



priority
Africa
network

BLACK IMMIGRANT HEALTH AND SOCIAL SERVICES DIRECTORY



Table of Contents

Guide to Using the Health and Social Services Directory	1-2
Introduction	3
About Priority Africa Network (PAN)	4-5
Methodology and Target Audience	5-6
Acknowledgment	6-7
Health, Race, and Immigration	7-8
Black Immigrants' Access to Healthcare	8-9
Cultural and Linguistic Factors	9-12
Black Immigrant Women's Access to Health Care	12-14
Black LGBTQIA+ Migrants: Health and Social Needs	14-16
Mental Health Needs and Access to Services	16-18
Access to Housing and Social Service Resources	18-20
Health Insurance Access for Black Immigrants in California	21-23
Health Care Services	24-32
Health Coverage and Enrollment Assistance	33
Dental Services Providers	34-36
Mental Health Services	37-48
Mental Health Professionals by National Origin	49

Emergency Services	50-52
Women's Services (Health Services/Shelters)	53-57
Children, Youth, and Family Services	58-66
Disabilities Services	67-77
Senior Services	78-86
LGBTQIA + Resources	87-95
Housing/Shelter	96-103
Food Assistance	104-112
DMV and California State Social Services Department	113-116

Guide to Using the Health and Social Services Directory

This directory is needed because of the specific challenges we have as Black immigrants in finding and accessing health insurance, healthcare providers, and providers of social services.

The purpose of this directory is to help members of our Black immigrant communities navigate the health and social resources that are available in the Bay Area.

We took into consideration the costs, challenges related to immigration status, and cultural and linguistic barriers. All these are factors that make access to services more difficult.

The directory lists both government and community-driven healthcare services that take in insured, uninsured, or undocumented clients at a free or affordable cost. Many of these health care providers have financial assistance programs for low-income earning clients; others use sliding scale fees.

A section of the directory outlines how to determine the health insurance and coverage that are accessible to you as a California resident, as well as county-based health coverage programs you may be eligible for. If you need assistance with enrollment, check the section titled “Health Coverage and Enrollment Assistance,” which is a list of health and social services providers that provide screening and enrollment assistance.

The social services section of the directory includes sub-sections for different needs based on age, gender, sexuality, and disabilities. It also addresses financial, housing, and food insecurities, and includes emergency as well as non-emergency resources.

The directory contains sections for providers of:

- Comprehensive **Healthcare Services**
- **Dental Services**
- Culturally and linguistically appropriate **Mental Health Services**
- **Children, Youth and Family Services**
- **Emergency Services and Hotlines** (*mental health/suicide/child abuse/gender based violence/LGBTQ/housing*)
- **Housing/Shelter**
- **Disabilities services**
- **Senior Services**
- **Women's Services** (health care/housing)
- **LGBTQIA+ Services**
- **Food Assistance**
- **Health Coverage and Enrollment Assistance**
- **Programs and Services for Refugees, Asylees, and Trafficking victims at the DMV and California State Social Services Department**

It also includes three stories of individual cases to illustrate the challenges faced by Black immigrants. The names and other details have been changed to protect their privacy.

Introduction

This document is intended for use by Black immigrants in the seven counties of the San Francisco Bay Area and for service providers who work with, and seek to understand the Black immigrant community.

We define Black immigrants as people of African descent who are born outside the United States, whether their immigration status is as citizens, asylees, or undocumented immigrants, as well as their immediate families. While such immigrants may come from anywhere outside the United States, the majority are from Africa and the Caribbean.

As both Black and foreign, they navigate life on the nexus of race and immigration, each carrying its own challenges.

Racially, historical barriers position Black people in the United States as a particularly disadvantaged group, with the only group ranking lower in economic and health being Native Americans. Whether measured by child mortality, breast cancer, heart diseases, diabetes, prostate cancer, or life expectancy, Black people in the U.S. consistently rank lower than people of European or Asian descent. Research shows that African immigrants are disproportionately affected by Hepatitis B, HIV/AIDS, mental illness, cardiovascular disease, and prostate cancer.

Next, being an immigrant, regardless of country of origin, poses significant obstacles. Even in the best of circumstances, the adjustment process to a new language or unfamiliar culture and ways of life can be taxing to health. For Black immigrants, the combination of existing and systemic racial disparities and challenges of new culture pose disproportionate difficulties they need to overcome.

About PAN

Priority Africa Network (PAN) is an Oakland-based advocacy organization that has been working directly with African community associations in the Bay Area since 2006.

There are many such groups, including small informal groups as well as larger organizations. Most are composed of immigrants coming from the same country as well as common origins within countries, by regions, ethnic groups, or other common histories. The largest national groups include Ethiopians and Eritreans from the Horn of Africa, Nigerians and Ghanaians from West Africa, and Kenyans from East Africa. Most have a strong sense of identity and some meet regularly. Faith communities sharing the same language are prominent among those who meet regularly to worship. Other groups often socialize together and raise funds to support one another.

The need for this directory has been clear to us from our experience. Black immigrant associations most often are not included in, nor do they receive support from organizations serving the Black American communities. Similarly, most groups focused on immigrants cater almost exclusively to the more numerous immigrant groups from Latin America or Asia.

Black immigrants face multiple challenges in accessing health services. Some obstacles are based on explicit policies and regulations, while others reflect cultural and linguistic barriers that limit access to care. The problems include lack of health insurance,

financial status, lack of culturally and linguistically competent health services, difficulty navigating the healthcare system, and distrust of healthcare providers.

This directory is designed to provide information on comprehensive, accessible, and affordable services. Some immigrants may already be insured, but others, particularly undocumented immigrants, are likely to be under-insured or uninsured. Of the listed providers included in this directory, some have financial assistance programs for low-income earning clients. Others set their fees based on a sliding scale of income eligibility.

The directory also includes sections on social needs that go beyond physical and mental wellness, given that social needs have a known negative impact on health status. In addition to healthcare providers in the traditional sense, we also include social service providers that target specific groups such as women, children, youth, LGBTQIA+, persons with disabilities, the elderly, and women.

Methodology and Target Audience

The directory began with online research about health and social service organizations serving low-income and immigrant communities, focusing on those centering Black communities and immigrant communities. Although we began with health organizations in particular, conversations with experts and with organizations working with Black immigrants made it clear that it was also essential to include social service agencies.

We reviewed research and data sources at the national level as well as sources covering California. Despite the increasing size of Black immigrant populations in the Bay Area, there are still few detailed studies focused specifically on these communities. This knowledge gap is indicative of the continued invisibility of Black immigrants, and leads to the perception that our numbers are too small to warrant policy consideration.

In the Bay area, the majority of Black immigrants are African, with smaller numbers coming from the Caribbean or elsewhere in the world. The Bay Area consists of seven counties. Beyond Alameda County, where PAN is located, Santa Clara and Contra Costa are the two counties with the highest concentration of Black immigrant populations.

Our target audience is Black immigrants, to increase their awareness of the services available. Secondly, the directory should also be useful for health professionals and social workers who encounter more Black immigrant communities. Among health and social service professionals, we target reaching Black American providers in particular. Lastly, the directory is intended for existing and new donors to make the case for continued support for this work.

Acknowledgement

This document would not have been possible without the singular focus and contribution dedicated to extensive research by Debora Tolessa, PAN Research and Program Associate. As a recent UC Berkeley graduate in anthropology, she brought the discipline of meticulous research and attention to detail that has gone to producing this document. Other staff members, Priscilla Ankrah and Nunu Kidane worked closely

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Health, Race and Immigration

This section was created with health and social service providers and policy makers in mind. It discusses multiple structural and sociocultural factors that complicate Black immigrants' access and utilization of services. It also addresses multiple health and social disparities experienced by Black immigrants at the intersection of multiple social identities such as race, immigration status, and gender.

We use findings from studies, data from organizations that serve Black immigrants, and the stories of the lived experiences of our community members to bring attention to the needs of our communities that are often discounted in public policy and discussion.

Black immigrants are classified under race and immigration status - the combination of which put them in positions where they are marginalized and excluded - by default if not intention.

Like all immigrants, access to information may be sifted through challenges of language and cultural lens. Language is one major part, but so are approaches to health which can include issues of trust.

Unlike the largest Latinx and Asian immigrant communities, information on housing, emergency shelter, domestic violence, youth programs and more do not reach the majority of Black/African immigrants because of how associations are organized, in small insular clusters of identity-groups.

Black Immigrants Access to Healthcare:

Health as a fundamental human right, according to the WHP which “*recognizes a legal obligation on states to ensure access to timely, acceptable, and affordable health care.*”

The U.S. is ranked far below many industrialized countries, with limited access to health care.

Black immigrants have lower rates of health-care coverage, especially in states that have not expanded Medicaid eligibility under the Affordable Care Act. New York and Massachusetts have the highest rates of health insurance coverage, with state-funded health insurance coverage to immigrants who would not be eligible for federally funded programs.

Here in California, immigrants make up nearly one third of the population, but account for nearly half of the uninsured. Immigrants have a lower rate of access to health care services as a whole, but the undocumented who lack regular access rely on emergency room care.

In 2016, California expanded Medi-Cal eligibility to undocumented children until age 18. In 2024, the state will provide access to health coverage for undocumented Californians between the ages of 26 and 49.

However, despite these expansions, nearly half a million (460,000) undocumented migrants will remain uninsured in California because their earnings are too low to qualify for coverage. Without state coverage, immigrants who are Black and/or Latino are expected to remain uninsured at a higher rate because they have a much lower rate of job-based health coverage than their native-born counterparts. According to one study, Black/African immigrants are twice as likely to be uninsured than the U.S.-born population.

Other studies show that over three million (3.2 million) Californians will have no health coverage in 2023 despite the expansion of Medi-Cal coverage to undocumented immigrants 50 and older. Out of the 3.2 million uninsured, 1.16 million will be undocumented Californians.

According to a 2018 report by BAJI and USC, 12% of Black immigrants have no health insurance.

Cultural and Linguistic Factors Affecting Black Immigrants Access to Health-Care and Other Social Services:

Black immigrants are a mult-faceted diverse group, representing various countries of origin, ethnicity, languages, and cultural practices. Eighty-eight percent of Black immigrants in the U.S. are from the Caribbean and Africa. Over the last two decades,

the population of Black immigrants from Africa has grown from roughly 600,000 to 2 million.

Limited English proficiency reduces the likelihood of health services usage. Individuals with limited English proficiency are less likely to have health insurance, visit physicians, receive preventive services, and get access to high-quality care. Availability and quality of healthcare interpreters are major barriers to healthcare access. During the COVID-19 pandemic, for instance, low English proficient patients had less access to video tele-health services.

Linguistic factors, as well as cultural elements, such as religion and spirituality, contribute to the healthcare experiences of African and Afro-Caribbean immigrants. Lack of culturally-competent healthcare and difficulty navigating the U.S. health system are identified by several studies as major healthcare access barriers.

African Advocacy Network, a San Francisco based organization working to address legal needs of Black immigrant communities, reports that over 90% of their clients have language access needs. They find that speakers of many African and Afro-Caribbean languages in the Bay Area, such as Tigrinya, Amharic, French, Swahili, and Haitian Creole, are isolated and struggle to access social services, including healthcare services, due to lack of interpretation or translation services by city agencies.

Tekle is a 22 year-old Eritrean man who came to the U.S. 3 years ago. After a successful asylum case, he settled into life in a new country, adjusting to culture change and a new language.

Tekle had been overly focused on getting started into his new life and paid little attention to his strange but consistent health challenges. He had been feeling unwell for a long time but delayed doing anything about it, unsure of how to arrange it. He felt so tired most of the time, forcing himself to go to work and continue to take classes at a community college.

Coming to America had been his dream for many years. His family, back in Eritrea or living as refugees in neighboring countries, were envious of his success to finally make it to the US and gain asylum. But to Tekle, actually being here felt like a letdown. He was lonely and missed his siblings. The food was unfamiliar and strange, and although he spoke English, people did not seem to understand his accent. Having to repeat himself was tiring and before long, he stopped socializing. But he needed to work full-time in order to pay rent and send money home. This felt like a never-ending cycle, which tired him even more.

Then Tekle woke up one December morning with a toothache he could not ignore. The pain was so acute to make it impossible to do anything else. With no health insurance and not knowing how to access dental care, Tekle went to the emergency room of Highland Hospital in Oakland for treatment.

At the emergency care, he was given antibiotics for the infection that was spreading, with advice to take all the pills, and painkillers for his pain. The medical staff gave him a referral for further dental care, for which he needed to make an appointment. Simple as this seemed, Tekle struggled to be understood using his limited English.

A Gender Lens: Black Immigrant Women's Access to Health Care

Nearly half of the Black immigrant population in the U.S. are women. Yet women are featured at uneven rates in the standard narratives, their experiences less visible, their contributions less acknowledged.

BAJI reports that there are an estimated 21 million immigrant women in the U.S. of which approximately 1.7 million are Black immigrants.

Black immigrant women are less likely to be insured and be able to access healthcare for themselves and their families due to structural barriers. Compared to native-born low-income populations, Black immigrant women are more than twice as likely to be underemployed, underpaid, and uninsured.

Recent studies have shown that Black women at the U.S.-Mexico border fleeing domestic and sexual violence and abuse are often turned away. Those who enter often meet a system that is not equipped to meet their acute needs. Their access to health services is further complicated by cultural and linguistic barriers as well as by their undocumented status. The intersection of race, gender, and migration places Black immigrant women at a higher vulnerability for multiple health disparities.

Undocumented women have higher rates of inadequate prenatal care, late diagnosis of illness, and self-management of chronic disease. Black immigrant women and girls mainly receive these services through Medicaid. Although Black immigrant women largely rely on Medicaid coverage to access critical services, structural barriers limit their eligibility for Medicaid.

The effect of inequality and racial discrimination is reflected in the intergenerational decline of birth outcomes of Black immigrant women. U.S.- born Black women are three times more likely to die from pregnancy-related causes than White women, and they have the highest prevalence of low birthweight babies compared to other groups.

Black immigrant women typically have much better birth outcomes than native-born Black women. However, studies show that the birth outcome advantage experienced by immigrant Black women is lost within one generation.

The longer a woman is exposed to racism and other forms of marginalization, the more likely she is to face adverse birth outcomes. A public health research report looking at the health of African American babies finds that babies of Black teens were healthier than the babies of Black women in their 20s and older. This research, as well as the intergenerational increase in low-birthweight babies among Black immigrant women show how detrimental exposure to racism is to health.

Public health researcher, Arline T Geronimus describes the health deterioration that marginalized groups experience due to exposure to chronic stress as “weathering.” In a similar way to how a rock is eroded by constant exposure to the elements, the human body experiences deterioration from exposure to the chronic stress of racism.

Despite living in an industrialized country, Black women in the U.S. experience higher maternal and infant death rates across socioeconomic status similar to those of developing countries. Similarly, descendants of Black immigrant women experience higher rates of negative maternal and birth outcomes regardless of higher socioeconomic status. All of these studies show how the psychological stress and health burden of racial discrimination and inequality affect the health of Black women and that of their children.

Health In Her, a digital platform that connects Black women to culturally competent and sensitive healthcare providers, reports that their clients often describe the stress they felt having to convince their doctors that they are in real pain or to present themselves in a different way in order to be taken seriously and be treated with dignity. They also describe the stress of doing extra research and preparation before doctor's visits to ensure that they are getting the appropriate treatment.

Black immigrant women report higher rates of self management of acute symptoms, self diagnosis, and the utilization of alternative modes of care from their social circles, religious leaders, friends, and people with traditional healing knowledge.

Black LGBTQIA+ Migrants: Health and Social Needs

In recent years, Black migrant serving organizations have observed an exponential rise in the number of African and Caribbean migrants leaving their countries and applying for asylum based on their LGBTQ status. The Black LGBTQIA+ Migrant Project (BLMP), in Oakland, reports that an increasing number of LGBTQ Black migrants are crossing into California from Mexico. However, at the same time, BLMP observes that

anti-immigrant push back from the federal government is resulting in increasing ICE raids, policing, and the threat of defunding refugee programs in the Bay Area and California, disproportionately impacting Black migrants.

Many Black LGBTQ asylum seekers have histories of trauma due to anti-LGBTQ stigma and policies in their home countries. Both pre and post migration experiences of trauma and discrimination contribute to negative mental and physical health outcomes for Black LGBTQ migrants. A study looking at recently migrated African gay and bisexual men finds that men who have experienced homophobic trauma and discrimination were more vulnerable to developing mental health issues, including depression and addiction disorders.

Additionally, many LGBTQ asylum seekers have migrated independently from family due to parental and family rejection. They also experience stigma and discrimination from immigrant communities in the U.S., leading to extreme isolation and negative health outcomes. Black migrant sexual and gender minorities and their needs are often invisible in the social and political landscape, even in progressive movements and organizations.

Ola Osaze, National Organizer for BLMP, says “for reasons ranging from transphobia and homophobia to lack of effective outreach, to fear of immigration enforcement, this is a community that tends to be very disconnected from progressive movements and isolated in general.”

Considering the social isolation and vulnerabilities to trauma that Black LGBTQ immigrants face, studies suggest evidence-based components of effective services for

service providers. These include the engagement of Black LGBTQ migrants in social and cultural events and groups, including the voices of Black LGBTQ migrants in the creation and implementation of health and social services programs, sexual health services, and clinical and social service programs that are trauma-informed.

Mental Health Needs and Access to Services:

According to author Iris Chang stated *“People do not casually leave an inherited way of life; events must be extreme enough at home to compel them to go, or alluring enough elsewhere for them to override an almost tribal instinct to stay among their own.”*

Migrating to a new land means leaving “one’s own” to encounter new cultures, languages, values, and ways of life, all of which can have enormous consequences to one’s physical and mental health. Some cope better than others, but having more information resources available for those who find that difficult is a critical need.

Despite their need for mental health care, studies show that Black immigrants underutilize mental health services. Factors such as financial accessibility, access to culturally and linguistically relevant services, and mental illness stigma contribute to all this. In addition, knowing how to navigate the wide range of information available is a major challenge.

In addition to trying to cope with changed reality in their new country, many continue to process past experiences that may have been traumatic. Partnership for Trauma Recovery (PTR), an organization working to address the psychological and social needs

of African trauma survivors estimates there are 75,000 survivors of torture in the Bay Area alone.

Post-traumatic experiences can show up as acute stress, depression and anxiety, sometimes leading to substance abuse. Mental health care is helpful only if it is culturally informed, linguistically accessible and affordable care.

Admitting mental health challenges and seeking professional help are stigmatized in many Black immigrant communities and cultures. Therefore, most support comes from family, community members and religious leaders. Mental health care professionals and policy advocates must consider community and faith leaders as important partners in meeting the mental health needs of Black immigrant communities in the Bay Area.

Uche is a 44 year old Nigerian woman who works in an elderly care home. She and her husband both have “good jobs.” But they work long hours and the money never seems to be enough to cover all their needs. The couple live in a good safe neighborhood with their three children. Earlier this year, Uche’s mother came to visit, and as is customary, stayed 8 months with her daughter and family. Within a few months, she started complaining of pain and discomfort that was keeping her up at night.

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Access to Housing and Social Service Resources

Immigrant community members rely heavily on one another for information when faced with problems. Identity-based social/cultural associations, community, faith and professional groups, offer information and support to members in informal ways. For example, a woman abused by her husband quietly consults with her pastor or imam when seeking shelter. A person facing eviction and in need of emergency housing looks for support from within his/her community. The relentless nature of the various demands for support can be more than most community leaders are able to handle.

Housing is one of the most urgent needs small families are facing in the Bay Area. Exorbitant rents and cost of living are driving many to relocate to less expensive areas, resulting in less access to family and community support, including faith groups. Studies have shown the impact on health and wellbeing when forced to move away from a familiar neighborhood. It is destabilizing for people whose homes are a place of sanctuary and security because of proximity to trusted communities.

A UC Berkeley research study finds that immigrants in the San Francisco Bay Area are increasingly residing in mid-sized cities (populations ranging from 30,000 to under 250,000 people) and suburbs due to the rising living costs in the largest cities. Low-

income immigrants who are most in need of free or low-cost social services are the most likely to move to suburban communities where services for immigrants have historically been absent. The researchers look at mid-sized cities and suburbs in the wider nine-county Bay Area where immigrants make up 19 to 52% of the total city population and a third of the residents living in poverty.

According to the American Community Survey, the three top cities in the Bay Area—San Francisco, San Jose, and Oakland—have foreign-born residents making up 28-40% of their population. Despite the growing population of the foreign born, the Bay Area has nearly a quarter million residents who do not have health insurance.

Existing social services for immigrants are largely based in urban centers such as San Francisco, San Jose, and Oakland, creating a geographic disconnect between the needs of immigrants in suburban communities and service providers. The study calls for foundations and policymakers to catch up to this new reality to address the needs of the increasing number of low-income immigrant populations in suburban communities.

Kwame is a 53 year-old man from Ghana who works as a security guard at a local bank. He came to the U.S. 5 years ago, after many failed attempts to secure a visa. He won the “lottery” or the diversity visa which enabled him to enter the U.S. legally. He is considered lucky by family back home who envy his success at finally arriving and securing a legal status.

That also means expectations from family and friends, that he would help them financially and secure a visa to come to the U.S. In his Facebook posts and the regular phone calls, he tells them about life in America that fit their expectations: plenty of cheap food, ways to make money (low-paying jobs but at least they paid regularly), and unlimited wifi to use for films and movies.

What Kwame does not share is how lonely he feels most of the time. That he is alienated from his culture and himself. Even his fellow Ghanains who have been in America for a long time seemed strange to him. He spoke English well enough, but Americans seemed to have difficulty understanding him which is frustrating.

The feelings of deep sadness increased over the past couple of years leading to less interest in food, seeing people and even posting on Facebook. Kwame knew deep inside something was not well with him but did not know where to turn and who to ask for help. He was increasingly anxious at work, making the customers edgy and uncomfortable. His boss sent him home early the other day, telling him to take the day off to rest.

Health Insurance Access for Black Immigrants in California

Short Guide to Major Programs

Medicare

Website <https://www.medicare.gov/>

Who is eligible to apply?

Medicare is health insurance for people 65 or older. You're first eligible to sign up for Medicare 3 months before you turn 65. You may be eligible to get Medicare earlier if you have a disability, End-Stage Renal Disease (ESRD), or ALS (also called Lou Gehrig's disease).

Immigrants may apply if

- You are lawfully present in the country,
- Either you or your spouse have worked in the U.S. and paid Medicare taxes for a minimum of 40 quarters, or
- If you do not have a work history, you must have lived in the United States for 5 years or more. Those without a work history must pay higher premiums.

Covered California

Website: <https://www.coveredca.com/>

Benefits: Discount on health insurance determined by income, household size, and age.

Coverage: Lawfully present California residents, including green card holders, lawful temporary residents, refugees and asylees, other humanitarian immigrants (including those granted temporary protected status).

For a list of documents you will need to confirm your immigration status when applying for a health plan through Covered California, visit <https://www.coveredca.com/documents-to-confirm-eligibility/immigration-status/>.

For more information, visit <https://www.coveredca.com/learning-center/information-for-immigrants/>

Medi-Cal

Website: Apply through <https://www.coveredca.com/>. Your eligibility for this program is determined by income, household size, and age. Check <https://www.dhcs.ca.gov/services/medi-cal/Pages/DoYouQualifyForMedi-Cal.aspx>

Benefits: Medi-Cal is California's Medicaid health care program. It is supported by federal and state taxes. Note that It is possible to be enrolled in Medi-Cal and Medicare at the same time.

Coverage: Lawfully present California residents, including green card holders, lawful temporary residents, refugees and asylees, other humanitarian immigrants (including those granted temporary protected status). *Note that undocumented immigrants are also eligible for Medi-Cal. Undocumented residents qualify for Medi-Cal if they are younger than 26 or 50 or older, a DACA recipient, are currently pregnant, or were recently pregnant.*

County Medical Services Program

Website: You can check if your county is covered under this program and apply through <https://cmspcounties.org/healthcare-within-reach/#toggle-id-1>

Who is eligible to apply?

- low-income, uninsured adults who may not be eligible for any other publicly funded health care program
- Age 21 or older

Programs under the County Medical Services Program include Path to Health, Connect to Care, and CMSP.

Path to Health and Connect to Care are available regardless of immigration status, while coverage limitations apply depending on citizenship under CMSP

Path to Health

Website: Apply through <https://mypathtohealth.org/>

Who is eligible to apply?

- All persons between age 26-49;
- With monthly income of \$2,107 or less (2022 income for household of 2 per Federal Poverty Level)
- Available regardless of immigration status

Connect to Care:

Website: Apply through <https://myconnecttocare.org/>

Who is eligible to apply?

- age 21-64
- monthly income of \$2,107 – \$4,581(2022 income for household of 2 per Federal Poverty Level)
- available regardless of immigration status

CMSP

Website: Apply through <https://cmspcounties.org/medical-and-dental-benefits/>

Who is eligible to apply?

- age 21-64
- monthly income of \$4,581 or less
- coverage limitations apply depending on citizenship

Health Program of Alameda County (HealthPAC)

Website: Apply through <http://www.acgov.org/health/indigent/pac.htm>

HealthPAC is not insurance and does not provide everything that insurance does.

Who is eligible to apply?

- uninsured people living in Alameda County
- be between 0 and 200 percent of the Federal Poverty Level
- not eligible for Medi-Cal
- not enrolled in private insurance
- Available regardless of citizenship status

How to enroll:

- Make an eligibility appointment at one of the clinics by clicking on the link below. It lists community Screening and Enrolling Sites for the uninsured
<https://achealthcare.org/health-insurance-info/low-income-coverage-options/screeningenrollment/>
- Bring in identification, proof of residency, and proof of income

The health care providers included in this list also provide screening and enrollment assistance into health insurance and coverage programs, including Medi-Cal, and others

To find HealthPAC Medical Homes and Enrollment Sites, visit <http://www.acgov.org/health/documents/HPACBrochureEngJanuary2023.pdf>

Note: In the part of the Health and Social Services Directory titled “Health Coverage and Enrollment Assistance,” you may find additional health and social services providers who provide screening and enrollment assistance when applying for health insurance.

Health Care Services (Comprehensive/General List)

State law requires that all health plans provide a qualified interpreter when you ask, either in-person or through a telephone- or video-conferencing system and that all health plans must pay for these services. Additionally, most health plans, and all large plans, must provide written materials in the main languages spoken by their members.

Name	Contact	Location	Services	Cost
Asian Health Services	Chenming & Margaret Hu Medical Center: (510) 986-6800 Frank Kiang Medical Center: (510) 735-3888 Rolland & Kathryn Lowe Medical Center: (510) 318-5800 Asian Health Services Pediatrics San Leandro: (510) 357-7077 Dental Clinic: (510) 986-6888	Administration 101 8th Street, Suite 100 Oakland, CA 94607	Perinatal, pediatrics, teen clinic, adults, geriatrics, dental, behavioral health, specialty mental health, HIV/AIDS, Nutrition, and more	free/low
Alameda County Health Care for the Homeless - Mobile Health	384 14th St, Oakland, CA 94612 (510) 437-5086	Oakland	General medical services, urgent care, care coordination, linkage and referrals to community resources to people experiencing houselessness	free/low
Alameda Hospital	2070 Clinton Ave. Alameda, CA 94501 (510) 522-3700	Oakland	adult speciality, senior health, children's health, cancer care, physical therapy	free/low
Antioch Health Center	2335 Country Hills Drive, Antioch, CA 94509 (877) 905-4545	Antioch	adult health, pediatrics, family health, children's behavioral health, prenatal, women's health	free/low
Axis Community Health	Multiple locations: https://axishealth.org/locations-directions (925) 462-1755	Pleasanton, multiple locations	comprehensive medical services, acupuncture, dental, mental health women, infants and children nutritional services	free/low
Bay Area Community Health	40910 Fremont Boulevard. Fremont, CA 94538 (510) 770-8133	Fremont	medical, dental, behavioral health, vision, specialty care, support programs	free/low
Bay Point Family Health Center	215 Pacifica Avenue, Bay Point, CA 94565 (877) 905-4545	Bay Point	prenatal care, women's health, children's dental care	free/low
Berkeley Free Clinic	2339 Durant Ave, Berkeley, CA 94704 (510) 548-2570	Berkeley	TB test, Sexual health screenings and treatment, UTI testing and treatment, Hepatitis, HIV, peer counseling, vision screenings, eye glasses, dental care	free
Berkeley Primary Care Medical	3000 Colby St # 304, Berkeley, CA 94705 (510) 848 7533	Berkeley	family medicine, general dentistry, hand surgery, orthopedic surgery, ophthalmology	free/low

<u>Cardinal Free Clinics: Arbor Free Clinic</u>	114 Fifth Avenue, Redwood City, CA 94063 (650) 724-1332	Redwood City	General Medical Care, Physical Exams, HIV counseling, Free Lab Testing (One Time Only), Free X-Rays (Basic Imaging), Low-Cost Prescriptions (NO REFILLS), Referral to Specialty Clinics	free/low
<u>Cardinal Free Clinics: Pacific Free Clinic</u>	1835 Cunningham Avenue, San Jose, CA 95122 (650) 721-2786	San Jose	Complete Health Assessment, Specialty Clinic Services, Referrals, Medications, Laboratory Testings and Vaccines, Health Education, Interpretation Services	free
<u>Castro Mission Health Center</u>	3850 17th St. San Francisco, CA 94114 (628) 217-5700	San Francisco	regular check-ups, urgent care, pediatric care, women's health services, HIV medical care and comprehensive support services, gender affirming care, and more	low
<u>Child Health and Disability Prevention Program</u>	Contra Costa County CHDP, 2500 Bates Ave, Concord, CA 94520 (925) 313-6150	Concord	Periodic health assessments and services to low income children and youth in California, ages 0-18	free/low
<u>Community Outreach by the Meredith W. Morgan Eye Center</u>	multiple locations and partners (510) 642-2020	Berkeley	eye exams and materials for children, migrant workers, adults, elderly, vision care for financially disadvantaged patients with higher prevalence of eye and eye-related disease	free/low
<u>Concord Child Care Center</u>	1360 Detroit Ave, Concord, CA 94520 (925) 689-5151	Concord	education, child development services, vision and dental screenings, nutrition, social services, services for young children with disabilities, and family support services to low-income families living or working in Concord	free/low
<u>Concord Health Center</u>	3052 Willow Pass Road, Concord, CA 94519 (925) 681-4100	Concord	family practice, internal medicine, pediatrics, prenatal care, sexual health clinics, women's health, adult medicine, patient education, and more	free/low
<u>Contra Costa Health Services</u>	1220 Morello Ave, Suite 200, Martinez, CA 94553 (800) 495-8885	Martinez	comprehensive health services, health care for the homeless, health support services for refugees such as health screenings, health	free/low

			education, immunizations, tuberculosis follow-up and care, referrals to health and human services	
<u>Contra costa Regional medical center</u>	2500 Alhambra Avenue, Martinez CA 94503 (925) 370-5000	Martinez	cancer care, heart and lung care, care for serious illness, diagnostic imaging, psychiatric, mental health care, surgery & recovery, women's health, prenatal	free/low
<u>Curry Senior Center</u>	333 Turk St, San Francisco, CA 94102 (415) 920-1351	San Francisco	Health workshops and presentations; Chronic disease self-management programming; in-home internet access, technology training and health coaching; mental health and substance abuse counseling, peer outreach, and more	free
<u>Daly City Health Center</u>	380 90th Street, Daly City, CA 94015 (650) 301-8600	Daly City	dental, mental, sexual, family planning, women's health, pediatry, nutrition	free/low
<u>Dental Clinic-Chabot College</u>	25555 Hesperian Blvd, Building 2200, 1st Floor, Hayward, CA 94545 (510) 723-6900	Hayward	dental cleaning, screening, fluoride varnish, dental care packages	free/low
<u>Diablo Valley College, Dental Hygiene Clinic</u>	321 Golf Club Rd. LHS102, Pleasant Hill, CA 94523 (925) 969-2692	Pleasant Hill	Provides dental cleaning, x-rays, fluoride treatment	free/low
<u>East Oakland Health Center</u>	7550 International Blvd Oakland, CA 94621 (510) 981-4100	Oakland	Acupuncture, Addiction Medicine, Adult/Internal Medicine, Behavioral Health, Chiropractic, Family Medicine, HIV Treatment and Prevention, Homeopathy, Pediatrics, Podiatry, Psychiatry, enrollment services (CalFresh, Covered CA, HealthPAC, Medi-Cal)	free/low
<u>Eastmont Wellness</u>	6955 Foothill Blvd. #200 Eastmont Mall Shopping Center Oakland, CA 94605 (510) 567-5700	Oakland	refugee health services, homeless health, children's health, eye care/ophtalmology, substance abuse, nutrition and weight management	free/low
<u>Fairmont Rehabilitation and Wellness</u>	15400 Foothill Blvd. San Leandro, CA 94578 (510) 895-4200	San Leandro	behavioral services, post-acute, senior health, skilled nurses, subacute	free/low
<u>Fair Oaks Health Center</u>	2710 Middlefield Road Redwood City, CA 94063 (650) 578-7141	San Mateo	dental, women, family planning, optometry,	free/low

			nutrition, adult health, children's health	
Habesha Health	https://www.habeshahealth.org/contact-us	Virtual	provide culturally competent health education by assessing the Habesha community's health needs and creating resources specific to the Habesha community	free
Hayward Wellness	664 Southland Mall Dr. Hayward, CA 94545 (510) 266-1700	Hayward	adult clinic, behavioral services, substance abuse, medical counseling, children's health, children's health, homeless health center, HIV care	free/low
Health Care for the Homeless (HCH)	2500 Bates Ave, Suite B Concord, CA 94520 (Mailing Address) Mobile Clinics: Tuesdays 8:30am - 12pm West Pittsburg Community Church Thursdays 1:00pm - 3:30pm Antioch Shipyard Thursdays 8:00am - 3:00pm Baldwin Park in Concord Fridays 9:00am - 12:30pm Martinez Marina Mondays 8:00am - 3:00pm at Bay Area Rescue Mission, Richmond Dental Clinics: Tuesdays and Thursdays at Respite Center, 2047 Arnold Industrial Way, Concord Wednesdays 8:00am - 3:00pm at Bay Area Rescue Mission, Richmond (925) 608-5300 (Clinic) (925) 608-5350 (Dental)	Contra Costa county	medical care, STD screenings, behavioral health, dental health, and more	free/low
Health in Her	Virtual Platform: https://healthinherhue.com/	Virtual	connects Black women and women of color to culturally sensitive healthcare providers, evidence-based health content, and community support.	free
HealthRIGHT 360	1563 Mission Street, San Francisco, CA 94103 (800) 200-7181	San Francisco	routine physical check-up, screening for health disorders, geriatric health services for seniors, primary medical care, women's health	free/low

			care services, including family planning, pregnancy tests, complete obstetrical services, breast and cervical cancer screening	
<u>Highland Wellness</u>	1411 E. 31st St. Oakland, CA 94602 (510) 437-4800	Oakland	senior health, gynecology, homeless healthcenter, children's health, weight management, behavioral health	free/low
<u>Kaiser Permanente</u>	Multiple Locations: https://healthy.kaiserpermanente.org/northern-california/doctors-locations#/search-form	Multiple Locations: https://healthy.kaiserpermanente.org/northern-california/doctors-locations#/search-form	Addiction and recovery, Birth control, Cancer, Caregiving, HIV/AIDS and STDs, Life care planning, Mental health and wellness, Pain management, senior health, women's health, and more. Charitable Health Coverage for those who don't qualify for public or private coverage like Medicaid/Medi-Cal	free/low
<u>La Clínica de La Raza</u>	1450 Fruitvale Ave, 1st Floor, Suite B, Oakland, CA 94601	Oakland	adolescent/youth services, behavioral health, dental, family medicine, HIV/AIDS	free/low
<u>Laguna Honda Hospital and Rehabilitation Center</u>	375 Laguna Honda Blvd.San Francisco, CA 94116 (415) 759-2300	San Francisco	geriatrics, rehabilitation, stroke, traumatic brain injury, multiple sclerosis, alzheimer's and other forms of dementia, HIV/AIDS, palliative, and end of life care, mental health	free/low
<u>LifeLong Medical Care</u>	2023 Vale Rd, San Pablo, CA 94806, Multiple other locations found on this site: https://lifelongmedical.org/locations/ (510) 981-4100	San Pablo	Dental care, HIV treatment and prevention, mental health, immediate/urgent care, prenatal care, supportive housing program, senior independence	free/low
<u>Lifelong Medical West Berkeley Center</u>	837 Addison Street Berkeley CA 94710 (510) 980-4100	Berkeley	behavioral services, counseling, psychiatry, recovery services, adult medicine, addiction medicine, family medicine, HIV, chiropractic	free/low
<u>Lifelong Over 60 Health Center</u>	3260 Sacramento St, Berkeley, CA 94702 (510) 601-6060	Berkeley	dental care, comprehensive and integrated services for mental health, substance use and related health conditions	free/low
<u>Lions Center for the Visually Impaired</u>	175 Alvarado Avenue, Pittsburg, CA 94565 800 750. eyes	Pittsburg	eye exam, glasses	free/low

<u>Lyon Martin Community Health</u>	1735 Mission Street, San Francisco, CA 94103 (415) 565-7667	San Francisco	primary care, gynecology, cancer screening, gender affirming care, harm reduction services, and mental health care for women of all ages	free/low
<u>Marina Wellness & Surgical Associates</u>	815 Atlantic Ave. Suite 100, Alameda, CA 94501 (510) 535-7434	Oakland	senior health, gynecology, homeless healthcenter, children's health, weight management, behavioral health	free/low
<u>Maxine Hall Health Center</u>	1301 Pierce St. San Francisco, CA 94115 (628) 217-5400	San Francisco	Primary Care, Prenatal Care, Nurse Clinic, Women's Clinic, Podiatry, Pharmacy, Nutrition	free/low
<u>Mobile Health Clinic - John Muir Health</u>	Monument Community area of Concord, Bay Point, and Antioch during the week East Contra Costa County on Saturdays (925) 941-7940	Walnut Creek (Headquartes)	preventive and urgent medical care, referrals	free/low
<u>Native American Health Center</u>	Multiple locations: https://www.nativehealth.org/contact-us/locations-sites/	Oakland, San Francisco, Richmond, Alameda, San Leandro	medical, dental, behavioral health, women, infants, and children, school based health centers community wellness	free/low
<u>North East Medical Services</u>	multiple locations: https://nems.org/about-us/#locations (415) 391-9686	San Francisco, Daly City, San Jose	medical, dental, behavioral health care, optometry ancillary services, integrative medicine	free/low
<u>O'Connor Hospital</u>	2105 Forest Avenue, San Jose, CA 95128 (408) 947-2500	San Jose	birth center, cardiac and vascular care, wound care, pediatric urgent care, orthopedics and spine, stroke care	free/low
<u>Operation Access</u>	312 Sutter St #608, San Francisco, CA 94108 (415) 733-0052	San Francisco	Free outpatient surgery for uninsured and patients ineligible for full-scope Medi-Cal, Medicare, or CMSP	free/low
<u>Order of Malta Clinic of Northern California</u>	2121 Harrison Street #120 Oakland, CA 94612 (510) 587-3000	Oakland	preventative health care services and treatment to uninsured and low-income patients	free
<u>Potrero Hill Health Center</u>	1 Dr. Carlton B. Goodlett Place San Francisco, CA 94102 (415) 648-3022	San Francisco	Continuity and urgent care for all ages, Well child Care, Family planning, Prenatal care, Chronic disease management, Mental Health Services, Pharmacy consultation, Nurse case management, Nutrition consultation, Social Services,	free/low

			Psychosocial services, Podiatry services, Dental services	
<u>Ravenswood Family Health Network</u>	1885 Bay Road, East Palo Alto, CA 94303, other locations (650) 330-7400	Palo Alto	comprehensive primary care, behavioral health, optometry, chiropractic, dental services, social services	free/low
<u>Roots Community Health Center</u>	9925 International Blvd, Oakland, CA 94603 (510) 777-1177	Oakland, San Jose	medical and behavioral health care, health navigation, workforce enterprises, housing, outreach, and advocacy	free/low
<u>Samaritan House</u>	4031 Pacific Boulevard San Mateo CA 94403 Free Clinic Locations: San Mateo Free Clinic 19 W. 39th Ave San Mateo, CA 94403 Redwood City Free Clinic 114 Fifth Ave Redwood City, CA 94063 (650) 347-3648	San Mateo	comprehensive, integrated services, including primary and specialty medical, dental, vision, and mental health care.	free/low
<u>San Francisco Community Health Center</u>	726 Polk St., San Francisco, CA, 94109 (415) 292-3400	San Francisco	medical services for people of color, LGBTQ community, HIV & STD testing, HIV treatment and care services, dental, transgender health, mobile health clinics	free/low
<u>San Francisco Health Plan</u>	(415) 777-9992	San Francisco	medical, dental, and vision care for eligible San Francisco residents, application assistance for Medi-Cal	free/low
<u>San Francisco Human Services Agency</u>	1440 Harrison Street , San Francisco, CA 94103 (415) 558-4700	San Francisco	assistance with medi-cal applications, early child care, child welfare, financial assistance, food assistance, housing, and homeless services, services for seniors and adults with disabilities	free/low
<u>San Joaquin General Hospital</u>	500 W. Hospital Road, French Camp, CA 95231 (209) 468-6000	San Joaquin	birth care, family care, children, audiology, diagnostic imaging, physical therapy, occupational, speech therapy, surgery	free/low
<u>San Joaquin Health Center California Street clinic</u>	1414 N. California Street, Stockton, CA 95202 (209) 468-6820	San Joaquin	specialty care, primary care, family practice, children's health, OB-GYN, and more	free/low

<u>San Mateo County Health</u>	222 W. 39th Avenue San Mateo, CA 94403 (650) 616-2002	San Mateo, multiple locations	Aging & Adult Services, Behavioral Health & Recovery Services, Communications, Correctional Health Services, Emergency Medical Services, Environmental Health Services, Family Health Services, Health Administration, Health Coverage Unit, Health Information Technology, the LEAP Institute, Public Health, Policy & Planning, and San Mateo Medical Center hospital and clinics.	free/low
<u>Santa Clara Family Health Plan</u>	6201 San Ignacio Ave, San Jose, CA 95119 (408) 376-2000	San Jose	access to equitable, high-quality health care through Medi-Cal and SCFHP DualConnect (HMO D-SNP) health care plans.	free/low
<u>Santa Clara Valley Medical Center Hospital</u>	751 S. Bascom Ave San Jose, CA 95128 (408) 885-5000	San Jose	adult health, women's health, children's health, cancer, trauma, gender	free/low
<u>Santa Rosa Community Health</u>	<u>Multiple Locations</u>	Santa Rosa	Primary care, women's health and pregnancy care, dental care, pediatrics, HIV/AIDS clinic	free/low
<u>Southeast Family Health Center</u>	2403 Keith St. San Francisco, CA 94124	San Francisco	primary care, dental care, prenatal care, podiatry, psychosocial care, HIV/AIDS care, pediatrics, re-entry support, substance use treatment, gynecology, geriatrics, clinic pharmacist, nutrition, acupuncture	free/low
<u>South of Market (SOMA) Health Center</u>	229 7th Street, San Francisco, CA 94103 (650) 616-2002	San Francisco	medical, dental, behavioral health care, primary care for seniors	free/low
<u>St. Anthony's Medical Clinic</u>	150 Golden Gate Avenue, SF 2nd Floor (415) 241-8320	San Francisco	primary care, pediatrics, podiatric medicine, behavioral health	free/low
<u>STE Louise Regional Hospital</u>	9400 No Name Uno, Gilroy CA 95020 (408) 848-2000	Gilroy	birth center, breast care center, stroke, general surgery, wound care, pulmonary rehabilitation	free/low
<u>Street Level Health Project</u>	3125 E 15th St, Oakland, CA 94601 (510) 533-9906	Oakland	Health screenings and integrative episodic care; Drop-in health navigation supports; On-site health enrollment;	free/low

			Immigrant Rights and Empowerment Program	
<u>Suitcase General Clinic</u>	2407 Haste St, Berkeley, CA 94704 (510) 269-7242	Berkeley	general clinic, youth clinic	free/low
<u>Sutter Health - Alta Bates Summit Medical Center</u>	350 Hawthorne Avenue, Oakland, CA 94609 510) 655-4000 (Main Phone) (855) 398-1633 (Financial Assistance)	Oakland	financial assistance for low-income patients, primary care, family medicine, mental health, women's health, pediatrics	free/low
<u>The Society of St. Vincent de Paul of Contra Costa County</u>	2210 Gladstone Drive, Pittsburg, CA 94565 (925) 439-2009	Pittsburg	medical services for adults with acute or chronic conditions, dental care, food, clothing, shelter, rental assistance	free/low
<u>Tiburco Vasquez Health Center</u>	33255 9th street Union City, CA 94597 (510) 471-5907	Union City	primary care, dental care	free/low
<u>Tom Waddell Urban Health Clinic</u>	230 Golden Gate Avenue San Francisco, CA 94102 (415) 355-7500	San Francisco	Comprehensive HIV prevention and care, Hepatitis C treatment, Office-based opioid treatment, Transgender care, Integrated behavioral health services, Podiatry, Dental	free
<u>UC Davis Medical Center</u>	2315 stockton boulevard, Stockton Blvd, Sacramento 95817 (916) 734 -2011	Sacramento	birth center, children health, heart and vascular, comprehensive care, primary care, video visit	free/low
<u>UCSF Benioff Children's Hospital</u>	Multiple locations: https://www.ucsfbenioffchildrens.org/locations	Oakland, San Francisco, Walnut Creek	adolescent health, family outreach and support, pediatric primary care, Encore Medical Clinic that addresses the unique health needs of homeless children, urgent care, international clinic, mental health	low/ free for qualifying families
<u>West Oakland Health Center</u>	700 Adeline Street Oakland, CA, 94607	Oakland	adult medicine, behavioral health, optometry, pharmacy, oral health, pediatrics, women's health	free/low
<u>Zuckerberg San Francisco General Hospital and Trauma Center</u>	1001 Potrero Avenue (between 22nd and 23rd Streets) San Francisco, CA 94110 (628) 206-8000	San Francisco	inpatient, outpatient, emergency care, diagnostic and behavioral services for adult and children	free/low

Health Coverage and Enrollment Assistance

Name	Contact	Location	Services
County Offices to Apply for Health Coverage, Medi-Cal, and Other Benefits	https://www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx	Statewide	County Listings are arranged in alphabetical order by county name and provide contact information on department offices for those who want to apply for Medi-Cal health coverage.
Covered California	Look for a health plan here : https://www.coveredca.com/ Get help with your application or with choosing a plan: By phone: call (800) 300-1506 (TTY: [888] 889-4500)	Statewide	Medi-Cal and Covered California use the same application. This means that once you apply using CoveredCA.com, you'll find out which program you qualify for. Some households qualify for both.
LifeTrust Care	(510) 618-1580 ext. 11 https://www.lifetrustcare.org/contact		Support housing and public benefits navigation for people with disabilities and seniors
Medi-Cal	https://www.dhcs.ca.gov/services/medi-cal/eligibility/pages/medi-cal_covca_faq.aspx	Statewide	public health care coverage program for low-income families and individuals who live in California, including families with children, seniors, persons with disabilities, foster care youth, pregnant women, and low-income people with specific diseases such as tuberculosis, breast cancer, or HIV/AIDS.
Medicare Counseling (HICAP)	https://aging.ca.gov/Find_Services_in_My_County/ or call: 1-800-434-0222	Statewide	HICAP (Health Insurance Counseling and Advocacy Program) provides free, confidential one-on-one counseling, education, and assistance to individuals and their families on Medicare, Long-Term Care insurance, other health insurance related issues, and planning ahead for Long-Term Care needs. HICAP also provides legal assistance or legal referrals in dealing with Medicare or Long-Term Care insurance related issues.
One Degree Common App	help@1degree.org, text at (800) 484-0126 Call at (916) 563-4004	Statewide	Common App to apply for CalFresh, Medi-Cal, and the San Francisco Recreation and Parks Scholarship. Available in English and Spanish

Dental Services Providers

Name	Contact	Location	Cost
Alameda County Health Care for the Homeless	ACHCH Program 384-14th Street Oakland, CA 94612 (510) 891-8950	Multiple locations: https://onsitedental.com/locations	free
Bay Area Community Health	40910 Fremont Boulevard. Fremont, CA 94538 (510) 770-8133	Fremont	free/low
Bay Point Family Health Center	215 Pacifica Avenue, Bay Point, CA 94565 (877) 905-4545	Bay Point	free/low
Berkeley Free Clinic	2339 Durant Ave, Berkeley, CA 94704 (510) 548-2570	Berkeley	free
Berkeley Primary Care Medical	3000 Colby St # 304, Berkeley, CA 94705 (510) 848 7533	Berkeley	free/low
Concord Child Care Center	1360 Detroit Ave, Concord, CA 94520 (925) 689-5151	Concord	free/low
Daly City Health Center	380 90th Street, Daly City, CA 94015 (650) 301-8600	Daly City	free/low
Dental Clinic-Chabot College	25555 Hesperian Blvd, Building 2200, 1st Floor, Hayward, CA 94545 (510) 723-6900	Hayward	free/low
Diablo Valley College, Dental Hygiene Clinic	321 Golf Club Rd. LHS102, Pleasant Hill, CA 94523 (925) 969-2692	Pleasant Hill	free/low
Fair Oaks Health Center	2710 Middlefield Road Redwood City, CA 94063 (650) 578-7141	San Mateo	free/low
Health Care for the Homeless (HCH)	Dental Clinics: Tuesdays and Thursdays at Respite Center, 2047 Arnold Industrial Way, Concord Wednesdays 8:00am - 3:00pm at Bay Area Rescue Mission, Richmond (925) 608-5300 (Clinic) (925) 608-5350 (Dental)	Contra Costa county	free/low

<u>Kaiser Permanente</u>	Multiple Locations: https://healthy.kaiserpermanente.org/northern-california/doctors-locations#/search-form	Multiple Locations: https://healthy.kaiserpermanente.org/northern-california/doctors-locations#/search-form	free/low
<u>Kerry's Clinic: Mobile Health Care for Kids</u>	Office: 936B Seventh St. PMB 129, Novato, CA 94945 (510) 444-4326	Multiple Locations: https://www.kerryskids.org/our-services	free
<u>LifeLong Medical Care</u>	2023 Vale Rd, San Pablo, CA 94806, Multiple other locations found on this site: https://lifelongmedical.org/locations/ (510) 981-4100	San Pablo	free/low
<u>Lifelong Over 60 Health Center</u>	3260 Sacramento St, Berkeley, CA 94702 (510) 601-6060	Berkeley	free/low
<u>Native American Health Center</u>	Multiple locations: https://www.nativehealth.org/contact-us/locations-sites/	Oakland, San Francisco, Richmond, Alameda, San Leandro	free/low
<u>North East Medical Services</u>	multiple locations: https://nems.org/about-us/#locations (415) 391-9686	San Francisco, Daly City, San Jose	free/low
<u>Potrero Hill Health Center</u>	1 Dr. Carlton B. Goodlett Place San Francisco, CA 94102 (415) 648-3022	San Francisco	free/low
<u>Ravenswood Family Health Network</u>	1885 Bay Road, East Palo Alto, CA 94303, other locations (650) 330-7400	Palo Alto	free/low
<u>Samaritan House</u>	4031 Pacific Boulevard San Mateo CA 94403 Free Clinic Locations: San Mateo Free Clinic 19 W. 39th Ave San Mateo, CA 94403 Redwood City Free Clinic 114 Fifth Ave Redwood City, CA 94063 (650) 347-3648	San Mateo	free/low

<u>San Francisco Community Health Center</u>	726 Polk St., San Francisco, CA, 94109 (415) 292-3400	San Francisco	free/low
<u>San Francisco Health Plan</u>	(415) 777-9992	San Francisco	free/low
<u>Southeast Family Health Center</u>	2403 Keith St. San Francisco, CA 94124	San Francisco	free/low
<u>South of Market (SOMA) Health Center</u>	229 7th Street, San Francisco, CA 94103 (650) 616-2002	San Francisco	free/low
<u>The Society of St. Vincent de Paul of Contra Costa County</u>	2210 Gladstone Drive, Pittsburg, CA 94565 (925) 439-2009	Pittsburg	free/low
<u>Tiburco Vasquez Health Center</u>	33255 9th street Union City, CA94597 (510) 471-5907	Union City	free/low
<u>Tom Waddell Urban Health Clinic</u>	230 Golden Gate Avenue San Francisco, CA 94102 (415) 355-7500	San Francisco	free
<u>UCSF Dental Center</u>	Multiple Clinics: https://www.ucsf dental center.org/clinics	https://www.ucsf dental center.org/clinics	free/low
<u>University of the Pacific School of Dentistry</u>	San Francisco: 155 Fifth St., Second and Third Floor Group Practices San Francisco, CA 94103 (415) 929-6501 Union City: 1203 J Street (at 12th) Union City, CA 94587 Phone: (510) 489-5200	San Francisco, Union City	The cost of dental care provided by our general dental group practices is about 30 – 40% less expensive than a typical Bay Area private dental office. Most private insurance plans are accepted. Flexible payment plans are available for qualified patients. They also accept cash, checks, Visa and MasterCard.
<u>West Oakland Health Center</u>	700 Adeline Street Oakland, CA, 94607	Oakland	free/low

Mental Health Services

Name	About	Contact	City	Services	Hours	Cost
Aakoma Project	Much of the work of AAKOMA centers around reducing the stigma around mental health care. Since this stigma often begins early, AAKOMA works with teenagers and families to raise awareness, conduct patient-centered research, and encourage young people to begin conversations in their families. AAKOMA brings a special focus on the unique experiences of people of color.	Primary address: 4201 Wilson Blvd. FL 3, Arlington, Virginia 22203, US (571) 486-3382	Virtual	5 sessions of virtual therapy with culturally competent providers for clients 12-30 years of age and a member of a racially/culturally marginalized community; consulting services and workshops for organizations	Monday through Friday, 9am-5pm	5 free virtual sessions
African American Wellness Project	Our mission is to improve the health of the African-American community by serving as a megaphone for trusted information that enables and encourages African Americans to better navigate the healthcare system, advocate for themselves, and receive improved care, regardless of insurance or circumstances.	2940 Summit St. Oakland, CA 94609 https://aawellnessproject.org/contact/	Oakland	emotional health and mental health; provides culturally relevant health information; resources and tools to get the best quality healthcare; access to African American health experts		free/low
Alameda County Behavioral Services	To support and empower individuals experiencing mental health and substance use conditions along their path towards wellness, recovery, and resiliency.	(510) 567-8100	Multiple locations : https://achcsa.org/ProviderDirectory/	The Child and Young Adult System of Care (CYASOC): mental health services to children, youth and young adults ages 0-24 years old through , early Childhood Birth-8 Services, school based services, foster youth services, specialty services and services for youth in forensic settings Adult and Older Adult System of	9 am-5pm	low/no cost for Medi-Cal recipients, Medi-Cal eligible, Medi-Cal/Medicare recipients (Medi-

				Care: serves adults between the ages of 18 and 59 years; and older adults aged 60+; Services are culturally, ethnically, and linguistically responsive; assessment, therapy, medication, and more	Medi), HealthP AC recipients, and uninsured individuals.
Alameda Family Services Clinic and Community Based Behavioral Health Care	The Alameda Family Services Clinic & Community Behavioral Health Care division provides counseling services to families, children, adults, couples, and groups.	2325 Clement Avenue, Suite A, Alameda, CA 94501 (510) 629-6300	Alameda	Family therapy for children and adolescents; Therapy for youth on probation; Individual or family therapy for adults; Couples counseling; Psychological assessments; Group therapy; Alameda County Medi-Cal eligible child-parent psychotherapy for ages birth to 7; Counseling at Alameda Point Collaborative; Referrals and resources	Services on a sliding scale; free for qualifying Alameda residents
Alkeme Health	Alkeme Health is building the leading Black wellness community focused on eliminating disparities within the healthcare system. Our mission is to educate and provide the culture with health & wellness tools needed to heal, empower, and thrive today, while creating generational health for tomorrow.	https://alkemehhealth.com/contact	Virtual	health & wellness tools focused on mental health, wellness app, therapist led learning, guided meditation	free 7 day trial, \$34.99/year

Association of Black Psychologists	<p>The Association of Black Psychologists sees its mission and destiny as the liberation of the African Mind, empowerment of the African Character, and enlivenment and illumination of the African Spirit.</p>	<p>7119 Allentown Road, Suite 203, Ft. Washington, MD 20744 (301) 449-3082</p>	<p>Multiple locations and Virtual</p>	<p>directory of Black mental health and wellness professionals; downloadable resources, professional development, leadership development, education and training for professionals, school district consultation, scholarships and grants to students and early career professionals</p>		<p>free/low</p>
Bay Area Community Services	<p>BACS programs are always there to help. We have 24/7 residential programs across the Bay Area, addressing mental health and housing crises with expertise and compassion.</p>	<p>390 40th Street, Oakland, CA 94609 (510) 613-0330</p>	<p>Oakland</p>	<p>housing services, behavioral health services for all age groups</p>		<p>free/low</p>
Behavioral Health Center - John Muir Health	<p>John Muir Health provides compassionate, effective treatment in a warm and safe environment.</p>	<p>Inpatient Services: 2740 Grant St., Concord, CA 94520 Phone: (925) 674-4100 or (800) 680-6555</p> <p>Outpatient Services: 4080 Port Chicago Highway, Concord, CA 94520 Phone (925) 674-4200</p>	<p>Concord</p>	<p>treatment programs for children, adolescents, and adults who have psychiatric or behavioral problems</p>		<p>free/low</p>
Berkeley Adult Mental Health Services	<p>Berkeley Mental Health provides mental health services to eligible adults, children, youth, and their families. Services focus on</p>	<p>Martin Luther King Jr Way, Berkeley, CA</p>	<p>Berkeley</p>	<p>You may be eligible to receive mental health services if you are: A Berkeley resident or unhoused person in</p>	<p>Monday – Thursday, 10:00</p>	<p>Fees are sliding scale based</p>

	low-income residents and unhoused people with severe mental illnesses.	94704 (510) 981-5244		Berkeley Over 18 years old Diagnosed with a severe mental illness (such as Schizophrenia, severe depression, severe bipolar disorder, etc.) Have functional impairments (such as a limited ability to function independently or in a workplace) Have Medi-Cal or are eligible for Medi-Cal Services include: assessment, counseling, and case management	am–1:00 pm	on income, and may be free of charge depending on insurance and income qualification
Berkeley Family, Youth, and Children's Mental Health Services	Berkeley Mental Health provides mental health services to eligible adults, children, youth, and their families. Services focus on low-income residents and unhoused people with severe mental illnesses.	1521 University Avenue, Berkeley, CA 94703 (510) 981-5280	Berkeley	Your child may be eligible to receive mental health services through Family, Youth, and Children's Services if they are: A resident of Berkeley or attend school in Berkeley Under 21 years old Covered by Alameda County Medi-Cal insurance Meet Alameda County Medical Necessity for Specialty Mental Health Services Services include: Individual and Family Therapy, Full-Service Partnership (WRAP Services) ,Psycho-Educational classes , Group Therapy, Medication Support , Early Childhood	Monday – Thursday, 11:00 am–4:00 pm	Fees are sliding scale based on income, and may be free of charge depending on insurance and income qualification

				Mental Health Consultation		
<u>Black Emotional and Mental Health Collective</u>	BEAM is a national training, movement building, and grant making institution that is dedicated to the healing, wellness, and liberation of Black and marginalized communities.	P.O. Box 702 Culver City, CA 90232	Culver City, Virtual	peer support, training, organizational wellness and coaching, grants, education, advocacy, creative arts		low
<u>Black Men Heal</u>	Black Men Heal's mission is to provide access to mental health treatment, psycho-education, and community resources to men of color.	63 W Lancaster Ave Suite 11, Ardmore, PA 19003 info@blackmenheal.org	virtual for CA residents	psychoeducation and therapeutic tools/resources through virtual weekly men meetup group; weekly virtual Safe space group open to women throughout the country; gun violence group therapy in PA; currently only able to offer individual therapy for men who reside in the following states: PA, NJ, DE, NYC, MD, D.C., VA, GA		limited and selective free mental health service opportunities
<u>Bonita House</u>	Bonita House, Inc. is a private non-profit mental health agency offering a range of services for adults diagnosed with co-occurring psychiatric disabilities and substance use disorders.	1410 Bonita Avenue Berkeley, CA - 94709 (510) 526-4765	Berkeley	intensive residential treatment, supported independent living, housing and supported employment, outpatient case management, wellness centers, and healthcare clinic services		free
<u>Boris L Henson Foundation</u>	Boris L Henson Foundation's vision is to Improve mental health in Black communities by building culturally-competent resources, programs, and education across the country.	(213) 222-6327	Virtual	mental health support in urban schools, programs to reduce prison recidivism rates, African American cultural competency training, up to 5 FREE mental health therapy sessions by licensed,		free/low

				culturally competent clinicians		
Cherry Hill Detoxification and Sobering Center	specifically designed to assist those needing immediate sobering services for a briefer visit of 23 hours or less.	866-866-7496 (24 Hour) 2035 Fairmont Drive San Leandro, CA 94578	San Leandro	central telephone screening process for both detoxification and sobering services; 32 bed residential program serving men and women who are withdrawing from the effects of alcohol or drug use; medical or psychiatric services referral as needed,		\$50 admission fee, financial assistance available for those unable to pay
Early Childhood Mental Health Programs	Early Childhood Mental Health Programs' mission is to foster healthy development in infants and young children who are at risk, abused, neglected, emotionally disturbed, or affected by family substance abuse, by providing comprehensive mental health treatment and early education services to them and to their families.	200 24th Street Richmond, CA - 94804 (510) 412-9200	Richmond	Child and Family Therapy, Comprehensive Therapeutic Preschool (CTP), Early Childhood Mental Health Training Series, community-based support network, perinatal care, and more	Monday-Friday 8:30am-5:00pm	free/low
Express Yourself Black Man	Express Yourself Black Man was created to give a platform so Black men could have a space to express themselves healthily with the hopes of creating a community of healing.	https://www.expressyourselfblackman.com/contact	Virtual	pairs clients with Black therapists, provides access to a support network, mental health podcast, webinars, black therapists directory		free resources, \$39.99 monthly subscription to be paired with therapist and access a support network
Familias Unidas	Familias Unidas exists to improve wellness and self-	205 39th Street, Richmond, CA	Richmond	mental health counseling for adults		

	sufficiency in Latino and other communities. We accomplish this by delivering quality mental health counseling, service advocacy, and information/referral services.	94805 (510) 412-5930		of all ages, and children over age 5 and their families; child abuse treatment; help adults and families connect with resources such as housing, food, medical, and legal benefits, etc.; trauma recovery; intensive case management, therapy, crisis intervention, and skill building		
Inclusive Therapists	Inclusive Therapists aim to make the process of finding a therapist simpler and safer for marginalized identities. It centers the needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC) and amplifies the voices and expressions of Neurodivergent and Disabled Communities of Color.	Mailing Address: 3439 SE Hawthorne Blvd #933, Portland, OR. 97214 (800) 604-5841	Virtual	support finding a therapist, connects to local mental health professionals, mental health resources, workshops and trainings for professionals	Monday-Thursday	free/workshops and trainings (\$40)
John Georges Psychiatric Hospital		2060 Fairmont Dr. San Leandro, CA 94578 (510) 346-1300	San Leandro	diagnosis and treatment of patients with acute psychiatric illnesses		free/low
Justice & Mental Health Recovery (JAMHR) Program	Telecare's mission is to deliver excellent and effective behavioral health services that engage individuals with complex needs in recovering their health, hopes, and dreams.	280 17th Street Oakland, California 94612 510-238-5020	Oakland	Individual rehabilitation; including skill building using tools from evidence-based practices; Crisis intervention; Case management; Assessment and treatment planning; Safety planning; Medication support; Housing support; Vocational and		

				substance use treatment services; Health care coordination; Collaboration with court and other justice-involved entities		
La Cheim School	Our mission is to be a premier provider of high-quality health, education, and support services, and a strategic community partner in the disruption of health, social, academic, and ecological inequities.	3031 Telegraph Avenue Oakland, CA - 94609 (510) 596-8125	Oakland	behavioral health services for children, adolescents, and adults; Partial Hospitalization Program (PHP) and an Intensive Outpatient Program (IOP); depression, anxiety, bipolar disorders, grief/loss, trauma/PTSD, and thought disorders; chemical dependency, recovery, and relapse prevention; Pro Bono Therapy for Underserved Children & Adolescents; special education services to students in grades 6-12 identified as having social/emotional, behavioral, and learning needs and more		free/low
Men to Heal	A movement for MENTAL HEALTH & wellness among men, with a mission to bring awareness and end the stigma associated with mental health issues	(804) 229-4883 916 N Arthur Ashe Blvd Richmond, VA 23230-4802 Also has virtual office	Virtual	Individual Therapy, Adolescent, Couples/Family, Stress Management, Veterans/1st Responders, Men's Health, Anxiety, Depression, Trauma, Grief		free intro call and virtual resources available, out of pocket price for

						therapy session \$150/50min
<u>Mobile Crisis Unit</u>	Free regardless of insurance status, Available to all ages – birth to older adults	<p>Berkeley and Albany: (510) 981-5900</p> <p>Alameda County: (510) 891-5600 – Ask for the ON-DUTY Clinician</p> <p>San Francisco: (415) 970-4000</p>	Berkeley, Albany, Alameda, San Francisco	Emergency crisis assessment/intervention services conducted in the field	<p>Berkeley and Albany Sun, Mon, Wed, Thur, Fri 11:30am to 10:00pm</p> <p>Alameda County Crisis Services Mobile Crisis Team Mon-Frid: 8AM-6PM</p> <p>San Francisco Mon – Fri 8:30AM-11PM & Sat 12pm-8pm</p>	free
<u>National Alliance for Mental Illness (NAMI)</u>	NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.	425 University Ave. #200 Sacramento, CA 95825 703-524-7600 (916) 567-0163(California #)	Sacramento	education programs, host support groups for those with mental illness and caregivers, provide referrals and resources, advocate, toll free NAMI HelpLine	Monday through Friday, 10 a.m. – 10 p.m.	Free
<u>One Mind Psyber Guide</u>	This is an ONLINE resource connecting you to APPS for mental health resources	Main Office: Department of Psychological Science, University of	Virtual	serves as a mental health app guide that connects clients to applications for mental health resources	virtual 24 hrs	free

		California Irvine, CA 92617 https://onemindpsyberguide.org/contact/		specific to condition and treatment type		
Online Therapy	OnlineTherapy.com is an international online therapy directory connecting people with therapists worldwide. Whether you're looking for counseling from the comfort of home, or a therapist seeking resources and guidance to take your practice online, Online Therapy can help.	1414 NE 42nd Street, Suite 400, Seattle, WA 98105 (800) 258-9936	Virtual	connects people with supportive, effective therapists, emergency services directory	virtual 24 hrs	free
Open Path Psychotherapy Collective	Open Path Psychotherapy Collective is a nonprofit nationwide network of mental health professionals dedicated to providing in-office and online mental health care—at a steeply reduced rate—to clients in need.	INFO@OPENPATHCOLLECTIVE.ORG	Multiple locations and Virtual	affordable, in-office and online psychotherapy sessions	Monday – Thursday 8 am to 6 pm ET	low cost/\$65 lifetime membership for therapy sessions at rates between \$40 and \$70 (between \$40 and \$80 for couples & family sessions)
Partnerships for Trauma Recovery	Much of the work of AAKOMA centers around reducing the stigma around mental health care. Since this stigma often begins early, AAKOMA works with teenagers and families to raise awareness, conduct	2526 Martin Luther King Jr Way, Berkeley, CA 94704 info@traumapartners.org	Berkeley	mental health care for refugees, asylees, asylum seekers and human trafficking survivors; expand capacity among globally-minded clinicians to serve	Monday through Friday, 9am-5pm	free

	patient-centered research, and encourage young people to begin conversations in their families. AAKOMA brings a special focus on the unique experiences of people of color.			these populations; advocate for policies to prevent trauma and re-traumatization; support for clients' housing, food, healthcare, and other basic needs Services are culturally aware, trauma-informed and linguistically accessible		
Progress Foundation	Progress Foundation works directly with clients, but also collaborates with municipal mental health providers to provide alternatives to institutionalization or incarceration. 19 programs across San Francisco, Sonoma, and Napa counties	368 Fell Street, San Francisco, CA 94102 (415) 861-0828 1100 Lincoln Ave. Suite 108 Napa, CA 94558 (707) 255-3719; multiple locations	San Francisco, Napa	services are tailored to the specific needs of seniors, mothers reuniting with children, transitional-age youth, clients leaving long-term institutional confinement, clients experiencing acute crises, spanish speakers	open 24 hours	low cost/ need to have San Francisco Medical
The Black Man Can	We are architects, constructing a framework for how the world perceives, interacts and embraces men and boys of color--taking us from a world of you can't to a world that truly believes we can.	https://www.theblackmancan.org/exclusives-1-1	Virtual	mentoring conferences to uplift, empower, educate and motivate young men of color; workshops and trainings; video content		free
The California Peer-Run Warm Line	The California Peer-Run Warm Line is a 24/7 non-crisis emotional support phone and chat line serving residents of California. The California Peer-Run Warm Line is made up entirely of peers, meaning that all Warm Line Counselors have lived experience with mental health challenges. Our goal is to support our callers in emotional distress before they reach a crisis point.	(855) 845-7415	Virtual/ Hotline	A non-emergency resource for anyone in California seeking mental and emotional support.		free

<u>Therapy for Black Girls</u>	<p>Therapy for Black Girls was developed to present mental health topics in a way that feels more accessible and relevant for Black women.</p>	<p>info@therapyforblackgirls.com</p>	<p>Virtual</p>	<p>connects with in-office or virtual therapist; podcast about mental health, personal development, etc; virtual space for community and support (Black Girls Sister Circle)</p>		<p>free/\$9.99 per month for Sister Circle</p>
<u>Therapy for Black Men</u>	<p>In partnership with licensed mental health professionals and coaches in private practice throughout the fifty states, TherapyForBlackMen.org provides proactive, multiculturally competent care to men of color.</p>	<p>1115 Broadway, 12th Floor, New York, NY 10010 (646) 780-8278</p>	<p>Multiple locations and Virtual</p>	<p>sponsor free therapy for Black men; connect clients to therapists; growing directory of 573 therapists and 55 coaches throughout the country; resources directory; financial assistance</p>	<p>All week 9am-5pm</p>	<p>sponsor s free therapy , but limited</p>
<u>Willow Rock Center</u>	<p>The acute Psychiatric Health Facility (PHF) provides a safe, therapeutic, secure inpatient environment for adolescents experiencing a mental health emergency. Services can be provided on a voluntary or involuntary basis and link individuals with ongoing care in the community.</p>	<p>2050 Fairmont Drive San Leandro, CA 94578 (510) 895-5502</p>	<p>San Leandro</p>	<p>psychiatric crisis stabilization and initial psychiatric treatment for adolescents age 12-17 who have limited or no insurance; emphasis on trauma centered care; group and family therapy</p>	<p>24/7</p>	

Mental Health Professionals by National Origin

Ghanaian Psychiatrists in North America	Ghanaian Therapists In North America	Ghanaian Psychiatric Pharmacists	Ghanaian Psych Nurses/Psych Nurse Practitioners	Directory of Ethiopian and Eritrean Counselors in Canada
Prof. Thaddeus Ulzen, AL	Aba Andah, FL	Afua Addo-Abedi, MD	Audrey Addaquaye, TX	https://arthealth.ca/directory/
Prof. Vincent Agyapong, Alberta, Canada	Dr. Esther Malm, KY	Bryan Sackey, TX	Claudia Kwakye-Ackah, MD	
Dr. Yosef Kwamie, Canada	Dr. Genevieve Yirenkyi, MD		Phillip Ofori-Yentumi, OH	
Dr. Hermioni Lokko Amonoo, MA	Dr. Alvis Ayaba Apawu, CO		Gina Twumasi, CT	
Dr. Obodai-Sai, Canada	Dr. Danielle Ayeh, MI		Dr. Joy Kwakuyi, AZ	
Dr. Jemima Kankam, MD				
Dr. Pauline Kitcher, CT/NY				
Dr. Nana Kyerewa Tabi-Nsiah, WI				
Dr. Charles Ohene-Darkoh, Canada				
Dr. William Ayetey, Canada				
Dr. Nana Cudjoe, VA				
Dr. Ebenezer Okyere, Canada				
Dr Albert GYIMAH, Canada				
Dr Ahmed Boachie, Canada				

Emergency Services (*mental health /suicide /child abuse /gender based violence /LGBTQ /housing*)

Name	About	Contact	Services
<u>Crisis Support Services of Alameda</u>	Crisis Support Services of Alameda's mission is to reach out and offer support to people of all ages and backgrounds during times of crisis, to work to prevent the suicide of those who are actively suicidal, and to offer hope and caring during times of hopelessness.	(800) 273-8255	24-hour crisis line, therapy groups, therapy services for older adults, school based counseling, grief therapy, community education
<u>California Youth Crisis Line</u>	Statewide emergency response system for youth (ages 12-24) and families in crisis. Youth can always call or text the California Youth Crisis Line, 24 hours a day, 7 days a week.	(800) 843-5200	family conflict; depression or sadness, assault and exploitation, dating violence, self harm, suicide, sexual identity, homelessness and more offer referrals for help with shelter, counseling, drug use, pregnancy care, etc
<u>Crisis Text Line</u>	24/7 crisis text line. Text HOME to 741741 from anywhere in the United States, anytime.	Text HOME to 741741	text, Whatsapp Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform.
<u>The Trevor Project</u>	We provide information & support to LGBTQ young people 24/7, all year round.	(866) 488-7386 or text TREVOR to 1-202-304-1200	connect with a crisis counselor; Call, text, or chat anytime you need support, if you are thinking about suicide, or feeling lonely; connect with an affirming international community of LGBTQ young people;
<u>Domestic Violence Hotline</u>	The Hotline provides essential tools and support 24/7/365 to help domestic violence survivors live free of abuse.	1.800.799.SAFE (7233) TTY 1.800.787.3224 Text "START" to 88788	call, chat, text to get help, find resources to plan for safety, identify abuse; connect to local resources, legal help; Deaf Services, Native American Services
<u>Child Abuse Hotline</u>	The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources.	(800) 422-445	call or text, live chat; report child abuse; talk through child abuse situations with counselors; get help researching additional resources that may be available to you; teen resources, parent resources

<u>Alameda Family Justice Center</u>	Support & services for victims of domestic violence and stalking, sexual assault and exploitation, child abuse and abduction, elder and dependent abuse, human trafficking. Alameda Family Justice Center also assists victims in need of law enforcement, emergency services, and navigating the legal system.	(510) 267-8800	Domestic Violence & Stalking; Sexual Assault & Exploitation; Child Abuse & Abduction; Elder & Dependent abuse; Human Trafficking
<u>BlackLine</u>	BlackLine provides a space for peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences to folks who are most impacted by systematic oppression with an LGBTQ+ Black femme lens.	(800) 604-5841	report abusive, physical and disrespectful police or vigilante behavior, find peer support, counseling, reporting of mistreatment
<u>988 Suicide and Crisis Lifeline</u>	provides confidential support to people in suicidal crisis or emotional distress.	988	free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States; phone and/or text
<u>LGBTQ National Hotline</u>	National hotline for all ages	(888) 843-4564	free & confidential peer-support, information, and local resources through national hotlines and online programs
<u>Trans Lifeline</u>	Trans Lifeline is a peer support service run by trans people, for trans and questioning callers.	(877) 565-8860	direct emotional and financial support to trans people in crisis, community based crisis support
<u>Community Overcoming Relationship Abuse</u>	CORA is the only agency in San Mateo County solely dedicated to helping those affected by intimate partner abuse. From counseling, to emergency housing, to legal assistance, our services are designed to provide safety, support, and healing.	24-Hour Hotline: 800.300.1080 Legal Information Line: 650.259.1855	intimate partner abuse, crisis intervention, housing and advocacy, family centered mental health, legal services, community outreach, prevention
<u>Center for Domestic Peace</u>	They provide transformational services and programs that protect and enhance victim safety, and ultimately engage our community in permanent change	734 A Street San Rafael, CA 94901-3923 24 hour hotline (415) 924-6616	24 hours emergency hotline, Emergency Shelter and Transitional Housing, Free Legal Advocacy Services , Free Counseling Services and Support Groups, Programs to Stop Abuse (ManKind/WomanKind)

Safequest Solano	<p>Safequest Solano is dedicated to providing prevention education, advocacy, and intervention services to those affected by domestic violence and sexual assault. With an emphasis on client-centered and trauma-informed care, SafeQuest works with diverse partners to promote individual, family and community transformation.</p>	<p>24/7 Crisis Line (866) 487-7233</p>	<p>24/7 crisis line, safe housing, court accompaniment, hospital response, law enforcement advocacy, restraining orders, individual counseling</p>
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Women's Services (Health Services/Shelters)

Name	Contact	City	Services	Hours	Cost
<u>A Woman's Place</u>	Shelter: 1049 Howard St, San Francisco, CA 94103 Drop-in: 211 13th St, San Francisco, CA 94103	San Francisco	emergency, medical and transitional shelter, supportive housing, mental health services, case management, substance abuse treatment, domestic violence support	open 24 hrs	free
<u>Access Reproductive Justice</u>	(510) 923-0739	tele/virtual services	confidential, and nonjudgmental support, information, referrals, and counseling on all kinds of reproductive health care, policy advocacy, community education	Mon-Fri 10:00am-4:00pm	free
<u>After-Abortion Textline</u>	(617) 749-2948	Textline	offers high-quality emotional support, information, and resources for all people after their abortions	Mon-Fri 3pm-9pm, Sat 1pm-9pm, Sun 3pm-7pm	free
<u>Alpha Pregnancy Center</u>	5070 Mission St, San Francisco, CA, 94112 (415) 584-6800	San Francisco	provides services including pregnancy testing, ultrasounds, supplies, and education to pregnant and parenting individuals	Mon-Fri 11:00am-5:00pm	free/low
<u>Bay Point Family Health Center</u>	215 Pacifica Avenue, Bay Point, CA 94565 (877) 905-4545	Bay Point	prenatal care, women's health, children's dental care		free/low
<u>Birth Companions Community Center</u>	29 San Juan Ave, San Francisco, CA 94112 (415) 368-4830	San Francisco	support throughout the pregnancy, childbirth and postpartum stages	Wed 10:00am-1:00pm Thur and Fri 10:00am-2:00pm 1st and 3rd Saturday of every month 10:00am-2:00pm	free/low

<u>Doula for the People</u>	1116 Brookside Ave, San Pablo, CA 94805 (714) 586-1403	San Pablo	doula support, wellness resources , workshops, trainings, and enrichment opportunities focused on subjects like, farm to table nutrition, social justice, parenting & early childhood development, environmental stewardship, and mental health awareness.		free/low
<u>Doulas by the Bay</u>	1201 Liberty St, El Cerrito, CA 94530 info@doulasbythebay.com	El Cerrito	birth support, postpartum support, sibling support, virtual support, education		
<u>FPA Women's Health</u>	Berkeley: 2915 Telegraph Ave. Suite 101 Berkeley, CA 94705 (510) 899-7099 San Jose: 2100 Forest Ave. Suite 108 San Jose, CA 95128 (408) 240-2614 Sacramento: 2322 Butano Drive Suite 205 Sacramento, CA 95825 (918) 483-2885	Berkeley, San Jose, Sacramento	gynecology, birth control, abortion and STI testing services onsite and online	Mon-Fri: 8:00am-5pm	low/no cost services to those who qualify
<u>Friendly Manor</u>	2298 San Pablo Avenue, Oakland (510) 451-8923	Oakland	breakfast, lunch, personal and hygiene supplies for women, clothing, laundry services	All week 8:30am to 8:30pm	free
<u>La Casa De Las Madres</u>	1269 Howard Street, San Francisco, CA, 94103 Crisis: (877) 503-1850 Office: (415) 503-0500 Text: (415) 200-3575	San Francisco	Crisis response: 24/7 hotline, textline, emergency shelter Support Services: crisis intervention, safety planning and risk assessment, counseling, support groups, shelter intakes, and housing assistance Community Education	Mon-Fri 8:30am-5:00pm	free

			and Outreach: teach individuals to recognize the signs of abuse and understand why it happens, gain skills to support individuals in unhealthy relationships, and increase public awareness of domestic violence		
Love A Child Missions	2279 Willow Pass Rd. Bay Point, CA 94565 Temporary Message Line:(925) 643-5170	Bay Point	provides emergency shelter, food, clothing, substance recovery programs, job training, educational support, and many other programs to women and children	Office Hours: 8am - 5pm every day Front Desk staffed 24 hours/day	free
Lyon Martin Community Health	1735 Mission Street, San Francisco, CA 94103 (415) 565-7667	San Francisco	primary care, gynecology, cancer screening, gender affirming care, harm reduction services, and mental health care for women of all ages	Mon-Fri 11:00am-5:00pm	free/low
Planned Parenthood Northern California	Multiple locations (800) 230-7526 East Oakland/Coliseum Health Center (510) 746-4700 8480 Enterprise Way, Oakland, CA 94621 Hayward Health Center (510) 300-3800 1032 A Street, Hayward, CA 94541	Antioch, Concord, Hilltop, San Ramon, Richmond, Walnut Creek, Oakland, Hayward, and more	Cancer screenings, birth control, sex education, and STD testing and treatment including PEP and PrEP to prevent HIV infection, infertility services, and more	East Oakland hours Mon 7:00am-5:00pm, Tue-Thur 8:30am-5:00pm, Fri 7:30am-5pm, Sat 7:30am-4:00pm	free/low
RealOptions Obria Medical Clinics	Central San Jose: 1671 The Alameda, Suite #101 San Jose, CA 95126 (408) 978-9310 East San Jose: 12 N. White Road, Suite #1 San Jose, CA 95127 (408) 272-5577 Union City: 33523 Western Ave Union	San Jose, Union City, Oakland, Redwood City	check up that focuses on the female reproductive system and sexual health, fertility education, medical management, pregnancy testing, STD testing and treatment,	Mon-Fri 9:00am - 5:00pm	free/low \$73 fee based on income

	City, CA 94587 (510) 487-4357 Oakland: 400 30th St, Suite #401 Oakland, CA 94609 (510) 891-9998 Redwood City: 801 Brewster Ave, Unit 210 Redwood City, CA 94063 (650) 261-9115		pregnancy options, and more		
Ruby's Place	20880 Baker Rd, Castro Valley, CA 94546 24/7 Crisis Line (888) 339-7233 Youth Services Text Line (510) 214-6331	Castro Valley	Her House: residential program for young women (18-24) who are survivors of domestic violence and human trafficking, Case Management, Counseling, Mental Health Services , Legal Advocacy, Housing Assistance, Education & Career Coaching, family shelter, men's shelter, youth shelter	Mon - Fri 9:00am - 5:00pm	free
St. Vincent De Paul Society - Riley Center	1175 Howard Street San Francisco, CA 94103 24-Hour Support Line: (415) 255-0165 Riley Center: (415) 552-2943	San Francisco	drop-in Individual Case Management, Support Groups, Advocacy, Community Building, Peer Counseling, Program Information and Referrals Riley at Center Community Office ; transitional housing program for up to 12 months for women and children; emergency shelter for up to 12 weeks; housing search assistance, and more	drop-in hours: Thursdays 9:00am-12:00pm 1:30pm-4:00pm	free
The Suitcase Clinic - Women's Clinic	Women's Clinic:LIFE Adventist Church, 2236 Parker St, Berkeley, CA 94704	Berkeley	Haircutting, Footwashing, Massage, Childcare, Housing Resources, Hygiene, Health Ed	Mondays 6:00-9:00pm	free

UCSF Women's Options Center	2356 Sutter Street. San Francisco, CA 94115 (415) 353-7003	San Francisco	surgical abortion, medication abortion, contraception	Mon-Fri 8:00am-5:00pm	free/low (accept many health plans, free services/financial assistance available for those who qualify)
Women's Daytime Drop-in Center	2218 Acton Street Berkeley, CA 94702 (510) 548-2884	Berkeley	hot meals, groceries, hygiene products and diapers to women and children in need, over the phone housing resource services	Mon-Fri 9am - 2pm	free
Women's Health - Alameda Health System	<p>Highland Hospital 1411 E. 31st St. Oakland, CA 94602 (510) 437-4800</p> <p>Eastmont Wellness 6955 Foothill Blvd. #200 Eastmont Mall Shopping Center Oakland, CA 94605 (510) 567-5700</p> <p>Hayward Wellness 664 Southland Mall Dr. Hayward, CA 94545 (510) 266-1700</p> <p>Newark Wellness 6066 Civic Terrace Ave. Newark, CA 94560 (510) 505-1600</p>	Oakland, Hayward, Newark	pregnancy, childbirth and postpartum care; general gynecology for sexual and reproductive health (such as pap smears, contraception, testing and treatment of sexually transmitted infections); full spectrum family planning care including abortion, miscarriage and fertility evaluations; minimally invasive surgery for fibroids, pelvic pain, bladder weakness and pelvic floor concerns; surgery for reproductive cancers		low/free, accept many health plans, financial assistance and charity care available

Children, Youth, and Family Services

Name	About	Contact	City	Services	Hours	Cost
2-1-1 Alameda County Resource Finder	Resources Portal where you can explore and find a variety of resources for your specific needs.	Dial 2-1-1		help find resources for housing, utility assistance, food, physical health, transportation, etc	24/7	free
Adobe Services	Abode Services' mission is to end homelessness by assisting low-income, un-housed people, including those with special needs, to secure stable, supportive housing; and to be advocates for the removal of the causes of homelessness.	Multiple locations:https://www.abode-services.org/our-reach(510)657-7409	Alameda county, San Francisco, San Mateo, and more	health and supportive services for participants in shelter and supportive housing programs; job training, parenting classes, financial literacy, computer training, case management, health education and activities, and many others.	Mon-Fri 9am to 5pm	free
Bay Point Family Health Center		215 Pacifica Avenue, Bay Point, CA 94565 (877) 905-4545	Bay Point	prenatal care, women's health, children's dental care		free/low
Child Health and Disability Prevention Program		Contra Costa County CHDP, 2500 Bates Ave, Concord, CA 94520 (925) 313-6150	Concord	Periodic health assessments and services to low income children and youth in California, ages 0-18		free/low
Children's Healthcare Organization of Northern California (CHONC)	Children's Healthcare Organization of Northern California (CHONC) provides acute, subacute, and educational services to severely disabled or catastrophically injured children through a	3777 S. Bascom Ave, Campbell, CA 95008 (408) 558-3640 Saratoga Pediatric	Campbell, Saratoga, San Jose,	acute and subacute rehabilitation, comprehensive respiratory services, inpatient subacute care, outpatient subacute care, respite care, and educational programs		free/low

	unique combination of facilities and programs.	<p>Subacute 13425 Sousa Lane, Saratoga, CA 95070 (408) 340-1540</p> <p>Scribbles & Giggles (Main Site) 13411 Sousa Lane, Saratoga, CA 95070 (408) 340-1590</p> <p>Scribbles & Giggles 1550 Marburg Way, San Jose, CA 95133 (408) 392-3948""</p>				
<u>Concord Child Care Center</u>		1360 Detroit Ave, Concord, CA 94520 (925) 689-5151	Concord	education, child development services, vision and dental screenings, nutrition, social services, services for young children with disabilities, and family support services to low-income families living or working in Concord	free/low	
<u>Covenant House</u>	Covenant House California is dedicated to serving all God's children, with absolute respect and unconditional love, to help youth experiencing homelessness, and to	200 Harrison St. Oakland, Ca 94607 (510) 379-1010	Oakland	short term care, two year on-site transitional living program, supportive apartments, rapid rehousing medical care to youth experiencing	open 24 hrs all week	free

	protect and safeguard all youth in need.			homelessness, and more Dreamcatcher Youth Service for homeless and trafficked at-risk youth in Alameda County who are between the ages of 13-18. https://covenanthousecalifornia.org/dreamcatcher-youth-services/		
<u>Davis Street Community Center</u>	Davis Street's mission is to provide a helping hand to those less fortunate, especially during times of crisis.	Davis Street 3081 Teagarden Street San Leandro, CA 94577 510-347-4620	San Leandro	children's services, primary care, basic needs, developmental disabilities		free
<u>East Oakland Community Project</u>	EOCP empowers individuals and families who are homeless in Alameda County to regain a life of self-reliance.	7515 International Boulevard Oakland, CA 94621	Oakland	support people experiencing homelessness to transition into permanent housing; serve families with children, providing direct staff support for the housing search and move-in process, as well as rental assistance; support qualifying Veterans to search for, secure, and prevent the loss of housing; and more	24 hours	free
<u>Family Builders</u>	Family Builders is a nonprofit foster family and adoption agency dedicated to building permanent, loving and committed families for children and youth in foster care. We welcome	1900 Embarcadero, Suite 303 Oakland, CA 94606 (510) 536-5437	Oakland	foster care to adoption, adoption San Francisco, older youth permanency, youth acceptance project, get real, california kids	Mon-Fri 9am to 5pm	free

	all individuals and couples as prospective parents.			connection, resources for public agencies		
Family Emergency Shelter Coalition	Family Emergency Shelter Coalition (FESCO) is on a mission to support homeless families, with the support of the community, as they move from crisis to stability, end their homelessness, and find a place called home.	21455 Birch Street #5 Hayward, CA 94541 (510) 886-5473	Hayward	family shelter, transitional living, stable housing programs, children's programs	Mon-Fri 9am to 5pm	free
Family Paths	Family Paths is a non-profit organization of mental health professionals and dedicated volunteers that provides a number of mental health and supportive services to low income, multi-stressed individuals and families.	Oakland Office: 1727 Martin Luther King, Jr. Way, Suite #109 Oakland, CA 94612 (510) 893-9230 Hayward Office: 22320 Foothill Blvd, Suite 400 Hayward, CA 94541 (510) 893-9230	Oakland, Hayward offices, serving Alameda County and beyond	parenting stress helpline, parenting stress textline, foster parent community advocate, mental health therapy services, parenting classes, community trainings, group services, community outreach	Mon-Fri 9am-5pm 24 hrs Parenting Stress Helpline 800-829-3777	free
Felton Institute	Rooted in equity, Felton Institute transforms quality of life and promotes social justice to accelerate community led change.	Multiple locations: https://felton.org/about-us/make-a-difference/contact-us/ (415) 474-7310	San Francisco, Berkeley, Oakland, and more	early care and education for children birth to six years old, including those with special needs; case management services to children and youth 4-21 years old and their families; parenting educational services for teens, upto 24 years of age; case management and intervention for low-income and	Monday-Friday 9am-5pm	free/low

				homeless adults with serious, persistent mental illness or substance abuse challenges; deaf community counseling services; eviction assistance program, senior services, justice services, and more		
<u>Five Keys - Schools and Programs</u>	Through the use of social and restorative justice principles, Five Keys provides traditionally underserved communities the opportunity to improve their lives through a focus on the Five Keys: EDUCATION, EMPLOYMENT, RECOVERY, FAMILY, COMMUNITY.	70 Oak Grove Street, San Francisco, CA 94107 (415) 734-3310 Multiple location: https://www.fivekeyscharter.org/school-locations	San Francisco and more	Assessment and Educational Placement, Career Technical Education, IPO (Interrupt, Predict and Organize), Keys to Change, Re-Entry Services, Re-Entry Services Northern California, Re-Entry Services Southern California, Restorative Justice, mobile school		free
<u>Fred Finch Youth and Family Services</u>	Fred Finch Youth & Family Services seeks to provide innovative, effective services supporting children, youth, young adults, and families to heal from trauma and lead healthier, productive lives.	3800 Coolidge Avenue, Oakland, CA 94602-3311 (510) 482-2244 Multiple Locations: Oakland, San Mateo, Costra Conta https://www.fredfinch.org/contact	Oakland, San Mateo, Costra Conta https://www.fredfinch.org/contact	family services, mental health services, housing, young adult services, residential treatment, school and educational services		
<u>Gail Stevens Multi-Services Center</u>		24100 Amador Street Hayward, CA 94544 510-670-6000	Hayward	CalFresh, Medi-Cal, General Assistance, CalWORKs, Welfare-to-Work, CalFresh Employment and Training, Cal-Learn, Refugee Cash	Lobby Hours: Monday - Friday; 8:30 AM - 5:00 PM	free/low

				Assistance, Cash Assistance Program for Immigrants (CAPI), Trafficking and Crime Victim Assistance Program (TCVAP), Behavioral Health Supportive Services, Domestic Violence, Housing Assistance, Emergency Shelter Referrals, Children and Family Services and Workforce Development Board		
<u>Hamilton Families</u>	Hamilton Families' mission is to end family homelessness in the San Francisco Bay Area. Our pioneering homelessness prevention and housing subsidy programs are nationally recognized. In addition, we provide shelter and stability, and support the well-being of children experiencing homelessness.	273 9th Street. San Francisco, CA 94103 (415) 321-2612	San Francisco	Shelter, Transitional Housing, Housing Services, Real Estate departments, children and youth services	Mon-Fri 9:00am - 5:00pm	free
<u>Health Initiatives for Youth</u>	Health Initiatives for Youth is a multicultural organization whose mission is to improve the health and well-being of underserved young people through innovative youth leadership, popular education and advocacy, in pursuit of multi-level social change.	SF Office: 1540 Market Street, Suite 300. San Francisco, CA 94102 (415) 274-1970 Oakland Office: 2607 Myrtle St. Suite DA Oakland, CA 94607 (510) 703-1420 (510) 502-3995	San Francisco, Oakland	a direct service, a group intervention with at-risk youth; a capacity-building project to train adults who work with those youth; a free Risk Reduction Resource Kit distribution project; LGBTQ+ health and groups, and more	Monday – Friday 9am to 5pm	free

<p><u>Jewish Family and Community Services</u></p>	<p>Guided by Jewish values and in collaboration with the diverse communities we serve, JFCS East Bay contributes to the resilience of communities, families, and individuals through advocacy and comprehensive support services at every stage of life.</p>	<p>Alameda County Office 2484 Shattuck Avenue, Ste. 210 Berkeley, CA 94704 (510) 704-7475 Contra Costa Office 2151 Salvio Street, Ste. 350 Concord, CA 94520 (925) 927-2000</p>	<p>Berkeley, Concord</p>	<p>preschool consultation, therapy, workshops, refugee resettlement, refugee LGBTQ services, aging services, and more</p>		<p>free</p>
<p><u>Kerry's Kids: Mobile Health Care for Kids</u></p>	<p>Kerry's Kids is a mobile pediatric health clinic that provides free health care services to underserved children in their communities and facilitates connecting each child to a permanent medical and dental home.</p>	<p>936B Seventh St. PMB 129, Novato, CA 94945 (510) 444-4326</p>	<p>Berkeley, Oakland, and more <u>https://www.kerryskids.org/our-services</u></p>	<p>medical and dental care</p>	<p><u>https://www.kerryskids.org/our-services</u></p>	<p>free</p>
<p><u>Lincoln Families</u></p>	<p>we provide preventative, individualized and comprehensive support services with a focus on three core areas that disrupt cycles of poverty and trauma: education, family, wellbeing</p>	<p>1266 14th Street Oakland, CA - 94607 (510) 273-4700</p>	<p>Oakland</p>	<p>early childhood mental health; behavioral supports for students, families, and schools; home based services; family therapy; school engagement program, and more</p>		
<p><u>Raphael House</u></p>	<p>At Raphael House we provide each family with the personalized and family-centered solutions necessary to achieve long-term secure housing and financial stability.</p>	<p>1065 Sutter Street. San Francisco, CA 94109 (415) 345-7200</p>	<p>San Francisco</p>	<p>residential room, daily nutritious meals, clothing, housing search support career development services, family wellness services, K–12 academic tutoring, scholarships for children for tutoring,</p>		<p>free</p>

				extracurricular activities, summer camps, and more		
RYSE Youth Center	RYSE creates safe spaces grounded in social justice that build youth power for young people to love, learn, educate, heal and transform lives and communities.	3939 Bissell Ave. Richmond, CA 94805 (510) 374-3401	Richmond	access to RYSE's facilities, free food, and workshops/programs in arts, health + wellness, youth organizing, college & career development, and more young people ages 13-21	Business Hours: Mon- Fri: 9am – 5pm Member Hours: Mon: 1pm – 7pm Tue- Fri: 12pm – 7pm	free
Seneca Family of Agencies	Seneca's mission is to help children and families through the most difficult times of their lives. We are driven by the fundamental belief that children and families do not themselves fail, but rather are failed by systems unable to meet their complex needs.	8945 Golf Links Rd Oakland, CA 94605 (510) 654-4004	Oakland	community and school-based services; education; mental health; permanency programs including foster care, relative kinship care, visitation services, family finding, and adoption; juvenile justice programs;		
Shepherd's Gate	Shepherd's Gate provides shelter and resources for women and children displaced by abuse, financial hardships, and addictions.	1660 Portola Avenue Livermore, CA 94551 (925) 443-4283 1660 Portola Ave. Livermore, CA 94551	Livermore	essential needs (food, long-term shelter), recovery program, learning and career center, healing and care for children, personalized case management, spiritual growth	Monday-Friday 9:30am-4:30pm	free
Spectrum Community Services	Spectrum Community Services assists low-income individuals, families, and seniors in their efforts to live independently.	Multiple Locations: https://www.spectrumcs.org/senior-services/senior-meals-sites-map Main	Hayward	Low Income Household Ware Assistance Program, Low Income House Energy Assistance Program, Low Income Weatherization Assistance Program	Senior Meals: Monday – Friday from 12:00-12:30pm Monday -	

		Contact (Closed to the Public): 2621 Barrington Ct. Hayward, CA 94545 (510) 881-0300		Funds for energy and water bills are available for households with low incomes and high energy costs, prioritizing households with elderly, disabled persons and/or children five and under.	Friday 8:30 am - 5:00	
The Suitcase Clinic	The mission of the Suitcase Clinic is to promote the health and overall well-being of underserved individuals through service provision, cooperative learning, and collective action among community and professional volunteers, students, and participants	Youth/LGBTQ + Clinic: St. Mark's Episcopal Church, 2300 Bancroft Way, Berkeley, CA 94704 Women's Clinic: LIFE Adventist Church, 2236 Parker St, Berkeley, CA 94704 General Clinic: First Presbyterian Church, 2407 Dana St, Berkeley CA 94704	Berkeley	Haircuts, Foot washes, Massage, Housing and employment services, Health education services, Continuity of care advocacy, Dinner, and more	General Clinic: Tuesdays 6:15-9:00pm Youth/LGBTQ+ Clinic (teens + 20s only): Mondays 6:00-9:00pm Women's Clinic (female-identifying + children): Mondays 6:00-9:00pm	

Disabilities Services

Name	About	Contact	City	Services	Hours	Cost
Ability Now Bay Area	Now Bay Area offers adults with developmental and physical disabilities the most comprehensive and cutting-edge services available.	4500 Lincoln Ave. Oakland, CA 94602 (510) 531-3323	Main Office: Oakland Serve Alameda and Contra Costa Counties	adult education, communication, computer literacy, vocational training, wellness, and community integration, promote self-advocacy, independent living skills, and leisure skills	Mon-Fri 9am-5pm	free/low
Ala Costa Centers	Create a space where youths and young adults with developmental disabilities self-determine and self-advocate, while also offering support and guidance their families.	Berkeley Site: 1300 Rose Street. Berkeley, CA 94702 Ed Roberts Campus: 3075 Adeline St. Suite 165 Berkeley, CA 94703 Alameda: 1401 Pacific Ave. Alameda, CA 94501 Help line: (510) 527-2550	Berkeley, Alameda	after school program, adult transition program (ages 18-22), adult community training program (22+)	Mon-Fri 9am-6pm	free/low
Amputee coalition	Amputee coalition's mission is to support, educate, and advocate for people impacted by limb loss and limb difference.	601 Pennsylvania Avenue NW, Suite 420, South Building Washington, DC 20004 Toll-Free: 888/267-5669	Washington DC, National Presence	prosthetic limb donations; you can fill out the following form to submit your questions to an Information and Referral Specialist.	Office Hours: 8am-5pm, Monday-Friday	

Bay Area Outreach and Recreational Program	<p>The Mission of Bay Area Outreach and Recreation Program (BORP) is to improve the health, independence and social integration of children, youth and adults with physical disabilities and visual impairments through sports, fitness, and recreation programs.</p>	<p>3075 Adeline Street, Suite 200 Berkeley, CA 94703-2578 (510) 849-4663</p>	<p>Berkeley</p>	<p>adult sports, youth sports, fitness (virtual and in-person), cycling, kayaking, adventures and outings, inclusion training and events, transportation, and more</p>	<p>Mon-Fri 9am-5pm, Sat 9am-3pm</p>	<p>Free</p>
Berkeley Disabled Students' Program - UC, Berkeley	<p>The Disabled Students' Program promotes an inclusive environment for students with disabilities. We equip disabled students with appropriate accommodations and services to achieve their individual academic goals.</p>	<p>260 César E. Chávez Student Center, #4250 Berkeley, CA 94720-4250 Voice: (510) 642-0518 TTY: (510) 642-6376</p>	<p>Berkeley</p>	<p>Alternative Media, Communication Services, Note-Taking Services, Proctoring</p>		
Berkeley Youth Living with Disabilities	<p>BULLD was founded with a specific vision: to provide a model home for adults with developmental disabilities.</p>	<p>2110 Seventh St, Berkeley, CA 94710 (510) 845-2744</p>	<p>Berkeley</p>	<p>programs are specific to the specific individual and aimed at increasing proficiency in life skills, communication, social development, and independence.</p>		<p>free</p>
California Department of Rehabilitation	<p>The California Department of Rehabilitation (DOR) works in partnership with consumers and other stakeholders to provide services and advocacy resulting in employment, independent living, and equality for</p>	<p>721 Capitol Mall, Sacramento, CA 95814 (800) 952-5544</p>	<p>Main Office: Sacramento Multiple Locations: Berkeley, Oakland, Richmond, San Francisco, Concord, and more</p>	<p>career counseling & information and referral services, deaf and hearing services, disability access services, independent living, student services, and more</p>	<p>Mon-Fri 8am-5pm</p>	<p>free/low</p>

	individuals with disabilities.					
Center for Accessible Technology	The Center for Accessible Technology's (CforAT) focus is on access to computers and technology for people with disabilities.	3075 Adeline, Suite 220 Berkeley, CA 94703 Phone:(510) 841-3224	Berkeley	Direct Service , work with individuals, family members, employers, and school districts to determine appropriate service for individuals with disabilities Consulting Services , work with businesses, libraries, government entities and other non-profit organizations to provide customized solutions for accessibility issues Advocacy Services , work to ensure that the issues and concerns of people with disabilities are considered when policy decisions are being made.		free
Center for Independent Living	Center for Independent Living provides advocacy and services that increase awareness, collaboration, and opportunity among people with disabilities and the community at large.	3075 Adeline Street, Suite 100 Berkeley, CA. 94703 Fruitvale 1470 Fruitvale Avenue Oakland, CA. 94601 (510) 841-4776 Video Phone for the Deaf: (510) 356-2662	Berkeley, Oakland	advocacy, assistive technology, peer counseling, information and referrals, independent living instructions, community connections, emergency preparedness and resilience, youth programs, residential access, and more	Mon-Fri 9am-5pm	free

<p><u>Children's Healthcare Organization of Northern California (CHONC)</u></p>	<p>Children's Healthcare Organization of Northern California (CHONC) provides acute, subacute, and educational services to severely disabled or catastrophically injured children through a unique combination of facilities and programs.</p>	<p>3777 S. Bascom Ave, Campbell, CA 95008 (408) 558-3640</p> <p>Saratoga Pediatric Subacute 13425 Sousa Lane, Saratoga, CA 95070 (408) 340-1540</p> <p>Scribbles & Giggles (Main Site) 13411 Sousa Lane, Saratoga, CA 95070 (408) 340-1590</p> <p>Scribbles & Giggles 1550 Marburg Way, San Jose, CA 95133 (408) 392-3948"</p>	<p>Campbell, Saratoga, San Jose,</p>	<p>acute and subacute rehabilitation, comprehensive respiratory services, inpatient subacute care, outpatient subacute care, respite care, and educational programs</p>		<p>free/low</p>
<p><u>Community Access Supported Living</u></p>	<p>We deeply believe that all persons, regardless of any disability have the right to be fully participating members of their communities; that through participation,</p>	<p>708 Gilman St, Berkeley, CA 94710 (510) 558-6700</p>	<p>Berkeley</p>	<p>provide living assistance to clients in many cities of the San Francisco Bay Area, independent living services, supported living services</p>	<p>Mon-Fri 8am-5pm</p>	<p>free</p>

	they will in turn, enrich these communities.					
Davis Street Developmental Disabilities Services	Davis Street Developmental Disabilities Services helps adults living with intellectual and developmental disabilities learn independent living skills, gain employment and enhance their quality of life.	Davis Street 3081 Teagarden Street San Leandro, CA 94577 510-347-4620	San Leandro	independent living, supported employment, wellness programs, art classes, fitness programs, and more	Mon-Fri 9am. - 5p.m	free
Deaf and Disabled Telecommunication Program	The Deaf and Disabled Telecommunications Program (DDTP) is a public program mandated by the California State Legislature and administered by the California Public Utilities Commission	1 Kaiser Plaza, Suite 1101 Oakland, CA 94612	Main Office: Oakland Multiple Locations: https://californiaphones.org/locations	California Phones - Easier to hear, dial and call. Amplified, portable, big buttons, and more. California Relay Service (CRS) - Connects deaf, hard-of-hearing, and hearing people. Captioned Telephone (CapTel) : Word-for-word captions and amplified sound. Speech Generating Devices and DDTP, Speech-to-Speech Service (STS)	Mon-Fri 9am. - 5p.m	free
Department of Developmental Services	The California Department of Developmental Services (DDS) works to ensure Californians with developmental disabilities have the opportunity to make choices and lead independent, productive lives as members of their communities in the	1215 O Street Sacramento, CA 95814 (833) 421-0061	Multiple Locations: https://www.dds.ca.gov/rc/listings/	early intervention program for infants and toddlers with disabilities and their families, increase independence, improve living skills and facilitate transitions into the community, employment, support services, and more	Mon-Fri 8am-5pm	free

	least restrictive setting possible.					
<u>Disability Project - Transgender Law Center</u>	Housed at Transgender Law Center through a 2019 Soros Justice Fellowship, the Disability Project magnifies the leadership, collective power, and visibility of LGBTQ disabled/Deaf/ill constituents.	Transgender Law Center PO Box 70976 Oakland, CA 94612 (510) 587-9696	Oakland	The Project breaks isolation, grows connection, and builds leadership within trans disability/Deaf/chronically ill communities	Mon-Fri 10am-5pm	free
<u>Disability Rights Advocates</u>	DRA uses the law as a tool to advance the cause of justice for people with disabilities across the country.	2001 Center Street, Fourth Floor Berkeley, CA 94704-1204 (510) 665-8644	Berkeley	DRA takes cases involving wide-spread systemic civil rights violations that affect a large group of people with disabilities. DRA does not take cases that affect only a few individuals who may have experienced isolated incidents of discrimination.		free
<u>Disability Rights California</u>	Disability Rights California (DRC) defends, advances, and strengthens the rights and opportunities of people with disabilities.	Bay Area Office: 1000 Broadway, Suite 395 Oakland, CA 94607 (510) 267-1200 To get help, call (800) 776-5746	Oakland	Information and Referral, Investigation of Abuse and Neglect, Legal Representation & Rights Protection, Education & Outreach, and Public Policy Advocacy		free services available here:https://www.disabilityrightsca.org/publications/brochure-disability-rights-california
<u>Disability Rights Education and Defense Fund</u>	Disability Rights Education and Defense Fund (DREDF), founded in 1979, is a leading national civil rights law and policy center	3075 Adeline Street, Suite 210 Berkeley, CA 94703	Berkeley	training and education, legal advocacy, public policy and legislative development, disability rights legal clinic in collaboration	Mon-Fri 9am-5pm	free

	directed by individuals with disabilities and parents who have children with disabilities.	(510) 644-2555		with Boalt Hall School of Law at the University of California, Berkeley, and more		
Disability Rights Legal Center	DRLC provides free legal assistance to people with disabilities experiencing discrimination in violation of their civil rights.	Mailbox Only Disability Rights Legal Center 1001 Wilshire Blvd., Ste 100- #3201 Los Angeles, CA 90017 Central Intake Line (213) 736-1334; Nationwide Toll-Free Number (866) 999-3752 (DRLC); Class Action Toll-Free Number (866) 752-6679	nationwide	specialized programs that focus on areas of pressing concern: 1.) people with disabilities and 2.) those affected by cancer Service animals resources	Mon-Fri 9am-5pm	free
Disabled Community Health Clinic	Disabled Community Health Clinic (DCHC) offers people recovering from brain or spinal cord injuries, Cerebral Palsy, Multiple Sclerosis, or Post-Polio and other chronic conditions a place to go to get their unique needs met.	2001 Dwight Way, 2nd floor. Berkeley, CA, 94704 (510) 204-4738	Berkeley	services for people recovering from brain or spinal cord injuries, Cerebral Palsy, Multiple Sclerosis, or Post-Polio and other chronic conditions	Mon – Fri 8:00 am – 5:00 pm	free/low with most insurance plans; financial assistance to help low-income patients, insured patients with high

						medical costs, and uninsured patients
East Bay Innovations	East Bay Innovations provides personalized support to enable individuals with disabilities to live in their homes, to work jobs of their choosing and to participate in all aspects of the community.	2450 Washington Avenue, Suite 240, San Leandro, CA 94577 (510) 618-1580	San Leandro	supported living, independent living, employment services, skills and internship training program, community day support, transition care/case management for Medi-Cal recipients	Mon- Fri 9:00am-5:00pm	free/low
Easy Does it Emergency Services	Easy Does It Emergency Services Program is a Non-Profit, 501 (c) 3, tax-exempt organization that provides non-medical emergency assistance and other essential supports to seniors and people with severe physical disabilities in and around Berkeley, CA.	Urgent Dispatch: (510) 704-2111 Office Staff: (510) 845-5513	Berkeley	in-home care - emergency attendant care, wheelchair and assistive device repair, provide transportation, road side assistance, independent living resources, disability resources	Open 24hrs, all week	free
Homeless Action Center	The Homeless Action Center (HAC) provides high-quality public benefits advocacy for free to homeless and disabled residents of Alameda County.	Berkeley office: 3126 Shattuck Avenue Berkeley, CA 94705 (510) 540-0878 Oakland office: 2601 San Pablo Avenue Oakland, CA 94612 (510) 695-2260	Berkeley, Oakland	legal assistance with a range of public benefits programs, including Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), Medi-Cal, CalWorks, Cal-Fresh (food stamps) General Assistance (GA) and Cash Assistance Programs for Immigrants (CAPI), informal advice and referrals for non-	drop-in hours: Mon - Thur 1pm to 5pm	free

				benefits related legal issues		
<u>Independent Living Resource Center - SF</u>	Our mission is to ensure that people with disabilities are full social and economic partners, within their families and within a fully accessible community.	825 Howard St. San Francisco, CA 94103 (415) 543-6222	San Francisco	assistive technology, legal services, economic empowerment, youth, housing, community activities	ILRCSF staff conduct all initial consumer assessments by telephone, Mon – Fri, 9am – 4:30pm. Office hours are by appointment.	free
<u>LifeTrust Care</u>	LifeTrust Care is a collaborative of three Bay Area nonprofit organizations with extensive expertise in providing services to individuals with disabilities and seniors: East Bay Innovations, Integrated Community Services, and Bayberry	(510) 618-1580 ext. 11 <u>https://www.lifetrustcare.org/contact</u>	Serving Alameda, Lake, Marin, Napa, Sacramento, Solano, and Sonoma counties	help with budgeting and money management, navigating housing and public benefits, support individuals to arrange and access medical and behavioral care, coordinate recreational and social activities		free
<u>Marin Center for Independent Living</u>	Marin CIL exists to assist persons with all types of disabilities to achieve their maximum level of sustainable independence as contributing, responsible and equal participants in society.	710 4th St, San Rafael, CA 94901 (415) 459-6245	San Rafael	Information & Assistance, Personal Assistant Registry, Independent Living Skills & Peer Support, Benefits Navigation, Assistive Technology, Home Modifications, Housing Referral & Navigation, disaster relief	Monday - Friday 9am - 5pm	free
<u>People with Disabilities Foundation</u>	Our Mission is to provide education and advocacy for people with psychiatric and/or developmental disabilities, with or without physical disabilities, so that	507 Polk Street, Suite 430. San Francisco, CA 94102 (415) 931-3070	San Francisco	advocacy, education, grant programs, advocacy, referral services	Mon-Fri, 9am - 4pm	free

	they can achieve equal opportunities in all aspects of life.					
<u>Range of Motion Project</u>	US Assistance Program (USAP) is a program that provides access-limited people with amputation in the United States with an affordable, quality option for prosthetic care.	1474 S Acoma St Denver, CO 80223 USA info@rompglobal.org	Denver, Global Presence	To be eligible for USAP, the patient must dealing with one or more of the following: 1) extreme financial hardship 2) immigration status 3) lack of insurance coverage.		free
<u>Senior and Disability Action</u>	San Francisco Senior and Disability Action mobilizes and educates seniors and people with disabilities to fight for individual rights and social justice. Through individual support and collective action, we work together to create a city and world in which seniors and people with disabilities can live well and safely.	1360 Mission St #400, San Francisco, CA 94103	San Francisco	free WiFi, train seniors and people with disabilities on community resources in housing, benefits, transportation, and health care, and on community organizing skills, preparing people to advocate for themselves and their communities, health care, mental health group, and more	Mon-Fri, 9am - 5pm	free
<u>Social Vocational Services</u>	We offer a wide range of quality, individualized programs for adults with Developmental/Intellectual disabilities.	2030 Addison St #700 Berkeley, CA 94704. and more (510) 698-3990	Multiple locations: https://socialvocationalservices.org/locations/	Community Inclusion, Career Exploration, Supported Employment, Supported/Independent Living, Residential, Alternative, and Transportation Services		free
<u>State Council on Developmental Disabilities</u>	The State Council on Developmental Disabilities (SCDD) is established by state and federal law as an independent state	Bay Area Office: 1515 Clay Street, Suite 803 Oakland,	Multiple Locations: https://scdd.ca.gov/bayarea/	Capacity Building, Systematic Change, Advocacy, Access to information, training and partnership	Mon-Fri 8am-5pm	free

	agency to ensure that people with developmental disabilities and their families receive the services and supports they need.	CA 94612 (510) 286-0439				
The Shanti Project	Shanti is a pioneering nonprofit that builds human connections to reduce isolation, enhance health and well-being, and improve quality of life.	Tenderloin: 730 Polk St, 3rd Floor San Francisco, CA 94109 (415) 674-4700 Mission District: 3170 23rd Street San Francisco, CA 94110 Phone: (415) 979-9550	San Francisco	LGBTQ+ aging and abilities support, HIV program, women's cancer program, and more	Mon-Fri 9am-5pm	free
Via Center	Via Center is a small non-public school located in Berkeley, California. Our student body is largely comprised of students who have been unsuccessful in multiple public and other non-public programs.	2126 6th St. Berkeley, CA 94710 (510) 848-1616	Berkeley	highly structured, individualized, behavioral-based program, offered in the context of a warm and family-like environment. All core academics are tailored to the individual needs of each student using a wide array of research-supported strategies such as ABA (Applied Behavioral Analysis) and TEACHH (Treatment and Education of Autistic and Related Communication Handicapped Children);ages 6-21		free/low

Senior Services

Name	About	Contact	City	Services	Hours	Cost
Alzheimer's Association - Northern California and Northern Nevada Chapter	Help and support for individuals with Alzheimer's and their families	24/7 HELPLINE (800) 272-3900 Multiple Locations: https://www.alz.org/norcal/about_us/contact_us	24/7 virtual, tele help, San Jose, Lafayette, San Francisco	Alzheimer's care, support, research and advocacy	24/7 Helpline (800) 272-3900	
2-1-1 Alameda County Resource Finder	Resources Portal where you can explore and find a variety of resources for your specific needs.	Dial 2-1-1	Alameda County Cities	help find resources for housing, utility assistance, food, physical health, transportation, etc	24/7	free
Alameda County Adult Protection Services	Older Adult Abuse & Neglect: Protective services for elders	(510) 577-3500 or 1-866-CALL-APS	Alameda County Cities	responds to reports of abuse of Alameda County residents age 60 years and older and dependent adults between ages 18-59 who, for mental or physical reasons, cannot protect	24/7 line (510) 577-3500 or 1-866-CALL-APS	free

				their rights or carry out typical daily activities.		
Alameda County Area Agency on Aging Senior Information	Alameda County has a dedicated Senior Information & Assistance team available to provide information about services for older adults. We help individuals navigate through the systems of care and programs for elders and provide direct referrals to services.	(510) 577-3530	Alameda County Cities	resource guides for older adults and their family caregivers, community outreach, resource fairs		free
Alameda County In-Home Supportive Services	The In-Home Supportive Services (IHSS) program is designed to provide assistance to older adults and individuals with disabilities, who without this care, would be unable to remain safely in their home.	(510) 577-1900	Alameda County Cities	Housecleaning . meal preparation, laundry, grocery shopping, personal care services, assistance with medical appointments, Protective supervision to safeguard against injury, hazard, or accident		must qualify for full-scope Medi-Cal
Alameda Social Services Agency	The Alameda County Social Services Agency provides resources and opportunities in a culturally responsive manner to enhance the quality of life in our community by	Multiple locations: https://www.alameda-county-social-services.org/contact-us/Our-Offices	Multiple locations: https://www.alameda-county-social-services.org/contact-us/Our-Offices	abuse and protection, older adults and disabled, work and money, health and food, shelter and housing, immigrants		free/low

	protecting, educating, and empowering individuals and families.			and refugees, youth services and more		
Albany Paratransit	Albany Paratransit provides transportation alternatives to qualified Albany residents and to people with disabilities 18 years and over	(510) 524-9124	Alameda County Cities	Senior Services, disabled Services		
Albany Senior Center	The Albany Senior Center is a division of the Albany Recreation and Community Services Department and provides a comprehensive array of services, social and recreational programs	846 Masonic Avenue Albany, CA 94705 (510) 524-9122	Albany	nutrition services, blood pressure check, day trips, forms completion assistance, legal assistance, library, computer lab, technology help,	Mon - Fri, 8:30 AM– 5 PM	free/low
American Association of Retired Persons (AARP) - San Francisco Chapter	AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering people to choose how they live as they age.	The Sequoias, 1400 Geary Blvd, San Francisco, CA, 94109 (888) 687- 2277	San Francisco	health security, financial stability and personal fulfillment, join AARP and receive benefits	Monday through Friday, 9:00 a.m. to 5:00 p.m	
Berkeley Senior Center	Berkeley offers a number of services for community members who are 60 and over, as well as people who have disabilities.	North Berkeley Senior Center: 1901 Hearst Avenue Berkeley, CA 94709 Phone: (510) 981-5190 Judge Henry Ramsey Jr. South Berkeley Senior	Berkeley	meals, activities, transportation , and more; seniors with disabilities can apply for support with transportation	North Berkeley Hours: Monday, Wednesday -Friday, 9:00 am - 3:00 pm South	free/low

		Center: 2939 Ellis Street Berkeley, CA 94703 Phone: (510) 981-5170		needs, and home rehab loans.	Berkeley Hours: Monday - Thursday, 9:00 am - 3:00 pm	
<u>Curry Senior Center</u>		333 Turk St, San Francisco, CA 94102 (415) 920-1351 San Francisco	San Francisco	Health workshops and presentations; Chronic disease self-management programming; in-home internet access, technology training and health coaching; mental health and substance abuse counseling, peer outreach, and more		free
<u>Energy Assistance Program</u>	Support with energy bills for low-income households	2389 Gateway Oaks Drive, Suite 100 Sacramento, CA 95833 Call Center / Toll Free: (866) 675-6623 Main Phone: (916) 576-7109	Serves multiple locations	assist low-income households that pay a high portion of their income to meet their energy needs		Eligibility for services may vary depending on sources of income and other factors. Please contact your local energy agency

						to determine your eligibility
Felton Institute	Rooted in equity, Felton Institute transforms quality of life and promotes social justice to accelerate community led change.	Multiple locations: https://felton.org/about-us/make-a-difference/contact-us/ (415) 474-7310	San Francisco, Berkeley, Oakland, and more	case management and intervention for low-income and homeless adults with serious, persistent mental illness or substance abuse challenges; deaf community counseling services; eviction assistance program, senior services, justice services, and more	Monday-Friday 9am-5pm	free/low
Health Insurance Counseling and Advocacy Program	HICAP (the Health Insurance Counseling & Advocacy Program) provides free and objective information and counseling about Medicare.	(800) 434-0222		help understanding your specific rights and health care options; free educational presentations to groups of Medicare beneficiaries, their families and/or providers on a variety of		

				Medicare and other health insurance related topics		
<u>Legal Assistance for Seniors</u>	Legal Assistance for Seniors works to ensure the independence and dignity of seniors by protecting their legal rights through education, counseling, and advocacy.	333 Hegenberger Road, Suite 850 Oakland, CA 94621 To Contact Us: (510) 832-3040	Oakland, Hayward, Berkeley, Pleasanton, Fremont, Livermore, Castro Valley, Alameda, Dublin, Emeryville, Albany, San Lorenzo, Union City, and Newark.	representation in court and administrative hearings, referrals to other community resources, and community education and training on legal issues.	Mon- Fri 9am- 5pm	free
<u>Meals on Wheels of Alameda County</u>	Meals on Wheels of Alameda County enables homebound seniors to maintain their independence by providing financial support and strategic assistance to Meals on Wheels programs that deliver nutritious meals and perform wellness checks.	1721 Broadway #210, Oakland, CA 94612 (510) 777-9560 Serves multiple area: https://www.feedingseniors.org/get-meals-1	Oakland, and more	deliver nutritious meals to homebound seniors		free
<u>Mercy Brown Bag: Seniors Helping Seniors</u>	Pack and distribute groceries to 17 sites throughout Alameda County. Normally the bags consist of bread, fresh produce, assorted canned foods & other items depending on availability.	3431 Foothill Blvd. Oakland, CA 94601 (510) 269-9640	Oakland	distribute bags of fresh produce, healthy grains, canned goods, lean proteins and more twice a month		free

<p><u>Open Heart Kitchen</u></p>	<p>Equitable access to nutritious food today, while building a food secure tomorrow.</p>	<p>Multiple Locations: https://www.openheartkitchen.org/senior-meals/(925)580-1616</p>	<p>Livermore, and more</p>	<p>senior meal program, hot meal, pet food, shower and laundry services</p>	<p>Free Hot Meals: Mon – Fri 1:00 pm – 3:00 pm Free Pet Food Distribution: Monthly on the 1st & 3rd Wednesday, 1:00 pm – 3:00 pm Free Shower & Laundry Services: Mon – Wed 12:00 pm – 4:00 pm</p>	<p>free</p>
<p><u>Operation Dignity</u></p>	<p>Operation Dignity's mission is to create pathways to health and housing for the most vulnerable individuals experiencing homelessness in our community, with a special focus on veterans and people living in encampments.</p>	<p>318 Harrison St., Ste. 302, Oakland, CA 94607 (510) 287-8465</p>	<p>Oakland</p>	<p>veteran shelter and housing; mobile street outreach; permanent supportive housing; community cabins (low barrier shelter for Oakland residents) Services for non-veterans are mainly limited to information and referral</p>	<p>Monday-Friday 9am-5pm</p>	<p>free</p>
<p><u>Project Open Hand</u></p>	<p>Project Open Hand's mission is to improve health outcomes and quality of life by providing nutritious</p>	<p>1921 San Pablo Avenue Oakland, CA 94612 (510) 622-0221 730 Polk Street San Francisco, CA</p>	<p>Oakland, San Francisco</p>	<p>medically tailored meals, community nutrition programs</p>	<p>Vary based on location https://www.openhand.org/get-meals/com</p>	<p>free</p>

	meals to the sick and vulnerable, caring for and educating our community.	94109 (415) 447-2300 Multiple Community Nutrition sites: https://www.openhand.org/get-meals/community-nutrition-program/community-nutrition-program-locations-and-hours			munity-nutrition-program/community-nutrition-program-locations-and-hours	
Sally's Place Peer Respite	A voluntary, 24/7 short-term program that provides non-clinical crisis support for adults 18 years or older.	1525 B. Street, Hayward (510) 963-9849	Hayward	Peer support in a homelike environment; Up to a 14 day stay, must be 18 years or older		free
Spectrum Community Services	Spectrum Community Services assists low-income individuals, families, and seniors in their efforts to live independently.	Multiple Locations: https://www.spectrumcs.org/senior-services/senior-meals-sites-map Main Contact (Closed to the Public): 2621 Barrington Ct. Hayward, CA 94545 (510) 881-0300	Hayward	senior meals, Low Income Household Ware Assistance Program, Low Income House Energy Assistance Program, Low Income Weatherization Assistance Program Funds for energy and water bills are available for households with low incomes and high energy costs, prioritizing households	Senior Meals: Monday – Friday from 12:00-12:30pm Monday - Friday 8:30 am - 5:00	

				with elderly, disabled persons and/or children five and under.		
The Social Security and Disability News Resource Center		https://www.ssdrc.com/	virtual	provide guidance and resources to successfully apply for disability benefits		
The Veterans Resource Program	The Veterans Resource Program (VRP) facility, located in Richmond, CA, provides housing services for homeless veterans in the Bay Area.	322 Harbour Way, Suite #9 Richmond, CA 94804 (510) 778-8785	Richmond	rent a room/bed at a subsidized price, provides support services for employment, job training, and information on higher educational opportunities	Mon-Fri 9:30 am to 12:30 pm	free
Veterans Affairs Department - Oakland Regional Office	Mission: To fulfill President Lincoln's promise "To care for him who shall have borne the battle, and for his widow, and his orphan" by serving and honoring the men and women who are America's Veterans.	1301 Clay St., North Tower Oakland, CA 94612 Main information Line: 800-698-2411	Oakland	education opportunities, rehabilitation services, provides compensation payments for disabilities or death related to military service, home loan guaranties, pensions, burials, and health care that includes the services of nursing homes, clinics,	Monday-Friday, 9am-4pm	

				and medical centers		
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LGBTQIA + Resources

Name	About	Contact	City	Services	Hours	Cost
Aguilas	AGUILAS is dedicated to creating a supportive, culturally sensitive environment for gay/bisexual Latinos. We strive to foster knowledge and pride of the diversity of our language, culture, history and spirituality.	1800 Market St. 4th Floor, Suite 403 San Francisco, CA 94102-6227 (415) 558-8403	San Francisco	HIV/HCV/STIs prevention program, fast, free and confidential testing for HIV/HCV & STIs, one-on-one counseling sessions, support groups, social events, and more	Mon-Fri 10am-5:30pm	free
Billy DeFrank Center	The Billy DeFrank LGBTQ+ Community Center provides community, leadership, advocacy, services and support to the Silicon Valley's LGBTQ+ People and their Allies.	938 The Alameda San Jose, CA 95126 (408) 293-3040	San Jose	support and social groups, games and activities, HIV testing	to check hours, visit: https://www.defrankcenter.org/about-menu/hours-menu	free
Community Unite Against Violence	CUAV supports the healing of Lesbian, Gay, Bisexual, Transgender, and Queer people that have experienced violence and abuse by other people and /or institutions.	427 S Van Ness Ave San Francisco, CA 94103 (415) 777-5500	San Francisco	Peer advocacy counseling, a virtual workshop for Queer and Trans survivors of violence to build tools of somatic awareness within our relationship dynamics, support group for survivors of violence, trainings and workshops and more	Mondays - Fridays, 10am - 6pm Peer counseling by appointment Only	free
Gay Therapy Center	We are LGBTQ therapists in the San Francisco Bay Area who understand what it like to be LGBTQ since we are all members of the LGBTQ community.	San Francisco Office: 538 Hayes St, San Francisco, CA 94102 (415) 795-2935	Offices in San Francisco, Los Angeles, New York,	LGBTQ+ anxiety/depression, LGBTQ+ affirmative therapy for low self-esteem, LGBTQ+ gay sex therapy, LGBTQ+	Mon-Fri 9am-8pm, Sat - closed, Sun 10am-5pm	free 15 min call fees start at \$185 per 50-minute

	If you are looking for a gay therapist who will not only listen but also have something to say, then we are a good match for you.		Washington, DC, Virtual services	couples counseling, LGBTQ+ therapy for cheating, infidelity, affairs, & betrayal, LGBTQ+ open relationship counseling, online therapy, free online class		session depending on the insurance provider, the rate of reimbursement range from 50% – 85% of the cost of individual therapy or couples counseling services.
<u>Gender Equity Resource Center - UC Berkeley</u>	The Gender Equity Resource Center, fondly referred to as GenEq, is a UC Berkeley campus community center committed to fostering an inclusive Cal experience for all. GenEq is the campus location where students, faculty, staff and alumni connect for resources, services, education and leadership programs related to gender and sexuality.	202 César E. Chávez Student Center MC2440 Berkeley, CA 94720	Berkeley	The programs and services of the Gender Equity Resource Center are focused on four key areas: Women; Lesbian, Gay, Bisexual, Transgender and Queer+ (LGBTQ+); Sexual Harassment & Sexual Violence; Hate Crime and Bias Incident Reporting & Response	Monday 9:00am - 5:00pm Tuesday - Thursday 9:00am - 7:00pm Friday 9:00am - 3:00pm	
<u>The Gender Health Center of Santa Clara Valley Medical Center</u>	The Gender Health Center (GHC) is the first all ages clinic specialized in caring for transgender, gender-non-binary and gender expansive people in the South Bay.	777 E. Santa Clara Street, 3rd Floor San Jose, CA 95112 (408) 977-4550	San Jose	medical care, mental/emotional health care, social work support for practical needs, and opportunities for community connection	to check hours, visit: https://scvmc.scvh.org/health-care-services/gender-health-center/contact-us	free/low

James C. Hormel LGBTQIA Center	<p>The James C. Hormel LGBTQIA+ Center is the gateway to the Library's broader collections documenting lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual and allies' history and culture, with a special emphasis on the San Francisco Bay Area.</p>	<p>100 Larkin Street, San Francisco, CA 94102 (415) 557-4400</p>	<p>San Francisco</p>	<p>Collections of books, magazines, journals & zines, audiovisual materials, archives, photographs</p>	<p>Sun 12pm - 6pm Mon 9am - 6pm Tue -Thur 9am - 8pm Fri 12pm - 6pm Sat 10am-6pm</p>	<p>free</p>
Lavender Seniors of East Bay	<p>Our mission is to improve the quality of life of older lesbian, gay, bisexual, transgender, and queer (LGBTQ+) residents of Alameda and Contra Costa counties.</p>	<p>Mailing Address: 4100 Redwood Rd, Suite 20A #240 Oakland, CA 94619 (510) 736-5428 (510-736-LGBT)</p>	<p>Mailing address: Oakland Serves multiple locations throughout Alameda and Contra Costa Counties</p>	<p>visits, telephone support and shopping assistance, montly lunches, training, outreach, advocacy, and more</p>		<p>free</p>
Lavender Youth Recreation Information Center (LYRIC)	<p>LYRIC's mission is to build community and inspire positive social change through education enhancement, career trainings, health promotion, and leadership development with LGBTQ youth, their families, and allies of all races, classes, genders, and abilities.</p>	<p>127 Collingwood Street, San Francisco, CA 94114 One block West of Castro Street, between 18th & 19th Street (415) 703-6150</p>	<p>San Francisco</p>	<p>mental health and psych-social support groups, workforce development/paid opprtunities, safety net services, access to HIV prevention/prep (13 -24 Years old), detention/in-custody based support (18-24 years old), housing assessment and navigation, includes access to funds to stay housed, and more</p>	<p>Mon -Fri, 10am – 6pm</p>	<p>free</p>
LGBTQ Connection	<p>LGBTQ Connection, an initiative fueled by youth and other emerging leadership, fosters a healthier, more vibrantly</p>	<p>Sonoma County Office: 714 Mendocino Ave., Santa Rosa, CA 95401 (707) 582-1227 Napa County</p>	<p>Santa Rosa, Napa, Healdsburg,</p>	<p>youth socials (24-24 years old), youth leadership team, older adults group, free counseling, one-on-one support, family support, training for</p>	<p>Mon -Fri, 9am – 5pm</p>	<p>free</p>

	diverse and inclusive community.	Office: 780 Lincoln Ave., Napa, CA 94558 (707) 251-9432	American Canyon	organizations, school support		
<u>National Center for Lesbian Rights</u>	NCLR is a national legal organization committed to advancing the civil and human rights of lesbian, gay, bisexual, and transgender people and their families through litigation, legislation, policy, and public education.	870 Market Street Suite 370, San Francisco CA 94102 (415) 392-6257	San Francisco	program to end conversion therapy, racial and economic justice, anti-discrimination, youth, relationships and family, immigration and asylum, cased and advocacy, and more	Mon-Fri: 9am to 5pm	free
<u>Oakland LGBTQ Community Center</u>	The Oakland LGBTQ Community Center is dedicated to enhancing and sustaining the well-being of lesbian, gay, bisexual, transgender, and queer (LGBTQ) individuals, our families and allies, by providing educational, social, and health related activities, programs and services.	3207 Lakeshore Ave. (Entrance on Rand Ave.) Oakland, CA 94610 (510) 882-2286	Oakland	Aging With Pride Initiative ages 55+(thereputic support group, transportation Assistance, food Pantry, emergency rental assistance, mental health subsidies, HIV/STI testing and treatment, and more) Youth Program, transgender support, Black men support, and more	Office Hours: Monday through Friday, 12:00 pm- 6:00 pm	free
<u>Oasis Legal Services</u>	Oasis Legal Services provides legal assistance with asylum, residency, naturalization, VAWA, and family petitions for LGBTQIA+ immigrant communities.	Berkeley: 1900 Addison St #100, Berkeley, CA 94704 (510) 666-6687 Fresno: (559) 777-6786	Berkeley, Fresno	Screening for immigration relief, Affirmative asylum, VAWA, Residency / Green Card applications, Citizenship / Naturalization, Family petitions, limited case management support and psychotherapy to existing clients. English, Spanish, Portugese	Mon- Fri 9:30am - 4:30pm	free

Openhouse	<p>Openhouse enables San Francisco Bay Area LGBTQ+ seniors to overcome the unique challenges they face as they age by providing housing, direct services and community programs.</p>	<p>65 Laguna St., San Francisco, CA 94102 (415) 296.8995</p>	<p>San Francisco</p>	<p>housing and resource navigation, community engagement, training and transformation, open house, community day services, and more</p>	<p>Mon-Fri: 9:30am -5pm</p>	<p>free</p>
Our Family Coalition	<p>Our Family Coalition advances equity for the full and expanding spectrum of LGBTQ families and children through support, education, and advocacy.</p>	<p>Main Office:1385 Mission Street, Suite 330, San Francisco, CA 94103 (415) 981-1960 East Bay Office: 970 Grace Ave Oakland, CA 94608</p>	<p>San Francisco, Oakland</p>	<p>Family Support: workshops, support groups, outings, seasonal celebrations, meet ups, classes, play dates and referrals in San Francisco and the East Bay Education: work with families, teachers, administrators, and child-serving professionals to create more welcoming schools and agencies Advocacy: family equality, inclusive schools, immigration reform, and healthcare reform</p>	<p>Mon - Thur 9am - 2:30pm</p>	<p>free</p>
Pacific Center	<p>To enhance the mental health and overall well-being of the LGBTQIA+ and QTBIPOC communities by providing culturally responsive therapy, peer to peer support groups, community outreach services, and facilitated workshops.</p>	<p>2712 Telegraph Avenue, Berkeley, CA 94705 (510) 548-8283</p>	<p>Berkeley</p>	<p>Clinical Services: counseling and psychotherapy, HIV Services, grief group, older and out therapy groups, Community Programs Training and Consultation</p>	<p>Office hours: Mon – Fri 10 a.m. – 7 p.m. Counseling and Psychotherapy Hours: Mon – Fri 9 a.m. – 6 p.m.</p>	<p>sliding scale, free services available based on need</p>
Parents, Families, and Friends of Lesbian	<p>PFLAG is the nation's first and largest organization dedicated to supporting, educating, and advocating</p>	<p>PFLAG Oakland-East Bay Chapter P.O. Box 21195 Oakland, CA</p>	<p>Oakland</p>	<p>provides peer-to-peer support through in-person and virtual meetings, online outreach, and a variety</p>		<p>free</p>

and Gays - Oakland /East Bay	for LGBTQ+ people and those who love them.	94620 (510) 562-7692		of additional resources and programs		
The Q Corner	The Q Corner is a peer-driven, Behavioral Health Services Department program dedicated to supporting the LGBTQ+ community and their friends, families, and allies, in Santa Clara County.	1075 E. Santa Clara St. San Jose, CA 95112 (408) 977-8800	San Jose	Support Navigating Resources and Referrals Peer Support and Mentoring Opportunities for Social Activities and Community Building Information on available Trainings and Best Practices.	Tue 9-11 am Wed 3-5pm Thur 12-2pm	free
Queer Lifespace	Queer LifeSpace (QLS) is a nonprofit counseling agency that provides affordable, evidence-based mental health and substance abuse services to the LGBTQIA+ community in the Bay Area, in addition to running an internationally-recognized clinical training program for the next generation of queer-affirming therapists.	2275 Market Street #7, San Francisco, CA 94114 (415) 358-2000	San Francisco	Individual Therapy, Couples Therapy, Group Therapy, Rural Youth Outreach Program (RYO), Emerging Queer Artists Program (EQUARTY), Queer Youth in the Outdoors Program, Clinical Training Program, and more	Mon-Fri 9am-6pm	Individual Therapy: Sessions are 50 minutes in length and start at \$30/session Group Therapy: Sessions are 90 minutes and start at \$15 Couples Therapy: 50-60minute sessions start at \$50, sliding scale
Rainbow Community	Rainbow Community Center builds community, equity, & well-being	2380 Salvio Street, Suite	Concord	community mental health services, homeless transitional youth program, food	Mon - Fri, drop-in hours	Fees are determined based on

nity Center	among Lesbian, Gay, Bisexual, Transgender, Queer, Questioning & Intersex (LGBTQIA+) people & our allies.	301, Concord, CA 94520		pantry, youth programs, HIV education and prevention programs, older adult programs, professional development and trainings	10:00am - 3:00pm	income and number of dependents. Contra Costa Health Plan Medi-Cal accepted. They have assistance for folks with other forms of Medi-Cal.
Rainbow Families Bay Area	Rainbow Families is a parent-run group, working to create a community to support our transgender and gender diverse kids. We help families connect with one another to support each other and give kids a place to be themselves.	For location details contact: https://rainbowfamiliesbayarea.org/contact/	Berkeley, Oakland, San Francisco	play groups, support groups, summer camp, resources		
San Francisco Community Health Center		726 Polk St., San Francisco, CA, 94109 (415) 292-3400	San Francisco	medical services for people of color, LGBTQ community, HIV & STD testing, HIV treatment and care, dental, transgender care, mobile health clinics		free/low
San Francisco LGBTQ Center	The Center supports the needs of the entire LGBTQ community and allies through robust programming. We also connect people to a rich network of organizations	1800 Market Street, San Francisco, CA 94102	San Francisco	art and culture, employment services, community programs, financial services, information and resources, small business services	Mon - Thur 11am - 5pm. All other hours are by appointment only.	free

	in San Francisco serving the LGBTQ community.					
San Mateo Pride Center	San Mateo' Pride Center's mission is to create a welcoming, safe, inclusive, and affirming community climate that fosters personal growth, health, and opportunities to thrive for individuals of all ages, sexual orientations, and gender identities through education, counseling, advocacy, and support.	1021 S El Camino Real San Mateo, CA 94402 (650) 591-0133	San Mateo	clinical services, community space, resource hub	Tues – Thurs 11:30 am – 6:30 pm, closed on Tues between 1 pm – 3 pm for staff meetings.	free/low/ Medi-Cal, sliding scale
The LGBTQ Asylum Project	The LGBTQ Asylum Project is the only San Francisco nonprofit organization exclusively dedicated to providing accessible legal representation for LGBT asylum seekers who are fleeing persecution due to their sexual orientation, gender identity and/or HIV status.	526 Castro Street, San Francisco, California 94114 Mailing Address: San Francisco, CA 94114	San Francisco	work directly with clients and ensure that they receive the most suitable and appropriate services based on each case	Mon 12pm-5pm, Tue-Fri 10am-5pm	free
The San Francisco Gay Men's Chorus	To lead by creating extraordinary music and experiences that build community, inspire activism, and foster compassion at home and around the world.	170 Valencia Street San Francisco, CA 94103	San Francisco	creating extraordinary music and experiences that build community, inspire activism, and foster compassion at home and around the world, directly benefit local social justice and healthcare-related non-profit organizations	Mon-Fri, 10am - 5pm	free
The Suitcase Clinic - Youth/LGBTQ Clinic	The Y/LGBTQ+ Clinic strives to provide culturally appropriate and accessible services to homeless and street-identified youth, which simultaneously increases their opportunities for	2300 Bancroft Way, Berkeley, CA 94704	Berkeley	Haircuts, Foot washes, Massage, Housing and employment services, Health education services, Continuity of care advocacy, Dinner	Mon 6-9pm	free

	positive social and physical well-being. The clinic space is open to those in their teens and twenties and is LGBTQ+ friendly.					
Transgender Law Center	Transgender Law Center changes law, policy, and attitudes so that all people can live safely, authentically, and free from discrimination regardless of their gender identity or expression.	Transgender Law Center PO Box 70976 Oakland, CA 94612-0976 (510) 587-9696	Operates nationally	Legal work: identity document, immigration, health, employment, youth, prison and policing, housing, trafficking, and more Black Trans Circles, Disability Projects		free
UCSF Alliance Health Project	The mission of the UCSF Alliance Health Project is to support the mental health and wellness of the lesbian, gay, bisexual, transgender, and queer (LGBTQ) and HIV-affected communities in constructing healthy and meaningful lives.	1855 Folsom Street, Suite 670 San Francisco, CA 94103 (415) 476-3902	San Francisco	behavioral health services, sexual health services, Art for AIDS, support groups	Monday 8:45 AM–5 PM Tuesday 8:45 AM–6:45 PM Wednesday 8:45 AM–6:45 PM Thursday 8:45 AM–6:45 PM Friday 8:45 AM–5 PM Saturday 9 AM–3:30 PM Sunday-Closed	free HIV/STD testing, financial assistance for eligible clients

Housing/Shelter

Name	About	Contact	City	Services	Hours	Cost
2-1-1 Alameda County Resource Finder	Resources Portal where you can explore and find a variety of resources for your specific needs.	Dial 2-1-1		help find resources for housing, utility assistance, food, physical health, transportation, etc	24/7	free
Adobe Services	Abode Services' mission is to end homelessness by assisting low-income, un-housed people, including those with special needs, to secure stable, supportive housing; and to be advocates for the removal of the causes of homelessness.	Multiple locations:https://www.abodeservices.org/our-reach(510)657-7409	Alameda county, San Francisco, San Mateo, and more	health and supportive services for participants in shelter and supportive housing programs; job training, parenting classes, financial literacy, computer training, case management, health education and activities, and many others.	Mon-Fri 9am to 5pm	free
Affordable Housing - City of Fremont	The City of Fremont is committed to providing affordable housing for the community.	39550 Liberty St. First Floor Fremont, CA 94538 (510) 494-4500	Fremont	upcoming affordable units, waitlists and directories, homesharing program, and more		
Alameda Social Services Agency	The Alameda County Social Services Agency provides resources and opportunities in a culturally responsive manner to enhance the quality of life in our community by protecting, educating, and empowering individuals and families.	Multiple locations: https://www.alamedacounty-socialservices.org/contact-us/Our-Offices	Multiple locations: https://www.alamedacounty-socialservices.org/contact-us/Our-Offices	abuse and protection, older adults and disabled, work and money, health and food, shelter and housing, immigrants and refugees, youth services and more		free/low
BACS Amber House	Short-term (under 24 hours) assessment and triage unit. Staffing includes a nurse and social worker on every shift, and on-call	516 31st Street, Oakland (510) 379-4179	Oakland	adults 18 years or older, Outpatient medical assessment Mental health evaluation Crisis de-escalation Case management (discharge planning &		

	psychiatry is available 24/7.			linkage to resources) All basic needs met (food, shower, clothing, bed, etc.) Transport to discharge location if needed, once de-escalated		
<u>Bay Area Rescue Mission</u>	We welcome our homeless neighbors by providing daily essentials like food, shelter, clothing and any other kind of critical care they need.	2114 Macdonald Avenue Richmond, CA 94801 (510) 215-4555	Richmond	emergency-services, life transformation programs, transitional housing, food pantry, community outreach	open 24hrs all week	free
<u>Berkeley Food and Housing Project</u>	Our mission is to ease and end the crisis of homelessness in our communities.	3225 Adeline Street Berkeley, CA 94703 (510) 649-4965	Berkeley	shelter, outreach, transitional housing, rapid re-housing, permanent supportive housing, food, vocational	Mon-Fri 9am to 5pm	free
<u>Black Wealth Builders Fund</u>	The Black Wealth Builders (BWB) Fund is a reparations project launched by Arlington Community Church (UCC) in 2021. The fund is designed to help repair a small portion of the financial damage of racism and white supremacist policies— in particular, the longstanding barriers to Black homeownership that have existed in our East Bay communities.	52 Arlington Avenue, Kensington, CA 94707 (510) 526-9146	Kensington	zero-percent interest loan fund to be paid back when the home is refinanced or sold Works through local organizations to identify potential Black homebuyers who are on the journey to home ownership but who lack a down payment.		
<u>Building Opportunities for Self-Sufficiency</u>	BOSS' mission is to help homeless, poor, and disabled people achieve health and self-sufficiency, and to fight against the root causes	1918 University Ave, Suite 2A Berkeley, CA 94704 (510) 649-1930	Berkeley	housing security, reentry and justice, community healing, career training and employment, and more	Mon-Fri 9am to 5pm	free

	of poverty and homelessness.					
<u>Catholic Relief Homeless Prevention Program</u>	The goal of the Homelessness Prevention Program is to ensure vulnerable people have a home, either in the form of temporary shelter or long-term housing.	Catholic Charities Headquarters: 990 Eddy Street San Francisco, CA 94109 (415) 972-1200	San Francisco	eviction prevention support in the form of rental assistance for back rent, security deposits, and referral to appropriate community agencies		free
<u>Covenant House</u>	Covenant House California is dedicated to serving all God's children, with absolute respect and unconditional love, to help youth experiencing homelessness, and to protect and safeguard all youth in need.	200 Harrison St. Oakland, Ca 94607 (510) 379-1010	Oakland	short term care, two year on-site transitional living program, supportive apartments, rapid rehousing medical care to youth experiencing homelessness, and more Dreamcatcher Youth Service for homeless and trafficked at-risk youth in Alameda County who are between the ages of 13-18. https://covenanthousecalifornia.org/dreamcatcher-youth-services/	open 24 hrs all week	free
<u>Dorothy Day House</u>	Dorothy Day House Berkeley is a volunteer-based organization that for over 30 years has provided meals, shelter, and employment for low-income residents and people who experience homelessness in Berkeley, California. They are our guests.	1931 Center Street, Berkeley, CA 94704 Daytime Phone (510) 705-1325 After-hours Phone (510) 705-1516	Berkeley	meals, shelter, employment development, community resource, mobile outreach services, and more	all week 8:00am-5:00pm	free

<u>East Oakland Community Project</u>	EOCP empowers individuals and families who are homeless in Alameda County to regain a life of self-reliance.	7515 International Boulevard Oakland, CA 94621	Oakland	support people experiencing homelessness to transition into permanent housing; serve families with children, providing direct staff support for the housing search and move-in process, as well as rental assistance; support qualifying Veterans to search for, secure, and prevent the loss of housing; and more	24 hours	free
<u>Eden Council For Hope And Opportunity (ECHO Housing)</u>	ECHO's ultimate goal is to promote equal access in housing and provide support services which would aid in the prevention of homelessness and promote permanent housing conditions.	Multiple Offices: https://www.echofairhousing.org/contact.html	Hayward, and more	Fair Housing Services; First-Time Home Buyer Counseling; First Time Homebuyer Education; Homeseeking Counseling; Shared Housing Counseling and Placement; Rent Review & Relocation Programs; Rental Assistance Program; Tenant/Landlord Services		free
<u>Enterprise Self Sufficiency Center</u>		8477 Enterprise Way Oakland, CA 94621 510-639-1090	Oakland	CalFresh, Medi-Cal, General Assistance, CalWORKs, Welfare-to-Work, CalFresh Employment and Training, Cal-Learn, Refugee Cash Assistance, Cash Assistance Program for Immigrants (CAPI), Trafficking and Crime Victim Assistance Program (TCVAP), Domestic Violence, Housing Assistance and Emergency Shelter Referrals	Lobby Hours: Monday - Friday; 8:30 AM - 5:00 PM	free
<u>Family Emergency Shelter Coalition</u>	Family Emergency Shelter Coalition (FESCO) is on a mission to support homeless families, with the support of the community, as they move from crisis to	21455 Birch Street #5 Hayward, CA 94541 (510) 886-5473	Hayward	family shelter, transitional living, stable housing programs, children's programs	Mon-Fri 9am to 5pm	free

	stability, end their homelessness, and find a place called home.					
<u>Hamilton Families</u>	Hamilton Families' mission is to end family homelessness in the San Francisco Bay Area. Our pioneering homelessness prevention and housing subsidy programs are nationally recognized. In addition, we provide shelter and stability, and support the well-being of children experiencing homelessness.	273 9th Street. San Francisco, CA 94103 (415) 321-2612	San Francisco	Shelter, Transitional Housing, Housing Services, Real Estate departments, children and youth services	Mon-Fri 9:00am - 5:00pm	free
<u>Multi-Service Center South</u>	Mission: to offer hope and service on a direct person-to-person basis, working to break the cycles of homelessness and domestic violence.	525 5th Street San Francisco, CA 94107 (415) 597-7960	San Francisco	clean beds, warm meals, medical and mental health services, educational training, career guidance, legal service, permanent housing assistance, a dedicated library, fully-functioning computer lab, free weekly haircuts, shower and laundry facilities	open 24 hrs	free
<u>Oakland Housing Authority</u>	The Oakland Housing Authority (OHA) currently provides subsidized housing to nearly 16,500 families. The largest landlord in Oakland, OHA serves a diverse community in neighborhoods throughout the city.	http://www.oakha.org/AboutUs/Pages/Contact-Us.aspx (510) 874-1653	Oakland	provide subsidized, affordable housing,		low
<u>Oakland Housing Resource Center</u>		250 Frank Ogawa Plaza, 6th Floor Oakland, CA 94612	Oakland	Find affordable or subsidized housing, access emergency shelter, contact a housing counselor, tenant and landlord services.	Mon-Fri from 8:30am to 5pm	free

		(510) 238-6182				
<u>Oakland Tenants Union - Just Cause for Eviction</u>	The Oakland Tenants Union is an organization of housing activists. OTU's core values are to protect and expand tenant rights and interests.	P.O. Box 10573 Oakland CA 94610 (510) 704-5276	Oakland	directly work with tenants in their struggle with landlords, impacts legislation and public policy about housing, community education, and works with other organizations committed to furthering renters' rights.		free
<u>Oakland Tenants Union - Just Cause for Eviction</u>	The Oakland Tenants Union is an organization of housing activists. OTU's core values are to protect and expand tenant rights and interests.	P.O. Box 10573 Oakland CA 94610 (510) 704-5276	Oakland	directly work with tenants in their struggle with landlords, impacts legislation and public policy about housing, community education, and works with other organizations committed to furthering renters' rights.		free
<u>Oakland Workers' Collective - Street Level Health Project</u>	The OWC, better known to workers as "La Colectiva", is an established worker collective that creates pathways to safe and dignified employment for contingent workers at risk of exploitation and wage theft.	3125 E 15th St, Oakland, CA 94601 (510) 473-6349	Oakland	vocational training, employment linkage, wage advocacy, and civic engagement activities to empower workers and reduce health risks associated with unemployment and underemployment	Monday-Thursday 9am-3pm, Friday 9am-1pm	
<u>Raphael House</u>	At Raphael House we provide each family with the personalized and family-centered solutions necessary to achieve long-term secure housing and financial stability.	1065 Sutter Street. San Francisco, CA 94109 (415) 345-7200	San Francisco	residential room, daily nutritious meals, clothing, housing search support career development services, family wellness services, K-12 academic tutoring, scholarships for children for tutoring, extracurricular activities, summer camps, and more		free
<u>Rebuilding Together East Bay North</u>	We work together to bring warmth, safety, and independence to our neighborhoods by	732 Gilman St. Berkeley, CA 94710	Berkeley, Albany, Emeryville,	provide outreach and support unhoused people who reside in encampments across the		free

	revitalizing homes and neighborhood facilities.	(510) 644-8979	and Richmond	Richmond, safety assessments and hazard elimination for qualified applicants, community facility improvement, emergency services		
Sally's Place Peer Respite	A voluntary, 24/7 short-term program that provides non-clinical crisis support for adults 18 years or older.	1525 B. Street, Hayward (510) 963-9849	Hayward	Peer support in a homelike environment; Up to a 14 day stay, must be 18 years or older		free
Shepherd's Gate	Shepherd's Gate provides shelter and resources for women and children displaced by abuse, financial hardships, and addictions.	1660 Portola Avenue Livermore, CA 94551 (925) 443-4283 1660 Portola Ave. Livermore, CA 94551	Livermore	essential needs (food, long-term shelter), recovery program, learning and career center, healing and care for children, personalized case management, spiritual growth	Monday-Friday 9:30am-4:30pm	free
St. Anthony's Foundation	St. Anthony's Foundation is committed to a healing ministry serving the spiritual, emotional, and physical needs of those experiencing homelessness and extreme poverty.	150 Golden Gate Ave. San Francisco, CA 94102 (415) 241-2600	San Francisco	dining room, free clothing program, resource center, community safety services, medical clinic, addiction recovery	Dining room: Open Monday – Sunday Breakfast service: dine-in or to go, starting at 7am Lunch service: dine-in, 10:00am–1:30pm Afternoon hot meal service: to go, 2:00pm–3:00pm Clothing Program:	free/low

					Monday, Tuesday, Thursday, Friday: 8:15am – 4:00pm Wednesday (Individual Service Only): 8:15am – 12:00pm Saturday (Family Service Only): 8:30am – 3:00pm	
<u>The Veterans Resource Program</u>	The Veterans Resource Program (VRP) facility, located in Richmond, CA, provides housing services for homeless veterans in the Bay Area.	322 Harbour Way, Suite #9 Richmond, CA 94804 (510) 778- 8785	Richmond	rent a room/bed at a subsidized price, provides support services for employment, job training, and information on higher educational opportunities	Mon-Fri 9:30 am to 12:30 pm	free

Food Assistance

Name	About	Contact	City	Services	Hours	Cost
2-1-1 Alameda County Resource Finder	Resources Portal where you can explore and find a variety of resources for your specific needs.	Dial 2-1-1		help find resources for housing, utility assistance, food, physical health, transportation, etc	24/7	free
Alameda County Community Food Bank	Alameda County Community Food Bank partners with more than 420+ food pantries, hot-meal programs, senior centers and other non-profits to distribute millions of pounds of food every year.	7900 Edgewater Drive, Oakland, CA 94621 1-510-635-FOOD (3663)	Oakland, and more	food distribution, ending child and student hunger, help with CalFresh enrollment, advocacy	Office: Mon – Fri, 9 a.m. to 5 p.m. Warehouse Deliveries: Mon – Fri, 7:30 a.m. to 2:30 p.m. Emergency Food Helpline: Monday – Friday, 9 a.m. to 4 p.m. CalFresh Screening: Monday – Friday, 9 a.m. to 4 p.m.	
Alameda Food Bank	The Alameda Food Bank is a non-profit organization that helps Alameda community by providing nourishing food to those in need in a compassionate and respectful manner with the support of dedicated volunteers and local partners.	https://www.alamedafoodbank.org/contact-us/ P.O. Box 2167 Alameda, CA 94501 Shop location: 650 W Ranger Ave. Alameda, CA 94501	Alameda	provide food assistance	Monday & Friday 11:30am - 4:00pm/Wednesday 11:30am - 7:00pm	free
Alameda Social	The Alameda County Social Services	Multiple locations:	Multiple locations:	abuse and protection, older		free/low

Services Agency	Agency provides resources and opportunities in a culturally responsive manner to enhance the quality of life in our community by protecting, educating, and empowering individuals and families.	https://www.alameda-county-social-services.org/contact-us/Our-Offices	https://www.alameda-county-social-services.org/contact-us/Our-Offices	adults and disabled, work and money, health and food, shelter and housing, immigrants and refugees, youth services and more		
Bay Area Rescue Mission	We welcome our homeless neighbors by providing daily essentials like food, shelter, clothing and any other kind of critical care they need.	2114 Macdonald Avenue Richmond, CA 94801 (510) 215-4555	Richmond	emergency-services, life transformation programs, transitional housing, food pantry, community outreach	open 24hrs all week	free
Berkeley Food and Housing Project	Our mission is to ease and end the crisis of homelessness in our communities.	3225 Adeline Street Berkeley, CA 94703 (510) 649-4965	Berkeley	shelter, outreach, transitional housing, rapid re-housing, permanent supportive housing, food, vocational	Mon-Fri 9am to 5pm	free
CalFresh	CalFresh provides monthly assistance for low or no income individuals and families to purchase nutritious food. The CalFresh program issues monthly benefits on an Electronic Benefit Transfer (EBT) card, similar to an ATM card, to purchase food at retail stores and farmers markets that accept EBT cards.	Apply online at: MyBenefitsCalWIN or https://www.getcalfresh.org/ Or by phone: (510) 272-3663.	Virtual	monthly financial assistance to purchase food		free
California Association	The California Association of Food Banks (CAFB) focuses	1624 Franklin Street, Suite 722 Oakland, CA -	Oakland	Provides food to those who need it through our	Mon-Fri: 8:00 am to 5:00 pm	free

of Food Banks	on providing support to its 41 member food banks, improving the sharing of food resources, and bringing attention to the problem of hunger and its solutions.	94612 (510) 272-4435		network of member food banks, Amplifies access to CalFresh, our state's SNAP / food stamp program, Builds bridges from fields to food banks by supporting California's agricultural system, Improves the social safety net by working for better public policy		
Christ Episcopal Church		1700 Santa Clara Avenue Alameda, CA - 94501 (510) 523-7200	Alameda	food distribution	Tue- Thu: 10:00 am to 4:00 pm Fri: 10:00 am to 2:00 pm Sunday: 8:00 am to 1:00 pm	free
Dorothy Day House	Dorothy Day House Berkeley is a volunteer-based organization that for over 30 years has provided meals, shelter, and employment for low-income residents and people who experience homelessness in Berkeley, California. They are our guests.	1931 Center Street, Berkeley, CA 94704 Daytime Phone (510) 705-1325 After-hours Phone (510) 705-1516	Berkeley	meals, shelter, employment development, community resource, mobile outreach services, and more	all week 8:00am-5:00pm	free
Enterprise Self Sufficiency Center		8477 Enterprise Way Oakland, CA 94621 510-639-1090	Oakland	CalFresh, Medi-Cal, General Assistance, CalWORKs, Welfare-to-Work, CalFresh Employment and Training, Cal-Learn, Refugee Cash Assistance, Cash	Lobby Hours: Monday - Friday; 8:30 AM - 5:00 PM	free

				Assistance Program for Immigrants (CAPI), Trafficking and Crime Victim Assistance Program (TCVAP), Domestic Violence, Housing Assistance and Emergency Shelter Referrals		
Gail Stevens Multi-Services Center		24100 Amador Street Hayward, CA 94544 510-670-6000	Hayward	CalFresh, Medi-Cal, General Assistance, CalWORKs, Welfare-to-Work, CalFresh Employment and Training, Cal-Learn, Refugee Cash Assistance, Cash Assistance Program for Immigrants (CAPI), Trafficking and Crime Victim Assistance Program (TCVAP), Behavioral Health Supportive Services, Domestic Violence, Housing Assistance, Emergency Shelter Referrals, Children and Family Services and Workforce Development Board	Lobby Hours: Monday - Friday; 8:30 AM - 5:00 PM	free/low
Livermore Self Sufficiency Center		2499 Constitution Dr. Livermore, CA 94551 (925) 455-0747	Livermore	CalFresh, Medi-Cal, General Assistance, CalWORKs, Welfare-to-Work, CalFresh Employment and Training, Cal-Learn, Refugee Cash Assistance, Cash Assistance Program for Immigrants (CAPI), Trafficking	Lobby Hours: Monday - Friday; 8:30 AM - 5:00 PM	

				and Crime Victim Assistance Program (TCVAP), Domestic Violence, Housing Assistance and Emergency Shelter Referrals		
<u>Meals on Wheels of Alameda County</u>	Meals on Wheels of Alameda County enables homebound seniors to maintain their independence by providing financial support and strategic assistance to Meals on Wheels programs that deliver nutritious meals and perform wellness checks.	1721 Broadway #210, Oakland, CA 94612 (510) 777-9560 Serves multiple area: <u>https://www.feedingseniors.org/get-meals-1</u>	Oakland, and more	deliver nutritious meals to homebound seniors		free
<u>Mercy Brown Bag: Seniors Helping Seniors</u>	Pack and distribute groceries to 17 sites throughout Alameda County. Normally the bags consist of bread, fresh produce, assorted canned foods & other items depending on availability.	3431 Foothill Blvd. Oakland, CA 94601 (510) 269-9640	Oakland	distribute bags of fresh produce, healthy grains, canned goods, lean proteins and more twice a month		free
<u>Multi-Service Center South</u>	Mission: to offer hope and service on a direct person-to-person basis, working to break the cycles of homelessness and domestic violence.	525 5th Street San Francisco, CA 94107 (415) 597-7960	San Francisco	clean beds, warm meals, medical and mental health services, educational training, career guidance, legal service, permanent housing assistance, a dedicated library, fully-functioning computer lab, free weekly haircuts, shower and laundry facilities	open 24 hrs	free

<p><u>Open Heart Kitchen</u></p>	<p>Equitable access to nutritious food today, while building a food secure tomorrow.</p>	<p>Multiple Locations: https://www.openheartkitchen.org/senior-meals/(925)580-1616</p>	<p>Livermore, and more</p>	<p>senior meal program, hot meal, pet food, shower and laundry services</p>	<p>Free Hot Meals: Mon – Fri 1:00 pm – 3:00 pm Free Pet Food Distribution: Monthly on the 1st & 3rd Wednesday, 1:00 pm – 3:00 pm Free Shower & Laundry Services: Mon – Wed 12:00 pm – 4:00 pm</p>	<p>free</p>
<p><u>Project Open Hand</u></p>	<p>Project Open Hand’s mission is to improve health outcomes and quality of life by providing nutritious meals to the sick and vulnerable, caring for and educating our community.</p>	<p>1921 San Pablo Avenue Oakland, CA 94612 (510) 622-0221 730 Polk Street San Francisco, CA 94109 (415) 447-2300 Multiple Community Nutrition sites: https://www.openhand.org/get-meals/community-nutrition-program/community-nutrition-program-locations-and-hours</p>	<p>Oakland, San Francisco</p>	<p>medically tailored meals, community nutrition programs</p>	<p>Vary based on location https://www.openhand.org/get-meals/community-nutrition-program/community-nutrition-program-locations-and-hours</p>	<p>free</p>
<p><u>RYSE Youth Center</u></p>	<p>RYSE creates safe spaces grounded in social justice that build youth power for young people to love, learn, educate, heal</p>	<p>3939 Bissell Ave. Richmond, CA 94805 (510) 374-3401</p>	<p>Richmond</p>	<p>access to RYSE’s facilities, free food, and workshops/programs in arts, health + wellness, youth</p>	<p>Business Hours: Mon- Fri: 9am – 5pm Member</p>	<p>free</p>

	and transform lives and communities.			organizing, college & career development, and more young people ages 13-21	Hours: Mon: 1pm – 7pm Tue- Fri: 12pm – 7pm	
<u>Shepherd's Gate</u>	Shepherd's Gate provides shelter and resources for women and children displaced by abuse, financial hardships, and addictions.	1660 Portola Avenue Livermore, CA 94551 (925) 443-4283 1660 Portola Ave. Livermore, CA 94551	Livermore	essential needs (food, long-term shelter), recovery program, learning and career center, healing and care for children, personalized case management, spiritual growth	Monday-Friday 9:30am-4:30pm	free
<u>Spectrum Community Services</u>	Spectrum Community Services assists low-income individuals, families, and seniors in their efforts to live independently.	Multiple Locations: https://www.spectrumcs.org/senior-services/senior-meals-sites-map Main Contact (Closed to the Public): 2621 Barrington Ct. Hayward, CA 94545 (510) 881-0300	Hayward	senior meals, Low Income Household Ware Assistance Program, Low Income House Energy Assistance Program, Low Income Weatherization Assistance Program Funds for energy and water bills are available for households with low incomes and high energy costs, prioritizing households with elderly, disabled persons and/or children five and under.	Senior Meals: Monday – Friday from 12:00-12:30pm Monday - Friday 8:30 am - 5:00	
<u>St. Anthony's Foundation</u>	St. Anthony's Foundation is committed to a healing ministry serving the spiritual, emotional, and physical needs of those experiencing	150 Golden Gate Ave. San Francisco, CA 94102 (415) 241-2600	San Francisco	dining room, free clothing program, resource center, community safety services, medical clinic, addiction recovery	Dining room: Open Monday – Sunday Breakfast service: dine-in or to go, starting at 7am	free/low

	homelessness and extreme poverty.				Lunch service: dine-in, 10:00am– 1:30pm Afternoon hot meal service: to go, 2:00pm– 3:00pm Clothing Program: Monday, Tuesday, Thursday, Friday: 8:15am – 4:00pm Wednesday (Individual Service Only): 8:15am – 12:00pm Saturday (Family Service Only): 8:30am – 3:00pm	
Tri-City Volunteers	TCV Food Bank is a non-profit organization that provides food assistance and low cost clothing and household items to the residents of Alameda County	37350 Joseph Street Fremont CA 94536 (510) 793-4583 Multiple mobile pantry sites https://www.tricityvolunteers.org/food/	Fremont	distribute healthy and nutritious food (including seasonal fruits and vegetables, whole grains, canned and boxed goods, meats, and dairy items	Mon–Thurs 10.00am– 2.00pm Registered Disabled Only Drive-Thru Friday 10.00am– 11.30am	free
West Oakland Food Pantry - Prescott-	The vision of the Prescott-Joseph Center is for a vibrant West Oakland	920 Peralta St Oakland, CA 94607 (510) 208-5651	Oakland	Community food distribution	Monday, Wednesday, Friday 9:00 am - 2:00	free

<u>Joseph Center</u>	offering resources to strengthen the individual, stabilize families, and revitalize the community. We envision a safe, strong West Oakland community.				pm and fourth Saturday of every month	
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DMV and California State Social Services Department

(programs and services for refugees, asylees, and trafficking victims)

Name	About	Contact	Location	Services	Who is eligible?
AB 60 Driver's Licenses - CA DMV	AB 60 driver's licenses (DL) are for individuals who are unable to provide proof of legal presence in the U.S., but who meet California DMV requirements and are able to provide proof of identity and California residency.	Multiple locations and contacts: https://www.dmv.ca.gov/portal/location/s/	Multiple locations: https://www.dmv.ca.gov/portal/locations/	issue a driver's license to applicants who are unable to provide proof of legal presence in the U.S., but can: Meet all other requirements to get a license. Provide satisfactory proof of identity and California residency.	able to provide proof of identity, proof of residency AB 60 checklist: https://www.dmv.ca.gov/portal/assembly-bill-ab-60-wizard/
Real ID Info: Non-U.S. Citizens CA DMV	REAL ID driver license or identification (DL/ID) card	Multiple locations and contacts: https://www.dmv.ca.gov/portal/location/s/	Multiple locations: https://www.dmv.ca.gov/portal/locations/	Issue Real ID driver license or identification	Permanent residents who are not U.S. citizens (Green Card holders), and those with temporary legal status, such as recipients of Deferred Action for Childhood Arrivals (DACA) or Temporary Protected Status (TPS) and holders of a valid student or employment visa For information on required documents based on immigration status: https://www.dmv.ca.gov/portal/driver-licenses-identification-cards/real-id/what-is-real-id/real-id-info-non-u-s-citizens/
Cash Assistance Program for	CAPI is a 100 percent state-funded program designed to provide monthly cash benefits	contact your county social services agency.	Alameda County Social Services:	monthly cash benefits to aged, blind, and disabled non-citizens	Meet all other SSI/SSP eligibility criteria except for immigration status Be aged, blind, or

<p>Immigrants (CAPI)</p>	<p>to aged, blind, and disabled non-citizens who are ineligible for Supplemental Security Income/Supplemental Security Payment solely due to their immigrant status.</p>	<p>Alameda County: (510) 263-2420 Contra Costa County: (925) 706-4981</p>	<p>https://www.alamedacounty-socialservices.org/contact-us/Our-Offices Contra Costa Social Services Offices: https://www.contracostacounty-social-services/</p>		<p>disabled, Be a resident of California, Have resources below the allowable limits of \$2,000 for an individual or \$3,000 for a couple, and</p>
<p>Refugee Cash Assistance</p>	<p>RCA is a cash assistance program for refugees who are not otherwise eligible for any other cash aid. RCA also includes employment and other social services to assist a refugee in becoming self-sufficient.</p>	<p>Apply online at: BenefitsCal To apply in person: contact your county social services agency. Alameda County: (510) 263-2420 Contra Costa County: (925) 706-4980</p>	<p>Alameda County Social Services: https://www.alamedacounty-socialservices.org/contact-us/Our-Offices Contra Costa Social Services Offices: https://www.contracosta-county-social-services/</p>	<p>cash assistance, employment, other social services</p>	<p>Refugees, Asylees, Cuban/Haitian entrants, Special Immigrant Visa (SIV) holders, Afghan and Ukrainian Parolees, Amerasians, and Certified Victims of human trafficking. Available for up to 12 months from date of admission to the U.S.</p>
<p>Social Security Administration (Social Security Card information)</p>	<p>Refugees: all have employment authorization based on their status as refugees and can apply for Social Security card/number</p>	<p>Alameda County Social Security Administration Offices: https://www.alamedacounty-social-services/</p>	<p>Alameda County Social Security Offices: https://www.alamedacounty-social-services/</p>	<p>provide Social Security numbers, administer retirement, disability, survivor, and family benefits, and enroll</p>	<p>Documents required: I-94 with a stamp or employment authorization document or an order of an Immigration</p>

<p>based on immigration status)</p>	<p>Asylees: all individuals granted asylum are authorized to work based on that status; noncitizens granted asylum have permanent employment authorization; asylees are eligible for unrestricted Social Security Card</p>	<p>socialsecurityoffices.info/co/ca-alameda Contra Costa County Offices: https://www.socialsecurityoffices.info/co/ca-contra_costa</p>	<p>.socialsecurityoffices.info/co/ca-alameda Contra Costa County Offices: https://www.socialsecurityoffices.info/co/ca-contra_costa</p>	<p>individuals in Medicare</p>	<p>Judge granting asylum under the Immigration and Nationality Act For more info: https://www.ssa.gov/people/immigrants/?tl=0%2C1%2C2</p>
<p>Trafficking and Crime Victims Assistance Program</p>	<p>Trafficking victims and their eligible family members may receive benefits and services as provided under the TVPA and Trafficking Victims Protection Reauthorization Act of 2003 (TVPRA) to the same extent as refugees.</p>	<p>Apply online at: BenefitsCal To apply in person: contact your county social services agency. Alameda County: (510) 263-2420 Contra Costa County: (925) 706-4982</p>	<p>Alameda County Social Services: https://www.alamedacounty-socialservices.org/contact-us/Our-Offices Contra Costa Social Services Offices: https://www.countyoffice.org/ca-contra-county-social-services/</p>	<p>cash assistance, food assistance, medical assistance, and social services to assist with adjustment and facilitate self-sufficiency.</p>	<p>victims of trafficking must be willing to assist with the investigation and prosecution of trafficking cases and have completed a bona fide application for a T Visa or have received continued presence status from U.S. Citizenship and Immigration Services in order to contribute to the prosecution of human traffickers.</p>
<p>Unaccompanied Refugee Minors</p>	<p>URM provides culturally and linguistically appropriate child welfare, foster care and independent living services to minors who do not have parents in the U.S., or who enter the U.S. unaccompanied by a parent, an immediate</p>	<p>Apply online at: BenefitsCal To apply in person: contact your county social services agency. Alameda County: (510)</p>	<p>Alameda County Social Services: https://www.alamedacounty-socialservices.org/contact-us/Our-Offices Contra</p>	<p>child welfare, foster care, independent living services</p>	<p>Children under 18; Refugees; Cuban/Haitian entrants; Asylees; Victims of human trafficking who have an ORR eligibility letter; Non-citizen victims of domestic violence and other serious crimes who have been granted a U-</p>

	<p>adult relative or an adult having documentable legal evidence of custody of the minor. Refugee children who enter the U.S. with family, but later experience a family breakdown may be eligible for the URM program.</p>	<p>263-2420 Contra Costa County: (925) 706-4981</p>	<p>Costa Social Services Offices: https://www.contra-costa-county-social-services/</p>		<p>Visa from the United States Citizenship and Immigration Services, and meet all other eligibility requirements, or; Minors who have received Special Immigrant Juvenile Status (SIJS) while in ORR's custody</p>
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