

Community Information Handbook 2010

A Companion to the
Community Information Program
Database
cip.plsinfo.org

A Joint Publication of the
Peninsula Library System
and the
San Mateo County
Human Services Agency



Peninsula Library System

Community Information Program

Peninsula Library System

Community Information Program

Please contact the Community Information Program
to request more copies in English or Spanish.
Call **650-802-7950** or visit the Web site,
cip.plsinfo.org.

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Community Information Program

Welcome to the Community Information Handbook 2010. Once again we are pleased to present the revised handbook for you to use with your clients, your family or your neighbors. Be sure to keep one next to your computer, your telephone and in your vehicle.

The demand for the 2009 directory was unprecedented in our 30 year history of producing such a publication. Because almost all 45,000 copies were distributed in a tenth month period, we moved up publication of the 2010 directory. We understand the importance of providing our users with the most accurate, up-to-date and timely information possible in light of these challenging times when the demand for such services is at an all time high.

Did you know the handbook contains just a fraction of the community services we track online in our database? For more detailed information about each agency, including eligibility requirements, visit **cip.plsinfo.org** and click on "CIP Database." In addition, you can find information on over 2,600 nonprofit agencies, government programs, clubs and community organizations.

We want to hear from you! Has your agency information changed? Have you added or removed programs? Have you changed phone numbers, Web sites or contact names? If so, call us at 650-802-7950 or email **cip@plsinfo.org** with those changes. Your input is vital in keeping the handbook useful for everyone in our community.

Have you explored other services of the Community Information Program such as our electronic newsletter and our monthly orientation? For more information about our services, please visit us at **cip.plsinfo.org**.

Inclusion of an agency in this handbook does not imply endorsement, nor is exclusion a reflection of the value or quality of an agency's services.

As always, thank you for making the Community Information Handbook 2010 and the Community Information Program a part of your services!

Linda Crowe
Executive Director, Peninsula Library System (PLS)

Pat Michelin
Program Manager, Community Information Program (CIP)



Unless otherwise noted,
all telephone numbers
listed in the Handbook are in
the 650 area code.

Se habla español en la mayoría de las
oficinas del Condado de San Mateo.

**Community Information Handbook online:
cip.plsinfo.org/publications.htm**

Contents

Emergency / Crisis Intervention	1
24-Hour Emergency Numbers	
Community Service Agencies	
Disaster Relief	
Inmate and Post-Release Support	
Victim Assistance	
Alcohol / Tobacco / Drug Abuse	4
12-Step Programs	
Day Treatment / Counseling	
Detoxification Services	
Information and Referral	
Inpatient Treatment	
Animal Services	7
Children, Teens, Youth and Families . . .	8
Adoption	
Child Care Referrals and Head Start Programs	
Child Support	
Child / Youth Abuse Prevention and Reporting	
Foster Care	
Resources for Parents and Families	
Teen and Preteen Web Sites	
Youth Development and Mentoring	
Disability Services	14
Education	18
Adult Schools	
Colleges	
Elementary and Secondary Schools	
Literacy Programs	
Employment and Training	20
Employment Discrimination	
Job Training and Placement	
Unemployment Benefits	
Financial Assistance	23
Consumer Education	
Loan Programs	
Public Assistance	
Social Security Benefits	
Veterans Benefits	
Other Services	
Food Programs	26
Congregate Meal Sites	
Emergency Food Providers	
Meals on Wheels	

Health	28
Health and Dental Clinics	
Health Education	
Hospitals and Medical Centers	
Nursing and Hospice Services	
Physician and Dental Referral Services	
Reproductive Health Services and Information	
Other Services	
Health Insurance	34
Homeless Services	35
Emergency Assistance	
Emergency Shelter	
Transitional Housing	
Other Services	
Housing	37
Discrimination	
Low-Cost Rehabilitation Services	
Permits and Building Inspections	
Rental Assistance	
Unsafe, Unhealthy Housing Conditions	
Other Housing Information	
Immigration Services	40
Legal and Mediation Services	41
Court Departments	
Law-Related Services	
Legal Assistance	
Mediation Services	
Probation and Jails	
San Mateo County District Attorney	
Library Services	46
Mental Health / Counseling	48
Services	
Teen and Preteen Web Sites	
Recreation	52
City Parks and Recreation	
County and State Parks and Beaches	
Recycling and Conserving Resources .	52
Senior Services	53
Adult Day Centers	
Senior Centers and Senior Dining Centers	
Taxpayer Information and Official	
Records	56
Transportation	57
Volunteer Placement Services	58
Index	59

Emergency / Crisis Intervention

EMERGENCY CALLS FOR AMBULANCE, FIRE, HIGHWAY PATROL AND POLICE SERVICES911

24-Hour Emergency Numbers

Aging and Adult Services800-675-TIES
(800-675-8437)
(TTY) 800-994-6166
 Call this number to report suspected cases of elder and dependent adult abuse or neglect, or to request help for other issues.

Alcohol and Drug Helpline573-3950
 Spanish888-628-9454
 Information about and referral to substance abuse services. Referrals for crisis intervention.

California Poison Control System . .800-222-1222

California Youth Crisis Line800-843-5200
 Information and referral, counseling, youth-to-parent message service and phone connections to service providers.

Child Protective Services (CPS) . .800-632-4615
802-7922
 Accepts reports about children age 17 or under who may be in danger due to abuse, abandonment or exploitation.

Community Overcoming
Relationship Abuse (CORA)800-300-1080
312-8515
 Hotline in English / Spanish for victims of domestic violence.

Mills-Peninsula Health Services
Adult and Adolescent Mental Health
Chemical Dependency Center
 Crisis Line696-5915

National Drug and Alcohol Treatment
Referral Routing Service800-662-HELP
(800-662-4357)
 Alcohol and drug information and local treatment referral assistance.

National STD / AIDS Hotline800-CDC-INFO
 www.cdc.org(800-232-4636)
(TTY) 888-232-6348

Parent Support Line888-220-7575
579-0358

Psychiatric Emergency Services573-2662

Rape Trauma Services (RTS)692-RAPE
(692-7273)

Shelter Bed Hotline800-774-3583

Youth and Family Enrichment Services (YFES)

Crisis Intervention and Suicide

Prevention Center800-273-TALK
(800-273-8255)
579-0350

Your House South367-9687
 Hotline for youth, including runaways, age
 10-17, experiencing family problems.

Community Service Agencies

The community service agencies listed below are the first place to contact for emergency assistance. They can provide or locate emergency food, clothing, shelter, utilities assistance, short-term counseling and / or employment information. Most provide translation services.

Coastside:

Coastside Hope

www.coastsidehope.org726-9071
 99 Avenue Alhambra, El Granada 94018
Core Service Center serving El Granada, Half Moon Bay, La Honda, Miramar, Montara, Moss Beach, Pescadero and San Gregorio.

Puente de la Costa Sur

www.mypuente.org
 620 North St., Pescadero 94060879-1691
 Serves La Honda, Loma Mar, Pescadero and San Gregorio.

North County:

Daly City Community Service Center 991-8007

www.dalycity.org/city_services/srvctr.htm
 350 - 90th St., Daly City 94015
Core Service Center serving Broadmoor, Colma and Daly City.

North Peninsula Neighborhood Services Center

www.neighborhoodservices.org583-3373
 600 Linden Ave., South San Francisco 94080
Core Service Center serving Brisbane, San Bruno and South San Francisco.

Pacifica Resource Center738-7470

www.pacresourcecenter.org
 1809 Palmetto Ave., Pacifica 94044
Core Service Center serving Pacifica, north of Devil's Slide.

Salvation Army266-4591
www.tsagoldenstate.org
409 S. Spruce Ave., South San Francisco 94080

Central County:

CALL - Primrose Center342-CALL
www.callprimrose.org(342-2255)
139 Primrose Rd., Burlingame 94010

Samaritan House347-3648
www.samaritanhouse.com
4031 Pacific Blvd. (at 42nd Ave.)
San Mateo 94403
Core Service Center serving Belmont,
Burlingame, Foster City, Hillsborough, Millbrae,
San Carlos and San Mateo.

South County:

El Concilio Emergency Services Partnership
1798-B Bay Rd., East Palo Alto 94303 330-7432
Core Service Center serving East Palo Alto and
Menlo Park.

Fair Oaks Community Center780-7500
www.redwoodcity.org/parks/cc/fairoaks.html
2600 Middlefield Rd., Redwood City 94063
Core Service Center serving Atherton, north Fair
Oaks, Portola Valley, Redwood City, Redwood
Shores and Woodside.

Salvation Army368-4643
www.tsagoldenstate.org
1270 Marshall St., Redwood City 94063

For assistance anywhere in the county:

St. Vincent de Paul Society343-4403
www.svdp-sanmateoco.org
50 N. B St., San Mateo 94401

Disaster Relief

American Red Cross, Bay Area Chapter
www.redcrossbayarea.org259-1750
1710 Trousdale Dr., Burlingame 94010
Offers emergency relief to victims of disasters,
services to military personnel, and health and
safety training for the public.

Inmate and Post-Release Support

Service League of San Mateo County .364-4664
www.serviceleague.org
727 Middlefield Rd., Redwood City 94063
Provides services to inmates of the county jail,
counseling and child care for inmate families,
pre-release counseling and emergency
assistance after release.

Victim Assistance

Victim Center 599-7479
400 County Center, 3rd Fl., Redwood City 94063
Provides general emergency and ongoing
assistance for victims of violent crimes.

For Emergency Shelter see **Homeless Services**

For Hospitals see **Health**

Alcohol / Tobacco / Drug Abuse

12-Step Programs

Al-Anon / Alateen

www.ncwsa.org
North County 873-2356
South and Central County, Coastside . . 592-7935
Spanish Line 794-9654
For anyone affected by someone else's drinking.

Alcoholics Anonymous 577-1310
www.aa-san-mateo.org

Cocaine Anonymous 415-821-6155
www.ca.org

Crystal Meth Anonymous

www.bayareacma.org
www.crystalmeth.org

Marijuana Anonymous 408-450-0796
www.marijuana-anonymous.org . . 415-325-4785
www.madistrict3.org

Nar-Anon

www.nar-anon.org
For anyone affected by someone else's drug
abuse.

Narcotics Anonymous 802-5950
www.norcalna.org

Day Treatment / Counseling

Adolescent Counseling Services 329-9410
Adolescent Substance Abuse Treatment Program
www.acs-teens.org
445 Sherman Ave., Suite J, Palo Alto 94306
Offers assessment and intensive outpatient
programs.

Asian-American Recovery Services (AARS)
Outpatient Drug and Alcohol Services for Asians
(ODASA) 415-337-0140
www.aars-inc.org
6181 Mission St., Daly City 94014

El Centro de Libertad

The Freedom Center

www.elcentrodelibertad.org
 225 S. Cabrillo Hwy., #200C
 Half Moon Bay 94019560-9995

1230-A Hopkins Ave.
 Redwood City 94062599-9955
 Bilingual and bicultural outpatient program with
 group and individual counseling.

Free at Last462-6999

www.freeatlast.org
 1796 Bay Rd., East Palo Alto 94303
 Offers bilingual services (English / Spanish).

Mills-Peninsula Health Services

Chemical Dependency Center696-5909

24-Hour Crisis Line696-5915

www.mills-peninsula.org
 1501 Trousdale Dr., Burlingame 94010

Project 90579-7881

www.projectninetynety.org
 720 S. B St., San Mateo 94401
 Outpatient or intensive day treatment for men and
 women age 18 and over.

Pyramid Alternatives355-8787

480 Manor Plaza, Pacifica 94044

Sitike Counseling Center589-9305

www.sitike.org
 306 Spruce Ave., South San Francisco 94080

Veterans Affairs Palo Alto Health Care System

Addiction Consultation and Treatment Services

www.palo-alto.med.va.gov493-5000 x22734
 795 Willow Rd., Menlo Park 94025 866-717-1978

Women's Recovery Association (WRA)

www.womensrecovery.org348-6603
 1450 Chapin Ave., 1st Fl., Burlingame 94010

Youth and Family Enrichment Services (YFES)

www.yfes.org
Archway366-8433
 609 Price Ave., #201, Redwood City 94063
 Provides court-mandated and self-referred
 counseling and educational services to adults
 convicted of domestic violence, first-time drunk
 driving and drug offenses.

Insights

609 Price Ave., #101
Redwood City 94063366-8436

333 Gellert Blvd., #206
Daly City 94015755-0858
Offers voluntary and court-mandated drug and alcohol recovery programs for teens and their families.

Detoxification Services

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

Project 90579-7881
www.projectninetynety.org
720 S. B St., San Mateo 94401
Social model, non-medical detoxification of drugs and alcohol for men and women age 18 and over.

Information and Referral

Alcohol and Drug Helpline573-3950
24-hour information about and referral to substance abuse services.

Breathe California994-5868
www.ggbreathe.org
Offers programs to help smokers quit, keep kids off tobacco and raise awareness of tobacco's deadly effects. Also offers patient education, advocacy and support groups relating to lung health issues.

California Smokers' Helpline800-NOBUTTS
www.californiasmokershelpline.org (800-662-8887)

National Drug and Alcohol Treatment

Referral Routing Service800-662-HELP
www.ncadi.samhsa.gov(800-662-4357)
Alcohol and drug information and local treatment referral assistance.

San Mateo County Health System

www.smhealth.org
Tobacco Prevention Program573-3777
Conducts community outreach, education and advocacy activities to reduce the number of county residents using tobacco products.

Inpatient Treatment

Free at Last462-6999
www.freeatlast.org
1796 Bay Rd., East Palo Alto 94303
Offers bilingual services (English / Spanish).

Latino Commission on Alcohol and Drug Abuse Services244-1444
www.thelatinocommission.org
301 Grand Ave., #301, South San Francisco 94080
Also offers outpatient treatment.

Mills-Peninsula Health Services
Chemical Dependency Center696-5909
24-Hour Crisis Line696-5915
www.mills-peninsula.org
1501 Trousdale Dr., Burlingame 94010

Our Common Ground
www.ocgworks.org
Adolescent Program877-856-2995
631 Woodside Rd., Redwood City 94061
.....367-9030

Adult Program866-325-6466
2560 Pulgas Ave., East Palo Alto 94303 325-6466

Project 90579-7881
www.projectninety.org
720 S. B St., San Mateo 94401
Substance abuse services and co-occurring disorders treatment for adults.

Redwood Center366-5723
100 Edmonds Rd., Redwood City 94062
For adult men.

Solidarity Fellowship341-3803
P.O. Box 5007, San Mateo 94402
For men, including fathers with child age 15 or under.

Veterans Affairs Palo Alto Health Care System
Addiction Consultation and Treatment Services
www.palo-alto.med.va.gov493-5000 x22734
795 Willow Rd., Menlo Park 94025 866-717-1978

Women’s Recovery Association (WRA)..348-6603
www.womensrecovery.org
1450 Chapin Ave., 1st Fl., Burlingame 94010
For adult women, women with children, and adolescent girls.

See also **Mental Health / Counseling**

Animal Services

Peninsula Humane Society and SPCA .340-8200
www.peninsulahumanesociety.org340-7022
12 Airport Blvd., San Mateo 94401
Offers programs for animal adoption, wildlife rehabilitation, education, advocacy, community outreach, animal rescue and cruelty investigation.

San Mateo County Animal Licensing
c/o PetData866-925-5906
www.petdata.com
P.O. Box 141929, Irving, TX 75014

**Children, Teens,
Youth and Families**

Adoption

Adopt International415-934-0300
www.adoptinter.org
1000 Brannan St., #301, San Francisco 94103
Provides both international and domestic
adoption services.

Adoption Connection415-359-2494
www.adoptionconnection.org800-972-9225
2150 Post St., San Francisco 94115

San Mateo County Human Services Agency
Adoptions Unit802-7615
www.smchsa.org
400 Harbor Blvd., Belmont 94002
A full service adoption agency, working with birth
parents, adoptive parents, adoptive children and
adult adoptees.

San Mateo County Superior Court
www.sanmateocourt.org
Family Court Services363-4561
400 County Center, 6th Fl.
Redwood City 94063
Provides mediation related to custody and
visitation issues in family court.

Juvenile Court312-5395
222 Paul Scannell Dr., San Mateo 94402
Coordinates document filing and fee payment
for adoption cases.

**Child Care Referrals
and Head Start Programs**

Child Care Coordinating Council (4Cs) 655-6770
www.sanmateo4Cs.org(Referrals) 655-6777
2121 S. El Camino Real, #A-100
San Mateo 94403
Offers online and phone referrals for child / infant
care, preschools, nursery schools, family child
care homes, before- and after-school care, care
for children with special needs, and information
about child care licensing. Also offers parenting
support groups and classes. Provides financial
assistance or child care subsidies for low-income
families.

**Institute for Human and Social Development
(IHSD)**

www.ihsdinc.org
1265 Mission Rd., South San Francisco 94080

Early Head Start952-1440
Serves pregnant women and families with infants and toddlers age 3 or under. Offers support for families of children with special needs.

Head Start871-5613
A preschool program designed for low-income families with children age 3-5, including those with special needs.

Child Support

**San Mateo County
Department of Child Support Services**

www.smcDCSS.com866-901-3212
www.childsup-connect.ca.gov
555 County Center, 2nd Fl., Redwood City 94063
Handles problems related to child support, paternity, and medical insurance from an absent parent.

San Mateo County Superior Court

www.sanmateocourt.org363-4590
Family Law Facilitators
400 County Center, 2nd Fl., Redwood City 94063

1050 Mission Rd., South San Francisco 94080

Assists those with child support issues who do not have attorneys.

**Child / Youth Abuse Prevention
and Reporting**

Bill Wilson Center (formerly Future Families)
www.billwilsoncenter.org408-298-8789
3490 The Alameda, Santa Clara 95050
Offers information and referral, education and prevention services. Residential shelter for age 11-17.

**San Mateo County Human Services Agency
Child Protective Services (CPS)**802-7922
www.smchsa.org800-632-4615
400 Harbor Blvd., Belmont 94002
Accepts reports about children age 17 or under who may be in danger due to abuse, abandonment or exploitation.

Foster Care

San Mateo County Human Services Agency Children and Family Services

www.smchsa.org
400 Harbor Blvd., Belmont 94002
Continuing Care802-7637
Foster and adoptive parent licensing for San
Mateo County.

Resources for Parents and Families

Daly City Peninsula Partnership301-3300
Our Second Home Family Support Center
www.oursecondhome.org
725 Price St., Daly City 94014
An early childhood family support center.

**Edgewood Center for Children and Families
Kinship Support Services Program**
www.edgewood.org800-496-3019
957B Industrial Rd., San Carlos 94070

363 El Camino Real, #100
South San Francisco 94080

Support and respite for relatives who have
assumed care of other family members' children.

Family Resource Centers599-5985
www.smchsa.org
Provide prevention and early intervention social
services at different school sites in San Mateo
County to increase parent involvement in their
children's education and improve the health,
safety, academic, social and emotional
success of children from pre-kindergarten through
high school. Call for assistance or referral.

Lucile Packard Foundation for Children's Health
www.kidscal.org
A free online calendar listing children's health
events hosted by nonprofit organizations.

Parent Support Line888-220-7575
.....579-0358

**San Mateo County Health System
Prenatal to Three Initiative
Parent Resource Line**888-840-0889

Teen and Preteen Web Sites

Palo Alto Medical Foundation (PAMF)

www.pamf.org/teen

Provides information on topics including general health, drugs and alcohol, and emotions for teens and their parents.

www.pamf.org/preteen

Provides health information about topics of concern to preteens (age 9-12) and their parents.

Youth and Family Enrichment Services (YFES)

www.onyourmind.net

Teens obtain support and talk live to trained peer mentors.

Youth Development and Mentoring

American Red Cross, Bay Area Chapter

www.redcrossbayarea.org259-1750

1710 Trousdale Dr., Burlingame 94010

Youth Engaged in Service volunteer program, peer education training in disaster preparedness, babysitting and CPR classes.

Big Brothers-Big Sisters of the Bay Area

www.bbbsba.org415-503-4050

For age 6-14.

Boys and Girls Clubs

Provide after-school activities, homework assistance and, in some cases, one-on-one tutoring.

Coastside:

Boys and Girls Club - Coastside . . .712-9710

Middle School Club - Cunha Campus

www.bgc-coastside.org

600 Church St., Half Moon Bay 94019

North County:

DeLue Boys and Girls Club991-5701

www.midpenbgc.org

450 Martin St., Daly City 94014

Ingrid B. Lacy Middle School Club 359-6118

www.theclubs.org

1427 Palmetto Ave., Pacifica 94044

Pacifica Club355-1334

www.theclubs.org

955 Yosemite Dr., Pacifica 94044

Paradise Valley Club583-2348

www.theclubs.org

291 Hillside Blvd., South San Francisco 94080

South San Francisco Club589-7090
www.theclubs.org
 201 W. Orange Ave.
 South San Francisco 94080

Sunshine Gardens Club580-1864
www.theclubs.org
 1200 Miller Ave., South San Francisco 94080

Central County:

San Mateo Club347-9891
www.midpenbgc.org
 200 N. Quebec St., San Mateo 94401

South County:

Boys and Girls Club - Peninsula . . .321-8935
Center for a New Generation
 James Flood Magnet School
www.bgcp.org
 320 Sheridan Dr., Menlo Park 94025

Boys and Girls Club - Peninsula . . .646-6070
McNeil Family Clubhouse
www.bgcp.org
 401 Pierce Rd., Menlo Park 94025

Boys and Girls Club - Peninsula . . .587-9370
Mervin G. Morris Branch
www.bgcp.org
 1109 Hilton St., Redwood City 94063

Boys and Girls Club - Peninsula . . .646-6090
Moldaw-Zaffaroni Clubhouse
www.bgcp.org
 2031 Pulgas Ave., East Palo Alto 94303

Boy Scouts of America341-5633
www.pacsky.org
 1150 Chess Dr., Foster City 94404
 For boys age 6-20, girls age 14-20.

Boys Hope Girls Hope415-821-3758
www.bhghsf.org
 4174 - 24th St., San Francisco 94114
 Provides at-risk, yet academically capable, youth with a stable home, growth opportunities, positive parenting, and a solid education.

Coastside Children's Programs (CCP) 726-7413
www.coastsidechildren.org
 494 Miramontes Ave., Half Moon Bay 94019
 Administers child care and learning centers that provide educational, recreational and skill-building activities through before- and after-school programs, and full-time summer activities. Also has a preschool.

- EPA.net**322-6405
www.epa.net
 2411 Pulgas Avenue, East Palo Alto 94303
 Trains and hires east of Bayshore youth and young adults to work as paid apprentices with media professionals on Web and video products.
- Explorers' Program**363-4012
 Search-and-rescue or law enforcement training programs for youth age 14-20. Sponsored by the San Mateo County Sheriff's Office and Learning for Life.
- Fresh Lifelines for Youth (FLY)** . . .408-263-2630
www.flyprogram.org
 568 Valley Way, Milpitas 95035
 Prevents juvenile crime and incarceration through legal education, mentoring and leadership training.
- Friends for Youth**482-2864
www.friendsforyouth.org
 1741 Broadway, 1st Fl., Redwood City 94063
 Matches volunteer adult mentors one-to-one with people age 8-17 who have been referred by teachers, counselors, or other youth professionals.
- Girl Scouts**800-447-4475
www.girlscoutsnorcal.org
 7700 Edgewater Dr., #340, Oakland 94621
 For girls age 5-17.
- Hope Preservation, Inc.**245-5396
Nia Mentoring Project
 P.O. Box 1922, San Mateo 94401
 Mentoring program for high-risk African-American youth age 9-18. Also works with incarcerated and post-incarcerated youth and adults.
- Junior Statesmen Foundation** . . .800-334-5353
www.jsa.org347-1600
 400 S. El Camino Real, #300, San Mateo 94402
 Nonpartisan political education program for age 13-18.
- League of United Latin American Citizens (LULAC)**415-333-1114
National Educational Service Centers, Inc.
www.lnesc.org
 4752 Mission St., #101, San Francisco 94112
 Educational / vocational counseling for minorities or low-income individuals who are educationally disadvantaged.

Peninsula Jewish Community Center (PJCC)
212-PJCC
www.pjcc.org(212-7522)
 800 Foster City Blvd., Foster City 94404
 Recreational, social, cultural and educational
 activities for all ages, faiths and backgrounds.

University of California Cooperative Extension
www.ca4h.org726-9059
 80 Stone Pine Rd., #100, Half Moon Bay 94019
 Sponsors 4-H Clubs.

YMCA of San Francisco286-9622

Peninsula Family YMCA
www.ymcasf.org/peninsula
 1877 S. Grant St., San Mateo 94402

YMCA of the Mid-Peninsula

www.ymcamidpen.org
East Palo Alto Family YMCA328-9622
 550 Bell St., East Palo Alto 94303
Sequoia Branch368-4168
 1445 Hudson St., Redwood City 94061

Youth and Family Enrichment Services (YFES)
Youth Development Initiative (YDI) 401-8617 x19

www.bethedifference.org
 700 S. Claremont St., #231, San Mateo 94402
 Promotes and strengthens youth / adult
 relationships by increasing community
 involvement of youth.

- See also **Disability Services**
- See also **Health**
- See also **Mental Health / Counseling**
- See also **Recreation**
- See also **Volunteer Placement Services**

Disability Services

Abilities United (formerly Community Association
 for Rehabilitation, Inc. - CAR)494-0550
www.abilitiesunited.org
 525 E. Charleston Rd., Palo Alto 94306
 Offers programs and support to all age groups
 with developmental and physical disabilities and
 their families. Aquatic services, preschool and
 computer classes are available to all ability levels.

Achievekids494-1200
www.achievekids.org
 3860 Middlefield Rd., Palo Alto 94303
 Educational and therapeutic services for children
 and youth age 5-22 with emotional, behavioral,
 developmental and learning disabilities.

Arc of San Francisco756-1304
www.thearcsf.org
 6644 Mission St., Suite A, Daly City 94014
 Job training, employment and health resources,
 independent living services and ArtReach Studios
 for adults with developmental disabilities.

B.O.K. Ranch366-2265
www.bokranch.org
 1815 Cordilleras Rd., Redwood City 94062
 Adaptive horseback riding for children and adults
 with physical or developmental disabilities.

California Relay Service800-735-2922
www.ddtp.org(TTY) 800-735-2929
 A free statewide service that connects callers
 who have a TTY with those who do not, and
 vice versa.

California State Department of Rehabilitation
www.dor.ca.gov
 Provides the counseling, testing and training
 necessary for physically or mentally disabled
 persons to become competitively employed.

801 Traeger Ave., #105, San Bruno 94066
(Voice / TTY) 737-2606

1065 E. Hillsdale Blvd., #403, Foster City 94404
(Voice / TTY) 358-4180

800 Menlo Ave., #122, Menlo Park 94025
(Voice / TTY) 688-6380

Canine Companions for Independence (CCI)
www.cci.org707-577-1700
(TTY) 707-577-1756
 2965 Dutton Ave., Santa Rosa 95407
 Trains specially-bred dogs to assist people with
 disabilities to live more independent lives.

Center for Independence of the Disabled (CID)
www.cidsanmateo.org645-1780
 1515 S. El Camino Real, #400 . .(TTY) 522-9313
 San Mateo 94402

355 Gellert Blvd., #230
 Daly City 94015991-5122
 Offers counseling and independent living skills
 training, housing accessibility modification and
 recruitment and placement of home care workers.
 Provides shopping assistance, financial benefits
 counseling, advocacy, information and referral.

Children’s Health Council326-5530
www.chconline.org
 650 Clark Way, Palo Alto 94304
 Diagnostic and treatment center for children with emotional, learning, developmental or behavioral challenges.

Community Gatepath(Voice / TTY) 259-8500
www.gatepath.com
 875 Stanton Rd., Burlingame 94010
 Provides early childhood development services for children age 3 or under, vocational training and placement services, and adult day services for persons with disabilities.

Family Resource Center at Community Gatepath259-0189
 1764 Marco Polo Way, Burlingame 94010
 Offers information and resources about disabilities to families, professionals, people with disabilities and other members of the community.

Family Housing and Adult Resources (FHAR)
www.fhar.org403-0403
 20 E. 20th Ave., San Mateo 94403
 Provides residential housing and training for individuals with developmental disabilities such as mental retardation, cerebral palsy, epilepsy or autism.

Golden Gate Regional Center (GGRC)
www.ggrc.org574-9232
 3130 La Selva St., #202, San Mateo 94403
 Provides diagnosis, counseling, and assistance in arranging and paying for needed services for persons of all ages diagnosed as developmentally disabled.

Guide Dogs for the Blind, Inc.800-295-4050
www.guidedogs.com415-499-4000
 350 Los Ranchitos Rd., San Rafael 94903
 Provides guide dogs and training for blind persons age 16 or over.

Hearing and Speech Center for Northern California415-921-7658
www.hearingspeech.org(TTY) 415-921-8990
 1234 Divisadero St., San Francisco 94115
 Hearing assessment, information and referral, counseling and loan of hearing aids.

Hearing Loss Association of the Peninsula
www.hearingloss.org593-6760
 1505 Ralston Ave., Belmont 94002
 Educational and emotional support for hearing-impaired persons and their families facilitated by licensed professionals.

HOPE Services712-4476
www.hopeservices.org
625 Miramontes St., #101B, Half Moon Bay 94019
Provides community-based adult day services;
community employment; work training; day
activities; counseling; infant, senior and
independent living services for individuals with
developmental disabilities.

Kainos Home and Training Center363-2423
www.kainosusa.org
3631 Jefferson Ave., Redwood City 94062
Residential and vocational program serving adults
with developmental disabilities.

**National Center for Equine Facilitated Therapy
(NCEFT)**851-2271
www.nceft.org
880 Runnymede Rd., Woodside 94062
Uses the movement of the horse to provide
physical and occupational therapy for children
and adults affected by neuromuscular disorders.

Parca312-0730
www.parca.org
800 Airport Blvd., #320, Burlingame 94010
Serving people with developmental disabilities
and their families.

San Mateo County Health System
Aging and Adult Services800-675-TIES
www.smhealth.org(800-675-8437)
.(TTY) 800-994-6166
225 - 37th Ave., San Mateo 94403
Provides phone counseling on issues of concern to
persons with disabilities, the frail elderly, dependent
adults, and their families. Answers questions about
the wide variety of services available through the
County and in the community.

San Mateo County Human Services Agency
Vocational Rehabilitation Services (VRS)
www.smchsavrs.org802-6482
550 Quarry Rd., San Carlos 94070
Helps San Mateo County residents with employment
barriers and disabilities attain their maximum
vocational potential through counseling, case
management, assessment and vocational training.

San Mateo County Office of Education
Special Education Services802-5460
www.smcoe.k12.ca.us(TTY) 802-5480
101 Twin Dolphin Dr., Redwood City 94065
Call for information and referrals.

Vista Center858-0202
www.vistacenter.org
 2470 El Camino Real, #107, Palo Alto 94306
 Social services, training in daily living skills,
 mobility training, support groups, computer
 classes, a low-vision clinic, store, youth group
 and Braille classes for the visually impaired.

Many cities have recreation programs designed for people with special needs. Contact your local Parks and Recreation Department for more information.

See also **Children, Teens, Youth and Families**

Education

Adult Schools

Contact for information on literacy, citizenship, English as a Second Language (ESL), General Education Degree (GED), occupational, recreational and degree courses.

Cabrillo Unified School District

Cabrillo Adult School712-7224
www.cabrillo.k12.ca.us/alted/adulted.htm
 498 Kelly Ave., Half Moon Bay 94019

Jefferson Union High School District

Adult Education Division550-7890
www.juhsd.net
 699 Serramonte Blvd., #111, Daly City 94015

San Mateo Union High School District

Adult and Community Education558-2100
www.smace.org
 789 E. Poplar Ave., San Mateo 94401

Sequoia Union High School District

Sequoia Adult School306-8866
www.adultschool.seq.org
 3247 Middlefield Rd., Menlo Park 94025

South San Francisco Unified School District

Adult Education Program877-8844
www.ssfusd.org/ae
 825 Southwood Dr., South San Francisco 94080

Colleges

Community Colleges

The three community colleges offer courses in general education and lower division college education, plus career and extended education programs. Contact your local community college for information on programs for ESL (English as a Second Language), seniors, women, minorities, disabled people, and persons re-entering the work force.

Canada College306-3100

www.canadacollege.edu
4200 Farm Hill Blvd., Redwood City 94061

College of San Mateo574-6161

www.collegeofsanmateo.edu
1700 W. Hillsdale Blvd., San Mateo 94402

Skyline College738-4100

www.skylinecollege.edu
3300 College Dr., San Bruno 94066

Private Colleges

Menlo College800-55-MENLO

www.menlo.edu(800-556-3656)
1000 El Camino Real, Atherton 94027

Notre Dame de Namur University . .508-3500

www.ndnu.edu
1500 Ralston Ave., Belmont 94002

Elementary and Secondary Schools

In addition to the general school program, various school districts offer some of the following: bilingual education; programs for the physically, mentally and emotionally disabled; work experience and vocational education; and environmental education.

San Mateo County Office of Education

www.smcoe.k12.ca.us802-5300

101 Twin Dolphin Dr., Redwood City 94065

Administers the county schools programs and acts as liaison between the state and the school districts. Web site includes a public schools directory and information and applications for Preschool for All San Mateo County.

Literacy Programs

www.plsinfo.org

Information on literacy programs can be found by clicking "At Your Library" and "Learn to Read - Teach Someone to Read."

Project Read Programs

Project Read-Menlo Park330-2525

www.menloparklibrary.org/pread.html

800 Alma St., Menlo Park 94025

For English-speaking adults. Offers ESL classes for beginning and intermediate English speakers. One-to-one tutoring in reading and writing.

Project Read North San Mateo County

www.ssf.net/projectread829-3871

840 W. Orange Ave.

South San Francisco 94080

Free literacy tutoring for English-speaking adults.

Redwood City Project Read780-7077
www.projectread-redwoodcty.org
1044 Middlefield Rd., 2nd Flr.
Redwood City 94063
For English-speaking adults and children. One-on-one tutoring for youth and adults. Drop-in computer lab.

San Mateo Project Read522-7848
www.projectread.org
55 W. 3rd Ave., San Mateo 94402
Basic literacy tutoring for English-speaking adults.

San Mateo County Reads Programs
www.smcl.org/services/literacy/index.html
2415 University Ave., 2nd Fl.
East Palo Alto 94303323-0362 x231
620 Correas St.
Half Moon Bay 94019726-2316 x4
For English-speaking adults age 16 and older.

For Preschool Referrals see **Children, Teens, Youth and Families**

Employment and Training

Employment Discrimination

California State Department of Fair Employment and Housing800-884-1684
www.dfeh.ca.gov
Investigates complaints of discrimination and harassment in employment, housing and public accommodation, and threats or acts of hate violence.

Equal Employment Opportunity Commission (EEOC)866-408-8075
www.eeoc.gov415-625-5600
350 The Embarcadero, #500
San Francisco 94105
Investigates cases of employment discrimination because of race or national origin, sex, religion, pregnancy, age discrimination for persons age 40 or over, or disability. Walk-ins accepted Tue., Wed. and Thu., 8:30 am-3 pm.

Equal Rights Advocates800-839-4372
www.equalrights.org
Provides legal services for women and girls in cases of sex discrimination in employment and education. Provides assistance and counseling regarding family leave laws.

**Legal Aid Society
Employment Law Center**415-864-8848
www.las-elc.org
600 Harrison St., #120, San Francisco 94107
Information, advocacy, counseling and legal
services primarily to low-income individuals.

Job Training and Placement

Apprenticeship Standards Division
www.dir.ca.gov408-277-1273
100 Paseo de San Antonio, R-125, San Jose 95113
Works with schools and employers to organize
and promote apprenticeship programs.

California Conservation Corps (CCC)
www.ccc.ca.gov800-952-JOBS
.(800-952-5627)
Employment opportunities for persons age 18-25
who are willing to make a one-year commitment
to work on environmental conservation projects.
Applications are available from the CCC or at
local Employment Development Department
(EDD) offices.

California State Department of Rehabilitation
www.dor.ca.gov
801 Traeger Ave., #105, San Bruno 94066
.(Voice / TTY) 737-2606

1065 E. Hillsdale Blvd., #403, Foster City 94404
.(Voice / TTY) 358-4180

800 Menlo Ave., #122, Menlo Park 94025
.(Voice / TTY) 688-6380
Provides the counseling, testing and training
necessary for physically or mentally disabled
persons to become competitively employed.

Career Closet of San Mateo County . . .572-1368
www.careercloset.org
Provides appropriate clothing for women for job
interviews and their first week of work. A referral
is necessary.

Family Service Agency403-4300 x4385
Senior Employment Services
www.familyserviceagency.org
24 - 2nd Ave., San Mateo 94401
Job referral and training for persons age 55 or
over. Must meet income requirements for training.

Goodwill Industries642-0055
www.sfgoodwill.org
Vocational rehabilitation for disabled and
disadvantaged adults.

Employment and
Training

Jefferson Union High School District . .550-7892

Tools for Success

www.juhsd.net
 699 Serramonte Blvd., Daly City 94015
 School to career transition program for
 low-income, out-of-school youth age 16-21 who
 live in central and north San Mateo County.

Job Corps

24-Hour Line800-733-JOBS
(800-733-5627)
 Job training and placement in over 160 jobs at
 various sites. High school diploma / GED classes.
 For age 16-24 (waived if disabled).

Jobs for Youth301-8492

www.peninsulaworks.org
 For age 14-21.
PeninsulaWorks - Daly City301-8492
 271 - 92nd St., Daly City 94015
PeninsulaWorks - Menlo Park330-6570
 1200 O'Brien Dr., Menlo Park 94025
San Mateo Adult School558-2114
 789 E. Poplar Ave., San Mateo 94401

JobTrain

www.jobtrainworks.org330-6429
 1200 O'Brien Dr., Menlo Park 94025
 Provides job training to economically disadvantaged,
 unemployed, or underemployed adults and youth.

Multicultural Institute339-2794

www.mionline.org
 Connects day laborers with employers. Provides
 laborers with legal, medical and educational
 services and job placement assistance.

Next Step Center566-0240

www.nextstepjobs.org
 795 Willow Rd., Bldg. 323, A Wing
 Menlo Park 94025
 Comprehensive vocational and employment
 services for veterans.

PeninsulaWorks

www.peninsulaworks.org
 271 - 92nd St., Daly City 94015301-8440
 1200 O'Brien Dr., Menlo Park 94025 . .330-6570
 San Mateo County Human Services Agency,
 California Employment Development Department
 (EDD) and other community partners offer
 comprehensive career information, services, and
 training for youth, adults and displaced workers at
 these one-stop career centers.

Regional Occupational Program (ROP)

www.smcoe.k12.ca.us/rop598-2000
.Hotline 598-2002
1800 Rollins Rd., Burlingame 94010
Provides job training for high school juniors and seniors, out-of-school youth and adults.

Samaritan House

Worker Resource Center

www.samaritanhouse.com344-1651
400 E. 5th Ave., San Mateo 94401
Provides a meeting place for day workers and employers. Any worker who is a resident of San Mateo County can use the services Mon.-Fri., 7 am-2 pm; Sat. and Sun., 7 am-1 pm.

San Mateo County Human Resources

Department363-4343
www.co.sanmateo.ca.us(TTY) 368-7807
455 County Center, 5th Fl., Redwood City 94063
Recruits and hires for county jobs. Also has listings of nonprofit agency vacancies.

SMC Works

www.smchsa.org/smcworks
Offers subsidized employment opportunities to eligible low-income individuals with a minor child.

United Indian Nations510-352-4510

1436 Clarke St., Suite B, San Leandro 94577
Provides employment counseling, job placement and training primarily for unemployed, underemployed or low-income American Indian or Alaskan Native adults.

Unemployment Benefits

Employment Development Department (EDD)

www.edd.ca.gov800-300-5616

See also **Legal and Mediation Services**

Financial Assistance

Consumer Education

Consumer Credit Counseling Service

www.cccssf.org800-777-PLAN
.(800-777-7526)
595 Market St., 15th Fl., San Francisco 94105
Counseling on personal money management, budget planning and the various uses of credit.
Provides housing education programs and bankruptcy certificates.

Financial Assistance

Opportunity Fund866-364-4391
www.opportunityfund.org
 Offers free financial management training with matching savings accounts for college education or small business development.

Loan Programs

Family Service Agency

Ways to Work Family Loan Program

www.familyserviceagency.org . . .403-4300 x4100
 24 - 2nd Ave., San Mateo 94401
 Helps low-income individuals maintain self-sufficiency by providing small loans for automobile purchases.

Public Assistance

CalWORKS (California Work Opportunity and Responsibility to Kids) and TANF (Temporary Assistance for Needy Families)

provide temporary cash assistance and employment services to help families achieve self-sufficiency. Both programs may provide financial aid for children who lack support and care from their parents or caretakers. See contact information on next page.

Cash Assistance Program for Immigrants (CAPI)

provides assistance in the form of monthly cash payments for legal non-citizens who need financial help. Recipients must be 65 or over, or any age (including children) if blind or disabled and not eligible for Supplemental Security Income (SSI) because of immigrant status. For information on CAPI, call 802-7668. For pre-recorded information 24 hours daily, call 800-648-0954.

The **Food Stamp Program** provides electronic benefits (similar to a debit card) for eligible low-income households. Food Stamp benefits can be used to buy food at most grocery stores; they may not be traded for money or used to buy non-food items, such as alcohol and tobacco products, pet food, soap or paper products. They may be used to buy seeds and plants for use in home gardens to produce food. See contact information on next page.

General Assistance (GA) provides short-term financial assistance and supportive services to all eligible, low-income adults without children residing in San Mateo County who are unemployed or unable to work. See contact information on next page.

Call one of the following Human Services Agency regional offices for information on CalWORKS, TANF, the Food Stamp program and General Assistance.

Human Services Agency Regional Offices

www.smchsa.org

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

400 Harbor Blvd., Belmont 94002802-5018

550 Quarry Rd., San Carlos 94070802-6470

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

1487 Huntington Ave.

South San Francisco 94080877-5663

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

2415 University Ave.

East Palo Alto 94303363-4218

2500 Middlefield Rd.

Redwood City 94063599-3811

Financial Assistance

See also **Health Insurance**

Social Security Benefits

Social Security Administration

www.socialsecurity.gov(TTY) 800-325-0778

www.ssa.gov

355 Gellert Blvd., #201800-772-1213

Daly City 94015994-2024

800 S. Claremont St., #101800-772-1213

San Mateo 94402579-4541

601 Allerton St., 2nd Flr.800-772-1213

Redwood City 94063363-2919

The federal Social Security Administration provides continuing income to workers and their families after retirement, disability or death; offers Medicare for people 65 or over and some people under 65 who are disabled; offers Supplemental Security Income (SSI) to those in financial need who are 65 or over, or those who are blind or disabled; and issues Social Security and Medicare cards.

For Unemployment Benefits see **Employment and Training**

Veterans Benefits

San Mateo County Human Services Agency

Veterans Service Office802-6598
www.smchsa.org802-6446
260 Harbor Blvd., Bldg. A, Belmont 94002
Assists veterans, survivors and dependents of
veterans in gaining access to benefits based on
military service. Advocates on their behalf.

Other Services

Breast Cancer Emergency Fund

www.bcef-sf.org415-558-6999 x8
12 Grace St., San Francisco 94103
Provides emergency financial assistance to low-
income men and women in San Francisco and
San Mateo counties in treatment for breast cancer.

Food Programs

Food Programs

Food Connection Hotline800-984-FOOD
.(800-984-3663)
Referrals in English, Spanish or Vietnamese for
emergency food, meals and programs for families
and seniors. Mon.-Fri., 8:30 am-4 pm with recorded
information after hours regarding meals.

Congregate Meal Sites

Catholic Worker Hospitality House827-0706
At St. Bruno's Catholic Church
555 W. San Bruno Ave., San Bruno 94066
Breakfast Tue.-Fri., 7-9 am.

Ecumenical Hunger Program323-7781
At St. Francis of Assisi Church
1425 Bay Rd., East Palo Alto 94303
Provides meals Mon., 5-6:30 pm.

InnVision / Urban Ministry

Breaking Bread Meals853-8672
www.innvision.org
Call for locations and hours.

**North Peninsula Food Pantry and Dining Center
of Daly City**994-5150
www.fooddc.org
31 Bepler St., Daly City 94014
Serves hot meals Mon., Tue. and Thu., 5-6 pm.

Samaritan House Kitchen347-3648
www.samaritanhouse.com
4031 Pacific Blvd. (at 42nd Ave.),
San Mateo 94403
Serves hot dinners Mon.-Fri., 5-6 pm, at Westside
Church of Christ, 603 Monte Diablo Ave., San
Mateo. Lunches available Sat. and Sun., 12
noon-1 pm, in the parking lot at 4031 Pacific Blvd.

St. Anthony's Padua Dining Room365-9664
3500 Middlefield Rd., Menlo Park 94025
Provides meals Mon.-Sat., 11 am-1 pm.

St. Vincent de Paul Society

www.svdp-sanmateoco.org
50 N. B St., San Mateo 94401343-4403
Mon.-Fri., 10 am-12 noon.

Caf  St. Vincent589-9039
344 Grand Ave., South San Francisco 94080
Mon.-Fri., 10 am-12 noon; Sat., 10-11 am.
Entrance at rear of building.

Emergency Food Providers

The community service agencies listed on pages 2 and 3 can provide or help locate emergency food. Additional resources are listed below.

Catholic Worker House366-4415
545 Cassia St., Redwood City 94063
Food is distributed Fridays at 11:30 am.

Ecumenical Hunger Program323-7781
www.ehpcares.org
2411 Pulgas Ave., East Palo Alto 94303

Grace Covenant Church589-6797
740 Del Monte Ave., South San Francisco 94080

InnVision / Clara-Mateo Alliance . . .853-7066 x1
www.innvision.org
795 Willow Rd., Bldg. 323D, Menlo Park 94025
Tues., 3-6 pm.

North Peninsula Food Pantry and Dining Center of Daly City994-5150
www.fooddc.org
31 Bepler St., Daly City 94014
Distributes food boxes throughout the northern peninsula.

Second Harvest Food Bank610-0800
www.seconddharvestfood.org800-984-3663
1051 Bing St., San Carlos 94070

St. Francis Center365-7829
www.stfrancisrwc.org
151 Buckingham Ave., Redwood City 94063
Serves needy families in Redwood City or east Menlo Park.

Meals on Wheels

Applicants must be age 18 or older and unable to prepare their own meals or go out to eat, and have little or no assistance to obtain adequate meals. For information about the program and financial contributions, or to order Meals on Wheels, call:

San Mateo to Daly City800-675-8437
Coastside726-9056
Pacifica738-7350
Belmont to East Palo Alto323-2022

See also **Homeless Services**
For Senior Dining Centers see **Senior Services**



Health

Health and Dental Clinics

Arbor Free Clinic

arbor.stanford.edu
795 Willow Rd., Menlo Park 94025
Sundays493-5000 x22222
Weekdays724-1332
Free medical care for low-income and homeless persons every Sun., 9 am-2 pm. First come, first served until cap is reached. Specialty clinics available.

Foothill College949-7335

Dental Hygiene Clinic

www.foothill.edu/bio/programs/dentalh/clinic.php
12345 El Monte Rd., #5312, Los Altos Hills 94022
Provides dental hygiene services and x-rays at low cost.

Ravenswood Family Health Center330-7400

1798-A Bay Rd., East Palo Alto 94303
at Belle Haven321-0980
100 Terminal Ave., Menlo Park 94025
Offers comprehensive health care services for all ages.

RotaCare Clinics

www.rotacarebayarea.org

Coastside RotaCare Clinic573-3774

225 S. Cabrillo Hwy., #200-A
Half Moon Bay 94019
Wed., 5-7:30 pm
Offers basic medical care and medications to children and adults without health insurance.

RotaCare Clinic at Seton Medical Center

.991-6046
1900 Sullivan Ave., Daly City 94015
Mon., 5-7 pm. Closed for holidays. Urgent care clinic only.

Samaritan House

www.samaritanhouse.com

Redwood City Free Clinic839-1447

114 - 5th Ave., Redwood City 94063

San Mateo Free Clinic347-3648

19 W. 39th Ave., San Mateo 94403
Free non-emergency and primary care services for uninsured, low-income persons. Appointments required.

San Mateo County Health System

www.smhealth.org

Edison Clinic573-2385

222 - 39th Ave., San Mateo 94403
Full-service HIV and STD specialty clinic.

- Mobile Clinic**573-2786
Health screenings, immunizations, family planning for low-income, non-insured and homeless people.
- Partner Services**573-2609
Assists clients in notifying sex and / or needle-sharing partners of potential exposure to HIV or another STD.
- STD Clinic**573-2999
222 - 39th Ave. (inside the Edison Clinic)
San Mateo 94403
Drop-in clinic for STD screening and treatment.
All languages. Tue. (testing only) and Thu. (doctor available), 4-7 pm.
- Testing on Demand**619-9125
Mobile Testing Van meets clients for rapid HIV and STD testing and needle exchange.

San Mateo Medical Center

www.sanmateomedicalcenter.org
222 - 39th Ave., San Mateo 94403

Emergency Services (Medical)573-2671

Emergency Services (Psychiatric) 573-2662

39th Avenue Health Clinics573-3702

222 - 39th Ave., San Mateo 94403
Full-service specialty outpatient clinics including pediatrics.

Coastside County Clinic573-3941

225 S. Cabrillo Hwy., #200-A
Half Moon Bay 94019
Adult primary care Mon., 8:30 am-4:30 pm;
Ob / gyn care Thu., 8:30 am-4:30 pm and Fri.,
8:30 am-3 pm.
Pediatrics Clinic573-3911
Tue. and Wed., 8:30 am-4:30 pm.

Daly City Clinic301-8600

380 - 90th St., Daly City 94015
General family medical services including pediatrics.

Daly City Youth Health Center985-7000

www.dalycityyouth.org
2780 Junipero Serra Blvd., Daly City 94015
For youth age 13-21.

Fair Oaks Adult Clinic364-6010

2710 Middlefield Rd., Redwood City 94063
Internal medicine, primary care and some obstetrics services.

Fair Oaks Children's Clinic261-3710

630 Laurel St., Redwood City 94063

Methadone Clinic578-7190

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



Ron Robinson Senior Care Center 573-2426
222 - 39th Ave., San Mateo 94403

Sequoia Teen Wellness Center366-2927
200 James Ave., Redwood City 94063
Provides medical services to youth age 12-21.

South San Francisco Health Center
306 Spruce Ave.
South San Francisco 94080877-7070
General family medical services.

Willow Clinic599-3890
795 Willow Rd., Bldg. 334, Menlo Park 94025
Family practice, gynecology, prenatal care and
pediatrics, AIDS services, mental health
counseling, optometry and dental services for
kids.

Sonrisas Community Dental Center . . .726-2144
210 San Mateo Rd., #104, Half Moon Bay 94019
Provides affordable dental care for low-income
residents of the Coastside who are uninsured or
have Medi-Cal. Accepts Healthy Families and
Healthy Kids under 19.

UCSF School of Dentistry415-476-1891
dentistry.ucsf.edu
707 Parnassus Ave., San Francisco 94143
Low-cost dental care available to anyone by
appointment.

University of the Pacific
Arthur A. Dugoni School of Dentistry
www.dental.pacific.edu415-929-6400
2155 Webster St., San Francisco 94115
Low-cost dental care available to anyone.

Health Education

AIDS Community Research Consortium (ACRC)
1048 El Camino Real, Suite B364-6563
Redwood City 94063
Provides educational programs for those living
with HIV or Hepatitis C and weekly groceries for
those with HIV. Drop-in center and needle
exchange program.

El Concilio of San Mateo County373-1080
Nuestro Canto de Salud(TTY) 573-2220
www.el-concilio.com
1419 Burlingame Ave., Suite N
Burlingame 94010
Provides health education in a cultural and
linguistically appropriate manner to Latinos.

Institute for Health and Healing . . .415-600-3681
www.myhealthandhealing.org
2040 Webster St., San Francisco 94115
Health education resource for consumers.

PlaneTree Health Library408-358-5667
www.planetreesanjose.org
15891 Los Gatos-Almaden Rd., Los Gatos 95032
A health and medical information library. Free and open to the public.

Stanford Health Library800-295-5177
healthlibrary.stanford.edu725-8400
G2-B Stanford Shopping Center, Palo Alto 94304
875 Blake Wilbur Dr., Rm. CC1108
Stanford 94305736-1713
300 Pasteur Dr., Rm. E303
Stanford 94305725-8100
Maintains current information on health issues.
Free research.

Hospitals and Medical Centers

Many hospitals offer classes, support groups, wellness services, hospice care, resource libraries and a variety of other services. Some services may only be available to members of particular medical groups.

Kaiser Permanente Medical Center

www.kp.org
1200 El Camino Real742-2000
South San Francisco 94080(TTY) 742-2253
1150 Veterans Blvd.299-2000
Redwood City 94063(TTY) 299-2207

Mills-Peninsula Health Services

www.mills-peninsula.org
Mills Health Center696-5400
100 S. San Mateo Dr., San Mateo 94401
An outpatient facility.
Peninsula Medical Center696-5400
1501 Trousdale Dr., Burlingame 94010
An acute care facility.

San Mateo Medical Center573-2222

www.sanmateomedicalcenter.org
222 W. 39th Ave.(TTY) 573-3753
San Mateo 94403

Sequoia Hospital369-5811

www.sequoiahospital.org
170 Alameda de las Pulgas, Redwood City 94062

Seton Medical Center992-4000

www.setonmedicalcenter.org(TTY) 997-7949
1900 Sullivan Ave., Daly City 94015

Seton Medical Center Coastside563-7100

www.setonmedicalcentercoastside.org
600 Marine Blvd., Moss Beach 94038

Stanford University Medical Center

www.stanfordhospital.com

Lucile Packard Children's Hospital at

Stanford 497-8000

www.lpch.org(TTY) 326-4976

725 Welch Rd., Palo Alto 94304

Stanford Hospital and Clinics

300 Pasteur Dr. 723-4000

Stanford 94305(TTY) 725-5888

UCSF Medical Center 415-476-1000

www.ucsfhealth.org

505 Parnassus Ave., San Francisco 94143

Veterans Affairs Palo Alto Health Care System

www.palo-alto.med.va.gov 493-5000

3801 Miranda Ave., Palo Alto 94304

Veterans Affairs San Francisco Health Care System

San Bruno Outpatient Clinic 615-6000

1001 Sneath Ln., #300, San Bruno 94066

Nursing and Hospice Services

Mission Hospice of San Mateo County

www.missionhospice.org 554-1000

1900 O'Farrell St., #200, San Mateo 94403

No patient denied service due to inability to pay.

Pathways Home Health, Hospice and Private Duty

www.pathwayshealth.org 888-755-7855

395 Oyster Point Blvd., #128 634-0133

South San Francisco 94080

585 N. Mary Ave. 408-730-5100

Sunnyvale 94085

Sutter VNA and Hospice 800-557-9777

www.suttervnaandhospice.org 685-2800

700 S. Claremont St., #220, San Mateo 94402

Physician and Dental Referral Services

Mid-Peninsula Dental Society 328-2242

www.mpds.org

P.O. Box 1276, Menlo Park 94026

San Mateo County Dental Society 637-1121

www.smcads.com

240-A Twin Dolphin Dr., Redwood City 94065

San Mateo County Medical Association

www.smcma.org 312-1663

777 Mariner's Island Blvd., #100

San Mateo 94404

Reproductive Health Services and Information

Alpha Pregnancy Center415-584-6800

5070 Mission St., San Francisco 94112
Information and referral, free pregnancy tests, pregnancy options and post-abortion counseling, maternity and baby clothing, diapers and formula. Offers parenting classes, mom's support group and Bible study.

East Palo Alto Teen Home324-8487

2265 Oakwood Dr., East Palo Alto 94303
Group home for teens 12-17 and transitional home for teen mothers and teens 16-19. Referral necessary from county social services, probation or mental health department.

First Resort261-9115

www.firstresort.net
801 Brewster St., #210, Redwood City 94063
Support and assistance to women experiencing an unplanned pregnancy. Pregnancy testing and ultrasounds for dating purposes.

Planned Parenthood Golden Gate 800-967-PLAN

www.ppgg.org(800-967-7526)
2211 Palm Ave., San Mateo 94403
1230 Hopkins Ave., Redwood City 94062
Medical health clinics for women, men and teens that specialize in reproductive health care.

San Mateo County Health System

www.smhealth.org

Adolescent Family Life Program (AFLP)

2000 Alameda de las Pulgas, #200
San Mateo 94403573-2501
In-home case management provided by public health nurses and community workers for pregnant and parenting teens.

Prenatal Advantage Black Infant Health

Project363-7850
2415 University Ave., 2nd Fl.
East Palo Alto 94303
Referrals, education and support for pregnant and parenting African-American women and fathers.

San Mateo Pro Life572-1468

P.O. Box 6273, San Mateo 94403
Provides information on abortion alternatives, adoption, chastity, natural family planning and help for post-abortion difficulties.

Teen Talk Sexuality Education (formerly Teen Pregnancy Prevention Coalition)
www.teentalkca.org367-1937
703 Woodside Rd., #7, Redwood City 94061
Provides pregnancy prevention and sexuality education to youth and adults as well as teacher training.

Other Services

Family Caregiver Alliance800-445-8106
Bay Area Caregiver Resource Center
www.caregiver.org415-434-3388
180 Montgomery St., #1100, San Francisco 94104
Offers a comprehensive range of services for family, partners, friends and others caring for a brain impaired adult or older adult (60 or over).

Ombudsman of San Mateo County780-5707
711 Nevada St., Redwood City 94061
Receives and resolves complaints made by or on behalf of long-term care facility residents.

San Mateo County Coroner312-5562
www.co.sanmateo.ca.us
50 Tower Rd., San Mateo 94402
Investigates certain types of deaths and handles requests for cremations for people without funds.

Women, Infants and Children Program (WIC)
www.wicworks.ca.gov573-2168
Offers nutrition education and supplemental foods to low-income women and their children age 0-5 at clinics throughout the county.

Health Insurance

See also **Children, Teens, Youth and Families**
Medi-Cal pays for all or part of medical expenses for eligible low- to moderate-income families, individuals and pregnant women. Apply through the Human Services Agency regional offices listed on page 25 or call the San Mateo County Health Insurance Hotline at 573-3595.

Access for Infants and Mothers (AIM) Program
www.aim.ca.gov/english/AIMHome.asp
.800-433-2611
Low-cost health coverage for mid-income pregnant women and their newborns.

Health Plan of San Mateo800-696-4776
www.hpsm.org616-0050
701 Gateway Blvd., #400
South San Francisco 94080
A locally managed health care program for Medi-Cal and Medicare recipients.

Healthy Families Program573-3595
www.healthyfamilies.ca.gov
Low-cost insurance for children and teens.
Provides health, dental and vision coverage to
children who do not have employer-sponsored
insurance and do not qualify for no-cost Medi-Cal.

Healthy Kids573-3595
www.smcchi.org
701 Gateway Blvd., #400
South San Francisco 94080
Health coverage for children ineligible for
Medi-Cal or the Healthy Families Program.

HICAP, the Medicare Counseling Program
www.hicapsanmateocounty.org . . .800-434-0222
.627-9350
Free Medicare counseling. Assists seniors with
Medicare billing, filing of claims and questions
about supplemental and prescription drug plans.

Medicare800-MEDICARE
www.medicare.gov(800-633-4227)
A federal health insurance program for seniors
and some disabled persons.

See also **Financial Assistance**

Homeless Services

Homeless Services

The community service agencies listed on pages 2 and 3 can provide or help locate emergency food, clothing, shelter, rental assistance, bus passes and referrals for other needs. Additional resources are listed below.

Emergency Assistance

InnVision / Clara-Mateo Alliance . . .853-7066 x1
www.innvision.org
795 Willow Rd., Bldg. 323D, Menlo Park 94025

St. Vincent de Paul Society

Homeless Help Desks343-9251
www.svdp-sanmateoco.org

Redwood City Center

2600 Middlefield Rd., Redwood City 94063
Drop-in assistance Mon.-Fri., 1:15-2:15 pm.

San Mateo Center

50 N. B St., San Mateo 94401
Drop-in assistance Mon.-Fri., 10 am-12 noon.

South San Francisco Center

344 Grand Ave., South San Francisco 94080
Drop-in assistance Mon.-Fri., 10 am-12 noon;
Sat. 10-11 am. Food only on Sat. Entrance at
rear of building.

Emergency Shelter

Shelter Bed Hotline800-774-3583

For Adults With Children

Home and Hope (formerly Interfaith Hospitality Network)652-1103
www.homeandhope.net
1720 El Camino Real, #7, Burlingame 94010
Day shelter and rotating overnight shelter.

InnVision / Clara-Mateo Alliance853-7066 x1
www.innvision.org

Shelter Network of San Mateo County

www.shelternetwork.org
First Step for Families, San Mateo
Call the nearest community service agency listed on pages 2 and 3 for referral.

For Adults Without Children

InnVision / Clara-Mateo Alliance . .853-7066 x217
www.innvision.org

Call the nearest community service agency listed on pages 2 and 3 for referral to one of the following shelters:

Catholic Worker Hospitality House
San Bruno House, San Bruno

Safe Harbor Shelter, South San Francisco

Shelter Network of San Mateo County
www.shelternetwork.org
Maple Street Shelter, Redwood City

For Domestic Violence Victims

Community Overcoming Relationship Abuse (CORA)800-300-1080
(English / Spanish)312-8515
www.corasupport.org

For Mentally Disabled Adults

Spring Street Shelter368-3345
2686 Spring St., Redwood City 94063

For Runaway or Homeless Teens

Youth and Family Enrichment Services (YFES)
Your House South367-9687
www.yfes.org
394 Sequoia Ave., Redwood City 94061

Homeless Services

Transitional Housing

For Adults With or Without Children

Shelter Network of San Mateo County

www.shelternetwork.org

Administers transitional housing programs for homeless adults and families. Call the nearest community service agency listed on pages 2 and 3 for referral to one of the following transitional shelters:

Family Crossroads, Daly City

Haven Family House, Menlo Park

Maple Street Shelter, Redwood City

Redwood Family House, Redwood City

For Teens

Catholic Worker House366-4415

545 Cassia St., Redwood City 94063

For age 17-20.

Youth and Family Enrichment Services (YFES)

Daybreak364-4633

www.yfes.org

639 Douglas Ave., Redwood City 94063

Also offers independent living skills training for youth.

For Veterans

Homeless Veterans Rehabilitation Program

795 Willow Rd., Bldg. 347-B800-848-7254

Menlo Park 94025617-2751

A residential co-ed program designed to provide homeless veterans with the skills necessary to live self-sufficiently. Call for a telephone interview Mon.-Fri., 9 am-12 noon and 1-3 pm.

Other Services

Mateo Lodge, Inc.

Mobile Support Team368-3178

Locates mentally ill homeless people and assists them with referrals for food, lodging, clothing and mental health services. In the home, offers mediation when a family member is in danger of becoming homeless.

See also **Food Programs**

See also **Housing**

Housing

Many cities have low-cost housing programs. Call your local housing department for information.

Discrimination

State laws protect people from housing discrimination based on race, religion, national origin or ancestry, sex, marital status, physical handicap or retaliation.

California State Department of Fair Employment and Housing800-233-3212
www.dfeh.ca.gov
 1515 Clay St., #701, Oakland 94612
 Investigates, mediates and litigates complaints of housing discrimination.

Midpeninsula Citizens for Fair Housing
 (a program of Echo Housing)327-1718
www.echofairhousing.org
 457 Kingsley Ave., Palo Alto 94301
 Investigates charges of housing discrimination in Menlo Park. Provides counseling and refers clients for legal action when appropriate.

Project Sentinel321-6291
www.housing.org
 525 Middlefield Rd., #200, Redwood City 94063
 The **Fair Housing Center** offers education, counseling, investigation and, when necessary, legal referrals to persons who believe they have experienced housing discrimination.

U.S. Department of Housing and Urban Development (HUD)415-489-6524
www.hud.gov(TTY) 415-489-6564
 600 Harrison St., 3rd Fl., San Francisco 94107
 Investigates housing discrimination complaints regarding sales or rentals, advertising, financing and brokerage services.

Low-Cost Rehabilitation Services

Community Action Agency of San Mateo County (CAA)595-1342
www.caasm.org
 930 Brittan Ave., San Carlos 94070
 Weatherization, home repair and home energy assistance.

North Peninsula Neighborhood Services Center
www.neighborhoodservices.org583-3373
 600 Linden Ave., South San Francisco 94080
Housing Revitalization Program583-3519
 Provides free home repairs to low-income homeowners throughout the county.

Rebuilding Together Peninsula366-6597
www.rebuildingtogetherpeninsula.org
 P.O. Box 4031, Menlo Park 94026
 Home renovation and repair for low-income, elderly or disabled homeowners done primarily on the last Saturday in April.

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

www.smchousing.org802-5050
264 Harbor Blvd., Bldg. A, Belmont 94002
Provides low-interest loans to low- and very low-
income property owners to rehabilitate their
property. Daly City, Redwood City, San Mateo and
South San Francisco have separate programs for
their residents. Call the city offices for information.

For information on additional housing repair
programs for seniors, contact your local senior
center listed on pages 54, 55 and 56.

Permits and Building Inspections

San Mateo County Planning and Building

Department363-4161
www.co.sanmateo.ca.us/planning
455 County Center, 2nd Fl., Redwood City 94063
Administers building codes and issues permits for
work to be done. Answers zoning, parcel and
regulations questions.

Also consult local city building departments for
more information.

Rental Assistance

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

www.mhasmc.org368-9989
2686 Spring St., Redwood City 94063
Provides financial assistance and housing case
management for low-income individuals who
have HIV/AIDS.

For additional information on rental assistance,
contact the closest community service agency listed
on pages 2 and 3. All programs are dependent upon
availability of funds. Clients must meet eligibility
requirements.

Unsafe, Unhealthy Housing Conditions

**San Mateo County Health System
Environmental Health Services**

www.smhealth.org/enviro372-6200
2000 Alameda de las Pulgas, #100
San Mateo 94403
Accepts questions and complaints regarding
health and safety problems such as: unsanitary
conditions; defective wiring; rodents and insects;
leaks; unsafe floors and stairways; overcrowding;
nuisance noise; or lack of hot water, heat or
plumbing.



Other Housing Information

California Department of Real Estate

www.dre.ca.gov510-622-2552

1515 Clay St., #702, Oakland 94612

Answers questions and investigates complaints about real estate fees, advance fee rental agencies, and subdivision / condominium agreements. Licenses agents and brokers.

HIP Housing (Human Investment Project)

www.hiphousing.org348-6660

364 S. Railroad Ave., San Mateo 94401

Offers programs designed to help seniors, single parents or persons with low incomes to obtain housing or remain in their own homes, including homesharing, self-sufficiency and a home equity conversion program that provides the only federally certified counseling for reverse mortgages in San Mateo County.

Mid-Peninsula Housing Management . .356-2900

www.midpen-housing.org

303 Vintage Park Dr., #250, Foster City 94404

Manages and develops low-income subsidized housing.

San Mateo County Department of Housing

Housing Authority802-3300

www.smchousing.org

264 Harbor Blvd., Bldg. A, Belmont 94002

Offers a variety of public housing and rental assistance subsidy programs.

Westlake Realty Group / HIP Office

www.hiphousing.org348-6820

205 E. 3rd Ave., #206, San Mateo 94401

Manages and acquires subsidized and below-market rate housing.

For Emergency Shelters and Transitional Housing see **Homeless Services**

See also **Legal and Mediation Services**

Immigration Services

Immigration Services

Coastside Hope726-9071

www.coastsidehope.org

99 Avenue Alhambra, El Granada 94018

Immigration and citizenship services, including free citizenship classes.

Immigrant Assistance Line

Spanish / English415-543-6767

Chinese415-543-6769

International Institute of the Bay Area

www.iibayarea.org780-7530
2600 Middlefield Rd., Redwood City 94063
Provides immigration information and referral,
assists clients with family-based immigration issues,
and completes paperwork for low-income clients.

U.S. Department of Homeland Security

U.S. Citizenship and Immigration Services

(USCIS)800-375-5283
www.uscis.gov(TTY) 800-767-1833
444 Washington St., San Francisco 94111
Issues visas, passports and related documents.

See also **Legal and Mediation Services**

**Legal and Mediation
Services**

**Court Departments - San Mateo County
Superior Court**

www.sanmateocourt.org
Provides help completing legal forms, jury duty
information, online traffic payment system and
general information about the court.

Appropriate Dispute Resolution (ADR)

See Mediation Services on page 45.

Civil363-4576

400 County Center, 1st Fl., Rm. A
Redwood City 94063
For information about lawsuits between
individuals and / or corporations, to file
documents, or other matters pertaining to civil
lawsuits. Also files name changes and
restraining orders.

Criminal

Juvenile Court312-5395
222 Paul Scannell Dr., San Mateo 94402
For cases involving individuals under 18 years old.

Northern Branch877-5773
1050 Mission Rd., South San Francisco 94080

Southern Branch
Misdemeanors363-4302
Felonies599-1170
400 County Center, 4th Fl.
Redwood City 94063

For information about arrests, criminal cases
scheduled for trial, sentencing conditions, court
appearances, bail, release from jail, and
probation.

**Legal and Mediation
Services**

Family
Family Court Services363-4561
 400 County Center, 6th Fl.
 Redwood City 94063

1050 Mission Rd.
 South San Francisco 94080

Provides mediation and limited evaluation services to parents or other appropriate parties who are in dispute about child custody and / or child visitation and have a court action pending in Family Court. Provides information and referral on child custody and visitation matters, parenting plans and related issues.

Family Law Clerk’s Office599-1220
 400 County Center, 1st Fl.
 Redwood City 94063
 For filing documents relating to family law including divorce, custody or paternity.

Family Law Facilitators
 400 County Center, 2nd Fl.363-4590
 Redwood City 94063

1050 Mission Rd.363-4590
 South San Francisco 94080

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

Guardianship / Conservatorship / Wills / Probate
 400 County Center, Rm. A599-1267
 Redwood City 94063

Jury Duty / Services599-1700
www.sanmateocourt.org
 General information and reporting instructions.

Juvenile312-5395
 222 Paul Scannell Dr., San Mateo 94402
 Coordinates the filing of documents, payment of fees and calendaring of cases involving delinquency, dependency, adoptions and emancipation matters for minors.

Small Claims
 Central Branch573-2605
 800 N. Humboldt St., San Mateo 94401
 Northern Branch877-5775
 1050 Mission Rd., South San Francisco 94080

Southern Branch363-4303
500 County Center, Redwood City 94063

For lawsuits filed by an individual involving money less than or equal to \$7500 or filed by companies involving money up to \$5000. For more information and assistance filing forms, visit www.sanmateocourt.org.

Small Claims Advisory Workshop

800 N. Humboldt St., San Mateo 94401
Workshop and consultation held Tue., 5-7 pm.
Sign up Tue. at 4 pm for a free consultation with an attorney.

Traffic

Central Branch573-2617 / 573-2616
Juvenile312-8887
Northern Branch877-5448
Southern Branch599-1658
Parking tickets are not processed through the Court. Contact the Office of Parking Violations at 800-352-7567 for parking ticket information.

Law-Related Services

San Mateo County Law Library363-4160
www.smcll.org
710 Hamilton St., Redwood City 94063
Provides access to legal materials to all persons interested in the law.

San Mateo County Probation Department

Pre-Trial Services363-4181
Interviews defendants in custody to determine if they are eligible to be released from jail without bail pending their court hearing.

Victim Center599-7479
400 County Center, 3rd Fl., Redwood City 94063
Provides general emergency and ongoing assistance for victims of violent crime.

Legal Assistance

Bay Area Legal Aid800-551-5554
www.baylegal.org358-0745
539 Middlefield Rd., Redwood City 94063
Provides free legal representation to low-income domestic violence survivors in divorce, child custody, restraining order and immigration matters.

Domestic Violence Restraining Order Clinic
.358-0745
Provides free assistance to self-represented litigants requesting restraining orders.

Legal and Mediation
Services

Legal Advice Line800-551-5554
472-2666
 Provides free telephone legal advice and counsel to low-income individuals in the priority areas of housing, family law, domestic violence, public benefits and health access.

Community Legal Services in East Palo Alto
 www.clsepa.org326-6440
 2117-B University Ave., East Palo Alto 94303
 Offers legal assistance on issues such as tenants' rights, immigrants' rights and predatory lending.

Community Overcoming Relationship Abuse (CORA)312-8515
 Legal Information Line for survivors of domestic violence.259-1855

La Raza Centro Legal415-575-3500
 www.lrcl.org
 Provides bilingual services in the areas of immigration law and fair housing.

Legal Aid Society of San Mateo County
 www.legalaidsmc.org800-381-8898
 521 E. 5th Ave., San Mateo 94402558-0915
 Provides free legal services to people with civil law problems such as welfare rights, managed health care, disabled access, evictions and family law assistance. The **Senior Advocates Program** serves people age 60 or over regardless of income. Legal Aid does not handle criminal cases.

San Mateo County Bar Association
 www.smcba.org
Lawyer Referral Service369-4149
 333 Bradford St., #200, Redwood City 94063
 Arranges half-hour conferences with private attorneys in a particular field of law for a nominal fee. Arrangements for additional services, if needed, are made directly with the attorney.
Private Defender Program298-4000
 333 Bradford St., #200, Redwood City 94063
 Provides legal representation within the court system to people who have been charged with a crime and cannot afford an attorney. Eligibility is determined by the court.

Stanford Community Law Clinic475-0560
 www.law.stanford.edu/clinics/sclc/
 2117-A University Ave., East Palo Alto 94303
 Represents low-income clients in a variety of areas including housing matters, workers' rights and record expungement.

See also **Employment and Training**
 See also **Housing**
 See also **Immigration Services**

Mediation Services

Multi-Option Appropriate Dispute Resolution Project (MAP)599-1070

www.sanmateocourt.org/adr

As an alternative to traditional court litigation, provides appropriate dispute resolution (ADR) options (arbitration, mediation and neutral evaluation) to assist parties in resolving disputes.

Family Law ADR599-1238

General Civil ADR599-1070

Judicial Arbitration363-4896

San Mateo County Juvenile Mediation Program

.312-5269

Small Claims Mediation573-3907

Peninsula Conflict Resolution Center (PCRC)

www.pcrcweb.org513-0330

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

Mediation services for neighbor / neighbor, landlord / tenant, consumer and a variety of other issues. Conflict resolution training for preschool through high school students. Also provides facilitation services for community groups, schools and families.

Probation and Jails

San Mateo County Probation Department

www.co.sanmateo.ca.us

Adult Probation363-4244

400 County Center, 5th Fl.
Redwood City 94063

Juvenile Services312-8816

222 Paul Scannell Dr., San Mateo 94402
Investigates juvenile delinquent behavior on the order of the court and recommends dispensation.

Sheriff's Office363-4911

www.smcsheriff.com

400 County Center, Redwood City 94063

Maguire Correctional Facility363-4311

Women's Jail363-4310

Legal and Mediation
Services

San Mateo County District Attorney

District Attorney / Public Administrator

www.co.sanmateo.ca.us363-4636

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

Responsible for criminal prosecution. Administers the estates of people who die without a will.

Consumer and Environmental Protection Unit363-4651
 Enforces laws prohibiting false advertising, unfair competition and other forms of consumer fraud. Also files actions for violations of environmental protection laws.

Library Services

San Mateo County public libraries, city public libraries, and community college libraries are all part of the Peninsula Library System; one library card can be used at all locations. Access to CIP information can be found at any of your local libraries.

Library card holders can check out books, DVDs, music CDs, audiobooks for listening and eBooks for on-screen reading, as well as pay fines online. Libraries also offer Internet access; magazines; children's story hours and other community programs; reference services; online databases; and more. Call for information about library service for the blind and physically disabled. To learn more about the libraries below, go to www.plsinfo.org. CIP services are also linked to this Web site.

City Libraries:

Burlingame

Main, 480 Primrose Rd., 94010558-7400
 Easton Branch, 1800 Easton Dr., 94010 340-6180

Daly City

Serramonte Branch, 40 Wembley Dr., 94015
991-8023
 Bayshore Branch, 460 Martin St., 94014 991-8074
 John D. Daly Branch, 134 Hillside Blvd., 94014
991-8073
 Westlake Branch, 275 Southgate Ave., 94015
991-8071

Menlo Park

Main, 800 Alma St., 94025330-2500
 Belle Haven Branch, 413 Ivy Dr., 94025 .330-2540

Redwood City

Main, 1044 Middlefield Rd., 94063 . . .780-7018
 Fair Oaks Branch, 2510 Middlefield Rd., 94063
780-7261
 Redwood Shores Branch
 399 Marine Pkwy., 94065780-5740
 Schaberg Branch, 2140 Euclid Ave., 94061
780-7010

Library Services

San Bruno

701 Angus Avenue West, 94066616-7078

San Mateo

Main, 55 W. 3rd Ave., 94402522-7800

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

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

South San Francisco

Main, 840 West Orange Ave., 94080 . .829-3860

Community Learning Center
520 Tamarack Lane, 94080877-8540

Grand Avenue Branch, 306 Walnut Ave., 94080
.877-8530

Community College District Libraries:

Caæada College

4200 Farm Hill Blvd., Redwood City 94061
.306-3267

College of San Mateo

1700 W. Hillsdale Blvd., Bldg. 9, San Mateo 94402
.574-6100

Skyline College

3300 College Dr., San Bruno 94066 . . .738-4311

County Libraries:

San Mateo County Library Administration

125 Lessingia Ct., San Mateo 94402 . .312-5258
Provides administrative services for the twelve
county libraries and the bookmobile.

Atherton, 2 Dinkelspiel Station Lane, 94027
.328-2422

Belmont, 1110 Alameda de las Pulgas, 94002
.591-8286

Bookmobile, Half Moon Bay, 94019726-2316

Brisbane, 250 Visitacion Ave., 94005 415-467-2060

East Palo Alto, 2415 University Ave., 94303
.321-7712

Foster City, 1000 E. Hillsdale Blvd., 94404
.574-4842

Half Moon Bay, 620 Correas St., 94019 . .726-2316

Millbrae, 1 Library Ave., 94030697-7607

Pacifica

Sanchez Branch, 1111 Terra Nova Blvd., 94044
.359-3397

Sharp Park Branch, 104 Hilton Way, 94044
.355-5196



Portola Valley, 765 Portola Rd., 94028 . . .851-0560

San Carlos, 610 Elm St., 94070591-0341

Woodside, 3140 Woodside Rd., 94062 . .851-0147

For Health Libraries see **Health**

For Law Library see **Legal and Mediation Services**

Mental Health / Counseling

Services

Anger Management and Domestic Abuse

Therapy Center375-0449
430 Peninsula Ave., #7, San Mateo 94401
Offers court-ordered and self-referred counseling programs including domestic violence counseling, anger management, and parenting and child abuse education in English and Spanish.

Caminar578-8691
www.caminar.org
1720 S. Amphlett Blvd., #123, San Mateo 94402
A community-based psychosocial rehabilitation service for persons with serious and persistent psychiatric disabilities.

Catholic Charities CYO295-2160 x210
www.ccyo.org
36 - 37th Ave., San Mateo 94403
Offers individual, teen, group, family and marital counseling and education to all persons, regardless of religion.

Christian Counseling Centers, Inc.570-7273
1510 Fashion Island Blvd., #110, San Mateo 94404
Offers individual and group psychotherapy for children, adolescents and adults, as well as couples and family therapy, regardless of religion.

Community Overcoming Relationship Abuse (CORA)312-8515
Teen Hotline259-8136
www.corasupport.org

Family and Children Services326-6576
www.fcservices.org
375 Cambridge Ave., Palo Alto 94306
Offers a variety of counseling, education and prevention programs and services that support the emotional well-being of communities.

Mental Health / Counseling

Family Service Agency 403-4300

www.familyserviceagency.org

24 - 2nd Ave., San Mateo 94401

Offers supervised visitation services for families with domestic violence issues and individual counseling at no charge for children who have experienced trauma. Counseling programs are available for seniors.

La Esperanza Vive 403-4300 x4321

Senior Peer Counseling 403-4300 x4322

Jewish Family and Children's Services

www.jfcs.org

200 Channing Ave., Palo Alto 94301 . . .688-3030

Parents' Place 688-3040

Senior Services 688-3000

2001 Winward Way at Mariner's Island Blvd., #200 San Mateo 94404 931-1800

Parents Place 931-1840

Senior Services 931-1860

Provides adult, child, marriage and family counseling, and services for the elderly and disabled. **Parents' Place** offers parent education, counseling and support groups. Drop-in play center for children age 0-5 and their parents.

Kara 321-5272

www.kara-grief.org

457 Kingsley Ave., Palo Alto 94301

Grief counseling for children and adults.

Kitty Petty ADD / LD Institute 408-972-9774

www.kpinst.org

6268 Snell Ave., San Jose 95123

Provides information and referral for those with Attention Deficit Disorder (ADD) or other learning differences (LD).

Mental Health Association of San Mateo County

www.mhasmc.org 368-3345

2686 Spring St., Redwood City 94063

Provides services for adults with mental illnesses and / or HIV / AIDS including housing, case management and social programs.

Mental Research Institute 321-3055

www.mri.org

555 Middlefield Rd., Palo Alto 94301

Offers a variety of mental health services for individuals, couples and families, including clinic services for Spanish-speaking clients.

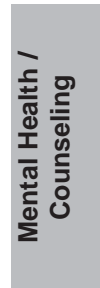
Mills-Peninsula Health Services

Behavioral Health Services 696-5909

www.mphs.org

1501 Trousdale Ave., Burlingame 94010

Assessment for hospital-based programs.



Morris Center for Adult Survivors of Child Abuse (ASCA)infoascasupport@gmail.com
www.ascasupport.org
P.O. Box 14477, San Francisco 94114

National Alliance on Mental Illness (NAMI)
www.namisanmateo.org638-0800
1650 Borel Pl., #130, San Mateo 94402
Support, education, and advocacy for mental health clients and their families.

Oak Tree Bereavement Center415-806-7169
www.oaktreebereavement.org
1500 Perez Dr., Pacifica 94044
Group and individual grief and loss support and counseling for teens and adults.

Puente de la Costa Sur879-1691
www.mypuente.org
620 North St., Pescadero 94060
Serves La Honda, Loma Mar, Pescadero and San Gregorio.

San Mateo County Health System
www.smhealth.org

Behavioral Health and Recovery Services
1950 Alameda de las Pulgas, San Mateo 94403
Mental Health Access Team . . .800-686-0101
Provides information, assessment, consultation and referral, Mon.-Fri., 8 am-5 pm.

OASIS (Older Adult System of Integrated Services)573-2615
Provides outpatient mental health services, including psychiatric medications, case management and therapy to older adults at their place of residence.

Youth Case Management Services . .573-3504
Outpatient mental health clinic.

Sutter VNA and Hospice Youth Bereavement Program685-2806
www.suttervnaandhospice.org
700 S. Claremont St., #220, San Mateo 94402
Offers grief support and education to children, teens and their caregivers.

Veterans Affairs Palo Alto Health Care System
www.palo-alto.med.va.gov
Mental Health Clinic493-5000 x22234
795 Willow Rd., Menlo Park 94025
Peninsula Vet Center299-0672
2946 Broadway St., Redwood City 94062

Veterans Affairs San Francisco Health Care System
San Bruno Outpatient Clinic615-6000
1001 Sneath Lane, #300, San Bruno 94066

YMCA of San Francisco

www.ymcasf.org/peninsula/community.html

Pacifica Youth Service Bureau . . . 355-3900

435 Edgemar Ave., Pacifica 94044

Counseling for at-risk teens, youth, families.

San Mateo Youth Service Bureau

(formerly Project FOCYS) 349-7969

1670 S. Amphlett Blvd., #115, San Mateo 94402

Counseling for children 3-18, as well as family and group counseling.

South San Francisco Youth Service Bureau

(formerly North Peninsula Family Alternatives - NPFA) 877-8642

1486 Huntington Ave., #100

South San Francisco 94080

Provides individual and family counseling in an effort to divert juveniles from criminal activity.

Youth and Family Enrichment Services (YFES)

www.yfes.org 591-9623

610 Elm St., #212, San Carlos 94070

Children's Place Program 216-7411

www.thechildrensplaceprogram.org

609 Price Ave., #206, Redwood City 94063

Provides alcohol / drug prevention education and therapeutic support services for children age 5-13.

Crisis Services 579-0350

www.crisiscenter.cc

Provides crisis counseling, outreach and community education.

Healthy Homes 617-1408

Counseling and case management for children age 0-5 who have witnessed domestic violence.

Your House South 367-9687

394 Sequoia Ave., Redwood City 94061

Counseling for youth age 10-17 experiencing family problems or who have run away from home. Offers emergency and temporary housing.

Youth Diversion Services 755-0890

Offers counseling as an alternative to the juvenile justice system for first time offenders who are referred by local law enforcement agencies.

Mental Health /
Counseling

Teen and Preteen Web Sites

Palo Alto Medical Foundation (PAMF)

www.pamf.org/teen

Provides information on topics including general health, drugs and alcohol, and emotions for teens and their parents.

www.pamf.org/preteen

Provides health information about topics of concern to preteens (age 9-12) and their parents.

Youth and Family Enrichment Services (YFES)

www.onyourmind.net

Teens can obtain support and talk live to trained peer mentors.

See also **Alcohol / Tobacco / Drug Abuse**

See also **Children, Teens, Youth and Families**

Recreation

City Parks and Recreation

Most cities have a department of Parks and Recreation. Check the CIP database or city listings in the front of a telephone book for phone numbers.

County and State Parks and Beaches

www.eparks.net

www.parks.ca.gov

These parks provide facilities and activities ranging from picnic and playground areas to hiking trails, nature and campfire programs, campgrounds and more. For general information on county parks, call 363-4020; to inquire about special events or to reserve group picnic facilities or youth group camping, call 363-4021. For state park and beach reservations, call 800-444-7275.

See also **Children, Teens, Youth and Families**

Recycling and Conserving Resources

San Mateo County Public Works Department

RecycleWorks888-442-2666

www.recycleworks.org

Web site includes information to “reduce, reuse and recycle” at home, work and school.

Learn how to donate items to social service agencies at the ReUse Center section.

Also provides information on other resource conservation topics such as composting, green business certification, climate change and where to buy items made from recycled materials.

Recreation and Recycling

Senior Services

San Mateo County Fall Prevention Task Force
www.smcfallprevention.org573-3728
Provides resources for older adults, caregivers
and service providers.

San Mateo County Health System
Aging and Adult Services800-675-TIES
www.smhealth.org(800-675-8437)
225 - 37th Ave., San Mateo 94403
.(TTY) 800-994-6166
Provides phone counseling on issues of concern
to persons with disabilities, the frail elderly,
dependent adults, and their families. Answers
questions about the wide variety of services
available through the County and in the
community.

Network of Care
www.sanmateo.networkofcare.org
Comprehensive Web-based resource for older
adults, adults with disabilities, caregivers and
service providers.

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

Adult Day Centers

Adult Day Centers provide services to enable frail
and / or functionally impaired seniors to maximize
and maintain their activities of everyday living.

Coastside Adult Day Health Center . . .726-5067
www.coastsideadultdayhealth.org
645 Correas St., Half Moon Bay 94019

Community Gatepath
Senior Services259-8500
www.gatepath.com
875 Stanton Rd., Burlingame 94010
147 Southwood Center, South San Francisco 94080
Only serves developmentally disabled adults.

Mills-Peninsula Health Services
Senior Focus / Adult Day Health Center
Alzheimer Day Care Resource Center . .696-3660
Senior Day Program696-3670
www.mills-peninsula.org/seniors
1720 El Camino Real, #10, Burlingame 94010

Peninsula Volunteers Rosener House
Adult Day Service322-0126
www.penvol.org/rosenerhouse
500 Arbor Rd., Menlo Park 94025

Senior Services

San Carlos Adult Day Services
Catholic Charities CYO592-9325
www.cccyo.org
787 Walnut St., San Carlos 94070
Also serves dependent adults.

South San Francisco Adult Day Care
Center829-3824
601 Grand Ave., South San Francisco 94080

**Senior Centers and Senior Dining
Centers**

Senior Centers are the entry point for many senior services, leisure activities and dining. These centers offer information about services and agencies which may offer assistance in the areas of consumer affairs, education, employment, food, home-delivered meals, household repairs, housing, legal aid, Medi-Cal, Medicare, recreation, Social Security, taxes, transportation and volunteer opportunities. Most of these sites serve a midday meal. Call for specific information.

Belmont

Twin Pines Senior and Community Center
www.belmont.gov595-7444
20 Twin Pines Ln., 94002

Daly City

Doelger Senior Center991-8012
www.doelgercenter.com
101 Lake Merced Blvd., 94015

Lincoln Park Community Center . .991-8018
www.doelgercenter.com
901 Brunswick St., 94014

Self-Help for the Elderly757-0881
www.selfhelpelderly.org
2080 Sullivan Ave., 94015

East Palo Alto

East Palo Alto Senior Center329-5900
560 Bell St., 94303

Foster City

Foster City Parks and Recreation Dept.
Senior Wing286-2585
www.fostercity.org
650 Shell Blvd., 94404

Half Moon Bay

Senior Coastsiders726-9056
www.seniorcoastsiders.org
535 Kelly Ave., 94019

Senior Services

Menlo Park

Menlo Park Senior Center330-2280
www.menlopark.org330-2287
110 Terminal Ave., 94025

Peninsula Volunteers Little House 326-2025
www.penvol.org/littlehouse
800 Middle Ave., 94025

Millbrae

Chadbourne Adult Activity Center 697-8300
at New Vision Church
450 Chadbourne Ave., 94030
Mondays only.

Millbrae Senior Center259-2370
www.ci.millbrae.ca.us
477 Lincoln Circle, 94030

Pacifica

Pacifica Senior Services738-7384
www.cityofpacifica.org/depts/senior_services/
540 Crespi Dr., 94044

Redwood City

Family Service Agency
Fair Oaks Intergenerational Center
www.familyserviceagency.org
2600 Middlefield Rd., 94063780-7525

Veterans Memorial Senior Center 780-7270
www.redwoodcity.org/parks/cc
1455 Madison Ave., 94061

San Bruno

San Bruno Senior Center616-7150
www.sanbruno.ca.gov
1555 Crystal Springs Rd., 94066

San Carlos

San Carlos Adult Community Center
www.cityofsancarlos.org/acc
601 Chestnut St., 94070802-4384

San Mateo

City of San Mateo Senior Center .522-7490
www.cityofsanmateo.org
2645 Alameda de las Pulgas, 94403

Martin Luther King Center522-7470
www.cityofsanmateo.org
725 Monte Diablo Ave., 94401

Self-Help for the Elderly342-0822
www.selfhelpelderly.org
50 E. Fifth Ave., 94401



South San Francisco829-3820
www.ssf.net
El Camino Senior Center
33 Arroyo Dr., 94080

Magnolia Senior Center
601 Grand Ave., 3rd Fl., 94080

**Taxpayer Information
and Official Records**

County

San Mateo County Assessor - County Clerk - Recorder363-4500
www.smcare.org
555 County Center, Redwood City 94063

Assessor places a value on property in the county for tax purposes.

County Clerk issues copies of birth, death and marriage records. Also is the official filing location for various legal and business documents.

Recorder files and maintains all land transactions such as deeds and maps.

Tax Collector363-4143
www.sanmateocountytaxcollector.org
555 County Center, 1st Fl., Redwood City 94063
Collects property taxes.

Vital Statistics573-2395
www.smhealth.org
225 - 37th Ave., San Mateo 94403
Maintains recent birth and death records for the county. Administers state-issued medical marijuana cards and program.

State

Franchise Tax Board800-852-5711
www.ftb.ca.gov(TTY) 800-822-6268
121 Spear St., #400, San Francisco 94105

Federal

Internal Revenue Service (IRS) . . .800-829-1040
www.irs.gov415-522-4061
450 Golden Gate Ave., San Francisco 94102

Taxpayer Information
and Official Records

Transportation

BART (Bay Area Rapid Transit)992-2278
www.bart.gov(TTY) 510-839-2220
San Mateo County BART stations are located in
Daly City, Colma, South San Francisco, San
Bruno, San Francisco Airport and Millbrae.

CalTrain800-660-4287
www.caltrain.com(TTY) 508-6448
Train service between San Francisco and Gilroy.

Metropolitan Transportation Commission (MTC)
www.511.org511
Transit, traffic, rideshare (carpool and vanpool),
and bicycling information for the entire Bay Area.
Also has information on planning a trip using
public transportation.

Peninsula Traffic Congestion Relief Alliance
www.commute.org588-8170
1150 Bayhill Dr., #107, San Bruno 94044
Shuttles (commuter / community); incentives
(carpool, vanpool, bike parking, "Try Transit").

Redi-Wheels and RediCoast800-660-4287
www.samtrans.com/rw.html(TTY) 508-6448
Special bus service for mobility-impaired persons
who are unable to use regular bus service. Redi-
Wheels serves the bayside of the county;
RediCoast serves the coastside. Call for eligibility.

SamTrans800-660-4287
www.samtrans.com(TTY) 508-6448
Bus transportation serving San Mateo County.

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

See also **Senior Services**

Volunteer Placement Services

Many nonprofits have their own volunteer programs. Contact each organization directly for details.

Hands On Bay Area415-541-9616
www.handsonbayarea.org
Provides flexible one-day and weekend projects.

Mills-Peninsula Health Services

Senior Focus
www.mills-peninsula.org
1720 El Camino Real, #10, Burlingame 94010

Foster Grandparent Program696-7662
Low-income adults (age 55 or older) volunteer at sites to provide mentoring and nurturing to at-risk children.

RSVP696-7660
Provides volunteer referrals for people age 55 or older to nonprofit agencies.

Senior Companion Program696-7662
Low-income adults (age 55 or older) volunteer at sites to help frail elderly remain independent.

One Brick
www.onebrick.org
Brings volunteers together to support local nonprofits and offers a social event after each volunteer opportunity.

United Way of the Bay Area415-808-4300
www.uwba.org
221 Main St., #300, San Francisco 94105
Provides opportunities for volunteer participation through a number of committees and connects volunteers from Bay Area businesses to volunteer projects through the Week of Caring program.

Volunteer Center235-3550
www.thevolunteercenter.net415-982-8999
Refers groups and individuals of all ages to nonprofit agencies that need volunteers.

Volunteer Match415-241-6868
www.volunteermatch.org
Offers a variety of online services to support nonprofits and volunteers.

See also **Children, Teens, Youth and Families**

Volunteer Placement Services

Index

12-Step Programs 4
24-Hour Emergency Numbers 1
39th Avenue Health Clinics 29
4Cs 8
4-H Clubs 14

A

AARS 4
Abilities United 14
Access for Infants and Mothers (AIM) Program 34
Achievekids 14
ACRC 30
Adolescent Counseling Services 4
Adolescent Family Life Program (AFLP) 33
Adopt International 8
Adoption 8
Adoption Connection 8
ADR 41, 45
Adult Day Centers 53
Adult Schools 18
Adult Survivors of Child Abuse (ASCA), Morris Center
for 50
AFLP 33
Aging and Adult Services 1, 17, 53
AIDS Community Research Consortium (ACRC) 30
AIM 34
Al-Anon / Alateen 4
Alcohol / Tobacco / Drug Abuse 4
Alcohol and Drug Helpline 1, 6
Alcoholics Anonymous 4
Alpha Pregnancy Center 33
Alzheimer Day Care Resource Center 53
American Red Cross 3, 11
Anger Management and Domestic Abuse Therapy
Center 48
Animal Licensing 8
Animal Services 7
Apprenticeship Standards Division 21
Appropriate Dispute Resolution (ADR) 41, 45
Arbor Free Clinic 28
Arc of San Francisco 15
Archway 5
ASCA 50
Asian-American Recovery Services (AARS) 4
Assessor, San Mateo County 56

B

B.O.K. Ranch 15
BART 57
Bay Area Caregiver Resource Center 34
Bay Area Legal Aid 43
Domestic Violence Restraining Order Clinic 43
Legal Advice Line 44
Bay Area Rapid Transit (BART) 57
Beaches, County and State 52
Behavioral Health and Recovery Services 50
Big Brothers-Big Sisters of the Bay Area 11
Bill Wilson Center 9

Boy Scouts of America 12
Boys and Girls Clubs 11
Boys Hope Girls Hope 12
Breaking Bread Meals 26
Breast Cancer Emergency Fund 26
Breathe California 6

C

CAA 38
Cabrillo Adult School 18
Café St. Vincent 27
California Conservation Corps (CCC) 21
California Department of Real Estate 40
California Poison Control System 1
California Relay Service 15
California Smokers' Helpline 6
California State Department of Fair Employment and
Housing 20, 38
California State Department of Rehabilitation 15, 21
California Work Opportunity and Responsibility to Kids
(CalWORKS) 24
California Youth Crisis Line 1
CALL - Primrose Center 3
CalTrain 57
CalWORKS 24
Caminar 48
Canada College 19
Canine Companions for Independence (CCI) 15
CAPI 24
CAR - see Abilities United
Career Closet of San Mateo County 21
Cash Assistance Program for Immigrants (CAPI) 24
Catholic Charities CYO 48, 54
Catholic Worker Hospitality House 26, 36
San Bruno House 36
Catholic Worker House 27, 37
CCC 21
CCI 15
CCP 12
Center for Independence of the Disabled (CID) 15
Chadbourne Adult Activity Center 55
Child / Youth Abuse Prevention and Reporting 9
Child Care Coordinating Council (4Cs) 8
Child Care Referrals and Head Start Programs 8
Child Protective Services (CPS) 1, 9
Child Support 9
Child Support Services 9
Children and Family Services 10
Children, Teens, Youth and Families 8
Children's Health Council 16
Children's Place Program 51
Christian Counseling Centers, Inc. 48
CID 15
City of San Mateo Senior Center 55
City Parks and Recreation 52
Clara-Mateo Alliance 27, 35, 36
Coastside Adult Day Health Center 53
Coastside Children's Programs (CCP) 12
Coastside County Clinic 29
Coastside Hope 2, 40
Coastside RotaCare Clinic 28

Cocaine Anonymous 4
 College of San Mateo 19
 Colleges 18
 Community Action Agency of San Mateo County
 (CAA) 38
 Community Association for Rehabilitation, Inc. (CAR) -
 see Abilities United
 Community Colleges 18
 Community Gatepath 16, 53
 Family Resource Center 16
 Senior Services 53
 Community Legal Services in East Palo Alto 44
 Community Overcoming Relationship Abuse (CORA)
 1, 36, 44, 48
 Teen Hotline 48
 Community Service Agencies 2
 Congregate Meal Sites 26
 Consumer and Environmental Protection Unit 46
 Consumer Credit Counseling Service 23
 Consumer Education 23
 CORA 1, 36, 44, 48
 Core Service Centers 2
 Coroner 34
 County and State Parks and Beaches 52
 County Clerk 56
 Court Departments, San Mateo County 8, 41-43, 45
 Appropriate Dispute Resolution (ADR) 41, 45
 Civil 41
 Criminal 41
 Family 8, 42
 Guardianship / Conservatorship / Wills / Probate 42
 Jury Duty / Services 42
 Juvenile 8, 42
 Small Claims 42
 Traffic 43
 CPS 1, 9
 Crisis Services (YFES) 51
 Crisis Intervention and Suicide Prevention Center 2
 Crystal Meth Anonymous 4

D

Daly City Clinic 29
 Daly City Community Service Center 2
 Daly City Peninsula Partnership 10
 Our Second Home Family Support Center 10
 Daly City Youth Health Center 29
 Day Treatment / Counseling (Alcohol / Tobacco /
 Drug Abuse) 4
 Daybreak 37
 Dental Clinics 28
 Dental Referral Services 32
 Department of Child Support Services 9
 Department of Fair Employment and Housing,
 California State 20, 38
 Department of Housing and Urban Development
 (HUD) 38
 Department of Rehabilitation, California State 15, 21
 Detoxification Services 6
 Disability Services 14
 Disaster Relief 3

Discrimination (Employment) 20
Discrimination (Housing) 37
District Attorney / Public Administrator 45
Doelger Senior Center 54
Domestic violence 1, 5, 36, 42, 43, 44, 48
Domestic Violence Restraining Order Clinic 43

E

Early Head Start 9
East Palo Alto Family YMCA 14
East Palo Alto Senior Center 54
East Palo Alto Teen Home 33
Ecumenical Hunger Program 26, 27
EDD 23
Edgewood Center for Children and Families 10
 Kinship Support Services Program 10
Edison Clinic 28
Education 18
EEOC 20
El Camino Senior Center 56
El Centro de Libertad 5
El Concilio Emergency Services Partnership 3
El Concilio of San Mateo County 30
 Nuestro Canto de Salud 30
Elementary and Secondary Schools 19
Emergency / Crisis Intervention 1
Emergency Assistance (Homeless Services) 35
Emergency Food Providers 27
Emergency Shelter 36
Employment and Training 20
Employment Development Department (EDD) 23
Employment Discrimination 20
Employment Law Center 21
Environmental Health Services 39
EPA.net 13
Equal Employment Opportunity Commission (EEOC) 20
Equal Rights Advocates 20
Explorers' Program 13

F

Fair Housing Center 38
Fair Oaks Adult Clinic 29
Fair Oaks Children's Clinic 29
Fair Oaks Community Center 3
Fair Oaks Intergenerational Center 55
Family and Children Services 48
Family Caregiver Alliance 34
 Bay Area Caregiver Resource Center 34
Family Court Services 8, 42
Family Crossroads Transitional Housing 37
Family Housing and Adult Resources (FHAR) 16
Family Law Clerk's Office 42
Family Law Facilitators 9, 42
Family Resource Center at Community Gatepath 16
Family Resource Centers 10
Family Service Agency 21, 24, 49, 55
 Fair Oaks Intergenerational Center 55
 La Esperanza Vive 49
 Senior Employment Services 21
 Senior Peer Counseling 49
 Ways to Work Family Loan Program 24

FHAR 16
Financial Assistance 23
First Resort 33
First Step for Families 36
FLY 13
Food Connection Hotline 26
Food Programs 26
Food Stamp Program 24
Foothill College Dental Hygiene Clinic 28
Foster Care 10
Foster City Parks and Recreation Dept. Senior Wing 54
Foster Grandparent Program 58
Franchise Tax Board, California State 56
Free at Last 5, 6
Freedom Center 5
Fresh Lifelines for Youth (FLY) 13
Friends for Youth 13
Future Families - see Bill Wilson Center

G

GA 24
General Assistance (GA) 24
GGRC 16
Girl Scouts 13
Golden Gate Regional Center (GGRC) 16
Goodwill Industries 21
Grace Covenant Church 27
Guardianship / Conservatorship / Wills / Probate 42
Guide Dogs for the Blind, Inc. 16

H

Hands On Bay Area 58
Haven Family House 37
Head Start 9
Health 28
Health and Dental Clinics 28
Health Education 30
Health Insurance 34
Health Insurance Hotline 34
Health Plan of San Mateo 34
Healthy Families Program 35
Healthy Homes 51
Healthy Kids 35
Hearing and Speech Center for Northern California 16
Hearing Loss Association of the Peninsula 16
HICAP, the Medicare Counseling Program 35
HIP Housing (Human Investment Project) 40
Home and Hope (formerly Interfaith Hospitality Network) 36
Home equity conversion counseling 40
Homeless Help Desks 35
Homeless Services 35
Homeless Veterans Rehabilitation Program 37
Homesharing 40
Hope Preservation, Inc. 13
 Nia Mentoring Project 13
HOPE Services 17
Hospitals and Medical Centers 31
Housing 37
Housing and Community Development 39
Housing Authority 40

Housing Discrimination 37
Housing Revitalization Program 38
HUD 38
Human Investment Project (HIP) 40
Human Services Agency Regional Offices 25

I

IHSD 9
Immigrant Assistance Line 40
Immigration Services 40
Inmate and Post-Release Support 3
InnVision / Clara-Mateo Alliance 27, 35, 36
InnVision / Urban Ministry 26
 Breaking Bread Meals 26
Inpatient Treatment (Alcohol / Tobacco / Drug Abuse) 6
Insights 6
Institute for Health and Healing 30
Institute for Human and Social Development (IHSD) 9
 Early Head Start 9
 Head Start 9
Interfaith Hospitality Network - see Home and Hope
Internal Revenue Service (IRS) 56
International Institute of the Bay Area 41
IRS 56

J

Jails 45
Jefferson Adult Education 18
Jewish Family and Children's Services 49
 Parents' Place 49
 Senior Services 49
Job Corps 22
Job Training and Placement 21
Jobs for Youth 22
JobTrain 22
Junior Statesmen Foundation 13
Jury Duty 42
Juvenile Court 8, 42

K

Kainos Home and Training Center 17
Kaiser Permanente Medical Center 31
Kara 49
Kinship Support Services Program 10
Kitty Petty ADD / LD Institute 49

L

La Esperanza Vive 49
La Raza Centro Legal 44
Latino Commission on Alcohol and Drug Abuse
 Services 7
Law Library 43
Law-Related Services 43
Lawyer Referral Service 44
League of United Latin American Citizens (LULAC) 13
Legal Aid Society 21
 Employment Law Center 21
Legal Aid Society of San Mateo County 44
 Senior Advocates Program 44
Legal and Mediation Services 41
Legal Assistance 43

Library Services 46
Lincoln Park Community Center 54
Literacy Programs 19
Loan Programs 24
Low-Cost Rehabilitation Services (Housing) 38
Lucile Packard Children's Hospital 32
Lucile Packard Foundation for Children's Health 10
LULAC 13

M

Magnolia Senior Center 56
Maguire Correctional Facility 45
MAP 45
Maple Street Shelter 36, 37
Marijuana Anonymous 4
Martin Luther King Center 55
Mateo Lodge, Inc. 37
Meals on Wheels 27
Mediation Services 45
Medi-Cal 34
Medical Centers 31
Medicare 35
Menlo College 19
Menlo Park Senior Center 55
Mental Health / Counseling 48
Mental Health Access Team 50
Mental Health Association of San Mateo County 39, 49
 Housing and Client Assistance Program 39
Mental Research Institute 49
Mentoring 11
Methadone Clinic 29
Metropolitan Transportation Commission (MTC) 57
Midpeninsula Citizens for Fair Housing 38
Mid-Peninsula Dental Society 32
Mid-Peninsula Housing Management 40
Millbrae Senior Center 55
Mills Health Center 31
Mills-Peninsula Health Services 1, 5, 7, 31, 49,
 53, 58
 Adult Day Health Center 53
 Alzheimer Day Care Resource Center 53
 Behavioral Health Services 49
 Chemical Dependency Center 1, 5, 7
 Mills Health Center 31
 Peninsula Medical Center 31
 Senior Day Program 53
 Senior Focus 53, 58
 Foster Grandparent Program 58
 RSVP 58
 Senior Companion Program 58
Mission Hospice of San Mateo County 32
Mobile Clinic 29
Mobile Support Team 37
Morris Center for Adult Survivors of Child Abuse
 (ASCA) 50
MTC 57
Multicultural Institute 22
Multi-Option Appropriate Dispute Resolution Project
 (MAP) 45

N

NAMI 50
Nar-Anon 4
Narcotics Anonymous 4
National Alliance on Mental Illness (NAMI) 50
National Center for Equine Facilitated Therapy (NCEFT)
17
National Drug and Alcohol Treatment Referral Routing
Service 1, 6
National STD / AIDS Hotline 1
NCEFT 17
Network of Care 53
Next Step Center 22
Nia Mentoring Project 13
North Peninsula Food Pantry and Dining Center
of Daly City 26, 27
North Peninsula Neighborhood Services Center 2, 38
Notre Dame de Namur University 19
Nuestro Canto de Salud 30
Nursing and Hospice Services 32

O

Oak Tree Bereavement Center 50
OASIS 50
ODASA 4
Older Adult System of Integrated Services (OASIS)
50
Ombudsman of San Mateo County 34
One Brick 58
One-Stop Career Centers 22
Opportunity Fund 24
Our Common Ground 7
Adolescent Program 7
Adult Program 7
Our Second Home Family Support Center 10
Outpatient Drug and Alcohol Services for Asians
(ODASA) 4

P

Pacifica Resource Center 2
Pacifica Senior Services 55
Pacifica Youth Service Bureau 51
Palm Avenue Detoxification Program 6
Palo Alto Medical Foundation (PAMF), Teen and
Preteen Web Sites 11, 51
Parca 17
Parent Resource Line 10
Parent Support Line 1, 10
Parents' Place 49
Parks, City, County and State 52
Pathways Home Health, Hospice and Private Duty 32
PCRC 45
Peninsula Conflict Resolution Center (PCRC) 45
Peninsula Family YMCA 14
Peninsula Humane Society and SPCA 7
Peninsula Jewish Community Center (PJCC) 14
Peninsula Medical Center 31
Peninsula Traffic Congestion Relief Alliance 57
Peninsula Vet Center 50
Peninsula Volunteers Little House 55

Peninsula Volunteers Rosener House 53
 Adult Day Service 53
PeninsulaWorks 22
Permits and Building Inspections 39
Physician and Dental Referral Services 32
PJCC 14
PlaneTree Health Library 31
Planned Parenthood Golden Gate 33
Prenatal Advantage Black Infant Health Project 33
Prenatal to Three Initiative 10
 Parent Resource Line 10
Preschool for All San Mateo County 19
Private Colleges 19
Private Defender Program 44
Probation and Jails 45
Project 90 5, 6, 7
Project Read Programs 19
Project Sentinel 38
Psychiatric Emergency Services 2
Public Administrator 45
Public Assistance 24
Puente de la Costa Sur 2, 50
Pyramid Alternatives 5

R

Rape Trauma Services (RTS) 2
Ravenswood Family Health Center 28
 at Belle Haven 28
Rebuilding Together Peninsula 38
Recorder, San Mateo County 56
Recreation 52
RecycleWorks 52
Recycling and Conserving Resources 52
Red Cross 3, 11
Redi-Wheels and RediCoast 57
Redwood Center 7
Redwood City Free Clinic 28
Redwood Family House 37
Regional Occupational Program (ROP) 23
Rental Assistance 39
Reproductive Health Services and Information 33
Resources for Parents and Families 10
Reverse mortgages 40
Ron Robinson Senior Care Center 30
ROP 23
RotaCare Clinic at Seton Medical Center 28
RotaCare Clinics 28
RSVP 58
RTS 2

S

Safe Harbor Shelter 36
Salvation Army 3
Samaritan House 3, 23, 28
 Redwood City Free Clinic 28
 San Mateo Free Clinic 28
 Worker Resource Center 23
Samaritan House Kitchen 26
SamTrans 57
San Bruno House 36
San Bruno Outpatient Clinic 32, 50

San Bruno Senior Center 55
 San Carlos Adult Community Center 55
 San Carlos Adult Day Services 54
 Catholic Charities CYO 54
 San Mateo Adult and Community Education 18
 San Mateo Adult School 22
 San Mateo County Assessor - County Clerk -
 Recorder 56
 San Mateo County Bar Association 44
 Lawyer Referral Service 44
 Private Defender Program 44
 San Mateo County Coroner 34
 San Mateo County Dental Society 32
 San Mateo County Department of Child Support
 Services 9
 San Mateo County Department of Housing 39, 40
 Housing and Community Development 39
 Housing Authority 40
 San Mateo County District Attorney 45
 Consumer and Environmental Protection Unit 46
 San Mateo County Fall Prevention Task Force 53
 San Mateo County Health System 6, 10, 17, 28, 33,
 39, 50, 53
 Adolescent Family Life Program (AFLP) 33
 Aging and Adult Services 17, 53
 Behavioral Health and Recovery Services 50
 Mental Health Access Team 50
 OASIS 50
 Youth Case Management Services 50
 Edison Clinic 28
 Environmental Health Services 39
 Mobile Clinic 29
 Network of Care 53
 Partner Services 29
 Prenatal Advantage Black Infant Health Project 33
 Prenatal to Three Parent Resource Line 10
 STD Clinic 29
 Testing on Demand 29
 Tobacco Prevention Program 6
 San Mateo County Human Resources Department 23
 San Mateo County Human Services Agency 8, 9, 10,
 17, 25, 26
 Adoptions Unit 8
 Child Protective Services (CPS) 1, 9
 Children and Family Services 10
 Family Resource Centers 10
 Regional Offices 25
 Veterans Service Office 26
 Vocational Rehabilitation Services (VRS) 17
 San Mateo County Law Library 43
 San Mateo County Medical Association 32
 San Mateo County Office of Education 17, 19
 Special Education Services 17
 San Mateo County Planning and Building Department
 39
 San Mateo County Probation Department 43, 45
 Adult Probation 45
 Juvenile Services 45
 Pre-Trial Services 43
 San Mateo County Public Works Department 52
 RecycleWorks 52

San Mateo County Reads Programs 20
 San Mateo County Superior Court 8, 9, 41-43, 45
 Appropriate Dispute Resolution (ADR) 41, 45
 Civil 41
 Criminal 41
 Family 8, 42
 Family Court Services 8
 Family Law Clerk's Office 42
 Family Law Facilitators 9, 42
 Guardianship / Conservatorship / Wills / Probate 42
 Jury Duty / Services 42
 Juvenile 8, 42
 Small Claims 42
 Traffic 43
 San Mateo Free Clinic 28
 San Mateo Medical Center 29, 31
 San Mateo Pro Life 33
 San Mateo Youth Service Bureau 51
 Second Harvest Food Bank 27
 Self-Help for the Elderly 54, 55
 Senior Advocates Program 44
 Senior Centers and Senior Dining Centers 54
 Senior Coastsiders 54
 Senior Companion Program 58
 Senior Employment Services 21
 Senior Focus 53, 58
 Foster Grandparent Program 58
 RSVP 58
 Senior Companion Program 58
 Senior Mobility Guide 53, 57
 Senior Peer Counseling 49
 Senior Services 53
 Sequoia Adult School 18
 Sequoia Branch (YMCA) 14
 Sequoia Hospital 31
 Sequoia Teen Wellness Center 30
 Service League of San Mateo County 3
 Seton Medical Center 31
 Seton Medical Center Coastsides 31
 Shelter Bed Hotline 2, 36
 Shelter Network of San Mateo County 36, 37
 Family Crossroads 37
 First Step for Families 36
 Haven Family House 37
 Maple Street Shelter 36, 37
 Redwood Family House 37
 Sheriff's Office 45
 Sitike Counseling Center 5
 Skyline College 19
 Small Claims Advisory Workshop 43
 Small Claims Court 42
 SMC Works 23
 Social Security Administration 25
 Social Security Benefits 25
 Solidarity Fellowship 7
 Sonrisas Community Dental Center 30
 South San Francisco Adult Day Care Center 54
 South San Francisco Adult Education Program 18
 South San Francisco Health Center 30
 South San Francisco Youth Service Bureau 51
 SPCA 7

Special Education Services 17
Spring Street Shelter 36
St. Anthony's Padua Dining Room 26
St. Francis Center 27
St. Vincent de Paul Society 3, 27, 35
 Café St. Vincent 27
 Homeless Help Desks 35
Stanford Community Law Clinic 44
Stanford Health Library 31
Stanford Hospital and Clinics 32
Stanford University Medical Center 32
 Lucile Packard Children's Hospital 32
 Stanford Hospital and Clinics 32
STD Clinic 29
Sutter VNA and Hospice 32, 50
 Youth Bereavement Program 50

T

TANF 24
Tax Collector, San Mateo County 56
Taxpayer Information and Official Records 56
Teen and Preteen Web Sites 11, 51
Teen Hotline (CORA) 48
Teen Pregnancy Prevention Coalition - see Teen Talk
 Sexuality Education
Teen Talk Sexuality Education 34
Temporary Assistance for Needy Families (TANF) 24
TIES 1
Tobacco Prevention Program 6
Tools for Success 22
Traffic Court 43
Transitional Housing 37
Transportation 57
Twin Pines Senior and Community Center 54

U

U.S. Citizenship and Immigration Services (USCIS) 41
U.S. Department of Homeland Security 41
U.S. Department of Housing and Urban Development
 (HUD) 38
UCSF Medical Center 32
UCSF School of Dentistry 30
Unemployment Benefits 23
United Indian Nations 23
United Way of the Bay Area 58
University of California Cooperative Extension 14
University of the Pacific School of Dentistry 30
Unsafe, Unhealthy Housing Conditions 39
Urban Ministry 26
USCIS 41

V

Veterans Affairs Palo Alto Health Care System 5, 7, 32, 50
 Addiction Consultation and Treatment Services 5, 7
 Mental Health Clinic 50
 Peninsula Vet Center 50
Veterans Affairs San Francisco Health Care System
 32, 50
 San Bruno Outpatient Clinic 32, 50
Veterans Benefits 26
Veterans Memorial Senior Center 55

Veterans Service Office 26
Victim Assistance 4
Victim Center 4, 43
Vista Center 18
Vital Statistics 56
Vocational Rehabilitation Services (VRS) 17
Volunteer Center 58
Volunteer Match 58
Volunteer Placement Services 58
VRS 17

W

Ways to Work Family Loan Program 24
Westlake Realty Group / HIP Office 40
WIC 34
Willow Clinic 30
Women, Infants and Children Program (WIC) 34
Women's Jail 45
Women's Recovery Association (WRA) 5, 7
Worker Resource Center 23
WRA 5, 7

Y

YDI 14
YFES 2, 5, 6, 11, 14, 36, 37, 51, 52
YMCA of San Francisco 14, 51
 Pacifica Youth Service Bureau 51
 Peninsula Family YMCA 14
 San Mateo Youth Service Bureau 51
 South San Francisco Youth Service Bureau 51
YMCA of the Mid-Peninsula 14
 East Palo Alto Family YMCA 14
 Sequoia Branch 14
Your House South 2, 36, 51
Youth and Family Enrichment Services (YFES) 2, 5, 6,
 11, 14, 36, 37, 51, 52
 Archway 5
 Children's Place Program 51
 Crisis Intervention and Suicide Prevention Center 2
 Crisis Services 51
 Daybreak 37
 Healthy Homes 51
 Insights 6
 Your House South 2, 36, 51
 Youth Development Initiative 14
 Youth Diversion Services 51
Youth Bereavement Program 50
Youth Development and Mentoring 11
Youth Development Initiative (YDI) 14
Youth Diversion Services 51
Youth Engaged in Service 11
Youth Service Bureaus 51

Notes