

Building Futures With Women and Children
 Toll Free: 866-A-WAY-OUT, 292-9688
 Communities United Against Violence Gay & Lesbian: 415-333-HELP
 Emergency Shelter Program Hayward: 786-1246
 Highland Hospital Anger Management 437-4688
 SAVE - Shelter Against Violent Environments 24 hours: 794-6055
 Sexual Assault 24 hour line: 534-9290 or 534-9291
 Tri-Valley Haven 800-884-8119
(See also Domestic Violence Resource Guide. Call Purple Ribbon at 268-2148 for a copy. *Veá la Guía de Recursos de Violencia Doméstica. Llama al 303-9953 para obtener una copia.*)

EMPLOYMENT SERVICES - *Servicios de empleo*

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

FAMILY SUPPORT - *Apoyo familiar*

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

FATHERS SERVICES - *Servicios para padres*

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

FOOD - EMERGENCY & LOW COST

Comida de emergencia y bajo costo
Alameda County Community Food Bank 800-870-FOOD
 Available Monday-Friday 9-12pm, 1-4pm

FOOD - WIC PROGRAMS/LOS PROGRAMAS DE WIC Food Assistance Program for Women, Infants and Children *Programa de asistencia de comida para mujeres, infantes y niños:*

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

FOSTER CARE

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

HEALTH CLINICS - *Clínicas de salud*

Also see PREGNANCY/POSTPARTUM CARE Refiérase también a servicios para embarazos
Referrals for Health Care 888-604-INFO
 Asian Health Services, Oakland 986-6800
 Axis Community Health Center, Livermore 925-462-1755
 Berkeley Free Clinic 548-2570
 Berkeley Health Center for Women & Men 843-6194
 Berkeley Primary Care Clinic 204-4666
 Berkeley Public Health Clinic 981-5350
 Children's Hospital Outpatient Clinic, Oakland 428-3226
 Clinica Alta Vista, Teens, Oakland 535-6300
 Eastmont Wellness Center, Oakland 567-5700
 East Oakland Health Center 430-9401
 Highland Hospital, Oakland Outpatient Clinics 437-4800
 Pediatrics 437-4299 Women's Urgent Care 437-4778
 La Clinica de la Raza, Oakland 535-4000
 Lifelong, E.Oakland, 563-4300, Downtown Oakland 451-4270
 Native American Health Center, Oakland 535-4400
 Newark Health Center 505-1600
 Over 60 Health Center, Berkeley 601-6060

Planned Parenthood, North Oakland, Eastmont Mall, and Hayward locations: 800-967-7526
 San Antonio Health Center, Oakland 238-5400
 Rota Care Clinic, San Leandro 347-4620
 Save a Life Wellness Center, Oakland 444-9155
 Silva Clinic (Pediatric), Hayward 782-4470
 Suitcase Clinic, drop-in only, Berkeley 643-6786
 Tiburcio Vasquez Health Ctr, Hayward, Union City 471-5880
 Tri-City Health Centers, Fremont, Union City 770-8133
 West Berkeley Family Practice 704-6000
 West Oakland Health Center 835-9610
 Winton Wellness Center, Hayward 266-1700

HEALTH INSURANCE, OTHER - *Otro seguro médico*

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

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

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

HOUSING & EMERGENCY SHELTER

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

IMMIGRANT SERVICES - *Servicios para inmigrantes*

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

LEGAL SERVICES - *Servicios legales*

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

MULTI-SERVICE CENTERS - *Centros de servicios completos*

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

PREGNANCY & POST PARTUM CARE

Servicios para el embarazo y después del embarazo
Also see HEALTH CLINICS Refiérase a clínicas de salud
Referrals for Pregnancy Care 888-604-4636 (INFO)
 Alta Bates Summit Perinatal Center 869-8425
 Birthways, Oakland 869-2797
 Black Infant Health 618-1967
 Emergency Contraception 888-NOT-2-LATE
 Improving Pregnancy Outcomes Program 618-2080

SMOKING CESSATION - *Dejar de fumar*

American Lung Association 800-LUNG-USA 800-586-4872
 California Smokers' Helpline
 English 800-NO-BUTTS Spanish 800-45-NO-FUME
 Chinese 800-838-8917 Korean 800-556-5564
 Vietnamese 800-778-8440 Chewing Tobacco 800-844-CHEW
 Pregnant Women 1-877-866-2229
 TDD/TTY 800-933-4TDD

SUBSTANCE ABUSE TREATMENT

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

Alameda County Resource Guide for Men, Women, Children and Teens 2007 - 2008 Guía de Recursos para el Condado de Alameda Niños y Adolescentes



For more help, call 211 (toll-free) any time for housing, health and social services in multiple languages. For health care referrals, in Alameda County, call 888-604-4636.

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

ALAMEDA COUNTY SOCIAL SERVICES AGENCY Medi-Cal, Food Stamps, CAL-Works & General Assistance (Medi-Cal, estampillas para comprar comida, CAL-Works, y asistencia general)

General Information	888-999-4772
North Oakland, 2000 San Pablo Ave.	670-8560
East Oakland, 6955 Foothill Blvd. Suite #100	383-5300
East Oakland, 8477 Enterprise Way	639-1000
Hayward, 24100 Amador Ave.	670-6000
Fremont, 39155 Liberty St., Ste. C330	795-2428
Livermore, 3311 Pacific Ave.	925-455-0747

BIRTH & DEATH CERTIFICATES

Actas de nacimiento y Actas de defunción

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

BREASTFEEDING HELP - Ayuda en dar pecho

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

CHILD CARE - Cuidado infantil

Bananas Child Care Referral, North County:	658-0381
Child Care Link, East County:	925-417-8733
4 C's Child Care Referral	Fremont: 574-2160 Hayward: 582-2182

Early Head Start, 0-3 yrs, Oakland:	553-9926,	Hayward:	782-6207
Head Start, 3-5 yrs, Oakland:	238-3165,	Alameda:	865-4500
Berkeley:	848-9092	South County:	796-9512

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

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

CHILDREN'S COUNSELING SERVICES

Servicios de consejería para niños

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

CHILDREN WITH SPECIAL NEEDS

Niños con necesidades especiales

California Children's Services, CCS (occupational and physical therapy)	208-5970
Regional Center of the East Bay, Special Needs: (behavior and development issues)	383-1200
Building Blocks Therapeutic Preschool En/Sp:	434-7990
Developmental & Behavioral Pediatrics, Children's Hosp.	428-3351
East Bay Agency for Children, Therap. Nursery, Oakland:	655-4896
Family Resource Network	547-7322
Neonatal Follow-up, Children's Hospital	428-3006
Speech and Language Center, Children's Hospital	428-3179

COUNSELING SERVICES - Servicios de consejería

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

DENTAL CARE - Cuidado dental

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

DOMESTIC VIOLENCE & SEXUAL ASSAULT HELP Servicios para víctimas de violencia doméstica y asalto sexual

Alameda County Family Justice Center	267-8800
Child Protective Services	259-1800
Alameda County Adult Protective Services	577-1900
A Safe Place	536-7233
Asian Women's Shelter Crisis Line	415-751-0880
Bay Area Women Against Rape (24 hour line)	845-7273

TEEN SERVICES - Servicios para adolescentes
Asian Health Services, Oakland 986-1024
Boys & Girls Club, Oakland 444-8211
Children's Hospital Teen Clinic, Oakland 428-3387
Clínica Alta Vista, Oakland 535-6300
Girls, Inc, Pathways Counseling Center 357-5515
Lend a Hand Counseling 553-1262
Native American Health Center, Oakland 535-4400
Planned Parenthood Eastmont Teen Clinic, Oakland 800-967-7526
School-based health centers, call to find a location 667-7991
Tiburcio Vasquez Family Support Services, Hayward 471-5880
Tri-City Teen Clinic, Fremont 770-8131

School District Programs for Parenting Teens - CALSAFE

Programas de escuelas para madres y padres adolescentes
Statewide, California Department of Education 916-319-0914
Alameda City Unified School District 337-7000
Alameda County Office of Education, Emeryville and San Leandro 670-4104
Fremont Unified School District 657-9155 x 49111
Hayward Unified School District 537-6452
Pleasanton Unified School District 925-462-5500

Teen Parenting Services

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

UTILITIES - Utilidades

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

Prepared by: Community Forum for Perinatal Health, a collaboration of

organizations in Alameda County.

Funded by: Maternal, Child and Adolescent Health Program, Center for

Family Health, California Department of Public Health, & Maternal, Child

and Adolescent Health and WIC Program, Alameda County Public Health

Department.

Abbreviations: En = English, Sp = Spanish, Chin = Chinese

All area codes are 510 unless indicated.

For corrections and additions call: 618-1990. This guide is available at:

www.acphd.org/public health. Revised November 2007.