

Parenting Education for San Mateo County Residents

- Child Care Coordinating Council (4Cs)** 650-655-6770
 www.sanmateo4cs.org Referrals 650-655-6777
 2121 South El Camino Real, Suite A-100, San Mateo 94403
Mary's Room, a family resource center, offers parenting classes and workshops to support parents in their efforts to raise healthy, happy, successful children. 4Cs also offers referrals for child/infant care, pre-schools, nursery schools, family child care homes, before- and after-school care, care for children with special needs, applications for subsidized child care and information about child care licensing.
- Children's Health Council** 650-617-3806
 www.chconline.org
 650 Clark Way, Palo Alto 94304
Parenting classes include Building Emotional Understanding, What is Autism and Anger Management with the Explosive Child. Many classes are free.
- Daly City Youth Health Center** 650-985-7000
 www.dalycityyouth.org
 2778-2780 Junipero Serra Blvd., Daly City 94015
Offers Parenting Your Teen and Teen Parent classes for residents of Daly City, Pacifica, Colma or Brisbane.
- Family and Children Services** 650-326-6576
 www.fcservices.org
 375 Cambridge Avenue, Palo Alto 94306
Offers classes in parenting without violence and child abuse prevention.
- Family Service Agency of San Mateo County** 650-403-4300
 www.familyserviceagency.org
 24 Second Avenue, San Mateo 94401
Kids in the Middle is an education class for separating or divorcing parents, held throughout the county.
- Free at Last** 650-462-6999
 www.freeatlast.org
 1796 Bay Road, East Palo Alto 94303
Offers new coaching group for dads.
- Jefferson Union High School District Adult Education** 650-550-7890
 www.juhsd.net
 699 Serramonte Blvd., Suite 111, Daly City 94015
Offers parenting classes in conjunction with ESL, parent support groups and individual parenting education classes.
- Jewish Family and Children Services - Parents' Place**
 www.jfcs.org
 www.parentsplaceonline.org
 1710 Scott Street, San Francisco 94115 415-359-2454
Offers a wide variety of parenting classes and workshops for residents from San Francisco to Burlingame.
 200 Channing Avenue, Palo Alto 94301 650-688-3040
 2001 Winward Way, #200, San Mateo 94404 650-931-1840
Offers classes, support groups, one-on-one parenting consultation and resource referral for residents from Millbrae to Mountain View.
- Lucile Packard Foundation for Children's Health**
 www.kidsca.org
A free online calendar listing children's health events hosted by nonprofit organizations. Lists parenting classes as well as other events.
- Mills-Peninsula Health Services Institute of Health and Healing** 650-696-5600
 www.mills-peninsula.org
 100 South San Mateo Drive, San Mateo 94401
Parent/infant group for babies up to 9 months; drop-in parent toddler group for children 9 months to two years and breastfeeding support groups including one for the working mother.

- New Creation Home Ministries** 650-329-1603
 www.newcreationhome.org
 422 Hibiscus Court, East Palo Alto 94303
Offers parenting classes to mothers age 13-22, pregnant or parenting, covering a wide variety of life skills and parenting skills. Dinner, transportation and child care can be provided.
- Our Second Home** 650-301-3300
 725 Price Street, Daly City 94014
An early childhood family support center offering health, mental health, education and family support services. Parenting education workshops and classes for parents with children age 0-5.
- Peninsula Jewish Community Center (PJCC)** 650-212-PJCC (7522)
 www.pjcc.org
 800 Foster City Blvd., Foster City 94404
The Early Childhood Education Program offers classes on timely topics of interest to parents of preschool age children.
- Planned Parenthood Golden Gate**..... 415-441-7858 x 7275
 www.ppgg.org
 2211 Palm Avenue, San Mateo 94403
Gives parents the up-to-date information about sexuality and child development they need to support and communicate with their children.
- Prenatal to Three Initiative** 650-573-2502
 www.prenatalto3.org Parent Resource Line 888-840-0889
 2000 Alameda de las Pulgas, San Mateo 94403
Offers classes throughout the county in English and Spanish for families with children up to age 5.
- Samaritan House** 650-347-3648 x12
 www.samaritanhouse.com
Offers a series of parenting classes during the school year covering such topics as proper child discipline, health and safety, socialization and stages of development. Classes are offered on Tuesdays from 5:00 pm - 6:30 pm at the College Park School, 715 Indian Avenue, Room 29E, San Mateo 94401.
- San Mateo Adult School** 650-617-3806
 www.smace.org
 789 East Poplar Avenue, San Mateo 94401
Offers parenting classes for current and future parents, parents of adolescent and special needs children, childcare provider training and family literacy. Some classes also held in Spanish.
- San Mateo County Health Department**
Prenatal Advantage Black Infant Health Project 650-363-7850
 2415 University Avenue, 2nd Floor, East Palo Alto 94303
Teaches an Effective Black Parenting class and offers the Reclaiming Fatherhood Program.
- Public Health Nursing Services** 650-573-2501
 2000 Alameda de las Pulgas, Suite 200, San Mateo 94403
Offers support groups for pregnant or parenting teens.
- South San Francisco Adult School**..... 650-877-8540
 www.ssf.net/clc
 520 Tamarack Lane, South San Francisco 94080
Drop-in parenting education classes for Spanish speakers during the school year. Also offers a Parent Education class with parent/child participation.
- Youth and Family Enrichment Services (YFES)**..... Parent Support Line 650-579-0358
 www.yfes.org
 610 Elm Street, Suite 212, San Carlos 94070
24-hour support and referral to services in the community.