

Community Information Handbook 2014

The database is available online at
smc-connect.org

A Joint Publication of the
Peninsula Library System
and the
San Mateo County
Human Services Agency

COUNTY OF SAN MATEO
HUMAN SERVICES AGENCY

The information in this booklet is accurate as of March 2014. Please be advised that some programs may have reduced services or closed due to budget constraints since that time. Be sure to contact agencies before going to the site or referring clients there.

Community Information Handbook 2014

**A Companion to the
Community Information Program
Database**
cip.plsinfo.org

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COUNTY OF SAN MATEO
HUMAN SERVICES AGENCY

Welcome to the *Community Information Handbook 2014*. Once again we are pleased to present the revised handbook for you to use with your clients, your family or your neighbors. Be sure to keep one next to your computer, your phone or in your vehicle. We understand the importance of providing our users with the most accurate, up-to-date and timely information possible in light of these challenging times.

CIP is pleased to announce the availability of a website that allows users to find social services near their location to obtain food, shelter, health care and other essential services. The website can be accessed in multiple languages and can be updated easily by the contributing agencies. This product was developed by the Code for America Fellows, in partnership with San Mateo County's Human Services Agency (HSA), using the CIP database.

We urge you to check-out and use SMC-Connect.org. It is a user-friendly, comprehensive, up-to-digital directory of available social services in San Mateo County. Providing this information through the use of technology is an important resource and asset to our community.

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.

Linda Crowe
Executive Director, Peninsula Library System (PLS)



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.

Community Information Handbook online:
cip.plsinfo.org/publications.htm

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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 programs211
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 Services800-675-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.

Alcohol and Drug Helpline573-3950
 Information about and referral to substance abuse services. Referrals for crisis intervention.

California Poison Control System . .800-222-1222

California Youth Crisis Line800-843-5200
 Information and referral, counseling, youth-to-parent message service and phone connections to service providers.

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
312-8515
 Hotline in English / Spanish for survivors of domestic violence.

Mills-Peninsula Health Services
Chemical Dependency Center
 Crisis Line696-5915

Parent Support Line888-220-7575
579-0358

Psychiatric Emergency Services573-2662
696-5915

Rape Trauma Services (RTS)692-RAPE
(692-7273)

Shelter Bed Hotline800-774-3583
 Callers can access information for 9 Bay Area counties by type of shelter needed.

StarVista

Crisis Intervention and Suicide

Prevention Center800-273-TALK
(800-273-8255)
579-0350

Your House South367-9687
 Hotline for youth, including runaways, age 10-17, experiencing family problems.

Community 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 Hope726-9071
www.coastsidehope.org
 99 Avenue Alhambra, El Granada 94018
Core Service Center serving El Granada, Half Moon Bay, Miramar, Montara, Moss Beach.

Puente de la Costa Sur879-1691
www.puentadelacostasur.org
 620 North St., Pescadero 94060
Core Service Center serving La Honda, Loma Mar, Pescadero and San Gregorio.

North County:

Daly City Community Service Center 991-8007
www.dalycity.org/residents/community_service_center.htm
 350 - 90th St., Daly City 94015
Core Service Center serving Broadmoor, Colma and Daly City.

Pacifica Resource Center738-7470
www.pacresourcecenter.org
 1809 Palmetto Ave., Pacifica 94044
Core Service Center serving Pacifica.

Salvation Army266-4591
www.tsagoldenstate.org
 409 S. Spruce Ave., South San Francisco 94080

Central County:

CALL - Primrose Center342-CALL
www.callprimrose.org(342-2255)
 139 Primrose Rd., Burlingame 94010

Samaritan House347-3648
www.samaritanhousesanmateo.org
 4031 Pacific Blvd. (at 42nd Ave.)
 San Mateo 94403
Core Service Center serving Belmont,
 Burlingame, Foster City, Hillsborough, Millbrae,
 San Carlos and San Mateo.

South County:

El Concilio Emergency Services Partnership
www.el-concilio.com330-7432
 1798-B Bay Rd., East Palo Alto 94303
Core Service Center serving East Palo Alto and
 Menlo Park.

Fair Oaks Community Center780-7500
www.redwoodcity.org/parks/cc/fairoaks.html
 2600 Middlefield Rd., Redwood City 94063
Core Service Center serving Atherton, north Fair
 Oaks, Portola Valley, Redwood City, Redwood
 Shores and Woodside.

Salvation Army368-4643
www.tsagoldenstate.org
 660 Veterans Blvd., Redwood City 94063

For assistance anywhere in the county:

St. Vincent de Paul Society373-0622
www.svdpsm.orgHelp Line 343-4403
 50 N. B St., San Mateo 94401

Disaster Relief

American Red Cross, Bay Area Chapter
www.redcrossbayarea.org259-1750
 1710 Trousdale Dr., Burlingame 94010
 Offers emergency relief to victims of disasters,
 services to military personnel, and health and
 safety training for the public.

Inmate and Post-Release Support

Service League of San Mateo County . .364-4664
www.serviceleague.org
 727 Middlefield Rd., Redwood City 94063
 Provides services to inmates of the county jail,
 counseling and child care for inmate families,
 pre-release counseling and emergency
 assistance after release.

Service Connect 599-7356
400 County Center, Redwood City, CA 94063
Provides social services to help stabilize post-
released clients, including access to food,
emergency shelter, clothing, transportation,
employment services and counseling/support
groups.

Victim Assistance

Victim Center 599-7479
400 County Center, 3rd Fl., Redwood City 94063
1050 Mission Rd., South San Francisco 94080
Provides general emergency and ongoing
assistance for victims of violent crimes.

For Emergency Shelter see **Homeless Services**
For Hospitals see **Health**

Alcohol / Tobacco / Drug Abuse

12-Step Programs

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

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

Cocaine Anonymous 415-226-1300
www.norcalca.com

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

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

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

Narcotics Anonymous 802-5950
www.peninsulana.org

Day Treatment / Counseling

Adolescent Counseling Services .424-0852 x104

Adolescent Substance Abuse Treatment Program

www.acs-teens.org

1717 Embarcadero Rd., #4000, Palo Alto 94303

Offers assessment and intensive outpatient programs.

Asian-American Recovery Services (AARS)

Outpatient Drug and Alcohol Services for Asians

(ODASA)415-337-0140

www.aars.org

6181 Mission St., Daly City 94014

El Centro de Libertad599-9955

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 Last462-6999

www.freeatlast.org

1796 Bay Rd., East Palo Alto 94303

Offers bilingual services (English / Spanish).

Mills-Peninsula Health Services

Chemical Dependency Center696-4666

24-Hour Crisis Line696-5915

www.mills-peninsula.org

100 S. San Mateo Dr., San Mateo 94401

Project 90579-7881

www.projectninetynety.org

720 S. B St., San Mateo 94401

Intensive day treatment for men and women age 18 and over.

Pyramid Alternatives355-8787

www.pyramidalternatives.org

480 Manor Plaza, Pacifica 94044

Sitike Counseling Center589-9305

www.sitike.org

306 Spruce Ave., South San Francisco 94080

StarVista591-9623

www.star-vista.org

610 Elm St., Suite 212, San Carlos, 94070

Archway366-8433
http://www.star-vista.org/what_we_do/adult_services/archway.html
609 Price Ave., #201, Redwood City 94063
Provides court-mandated and self-referred counseling and educational services to adults convicted of domestic violence, first-time drunk driving and drug offenses.

Insights366-8436
http://www.star-vista.org/what_we_do/youth/insights.html
609 Price Ave., #101, Redwood City 94063
333 Gellert Blvd., #206, Daly City 94015
Offers voluntary and court-mandated drug and alcohol recovery programs for teens and their families.

**Veterans Affairs Palo Alto Health Care System
Addiction Consultation and Treatment Services**
www.paloalto.va.gov493-5000 x60050
3801 Miranda Avenue, 520/ATS, 866-717-1978
Palo Alto, 94304

Women's Recovery Association (WRA)
www.womensrecovery.org348-6603
1818 Gilbreth Rd., Suite 230, Burlingame 94010

Detoxification Services

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

Project 90579-7881
www.projectninetynety.org
720 S. B St., San Mateo 94401
Social model, non-medical detoxification of drugs and alcohol for men and women age 18 and over.

Information and Referral

Alcohol and Drug Helpline573-3950
24-hour information about and referral to substance abuse services.

Breathe California994-5868
www.ggbreathe.org
2171 Junipero Serra Blvd., Suite 720, Daly City 94014
Offers programs to help smokers quit, keep kids off tobacco and raise awareness of tobacco's deadly effects. Also offers patient education, advocacy and support groups relating to lung health issues.

California Smokers' Helpline800-NOBUTTS
www.nobutts.org(800-662-8887)

San Mateo County Health System

www.smchealth.org/tobaccoeducationcoalition
Tobacco Prevention Program573-3777
 Conducts community outreach, education and advocacy activities to reduce the number of county residents using tobacco products.

Inpatient Treatment

Free at Last462-6999
www.freeatlast.org
 1796 Bay Rd., East Palo Alto 94303
 Offers bilingual services (English / Spanish).

Latino Commission on Alcohol and Drug Abuse Services244-1444
www.thelatinocommission.org
 301 Grand Ave., #301, South San Francisco 94080
 Also offers outpatient treatment.

Mills-Peninsula Health Services
Chemical Dependency Center696-4666
24-Hour Crisis Line696-5915
www.mills-peninsula.org
 100 S. San Mateo Dr., San Mateo 94401

Our Common Ground
www.ocgworks.org
Adolescent Program367-9030
 631 Woodside Rd., Redwood City 94061
367-9030 x15
Adult Program866-325-6466
 2560 Pulgas Ave., East Palo Alto 94303 325-9544

Project 90579-7881
www.projectninetynine.org
 720 S. B St., San Mateo 94401
 Substance abuse services and co-occurring disorders treatment for adults.

Solidarity Fellowship341-3803
 P.O. Box 5007, San Mateo 94402
 For adult men.

Veterans Affairs Palo Alto Health Care System
Addiction Consultation and Treatment Services (ACT)
http://www.paloalto.va.gov/services/mental/ats/programs_act.asp
 3801 Miranda Ave, 520/ATS493-5000 x60050
 Palo Alto, CA.866-717-1978

Women's Recovery Association (WRA)

www.womensrecovery.org348-6603
 1818 Gilbreth Rd., Suite 230, Burlingame 94010
 Complete gender-specific care for co-occurring
 addiction and mental health disorders. Prevention,
 treatment readiness, trauma recovery, residential
 and outpatient treatment, family recovery and sup-
 port, transitional housing, life skills training and
 recovery management.

See also **Mental Health / Counseling**

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
 Offers programs for animal adoption, wildlife
 rehabilitation, education, advocacy, community
 outreach, animal rescue and cruelty investigation.

San Mateo County Animal Licensing

c/o PetData®866-925-5906
 www.petdata.com
 12 Airport Blvd., San Mateo 94401

**Children, Teens,
 Youth and Families**

Adoption

Adopt International415-934-0300

www.adoptinter.org
 1000 Brannan St., #301, San Francisco 94103
 Provides both international and domestic
 adoption services.

Adoption Connection415-359-2494

www.adoptionconnection.org
 1710 Scott St., San Francisco 94115

San Mateo County Human Services Agency

Adoptions Unit802-7615

www.smchsa.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 Services261-5080

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) . .517-1400

www.sanmateo4Cs.org 569-5103 (fax)

330 Twin Dolphin Dr., #119, Redwood City 94065

Offers online and phone referrals for child / infant care, preschools, nursery schools, family child care homes, before- and after-school care, care for children with special needs, and information about child care licensing. Also offers parenting support groups and classes. Provides financial assistance or child care subsidies for low-income families.

Institute for Human and Social Development (IHSD)

www.ihsdinc.org

155 Bovet Rd., San Mateo 94402

Early Head Start871-2690

Serves pregnant women and families with infants and toddlers age 3 or under. Offers support for families of children with special needs.

Head Start871-2690

A preschool program designed for low-income families with children age 3-5, including those with special needs.

Child Support

San Mateo County

Department of Child Support Services (DCSS)

www.smcdcss.com866-901-3212

www.childsup-connect.ca.gov

555 County Center, 2nd Fl., Redwood City 94063

Handles problems related to child support, paternity, and medical insurance from an absent parent.

San Mateo County Superior Court

www.sanmateocourt.org

Family Law Facilitators

400 County Center, 2nd Fl., Redwood City 94063

1050 Mission Rd., South San Francisco 94080

Assists those with child support issues who do not have attorneys.

Child / Youth Abuse Prevention and Reporting

San Mateo County Human Services Agency Child Protective Services (CPS) . .800-632-4615

www.smchsa.org
1 Davis Dr., Belmont 94002
Accepts reports about children age 17 or under
who may be in danger due to abuse,
abandonment or exploitation.

Foster Care

San Mateo County Human Services Agency Children and Family Services

www.smchsa.org
1 Davis Dr., Belmont 94002
Foster Care Eligibility802-5103
Dispenses payments to foster parents, non-
related guardians, and relatives.
Homefinding Unit802-7637
Foster and adoptive parent licensing for San
Mateo County.

Resources for Parents and Families

Daly City Peninsula Partnership301-3300
Our Second Home Family Support Center
www.oursecondhome.org
725 Price St., Daly City 94014
An early childhood family support center.

**Edgewood Center for Children and Families
Kinship Support Services Program**
www.cakinship.org800-496-3019
957B Industrial Rd., San Carlos 94070
363 El Camino Real, #100
South San Francisco 94080
Support and respite for relatives who have
assumed care of other family members' children.

Parent Support Line888-220-7575
.579-0358

**San Mateo County Health System
Family Health Services
Parent Resource Line**888-840-0889

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.org259-1750

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.org415-503-4050

For age 6-16.

Boys and Girls Clubs

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

Coastside:

Boys and Girls Club - Coastside . . .712-9710

Middle School Club - Cunha Campus

www.bgc-coastside.org

600 Church St., Half Moon Bay 94019

North County:

DeLue Boys and Girls Club347-9891

www.midpenbgc.org

450 Martin St., Daly City 94014

Ingrid B. Lacy Middle School Club 359-6118

www.theclubs.org

1427 Palmetto Ave., Pacifica 94044

Pacifica Club355-1334

www.theclubs.org

955 Yosemite Dr., Pacifica 94044

Paradise Valley Club583-2348

www.theclubs.org

291 Hillside Blvd., South San Francisco 94080

South San Francisco Club589-7090
www.theclubs.org
 201 W. Orange Ave.
 South San Francisco 94080

Sunshine Gardens Elementary Club 580-1864
www.theclubs.org
 1200 Miller Ave., South San Francisco 94080

Central County:

San Mateo Club347-9891
www.midpenbgc.org
 200 N. Quebec St., San Mateo 94401

South County:

Boys and Girls Club - Peninsula . . .646-6140
Center for a New Generation
www.bgcp.org
 Belle Haven Community School561-3135
 415 Ivy Dr., Menlo Park 94025

Hoover Community School482-5925 x313
 701 Charter St., Redwood City 94063

Taft Community School556-1651 x10
 903 - 10th Ave., Redwood City 94063

Boys and Girls Club - Peninsula
McNeil Family Clubhouse . . .646-6070 x9510
www.bgcp.org
 401 Pierce Rd., Menlo Park 94025

Boys and Girls Club - Peninsula . . .587-9370
Mervin G. Morris Branch
www.bgcp.org
 1109 Hilton St., Redwood City 94063

Boys and Girls Club - Peninsula . .646-6090
Moldaw-Zaffaroni Clubhouse
www.bgcp.org
 2031 Pulgas Ave., East Palo Alto 94303

Boy Scouts of America341-5633
www.pacsky.org
 1150 Chess Dr., Foster City 94404
 For boys age 7-17, girls age 14-20.

Boys Hope Girls Hope415-657-9302
www.bhghsf.org
 A residential program providing academically capable children in need with a stable home, growth opportunities, positive parenting, and a solid education. Also offers a community-based program for girls.

Coastside Children's Programs (CCP) 726-7413
www.coastsidechildren.org
 494 Miramontes Ave., Half Moon Bay 94019
 Administers child care and learning centers that provide educational, recreational and skill-building activities through before- and after-school programs, and full-time summer activities. Also has a preschool.

Explorers' Program363-4012
 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 Youth482-2864
www.friendsforyouth.org
 1741 Broadway, 1st Fl., Redwood City 94063
 Matches volunteer adult mentors one-to-one with people age 8-17 who have been referred by teachers, counselors, or other youth professionals.

Girl Scouts800-447-4475
www.girlscoutsnorcal.org408-287-4170
 1310 S. Bascom Avenue, San Jose, CA 95128
 For girls age 5-17.

Junior Statesmen Foundation800-334-5353
www.jsa.org347-1600
 800 S. Claremont St., #202, San Mateo 94402
 Nonpartisan political education program for age 13-18.

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)
www.bethedifference.org/smcyc . . .401-8617 x20
 800 South Claremont St., Suite 108 San Mateo, CA 94402
 Promotes and strengthens youth / adult relationships by increasing community involvement of youth.

University of California Cooperative Extension
www.ca4h.org726-9059
 80 Stone Pine Rd., #100, Half Moon Bay 94019
 Sponsors 4-H Clubs.

YMCA of San Francisco286-9622

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 YMCA328-9622
 550 Bell St., East Palo Alto 94303
Sequoia Branch368-4168
 1445 Hudson St., Redwood City 94061

See also **Disability Services**
 See also **Health**
 See also **Homeless Services**
 See also **Mental Health / Counseling**
 See also **Recreation**
 See also **Volunteer Placement Services**

Disability Services

Abilities United494-0550
www.abilitiesunited.org
 525 E. Charleston Rd., Palo Alto 94306
 Offers programs and support to all age groups with developmental and physical disabilities and their families. Aquatic services, preschool and computer classes are available to all ability levels.

Achievekids494-1200
www.achievekids.org
 3860 Middlefield Rd., Palo Alto 94303
 Educational and therapeutic services for children and youth age 5-22 with emotional, behavioral, developmental and learning disabilities.

Arc of San Francisco756-1304
www.thearcsof.org
 6644 Mission St., Suite A, Daly City 94014
 Job training, employment and health resources, independent living services and ArtReach Studios for adults with developmental disabilities.

B.O.K. Ranch366-2265
www.bokranch.org
 1815 Cordilleras Rd., Redwood City 94062
 Adaptive horseback riding for children and adults with physical or developmental disabilities.

California Relay Service800-806-1191
www.ddtp.org (TTY) 800-806-4474
 A free statewide service that connects callers who have a TTY with those who do not, and vice versa.

California State Department of Rehabilitation
www.dor.ca.gov
www.db101.org

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.

Canine Companions for Independence (CCI)
www.cci.org800-572-2275
(TTY) 707-577-1756
 2965 Dutton Ave., Santa Rosa 95407
 Trains specially-bred dogs to assist people with disabilities to live more independent lives.

Center for Independence of Individuals with Disabilities (CID)
www.cidсанmateo.org645-1780
 1515 S. El Camino Real, #400 . .(TTY) 522-9313
 San Mateo 94402

1590 El Camino Real, Suite C
 San Bruno 94066589-8994
 Offers counseling and independent living skills training, housing accessibility modification and recruitment and placement of home care workers. Provides financial benefits counseling, advocacy, information and referral.

Children's Health Council (Voice / TTY) 326-5530
www.chconline.org
 650 Clark Way, Palo Alto 94304
 Diagnostic and treatment center for children with emotional, learning, developmental or behavioral challenges. One-day clinics for autism-spectrum disorders, ADHD, LD and severe cases.

Community Gatepath(Voice / TTY) 259-8500
www.gatepath.org
 350 Twin Dolphin Dr., San Mateo 94403
 Provides early childhood development services for children age 3 or under, vocational training and placement services, and adult day services for persons with disabilities.

Family Resource Center at Community Gatepath259-8544
 1764 Marco Polo Way, Burlingame 94010
 Offers information and resources about disabilities to families, professionals, people with disabilities and other members of the community.

Family Housing and Adult Resources (FHAR)
 www.fhar.org403-0403
 20 E. 20th Ave., San Mateo 94403
 Provides residential housing and training for individuals with developmental disabilities such as mental retardation, cerebral palsy, epilepsy or autism.

Golden Gate Regional Center (GGRC)
 www.ggrc.org574-9232
 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.com415-499-4000
 350 Los Ranchitos Rd., San Rafael 94903
 Provides guide dogs and training for blind persons age 16 or over.

Hearing and Speech Center for Northern California415-921-7658
 www.hearingspeech.org(TTY) 415-921-8990
 1234 Divisadero St., San Francisco 94115
 Hearing assessment, information and referral and counseling.

Hearing Association of America
 www.hearinglosspen.org365-4866
 Educational and emotional support for hearing-impaired persons and their families facilitated by licensed professionals.

HOPE Services480-284-2850
 www.hopeservices.org
 30 Las Colinas Ln., San Jose 95119
 Provides community-based adult day services; community employment; work training; day activities; counseling; infant, senior and independent living services for individuals with developmental disabilities.

Kainos Home and Training Center363-2423
 www.kainosusa.org
 3631 Jefferson Ave., Redwood City 94062
 Residential and vocational program serving adults with developmental disabilities.

National Center for Equine Facilitated Therapy (NCEFT)851-2271

www.nceft.org
 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.

Parca312-0730

www.parca.org
 800 Airport Blvd., #320, Burlingame 94010
 Serving people with developmental disabilities and their families.

San Mateo County Health System

Aging and Adult Services800-675-TIES

www.smchealth.org(800-675-8437)
(TTY) 711
 225 - 37th Ave., San Mateo 94403
 Provides phone consultation on issues of concern to persons with disabilities, the frail elderly, dependent adults, and their families. Answers questions about the wide variety of services available through the County and in the community.

San Mateo County Human Services Agency

Vocational Rehabilitation Services (VRS)

www.smchsavrs.org802-6482/802-6450
 550 Quarry Rd., San Carlos 94070
 Provides vocational counseling, assessment and training, skills and interest inventories, and case management in a structured transitional work environment, job search, job placement and job coaching services as well as information, referral and advocacy to persons with barriers to employment including mental health, General Assistance, CalWORKs, alcohol and other drug abuse issues, and the currently or formerly incarcerated.

San Mateo County Office of Education

Special Education Services802-5460

www.smcoe.k12.ca.us(TTY) 802-5480
 101 Twin Dolphin Dr., Redwood City 94065
 Call for information and referrals.

Vista Center858-0202

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 Division550-7890

www.juhsd.net

699 Serramonte Blvd., #111, Daly City 94015

San Mateo Union High School District

Adult and Community Education558-2100

www.smace.org

789 E. Poplar Ave., San Mateo 94401

Sequoia Union High School District

Sequoia Adult School306-8866

www.adultschool.seq.org

3247 Middlefield Rd., Menlo Park 94025

South San Francisco Unified School District

Adult Education Program877-8844

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 College306-3100

www.canadacollege.edu

4200 Farm Hill Blvd., Redwood City 94061

College of San Mateo574-6161

www.collegeofsanmateo.edu

1700 W. Hillsdale Blvd., San Mateo 94402

Skyline College738-4100

www.skylinecollege.edu

3300 College Dr., San Bruno 94066

Private Colleges

Menlo College800-55-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.us802-5300
 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 Park330-2525
www.projectreadmenlopark.org
 800 Alma St., Menlo Park 94025
 For English-speaking adults. Offers classes for beginning and intermediate English speakers. One-to-one tutoring in reading and writing.

Project Read North San Mateo County
www.ssf.net/projectread829-3871
 840 W. Orange Ave.
 South San Francisco 94080
 Free literacy tutoring for English-speaking adults. Also offers financial literacy classes.

Redwood City Project Read780-7077
www.projectreadredwoodcity.org
 1044 Middlefield Rd., 2nd Fl.
 Redwood City 94063
 One-on-one tutoring for English-speaking youth and adults. Computer lab available to members.

San Mateo Project Read522-7848
www.cityofsanmateo.org/index.aspx?nid=927
 55 W. 3rd Ave., 2nd Fl., San Mateo 94402
 Basic literacy tutoring for English-speaking adults.

San Mateo County Reads Programs

www.smcl.org/content/adult-literacy
 2415 University Ave., 2nd Fl.
 East Palo Alto 94303323-0362 x224
 620 Correas St.
 Half Moon Bay 94019726-2316 x4
 Other San Mateo County Library sites 572-7323
 For English-speaking adults age 16 and older.

For Preschool Referrals see **Children, Teens, Youth and Families**

Employment and Training

Employment Discrimination

California State Department of Fair Employment and Housing916-478-7251
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.gov415-625-5600
350 The Embarcadero, #500
San Francisco 94105
Investigates cases of employment discrimination because of race or national origin, sex, religion, pregnancy, age discrimination for persons age 40 or over, or disability. Walk-ins accepted Tue., Wed. and Thu., 8:30 am-3 pm.

Equal Rights Advocates800-839-4372
www.equalrights.org
Provides legal services for women and girls in cases of sex discrimination in employment and education. Provides assistance and counseling regarding family leave laws.

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

Job Training and Placement

Apprenticeship Standards Division
www.dir.ca.gov408-277-1273
100 Paseo de San Antonio, R-125, San Jose 95113
Works with schools and employers to organize and promote apprenticeship programs.

California Conservation Corps (CCC)
www.ccc.ca.gov800-952-5627
Job opportunities for men and women age 18-25 interested in a year of natural resource work and emergency response. Residential and non-residential locations. Contact the CCC for orientation and application information.

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.

Career Closet of San Mateo County

www.careercloset.org408-451-1200
 43 East Gish Road, #100 San Jose, CA 95112
 Provides appropriate clothing for women for job interviews and their first week of work. A referral is necessary.

Goodwill Industries415-575-2101

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

Job Corps800-733-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 Youth301-8492

www.peninsulaworks.org
 For age 14-21.
PeninsulaWorks - Daly City301-8434
 271 - 92nd St., Daly City 94015
Redwood City599-3827
 2500 Middlefield Rd., Redwood City 94063
San Mateo Adult School301-8434
 789 E. Poplar Ave., San Mateo 94401

JobTrain

www.jobtrainworks.org330-6429
 1200 O'Brien Dr., Menlo Park 94025
 Provides job training to economically disadvantaged, unemployed, or underemployed adults and youth.

Multicultural Institute339-2794

www.mionline.org
 Connects day laborers with employers. Provides laborers with legal, medical and educational services and job placement assistance.

Next Step Center566-0240
 795 Willow Rd., Bldg. 348
 Menlo Park 94025
 Comprehensive vocational and employment services for veterans.

Peninsula Family Service403-4300 x4385
Second Career Services
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.

PeninsulaWorks
www.peninsulaworks.org
 271 - 92nd St., Daly City 94015301-8440
 1200 O'Brien Dr., Menlo Park 94025 . .330-6490

San Mateo County Human Services Agency, California Employment Development Department (EDD) at Menlo Park site only and other community partners offer comprehensive career information, services, and training for youth, adults and displaced workers at these one-stop career centers.

Phase2Careers
www.phase2careers.org
 Assists the "over 40" worker 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.

Regional Occupational Program (ROP)
www.smcoe.k12.ca.us/rop598-2000
 1800 Rollins Rd., Burlingame 94010
 Provides job training for high school juniors and seniors, out-of-school youth and adults.

Samaritan House
Worker Resource Center
www.samaritanhousesanmateo.com . . .344-1651
 400 E. 5th Ave., San Mateo 94401
 Provides a meeting place for day workers and employers. Any worker who is a resident of San Mateo County can use the services Mon.-Fri., 7 am-2 pm; Sat., 7 am-1 pm, Sun., 7 am-12 noon.

San Mateo County Human Resources
Department 363-4343
www.smcgov.org(TTY) 368-7807
 455 County Center, 5th Fl., Redwood City 94063
 Recruits and hires for county jobs. Also has listings of nonprofit agency vacancies.

**San Mateo County Human Services Agency
Vocational Rehabilitation Services (VRS)**

www.smchsavrs.org802-6482
550 Quarry Rd., San Carlos 94070
Provides vocational counseling, assessment and training, skills and interest inventories, and case management in a structured transitional work environment, job search, job placement and job coaching services as well as information, referral and advocacy to persons with barriers to employment including mental health, General Assistance, CalWORKs, alcohol and other drug abuse issues, and the currently or formerly incarcerated.

United Indian Nations510-352-4510
www.uin.net
1436 Clarke St., Suite B, San Leandro 94577
Provides employment counseling, job placement and training primarily for unemployed, underemployed or low-income American Indian or Alaskan Native adults.

Unemployment Benefits

Employment Development Department (EDD)
www.edd.ca.gov

See also **Legal and Mediation Services**

Financial Assistance

Consumer Education

Consumer Credit Counseling Service
www.cccssf.org800-777-PLAN
.(800-777-7526)
595 Market St., 15th Fl., San Francisco 94105
Counseling on personal money management, budget planning and the various uses of credit. Provides housing education programs and bankruptcy certificates.

Opportunity Fund408-297-0204
www.opportunityfund.org
11 W. Saint John St., #800, San Jose 95113
Offers free financial management training with matching savings accounts for college education or small business development.

**Peninsula Family Service
Financial Empowerment Services**
www.peninsulafamilyservice.org . .403-4300x4105
24 Second Ave., San Mateo 94401
Helps low-income individuals maintain self-sufficiency by providing financial management workshops.

Loan Programs

Peninsula Family Service

Ways to Work Vehicle Loan Program

www.peninsulafamilyservice.org 403-4300 x4415

24 Second Ave., San Mateo 94401

Helps low-income individuals maintain self-sufficiency by providing small loans for automobile purchases.

Public Assistance

CalWORKS (California Work Opportunity and Responsibility to Kids) provides temporary cash assistance and employment services to help families achieve self-sufficiency. See contact information on next page.

Cash Assistance Program for Immigrants (CAPI)

provides assistance in the form of monthly cash payments for legal non-citizens who need financial help. Recipients must be 65 or over, or any age (including children) if blind or disabled and not eligible for Supplemental Security Income (SSI) because of immigrant status. For information on CAPI, call 800-648-0954.

CalFresh (formerly the Food Stamp Program) provides electronic benefits (similar to a debit card) for eligible low-income households. CalFresh benefits can be used to buy food at most grocery stores, many neighborhood stores and participating farmers. Apply for CalFresh online at <https://www.benefitscalwin.org> or see contact information 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 contact information below.

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

Human Services Agency Regional Offices

www.smchsa.org

Central region: Belmont, Brisbane, Burlingame, Foster City, Half Moon Bay, Hillsborough, Millbrae, San Carlos, San Mateo802-6470
400 Harbor Blvd., Building B., Belmont 94002

Northern region: Brisbane, Colma, Daly City, Pacifica, San Bruno, South San Francisco
271 - 92nd St., Daly City 94015301-8440
1487 Huntington Ave.
South San Francisco 94080877-5608

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

2415 University Ave.
East Palo Alto 94303363-4218

2500 Middlefield Rd.
Redwood City 94063599-3811

See also **Health Insurance**

Social Security Benefits

Social Security Administration

www.socialsecurity.gov(TTY) 800-325-0778
www.ssa.gov800-772-1213

800 S. Claremont St., #101, San Mateo 94402
355 Gellert Blvd., #201, Daly City 94015
601 Allerton St., 2nd Fl., Redwood City 94063

The federal Social Security Administration provides continuing income to workers and their families after retirement, disability or death; offers Medicare for people 65 or over and some people under 65 who are disabled; offers Supplemental Security Income (SSI) to those in financial need who are 65 or over, or those who are blind or disabled; and issues Social Security and Medicare cards.

For Unemployment Benefits see **Employment and Training**

Veterans Benefits

San Mateo County Human Services Agency

Veterans Service Office802-6598
www.co.sanmateo.ca.us

400 Harbor Blvd., Bldg. B, Belmont 94002
Assists veterans, survivors and dependents of veterans in gaining access to benefits based on military service. Advocates on their behalf.

Other Services

Breast Cancer Emergency Fund

www.bcef-sf.org415-558-6999 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

Apply in-person through Human Services Agency regional offices listed on page 24 or on-line at www.benefitscalwin.org

Provides a debit card for eligible low-income households. CalFresh benefits can be used to buy food at all major grocery stores, many neighborhood stores and participating farmers markets.

Food Connection Hotline800-984-FOOD

www.shfb.org(800-984-3663)

Provides referrals to food pantries, soup kitchens, and food stamp programs. Mon.-Fri., 8:30 am - 4 pm with recorded information after hours regarding meals.

Congregate Meal Sites

Bread of Life326-9796

1852 Bay Rd., East Palo Alto 94303

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

Catholic Worker Hospitality House827-0706

672 Second Ave., San Bruno 94066

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

Ecumenical Hunger Program323-7781

www.ehpcares.org

At St. Francis of Assisi Church

1425 Bay Rd., East Palo Alto 94303

Provides meals Wed., 5-6 pm.

InnVision Opportunities Services Center

www.innvision.org853-8672

33 Encina Way, Palo Alto 94301

Serves light breakfast and lunch,

Mon.-Fri., 8 am-4 pm.

No Strings Attached Breakfast

Senior Coastsiders

www.seniorcoastsiders.org726-9056

535 Kelly Ave., Half Moon Bay 94019

Breakfast every Saturday

North Peninsula Food Pantry and Dining Center of Daly City994-5150

www.fooddc.org

31 Bepler St., Daly City 94014

Serves hot meals Mon., Tue. and Thu., 5-6 pm.

Salvation Army266-4591

409 S. Spruce Ave., South San Francisco 94080

Sat., 10:30-11:30 am

Samaritan House Kitchen266-4591
www.smaritanhouse.com
 4031 Pacific Blvd., San Mateo 94403
 Serves hot dinners Mon.-Fri., 5-6 pm, at Westside Church of Christ, 603 Monte Diablo 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 Room365-9665
 3500 Middlefield Rd., Menlo Park 94025
 Provides meals Mon.-Sat., 11 am-1 pm.

St. Vincent de Paul Society
www.svdp-sanmateoco.org
 50 N. B St., San Mateo 94401343-9251
 Mon.-Fri., 9:45 am-11:45 am

Café St. Vincent589-9039
 344 Grand Ave., South San Francisco 94080
 Mon.-Fri., 10 am-12 noon; Sat., 10-11 am.
 Entrance at rear of building.

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.

Catholic Worker House366-4415
 545 Cassia St., Redwood City 94063
 Food is distributed Fridays at 11:30 am.

Ecumenical Hunger Program323-7781
www.ehpcares.org
 1425 Bay Rd, East Palo Alto 94303
 Meals are distributed every Wed, 5pm - 6pm
 Serves East Palo Alto, Menlo Park, and Palo Alto

Grace Covenant Church589-6797
www.gracecovssf.org
 740 Del Monte Ave., South San Francisco 94080
 Food pantry and produce distribution for Brisbane, San Bruno and South San Francisco residents on the first Sat. of the month, 8-9:30 am.

InnVision Food Closet853-8672
www.innvision.org
 All Saints Church
 425 Hamilton Ave., Palo Alto 94301
 Provides a bag of food for homeless or residents of East Palo Alto, Menlo Park, and Palo Alto twice per week, Mon.-Fri., 10 am - 3:30 pm.

North Peninsula Food Pantry and Dining Center of Daly City994-5150
www.fooddc.org
 31 Bepler St., Daly City 94014
 Distributes food boxes throughout the northern peninsula.

Second Harvest Food Bank610-0800
www.shfb.org800-984-3663
1051 Bing St., San Carlos 94070

St. Francis Center365-7829
www.stfrancisrwc.org
151 Buckingham Ave., Redwood City 94063
Serves needy families in Redwood City or Menlo Park.

Meals on Wheels

Applicants must be age 18 or older and unable to prepare their own meals or go out to eat, and have little or no assistance to obtain adequate meals. For information about the program and financial contributions, or to order Meals on Wheels, call:

San Mateo to Daly City800-675-8437
Coastside726-9056
Pacifica738-7350
Belmont to East Palo Alto323-2022

See also **Homeless Services**

For Senior Dining Centers see **Senior Services**

Health

Health and Dental Clinics

Arbor Free Clinic

arbor.stanford.edu
795 Willow Rd., Menlo Park 94025
Sundays493-5000 x22222
Weekdays724-1332

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 Clinic324-1470
www.baartprograms.com
795 Willow Rd., Bldg. 332, Menlo Park 94025

Foothill College949-7335

Dental Hygiene Clinic

www.foothill.edu/bio/programs/dentalh/clinic.php
12345 El Monte Rd., #5312, Los Altos Hills 94022
Provides dental hygiene services and x-rays at low cost for age 4 or older.

Ravenswood Family Health Center330-7400
www.ravenswoodfhc.org
 1798-A Bay Rd., East Palo Alto 94303
at Belle Haven321-0980
 100 Terminal Ave., Menlo Park 94025
 Offers comprehensive primary health care services for all ages.

RotaCare Clinics

www.rotacarebayarea.org
RotaCare Clinic at Seton Medical Center
991-6046
 1900 Sullivan Ave., Daly City 94015
 Mon., 5-7 pm. Closed for holidays. Urgent care clinic only. First come, first-served basis.
RotaCare Coastside Clinic573-3774
 225 S. Cabrillo Hwy., #100-A,
 Half Moon Bay 94019
 Wed., 5-7 pm
 Offers basic medical care and medications to adults without health insurance.

Samaritan House

www.samaritanhousesanmateo.com
Redwood City Free Clinic839-1447
 114 - 5th Ave., Redwood City 94063
San Mateo Free Clinic578-0400
 19 W. 39th Ave., San Mateo 94403
 Free non-emergency and primary care services for uninsured, low-income persons. Appointments required.

San Mateo County Health System

www.smchealth.org
Edison Clinic573-2346
 222 - 39th Ave., San Mateo 94403
 Full-service HIV and STD specialty clinic.
Mobile Clinic573-2346
 Health screenings, immunizations, family planning for low-income, non-insured and homeless people.
Partner Services573-3401
 Assists clients in notifying sex and / or needle-sharing partners of potential exposure to HIV or another STD.
STD Clinic573-2346
 222 - 39th Ave. (inside the Edison Clinic)
 San Mateo 94403
 Drop-in clinic for STD screening and treatment. All languages. Tue. (testing only) and Thu. (doctor available), 4-7 pm.
Testing on Demand619-9125
 Mobile Testing Van meets clients for rapid HIV and STD testing and needle exchange.

San Mateo Medical Center

www.sanmateomedicalcenter.org

222 - 39th Ave., San Mateo 94403

Emergency Services (Medical)573-2671

Emergency Services (Psychiatric) 573-2662

39th Avenue Health Clinics573-3702

222 - 39th Ave., San Mateo 94403

Full-service specialty outpatient clinics including pediatrics.

Coastside County Clinic573-3941

225 S. Cabrillo Hwy., #100-A

Half Moon Bay 94019

Adult primary care Mon., 8 am-5 pm; Thurs., 5 pm-8 pm.

OB/GYN care Thu. and Fri., 8 am-5 pm.

Pediatrics Clinic

Mon. - Sat, 8 am-5 pm, Thurs., 5pm-8 pm

Daly City Clinic301-8600

380 - 90th St., Daly City 94015

Mon.-Fri., 8 am-5 pm

Extended Pediatric hours Monday, 5pm-9pm

Saturday (pediatrics only) 9am-1pm

General family medical services including pediatrics. Some dental services.

Daly City Youth Health Center985-7000

www.dalycityyouth.org

2780 Junipero Serra Blvd., Daly City 94015

For youth age 13-21.

Fair Oaks Adult Clinic364-6010

2710 Middlefield Rd., Redwood City 94063

M, T, W, F 8:30am – 5pm

Thursday 8:30am – 9pm

Closed for lunch from 12pm – 1pm daily

Internal medicine, primary care and some obstetrics services. Limited dental services.

Fair Oaks Children's Clinic261-3710

630 Laurel St., Redwood City 94063

Mon. - Sat., 8:30 - 5 pm

Closed for lunch from 12pm – 1pm daily

Ron Robinson Senior Care Center 573-2426

222 West 39th Ave., San Mateo 94403

Mon. - Fri., 8:30 am - 5 pm

For ages 65 or over.

Sequoia Teen Wellness Center366-2927

www.co.sanmateo.ca.us/sequoiaTWC

200 James Ave., Redwood City 94063

Mon. - Fri., 8:30 am - 4:30 pm

Closed for lunch from 12pm – 1pm daily

Provides medical services to youth age 12-21.

South San Francisco Clinic

306 Spruce Ave.
South San Francisco 94080
Adults877-7070
Monday through Friday 8am – 5pm
Pediatrics877-7027
Monday & Thursday 8am – 8:30pm
Tuesday, Wednesday & Friday 8am – 5pm
General family medical services.

Willow Clinic599-3890
795 Willow Rd., Bldg. 334, Menlo Park 94025
Mon.-Fri., 8am - 5pm, Tues & Thurs., 5pm -9pm
Family practice, gynecology, prenatal care and
pediatrics, AIDS services, mental health
counseling, optometry and dental services for
kids.

Sonrisas Community Dental Clinic726-2144
www.sonrisasdental.org
210 San Mateo Rd., #104, Half Moon Bay 94019
Provides affordable dental care for low-income
residents of the Coastsides who are uninsured or
have Medi-Cal. Accepts Healthy Families and
Healthy Kids under 19.

UCSF School of Dentistry415-476-1891
dentistry.ucsf.edu
707 Parnassus Ave., San Francisco 94143
Low-cost dental care available to anyone by
appointment.

University of the Pacific Dental Clinic
www.dental.pacific.edu415-929-6501
2155 Webster St., San Francisco 94115
Low-cost dental care available to anyone.

Health Education

AIDS Community Research Consortium (ACRC)
www.acrc.org483-4187
2684 Middlefield Rd., Suite E
Redwood City 94063
Provides educational programs for those living
with HIV or Hepatitis C and weekly groceries for
those with HIV. Also offers a needle exchange
program.

El Concilio of San Mateo County373-1080
Nuestro Canto de Salud
www.el-concilio.com
1419 Burlingame Ave., Suite N
Burlingame 94010
Provides health education in a culturally and
linguistically appropriate manner to Latinos.

Institute for Health and Healing . . .415-600-3503
www.cpmc.org/services/ihh/
 2300 California Street, #3, San Francisco 94115
 Health education resource for consumers.
 Research medical conditions yourself or have the
 research done for a small fee. By appointment
 only.

Stanford Health Library800-295-5177
healthlibrary.stanford.edu725-8400
 Hoover Pavilion
 211 Quarry Rd., S.201, Palo Alto 94304
 Offers free research on medical questions. Call or
 check Web site for other locations.

Hospitals and Medical Centers

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

Kaiser Permanente Medical Center

www.kp.org
 1200 El Camino Real742-2000
 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 Center696-5400
 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 Center573-2222
www.sanmateomedicalcenter.org
 222 W. 39th Ave.(TTY) 573-3753
 San Mateo 94403

Sequoia Hospital369-5811
www.sequoiahospital.org
 170 Alameda de las Pulgas, Redwood City 94062

Seton Medical Center992-4000
www.setonmedicalcenter.org(TTY) 997-7949
 1900 Sullivan Ave., Daly City 94015

Seton Medical Center Coastside563-7100
(TTY) 728-7081
 www.setonmedicalcentercoastside.org
 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.723-4000
 Stanford 94305(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.gov493-5000
 3801 Miranda Ave., Palo Alto 94304

**Veterans Affairs San Francisco Health Care
 System**
 www.sanfrancisco.va.gov/cboc/sanbruno.asp
 San Bruno Outpatient Clinic615-6000
 1001 Sneath Ln., #300, San Bruno 94066

Nursing and Hospice Services

Mission Hospice and Home Care
 www.missionhospice.org554-1000
 1670 S. Amphlett Blvd., #300, San Mateo 94402
 Also offers home and palliative care programs.
 No patient denied service due to inability to pay.

Pathways Home Health, Hospice and Private Duty
 www.pathwayshealth.org888-755-7855
888-600-2273
 585 N. Mary Ave., Sunnyvale 94085

Sutter Care at Home685-2800
 www.suttercareathome.org685-2830
 700 S. Claremont St., #220, San Mateo 94402

Physician and Dental Referral Services

Mid-Peninsula Dental Health Foundation
 www.mpds.org328-2242
 220 Main St., #208-A, Los Altos 94022

San Mateo County Dental Society637-1121
 www.smcds.com
 240-A Twin Dolphin Dr., Redwood City 94065

San Mateo County Medical Association
 www.smcma.org312-1663
 777 Mariner's Island Blvd., #100
 San Mateo 94404

Reproductive Health Services and Information

Alpha Pregnancy Center415-584-6800

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 Home324-8487

www.epateenhome.org
2265 Oakwood Dr., East Palo Alto 94303
Group home for teens 12-17 and transitional home for teen mothers and teens 16-19. Referral necessary from county social services or probation department.

First Resort261-9115

www.firstresort.net
801 Brewster Ave., #210, Redwood City 94063
Support and assistance to women experiencing an unplanned pregnancy. Free pregnancy testing and ultrasounds for dating purposes.

Planned Parenthood

www.plannedparenthood.org
Mobile Health Clinic877-855-7526
2907 El Camino Real, Redwood City 94063
San Mateo Health Center235-7940
35 Baywood Ave., San Mateo 94402
Medical health clinics for women, men and teens that specialize in reproductive health care.

San Mateo County Health System

www.smchealth.org
Adolescent Family Life Program (AFLP)
2000 Alameda de las Pulgas, #200
San Mateo 94403573-2501
In-home case management provided by public health nurses and community workers for pregnant and parenting teens.
Prenatal Advantage Black Infant Health Project363-7850
2415 University Ave., 2nd Fl.
East Palo Alto 94303
Referrals, education and support for pregnant and parenting African-American women.

San Mateo Pro Life572-1468

www.sanmateoprolife.com
P.O. Box 6273, San Mateo 94403
Provides information on abortion alternatives, adoption, chastity, natural family planning and help for post-abortion difficulties.

Teen Talk Sexuality Education367-1937
www.teentalkca.org
480 James Ave., Redwood City 94062
Provides pregnancy prevention and sexuality education to youth and adults as well as teacher training.

Other Services

Family Caregiver Alliance800-445-8106

Bay Area Caregiver Resource Center
www.caregiver.org415-434-3388
785 Market St., #750, San Francisco 94103
Offers a comprehensive range of services for family, partners, friends and others caring for a brain impaired adult (Alzheimer's, Parkinson's, stroke, etc.) or older adult (60 or over).

Ombudsman of San Mateo County780-5707

www.ossmc.org
711 Nevada St., Redwood City 94061
Advocates on behalf of long-term care facility residents.

San Mateo County Coroner312-5562

http://coroner.smcgov.org/
50 Tower Rd., San Mateo 94402
Investigates certain types of deaths. Accepts and considers requests for cremations for people without funds.

Women, Infants and Children Program (WIC)

www.smchealth.org/wic573-2168
Breastfeeding Helpline800-205-0333
Offers nutrition education and supplemental foods to low-income women and their children age 0-5 at clinics throughout the county.

See also **Children, Teens, Youth and Families**

Health Insurance

Medi-Cal Program800-223-8383

Apply in-person through Human Services Agency regional offices or on-line at www.benefitscalwin.org
Medi-Cal pays for all or part of medical expenses for eligible low- to moderate-income families, individuals, and pregnant women. Effective January 1, 2014, health insurance programs will be expanded. Many San Mateo County residents will be able to choose affordable, high-quality health insurance coverage. Open Enrollment begins on October 1, 2014.

Access for Infants and Mothers (AIM) Program
www.aim.ca.gov800-433-2611
 Low-cost health coverage for mid-income pregnant women and their newborns.

Health Plan of San Mateo616-0050
www.hpsm.org
 701 Gateway Blvd., #400
 South San Francisco 94080
 A locally managed health care program for Medi-Cal and Medicare recipients.

Healthy Families Program616-2002
www.smcchi.org
 Low-cost insurance for children and teens. Provides health, dental and vision coverage to children who do not have employer-sponsored insurance and do not qualify for no-cost Medi-Cal.

Healthy Kids616-2002
www.smcchi.org
 701 Gateway Blvd., #400
 South San Francisco 94080
 Health coverage for children ineligible for Medi-Cal or the Healthy Families Program.

HICAP, the Medicare Counseling Program
www.hicapsanmateocounty.org . . .800-434-0222
 1710 South Amphlett Blvd., #100
 San Mateo 94402
 Free Medicare counseling. Assists seniors with Medicare billing, filing of claims and questions about supplemental and prescription drug plans.

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

See also **Financial Assistance**

Homeless Services

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

Emergency Assistance

St. Vincent de Paul Society

Homeless Help Desks343-9251

Emergency Services343-4403

www.svdp-sanmateo.org

Redwood City Center780-7500

2600 Middlefield Rd., Redwood City 94063

Drop-in assistance Mon.-Fri., 1:15-2:15 pm.

San Mateo Center343-9251

50 N. B St., San Mateo 94401

Drop-in assistance Mon.-Fri.,

9:45 am-11:45 am.

South San Francisco Center589-9039

421 - 4th Ln., South San Francisco 94080

Drop-in assistance Mon.-Fri., 10 am-12 noon;

Sat. 11-12 noon. Food only on Sat. Entrance

at rear of building.

Emergency Shelter

Project WeHOPE Shelter in East Palo Alto

www.projectwehope.org330-8000

1854 Bay Road, East Palo Alto, CA 94303

Shelter Bed Hotline800-774-3583

Callers can access information for 9 Bay Area

counties by type of shelter needed.

For Adults With Children

Home and Hope (formerly Interfaith Hospitality

Network)652-1103

www.homeandhope.net

1720 El Camino Real, #7, Burlingame 94010

Family day center and rotating overnight shelter.

Shelter Network of San Mateo County

www.shelternetwork.org

First Step for Families, San Mateo

Call the nearest community service agency

listed on pages 2 and 3 for referral.

For Adults Without Children

Call the nearest community service agency listed on pages 2 and 3 for referral to one of the following shelters:

Catholic Worker Hospitality House

San Bruno House, San Bruno

Safe Harbor Shelter, South San Francisco

Shelter Network of San Mateo County

www.shelternetwork.org

Maple Street Shelter, Redwood City

For Domestic Violence Survivors

Community Overcoming Relationship Abuse (CORA)800-300-1080
 (English / Spanish)
www.corasupport.org

For Mentally Disabled Adults

Spring Street Shelter365-5772
<http://www.mhasmc.org/prog/springshelter.shtml>
 2686 Spring St., Redwood City 94063
 Emergency and short-term housing for mentally disabled clients.

For Runaway or Homeless Teens

New Creation Home Ministries329-1603
www.newcreationhome.org
 422 Hibiscus Ct., East Palo Alto 94303
 Provides housing and support services to homeless pregnant or parenting teen mothers age 13-22.

StarVista

Your House South367-9687
www.star-vista.org
 394 Sequoia Ave., Redwood City 94061
 Temporary housing and counseling for youth age 10-17.

Transitional Housing

For Adults With or Without Children**Shelter Network of San Mateo County**

www.ivsn.org
 Administers transitional housing programs for homeless adults and families. Call the nearest community service agency listed on pages 2 and 3 for referral to one of the following transitional shelters:

- Family Crossroads**, Daly City
- Haven Family House**, Menlo Park
- Maple Street Shelter**, Redwood City
- Redwood Family House**, Redwood City

For Teens

Catholic Worker House366-4415
 545 Cassia St., Redwood City 94063
 For age 17-20. Short term (1 week to 6 months).

StarVista

Daybreak364-4633
www.star-vista.org
 639 Douglas Ave., Redwood City 94063
 Also offers independent living skills training for youth age 16-21.

For Veterans

Homeless Veterans Rehabilitation Program

795 Willow Rd., Bldg. 347-B800-848-7254

Menlo Park 94025617-2751

A residential co-ed program designed to provide homeless veterans with the skills necessary to live self-sufficiently.

Other Services

Mateo Lodge, Inc.

Mobile Support Team368-3178

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

See also **Food Programs**

See also **Housing**

Housing

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

Discrimination

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

California State Department of Fair Employment and Housing800-884-1684

www.dfeh.ca.gov(TTY) 800-700-2320

39141 Civic Center Dr./#250. Fremont 94538

Investigates, mediates and litigates charges of housing discrimination.

Project Sentinel321-6291

www.housing.org

626 Jefferson Ave., #6, Redwood City 94063

The **Fair Housing Center** offers education, counseling, investigation and, when necessary, legal referrals to persons who believe they have experienced housing discrimination.

U.S. Department of Housing and

Urban Development (HUD)415-489-6400

www.hud.gov

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 Peninsula366-6597
www.rebuildingtogetherpeninsula.org
 841 Kaynyne Street, Redwood City 94063
 Free home renovation and repairs for low-income homeowners done year-round.

**San Mateo County Department of Housing
 Housing and Community Development**
www.smchousing.org802-5050
 264 Harbor Blvd., Bldg. A, Belmont 94002
 Provides low-interest loans to low- and very low-income property owners to rehabilitate their property. Daly City, Redwood City, San Mateo and South San Francisco have separate programs for their residents. Call the city offices for information.

For information on additional housing repair programs for seniors, contact your local senior center listed on pages 55 and 56.

Permits and Building Inspections

**San Mateo County Planning and Building
 Department**363-4161
www.co.sanmateo.ca.us/planning
 455 County Center, 2nd Fl., Redwood City 94063
 Administers building codes and issues permits for work to be done. Answers zoning, parcel and regulations questions. Serves the unincorporated areas of the county.

Also consult local city building departments for more information.

Rental Assistance

**Mental Health Association of San Mateo County
 Housing and Client Assistance Program**
www.mhasmc.org368-9989 x121
 2686 Spring St., Redwood City 94063
 Provides financial assistance and housing case management for low-income individuals who have HIV/AIDS.

For additional information on rental assistance, contact the closest community 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 System Environmental Health Services

www.smchealth.org372-6200
2000 Alameda de las Pulgas, #100
San Mateo 94403

Accepts questions and complaints regarding health and safety problems such as: unsanitary conditions; defective wiring; rodents and insects; leaks; unsafe floors and stairways; overcrowding; nuisance noise; or lack of hot water, heat or plumbing.

Other Housing Information

California Bureau of Real Estate

www.dre.ca.gov510-622-2552
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.org348-6660
364 S. Railroad Ave., San Mateo 94401

Offers a Home Sharing program to match persons who have an extra room(s) in their home with those looking for a place to live, helping to reduce housing costs for both parties. Self Sufficiency Program provides housing and case management support to parents who are in school or doing job training.

MidPen Housing Corporation356-2900

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 Authority802-3300

www.smchousing.org
264 Harbor Blvd., Bldg. A, Belmont 94002
Offers a variety of public housing and rental assistance subsidy programs.

For Emergency Shelters and Transitional Housing see **Homeless Services**

See also **Legal and Mediation Services**

Immigration Services

Catholic Charities CYO

www.cccyo.org/ris650-295-2160, 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 Hope726-9071

www.coastsidehope.org
99 Avenue Alhambra, El Granada 94018
Immigration and citizenship services, including free citizenship classes.

International Institute of the Bay Area

www.iibayarea.org780-7530
2600 Middlefield Rd., Redwood City 94063
Provides legal services for immigration and citizenship, including consultations, application assistance, and citizenship preparation classes.

United Way of the Bay Area

Immigrant Assistance Line (a 211 program)

English415-808-4357
Chinese415-808-7339
Spanish415-808-4444
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**

Legal and Mediation Services

Court Departments - 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 45.

Family

Family Court Services

400 County Center, 6th Fl.
Redwood City 94063

Provides mediation and limited evaluation services to parents or other appropriate parties who are in dispute about child custody and / or child visitation and have a court action pending in Family Court. Provides information and referral on child custody and visitation matters, parenting plans and related issues.

Family Law Facilitators

400 County Center, 2nd Fl.261-5010
Redwood City 94063

1050 Mission Rd.261-5010
South San Francisco 94080

Assists those who do not have attorneys in matters such as child and spousal support, custody and visitation, paternity, divorce and legal separation.

Law-Related Services

San Mateo County Law Library363-4913

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 Services363-4181

601Allerton St., Redwood City 94063
Interviews defendants in custody to determine if they are eligible to be released from jail without bail pending their court hearing.

Victim Services Unit Center599-7479

400 County Center, 3rd Fl., Redwood City 94063
1050 Mission Rd., South San Francisco 94080
Provides general emergency and ongoing assistance for victims of violent crime.

Legal Assistance

Bay Area Legal Aid358-0745

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

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

Legal Advice Line800-551-5554
.....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.org326-6440
2117-B University Ave., East Palo Alto 94303
1861 Bay Road, East Palo Alto 94303
Offers legal assistance on issues such as tenants' rights, immigration services and predatory lending.

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

La Raza Centro Legal415-575-3500
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
www.legalaidsmc.org800-381-8898
330 Twin Dolphin Dr., #123558-0915
Redwood City 94065
Provides free legal services to people with civil law problems such as welfare rights, managed health care, disabled access, evictions and family law assistance. The **Senior Advocates Program** serves people age 60 or over regardless of income. Legal Aid does not handle criminal cases.

San Mateo County Bar Association
www.smcba.org
Lawyer Referral Service369-4149 x3
333 Bradford St., #200, Redwood City 94063
Arranges half-hour consultations with private attorneys in a particular field of law for a nominal fee. Arrangements for additional services, if needed, are made directly with the attorney.

Private Defender Program298-4000
333 Bradford St., #200, Redwood City 94063
Provides legal representation within the court system to people who have been charged with a crime and cannot afford an attorney. Eligibility is determined by the court.

**San Mateo County Health System
Public Administrator**573-2736
www.smchealth.org/PublicAdministrator
225 - 37th Ave., San Mateo 94403
Investigates and administers the estates of persons who die with no will.

Stanford Community Law Clinic725-9200
www.law.stanford.edu/clinics/sclc/
2117-A University Ave., East Palo Alto 94303
Represents low-income clients in a variety of areas including housing matters, workers' rights and criminal record expungement.

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
- San Mateo County Juvenile Mediation Program**261-5076

Peninsula Conflict Resolution Center (PCRC)
www.pcrcweb.org345-7272
1660 S. Amphlett Blvd., #219, San Mateo 94402
Mediation services for neighbor / neighbor, landlord / tenant, consumer and a variety of other issues. Conflict resolution training for preschool through high school students. Also provides facilitation services for community groups, schools and families.

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 juvenile delinquent behavior on the order of the court and recommends dispensation. Also houses juveniles at the Youth Services Center.

Sheriff's Office363-4911
 www.smcsheriff.com
 400 County Center, Redwood City 94063
Men's Jail (Maguire Correctional Facility)363-4000 x6071
Women's Jail363-4310

San Mateo County District Attorney

District Attorney

www.co.sanmateo.ca.us363-4636
 400 County Center, 3rd Fl., Redwood City 94063
 Prosecutes felony and misdemeanor crimes committed in San Mateo County, as well as other cases.

Consumer and Environmental Protection

Unit363-4651
 Enforces laws prohibiting false advertising, unfair competition and other forms of consumer fraud. Also files actions for violations of environmental protection laws.

Library Services

San Mateo County public libraries, city public libraries, and community college libraries are all part of the Peninsula Library System; one library card can be used at all locations. Access to CIP information can be found at all of your local libraries.

Library card holders can check out books, DVDs, music CDs, audiobooks for listening and eBooks for on-screen reading, as well as pay fines and fees online. Libraries also offer Internet access; magazines; children's story hours; educational and entertaining community programs; reference services; online databases; and more. Call for information about library service for the blind and physically disabled. To learn more about the libraries, go to www.plsinfo.org. CIP services are also linked to this Web site.

City Libraries:

Burlingame

Main, 480 Primrose Rd., 94010558-7400
 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., 94025330-2500
 Belle Haven Branch, 413 Ivy Dr., 94025 ..330-2540
- Redwood City**
 Main, 1044 Middlefield Rd., 94063780-7018
 Fair Oaks Branch, 2510 Middlefield Rd., 94063
780-7261
 Redwood Shores Branch
 399 Marine Pkwy., 94065780-5740
 Schaberg Branch, 2140 Euclid Ave., 94061
780-7010
- San Bruno**
 701 Angus Avenue West, 94066616-7078
- San Mateo**
 Main, 55 W. 3rd Ave., 94402522-7800
 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, 94080877-8540
 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**
 125 Lessingia Ct., San Mateo 94402 ..312-5258
 Provides administrative services for the twelve
 county libraries and the bookmobile.
- Atherton**, 2 Dinkelspiel Station Lane, 94027
328-2422
- Belmont**, 1110 Alameda de las Pulgas, 94002
591-8286

- Bookmobile**, Half Moon Bay, 94019312-5271
- 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**, 620 Correas St., 94019 . .726-2316
- Millbrae**, 1 Library Ave., 94030697-7607
- Pacifica**
 Sanchez Branch, 1111 Terra Nova Blvd., 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., 94070591-0341
- Woodside**, 3140 Woodside Rd., 94062 . .851-0147

For Health Libraries see **Health**
 For Law Library see **Legal and Mediation Services**

Mental Health / Counseling

Services

- 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.
- Caminar**578-8691
www.caminar.org
 2600 S.El Camino Real, Suite 200
 San Mateo 94403
 A community-based psychosocial rehabilitation service for persons with serious and persistent psychiatric disabilities.
- Catholic Charities CYO**295-2160 x210
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.org312-8515
- Family and Children Services**326-6576
www.fcservices.org
 375 Cambridge Ave., Palo Alto 94306
 Offers a variety of counseling, education and prevention programs and services that support the emotional well-being of communities, including specialized services for targeted populations such as veterans and adults in the criminal justice system with a dual diagnosis.
- Family Resource Centers**802-7684
 1 Davis Drive, Belmont, CA 94002
 Provides counseling, support and education services for youth and adults, home visiting, parent involvement in leadership, financial assistance and case management at specific school locations with Spanish speaking staff.
- Jewish Family and Children's Services**
www.jfcs.org
www.parentsplaceonline.org
 200 Channing Ave., Palo Alto 94301 . . .688-3030
Parents' Place688-3040
Senior Services688-3000
 2001 Winward Way at Mariner's Island Blvd., #200
 San Mateo 94404931-1800
Parents' Place931-1840
Senior Services931-1860
 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.org368-3345
 2686 Spring St., Redwood City 94063
 Provides services for adults with mental illnesses and / or HIV / AIDS including housing, case management and social programs.
- 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 Services696-4666
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.org638-0800
 1650 Borel Pl., #130, San Mateo 94402
 Support, education, and advocacy for mental health clients and their families.
- 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.
- Peninsula Family Service**403-4300
www.peninsulafamilyservice.org
 24 - 2nd Ave., San Mateo 94401
 Offers supervised visitation services for separated or divorced parents. Peer counseling programs are available for seniors:
- Cantonese and Mandarin**403-4300 x4392
English403-4300 x4322
Filipino403-4300 x4363
LGBT Community403-4300 x4322
Spanish/La Esperanza Vive . . .403-4300 x4321
 Senior counseling services are available at client's place of residence.

Puente de la Costa Sur879-1691
www.mypuente.org
620 North St., Pescadero 94060
Serves La Honda, Loma Mar, Pescadero and San Gregorio. Offers a program to address maternal depression, as well as general counseling.

Rally Family Visitation Services259-7996
Offers supervised visitation services for separated or divorced parents.

Rape Trauma Services (RTS)692-7273
www.rapetraumaservices.org
1860 El Camino Real, #406, Burlingame 94010
Crisis and ongoing counseling and support groups for survivors of sexual assault.

San Mateo County Health System

www.smchealth.org

Behavioral Health and Recovery Services

1950 Alameda de las Pulgas, San Mateo 94403

Mental Health Access Team . . .800-686-0101

Provides information, assessment, consultation and referral, Mon.-Fri., 8 am-5 pm.

OASIS (Older Adult System of Integrated Services)573-3689

Provides outpatient mental health services, including psychiatric medications, case management and therapy to older adults at their place of residence.

Youth Case Management Services . .573-3504

Outpatient mental health clinic. Assessment, case management, and crisis intervention for seriously emotionally disturbed minors to prevent out-of-home placement.

StarVista

www.star-vista.org591-9623

610 Elm St., #212, San Carlos 94070

Child and Adolescent Hotline Prevention Program567-5437

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

567kids@star-vista.org

Children's Place Program591-9623 x116

610 Elm St., #212, San Carlos 94070

Provides alcohol / drug prevention education and therapeutic support services for children age 5-13.

Crisis Services579-0350

Provides crisis counseling, outreach and community education.

Healthy Homes579-0361 x12
Counseling and case management for children
age 0-6 who have witnessed domestic violence.
Your House South367-9687
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 Program685-2806
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 Clinic800-455-0057
3801 Miranda Ave., Palo Alto, 94304
Peninsula Vet Center299-0672
2946 Broadway St., Redwood City 94062

Veterans Affairs San Francisco Health Care System

San Bruno Outpatient Clinic615-6000
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 counsel-
ing 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 Mateo349-7969
1670 S. Amphlett Blvd., #115, San Mateo 94402

Youth Service Bureau of

South San Francisco877-8642
1486 Huntington Ave., #100
South 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 and Conserving Resources

San Mateo County Public Works Department

RecycleWorks888-442-2666

www.RecycleWorks.org

Web site includes information to “reduce, reuse and recycle” at home, work and school.

Learn how to donate items to social service agencies at the ReUse Center section.

Also provides material on other topics, such as composting, how to get rid of junk mail, information for kids, and where to buy items made from recycled materials.

Senior Services

Healthy Aging Response Team (HART) 991-5558

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

San Mateo County Fall Prevention Task Force

www.smcfallprevention.org573-3728

.573-3930

Provides resources for older adults, caregivers and service providers.

San Mateo County Health System

Aging and Adult Services800-675-TIES

www.smchealth.org(800-675-8437)

225 - 37th Ave., San Mateo 94403

.(TTY) 711

Provides phone consultation on issues of concern to persons with disabilities, the frail elderly, dependent adults, and their families. Answers questions about the wide variety of services available through the County and in the community.

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.peninsularides.org

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

Adult Day Centers

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

Catholic Charities CYO

San Carlos Adult Day Services592-9325

www.cccyo.org/sancarlosadultday

787 Walnut St., San Carlos 94070

Also serves dependent adults.

Coastside Adult Day Health Center . . .726-5067

www.coastsideadultdayhealth.org

645 Correas St., Half Moon Bay 94019

Mills-Peninsula Health Services

Senior Focus / Adult Day Health Program

Alzheimer Day Care Resource Center . . 696-3660

www.mills-peninsula.org/seniors

1720 El Camino Real, #10, Burlingame 94010

Peninsula Volunteers Rosener House
Adult Day Services322-0126
www.penvol.org/rosenerhouse
500 Arbor Rd., Menlo Park 94025

South San Francisco Senior Services
Adult Day Program829-3824
Magnolia Senior Center
601 Grand Ave., South San Francisco 94080

Senior Centers and Senior Dining Centers

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

Belmont

Twin Pines Senior and Community Center
www.belmont.gov595-7444
20 Twin Pines Ln., 94002

Daly City

Doelger Senior Center991-8012
www.dalycity.org
101 Lake Merced Blvd., 94015

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

East Palo Alto

East Palo Alto Senior Center329-5900
560 Bell St., 94303

Foster City

Foster City Parks and Recreation Dept.
Senior Wing286-2585
www.fostercity.org
650 Shell Blvd., 94404

Half Moon Bay

Senior Coastsiders726-9056
www.seniorcoastsiders.org
535 Kelly Ave., 94019

Menlo Park

Menlo Park Senior Center330-2230
www.menlopark.org
110 Terminal Ave., 94025

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

Millbrae

Chadbourne Adult Activity Center 558-2127
at New Vision Church
450 Chadbourne Ave., 94030
First Mondays of the month.

Millbrae Senior Center259-2370
www.ci.millbrae.ca.us
477 Lincoln Circle, 94030

Pacifica

Pacifica Senior Services738-7384
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., 94063780-7525

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

San Bruno

San Bruno Senior Center616-7150
www.sanbruno.ca.gov
1555 Crystal Springs Rd., 94066

San Carlos

San Carlos Adult Community Center
www.cityofsancarlos.org/acc
601 Chestnut St., 94070802-4384

San Mateo

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

Martin Luther King Center522-7470
www.cityofsanmateo.org
725 Monte Diablo Ave., 94401

Self-Help for the Elderly342-0822
www.selfhelpelderly.org
50 E. Fifth Ave., 94401

South San Francisco

Magnolia Senior Center829-3820
www.ssf.net
601 Grand Ave., 3rd Fl., 94080

Taxpayer Information and Official Records

County

San Mateo County Assessor - County Clerk - Recorder363-4500

www.smcare.org
555 County Center, 1st Fl., Redwood City 94063

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

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

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

Tax Collector363-4142

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

Collects property taxes.

Vital Statistics573-2395

www.smchealth.org
225 - West 37th Ave., Room 11, San Mateo 94403

Maintains recent birth and death records for the county. Administers state-issued medical marijuana cards and program.

State

Franchise Tax Board800-338-0505

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.gov415-553-8990
450 Golden Gate Ave., San Francisco 94102

Other

Earn It! Keep It! Save It! Coalition211

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 coastside. Call for eligibility.

SamTrans 800-660-4287
www.samtrans.com (TTY) 508-6448
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**

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 Program696-7662

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 Program696-7662

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.

Volunteer Center235-3550

www.thevolunteercenter.net415-982-8999

Refers groups and individuals of all ages to nonprofit agencies that need volunteers.

Volunteer Match415-241-6868

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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