

Community Information Handbook 2026



COUNTY OF SAN MATEO
HUMAN SERVICES AGENCY

Find Community Services in San Mateo County

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Welcome to the 2026 Community Information Handbook. It is my pleasure to present this resource guide to the residents of San Mateo County. This handbook serves as a valuable hard copy resource, while an interactive listing of services is available online at www.smc-connect.org. In addition to the resources included in this handbook, you can find more information on nonprofit agencies, government programs, and community organizations. The easy-to-use web browser and search tool works on various platforms: desktops, tablets, and smartphones, and is accessible in multiple languages. I encourage you to take a few minutes to explore it for yourself.

We welcome your feedback. Please send any comments or edits needed to CIH_Communications@smcgov.org. This handbook is a public resource. To place an order, please submit a request at www.smcgov.org/hsa/san-mateo-county-community-information-handbooks-request.

Please note that inclusion of an organization in this handbook does not imply endorsement, nor is exclusion a reflection of the value or quality of an organization's services.

Claire Cunningham

Agency Director

San Mateo County Human Services Agency

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.

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EMERGENCY / CRISIS INTERVENTION

EMERGENCY CALLS for ambulance, fire, highway patrol and police services 911

NON-EMERGENCY CALLS for health and human service programs 211

. 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 Disability Services 800-675-TIES

. 800-675-8437

. (TTY) 711

San Mateo County Health Aging and Disability Services

1-844-868-0938

<https://www.smchealth.org/services-aging-and-disability>

The Hotline serves as the main POC for Aging and Disability Services, including Adult Protective Services.

Social workers answer questions about the variety of services available through the County and in the community. Hotline staff also provide phone support on issues of concern to older and people living with disabilities and their families.

California Poison Control System 800-222-1222

California Youth Crisis Line 800-843-5200

Providing crisis intervention counseling, youth-to-parent message service, phone connections to service providers and families, and information and referral to youth in crisis and their families.

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

Provides crisis intervention, counseling and civil legal services for victims of domestic violence.

Mills-Peninsula Health Services

Chemical Dependency Center

Crisis Line 696-5915

National Human Trafficking Hotline 1-888-373-7888

. Text BeFree (233733)

The National Human Trafficking Hotline is a national, toll-free hotline, available to answer calls, texts, and live chats from anywhere in the United States, 24 hours a day, 7 days a week, in more than 200 languages. The National Hotline's mission is to connect human trafficking victims and survivors to critical support and services to get help and stay safe.

Parent Support Line 888-220-7575

. 579-0359

Psychiatric Emergency Services

San Mateo Medical Center 573-2662

Mills-Peninsula Health Services 696-5915

Rape Trauma Services (RTS) 692-RAPE

. 692-7273

Provides 24 hour crisis counseling, advocacy and accompaniment for survivors of sexual assault.

San Mateo County Crisis Line 579-0350

Call anytime, 24/7, for help during a mental health crisis, substance abuse, or thoughts of suicide. The San Mateo County Mobile Crisis Response Team can come to you in person.

CORE 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 Hope 726-6414

www.coastsidehope.org
248 Main Street, Suite 200, Half Moon Bay 94019
Core Service Agency serving El Granada, Half Moon Bay, Miramar, Montara and Moss Beach.

Puente de la Costa Sur 879-1691

www.mypuente.org
620 North St., Pescadero 94060
Core Service Agency serving La Honda, Loma Mar, Pescadero and San Gregorio.

NORTH COUNTY:

Daly City Community Service Center 991-8007

www.dcpartnership.org
350 - 90th St., First Floor, Daly City 94015
Core Service Agency serving Broadmoor, Colma and Daly City.

YMCA Community Resource Center 276-4101

www.ymcasf.org/community-resource-center-ymca
1486 Huntington Ave, Suite 100, South San Francisco 94080
Core Service Agency serving SSF, San Bruno and Brisbane.

Pacifica Resource Center 738-7470

www.pacresourcecenter.org
1809 Palmetto Ave., Pacifica 94044
Core Service Agency serving Pacifica.

CENTRAL COUNTY:

Samaritan House 347-3648

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

Mateo.

SOUTH COUNTY:

Samaritan House South294-4312
www.samaritanhousesanmateo.org
2396 University Ave., East Palo Alto 94303
Core Service Agency serving East Palo Alto and Menlo Park.

Fair Oaks Community Center780-7500
www.redwoodcity.org/departments/
parks-recreation-and-community-services/
human-services
2600 Middlefield Rd., Redwood City 94063
Core Service Agency serving Atherton, North Fair Oaks, Portola Valley, Redwood City, Redwood Shores and Woodside.

FOR ASSISTANCE ANYWHERE IN THE COUNTY:

Salvation Army368-4644
Redwood City Corps Community Center
660 Veterans Blvd, Redwood City 94063

St. Vincent de Paul Society 373-0622
www.svdpsm.org Help Line 343-4403
50 N. B St., San Mateo 94401

DISASTER RELIEF

American Red Cross, Bay Area Chapter259-1750
www.redcross.org/local/california/northern-california-coastal/get-help.html
1710 Trousdale Dr., Burlingame 94010
Emergency relief for victims of disasters, services to military personnel, health and safety training for the public.

INMATE AND POST-RELEASE SUPPORT

David Lewis Community Reentry Center. 853-3120
2227 University Ave., East Palo Alto 94303

Service League of San Mateo County364-4664
www.serviceleague.org
727 Middlefield Rd., Redwood City 94063
Provides a variety of services to inmates of the county jail, persons released from jail and their families.

Service Connect508-6745
550 Quarry Road, San Carlos 94070
Provides social services to help stabilize clients who have just been released from jail.

VICTIM ASSISTANCE

Victim Services 599-7479
www.smcgov.org/da/victim-services
500 County Center, DA's Office, 3rd Fl., Redwood City
Provides general emergency and ongoing assistance for victims of violent crimes.

For Emergency Shelter see Homeless Services

For Hospitals see Health

ANIMAL SERVICES

Peninsula Humane Society and SPCA340-8200

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

Educates the public about animal care and protection, offers classes in dog obedience, provides a lost-and-found service for dogs and cats and a low-cost spay/neutering service.

San Mateo County Animal Licensing

Pet Data, Inc. 866-925-5906

Licenses can be purchased locally at:

1600 Hillsdale Blvd. #203, San Mateo, CA 94402

1450 Rollins Rd. Burlingame 94010

12 Airport Blvd. San Mateo 94401

Program Manager 573-3726

For information on service dogs, rabies vaccination exemption requests, breeder and fancier permits, and spay/neuter voucher requests.

San Mateo County Mosquito & Vector Control District

1351 Rollins Rd., Burlingame 94010. 344-8592

www.smcMvcd.org

Provides mosquito and vector control services to all of San Mateo County – residents can request mosquito control, rodent inspections, yellowjacket nest treatment, insect identification, and many other services.

CHILDREN, TEENS, YOUTH & FAMILIES

ADOPTION

Adopt International415-934-0300

www.adoptinter.org

1000 Brannan St., #301, San Francisco 94103

Facilitates the adoption process for couples and single adults who wish to adopt children.

Adoption Connection 415-359-2494

www.adoptionconnection.org 800-972-9225

1710 Scott St., San Francisco 94115

San Mateo County Human Services Agency

Adoptions Unit 802-7615

www.smcgov.org/hsa/adoptions

1500 Fashion Island Blvd. San Mateo

A full service adoption agency, working with birth parents, adoptive parents, adoptive children and adult adoptees.

San Mateo County Superior Court

<https://sanmateo.courts.ca.gov/>

Family Court Services 261-5080

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) 517-1460

www.sanmateo4Cs.org

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

Provides referrals for licensed family day care homes or centers, infant care, full-day child care, preschools and extended day care.

Family Connections

www.familyconnections.org

Administrative Office: 3460 W. Bayshore Rd, Suite 202, Palo Alto 94303

Our parent participation preschools provide enriching early learning experiences for birth-to-five year olds.

Izzi Early Education (formerly IHSD Inc.)

www.izziearlyed.org

155 Bovet Road, Suite 300, San Mateo 94402

Early Head Start 368-1728 x5

Head Start 578-3440

Offers a child and family development program for low-income families to serve children from 0-5 years of age and pregnant mothers.

Peninsula Family Service 403-4300 x4775

www.peninsulafamilyservice.org

Offers early head start and center based services throughout San Mateo County for infant, toddler, pre-school, and school age children.

CHILD SUPPORT

San Mateo County Department of Child Support Services (DCSS)

www.smcgov.org/dcsc 866-901-3212

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

Establishes legal parentage, child, spousal and medical support orders and modifies orders when circumstances change. Child support professionals engage both parents in a professional and fair manner.

San Mateo County Superior Court

<https://sanmateo.courts.ca.gov/>

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) 802-7922

. 800-632-4615

www.smcgov.org/hsa/child-protective-services

1500 Fashion Island Blvd. San Mateo

Accepts referrals about situations in which children age 17 or under are in jeopardy because of abuse, abandonment or exploitation.

San Mateo County Human Trafficking Program

www.stophumantraffickingsmc.org
stophumantrafficking@smcgov.org

Rape Trauma Services (RTS) 652-0598

www.rapetraumaservices.org
Provides education for students, teachers, community groups and other professionals working with trauma, including violence prevention and intervention.

FOSTER CARE

**San Mateo County Human Services Agency
Children and Family Services**

www.smcgov.org/hsa/children-and-family-services
1500 Fashion Island Blvd. San Mateo

Foster Care Eligibility 802-5103

400 Harbor Blvd, Bldg B, Belmont 94002
Dispenses payments to resource families, non-related guardians.

Resource (Foster) Family Approval Unit 802-7636

Foster care/adoption/legal guardianship approval for San Mateo County.

**RESOURCES FOR PARENTS
AND FAMILIES**

Children’s Integrative Resiliency Program

Provides comprehensive case management and therapeutic services for children and teens impacted by domestic violence.

Daly City Peninsula Partnership 301-3300

Our Second Home Family Support Center

www.dcpartnership.org
725 Price St., Daly City 94014
An early childhood family resource center.

Edgewood Center for Children and Families

Kinship Support Services Program

www.ikinship.org 832-6711
170 South Spruce Ave., Suite #200, South San Francisco 94080

Comprehensive support and services for relative caregivers to help children remain with family members and in the community, instead of “stranger” care and/or out-of-home placement.

Health Ambassador Program 372-6136

www.smchealth.org/HAP
Provides additional learning opportunities for individuals to enhance their knowledge & skills related to supporting others who need emotional support. Participants learn about WRAP, ASIST, MHFA & other effective interventions in assisting others.

Multicultural Institute 339-2794

Academic success mentorship program for third to fifth graders.

Parent Project

www.smchealth.org/ParentProject
Point of Contact: MLorente-Foresti@smcgov.org
An interactive 12-week course that teaches parenting

skills to improve a parent's/caregiver's relationship with their child(ren). The class focuses on effective identification, prevention & early intervention strategies.

San Mateo County Health –

Family Health Services 573-2501

www.smchealth.org/division-family-health-services

Resource Line 888-840-0889

2000 Alameda de Las Pulgas, #230, San Mateo 94403

Family support services for pregnant and parenting women, men and their families, newborn children to age 5 with chronic diseases, mild to moderate behavioral issues, developmental delays or parents just needing support, including education and linkages to health and developmental resources.

Women, Infants and Children Program (WIC)

www.smchealth.org/wic 573-2168

Breastfeeding Helpline 800-205-0333

Offers supplemental food, nutrition and breastfeeding education to families with limited income and children age 0-5 at clinics throughout the county.

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.

YOUTH DEVELOPMENT AND MENTORING

American Red Cross, Bay Area Chapter259-1750

www.redcross.org/take-a-class

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.org 415-503-4050

1230 Preservation Park Way, Oakland 94612

For age 6-16.

Boy Scouts of America 341-5633

www.pacsky.org

1150 Chess Dr., Foster City 94404

For boys age 7-17, girls age 14-20.

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.bgccoastside.org

600 Church St., Half Moon Bay 94019

NORTH COUNTY:

Boys and Girls Clubs of the Peninsula

Daly City 777-9083

<https://www.bgcp.org/>

450 Martin St., Daly City 94014

Ingrid B. Lacy Middle School Club 359-6118

www.theclubs.org

1427 Palmetto Ave., Pacifica 94044

Paradise Valley Club 583-2348

www.theclubs.org

291 Hillside Blvd., South San Francisco 94080

South San Francisco Club 589-7090

www.theclubs.org

201 W. Orange Ave., South San Francisco 94080

Sunshine Gardens Elementary Club 804-4391

www.theclubs.org

1200 Miller Ave., South San Francisco 94080

Yosemite Drive Clubhouse 355-1334

www.theclubs.org

955 Yosemite Dr., Pacifica 94044

SOUTH COUNTY:

Boys and Girls Club - Peninsula 646-6132

McNeil Family Clubhouse. 646-6066

401 Pierce Rd., Menlo Park 94025

Mervin G. Morris Branch 587-9370

1109 Hilton St., Redwood City 94063

Moldaw-Zaffaroni Clubhouse 646-6086

2031 Pulgas Ave., East Palo Alto 94303

Center for a New Generation www.bgcp.org

Belle Haven Community School 561-3135

415 Ivy Dr., Menlo Park 94025

James Flood Magnet School. 847-1600

2037 Pulgas Avenue, East Palo Alto 94303

Hoover Community School 482-5925 x313

701 Charter St., Redwood City 94063

Taft Community School 556-1651 x10

903 - 10th Ave., Redwood City 94063

Boys Hope Girls Hope 415-657-9302

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.

Edgewood

www.edgewood.org/young-adults/

Drop-in Centers: North and South

Program is a peer led safe space providing free resources and basic needs for 18-25 year olds. Open M-F from 3 pm to 8 pm.

Drop in Center: North 832-6797
931 W. San Bruno Avenue, Suite 2, San Bruno 94066

Drop in Center: South 517-8211
604 Price Avenue, Suite A, Redwood City 94603

Explorers' Program 363-4012
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 Youth 368-4444
www.friendsforyouth.org
3460 W Bayshore Rd, Suite 203, Palo Alto 94303
Matches troubled teens age 10-17 with adult volunteers recruited from the community for the purpose of forming one-to-one relationships.

Girl Scouts 800-447-4475
www.girlscoutsnorcal.org 408-287-4170
1310 S. Bascom Avenue, San Jose 95128
For girls age 5-17.

Hope Horizon East Palo Alto 327-1139
1001 Beech Street, East Palo Alto 94303
Provides academic support (KidSmart for grades 1-5), spiritual mentoring, and life skills to youth in elementary, middle school, and high school.

Lauren's House 4 Positive Change Inc 630-0222
994 Beech Street, East Palo Alto 94303
www.laurenshouse.org
monique@laurenshouse.org
Lauren's House is a small nonprofit in East Palo Alto that provides free academic and emotional support to at-risk children, youth and their families.

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.

University of California Cooperative Extension
www.ca4h.org 726-9059
80 Stone Pine Rd., #100, Half Moon Bay 94019
Sponsors 4-H Clubs.

Youth Service Bureaus of YMCA 877-8642
1486 Huntington Ave, Suite 100, South San Francisco 94080

YMCA of San Francisco 286-9622
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 YMCA 328-9622
550 Bell St., East Palo Alto 94303

Sequoia Branch 368-4168
1445 Hudson St., Redwood City 94061

OTHER SERVICES

Daly City Youth Health Center 877-5700
www.dcyouth.org
350 90th St., 3rd Floor, Daly City 94015
Mon–Fri: 9 am–5:30 pm. Provides a range of health services for teens and young adults (ages 12–24).

DISABILITY SERVICES

Abilities United 494-0550
www.abilitiesunited.org
525 E. Charleston Rd., Palo Alto 94306
A multifaceted agency with various programs serving infants, children and adults who are developmentally disabled.

AbilityPath (Voice / TTY) 259-8500
www.abilitypath.org
875 Stanton Road, Burlingame 94010
Provides vocational training and day activity programs for adults with developmental disabilities, and early intervention services for infants age 3 or under.

Achievekids 494-1200
www.achievekids.org
3860 Middlefield Rd., Palo Alto 94303
A year-round day treatment and special education program for children and adolescents with emotional, behavioral, developmental or learning disabilities.

Arc of San Francisco 756-1304
www.thearcsf.org
6644 Mission St., Suite A, Daly City 94014
Offers programs for the developmentally disabled on community living skills, employment, independent living, recreation and the arts, and senior services.

B.O.K. Ranch 366-2265
www.bokranch.org
1815 Cordilleras Rd., Redwood City 94062
Therapeutic horseback riding for children and adults with physical or developmental disabilities.

Deaf and Disabled Telecommunications Program (DDTP) 800-806-1191
www.caconnect.org (TTY) 800-806-4474
Provides a statewide relay system between those who have and those who don't have TTY.

California Children's Services 616-2500
801 Gateway Blvd., Suite 400, South San Francisco 94080
A tax supported statewide program that helps children and young adults up 21 years old who have certain medical conditions.

California State Department of Rehabilitation
www.dor.ca.gov or www.ca.db101.org
801 Traeger Ave., #105, San Bruno 94066 . . 737-2606
1065 E. Hillsdale Blvd., #403, Foster City 94404

..... 358-4180
800 Menlo Ave., #122, Menlo Park 94025. . . 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.org 800-572-2275
. (TTY) 707-577-1756
Trains specially-bred dogs to assist people with disabili-
ties to live more independent lives.

**Center for Independence of Individuals
with Disabilities (CID)**

www.cidsanmateo.org 645-1780
. (TTY) 522-9313
2001 Winward Way, Suite 103, San Mateo 94404
1590 El Camino Real, Suite C, San Bruno 94066
. 589-8994
Provides a variety of services to enable disabled and frail
elderly people to lead independent lives.

Children’s Health Council (Voice / TTY) 326-5530

www.chconline.org
650 Clark Way, Palo Alto 94304
A multidisciplinary diagnostic and treatment center for
children with emotional problems, learning disabilities or
other neurologic problems.

Family Resource Center at Community Gatepath 259-8544

1764 Marco Polo Way, Burlingame 94010
Provides support groups, parent mentors, resource
library, warm line support, community outreach, IEP
training, bilingual support and parent workshops.

Family Housing and Adult Resources (FHAR) 403-0403

www.fhar.org
20 E. 20th Ave., San Mateo 94403
Provides residential housing and training for individuals
with developmental disabilities such as cerebral palsy,
epilepsy or autism.

Golden Gate Regional Center (GGRC)

www.ggrc.org 574-9232
3130 La Selva St., #202, San Mateo 94403
Provides diagnosis, counseling, and assistance in arrang-
ing 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.com 415-499-4000
Guide dogs and training for blind persons age 16 or over.

**Hearing and Speech Center for Northern
California 415-921-7658**

www.hearingspeech.org (TTY) 415-921-8990
1234 Divisadero St., San Francisco 94115
Information/services on hearing, hearing loss, hearing
conservation, deafness. Loan of hearing aids.

Hearing Loss Association of America 593-6760

www.hearinglossca.org/chapters/peninsula-chapter
Educational and emotional support group for hearing-im-
paired persons.

- HOPE Services** 408-284-2850
www.hopeservices.org
 30 Las Colinas Ln., San Jose 95119
 Provides a variety of services for persons with developmental disabilities.
- Kainos Home and Training Center** 363-2423
www.kainosusa.org
 3631 Jefferson Ave., Redwood City 94062
 Maintains licensed residential homes and a work training program for developmentally disabled adults.
- National Center for Equine Facilitated Therapy (NCEFT)**
www.nceft.org 851-2271
 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.
- Parca** 312-0730
www.parca.org
 800 Airport Blvd., #320, Burlingame 94010
 Serves as an advocate to persons with developmental disabilities and provides various recreational, social and support activities, residential facilities.
- San Mateo County Health – Aging and Disability Services** 800-675-TIES
www.smchealth.org/aas 800-675-8437
 (TTY) 711
 225 - 37th Ave., San Mateo 94403
 San Mateo County Health Aging and Disability Services
 1-844-868-0938
<https://www.smchealth.org/services-aging-and-disability>
 The Hotline serves as the main entry point for Aging and Disability Services, including Adult Protective Services. Social workers answer questions about the variety of services available through the County and in the community. Hotline staff also provide phone support on issues of concern to older and people living with disabilities and their families.
- San Mateo County Human Services Agency Vocational Rehabilitation Services (VRS)** 802-6450
www.smcgov.org/hsa/vocational-rehabilitation-services
 550 Quarry Rd., San Carlos 94070
 Provides job training, placement or employment for any employable county resident collecting General Assistance or undergoing psychiatric treatment.
- San Mateo County Office of Education**
 Special Education Services 802-5460
<https://www.smcoe.org/> (TTY) 802-5480
 101 Twin Dolphin Dr., Redwood City 94065
 Determines questions of compliance involving special education issues.
- Vista Center** 858-0202
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 Division 550-7890

www.jeffersonadulthood.net

699 Serramonte Blvd., #111, Daly City 94015

San Mateo Union High School District

Adult and Community Education 558-2100

smuhd.org/smas

789 E. Poplar Ave., San Mateo 94401

Sequoia Union High School District

Sequoia Adult School 306-8866

www.seqsas.org/

3247 Middlefield Rd., Menlo Park 94025

South San Francisco Unified School District

Adult Education Program 877-8844

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 College 306-3100

www.canadacollege.edu

4200 Farm Hill Blvd., Redwood City 94061

College of San Mateo 574-6161

www.collegeofsanmateo.edu

1700 W. Hillsdale Blvd., San Mateo 94402

Skyline College 738-4100

www.skylinecollege.edu

3300 College Dr., San Bruno 94066

PRIVATE COLLEGES

Menlo College 800-55-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

<https://www.smcoe.org/> 802-5300
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 North San Mateo County

www.ssf.net/projectread 829-3871
840 W. Orange Ave., South San Francisco 94080
Offers a literacy program for functionally illiterate English-speaking adults.

Redwood City Project Read 780-7077

www.projectreadredwoodcity.org
1044 Middlefield Rd., 2nd Floor, Redwood City 94063
Offers an intergenerational literacy program for adults and youth seeking to improve literacy skills.

San Mateo Project Read 522-7848

<https://www.cityofsanmateo.org/927/Adult-Literacy>
55 W. 3rd Ave., 2nd Fl., San Mateo 94402
Offers a literacy program for functionally illiterate English-speaking adults.

SAN MATEO COUNTY READS PROGRAMS

www.smcl.org/content/adult-literacy

Community Learning Office 323-0362
2415 University Ave., 2nd Fl., East Palo Alto 94303
225 S. Cabrillo Hwy, Suite 104B, Half Moon Bay 94019
. 726-2316 x4
Literacy support for adults and families, including one-on-one tutoring and group workshops.

For Preschool Referrals see Children, Teens, Youth and Families

EMPLOYMENT AND TRAINING

EMPLOYMENT DISCRIMINATION

California State Department of Fair Employment and Housing 916-478-7251

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.gov 415-625-5600

350 The Embarcadero, #500, San Francisco 94105

Investigates charges of employment discrimination based on race, color, religion, sex, disability, national origin or age.

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.legalaidatwork.org

180 Montgomery St., San Francisco 94104

Information, advocacy, counseling and legal services primarily to low-income individuals.

JOB TRAINING, PLACEMENT AND DEVELOPMENT

Apprenticeship Standards Division

www.dir.ca.gov 408-277-1273

100 Paseo de San Antonio, R-125, San Jose 95113

Organizes apprenticeship programs, works with schools to set up vocational trade classes and offers consultation to employers.

California Conservation Corps (CCC)

www.ccc.ca.gov 916-341-3100

Offers training and employment to state residents age 18-23 in a variety of locations throughout California.

California State Department of Rehabilitation

www.dor.ca.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..

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 Youth599-7215

www.jobsforyouth.org

455 County Center, 5th floor, Redwood City 94063

Finds employment for young people age 14–21.

JobTrain

www.jobtrainworks.org

366 Grand Ave, South San Francisco 94080

.....829-4652

1200 O'Brien Dr., Menlo Park 94025

..... 330-6429

Provides job training to economically disadvantaged, unemployed, or underemployed adults and youth.

Day Worker Program, North Fair Oaks

Multicultural Institute 339-2794

www.mionline.org

Multiservice day laborer program and aids contractors and homeowners in finding day laborers through a phone or online reservation system.

Next Step Center 566-0240

795 Willow Rd., Bldg. 348, Menlo Park 94025

Comprehensive vocational and employment services for veterans.

One East Palo Alto (OEPA) 980-1809

www.oneepa.org

1195 Hamilton Court, Menlo Park 94025

(Facebook Willow Campus/MPK 45)

One East Palo Alto (OEPA) Neighborhood Improvement Initiative offers youth-focused services such as the Sponsored Employment Program (SEP) that provides part-time summer jobs with mentoring and community connectedness opportunities for East Palo Alto young people at highest risk, ages 14-24.

Peninsula Family Service

Second Career Services 403-4300 x4385

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.

NOVA Workforce Development 408-730-7232

www.novaworks.org

Offers comprehensive employment services for job seekers, youth and employers.

Phase2Careers www.phase2careers.org

Assist older adults 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.

Renaissance Entrepreneurship Center 829-6429

www.rencenter.org

366 Grand Ave., South San Francisco 94080

Provides support to those looking to start and grow a business or an idea.

Samaritan House Worker Resource Center

www.samaritanhousesanmateo.org 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 can use the services Mon.–Fri., 7 am–3 pm; Sat., 7 am–1 pm, Sun., 7 am–12 noon.

San Mateo County Human Resources

Department 363-4343

www.smcgov.org/hr (TTY) 368-7807

455 County Center, 5th Floor, Redwood City 94063
Handles employee classification, benefits, training and public safety issues for the county.

San Mateo County Human Services Agency

Vocational Rehabilitation Services (VRS) 802-6450

www.smcgov.org/hsa/vocational-rehabilitation-services
550 Quarry Rd., San Carlos 94070

Provides job training, placement or employment for any employable county resident collecting General Assistance or undergoing psychiatric treatment.

United Indian Nations 510-352-4510

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

ENERGY PROGRAMS

**Bay Area Regional Energy Network/
Rising Sun Center for Opportunity**

Green House Calls 510-665-1501 ext.300

risingsunopp.org/programs/ghc/

In-person and virtual services that provide no-cost energy and water efficiency measures to households.

Green House Call:

- Assessment of the home's energy and water use
- Installation of energy and water efficient devices including light bulbs, efficient flow faucet aerators and shower heads, foam weather tape, and energy savings booklet.
- Customer pledge, education and resource sharing.

**Bay Area Regional Energy Network/
San Mateo County Energy Watch**

Home Energy & Water Saving Toolkit Program

smcenergywatch.org/homes/

home-energy-water-toolkit/

Free to look at kit to upgrade your home energy and efficiency tools and resources at San Mateo libraries, along with other home upgrade you may be eligible for.

Central Coast Energy Serviceswww.energyservices.org

Payment Assistance

The Home Energy Assistance Program (HEAP) provides payment assistance with home energy bills. California Alternate Rates for Energy (CARE) is a discount rate program offered by PG&E which gives eligible low-income households a 20% discount on their energy bill.

Weatherization Services

HEAP applicants may be eligible for Weatherization Services. Energy efficiency-improving measures to the home to reduce energy costs. This program is available to renters as well as homeowners. Owners of

rental property are not charged when provided for their tenants.

PG&E

Portable Battery Program

<https://www.pge.com/en/account/billing-and-assistance/financial-assistance/portable-battery-program.html>

The Portable Battery Program offers extra support to those who are reliant on electricity for medical needs. Qualifying customers can receive backup portable batteries to help power medical devices, assistive technology and durable medical equipment during outages.

GRID Alternatives Bay Area www.grid solar.org/ **NO-Cost Solar for Homeowners**

GRID creates and installs solar projects that serve low-income households and communities, to access a variety of clean mobility and battery storage incentive programs.

San Mateo County

Sustainability Department 888-442-2666 sustainability@smcgov.org

455 County Center, 4th Floor, Redwood City 94063

The Sustainability Department has programs to help the county both fight and prepare for climate change; ensure clean energy, water and air; and conserve resources for future generations through waste reduction.

Peninsula Clean Energy 866-966-0110 info@peninsulacleanenergy.com

Buying Electric Vehicle

<https://www.peninsulacleanenergy.com/residential/electric-vehicles/>

EV Advisors can answer basic questions about EV ownership and help you understand the rebates and incentives available to make your purchase more affordable by calling Peninsula Clean Energy.

Buying an Electric Bicycle

<https://www.peninsulacleanenergy.com/residential/rebates-offers/e-bikes/>

The E-Bike Rebate program helps eligible customers purchase a new e-bike with incentives up to \$1,000. To qualify, you must participate in the California Alternate Rates for Energy (CARE) program or the Family Electric Rate Assistance (FERA) program.

Home Appliances

<https://www.peninsulacleanenergy.com/residential/home-upgrade-services/>

Need a new water heater, furnace, or A/C? PCE Home Upgrade Services make it easier and more affordable for you to go electric. Helping single-family homeowners convert outdated gas appliances. Income-qualified customers may receive no-cost installations.

Home Upgrade Advisor

<https://www.peninsulacleanenergy.com/residential/home-upgrade-services/personalized-support/>

Receive professional, hands-on support planning your home upgrades including help with planning, technical questions, contractor quotes, and optimizing energy usage on your home upgrade project.

Energy Bill Discounts and Assistance

<https://www.peninsulacleanenergy.com/residential/rates-billing/lower-your-bill/>

If you would like to lower your bill, you may be eligible for a discount or energy efficiency program. Peninsula Clean Energy customers are eligible for PG&E programs.

SunWork www.Sunwork.org

Solar and heat pump water heater installation using volunteers, for residents with low energy bills.

FINANCIAL ASSISTANCE

CONSUMER EDUCATION

Consumer Credit Counseling Service

www.cccssf.org 800-777-PLAN

. 800-777-7526

595 Market St., 15th Fl., San Francisco 94105

Counseling on alternatives for family money management, debt liquidation, budget planning and the use of credit.

Accion Opportunity Fund 408-297-0204

<https://aofund.org/>

111 W. St. John Street, #800, San Jose 95113

Offers the Individual Development Account (IDA) savings program and the Small Business Loans program which makes loans to low-income entrepreneurs who cannot qualify for a traditional bank loan.

Peninsula Family Service Financial Empowerment Services

www.peninsulafamilyservice.org 403-4300 x4105

24 Second Ave., San Mateo 94401

Helps low-income individuals maintain self-sufficiency by providing financial management workshops.

LOAN PROGRAMS

Peninsula Family Service

DriveForward 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 HSA offices below or call 800-223-8383.

Cash Assistance Program for Immigrants (CAPI)

Provides assistance in the form of monthly cash payments for legal non-citizens who need financial help. For information on CAPI, call 800-648-0954 or see HSA offices below.

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 farmer's markets. Apply for CalFresh online at benefitscal.com, call 800-223-8383 or see HSA offices 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 HSA offices below or call 800-223-8383.

HSA Service Center 800-223-8383

<https://www.smcgov.org/hsa>

Offers a toll-free number to report Medi-Cal changes, ask questions about health coverage and other services.

Human Services Agency Regional Offices

www.smcgov.org/hsa/contact-us

Northern region: Brisbane, Colma, Daly City, Pacifica, San Bruno, South San Francisco

271 - 92nd St., Daly City 94015 301-8440

Central region: Belmont, Brisbane, Burlingame, Foster City, Half Moon Bay, Hillsborough, Millbrae, San Carlos, San Mateo

400 Harbor Blvd., Bldg B., Belmont 94002 . . 802-6470

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

2415 University Ave., East Palo Alto 94303 . . 363-4218

2500 Middlefield Rd., Redwood City 94063 . . 599-3811

SOCIAL SECURITY BENEFITS

Social Security Administration

.(TTY) 800-325-0778

www.ssa.gov 800-772-1213

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

OTHER SERVICES

Breast Cancer Emergency Fund

<https://www.bayareacancer.org/new-home-for-the-breast-cancer-emergency-fund/> 650-326-6686

1511 S. Claremont Street, San Mateo 94402

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.

San Mateo County Health Foundation (SMCHF)

<https://smchf.org/> 650-573-2655
222 W. 39th Avenue, San Mateo CA 94403
Independent nonprofit providing aid to
San Mateo County Health patients for basic needs,
food and emergency housing assistance, medical
requests, and transportation. SMC Health patients
must apply through their SMC Health medical team.
Hours: Monday-Friday 9AM-4PM.

FOOD PROGRAMS

Food Assistance Program (CalFresh) 800-223-8383

CalFresh benefits can be used to buy food at all major
grocery stores, many neighborhood stores and partici-
pating farmers markets. Apply in-person through Human
Services Agency regional offices listed on page 20 or
on-line at benefitscal.com.

Second Harvest of Silicon Valley Food Connection

Hotline 800-984-3663

www.shfb.org/getfood
Multi-lingual referrals to free grocery distributions,
pantries and congregate meals. CalFresh application as-
sistance by phone or at community locations throughout.
Mon.-Fri., 8 am–5 pm.

CONGREGATE MEAL SITES

Bread of Life 326-9796

1852 Bay Rd., East Palo Alto 94303
Free meal Tue.-Thur., 5-6 pm.

Catholic Worker Hospitality House. 827-0706

555 West San Bruno Ave., San Bruno 94066
Breakfast Tue.-Fri., 7-9 am.

Ecumenical Hunger Program 323-7781

www.ehpcares.org
At St. Francis of Assisi Church
1425 Bay Rd., East Palo Alto 94303
Provides meals Monday, Wed. thru Friday. 10 am–noon
and 2:30–4:30 pm.

No Strings Attached Breakfast Senior Coastsiders

www.seniorcoastsiders.org 726-9056
925 Main St., Half Moon Bay 94019
Breakfast every Saturday.

Salvation Army 368-4644

Redwood City Corps Community Center
660 Veterans Blvd, Redwood City 94063

Samaritan House Kitchen 347-3648

www.samaritanhousesanmateo.org
4031 Pacific Blvd., San Mateo 94403
Lunches available Sat. and Sun. 12 noon–1 pm. in the
parking lot.
Masonic Hall, 100 N. Ellsworth Ave., San Mateo
Serves hot dinners Mon.–Fri., 4:30–6 pm.

St. Anthony's Padua Dining Room 365-9665

3500 Middlefield Rd., Menlo Park 94025

Provides meals Mon.–Sat., 11 am–1 pm.

St. Vincent de Paul Society

www.svdpsm.org

50 N. B St., San Mateo 94401 343-9251
Mon.-Fri., 9:45–11:45 am

Café St. Vincent 589-9039

421 4th Lane, South San Francisco 94080
Mon-Fri, 10am–11am

Street Life Ministries 395-8114

www.streetlifeministries.org

Serves meals on Mon and Wed, 7:30 to 9 pm, 1300
Middlefield Road, Redwood City

Serves meals on Tues and Thurs, 7:30 to 9 pm, 1120
Merrill Street, Menlo Park

Women, Infants and Children Program (WIC)

www.smchealth.org/wic 573-2168

Breastfeeding Helpline 800-205-0333

Offers nutrition education and supplemental foods to
families with limited incomes and children age 0-5 at
clinics throughout the county.

See also Children, Teens, Youth and Families

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.

CALL Primrose – Drop In Food Pantry 342-CALL

www.callprimrose.org 342-2255

139 Primrose Rd., Burlingame 94010
Open Mon.–Fri., 9 am–2:45 pm.

Catholic Worker House 366-4415

545 Cassia St., Redwood City 94063
Food is distributed Fridays at 11:30 am.

Downtown Food Closet 408-899-7350

<https://www.streetsteam.org/paloalto>

All Saints Church, 425 Hamilton Ave., Palo Alto 94301

Offers canned goods, fresh produce, dairy products and
bread to low-income residents of Palo Alto, East Palo
Alto, and Menlo Park. Mon.–Fri., 10 am–2:30 pm, Sat., 9
am–1 pm.

Ecumenical Hunger Program 323-7781

www.ehpcares.org

2411 Pulgas Ave., East Palo Alto 94303

Emergency Food Box distributed Mon., Wed., Thurs. and
Fri. 10 am–2 pm, (closed Tues.). Serves East Palo Alto,
Menlo Park, and Palo Alto.

Grace Covenant Church 589-6797

www.gracecovssf.com

740 Del Monte Ave., South San Francisco 94080

Distributes bags of food to those in need twice a month
and hosts a monthly luncheon for seniors.

Samaritan House 347-3648

www.samaritanhousesanmateo.org

4031 Pacific Blvd., San Mateo 94403

Provides access to onsite emergency food pantry. Mon.–
Fri., 9 am–12 noon and 1–4 pm.

Dining Room Mon.–Fri. 4:30–6 pm; Mobile Meals Mon.–Fri. 1–4 pm.

Second Harvest of Silicon Valley Food Connection

Hotline 800-984-3663

www.shfb.org/getfood

Multi-lingual referrals to free grocery distributions, pantries and congregate meals. CalFresh application assistance by phone or at community locations throughout. Mon.–Fri., 8 am–5 pm.

St. Francis Center 365-7829

www.stfrancisrwc.org

151 Buckingham Ave., Redwood City 94063

Provides up to five days of food for needy families in Redwood City or Menlo Park.

MEALS ON WHEELS

Will deliver a hot meal to the home of persons age 60 or over or homebound who are unable to prepare their own meals.

For information about the program and financial contributions, or to order Meals on Wheels, call:

Daly City to East Palo Alto 323-2022

Coastside 726-9056

Pacifica 738-7350

See also Homeless Services

For Senior Dining Centers see Senior Services

HEALTH

FAMILY PLANNING SERVICES AND INFORMATION

Alpha Pregnancy Center 415-584-6800

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 Home 324-8487

2265 Oakwood Dr., East Palo Alto 94303

A residence for teenage mothers age 12-17.

First Resort 261-9115

801 Brewster Ave., #210, Redwood City 94063

Provides support and assistance to women experiencing a crisis pregnancy.

Health Connected 367-1937

www.health-connected.org

120 James Ave., Redwood City 94062

A partnership of educators, community residents, and health and human service providers organized to address teenage pregnancy in the county.

Planned Parenthood

www.ppmarmonte.org

Medical health clinics for women, men and teens that specialize in reproductive health care.

San Mateo Health Center 877-855-7526

29 Baywood Ave., San Mateo 94402

Redwood City Health Center 877-855-7526

2907 El Camino Real, Redwood City 94061

South San Francisco Health Center 877-855-7526

435 Grand Ave., South San Francisco 94080

San Mateo County Health – Family Health Services

www.smchealth.org/division-family-health-services

Resource Line 888-840-0889

2000 Alameda de las Pulgas, #230, San Mateo 94403

Healthy Families San Mateo

County (HFSM) 573-2501

Offers support to pregnant people and families with infants utilizing the Healthy Families America (HFA) model, a nationally recognized, evidence-based home visiting program that focuses on strengthening parent child relationships, promoting healthy child development, and enhancing family well-being.

Nurse-Family Partnership

(NFP) program 573-2051

Provides services to first-time parents to prepare for childbirth, ensuring a healthy pregnancy and infant health. Offers support, education on child development and parenting, and guidance to give babies the best possible start in life.

notes 573-2501

2000 Alameda de las Pulgas, #230, San Mateo 94403

Home visiting case management services for Medi-Cal eligible children, newborn to age 5, using Promoting First Relationships evidence-based curriculum and model. Supporting parents and child(ren) in prevention-focused services, including support around bonding, attachment, social-emotional health, and linkages to health and developmental resources.

Prenatal Advantage Black Infant

Health Program 363-7850

2415 University Ave., 2nd Fl., East Palo Alto 94303

Referrals, education and support for pregnant and parenting African-American women.

HEALTH AND DENTAL CLINICS

Arbor Free Clinic

www.med.stanford.edu/arbor.html

114 Fifth Ave, Redwood City 94063

Sundays 493-5000 x22222

Free medical care for low-income and homeless persons every Sun., 8 am–2 pm. First come, first served until capacity is reached. Specialty clinics available.

Bay Area Addiction Research and Treatment (BAART)

Methadone Clinic 324-1470

www.baartprograms.com

795 Willow Rd., Bldg. 332, Menlo Park 94025

Felton Institute 458-0026

<https://felton.org/early-psychosis/san-mateo/>

1108 S. El Camino Real, San Mateo 94402

The Felton (re)MIND® early psychosis program and BEAM early bipolar disorder program deliver comprehensive treatment grounded in wellness, recovery and resilience to people experiencing early signs and

symptoms of a psychotic or mood disorder, as well as providing families the tools to support their loved ones in their recovery process. All services are provided through our multidisciplinary team on an outpatient basis with no cost for any client or family.

Foothill College Dental Hygiene Clinic 949-7335

www.foothill.edu/bio/programs/dentalth
12345 El Monte Rd., Room 5312, Los Altos Hills 94022
Provides dental services for low-income people.

HealthRIGHT 360 348-6603

www.healthright360.org
2015 Pioneer Court, Suite B, San Mateo 94403

North East Medical Services 550-3923

www.NEMS.org
211 Eastmoor Avenue, Daly City 94015
Open Mon–Sat: 8 am–5 pm, closed for lunch everyday
12 noon–1 pm.
1850 Sullivan Ave, Daly City 94015
Open Mon–Fri: 8 am–5 pm, closed for lunch everyday
12 noon–1 pm.
A federally qualified health center that provides multi-lingual adult medicine, pediatrics, internal medicine, behavioral health, lab, mental health, pharmacy, dental, acupuncture and other medical services.
Accepts Medi-Cal, Medicare, private insurances and uninsured.

Ravenswood Family Health Center 330-7400

www.ravenswoodfhc.org
1885 Bay Road, East Palo Alto, CA 94303

at Belle Haven 321-0980

100 Terminal Ave., Menlo Park 94025
Health care for persons in south part of County.

RotaCare Clinics www.rotacarebayarea.org

RotaCare Clinic at Seton Medical Center 515-6885

380 90th Street, Daly City 94015
Mon., 5:30–7:30 pm. Closed for holidays. Urgent care clinic only. First come, first-served basis.

RotaCare Coastside Clinic 773-6513

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.org

Redwood City Free Clinic 839-1447

114 - 5th Ave., Redwood City 94063

San Mateo Free Clinic 578-0400

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

www.smchealth.org

Edison Clinic 573-2385

222 W. 39th Ave., San Mateo 94403
Full-service HIV care and TB care for uninsured, underinsured and Medi-Cal patients and Infectious Disease and PrEP specialty care for State/HPSM

Medi-Cal members

Mobile Clinic 573-2786

COACH Medicine: Drop-in Adult Health screenings, immunizations, family planning and urgent care for uninsured, underinsured and Medi-Cal patients as well as homeless and farm workers. First-come, first served. Updated schedule here: <https://www.smchealth.org/general-information/mobile-clinic>
Street, Shelter, Field Medicine: Primary care for those homeless and farm worker patients unable to access traditional settings.

Partner Services 573-3401

Assists clients in notifying sex and / or needle-sharing partners of potential exposure to HIV or another STD.

Sexually Transmitted Infections (STI) Clinic . . 573-2385

www.smchealth.org/hivstds
222 W. 39th Ave. (inside Edison Clinic), San Mateo
Drop-in clinic First-come, first served. for STI screening and treatment.
Tuesday (testing only) and Thursday (doctor available), 3:45–6:30pm.

Testing on Demand 619-9125

Mobile Testing Van meets clients for rapid HIV and STD testing and needle exchange.

San Mateo Medical Center

www.smchealth.org/smmc 573-2222

222 W. 39th Avenue, San Mateo 94403

New Patient Connection Center 372-3200

Psychiatric Emergency Services 573-2662

Coastside Clinic 573-3941

www.smchealth.org/location/coastside-clinic
225 S. Cabrillo Hwy., #100-A, Half Moon Bay 94019
Mon–Fri: 8 am–5 pm, Thu: 8 am–8 pm, Fri: 8 am–5 pm, Sat: 8 am–4 pm. Appointments available at Puente location on Thursday 5–8 pm. Comprehensive adult and pediatric primary care; dental services.

Daly City Health Center 301-8600

www.smchealth.org/location/daly-city-health-center

380 - 90th St., Daly City 94015

Mon–Fri: 8 am–5 pm. Extended pediatric hours on Mon: 5–9 pm. Comprehensive adult and pediatric primary care; dental services.

Daly City Youth Health Center 877-5700

www.smchealth.org/location/daly-city-youth-health-center

350 90th St., 3rd Floor, Daly City 94015

Mon–Fri: 9 am–5:30 pm. Comprehensive primary care for teens and young adults (ages 12-25).

Fair Oaks Health Center 578-7141

www.smchealth.org/location/fair-oaks-health-center

2710 Middlefield Rd., Redwood City 94063

Mon–Fri: 8 am–5 pm. Comprehensive adult and pediatric primary care; dental services.

Adult Primary Care Clinic 573-3702

www.smchealth.org/location/innovative-care-clinic

222 W. 39th Avenue, San Mateo 94403

Mon–Fri: 8 am–5 pm, Sat: 8 am–12 pm.

Comprehensive adult primary care.

Medical Specialty Clinic 573-3982

www.smchealth.org/location/surgical-specialty-clinic

222 W. 39th Avenue, San Mateo 94403

Mon–Fri: 8 am–4:30 pm. Hours may vary depending on specialty. All patients must have a referral from their primary care doctor.

OB/GYN Clinic 573-3702

www.smchealth.org/location/obgyn-clinic

222 W. 39th Avenue, San Mateo 94403

Mon–Fri: 8 am–5 pm, Wed & Thu evening hrs: 5–8 pm

Pediatric Clinic 573-3702

www.smchealth.org/location/pediatric-clinic

222 W. 39th Avenue, San Mateo 94403

Mon & Fri: 8 am–5 pm, Tue–Thu: 8 am–8 pm, Sat: 8 am–1 pm. Comprehensive pediatric primary care.

Senior Care 573-2426

www.smchealth.org/location/senior-care-center

222 W. 39th Avenue, San Mateo 94403

Mon–Fri: 8 am–5 pm. Comprehensive health services for seniors 60 and older.

Sequoia Teen Wellness Center 366-2927

www.smchealth.org/location/sequoia-teen-wellness-center

200 James Ave., Redwood City 94063

Mon–Fri: 8:30 am–4:30 pm. Comprehensive primary care for teens and young adults (ages 12-25).

South San Francisco Clinic 877-7070

www.smchealth.org/location/south-san-francisco-clinic

306 Spruce Ave., South San Francisco 94080

Adults: Mon – Fri: 8 am– 5 p.m. Extended pediatric hours: Mon & Wed: 5–8 pm. Comprehensive adult and pediatric primary care.

Surgical Specialty Clinic 573-3982

www.smchealth.org/location/surgical-specialty-clinic

222 W. 39th Avenue, San Mateo 94403

Mon–Fri: 8 am–4:30 pm. Hours may vary depending on specialty. All patients must have a referral from their primary care doctor.

Sonrisas Community Dental Clinic 726-2144

www.sonrisasdental.org

210 San Mateo Rd., #104, Half Moon Bay 94019

Provides affordable dental care for low-income residents of the Coastside who are uninsured or have Medi-Cal.

UCSF School of Dentistry 415-476-5814

www.dentistry.ucsf.edu

707 Parnassus Ave., San Francisco 94143

Provides comprehensive dental care and services.

University of the Pacific Dental Clinic

www.dental.pacific.edu 415-929-6501

2155 Webster St., San Francisco 94115

Comprehensive dental care performed by dental students under supervision.

HEALTH EDUCATION

AIDS Community Research Consortium (ACRC)

www.acrc.org 364-6563

2684 Middlefield Rd., Suite E, Redwood City 94063
Provides HIV and Hepatitis C research, education and outreach.

Alcohol and Other Drugs Prevention Program . . . 802-6400
310 Harbor Blvd., Building E, Belmont 94002
Community education about the impacts of alcohol and other drugs, especially among youth.

Institute for Health and Healing415-600-3503
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 Hospital Health Library 800-295-5177
healthlibrary.stanford.edu 725-8400
Hoover Pavilion, 211 Quarry Rd., Suite 201, Palo Alto 94304

Maintains current information on health issues ranging from individual exercise programs to complex medical conditions.

Tobacco Prevention Program 573-3777
TobaccoEducationCoalition@gmail.com
310 Harbor Blvd, Building E, Belmont 94002
Conducts tobacco prevention education and policy advocacy to protect the community from the harms of tobacco use and to promote a tobacco-free San Mateo County.

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
395 Hickey Blvd 301-5860
Daly City 94015(TTY) 771
1200 El Camino Real 742-2000
South San Francisco 94080(TTY) 771
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 Center696-5400
1501 Trousdale Dr., Burlingame 94010
An acute care facility.

San Mateo Medical Center 573-2222
www.smchealth.org/smmc(TTY) 573-3753
222 W. 39th Ave., San Mateo 94403

Sequoia Hospital 369-5811
www.sequoiahospital.org
170 Alameda de las Pulgas, Redwood City 94062

- Seton Medical Center** 992-4000
<https://www.ahmchealth.com/smc/>(TTY) 997-7949
 1900 Sullivan Ave., Daly City 94015
- Seton Medical Center Coastside** 563-7100
<https://www.ahmchealth.com/smc/>(TTY) 728-7081
 600 Marine Blvd., Moss Beach 94038
- Stanford University Medical Center**
<https://stanfordhealthcare.org/>
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., Stanford 94305. 723-4000
(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.gov 493-5000
 3801 Miranda Ave., Palo Alto 94304
- Veterans Affairs San Francisco Health Care System**
www.sanfrancisco.va.gov/cboc/sanbruno.asp
 San Bruno Outpatient Clinic 615-6000
 1001 Sneath Ln., #300, San Bruno 94066

NURSING AND HOSPICE SERVICES

- Mission Hospice and Home Care**
www.missionhospice.org 554-1000
 1670 S. Amphlett Blvd., #300, San Mateo 94402
 Offers special medical and emotional care for the patient
 and family when there is a life-threatening illness.
- Pathways Home Health, Hospice and Private Duty**
www.pathwayshealth.org 888-755-7855
 888-600-2273
 585 N. Mary Ave., Sunnyvale 94085
- Sutter Care at Home** 685-2800
www.suttercareathome.org 685-2830
 700 S. Claremont St., #220, San Mateo 94402

PHYSICIAN AND DENTAL REFERRAL SERVICES

- Mid-Peninsula Dental Health Foundation**
www.mpds.org 328-2242
 220 Main St., #208-A, Los Altos 94022
- San Mateo County Dental Society** 637-1121
www.smcdds.com
 240-A Twin Dolphin Dr., Redwood City 94065
- San Mateo County Medical Association**
www.smcma.org 312-1663
 777 Mariner’s Island Blvd., #100, San Mateo 94404

OTHER SERVICES

- Bay Area Cancer Connections**
info@bayareacancer.org

www.bayareacancer.org 650-326-6686
1511 S. Claremont St. San Mateo, CA 94402
Providing free, personalized support and resources to individuals affected by breast or ovarian cancer including support groups; fitness and wellness classes; educational sessions and resources; free wigs, specialty bras, head coverings, prosthetics, and more; financial assistance; individual counseling; insurance and employment support; and comfort totes at no cost.

Bay Area Caregiver Resource Center

Family Caregiver Alliance 800-445-8106
www.caregiver.org 415-434-3388
785 Market St., #750, San Francisco 94103
Offers a comprehensive range of services for family, partners, friends and others concerned with or caring for a brain impaired adult.

DME4All

Phone: 408-733-9033

Email: help@dme4all.org

www.charliesupply.org/chs/home

Access to Durable Medical Equipment (DME) in all communities is a debilitating obstacle for individuals and their families. At DME4all, our goal is to supply all populations with quality home health equipment and eliminate the pointless waste of DME in landfills

Ombudsman of San Mateo County 780-5707

www.ossmc.org

711 Nevada St., Redwood City 94061

Advocates on behalf of long-term care facility residents.

San Mateo County Coroner 312-5562

coroner.smcgov.org/

50 Tower Rd., San Mateo 94402

Investigates certain types of deaths. Accepts and considers requests for cremations for people without funds.

HEALTH INSURANCE

HSA Service Center 800-223-8383

smcgov.org/hsa/health-coverage

Offers a toll-free number to report Medi-Cal changes, ask questions about health coverage and other services.

Access for Infants and Mothers (AIM) Program

https://www.dhcs.ca.gov/services/medi-cal/eligibility/

MCAP/Pages/Medi-CalAccessProgram.aspx

800-433-2611

Low-cost health coverage for mid-income pregnant women and their newborns.

Health Plan of San Mateo. 616-0050

www.hpsm.org

801 Gateway Blvd., #100, South San Francisco 94080

A locally managed health care program for Medi-Cal and Medicare recipients.

San Mateo County Health Coverage Unit 616-2002

www.smchealth.org/health-insurance

Enrollment application assistance with public health coverage programs such as Medi-Cal, Covered California,

and Access and Care for Everyone (ACE).

Residents can also apply directly online for Medi-Cal and Covered California. Please visit www.coveredca.com

HICAP of San Mateo County –

The Medicare Counseling Program 627-9350

www.hicapsanmateocounty.org

1710 S. Amphlett Blvd., #100, San Mateo 94402

The program provides free Medicare counseling to beneficiaries and/or their representatives regarding their benefits and supplemental coverage such as Medicare Advantage plans, Medigap policies, prescription drug plans, and Medi-Cal.

Medicare 800-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 Core 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. (*Agencies that are contracted with the SMC Center on Homelessness are marked with an asterisk)

EMERGENCY ASSISTANCE

St. Vincent de Paul Society

Homeless Help Desks 343-9251

Emergency Services 343-4403

www.svdpsm.org

Redwood City Center 780-7500

2600 Middlefield Rd., Redwood City 94063

Drop-in assistance Mon–Fri., 1–2 pm.

San Mateo Center 343-9251

50 N. B St., San Mateo 94401

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

South San Francisco Center 589-9039

421 4th Lane, South San Francisco 94080

Drop-in assistance Mon.–Sat., 10 am–12 noon; Food only on Sat. Entrance at rear of building.

EMERGENCY SHELTER

Emergency Shelter* Call 211

Callers can call 211 to access other emergency shelters.

FOR ADULTS WITH CHILDREN

Call the nearest Core Service Agency listed on pages 2 & 3 for referral.

LifeMoves* www.lifemoves.org

First Step for Families, San Mateo

Family Crossroads, Daly City

Haven Family House, Menlo Park

Redwood Family House, Redwood City

FOR ADULTS WITHOUT CHILDREN

Call the nearest Core Service Agency listed on pages 2 & 3 for referral.

Catholic Worker Hospitality House

San Bruno House San Bruno

LifeMoves* www.lifemoves.org

San Mateo County Navigation Center Redwood City

Project WeHOPE Shelter in East Palo Alto

https://wehope.org/
East Palo Alto 94303

Project WeHOPE Coast House Shelter in Half Moon Bay

WeHOPE Headquarters 650-330-8000

Safe Harbor Shelter* South San Francisco

Samaritan House www.samaritanhousesanmateo.org

FOR DOMESTIC VIOLENCE SURVIVORS

Community Overcoming Relationship Abuse*

(CORA) 800-300-1080

(English/Spanish) www.corasupport.org

FOR MENTALLY DISABLED ADULTS

Spring Street Shelter 257-8822

www.mhasmc.org/housing
2686 Spring St., Redwood City 94063
Emergency and short-term housing for mentally disabled clients.

FOR RUNAWAY OR HOMELESS TEENS

New Creation Home Ministries 321-3109

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.

TRANSITIONAL HOUSING

TRANSITIONAL HOUSING FOR ADULTS

Service League of San Mateo County,

Hope House 363-8769 or 363-8735

727 Middlefield Road, Redwood City 94063
Transitional Housing (clean and sober) for men and women. Adults 18 and older without children.

FOR TEENS

Catholic Worker House 366-4415

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

FOR VETERANS

Homeless Veterans Rehabilitation Program

795 Willow Rd., Bldg. 347-B 800-848-7254
Menlo Park 94025 617-2751
A residential co-ed program designed to provide homeless veterans with the skills necessary to live self-sufficiently.

Nation’s Finest* (formerly VRC-Next Step) 566-0240

795 Willow Road, Building #334, Menlo Park, CA. 94025
Nation’s Finest assist veterans with employment development through a HUD grant and ending homelessness through Supportive Services for Veteran Family’s Grant.

OTHER SERVICES

Mateo Lodge, Inc. Mobile Support Team 368-3178

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.

Bridges to Wellness Program 650-573-4799

Assists qualified persons referred by the Health Plan of San Mateo for enhanced care management to access and utilize needed health and social services to improve health outcomes and quality of life.

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 Housing 800-884-1684

www.dfeh.ca.gov (TTY) 800-700-2320
Investigates, mediates and litigates charges of housing discrimination.

Project Sentinel 321-6291

www.housing.org
1615 Hudson Street, Suite A, Redwood City 94061
The Fair Housing Center provides community education, complaint counseling, investigation and legal assistance to victims of housing discrimination.

U.S. Dept. of Housing and Urban Development (HUD)

www.hud.gov 415-489-6400
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 Peninsula 366-6597

www.rebuildingtogetherpeninsula.org
841 Kaynyne Street, Redwood City 94063
Home renovation and repair to income-qualified homeowners, including seniors, people with disabilities and families, and to nonprofit, community buildings.

**San Mateo County Department of Housing
Housing and Community Development**

www.smchousing.org 802-5050
264 Harbor Blvd., Bldg. A, Belmont 94002
Provides low-interest loans for assistance to first-time homebuyers. Daly City, Redwood City, San Mateo and South San Francisco have separate programs for their residents. Call the city offices for information.

RENTAL ASSISTANCE

Housing Industry Foundation 437-2980

www.hifinfo.org

Offers housing/rent/deposit/utility assistance

**Mental Health Association of San Mateo County
Housing and Client Assistance Program**

www.mhasmc.org (English) 363-2834

. (Spanish) 380-3475

2686 Spring St., Redwood City 94063

Provides services for people diagnosed with HIV (and meeting other eligibility requirements) that need help paying rent, deposits for new housing, utility payments and, in some cases, limited medical co-payments.

For additional information on temporary rental assistance, contact the closest Core 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 – Environmental Health Services

www.smchealth.org 372-6200

2000 Alameda de las Pulgas, #100, San Mateo 94403

Conducts routine and complaint housing inspections of all multi-unit (4 or more) rental properties in San Mateo County with the exception of properties located in the cities of San Mateo and San Carlos. Single family dwellings, duplexes and triplexes are inspected on a complaint only basis. Inspection of common/public areas includes: Ground/exterior building maintenance, garbage area, structural hazards (handrails, guardrails, stairs, and balconies), lighting (hallways, stairs, exits), fire safety (fire extinguishers), sewage, lead paint hazards (peeling/deteriorated paint, ensure lead safe work practices).

If you reside within the City of San Mateo or the City of San Carlos, contact your local Code Enforcement Dept. directly for more information on registering a complaint.

City of San Mateo Code Enforcement 522-7150

City of San Carlos Code Enforcement 802-4100

You can also submit complaints online.

OTHER HOUSING INFORMATION

California Bureau of Real Estate

www.dre.ca.gov 877-373-4542

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.org 348-6660

111 East 5th Avenue, San Mateo 94401

Home Sharing Program matches persons with housing to share with individuals seeking Housing. Self Sufficiency Program provides housing and coaching support to adults with children and Transitional Aged Foster Youth who are enrolled in an educational or vocational program.

Housing Readiness Program provides case management to older adults who are seeking housing. Property Development offers over 500 units of affordable or subsidized housing in San Mateo County.

MidPen Housing Corporation 356-2900
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 Authority** 802-3300
www.smchousing.org
264 Harbor Blvd., Bldg. A, Belmont 94002
Administers the federal subsidy program county-wide through a variety of assistance programs.

For Emergency Shelters and Transitional Housing see Homeless Services

See also Legal and Mediation Services

IMMIGRATION SERVICES

Catholic Charities CYO
<https://catholiccharitiessf.org/> 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 Hope 726-9071
www.coastsidehope.org
99 Avenue Alhambra, El Granada 94018
Immigration and citizenship services, including free citizenship classes.

Immigration Institute of the Bay Area
www.iibayarea.org 780-7530
2600 Middlefield Rd., Redwood City 94063
Provides legal services for immigration and citizenship, including consultations, application assistance, and citizenship preparation classes.

HELPLINK 211
United Way of the Bay Area Immigrant Assistance Line
English 415-808-4357
Chinese 415-808-7339
Spanish 415-808-4444
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

LGBTQIA+ SERVICES

COMMUNITY ADVOCACY

CoastPride Center 479-1902

www.coastpride.org

contact@coastpride.org

711 Main St., Half Moon Bay 94019

CoastPride is an organization created by our local community in San Mateo County to improve the support, visibility and awareness of Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) individuals and families.

LGBTQIA+ Commission of San Mateo County 650-363-4467

www.smcgov.org/lgbtqia

Provides online resources, policy advocacy, and educational events.

San Mateo County Pride Initiative

Pride@smcgov.org . . . www.smchealth.org/bhrs/ode/pride

A monthly meeting for social service providers, community members and stakeholders interested in addressing LGBTQ issues.

San Mateo County Pride Center 591-0133

www.sanmateopride.org

info@sanmateopride.org

The first and only LGBTQ+ community center in San Mateo County. Provides mental health and recovery services including: therapy; case management; assistance with finding housing and employment; connections to resources and other service providers; peer-led social and support groups; education and training; as well as social and cultural events for the LGBTQ+ community. Services available virtually Mon - Fri from 10 - 7pm.

CRISIS HOTLINES

LGBT National Help Center 888-843-4564

www.lgbthotline.org Peer support and local resources.

Sage LGBT Elder Hotline 888-234-SAGE

Sage@GLBHotline.org

Peer counseling, information and local resources. (Mon - Friday 1-9 PM, Sat. 9 am-2 pm)

San Mateo County Crisis Line 579-0350

Call anytime, 24/7, for help during a mental health crisis, substance abuse, or thoughts of suicide. The San Mateo County Mobile Crisis Response Team can come to you in person.

Trans Lifeline 877-565-8860

Crisis and suicide hotline by and for transgender people experiencing a crisis.

Trevor Project 24/7 Suicide Prevention

Lifeline 866-488-7386

Suicide prevention hotline for LGBTQ youth.

thetrevorproject.org also provides TrevorChat instant messaging with a counselor and TrevorText.

HEALTHCARE

- Planned Parenthood** 235-7940
San Mateo Health Center (Mar Monte)
29 Baywood Avenue, San Mateo 94403
Transgender primary health care, STD testing and treatment, HIV testing, breast and cervical cancer screening, other reproductive and general health services.
- Transgender Adult Health Clinic** 573-2740
San Mateo Medical Center, Edison Clinic
222 West 37th Ave., San Mateo 94403
4th Friday afternoon of each month.
- Stanford Children's Health**
Transgender Care Clinic for Trans Youth 721-1811
Healthcare for gender non-conforming children and teens age 4 to 19.

SUPPORT GROUPS

Adolescent Counseling Services

- Project Outlet** 424-0852 x107
www.acs-teens.org
643 Bair Island Rd., Suite 301, Redwood City 94063
Provides counseling, peer support groups, and social events for LGBTQ Youth ages 10-25, as well as educational presentations and consultation on LGBTQIA+ youth issues.

- Gelaam (Gente Latino de Ambiente)** 762-5428
Provides a welcoming environment for LGBTQ Latinos, their families and friends.

- LGBT Veterans Support Group** 493-5000 x28844
www.paloalto.va.gov/services/lgbt.asp
Menlo Park Division, Veterans Administration
Palo Alto Health Care System - Thur. 5-6:30 pm

LGBTQ Senior Peer Counseling Program

- www.peninsulafamilyservice.org 403-4300
Peninsula Family Service
24 2nd Avenue, San Mateo 94401
Provides weekly visits to LGBTQ older adults to manage life changes.

- PFLAG (San Jose/Peninsula Chapter)**. 408-270-8182
www.pflagsanjose.org
Supportive environment for parents, families, friends, and straight allies of people who are lesbian, gay, bisexual, transgender and questioning.

- Rape Trauma Services (RTS)**. 652-0598
www.rapetraumaservices.org
For Sexual assault survivors and their families. Available in English and Spanish. Mon.-Fri. 9 am-5 pm

LEGAL AND MEDIATION SERVICES

SAN MATEO COUNTY SUPERIOR COURT

www.sanmateo.courts.ca.gov

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 35

Family Court Services

400 County Center, 6th Floor, 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. Wed., 8:30 am–12 noon.

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

See also Child Support Services on page 7

LAW-RELATED SERVICES

San Mateo County Law Library 363-4913

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 Services 363-4181

303 Bradford St., 2nd Floor, Redwood City 94063

Interviews arrested persons, verifies information and presents case to the court for possible release without posting bond.

Victim Services 599-7479

400 County Center, DA's Office, 3rd Fl., Redwood City

1050 Mission Rd., DA's Office, South San Francisco

Provides general emergency and ongoing assistance for victims of violent crime.

LEGAL ASSISTANCE

Bay Area Legal Aid 358-0745

www.baylegal.org

1048 El Camino Real, Suite 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 Line 800-551-5554

. 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.org 326-6440

1765 E. Bayshore Road, 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

Justice At Last 918-0719

www.justiceatlast.org info@justiceatlast.org
Provides free legal representation and case management exclusively to trafficked persons including sexual assault and domestic violence survivors.

La Raza Centro Legal 415-575-3500

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 558-0915

www.legalaidsmc.org 800-381-8898
330 Twin Dolphin Dr., #123, Redwood City 94065
Legal advice and counsel on civil matters for individuals, families and groups whose incomes are below an established level.

San Mateo County Bar Association

www.smcba.org

Lawyer Referral Service369-4149 x3

333 Bradford St., #200, Redwood City 94063
Refers callers to local attorneys, handles writing of simple wills for low-income senior citizens.

Private Defender Program298-4000

333 Bradford St., #200, Redwood City 94063
Arranges legal representation for indigents charged in criminal cases, minors subject to proceedings in juvenile court and persons subject to mental commitment proceedings.

San Mateo County Health Public Administrator . . . 573-3475

www.smchealth.org/PublicAdministrator
225 - 37th Ave., San Mateo 94403
Investigates and administers the estates of persons who die with no will.

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.sanmateo.courts.ca.gov/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

Juvenile Mediation Program 261-5076

Peninsula Conflict Resolution Center (PCRC) . . . 513-0330

www.pcrweb.org

1660 S. Amphlett Blvd., #219, San Mateo 94402

Offers mediation services for landlord/tenant and neighbor/neighbor disputes and training for community organizations.

PROBATION AND JAILS

San Mateo County Probation Department

www.smcgov.org/probation

Adult Probation 363-4244

400 County Center, 5th Fl., Redwood City 94063

Juvenile Services 312-8816

222 Paul Scannell Dr., San Mateo 94402

Investigates delinquent behavior on the order of the court and recommends dispensation.

Sheriff's Office (non-emergency) 363-4911

www.smcsheriff.com

Corrections Division 599-3000

Maguire Correctional Facility

300 Bradford Street, Redwood City 94063

Maple Street Correctional Center

1300 Maple Street, Redwood City 94063

Women's Jail 363-4310

SAN MATEO COUNTY DISTRICT ATTORNEY

District Attorney 363-4636

www.smcgov.org/da

400 County Center, 3rd Fl., Redwood City 94063

Responsible for criminal prosecution in the Superior and Municipal Courts.

Consumer and Environmental Protection Unit . . . 363-4651

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

LIBRARY SERVICES

All public and community college libraries in San Mateo County are a part of the Peninsula Library System.

Library cards are free, available to everyone, and can be used at all locations. Library card holders can check out books, movies and music, and materials can be requested for pick up at any library listed below. Online collections include eBooks and eMagazines; streaming videos and music; live homework help; and databases on topics ranging from language learning to car repair. Wi-Fi and computers are available for public use at all libraries, enabling free access to the internet.

Public libraries offer a wide variety of free resources and events, such as activities for families, including storytimes, parenting classes, etc.; afterschool programs for kids and teens, including homework help, hands-on crafts, STEM workshops, etc.; computer classes; adult literacy tutoring; cultural events; delivery of library materials to the homebound; Lawyers in the Library consultations; snacks and meals for children and adults; and much, much more.

Peninsula Library System www.plsinfo.org

CITY LIBRARIES:

Burlingame

Main, 480 Primrose Rd., 94010 558-7400

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., 94025 330-2500

Belle Haven Branch, 413 Ivy Dr., 94025330-2540

Redwood City

Main, 1044 Middlefield Rd., 94063 780-7018

Fair Oaks Branch, 2510 Middlefield Rd., 94063

. 780-7261

Redwood Shores Branch

399 Marine Pkwy., 94065 780-5740

Schaberg Branch, 2140 Euclid Ave., 94061. .780-7010

San Bruno

701 Angus Avenue West, 94066 616-7078

San Mateo

Main, 55 W. 3rd Ave., 94402 522-7800

Hillsdale Branch, 205 W. Hillsdale Blvd., 94403 522-7880

Marina Branch, 1530 Susan Ct., 94403 522-7890

South San Francisco

Main, 901 Civic Campus Way, South San Francisco,
94080 829-3860

Community Learning Center,

520 Tamarack Lane, 94080 877-8540

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 . . www.smcl.org/

125 Lessingia Ct., San Mateo 94402 312-5258

Atherton

2 Dinkelspiel Station Lane, 94027 328-2422

Belmont

1110 Alameda de las Pulgas, 94002 591-8286

Bookmobile

Administration, San Mateo 94402 207-4426

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

225 S. Cabrillo Hwy, Suite 104B, 94019 . . 726-2316 x4

Millbrae

1 Library Ave., 94030 697-7607

Pacifica

Sanchez Branch, 1111 Terra Nova Bl., 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., 94070 591-0341

Woodside

3140 Woodside Rd., 94062 851-0147

*For Health Libraries see Health**For Law Library see Legal and Mediation Services***MENTAL HEALTH / COUNSELING****Adolescent Counseling Services 424-0852 x104**

Adolescent Substance Abuse Treatment Program

www.acs-teens.org

643 Bair Island Rd, Suite 301, Redwood City 94063

Provides on-campus counseling, information and referral for youth and their families.

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.

Ayudando Latinos A Soñar (ALAS). 560-8947www.alasdreams.com

636 Purissima Street, Half Moon Bay 94019

Our programs include culturally-centered mental health services, wrap-around case management, immigration, education and social justice advocacy initiatives. ALAS is committed to working with and for children, youth, families, farmworkers, asylum seekers, seniors, and our general Coastside community.

Behavioral Health & Recovery Services - Access Call**Center 800-686-0101**www.smchealth.org/bhrs

1950 Alameda de las Pulgas, San Mateo 94403

Provides information, assessments, referrals and treatment for mental health and substance use services.

County clinics located in Daly City, San Mateo, Redwood

City, East Palo Alto and Half Moon Bay:

- North County Adult** 301-8650
375 - 89th St., Daly City 94015
- North County Youth** 301-8650
350 - 90th St., 2nd Flr, Daly City 94015
- Central County Youth & Adult** 573-3571
1950 Alameda de las Pulgas, San Mateo 94403
- Shasta Youth & Transition Age Youth** 599-1033
727 Shasta St., Redwood City 94063
- South County Adult** 363-4111
802 Brewster Ave., Redwood City 94063
- East Palo Alto Community Counseling Center (Youth & Adult)** 363-4030
2415 University Ave., #301, East Palo Alto 94303
- Coastside Youth & Adult** 726-6369
225 So. Cabrillo Hwy, #200A, Half Moon Bay 94019

Behavioral Health & Recovery Services – Consumer and Family Affairs 800-388-5189
www.smchealth.org/support-clients-family
Provides assistance to clients and family members navigating services at BHRS and problem resolution on services received.

BHRS' Office of Diversity & Equity
ODE@smcgov.org www.smchealth.org/ODE
values & amplifies the voices of underserved, unserved, & inappropriately served community members in conversations about wellness, recovery, & resilience. We strive to make behavioral health services culturally appropriate & mental wellness accessible for all San Mateo County residents.

Bridges to Wellness Program 650-573-4799
Provides case management and rehabilitation services to qualified persons referred by County Mental Health Regional Clinics.

Aspire Clubhouse (formerly California Clubhouse) 539-3345
210 Industrial Rd., Suite 102, San Carlos 94070
www.aspireclubhouse.org
info@aspireclubhouse.org
Our non-profit organization offers voluntary opportunities for employment, education, wellness and socialization to help better the lives of individuals living with mental health challenges.

Caminar 578-8691
www.caminar.org
1410 Marshall St., Redwood City 94063
A community-based psychosocial rehabilitation service for persons with serious and persistent psychiatric disabilities.

Catholic Charities CYO 295-2160 x185
www.catholiccharitiessf.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.org 652-0800, 312-8515

Daly City Youth Health Center 877-5700

www.dcyouth.org
350 90th St., 3rd Floor, Daly City 94015
Mon–Fri: 9 am–5:30 pm. Provides a range of health services for teens and young adults (ages 12-24).

Family Assertive Support Team (FAST) 368-3178

FAST Team is an in-home outreach service that offers assessment, consultation, and support services to adults (age 18+) experiencing a severe mental health problem and their designated family members. (9am-9pm Spanish and Mandarin language capacity).

Health Equity Initiatives (HEI). www.smchealth.org/HEI

The HEI’s work to decrease stigma, educate and empower community members, support wellness and recovery, and build culturally responsive services. Over the years, the HEIs have hosted events and trainings, implemented culturally-responsible policy interventions, and created safe ways for our marginalized communities to engage with BHRS.

Heart and Soul 232-7426

210 Industrial Road, Suite 205, San Carlos 94070
With five locations throughout San Mateo County they offer a variety of recovery oriented and mental wellness support classes.

Jewish Family and Children’s Services

www.jfcs.org
www.parentsplaceonline.org
200 Channing Ave., Palo Alto 94301 688-3030
Parents’ Place 688-3040
Senior Services 688-3000
2001 Winward Way at Mariner’s Island Blvd., #200
San Mateo 94404 931-1800
Parents’ Place 931-1840
Senior Services 931-1860

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.org 368-3345
2686 Spring St., Redwood City 94063

Provides direct services for adults with mental illnesses that include housing, food, social programs, advocacy and networking.

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 Services 696-4666

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.org. 638-0800

350 Twin Dolphin Dr., Ste. 115 Redwood City, Ca 94065

Non-profit organization that offers resources and support for people with mental illness.

One East Palo Alto (OEPA) 980-1809

www.oneepa.org

2396 University Ave, East Palo Alto 94303

One East Palo Alto (OEPA) Neighborhood Improvement Initiative offers youth-focused services such as the Sponsored Employment Program (SEP) that provides part-time summer jobs with mentoring and community connectedness opportunities for East Palo Alto young people at highest risk, ages 14-24.

One Life Counseling Center 394-5155

www.onelifecounselingcenter.com

1033 Laurel Street, San Carlos 94070

Provide individual, group, and family counseling that is affordable and accessible for all age groups.

Pathways Grief Support 888-978-1306

www.pathwayshealth.org

bereavement@pathwayshealth.org

Pathways provides bereavement services to the bereaved served in Pathways Home Health and Hospice. Pathways also can provide bereavement to anyone who has experienced someone's death within the past 13 months.

Peninsula Family Service 403-4300

www.peninsulafamilyservice.org

24 - 2nd Ave., San Mateo 94401

Peer counseling programs are available for seniors:

Cantonese and Mandarin 403-4300 x4392

English 403-4300 x4322

Filipino 403-4300 x4363

LGBT Community 403-4300 x4322

Spanish/La Esperanza Vive 403-4300 x4321

Senior counseling services are available at client's place

of residence.

- Puente de la Costa Sur** 879-1691
www.mypuente.org
620 North St., Pescadero 94060
Provides a single point of entry for men, women and children to have access to safety net services, health and wellness services, leadership development, and community engagement and action.
- Rally Family Visitation Services** 259-7996
- Rape Trauma Services (RTS)** 652-0598
www.rapetraumaservices.org
Provides short and long term counseling for individuals, families and support groups for survivors of sexual assault and their loved ones.
- Children's Place Program** 591-9623 x116
610 Elm St., #212, San Carlos 94070
Provides alcohol / drug prevention education and therapeutic support services for children age 5-13.
- Healthy Homes** 579-0361 x12
Counseling and case management for children age 0-6 who have witnessed domestic violence.
- Sutter Care at Home**
- Youth Bereavement Program** 685-2806
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 Clinic** 800-455-0057
3801 Miranda Ave., Palo Alto 94304
- Peninsula Vet Center** 299-0672
2946 Broadway St., Redwood City 94062
- Veterans Affairs San Francisco Health Care System**
- San Bruno Outpatient Clinic** 615-6000
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.ymcasf.org/youth-service-bureaus
Youth Service Bureaus are the community mental health arm of the YMCA, specializing in counseling 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 Mateo** 349-7969
1670 S. Amphlett Blvd., #115, San Mateo 94402
- Youth Service Bureau of South San Francisco**
. 276-4101
1486 Huntington Ave., #100, So. 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.

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.smcgov.org/parks

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

REDUCE, REUSE & RECYCLE

San Mateo County Sustainability Department

Sustainability Hotline 888-442-2666

www.smcsustainability.org

Website includes information on how to reduce waste, reuse and repair items, recycle, and compost. Get low cost surplus items no longer needed from the County (www.govdeals.com/sanmateocounty free for nonprofits, schools, and public agencies).

RecycleStuff. www.recyclestuff.org

SERVICES FOR OLDER ADULTS

Catholic Charities and Peninsula Health Care District

(PHCD) Healthy Aging Pathways 650-239-2211

www.catholiccharitiessf.org

1875 Trousdale Drive, Burlingame, 94010

Offers case management services to seniors living in San Mateo, Burlingame, Millbrae, San Bruno, Hillsborough & Foster City.

CarePatrol Placement Services 866-560-5656

www.carepatrol.com

Finds assisted living, memory care, board and care,

independent living for seniors county wide & across the nation.

Healthy Aging Response Team (HART) 991-5558

www.dcpartnership.org/hart

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

Information and Referral

Fair Oaks Adult Activity Center 780-7542

Senior Coastsiders. 726-9056

Provides bilingual (English/Spanish) outreach and referral services to residents age 60 and older.

Fall Prevention Coalition of San Mateo County

www.smcfallprevention.org 844-663-2557

Provides resources for older adults, caregivers and service providers.

San Mateo County Health Aging and Disability

Services 1-844-868-0938

<https://www.smchealth.org/services-aging-and-disability>

Aging and Disability Services provides essential support for older adults and people living with disabilities in San Mateo County including Adult Protective Services, In-Home Supportive Services, Public Guardian, and serves as the Area Agency on Aging.

Network of Care

<https://aging.networkofcare.org/sanmateo>

This comprehensive internet-based resource is for older adults and people living with disabilities, as well as their caregivers, service providers and families. This website provides an extensive service directory to put people in touch with the right services at the right time. It also offers vital information about assistive devices, caregiving, diseases, day-to-day challenges, and support, as well as news concerning aging and disabilities.

Senior Mobility Guide

www.samtrans.com/rider-info/seniors

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

Sequoia Strong™

www.seqhd.org/sequoia-strong

Sequoia Strong™ is your FREE, online resource guide to activities you love and services you need in southern San Mateo County. All resources are personally recommended by the Sequoia Healthcare District, and most are free or low cost!

Villages of San Mateo County 260-4569

PO Box 5283, San Mateo

Village of the Coastside 440-5030

www.villageofthecoastside.org/

Villages assists its members to continue living in their homes and communities as they age by providing access to support services.

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 Services 592-9325
www.catholiccharitiessf.org/
adult-day-services-san-mateo-county
787 Walnut St., San Carlos 94070
A daily activity center for moderately disabled senior citizens who need specialized and individualized care.

Coastside Adult Day Health Center 726-5067
www.coastsideadultdayhealth.org
925 Main Street, Half Moon Bay 94019

Peninsula Volunteers Rosener House Adult Day Services. 322-0126
www.penvol.org/rosenerhouse
500 Arbor Rd., Menlo Park 94025

South San Francisco Senior Services Adult Day Program 829-3824
www.ssf.net/departments/parks-recreation/
recreation-division/seniors/adult-day-care

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.gov/departments/parks-and-recreation/
adults-seniors 595-7444
20 Twin Pines Ln., 94002

DALY CITY

Doelger Senior Center 991-8012
www.dalycity.org/329/Active-AdultsSeniors
101 Lake Merced Blvd., 94015

Lincoln Park Community Center 991-8018
www.dalycity.org/329/Active-AdultsSeniors
901 Brunswick St., 94014

Bayshore Community Center 991-5701
www.dalycity.org/329/Active-AdultsSeniors
450 Martin Street, 94014

Gellert Park Clubhouse 991-8017
www.dalycity.org/329/Active-AdultsSeniors
50 Wembley Drive, 94015

War Memorial Community Center 991-8020
www.dalycity.org/329/Active-AdultsSeniors
6655 Mission Street, 94014

Westlake Park Senior Food Pantry 991-8012
101 Lake Merced Boulevard, 94015

EAST PALO ALTO

East Palo Alto Senior Center 329-5900
560 Bell St., 94303

FOSTER CITY

**Foster City Parks and Recreation Dept.
Senior Wing** 286-2585
www.fostercity.org/parksrec/page/senior-wing
650 Shell Blvd., 94404

HALF MOON BAY

Senior Coastsiders 726-9056
www.seniorcoastsiders.org
925 Main Street, 94019

MENLO PARK

Menlo Park Senior Center 330-2230
[www.menlopark.gov/Government/
Departments/Library-and-Community-Services/
Menlo-Park-Senior-Center](http://www.menlopark.gov/Government/Departments/Library-and-Community-Services/Menlo-Park-Senior-Center)
110 Terminal Ave., 94025

Peninsula Volunteers Little House 326-2025
<https://1pvi.org/littlehouse/>
800 Middle Ave., 94025

MILLBRAE

Millbrae Recreation Department 259-2360
www.ci.millbrae.ca.us/368/Seniors
623 Magnolia Ave., 94030

Self Help for the Elderly 415-342-0822
Millbrae Chetcuti Room, 450 Poplar Ave, 94030

PACIFICA

Pacifica Senior Services 738-7384
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., 94063 780-7525
Veterans Memorial Senior Center 780-7270
[www.redwoodcity.org/departments/
parks-recreation-and-community-services/seniors](http://www.redwoodcity.org/departments/parks-recreation-and-community-services/seniors)
1455 Madison Ave., 94061

SAN BRUNO

San Bruno Senior Center 616-7150
www.sanbruno.ca.gov/331/Senior-Services
1555 Crystal Springs Rd., 94066

SAN CARLOS

San Carlos Adult Community Center
www.cityofsancarlos.org/acc
601 Chestnut St., 94070 802-4384

SAN MATEO

- City of San Mateo Senior Center** 522-7490
www.cityofsanmateo.org/638/Senior-Center
2645 Alameda de las Pulgas, 94403
- Samaritan House** 347-3648
www.samaritanhousesanmateo.org
4031 Pacific Blvd., San Mateo 94403
Provides access to onsite emergency food pantry. Mon.–
Thur., 9 am–12 noon and 1–4 pm, Fri., 1–3 pm.
Dining Room Mon.–Fri. 4–5 pm.
- Self-Help for the Elderly** 342-0822
www.selfhelpelderly.org
50 E. Fifth Ave., San Mateo 94401

SOUTH SAN FRANCISCO

- Roberta Cerri Teglia Center** 829-3820
www.ssfca.gov/Departments/Parks-Recreation/Divisions/
Recreation-Division/Senior-Services
601 Grand Ave., 3rd Fl., 94080

SUBSTANCE USE TREATMENT SERVICES

12-STEP PROGRAMS

- Al-Anon / Alateen** <https://northerncaliforniaal-anon.org/>
North County 873-2356
South and Central County, Coastsides 592-7935
Spanish Line 794-9654
For anyone affected by someone else's drinking.

- Behavioral Health and Recovery Services, Alcohol and Other
Drugs (AOD)** 800-686-0101
Substance use treatment services include: detoxification
services, outpatient, residential, and medication assisted
treatment. Services provided are based on individual
needs and are available to San Mateo County residents
on a sliding fee scale. No one is turned away for lack of
funds.

- Alcoholics Anonymous** 577-1310
2215 S. El Camino Real, Suite 204, San Mateo 94403
www.aa-san-mateo.org

- Cocaine Anonymous** 415-226-1300
<https://canorcal.org/>

- Crystal Meth Anonymous** 415-692-4762
www.norcalcma.org or www.crystallmeth.org

- Integrated Medication Assisted Treatment (IMAT)**
. 573-2735
MAT programs prescribe a safe and controlled level of
medication to effectively manage symptoms, ease the
detox and recovery process, prevent harmful use and
overdose for people seeking recovery, especially those
with moderate to severe disorders.

- Marijuana Anonymous**
<https://madistrict2.org> 415-325-4785
www.madistrict3.org 408-450-0796

- Nar-Anon** 800-477-6291
www.naranonnorcal.org

For anyone affected by someone else's drug abuse.

Narcotics Anonymous 802-5950
www.peninsulana.org
Self-help organization for men and women who desire to stop drug/alcohol use.

DETOXIFICATION SERVICES

Horizon Treatment Services

Palm Avenue Detoxification Services 513-6500
www.horizonservices.org/palm-avenue
2251 Palm Ave., San Mateo 94403
Treats both drug and alcohol detoxification.

DRIVING UNDER THE INFLUENCE & DEFERRED ENTRY OF JUDGEMENT PROGRAMS

El Centro de Libertad 599-9955
The Freedom Center www.elcentrodelibertad.org
500 Allerton St., Redwood City 94063
Deferred Entry of Judgment (DEJ) program services.

Free at Last 462-6999
www.freeatlast.org
1796 Bay Rd., East Palo Alto 94303
First-Offender DUI program services.

Sitike Counseling Center 589-9305
www.sitike.org
306 Spruce Avenue, South San Francisco 94080
First-Offender DUI and Deferred Entry of Judgment (DEJ) program services.

INFORMATION AND REFERRAL

BHRS - Residential Treatment Team 802-6400
San Mateo County - Behavioral Health and Recovery Services
310 Harbor Blvd, Bldg E, Belmont 94002
RTX provides information, referral, substance use evaluation and authorization to Drug Medi-Cal contracted Residential Substance Use Treatment providers in San Mateo County.

San Mateo County Behavioral Health and Recovery Services 800-686-0101
www.smchealth.org/bhrs
Provides information, assessments, referrals and treatment for mental health and substance use services.
County clinics located in Daly City, San Mateo, Redwood City, East Palo Alto and Half Moon Bay.

Breathe California 994-5868
https://lungsrus.org/
1 Sutter Street, Suite 225, San Francisco 94104
Supports research and public education on lung diseases, advocates for the rights of non-smokers, offers classes on the care and treatment of various diseases.

Kick It California (formerly California Smokers' Helpline) 800-NOBUTTS
https://kickitca.org/ 800-300-8086
. Txt 66819

San Mateo County Health Tobacco Education Coalition

..... 573-3777

www.smchealth.org/general-information/tobacco-education-coalition

Conducts community outreach, education and advocacy activities to reduce the number of county residents using tobacco products.

**OUTPATIENT AND INTENSIVE
OUTPATIENT TREATMENT**

Adolescent Counseling Services 424-0852 x104
Adolescent Substance Abuse Treatment Program

www.acs-teens.org

643 Bair Island Rd, Suite 301, Redwood City 94063

Provides on-campus counseling, information and referral for youth and their families.

Asian-American Recovery Services (AARS) Outpatient Services (a program of HealthRIGHT 360) . . 415-337-0104

www.healthright360.org

1115 Mission Rd., South San Francisco, CA 94080

Provides outpatient services to adults.

El Centro de Libertad 599-9955

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 Last 462-6999

www.freeatlast.org

1796 Bay Rd., East Palo Alto 94303

A continuum of community-based services for adults and youth that includes prevention and intervention services, structured treatment, transitional housing and long-term success.

HealthRIGHT 360. www.healthright360.org

Outpatient and Intensive Outpatient Treatment Services currently provides mental health and substance use disorder services in the form of trauma-informed and evidence-based individual and group therapies.

HealthRIGHT 360 Outpatient Program 348-6603

2015 Pioneer Court, Suite B, San Mateo 94403

We provide substance use services for youth, transitional-age youth and adults.

Mills-Peninsula Health Services

Chemical Dependency Center 696-4666

24-Hour Crisis Line 696-5915

www.mills-peninsula.org

100 S. San Mateo Dr., San Mateo 94401

Serves individuals with private health insurance.

Our Common Ground 650-367-9030

26 Central Ave, Redwood City 94061

Project 90 579-7881

www.projectninetynety.org

114 S. Delaware Street, San Mateo 94401

Offers day treatment services for men with substance use issues.

Caminar www.caminar.org/p90

Sitike Counseling Center 589-9305
www.sitike.org
306 Spruce Ave., South San Francisco 94080

The Latino Commission on Alcohol and Drug Abuse
Residential and Outpatient Services 244-1444
www.thelatinocommission.org
1001 Sneath Lane, #307, San Bruno 94066
Offers outpatient treatment for all genders.

**Veterans Affairs Palo Alto Health Care System
Addiction Consultation and Treatment Services**
www.paloalto.va.gov 493-5000 x60050
. 866-717-1978
3801 Miranda Avenue, 520/ATS, Palo Alto 94304

Voices of Recovery www.vorsmc.org
Service Centers:
310 Harbor Blvd., Belmont 94002 802-6552
1842 Bay Road, East Palo Alto 94303 289-7670

RESIDENTIAL SUBSTANCE USE TREATMENT

Free at Last 462-6999
www.freeatlast.org
1796 Bay Rd., East Palo Alto 94303

The Latino Commission on Alcohol and Drug Abuse
(Residential and Outpatient Services) 244-1444
www.thelatinocommission.org
1001 Sneath Lane, #307, San Bruno 94066
Also offers outpatient treatment.

Mills-Peninsula Health Services
Chemical Dependency Center 696-4666
24-Hour Crisis Line 696-5915
www.mills-peninsula.org
100 S. San Mateo Dr., San Mateo 94401

Our Common Ground www.ocgworks.org
Recovery Residence Services 367-9030
631 Woodside Rd., Redwood City 94061
Residential Treatment Services - Men Only . . 325-6466
2560 Pulgas Ave., East Palo Alto 94303

**Service League of San Mateo County,
Hope House** 363-8769 or 363-8735
727 Middlefield Road, Redwood City 94063
Residential Substance Use Disorder (SUD) Treatment
Program for adult women, pregnant women, and women
with infants.

Solidarity Fellowship 341-3803
P.O. Box 5007, San Mateo 94402
Residential substance abuse recovery program for men,
including fathers with a child age 15 or under.

**Veterans Affairs Palo Alto Health Care System
Addiction Consultation and Treatment Services (ACT)**
www.paloalto.va.gov/services/mental/ats/programs_act.asp
. 493-5000 x60050
. 866-717-1978
3801 Miranda Avenue, 520/ATS, Palo Alto 94304

Women's Recovery Association (WRA)

(a program of HealthRIGHT 360) 348-6603

www.healthright360.org/agency/womens-recovery-association

2015 Pioneer Court, Suite B, San Mateo 94403

Offers a full range of residential therapeutic services for women struggling with substance use disorders and their children. Residential services available for all genders.

NON 12-STEP OPTIONS

Alternatives to 12-Step

www.refugerecovery.org

A Buddhist path to which all are welcome.

www.smartrecovery.org

Based in cognitive-behavioral therapy.

www.womenforsobriety.org

Help for women based on positive change using meditation, groups, nutrition and more.

www.lifering.org

Based on "3 S's": sobriety, secularity, and self-help.

See also Mental Health / Counseling

TAXPAYER INFORMATION & OFFICIAL RECORDS

COUNTY

San Mateo County Assessor - County Clerk - Recorder

.363-4500

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 Collector 363-4142

www.sanmateocountytaxcollector.org

555 County Center, 1st Fl., Redwood City 94063

Collects property taxes.

Vital Records 573-2395

www.smchealth.org

1600 W. Hillsdale Blvd. #203 San Mateo 94402

Maintains recent birth and death records for the county and issues copies of birth and death records.

STATE

Franchise Tax Board 800-338-0505

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.gov 415-553-8990

450 Golden Gate Ave., San Francisco 94102

OTHER

- Earn It! Keep It! Save It! Coalition** 211
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 coast-side. Call for eligibility.

- SamTrans** 800-660-4287
www.samtrans.com (TTY) 508-7919
Public bus transportation serving the county.

- Senior Mobility Guide** www.peninsularides.com
Provides information on a wide range of transportation programs and services for seniors.

See also Senior Services

VETERANS SERVICES

VETERANS AFFAIRS LOCAL OFFICES

- San Mateo County Human Services Agency
Veterans Service Office** 802-6598
www.smcgov.org/hsa/veterans-services-office
550 Quarry Rd., San Carlos 94070
Assists veterans, survivors and dependents of veterans in gaining access to benefits based on military service.

- US Veterans Affairs Department** 614-9997
www.va.gov/palo-alto-health-care/
795 Willow Road, Menlo Park 94025

- San Bruno VA Outpatient Clinic** 615-5000
www.sanfrancisco.va.gov

1001 Sneath Lane, Suite 300, San Bruno 94006
The San Bruno VA Outpatient Clinic offers a wide range of preventive and primary care.

Health Care for Homeless Veterans Program

.....877-424-3838
Provides emergency housing for homeless Veterans at a non-VA community based facility for up to 90 days.

Peninsula Vet Center 617-4300
345 Middlefield Road, Building 1, Menlo Park 94025

Nation's Finest (formerly VRC-Next Step) 566-0240
795 Willow Rd., Bldg. 334, Menlo Park 94025
Nation's Finest assists veterans with employment development through a HUD grant and ending homelessness through Supportive Services for Veteran Family's Grant.

THE AMERICAN LEGION

The American Legion is a service organization and foundation that provide support for our veterans and their families.

www.legion.org

San Mateo Post No 82 345-7388
130 South Boulevard, San Mateo

San Carlos Post No 585 595-9998
1159 Bush Street, San Carlos

Redwood City Post No 105 365-1337
651 El Camino Real, Redwood City

Half Moon Bay Post 474 728-9224
470 Capistrano Rd., Half Moon Bay

Pacifica Post 238 355-4346
555 Buel Rd., Pacifica

San Bruno Post 409 589-3102
757 San Mateo Ave, San Bruno

American Legion Riders—Chapter 82 349-7146

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.

Foster Grandparent Program 696-7662
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 Program 696-7662
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.

Thrive Alliance of Nonprofits in

San Mateo County of San Mateo 654-7993
330 Twin Dolphin Drive, #155, Redwood City 94065

- Volunteer Center**235-3550
..... 415-982-8999
Refers groups and individuals of all ages to nonprofit agencies that need volunteers.
- Volunteer Match** 415-241-6868
www.idealists.org/volunteermatch
Offers a variety of online services to support nonprofits and volunteers.

See also Children, Teens, Youth and Families

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The information on this booklet was revised as of December 2025. Be sure to contact agencies before going to the site or referring clients there.

smc-connect.org



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