

HEALTH CLINICS

醫療診所 / 병원 / CÁC TRUNG TÂM Y TẾ

Referrals for Health Care / 醫療保健轉介 / 의료서비스 소개 / Giới thiệu đến Dịch vụ Chăm sóc Sức khỏe ☎ ...888-604-4636

Asian Health Services, Oakland (C, M, V, K, J, Cam) ☎986-6800

Axis Community Health Center, Livermore ☎ 925-462-1755

Berkeley Public Health Clinic ☎981-5350

Children's Hospital Outpatient Clinic, Oakland ☎428-3226

Clinica Alta Vista, Teens, Oakland ☎535-6300

Eastmont Wellness Center, Oakland ☎567-5700

Highland Hospital, Oakland Outpatient Clinics ☎437-4800

Pediatrics ☎437-4887

Women's Urgent Care ☎437-4778

La Clinica de la Raza, Oakland ☎535-4000

Newark Health Center ☎505-1600

Over 60s Health Center, Berkeley ☎601-6060

Planned Parenthood 800-230-7526

Hayward300-3800

Rota Care Clinic, San Leandro ☎347-4620

San Antonio Health Center, Oakland ☎238-5400

Silva Clinic (Pediatric), Hayward ☎782-4470

Street Level Health Project, Oakland, (Mon)533-9906

Tiburcio Vasquez Health Center, Hayward, Union City ☎471-5880

Tri-City Health Centers, Fremont, Union City ☎770-8133

West Berkeley Family Practice ☎704-6000

West Oakland Health Center ☎835-9610

Winton Wellness Center, Hayward ☎266-1700

HEALTH INSURANCE, OTHER

醫療保險及其他 / 건강보험, 기타 /

BẢO HIỂM Y TẾ, THÔNG TIN KHÁC

AIM Help Line (Prenatal) ☎ 800-433-2611

Alameda Alliance for Health ☎ 877-371-2222

Blue Cross of California ☎ 800-407-4627

Health Plan for Alameda County, Health PAC ☎ 800-422-9495

Healthy Families (Multiple languages) ☎ 800-880-5305

Kaiser Permanente Child Health Plan ☎ 800-255-5053

HIV & AIDS

愛滋病援助 / 후천적 면역결핍증 / BỆNH HIV/AIDS

Asian Health Services (Multiple languages) ☎ 986-6830 x371

API Wellness HIV Testing (Multiple languages) ☎ 415-292-3400

HIV Primary Care Clinic ☎ 415-292-3420 x328

HOUSING & EMERGENCY SHELTER

住房及緊急收容服務 / 주택 및 임시거처 /

NHÀ Ở & NƠI TRÚ ẨM KHẨN CẤP

Eden Information & Referral ☎537-2552

East Bay Asian Local Development Corp. (EBALDC) ☎287-5353

Emergency Shelter Program - 24 hour Hayward ☎786-1246

Oakland ☎534-6030

Lead Poisoning Prevention Program ☎567-8280 or 800-253-2372

IMMIGRANT SERVICES

移民服務 / 이민서비스 /

CÁC DỊCH VỤ DÀNH CHO NGƯỜI NHẬP CỬ

International Institute of the Bay Area451-2846

Korean Community Center of the East Bay (K)547-2662

Lao Family Community Development (M, C, V, L, M, Th, B) ☎533-8850

Mongolian Community Center Bay Area (Oakland)415-596-9541

.....925-726-8515, 415-272-3003, 415-823-4605

Mongolian Women's Association (Mongolian) (El Cerrito) 691-9199

Spanish Speaking Unity Council ☎535-6900

United Way HELPLINK ☎800-273-6222, TDD/TTY: 415-808-4440

U.S. Citizenship & Immigration Services ☎ 800-375-5283

LEGAL SERVICES

法律服務 / 법률서비스 / CÁC DỊCH VỤ PHÁP LÝ

Alameda County Bar Association (M, C) ☎302-2222

Asian Pacific Islander Legal Outreach,
San Francisco (C, M, V, L, J, K, T, Mon) ☎ 415-567-6255

Oakland (C, M, V, L, J, K, T, Mon) ☎251-2846

Bay Area Legal Aid (Ch, V) ☎877-346-4529 or 663-4744

Child Support Enforcement (V) 866-901-3212

East Bay Community Law Center, Berkeley548-4040

Equal Rights Advocates ☎ (K, V, Ch) 800-839-4372

Family Violence Law Center ☎208-0255

Legal Aid Society (C, M) 15-864-8848

MULTI-SERVICE CENTERS

綜合服務中心 / 멀티서비스 센터 /

CÁC TRUNG TÂM ĐA DỊCH VỤ

Davis Street Community Center, San Leandro (C, V, T) ☎347-4620

Tri-Valley Haven Homeless Services ☎ 925-449-2510

SMOKING CESSATION

戒煙輔導 / 금연 / DỊCH VỤ CẢI THUỐC LÁ

California Smokers' Helpline 1-800-NO-BUTTS (1-800-662-8887)

Cantonese 800-838-8917

Korean 800-556-5564

Mandarin 800-838-8917

Korean 800-556-5564

Vietnamese 800-778-8440

Chewing Tobacco 800-844-CHEW (800-844-2439)

TDD/TTY Hearing Impaired 800-933-4TDD (800-933-4833)

SUBSTANCE ABUSE TREATMENT

物質濫用治療 / 약물중독 치료 /

ĐIỀU TRỊ LẠM DỤNG RƯỢU VÀ MA TÚY

ACCESS ☎ 800-491-9099

Alanon and AlaTeen ☎276-2270

Alcoholics Anonymous (En & Sp only)839-8900

Narcotics Anonymous (En & Sp only)444-4673

TEEN SERVICES

青少年服務 / 청소년 서비스 /

CÁC DỊCH VỤ DÀNH CHO THANH THIẾU NIÊN

Asian Health Services, Oakland ☎986-1024

Children's Hospital Teen Clinic, Oakland ☎428-3387

Clinica Alta Vista, Oakland ☎535-6300

Planned Parenthood, ☎ 800-230-7526

Hayward & South Hayward ☎ 300-3800 or 247-9181

Tiburcio Vasquez Family Support, Hayward ☎471-5880

Tri-City Teen Clinic, Fremont (M)770-8131

Youth Employment Partnership (V)533-3447

Youth Uprising (leadership, arts, health & careers) (Ch) .777-9909

School District Programs for Parenting Teens - CalSAFE

Ofc. of Ed. (Oakland, Emeryville, San Leandro): (En only)670-7725

Berkeley Unified School District ☎644-6854

Fremont Unified School District657-9155 x 49111

Hayward Unified School District (En only)723-3190 x 63155

Pleasanton Unified School District (En only) 925-426-4275

School Based Health Centers (Ala Co Ofc. of Ed.) (Ch,V)667-7990

TEEN PARENTING SERVICES

未成年父母服務 / 10대 부모를 위한 서비스 / CÁC DỊCH VỤ HỖ TRỢ CON CÁI CHO THANH THIẾU NIÊN

California Youth Crisis Line ☎ 800-843-5200

Brighter Beginnings (formerly Perinatal Council) ☎437-8950

UTILITIES

公用事業服務 / 공공서비스 / CÁC TIỆN ÍCH

PG&E Bill Help, Salvation Army (Reach Program) ☎ 437-9437

PG&E CARE Program (C, M, V) ☎ 866-PGE-CARE, 866-743-2273

California Lifeline (Universal Telephone Service)

English1-866-272-0349

Cambodian 866-272-0352

Korean 866-272-0354

Vietnamese 866-272-0355

Chinese (Mandarin/Cantonese) 866-272-0356

Laotian/Hmong 866-272-0351

Tagalog 866-272-0353

Japanese 866-296-0860

Prepared by: Subcommittee of the Community Forum for Perinatal Health, a collaboration of organizations in Alameda County and ECC

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For additional copies contact Alameda County WIC Program at 510-875-2478

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

Revised August 2011

WIC is an equal opportunity provider

Language abbreviations: Cam = Cambodian; Ch = Chinese; C = Cantonese; H = Hindi; K = Korean; L = Lao; T = Tagalog; Th = Thai; V = Vietnamese; J = Japanese; M = Mandarin; Mon = Mongolian; B = Burmese.

Alameda County Resource Guide for Men, Women, Children and Teens

阿拉米達縣 男女、兒童和青少年資源指南

남성, 여성, 아동 및 청소년을 위한 알라미다 카운티 정보 안내

Hướng Dẫn Thông Tin Của Quận Alameda Dành Cho Người Lớn, Trẻ Em Và Thanh Thiếu Niên



Asian Language Resource Guide August 2011

2011年8月亞洲語言資源指南

2011년 8월 아시아 언어 정보 안내 Hướng Dẫn Thông Tin Dành Cho Ngôn Ngữ Châu Á năm 2011

For more help, call 211 or 888-886-9660 (toll-free) any time for housing, health and social services in multiple languages. For health care referrals in Alameda County, call 888-604-4636.

如需進一步協助，請隨時致電 211 或 888-886-9660（免費電話）查詢以各種語言提供的住房、醫療及社會服務。주택, 보건 및 사회복지 서비스에 대한 **자세한 정보**를 다양한 언어로 받으시려면 언제든지 211(무료전화) 또는 888-886-9660 으로 전화하십시오. 알라미다 카운티 내 의료서비스 소개는 888-604-4636으로 연락하시기 바랍니다.

Để được hỗ trợ thêm, hãy gọi 211 hay 888-886-9660 (số miễn phí) bất kỳ lúc nào để được hỗ trợ đa ngôn ngữ về các dịch vụ nhà ở, y tế và các dịch vụ xã hội.

☎ Symbol means that translation services are provided by agency staff or a language service
☎ 記號表示翻譯服務是由單位工作人員或語言服務機構所提供
☎ 표시가 있는 서비스는 해당 기관직원이나 언어서비스 센터를 통한 통역이 제공됩니다 .
☎ Cho biết có các dịch vụ dịch thuật được nhân viên cơ quan hoặc một dịch vụ ngôn ngữ cung cấp
All area codes are 510 unless indicated 除非另有註明，所有區域號碼都是 510 모든 지역번호는 별도의 표시가 없는 한 510번 Tất cả các mã khu vực (area code) là 510 trừ khi được chỉ rõ

ALAMEDA COUNTY SOCIAL SERVICES AGENCY

Medi-Cal, Food Stamps, CAL-Works & General Assistance
Medi-Cal、糧食券、CAL-Works 和一般協助
메디칼, 무료급식 프로그램, 칼웍스 및 종합안내
Medi-Cal, Food Stamps, CAL-Works & Hỗ Trợ Tổng Quát
General Information / 一般資訊 /
종합안내/ Thông Tin Tổng Quát ☎ 888-999-4772
North Oakland, 2000 San Pablo Ave. ☎ 263-2420
East Oakland, 6955 Foothill Blvd. Suite #100 ☎ 383-5300
East Oakland, 8477 Enterprise Way ☎ 639-1000
Hayward, 24100 Amador Ave. ☎ 670-6000
Fremont, 39155 Liberty St., Ste. C330 ☎ 795-2428
Livermore, 3311 Pacific Ave. ☎ 925-455-0747

BIRTH & DEATH CERTIFICATES

出生及死亡證明 / 출생 및 사망 증명서 / GIẤY KHAI SINH & CHỨNG TỬ

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

BREASTFEEDING HELP

餵哺母乳協助 / 모유수유 관련 안내 / HỖ TRỢ NUÔI CON BẰNG SỮA MẸ

See also WIC Program listings under “Food”
Alameda Alliance for Health Members ☎ 747-4577
Blue Cross Advice Nurse ☎ 800-231-2999
Kaiser Breastfeeding Consultants
(leave message) only Oakland ☎ 752-7557
Hayward, Fremont ☎ 784-2804

CHILD CARE

托兒服務 / 육아지원 / CHĂM SÓC TRẺ EM

Bananas Child Care Referral (North County) ☎ 658-0381
Child Care Link (East County): 925-417-8733
4 C's Child Care Referrals (South County)
Fremont ☎ 713-2557
Hayward ☎ 582-2182
Early Head Start, 0-3 yrs
Oakland ☎ 553-9926
Hayward ☎ 796-9512
Head Start, 3-5 yrs
Oakland ☎ 238-3165
Alameda 629-6350
Berkeley ☎ 848-9092
Hayward ☎ 796-9512

CHILDREN'S HEALTH

兒童的健康問題 / 아동 건강 / SỨC KHỎE CHO TRẺ EM

*Also see HEALTH CARE / CLINICS | 也見「醫療保健 / 診所」 |
의료서비스 기관 / 클리닉 편도 참고하십시오 |
XEM THÊM CHĂM SÓC SỨC KHỎE / PHÒNG MẠCH*

Referrals for well-child exams CHDP
Public Health Clearinghouse ☎ 888-604-4636
Asthma Start Program (Ch, V, Thai) ☎ 383-5181
Highway Patrol (Car Seat Help) 450-3821
Immunization Referrals ☎ 267-3230
Lead Poisoning Prevention Program ☎ ..567-8280, 800-253-2372
Poison Control System ☎ 800-222-1222

CHILDREN WITH SPECIAL NEEDS

特殊需求兒童服務 / 특수지원을 요하는 아동 / TRẺ EM CÓ NHU CẦU ĐẶC BIỆT

California Children's Services, CCS ☎ 208-5970
(occupational and physical therapy) (職業及物理治療) (작업요법 및 물리치료) (chức năng trị liệu và vật lý trị liệu)

Regional Center of the East Bay, Special Needs 383-1200
(behavior and development issues) (行為及發展問題) (행동 및 발달장애) (các vấn đề về hành vi và phát triển)

Children's Hospital, Oakland
Developmental & Behavioral Pediatrics, ☎ 428-3351
Neonatal Follow-up, Children's Hospital ☎ 428-3006
Speech & Language Center ☎ 925-463-8970
Family Resource Network ☎ 547-7322

COUNSELING SERVICES

心理諮詢服務 / 카운셀링 서비스 / CÁC DỊCH VỤ TƯ VẤN

ACCESS, 24 Hour Support Line☎: 800-491-9099
Asian Community Mental Health Services ☎ 451-6729
(Ch, C, V, K, T, Cam, J, Mien) 869-7200
California State East Bay Community Counseling Center
(C, M, V) 885-3007
City of Fremont Youth and Family Services,
Fremont Resource Center (C, M, H)☎ 574-2100
Fremont Police Department (M)☎ 790-6938
Community Health for Asian Americans (formerly
Asian Pacific Psychological Svcs), Multiple Langs☎ 835-2777
Crisis Support Services - 24 hour Line ☎ 800-309-2131
Earth Circle Counseling Center (Ch, J) ☎ 601-1929
FamilyPaths, En/Sp ☎ 800-829-3777
Hume Center (C, M, V, K, J, H) 745-9151

DENTAL CARE

牙齒保健 / 치과 치료 / CHĂM SÓC RĂNG

Healthy Kids, Healthy Teeth, Ofc of Dental Health ☎ 208-5910

DOMESTIC VIOLENCE & SEXUAL ASSAULT HELP

家庭暴力及性侵犯援助 / 가정폭력 및 성폭력 관련 안내 / HỖ TRỢ VỀ BẠO HÀNH TRONG GIA ĐÌNH & XÂM HẠI TÌNH DỤC

Alameda County Family Justice Center ☎ 267-8800
Child Protective Services ☎ 259-1800
Alameda County Adult Protective Services ☎ 577-1900
A Safe Place (H) ☎ 536-7233
Asian Community Mental Health Services (Oakland) ☎
(Ch, C, V, K, T, Cam, J, Mien) 451-6729
Asian Women's Home (San Jose) (Multiple Langs)☎.... 408-975-2739
Asian Women's Shelter (S F) (Multiple Langs)☎..... 415-751-0880
Communities United
Against Violence - Gay & Lesbian ☎ 415-333-4357
Emergency Shelter Program
(Hayward) (V) ☎ 786-1246, 888-339-7233
Korean Community Center
of the East Bay - Shimtuh Program, (K) ☎ 547-2360
Narika ☎South Asian Languages 800-215-7308
The Riley Center (San Francisco) (C, M) ☎ 415-255-0165
SAVE Shelter Against Violent Environments 24 hours ☎ 794-6055
Sexual Assault 24 hour line ☎ 534-9290, 534-9291
Tri-Valley Haven (T) ☎ 800-884-8119

EMPLOYMENT SERVICES

就業服務 / 고용정보 / CÁC DỊCH VỤ TUYỂN DỤNG

Calif Employment Development Department –
Unemployment Benefits: ☎ 800-300-5616
East Bay Works ☎ 866-329-6757
Lifetime (from GEDs to PHDs) ☎ 888-404-7726
Oakland Career Center..... 768-4473

FAMILY SUPPORT

家庭支援 / 가정 지원 / HỖ TRỢ GIA ĐÌNH

Child Protective Services 259-1800
Bananas Groups and Counseling, North County ☎ 658-7353
San Leandro Adult School Parenting Classes ☎ 667-6287

FATHERS SERVICES

父職協助服務 / 아버지를 위한 서비스 / CÁC DỊCH VỤ DÀNH CHO CÁC NGƯỜI CHA

Bananas Groups and Counseling North County ☎ 658-7353

FOOD - EMERGENCY & LOW COST

糧食 - 緊急及廉價 / 급식 - 긴급 및 저가 / THỰC PHẨM - TÌNH TRẠNG KHẨN CẤP & VỚI CHI PHÍ THẤP

Alameda County
Community Food Bank ☎ 635-3663, 800-870-FOOD
Available Monday-Friday 9-12pm, 1-4pm

FOOD - WIC PROGRAMS

糧食 - WIC 計畫 / 급식 - WIC 프로그램 / THỰC PHẨM - CÁC CHƯƠNG TRÌNH WIC

Food Assistance Program for Women, Infants and Children /
為婦女、嬰兒及兒童提供的糧食協助計畫 / 여성, 유아 및 아동을 위한 급식지원 프로그램 / Cho Chương Trình Hỗ Trợ Lương Thực Dành Cho Phụ Nữ, Trẻ Sơ Sinh Và Trẻ Em

Alameda County - Telegraph (North Oakland), Eastmont,
Hayward and Fremont (C, M, V, Cam, Lao, Th, Mon)☎ 595-6400
City of Berkeley ☎ 981-5360
La Clinica de La Raza, Oakland (C) ☎ 535-4110
Native American Health Center, (V) ☎ Alameda: 814-8440
Oakland 434-5300
San Antonio Health Center, Oakland: (C, V) ☎ 272-1502
Tiburcio Vasquez: Union City, Fremont, Hayward (V) ☎... 471-5913
West Oakland Health Center – (T) ☎ 302-3734

FOSTER CARE

寄養服務 / 가정위탁보호 / CHƯƠNG TRÌNH FOSTER CARE

Foster and Adoptive Parent Hotline (SSA) ☎ 259-3575
Foster Pal (FamilyPaths) ☎ 888-580-3725, 893-9266
Kinship Support Services (respite and support, referrals)
North Co (Family Support Services) ☎ 834-4766
South and East Co (Lincoln Children's Center) ☎ 583-8026
Legal Assistance for guardianship (Seniors over 50) ..832-3040
Help relatives get Medi-Cal and cash aid for foster child./
協助親戚為其代養兒童申請 Medi-Cal 及現金補助。 /
위탁아동을 보호하는 친지의 경우 메디칼(Medi-Cal) 및 현금지원을 받을 수 있도록 지원. / Giúp người thân nhận dịch vụ Medi-Cal và hỗ trợ tiền mặt cho con nuôi.