listed below. Online collections include eBooks and eMagazines; streaming videos and music; live homework help; and databases on topics ranging from language learning to car repair. Wi-Fi and computers are available for public use at all libraries, enabling free access to the internet.

Public libraries offer a wide variety of free resources and events, such as activities for families, including storytimes, parenting classes, etc.; afterschool programs for kids and teens, including homework help, hands-on crafts, STEM workshops, etc.; computer classes; adult literacy tutoring; cultural events; delivery of library materials to the 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, Suite 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 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.
- Ayudando Latinos A Soñar (ALAS)** 560-8947
636 Purissima Street, Half Moon Bay 94019
Our programs include culturally-centered mental health services, wrap-around case management, immigration, education and social justice advocacy initiatives. ALAS

is committed to working with and for children, youth, families, farmworkers, asylum seekers, seniors, and our general Coastside community.

Behavioral Health & Recovery Services - Access Call

Center800-686-0101

www.smchealth.org/bhrs

1950 Alameda de las Pulgas, San Mateo 94403

Provides information, assessments, referrals and treatment for mental health and substance use services.

County clinics located in Daly City, San Mateo, Redwood City, East Palo Alto and Half Moon Bay:

North County Adult 301-8650

375 - 89th St., Daly City 94015

North County Youth 301-8650

350 - 90th St., 2nd Flr, Daly City 94015

Central County Youth & Adult 573-3571

1950 Alameda de las Pulgas, San Mateo 94403

Shasta Youth & Transition Age Youth 599-1033

727 Shasta St., Redwood City 94063

South County Adult 363-4111

802 Brewster Ave., Redwood City 94063

East Palo Alto Community Counseling Center (Youth & Adult)363-4030

2415 University Ave., #301, East Palo Alto 94303

Coastside Youth & Adult726-6369

225 So. Cabrillo Hwy, #200A, Half Moon Bay 94019

Behavioral Health & Recovery Services – Consumer and Family Affairs800-388-5189

www.smchealth.org/support-clients-family

Provides assistance to clients and family members navigating services at BHRS and problem resolution on services received.

BHRS' Office of Diversity & Equity

ODE@smcgo.orgwww.smchealth.org/ODE

values & amplifies the voices of underserved, unserved, & inappropriately served community members in conversations about wellness, recovery, & resilience. We strive to make behavioral health services culturally appropriate & mental wellness accessible for all San Mateo County residents.

Caminar 578-8691

www.caminar.org

1410 Marshall St., Redwood City 94063

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 652-0800, 312-8515

Daly City Youth Health Center 877-5700

www.dalycityyouth.org

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

Mon–Fri: 9 am–5:30 pm. Provides a range of health services for teens and young adults (ages 12-24).

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.

Health Equity Initiatives (HEI) SMCHealth.org/HEI

The HEI's work to decrease stigma, educate and empower community members, support wellness and recovery, and build culturally responsive services. Over the years, the HEIs have hosted events and trainings, implemented culturally-responsible policy interventions, and created safe ways for our marginalized communities to engage with BHRS.

Heart and Soul 232-7426

210 Industrial Road, Suite 205, San Carlos 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
1730 S. Amphlett Blvd, #308, 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) 980-1809

www.1epa.org
2396 University Ave, East Palo Alto 94303
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.

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.

Pathways Grief Support 888-978-1306

pathwayshealth.org/grief-support-groups-and-workshops
bereavement@pathwayshealth.org
Pathways provides bereavement services to the bereaved served in Pathways Home Health and Hospice. Pathways also can provide bereavement to anyone who has experienced someone's death within the past 13 months.

- Peninsula Family Service** 403-4300
www.peninsulafamilyservice.org
 24 - 2nd Ave., San Mateo 94401
 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.
- StarVista**
www.star-vista.org 591-9623
 610 Elm St., #212, San Carlos 94070
- 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.

SERVICES FOR OLDER ADULTS

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 North County residents age 50 or over or with disabilities.

Information and Referral

Fair Oaks Adult Activity Center 780-7542

Senior Coastsiders 726-9056

Provides bilingual (English/Spanish) outreach and referral services to residents age 60 and older.

Fall Prevention Coalition of San Mateo County

www.smcfallprevention.org 844-663-2557

Provides resources for older adults, caregivers and service providers.

San Mateo County Health

Aging and Adult Services Hotline 800-675-8437

www.smchealth.org/aas (TTY) 711

225 - 37th Ave., San Mateo 94403

Provides a continuum of services for frail, older adults or adults with chronically disabling illnesses.

Network of Care

www.sanmateo.networkofcare.org

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

Senior Mobility Guide

www.samtrans.com/riderinformation/Seniors.html

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

Sequoia Strong™

www.sequoiastrong.org

Sequoia Strong™ is your FREE, online resource guide to activities you love and services you need in southern San Mateo County. All resources are personally recommended by the Sequoia Healthcare District, and most are free or low cost!

- Villages of San Mateo County**260-4569
 PO Box 5283, San Mateo
Village of the Coastsides440-5030
www.villageofthecoastside.org/
 Villages assists its members to continue living in their homes and communities as they age by providing access to support services.

ADULT DAY CENTERS

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

Catholic Charities CYO

- San Carlos Adult Day Services** 592-9325
www.catholiccharitiessf.org/what-we-do/aging-support/adssm.html
 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
 925 Main Street, Half Moon Bay 94019

Mills-Peninsula Health Services

Senior Focus / Adult Day Health Program

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

Peninsula Volunteers Rosener House

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

South San Francisco Senior Services

- Adult Day Program** 829-3824
www.ssf.net/departments/parks-recreation/recreation-division/seniors/adult-day-care
Magnolia Senior Center
 601 Grand Ave., South San Francisco 94080

SENIOR CENTERS AND SENIOR DINING CENTERS

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

BELMONT

Twin Pines Senior and Community Center

- www.belmont.gov/departments/parks-and-recreation/adults-seniors 595-7444
 20 Twin Pines Ln., 94002

DALY CITY

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

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

EAST PALO ALTO

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

FOSTER CITY

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

HALF MOON BAY

Senior Coastsiders 726-9056
www.seniorcoastsiders.org
925 Main Street, 94019

MENLO PARK

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

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

MILLBRAE

Millbrae Recreation Department 259-2360
www.ci.millbrae.ca.us
623 Magnolia Ave., 94030

Self Help for the Elderly 415-342-0822
Millbrae Chetcuti Room, 450 Poplar Ave, 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/departments/
parks-recreation-and-community-services/seniors
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.–Thur., 9 am–12 noon and 1–4 pm, Fri., 1–3 pm.

Dining Room Mon.–Fri. 4–5 pm.

Self-Help for the Elderly 342-0822

www.selfhelpelderly.org

50 E. Fifth Ave., San Mateo 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.

Alcohol and Other Drugs (AOD) (800) 686-0101

Substance use treatment services include: detoxification services, outpatient, residential, and medication assisted treatment. Services provided are based on individual needs and are available to San Mateo County residents on a sliding fee scale. No one is turned away for lack of funds.

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

Integrated Medication Assisted Treatment (IMAT)

..... 573-2735

MAT programs prescribe a safe and controlled level of medication to effectively manage symptoms, ease the detox and recovery process, prevent harmful use and overdose for people seeking recovery, especially those

with moderate to severe disorders.

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.

DETOXIFICATION SERVICES

Horizon Treatment Services

Palm Avenue Detoxification Services 513-6500

www.horizonservices.org/recovery-programs/

2251 Palm Ave., San Mateo 94403

Treats both drug and alcohol detoxification.

StarVista - Sobering Station Detoxification

Services 648-7703

826 Mahler Road, Burlingame 94010

DRIVING UNDER THE INFLUENCE & DEFERRED ENTRY OF JUDGEMENT PROGRAMS

El Centro de Libertad 599-9955

The Freedom Center www.elcentrodelibertad.org

500 Allerton St., Redwood City 94063

Deferred Entry of Judgment (DEJ) program services.

Free at Last 462-6999

www.freeatlast.org

1796 Bay Rd., East Palo Alto 94303

First-Offender DUI program services.

Sitike Counseling Center 589-9305

www.sitike.org

306 Spruce Avenue, So San Francisco 94080

First-Offender DUI and Deferred Entry of Judgment (DEJ) program services

StarVista

First Chance Sobering Station 689-5597

826 Mahler Road, Burlingame 94010

Pyramid 355-8787

www.star-vista.org

480 Manor Plaza, Pacifica 94404

First-Offender and Multiple-Offender DUI program services

INFORMATION AND REFERRAL

BHRS RTX Team - Residential Treatment Team . . 802-6400

San Mateo County - Behavioral Health and Recovery Services

310 Harbor Blvd, Bldg E, Belmont 94002

RTX provides information, referral, substance use evaluation and authorization to Drug Medi-Cal contracted Residential Substance Use Treatment providers in San Mateo County.

San Mateo County Behavioral Health and Recovery Services 800-686-0101

www.smchealth.org/bhrs

Provides information, assessments, referrals and treatment for mental health and substance use services.

County clinics located in Daly City, San Mateo, Redwood City, East Palo Alto, Half Moon Bay.

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.

OUTPATIENT AND INTENSIVE OUTPATIENT TREATMENT

Adolescent Counseling Services 424-0852 x104

Adolescent Substance Abuse Treatment Program

www.acs-teens.org

643 Bair Island Rd, Suite 301, Redwood City 94063

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

Asian-American Recovery Services (AARS) Outpatient

Services (a program of HealthRIGHT 360) .. 415-337-0140

www.healthright360.org

Provides outpatient services to adults.

6181 Mission St., Daly City 94014

El Centro de Libertad 599-9955

The Freedom Center www.elcentrodelibertad.org

225 S. Cabrillo Hwy., Half Moon Bay 94019

500 Allerton St., Redwood City 94063

Bilingual and bicultural outpatient program with group and individual counseling.

Free at Last 462-6999

www.freeatlast.org

1796 Bay Rd., East Palo Alto 94303

A continuum of community-based services for adults and youth that includes prevention and intervention services, structured treatment, transitional housing and long-term success.

HealthRIGHT 360 www.healthright360.org

Outpatient and Intensive Outpatient Treatment 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 348-6603

2015 Pioneer Court, Suite B, San Mateo 94403

We provide substance use services for youth, transitional-age youth and adults.

Insights 366-8436

internal.star-vista.org/whatwedo_services/counseling/youth/insights.html

333 Gellert Blvd., #206, Daly City 94015

Offers a structured 22-week drug and alcohol recovery program for 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

Serves individuals with private health insurance.

Our Common Ground 385-8762

26 Central Ave, Redwood City 94061

Project 90 579-7881

www.projectninetynety.org

114 S. Delaware Street, San Mateo 94401

Offers day treatment services for men with substance use issues.

Caminar www.caminar.org/p90

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

StarVista Women's Enrichment Center 689-5597

355 Quarry Road, San Carlos 94010

StarVista - Sobering Station Detoxification

Services 648-7703

826 Mahler Road, Burlingame 94010

The Latino Commission on Alcohol and Drug Abuse

Residential and Outpatient Services 244-1444

www.thelatinocommission.org

1001 Sneath Lane, #307, San Bruno 94066

Offers outpatient treatment for all genders.

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

RESIDENTIAL SUBSTANCE USE TREATMENT

Free at Last 462-6999

www.freeatlast.org

1796 Bay Rd., East Palo Alto 94303

The Latino Commission on Alcohol and Drug Abuse

(Residential and Outpatient Services)..... 244-1444

www.thelatinocommission.org

1001 Sneath Lane, #307, San Bruno 94066

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

Recovery Residence Services 367-9030

631 Woodside Rd., Redwood City 94061

Residential Treatment Services - Men Only ... 325-6466

2560 Pulgas Ave., East Palo Alto 94303

Service League of San Mateo County,

Hope House 363-8735

727 Middlefield Road, Redwood City 94063

Residential Substance Use Disorder (SUD) Treatment

Program for adult women, pregnant women, and women with infants.

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. Residential services available for all genders.

NON 12-STEP OPTIONS

Alternatives to 12-Step

www.refugerecovery.org

A Buddhist path to which all are welcome.

www.smartrecovery.org

Based in cognitive-behavioral therapy.

www.womenforsobriety.org

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

www.lifering.org

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

See also Mental Health / Counseling

TAXPAYER INFORMATION & OFFICIAL RECORDS

COUNTY

San Mateo County Assessor - County Clerk - Recorder

..... 363-4500

www.smcare.org

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

Assessor places a value on property in the county for tax purposes.

County Clerk issues copies of birth, death and marriage records. Also is the official filing location for various legal and business documents.

Recorder files and maintains all land transactions such as deeds and maps.

Tax Collector 363-4142

www.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.org 511

Transit, traffic, rideshare (carpool and vanpool), and bicycling information for the nine-county Bay Area. Also has

information on planning a trip using public transportation.

Peninsula Traffic Congestion Relief Alliance

www.commute.org 588-8170
1150 Bayhill Dr., #107, San Bruno 94044
Shuttles (commuter / community); incentives (carpool,
vanpool, bike parking, "Try Transit").

Redi-Wheels and RediCoast 800-660-4287

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

SamTrans 800-660-4287

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

Senior Mobility Guide www.peninsularides.org

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

See also Senior Services

VETERANS SERVICES

VETERANS AFFAIRS LOCAL OFFICES

San Mateo County Human Services Agency

Veterans Service Office 802-6598

hsa.smcgov.org/veterans
550 Quarry Rd., San Carlos 94070
Assists veterans, survivors and dependents of veterans in
gaining access to benefits based on military service.

US Veterans Affairs Department 614-9997

www.va.gov/palo-alto-health-care/
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 617-4300

345 Middlefield Road, Building 1, Menlo Park 94025

VRC—Next Step 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 founda-
tion 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** 654-7993
330 Twin Dolphin Drive, #155, Redwood City 94065

- Volunteer Center** 235-3550
www.thevolunteercenter.net 415-982-8999
Refers groups and individuals of all ages to nonprofit agencies that need volunteers.

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

See also Children, Teens, Youth and Families

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The information in this booklet is accurate as of January 2024. Be sure to contact agencies before going to the site or referring clients there.

smc-connect.org