

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.

CONTENTS

Emergency / Crisis Intervention	1
24-Hour Emergency Numbers	
Core Service Agencies	
Disaster Relief	
Inmate and Post-Release Support	
Victim Assistance	
Animal Services	4
Children, Teens, Youth & Families	4
Adoption	
Child Care Referrals and Head Start Programs	
Child Support	
Child / Youth Abuse Prevention and Reporting	
Foster Care	
Resources for Parents and Families	
Teen and Preteen Web Sites	
Youth Development and Mentoring	
Other Services	
Disability Services	10
Education	13
Adult Schools	
Colleges	
Elementary and Secondary Schools	
Literacy Programs	
Employment and Training	14
Employment Discrimination	
Job Training, Placement and Development	
Unemployment Benefits	
Energy Programs	17
Financial Assistance	19
Consumer Education	
Loan Programs	
Public Assistance	
Social Security Benefits	
Other Services	
Food Programs	21
Emergency Food Providers	
Meals on Wheels	
Health	23
Family Planning Services and Information	
Health and Dental Clinics	
Health Education	
Hospitals and Medical Centers	
Nursing and Hospice Services	
Physician and Dental Referral Services	
Other Services	
Health Insurance	30
Homeless Services	31
Emergency Assistance	
Emergency Shelter	
Transitional Housing	

Other Services	
Housing	33
Discrimination	
Low-Cost Rehabilitation Services	
Rental Assistance	
Unsafe, Unhealthy Housing Conditions	
Other Housing Information	
Immigration Services	35
LGBTQIA+ Services	36
Community Advocacy	
Crisis Hotlines	
Healthcare	
Support Groups	
Legal and Mediation Services	37
San Mateo County Superior Court	
Law-Related Services	
Legal Assistance	
Mediation Services	
Probation and Jails	
San Mateo County District Attorney	
Library Services	40
Mental Health / Counseling	42
Teen and Preteen Web Sites	
Recreation	47
City Parks and Recreation	
County and State Parks and Beaches	
Reduce, Reuse & Recycle	47
Services for Older Adults	47
Adult Day Centers	
Senior Centers and Senior Dining Centers	
Substance Use Treatment Services	51
12-Step Programs	
Detoxification Services	
Driving Under The Influence & Deferred Entry Of Judgement Programs	
Outpatient and Intensive Outpatient Treatment	
Residential Substance Use Treatment	
Non 12-Step Options	
Taxpayer Information & Official Records	55
County	
State	
Federal	
Other	
Transportation	56
Veterans Services	56
Veterans Affairs Local Offices	
The American Legion	
Volunteer Placement Services	57
Index	59
Notes	71

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-disabil-](https://www.smchealth.org/services-aging-and-disability)

ity 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 726-9071

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 301-3000

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 Start368-1728 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
1500 Fashion Island Blvd, San Mateo 94404
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 America341-5633

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
100 Terminal Ave., 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 Services408-284-2850

www.hopeservices.org
30 Las Colinas Ln., San Jose 95119
Provides a variety of services for persons with developmental disabilities.
- Kainos Home and Training Center363-2423

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 Services800-675-TIES

www.smchealth.org/aas 800-675-8437
.(TTY) 711
2000 Alameda de las Pulgas, Ste. 200, San Mateo CA 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
500 County Center, 4th 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 seek-
ers, youth and employers.

Phase2Careers www.phase2careers.org
Assist older adults in the Bay Area find new career
opportunities through job search and career develop-
ment 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

500 County Center, 4th 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 Services www.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
1500 Fashion Island Blvd, San Mateo 94404. 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
2411 Pulgas Ave. EPA, 94303
Emergency Food Box distributed Mon-Thurs from
9am–12 pm and 2pm-5pm. Serves East Palo Alto, Menlo
Park, Palo Alto and surrounding communities with food
and gifts.

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-Thurs from
 9am–12 pm and 2pm–5pm. Serves East Palo Alto, Menlo
 Park, Palo Alto and surrounding communities with food
 and gifts.

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.ppparmonte.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 573-2501

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.

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 Coastsides 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 Healing 415-600-3503

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

Stanford 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 Center 696-5400
100 S. San Mateo Dr., San Mateo 94401
An outpatient facility.
Mills-Peninsula Medical Center 696-5400
1501 Trousdale Dr., Burlingame 94010
An acute care facility.

San Mateo Medical 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/dete-
riorated 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 subdi-
vision / 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 Corporation356-2900

www.midpen-housing.org
303 Vintage Park Dr., #250, Foster City 94404
Manages and develops low-income subsidized housing.

San Mateo County Department of Housing

Housing Authority802-3300

www.smchousing.org
264 Harbor Blvd., Bldg. A, Belmont 94002
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 Hope726-9071

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@GLBThotline.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

500 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.lrccl.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 Service 369-4149 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 Program 298-4000

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

1670 South Amphlett Blvd., #115 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

500 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 home-bound; 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, 100 Terminal Ave., 94025330-2540

Redwood City

Main, 1044 Middlefield Rd., 94063 780-7018
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

North Fair Oaks
2510 Middlefield Rd., 94063 833-937-7625

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 pro-
grams including domestic violence counseling, anger
management, and parenting and child abuse education
in English and Spanish.

Ayudando Latinos A Soñar (ALAS). 560-8947
www.alasdreams.com
507 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

Center800-686-0101

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 Affairs800-388-5189

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 Program650-573-4799

Provides case management and rehabilitation services to qualified persons referred by County Mental Health Regional Clinics.

Aspire Clubhouse (formerly California Clubhouse) 539-3345

2191 S El Camino Real, SM 94403

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

1730 S. Amphlett Blvd, #308, San Mateo 94402

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) 650-301-3300

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

2000 Alameda de las Pulgas, Ste. 200, San Mateo, CA 94403

<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.

- Burlingame Adult Day Health Center** 650-239-9322
[www. burlingameadhc.com](http://www.burlingameadhc.com)
1720 El Camino Real, Ste. 7, Burlingame, CA 94010
BADHC provides multidiciplinary healthcare services for older adults: nursing, social services, meals, transportation to and from home.

- Catholic Charities CYO**
San Carlos Adult Day Services 592-9325
[www.catholiccharitiessf.org/](http://www.catholiccharitiessf.org/adult-day-services-san-mateo-county)
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/](http://www.ssf.net/departments/parks-recreation/recreation-division/seniors/adult-day-care)
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
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/](http://www.redwoodcity.org/departments/parks-recreation-and-community-services/seniors)

[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/](http://www.ssfca.gov/Departments/Parks-Recreation/Divisions/Recreation-Division/Senior-Services)

[Recreation-Division/Senior-Services](http://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.crystalmeth.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 eval-
uation 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 treat-
ment 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 dis-
eases, 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](http://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 Center696-4666
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 House363-8769 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 medi-
tation, 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.

SamTrans800-660-4287
www.samtrans.com(TTY) 508-7919
Public bus transportation serving the county.

Senior Mobility Guidewww.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 Office802-6598
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

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 Program696-7660

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 Center235-3550

. 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

INDEX

12-Step Programs 50
12-Step Programs, Alternatives to 54
24-Hour Emergency Numbers 1

A

Abilities United 10
AbilityPath 10
Access for Infants and Mothers (AIM) Program 30
Accion Opportunity Fund 19
Achievekids 10
ACRC 27
Adolescent Counseling Services 36, 41, 52
Adopt International 4
Adoption 4
ADR 37, 39
Adult Day Centers 48
Adult Schools 13
Aging and Disability Services 1, 12, 47
AIDS Community Research Consortium (ACRC) 27
Al-Anon / Alateen 50
Alcohol and Other Drugs
 AOD, detoxification, treatment services 50
 Prevention program 27
Alcoholics Anonymous 50
Alcohol / Tobacco / Drug Abuse 50–54
Alpha Pregnancy Center 23
American Legion, The 56
 American Legion Riders 57
 Half Moon Bay Post 474 56
 Pacifica Post 238 56
 Redwood City Post No 105 56
 San Bruno Post 409 56
 San Carlos Post No 585 56
 San Mateo Post No 82 56
American Red Cross 3, 7
Anger Management and Domestic Abuse Therapy Center 41
Animal Licensing 4
Animal Services 3
Apprenticeship Standards Division 15
Appropriate Dispute Resolution (ADR) 37, 39
Arbor Free Clinic 24
Arc of San Francisco 10
Asian-American Recovery Services 52
Ayudando Latinos A Soñar 41

B

Back-up Battery Program 17
BART (Bay Area Rapid Transit) 55
Bay Area Addiction Research and Treatment Methadone Clinic 25
Bay Area Caregiver Resource Center 29
Bay Area Rapid Transit 55
Bay Area Regional Energy Network 17

Behavioral Health & Recovery Services 42
 BHRS RTX Team 51
 Big Brothers-Big Sisters of the Bay Area 7
 B.O.K. Ranch 10
 Boys and Girls Clubs 7
 Boy Scouts of America 7
 Boys Hope Girls Hope 8
 Bread of Life 21
 Breast Cancer Emergency Fund 20
 Breathe California 52
 Bridges to Wellness Program 32

C

Café St. Vincent 21
 CalFresh (formerly the Food Stamp Program) 19, 20
 California Bureau of Real Estate 34
 California Children's Services 10
 California Clubhouse 43
 California Conservation Corps (CCC) 15
 California Poison Control System 1
 California State Department of Fair Employment and Housing 14, 32
 California State Department of Rehabilitation 10, 15
 California Work Opportunity and Responsibility to Kids (CalWorks) 19
 California Youth Crisis Line 1
 CALL Primrose Center 22
 CalTrain 55
 CalWORKS 19
 Caminar 42, 53
 Cañada College 13, 40
 Canine Companions for Independence (CCI) 11
 Cash Assistance Program for Immigrants (CAPI) 19
 Catholic Charities CYO 34, 43, 48
 Catholic Worker Hospitality House 34, 35
 San Bruno House 31
 Catholic Worker House 22, 32
 Center for Independence of Individuals with Disabilities (CID) 11
 Central Coast Energy Services 17
 Child Care Coordinating Council (4Cs) 4
 Child Care Referrals 4
 Child Protective Services (CPS) 1, 5
 Children and Family Services 5
 Children's Health Council 11
 Children, Teens, Youth & Families 4–9
 Child Support 5
 Child / Youth Abuse Prevention and Reporting 5
 Christian Counseling Centers 43
 City of San Mateo Senior Center 50
 City Parks and Recreation 46
 CoastPride Center 35
 Coastside Adult Day Health Center 47
 Coastside Children's Programs (CCP) 8
 Coastside Hope 2, 34

Cocaine Anonymous 50
College of San Mateo 13, 40
Colleges 13
Community Colleges 13
Community Financial Resources (CFR) 20
Community Legal Services in East Palo Alto 38
Community Overcoming Relationship Abuse 1, 31, 38, 43
Congregate Meal Sites 21
Consumer and Environmental Protection Unit 39
Consumer Credit Counseling Service 18
Consumer Education 18
Counseling Center 51
County and State Parks and Beaches 47
County Clerk 54
Crisis Intervention and Suicide Prevention Center 2
Crystal Meth Anonymous 51

D

Daly City Community Service Center 2
Daly City Peninsula Partnership 6
Daly City Youth Health Center 10, 26, 43
David Lewis Community Reentry Center 3
Day Worker Program 16
Deaf and Disabled Telecommunications Program 10
Department of Child Support Services (DCSS) 5
Department of Fair Employment and Housing, California State 14, 32
Department of Rehabilitation, State of California 10, 15
Detoxification 51
Disability Services 10–13
Disaster Relief 3
DME4All 29
Discrimination (Housing) 32
District Attorney 39
Doelger Senior Center 48
Domestic Violence Restraining Order Clinic 37
Downtown Food Closet 22
Driving Under The Influence 51

E

East Palo Alto Senior Center 49
Ecumenical Hunger Program 21, 22
EDD 17
Edgewood 8
Edgewood Center for Children and Families 6
 Kinship Support Services Program 6
Edison Clinic 25
Education 13–15
EEOC 14
El Centro de Libertad 51, 52
Elementary and Secondary Schools 13
Emergency / Crisis Intervention 1–3
Emergency Food Providers 22
Emergency Shelter 31

Employment and Training 14–17
Employment Development Department (EDD) 17
Employment Discrimination 14
Employment Law Center 15
Energy Programs 17–18
Equal Employment Opportunity Commission (EEOC) 14
Equal Rights Advocates 15
Explorers' Program 8

F

Fair Oaks Community Center 3
Fall Prevention Coalition 47
Families 4
Family and Children Services 43
Family Assertive Support Team 43
Family Caregiver Alliance 29
 Bay Area Caregiver Resource Center 29
Family Connections 4
Family Court Services 4, 37
Family Crossroads 31
Family Housing and Adult Resources (FHAR) 11
Family Law Facilitators 5, 37
Family Resource Center at Community Gatepath 11
Felton Institute 24
FHAR 11
Financial Assistance 18–20
First Resort 23
First Step for Families 31
Food Connection Hotline 20, 22
Food Programs 20–22
Food Stamp Program. *See* CalFresh
Foothill College Dental Hygiene Clinic 25
Foster Care 5
Foster City Parks and Recreation Dept. 49
Foster Grandparent Program 57
Franchise Tax Board 55
Free at Last 51, 52, 53
Fresh Lifelines for Youth (FLY) 8
Friends for Youth 9

G

Gelaam (Gente Latino de Ambiente) 36
General Assistance (GA) 19
Girl Scouts 9
GLBT National Help Center 35
Golden Gate Regional Center (GGRC) 11
Goodwill Industries 15
Grace Covenant Church 22
GRID Alternatives 18
Grief Support 44, 45
Guide Dogs for the Blind 11

H

HandsOn Bay Area 57

HART 47
 Haven Family House 31
 Head Start Programs 4
 Health 23–30
 Health Ambassador Program 6
 Health and Dental Clinics 24
 Health Connected 23
 Health Education 27
 Health Equity Initiatives 43
 Health Insurance 29
 Health Plan of San Mateo 30
 HealthRIGHT 360 24, 52
 Healthy Aging Response Team (HART) 47
 Hearing and Speech Center for Northern California 11
 Hearing Loss Association of America 11
 Heart and Soul 43
 HELPLINK 35
 HICAP 30
 HIP Housing (Human Investment Project) 34
 Home Energy Assistance Program 17
 Homeless Services 30–32
 Homeless Veterans Rehabilitation Program 32
 Hope Horizon East Palo Alto 9
 HOPE Services 11
 Horizon Treatment Services Palm Avenue Detoxification Services 51
 Hospitals and Medical Centers 28
 Housing 32–34
 Discrimination 32
 Low-Cost Rehabilitation 33
 Rental Assistance 33
 San Mateo County Department of Housing 33, 34
 Unsafe, Unhealthy Housing Conditions 33
 HSA Service Center 19, 29
 HUD 32
 Humane Society 3
 Human Services Agency Regional Offices 19
 Human Trafficking Hotline 1

I

Immigration Institute of the Bay Area 34
 Immigration Services 34–35
 Inmate and Post-Release Support 3
 Insights 53
 Institute for Health and Healing 27
 Integrated Medication Assisted Treatment 50
 Interfaith Hospitality Network. *See* Home and Hope
 Internal Revenue Service (IRS) 55
 IRS 55
 Izzi Early Education (formerly IHSD Inc.) 5

J

Jefferson Adult Education 13
 Jewish Family and Children's Services 43

Parents' Place 43
Senior Services 43
Job Corps 15
Jobs for Youth 15
JobTrain 15
Job Training, Placement and Development 15
Justice At Last 38

K

Kainos Home and Training Center 12
Kaiser Permanente Medical Center 28
Kara 44
Kick It California (formerly California Smokers' Helpline) 52
Kinship Support Services Program 6

L

La Raza Centro Legal 38
Lauren's House 4 Positive Change Inc 9
Legal Advice Line 38
Legal Aid Society 15
 Employment Law Center 15
Legal Aid Society of San Mateo County 38
Legal and Mediation Services 37–39
LGBTQ Commission of San Mateo County 35
LGBTQ Senior Peer Counseling 36
LGBTQ Services 35–37
 Crisis Hotline 35
 Healthcare 36
 Support Groups 36
LGBT Veterans Support Group 36
Library Services 39–41
LifeMoves 31
 Family Crossroads 31
 Haven Family House 31
 Redwood Family House 31
Lincoln Park Community Center 48
Literacy Programs 14
Loan Programs 19
Lucile Packard Children's Hospital at Stanford 28

M

Magnolia Senior Center 48, 50
Maguire Correctional Facility 39
Marijuana Anonymous 50
Martin Luther King Center 50
Mateo Lodge Inc. 32
Meals on Wheels 23
Medicare 30
 Counseling 30
Medication Assisted Treatment 50
Menlo College 13
Menlo Park Senior Center 49
Men's Jail 39
Mental Health Association of San Mateo County 33, 44

Housing and Client Assistance Program 33
 Mental Health / Counseling 41–46
 Mental Research Institute 44
 Methadone Clinic 24
 Metropolitan Transportation Commission (MTC) 55
 MidPen Housing Corporation 34
 Mid-Peninsula Dental Health Foundation 29
 Millbrae Recreation Department 49
 Mills Health Center 28
 Mills-Peninsula Health Services 1, 28, 44, 53, 54
 Behavioral Health Services 44
 Chemical Dependency Center 1, 53, 54
 Mills Health Center 28
 Mills-Peninsula Medical Center 28
 Senior Focus
 Foster Grandparent Program 57
 Mills-Peninsula Medical Center 28
 Mission Hospice and Home Care 29
 Mobile Clinic 25
 Mobile Support Team 32
 Morris Center for Adult Survivors of Child Abuse (ASCA) 44
 Multicultural Institute 6, 16

N

Nar-Anon 51
 Narcotics Anonymous 51
 National Alliance on Mental Illness (NAMI) 44
 National Center for Equine Facilitated Therapy (NCEFT) 12
 Nation's Finest (formerly VRC-Next Step) 56
 NCEFT 12
 Network of Care 47
 New Creation Home Ministries 31
 Next Step Center 16
 Non 12-Step Options 54
 North East Medical Services 24
 No Strings Attached Breakfast 21
 Notre Dame de Namur University 13
 NOVA Workforce Development 16
 Nurse-Family Partnership (NFP) program 24
 Nursing and Hospice Services 29

O

Ombudsman of San Mateo County 29
 One Brick 57
 One East Palo Alto (OEPA) 16, 44
 One Life Counseling Center 44
 Opportunity Fund 19
 Our Common Ground 53, 54
 Our Second Home Family Support Center 6
 Outpatient and Intensive Outpatient Treatment 52–53

P

Pacifica Resource Center 2
 Pacifica Senior Services 49

Palo Alto Medical Foundation (PAMF) 7, 46
 Parca 12
 Parent Project 6
 Parent Support Line 1, 6
 Pathways Grief Support 44
 Pathways Home Health, Hospice and Private Duty 29
 PCRC 39
 Pediatric Home Visiting Program 24
 Peninsula Clean Energy 18
 Peninsula Conflict Resolution Center (PCRC) 39
 Peninsula Family Service 5, 16, 19, 45, 49
 DriveForward Vehicle Loan Program 19
 Fair Oaks Adult Activity Center 47, 49
 Financial Empowerment Services 19
 Second Career Services 16
 Peninsula Family YMCA 9
 Peninsula Humane Society and SPCA 3
 Peninsula Jewish Community Center (PJCC) 9
 Peninsula Traffic Congestion Relief Alliance 55
 Peninsula Vet Center 45, 56
 Peninsula Volunteers Little House 49
 Peninsula Volunteers Rosener House 48
 PFLAG 36
 PG&E Energy Savings Assistance Program 17
 Phase2Careers 16
 Physician and Dental Referral Services 29
 Planned Parenthood 23, 36
 Prenatal Advantage Black Infant Health Program 24
 Pride Initiative of San Mateo County 35
 Private Colleges 13
 Probation and Jails 39
 Probation Department, San Mateo County 40
 Project 90 53
 Project Read Programs 14
 Project Sentinel 32
 Project WeHOPE Coast House Shelter in Half Moon Bay 31
 Project WeHOPE Shelter in East Palo Alto 31
 Psychiatric Emergency Services 1, 26
 Public Assistance 19
 Public Safety Power Shut-offs (PSPS) 17
 Puente 2, 18, 26, 45
 Puente de la Costa Sur 2, 45

R

Rally Family Visitation Services 45
 Rape Trauma Services (RTS) 1, 5, 36, 45
 Ravenswood Family Health Center 25
 Rebuilding Together Peninsula 33
 Recorder, San Mateo County 54
 Recreation 46
 RecycleWorks 47
 Recycling & Conserving Resources 47
 Red Cross 3, 7
 RediCoast 55

Redi-Wheels and RediCoast 55
Redwood City Free Clinic 25
Redwood Family House 31
Renaissance Entrepreneurship Center 16
Rental Assistance 33
Resources for Parents and Families 6
Rosener House 48
RotaCare Clinics 25
 RotaCare Clinic at Seton Medical Center 25
 RotaCare Coastside Clinic 25

S

Safe Harbor Shelter 31
Sage LGBT Elder Hotline 35
Salvation Army 3, 21
Samaritan House 2, 16, 21, 22, 25, 31, 50
 Redwood City Free Clinic 25
 San Mateo Free Clinic 25
SamTrans 56
San Bruno House 31
San Bruno Senior Center 49
San Bruno VA Outpatient Clinic 56
San Carlos Adult Community Center 49
San Carlos Adult Day Services 48
San Mateo Adult Education 13
San Mateo County Assessor 54
San Mateo County Bar Association 38
 Lawyer Referral Service 38
 Private Defender Program 38
San Mateo County Coroner 29
San Mateo County Dental Society 29
San Mateo County Department of Child Support Services 5
San Mateo County Department of Housing 33, 34
 Housing Authority 34
San Mateo County District Attorney 39
San Mateo County Health 6, 12, 23, 25, 30, 33, 38, 47, 52
 Aging and Disability Services 1, 12, 47
 Behavioral Health and Recovery Services 51
 Edison Clinic 25
 Environmental Health Services 33
 Family Health Services 6, 23
 Mobile Clinic 25
 Partner Services 25
 Prenatal Advantage Black Infant Health Project 24
 Public Administrator 38
 STD Clinic 25
 Testing on Demand 25
San Mateo County Health Coverage Unit 30
San Mateo County Human Resources Department 16
San Mateo County Human Services Agency 4, 5, 12, 17, 56
 Children and Family Services 5
 Foster Care Eligibility 6
 Veterans Service Office 56
 Vocational Rehabilitation Services (VRS) 12, 17
San Mateo County Law Library 37

San Mateo County Medical Association 29
 San Mateo County Mosquito & Vector Control District 4
 San Mateo County Office of Education 12, 14
 San Mateo County Pride Center 35
 San Mateo County Probation Department 37, 39
 San Mateo County Public Works Department 47
 San Mateo County Reads Programs 14
 San Mateo County Superior Court 4, 5, 37
 Family Court Services 4, 37
 Family Law Facilitators 5, 37
 San Mateo Free Clinic 25
 San Mateo Medical Center 1, 25–26, 28
 Second Harvest of Silicon Valley Food Connection Hotline 20, 22
 Self-Help for the Elderly 49, 50
 Senior Centers 48
 Senior Coastsiders 18, 21, 47, 49
 Senior Dining Centers 48
 Senior Mobility Guide 48, 56
 Senior Services. See Services for Older Adults
 Sequoia Adult School 13
 Sequoia Hospital 28
 Sequoia Strong 47
 Service Connect 3
 Service League of San Mateo County 3
 Service League of San Mateo County,
 Hope House 31, 54
 Services for Older Adults 47–50
 Information and Referral 47
 Seton Medical Center 28
 Seton Medical Center Coastside 28
 Shelter Bed Hotline 31
 Sheriff's Office 39
 Sitike Counseling Center 51, 53
 Skyline College 13, 40
 Social Security Administration 20
 Social Security Benefits 20
 Solar installation 18
 Solidarity Fellowship 54
 Sonrisas Community Dental Clinic 27
 South San Francisco Adult Education Program 13
 South San Francisco Senior Services Adult Day Program 48
 SPCA 3
 Spring Street Shelter 31
 Stanford Hospital and Clinics 28
 Stanford Hospital Health Library 27
 Stanford University Medical Center 28
 Lucile Packard Children's Hospital at Stanford 28
 Stanford Hospital and Clinics 28
 St. Anthony's Padua Dining Room 21
 STD Clinic 25
 St. Francis Center 22
 Street Life Ministries 21
 St. Vincent de Paul Society 3, 21, 30

Café St. Vincent 21
Homeless Help Desks 30
Substance Use Treatment 50–54
 Information and Referral 51
 Inpatient Treatment
 24-Hour Crisis Line 54
 Residential Treatment 51, 54
Suicide 2, 36
SunWork 18
Sustainability 18
Sutter Care at Home 29, 45

T

Tax Collector 55
Taxpayer Information & Official Records 54
Tax return preparation 55
Teen and Preteen Web Sites 7, 46
Teens, Youth 4
Thrive Alliance of Nonprofits 57
Tobacco Prevention 28
Transgender Adult Health Clinic 36
Transgender Care Clinic for Trans Youth 36
Transitional Housing 31
Trans Lifeline 35
Transportation 56, 57
Trevor Project 24/7 Suicide Prevention 36
Twin Pines Senior and Community Center 48

U

UCSF Medical Center 28
UCSF School of Dentistry 27
Unemployment Benefits 17
United Indian Nations 17
University of California Cooperative Extension 9
University of the Pacific Dental Clinic 27
U.S. Department of Homeland Security 35
U.S. Department of Housing and Urban Development 32
US Veterans Affairs Department 56

V

Veterans Affairs 28, 45, 46, 53, 54, 56
 Mental Health Clinic 45
 Peninsula Vet Center 45, 56
Veterans Affairs San Francisco Health Care System 29, 46
 San Bruno Outpatient Clinic 29
Veterans Memorial Senior Center 49
Veterans Services 56–57
Victim Assistance 3
Victim Services 3, 37
Vista Center 12
Vital Statistics 55
Vocational Rehabilitation Services (VRS) 12, 17
Voices of Recovery 53
Volunteer Center 58

Volunteer Match 57

Volunteer Placement Services 57

VRS 12, 17

W

WIC 7, 21

Women, Infants and Children's Program 7, 21

Women's Jail 39

Women's Recovery Association 54

Y

YMCA 2, 9, 46

YMCA of San Francisco 9, 46

YMCA of Silicon Valley 9

YMCA of San Francisco 9, 46

Pacifica Youth Service Bureau 46

Peninsula Family YMCA 9

Youth Service Bureau of San Mateo 46

Youth Service Bureau of South San Francisco 46

YMCA of Silicon Valley 9

East Palo Alto Family YMCA 9

Sequoia Branch 9

Youth Development and Mentoring 7

Youth Health Ambassador Program 9

Youth Service Bureaus of YMCA 9

NOTES

NOTES

The information on this booklet was revised as of July 2026. Be sure to contact agencies before going to the site or referring clients there.

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Photo By: Ziqi Li