

FATHERS SERVICES - Servicios para padres
 Bananas Groups 658-7353
 Fatherhood Initiative 667-4343

FAMILY SUPPORT - Apoyo familiar
 Child Protective Services 259-1800
 FamilyPaths, Eng/Spain 800-829-3777
 4 C's Parenting Classes, Fremont 713-2557, Hayward 582-2182
 Alameda Family Services, Xanthos 629-6300
 Bananas Groups and Counseling, North County 658-7353
 Brighter Beginnings 903-7500
 Help Me Grow 888-510-1211
 Native American Health Center, Groups 434-5421
 Women's & Family Health Promotion (formerly IPOP) 618-2080
 African American women in select zip codes

EMPLOYMENT SERVICES - Servicios de empleo
 California Employment Development Dept 800-300-5616
 East Bay Works Career Centers, 7 locations 866-329-6757

DRUG and ALCOHOL TREATMENT - Tratamiento para el abuso de drogas y alcohol
 ACCESS, for referrals 800-491-9099
 Alanon and Alateen 276-2270
 Alcoholics Anonymous 839-8900
 Marijuana Anonymous 287-8873
 Narcotics Anonymous 444-4673

DOMESTIC VIOLENCE and SEXUAL ASSAULT HELP
 Servicios para víctimas de violencia doméstica y asalto sexual
 Alameda County Family Justice Center 267-8800
 Child Abuse Hotline (CPS) 259-1800
 Shelter Referrals 2-1-1
 Adult Protective Services 577-3500
 Bay Area Women Against Rape, 24-hour line 845-7273
 Domestic Violence Resource Guide, to request a copy 267-8810
 Highland Hospital Sexual Assault Center 534-9290
 National Domestic Violence Hotline 800-799-7233

DENTAL CARE - Cuidado dental
 Office of Dental Health, Healthy Kids, Healthy Teeth and Resources for Prenatal and Adult dental care 208-5910
 Highland Hospital Dental Clinic (emergency only) 437-4473

Teen Parenting/Pregnancy Services - Servicios de apoyo para madres y padres adolescentes
 Brighter Beginnings 437-8950
 Tiburcio Vasquez Family Support 471-5880x 3711
 Hayward, Union City

UTILITIES - Utilidades
 California Lifeline Telephone Service English 866-272-0349
 TTY 866-272-0358
 PG&E CARE Program 866-743-2273
 PG&E Bill Help, REACH Program 800-696-6677

SAFE SURRENDER - Cómo entregar a su bebe sin peligro find a location, call 2-1-1



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

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

Prepared by the Community Forum for Perinatal Health, a collaboration of organizations in Alameda County in February 2015

Funded by the Alameda County Public Health Department WIC Program and MPCA, First 5 Alameda County - Every Child Counts, and Alameda Alliance for Health, all equal opportunity providers.

All area codes are 510 unless indicated

For corrections and additions call the Family Health Line at 888-604-4636, For copies, call 595-6450.



COUNSELING SERVICES - Servicios de consejería
 ACCESS, 24-hour line Eng/Spain/China 800-491-9099
 FamilyPaths Hotline, Eng/Spain 800-829-3777
 451-6729
 Asian Community Mental Health Services City of Berkeley - Family, Youth & Children Services 981-5280
 CHA (Community Health for Asian Americans) 835-2777
 Children's Hospital (UCSF Benioff) - Infant & Early Childhood Mental Health Program, Eng/Spain 428-3407
 Crisis Support Services - 24 hour line 800-309-2131
 Jewish Family & Children's Services of the East Bay 704-7475
 Pathways Counseling Center, Girls Inc. 357-5515
 West Coast Children's Clinic, Oakland 269-9030

CHILDREN with SPECIAL NEEDS - Niños con necesidades especiales
 California Children's Services, CCS 208-5970
 Occupational and physical therapy Regional Center of the East Bay 383-1200
 Behavior and development issues Building Blocks Therapeutic Preschool 434-7990
 Children's Hospital (UCSF Benioff), Oakland: Developmental & Behavioral Pediatrics 428-3351
 Neonatal Follow-up 428-3006
 Speech & Language Center 925-979-3440
 East Bay Agency for Children, Therap. Nursery 655-4896x6103
 Family Resource Network 547-7322
 Through the Looking Glass, disabled parent or child 848-1112

CHILDREN'S HEALTH SERVICES - Servicios de salud para niños. Also see HEALTH CARE / CLINICS - Refiérase a las Clínicas de Salud
 For well-child exams call Family Health Line 888-604-4636
 Asthma Start Program 383-5181
 Highway Patrol, Car Seat Help 450-3821
 California Poison Control System 800-222-1222

CHILD CARE - Cuidado infantil
 Bananas Child Care Referral 658-0381
 Child Care Links, referrals, Livermore 925-417-8733
 4 C's, South County, Fremont 713-2557, Hayward 582-2182
 Early Head Start 0-3 yrs. (home-based or center based) Oakland 238-3165, Unity Council-Oakland 533-9926
 Berkeley 848-9092, Emeryville 601-8674, Hayward 796-9512x2
 Head Start Oakland 238-3165, Alameda 629-6350, Hayward 796-9512

Alameda County Resource Guide
Guia de Recursos para el Condado de Alameda



For health care referrals, call the Family Health Line at 888-604-4636, M-F, 8:30-5; or go to www.achealthcare.org. For other needs, call 2-1-1, any time.

Para información sobre cuidado de salud, llame a la línea de salud familiar, 888-604-4636, Lunes a Viernes, 8:30-5 visite www.achealthcare.org. Para otra ayuda, llame al 2-1-1, en cualquier tiempo.

ALAMEDA COUNTY SOCIAL SERVICES AGENCY
Medi-Cal, Cal Fresh, CalWORKs and Cash Aid (asistencia monetaria)

General Information	888-699-4772
East Oakland, 6955 Foothill Blvd, Suite 100	383-5300
East Oakland, 8477 Enterprise Way	777-2300
Fremont, 39155 Liberty St., Suite C330	795-2428
Hayward, 24100 Amador Avenue	670-6000
Livermore, 3311 Pacific Avenue	925-455-0747
North Oakland, 2000 San Pablo Avenue	263-2420

BIRTH and DEATH CERTIFICATES

Actas de nacimiento y actas de defunción	
Alameda County Clerk-Recorder's Office	272-6362
City of Berkeley Vital Records	981-5320

BREASTFEEDING HELP - Ayuda para amamantar

Also see WIC Program Listings under "Food" - Refiérase a los Programas WIC (Food-WIC Programs)

Alameda Alliance for Health (members)	747-4577
Alameda County WIC	595-6470
Blue Cross Advice Nurse (Medi-Cal members)	800-231-2999
Kaiser (members) Oakland 752-1100, San Leandro Hayward Sleepy Hollow	454-4050 675-4050
La Leche League (English) Berkeley: 898-6592, Oakland	530-5864
Native American Health Center WIC	434-5310

FINANCIAL SERVICES - Servicios financieros

Alameda County Child Support Services 866-901-3212
 Earn it, Keep It, Save it (Free Tax Preparation Help) 2-1-1

For financial coaching, bank accounts, saving, credit building:

Family Economic Success, Fremont Resource Center 574-2003
 Operation Hope Inc., Oakland 535-6700
 Sparkpoint, Oakland 924-3610

FOOD HELP - Ayuda con comida

Alameda County Community Food Bank 800-870-3663, 635-3663
 Emergency food, CalFresh application assistance

FOOD: WIC PROGRAMS - Los Programas de WIC

Food Assistance Program for Women, Infants and Children
 Programa de asistencia de comida para mujeres, bebés y niños
 Alameda County
 Eastmont, Telegraph, Hayward, Fremont 595-6400
 Axis Community Health, Pleasanton 925-462-2365
 City of Berkeley 981-5360
 East Oakland Health Center 430-9401
 Native American Health Center Oakland 434-5300
 Alameda 814-8440
 La Clinica de La Raza, Oakland 272-1500
 Tiburcio Vasquez - Fremont, Hayward, San Leandro,
 Union City 471-5913
 West Oakland Health Center 835-9610

FOSTER CARE - Padres de crianza

Emergency Foster Care (SSA Crisis Line) 800-309-2131
 Foster & Adoptive Parent Hotline, SSA 259-3575
 Foster Pal: FamilyPaths 888-580-3725, 893-9266
 Kinship Support Services, respite and support, referrals
 Family Support Services North County 834-2443
 Lincoln Children's Center South & East County 583-8026
 Legal Assistance for Seniors - guardianship 832-3040

HEALTH CLINICS - Clínicas de salud

P means provides comprehensive prenatal care
P significa que proporciona cuidado prenatal
For health care referrals, call Family Health Line 888-604-4636
 ACCESS (for reproductive referrals) Eng 800-376-4636
 Span 888-422-2237
 Alta Bates Summit Perinatal Center **P** 869-8425
 Ann Chandler Health Clinic, Berkeley 981-5350
 Asian Health Services, Oakland **P** 986-6800

Axis Community Health Centers **P**
 Livermore, Pleasanton 925-462-1755
 Berkeley Free Clinic 800-625-4642, 548-2570
 Children's Hospital Outpatient Clinic, Oakland 428-3226
 Clinica Alta Vista, (Teens), Oakland **P** 535-6300
 Davis Street Primary Care Clinic, San Leandro 347-4620
 East Oakland Health Center **P** 430-9401
 Eastmont Wellness Center, Oakland **P** 567-5700
 FPA Clinic, Oakland (pregnancy termination) 877-883-7264
 Family Planning Specialists, Oakland
 (pregnancy termination) 268-3720
 Frank Kiang Medical Center, Oakland **P** 986-6800
 Fuente Wellness Center, Ashland 481-4556
 Hayward (formerly Winton) Wellness Center **P** 266-1700
 Healthy Oakland, Save a Life Wellness Center 444-9655
 Highland Hospital, Oakland Outpatient Clinics **P** 437-4800
 Pediatrics 437-4887, Women's Urgent Care 437-4778
 La Clinica de la Raza, Oakland **P** 535-4000
 La Loma Medical Group, Oakland **P** 261-1677
 Lifelong Medical Care
 Howard Daniel Clinic, Oakland **P** 981-4100
 Berkeley **P**, Oakland 981-4100
 Native American Health Center, Oakland **P** 535-4400
 New Life Midwifery, Jeri Zukoski **P** 530-3374
 Newark Wellness Center **P** 505-1600
 Planned Parenthood, various locations 300-3800
 R & K Lowe Medical Center, Oakland **P** 318-5800
 San Antonio Health Center, Oakland **P** 238-5400
 Street Level Health Project, Oakland 533-9906
 Tiburcio Vasquez Health Center, San Leandro,
 Hayward **P**, Union City **P** 471-5880
 Tri-City Health Center, Fremont **P** 770-8040
 Washington Hospital Walk-In Clinic 791-2273
 West Oakland Health Center **P** 835-9610
 Women's Center at St. Rose Hospital, Hayward **P** 342-0200

HEALTH INSURANCE - Seguro medico

Health Insurance Technicians (HealthPAC) 800-422-9495
 Medi-Cal Access Program (Prenatal) 800-433-2611
 Alameda Alliance for Health 877-932-2738
 Blue Cross of California 800-407-4627
 Covered California 800-300-1506
 Kaiser Permanente Child Health Program 800-255-5053

HIV and AIDS - VIH, SIDA

Alameda County HIV/AIDS Resource Guide 877-424-3746
 AIDS Project of the East Bay (APEB) 663-7979
 WORLD, women's services 986-0340

HOUSING, EMERGENCY SHELTER & REPAIRS

Hogar, vivienda temporal de emergencia y reparacion
Eden I&R (shelter & housing) 2-1-1
 Echo Housing Hayward 581-9380, Oakland 496-0496
 Emergency Shelter Program, 24 hour
 Hayward - Ruby's Place, 888-339-7233, Oakland 534-6030
 FESCO (Family Emergency Shelter Coalition)
 Hayward 581-3223
 Oakland Housing Assistance Center 238-6182

Housing Repairs - Reparacion

Healthy Homes Department (lead, mold, other hazards)
 Oakland 567-8280 Hayward 670-8282
 Rebuilding Together, Oakland (home repair) 625-0316 ext. 104

Advocacy/defensa

Causa Justa /Just Cause, Oakland 836-2687
 Tenants Together, Foreclosure Help 888-495-8020
 HOPE NOW Hotline, Foreclosure Help 888-995-4673

IMMIGRANT SERVICES - Servicios para inmigrantes

Catholic Charities of the East Bay 768-3100
 International Institute of Bay Area Oakland 451-2846
 Fremont 894-3639
 Lao Family Community Development 533-8850
 Spanish Speaking Citizen's Foundation 261-7839
 U.S. Citizenship & Immigration Services 800-375-5283

IMMUNIZATIONS - Vacunas

Immunization Referrals for children & adults 267-3230

LEGAL SERVICES - Servicios legales

Alameda County Bar Association 302-2222 ext. 4
 Alameda County Child Support Services 866-901-3212
 Asian Pacific Islander Legal Outreach 251-2846
 Bay Area Legal Aid 800-551-5554
 Centro Legal de la Raza 437-1554
 East Bay Community Law Center, Berkeley 548-4040
 Equal Rights Advocates 800-839-4372
 Family Violence Law Center,
 Oakland 836-3260 x301, 800-947-8301
 Homeless Action Center, Berkeley 540-0878

MULTI-SERVICE CENTERS -

Centros de servicios completos
 Davis Street Community Center, San Leandro 347-4620
 Fremont Resource Center 574-2000
 Healthy Oakland Family Resource Center 444-9655

PREGNANCY SERVICES - Servicios para el embarazo

BirthWays, Support & Classes, Berkeley <http://birthways.org>
 Black Infant Health, classes, African Americans 618-1967
 Building Bridges for Healthy Babies,
 medical case management 618-1967
 Healthy Families America, case management 667-3140
 MADRE, for women who suffered fetal loss 667-4333
 Mother To Baby California, information on toxins 800-532-3749
 Nurse Family Partnership for first time mothers 667-4311
 Work & Family Project, Paid Family Leave 800-880-8047

SMOKING CESSATION - Ayuda para dejar de fumar

California Smokers' Helpline
 English 800-662-8887 Spanish 800-456-6386
 Chinese 800-838-8917 Korean 800-556-5564
 Vietnamese 800-778-8440 TDD/TTY 800-933-4833

TEEN SERVICES - Servicios para adolescentes

Asian Health Services, Oakland 986-1024
 Beyond Emancipation, Teens Timing Out 667-7694
 Boys & Girls Club, Oakland 444-8211 Alameda 522-4900
 California Youth Crisis Line 800-843-5200
 Children's Hospital Teen Clinic, Oakland 428-3387-Option 4
 East Oakland Youth Development Center 569-8088
 Independent Living Skills Program, teens timing out 667-7696
 Native American Health Center, Oakland 434-5330
 Planned Parenthood Teen Success groups 300-3800
 REACH Ashland Youth Center 481-4551
 School-based Health Centers, call to find location 667-7416
 Thunder Road, Substance Abuse Services 653-5040
 Tri-City Teen Clinic, Fremont 770-8131
 Youth Employment Partnership 533-3447
 Youth Uprising, leadership, arts, health and careers 777-9909

School District Programs for Parenting Teens - Programas de escuelas para madres y padres adolescentes (CalSAFE)

Berkeley High School, Vera Casey Center 549-3063
 Fruitvale Academy, Oakland 536-6086
 Horizon High School, Pleasanton 925-426-4275
 Island High School, Alameda 748-4024 x 114
 Robertson High School, Fremont 657-9155 x 49111
 Tennyson High School, Hayward 723-3190 x 63155
 W. P. Burke Academy, Hayward 785-9326