CHILD CARE - Cuidado infantil

4 C's, South County	582-2182 x3198
Banana Child Care Referral	658-0381
Child Care Links, referrals, Livermore	925-417-8733
Head Start 3-5 years / Early Head Start 0-3 years: Alameda 629-6350, Berkeley 848-9092, Emeryville 601-8674, Hayward (855) 757-5437, Oakland 238-3165	

CHILDREN'S HEALTH SERVICE - Servicios de salud para niños.

Also see HEALTH CARE / CLINICS – Refiérase a las Clínicas de Salud

For well-child exams call Family Health Line	**888-604-4636**
Asthma Start Program	383-5181
Diabetes Start Program	383-5185
California Poison Control System	800-222-1222

CHILDREN with SPECIAL NEEDS - Niños con necesidades especiales

Family Resource Navigator	**547-7322**
Building Blocks Therapeutic	434-7990
California Children's Services, CCS, OT PT	208-5970
Children's Hospital (UCSF Benioff), Oakland	
Developmental & Behavioral Pediatrics	428-3351
Neonatal Follow-up	428-3006
Speech & Language Center	925-979-3470
East Bay Agency for Children, Therapeutic Nursery	(268-3770
Regional Center of the East Bay	618-6100
For behavior and development issues	
Through the Looking Glass, disabled parent or child	848-1112

COUNSELING SERVICES - Servicios de consejería

ACCESS, 24-hour line Eng/Span/Chin	**800-491-9099**
FamilyPaths hotline, Eng/Span	**800-829-3777**
A Better Way	601-0203
Alameda Family Services	629-6300
Asian Community Mental Health Services	735-3900
Brighter Beginnings Mental Health Services	437-8950
City of Berkeley Family, youth & Children Services	981-5280
CHAA (Community Health for Asian Americans)	835-2777
Early Intervention Services:	
UCSF Benioff Children's Hospital Oakland	428-3408
Crisis Support Services - 24 hour line	800-309-2131
Jewish Family & Community Services East Bay	704-7475
La Clinica de la Raza, Casa del Sol Mental Health	535-6200
Pathways Counseling Center, Girls Inc.	357-5515
Portia Bell Hume Center	745-9151
Tiburcio Vasquez Health Center Behavioral Health	471-5907 x3774
West Coast Children's Clinic Oakland	269-9030

TEEN PARENTING/PREGNANCY SERVICE – Servicios de apoyo para padres adolescentes

Brighter Beginnings	437-8950
Tiburcio Vasquez Family Support Hayward, Union City	471-5907 x3711

UTILITIES – Utilidades

California Lifeline Telephone Service, English	866-272-0349
PG&E CARE Program, discounts on energy bills	866-743-2273
PG&E REACH Program, bill help during crisis	800-933-9677

SAFE SURRENDER - Como entregar a su bebe de forma segura

To find a location, **call 2-1-1**

Newborns can be safely and legally given up at any hospital or fire station.

Recién nacidos pueden ser entregados de forma segura y legal al personal de cualquier hospital o estación de bomberos.

Prepared by the Community Forum for Perinatal Health, a collaboration of organizations in Alameda County.

Funded by the Alameda County Public Health Department WIC Program and MPCAH, and Alameda Alliance for Health, all are equal opportunity providers.

All area codes are 510 unless indicated.

For corrections and additions, call the Family Health Line at 888-604-4636

For copies call 268-4270
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DENTAL CARE

Highland Hospital Dental Clinic	437-4473
Office of Dental Health, Healthy Kids, Healthy Teeth and Resources for Prenatal and Adult dental care	208-5910

DOMESTIC VIOLENCE and SEXUAL ASSAULT HELP

Ayuda para victimas de violencia domestica y asalto sexual

Alameda County Family Justice Center	**267-8800**
Also call for DV Resource Guide copies	
Child Abuse Hotline (CPS)	**259-1800**
Shelter Referrals	**2-1-1**
Adult Protective Services	**577-3500**
A Safe Place, Oakland	536-7233
Bay Area Women Against Rape, 24-hour line	845-7273
Building Futures with Women and Children, San Leandro	866-292-9688
Highland Hospital Sexual Assault Center	534-9290
National Domestic Violence Hotline	800-799-7233
Ruby's Place, Hayward	888-339-7233
Safe Alternatives to Violent Environments, Fremont	794-6055
Tri-Valley Haven, Livermore	925-449-5842 or 1-800-884-8119

DRUG and ALCOHOL TREATMENT – Tratamiento para el abuso de drogas y alcohol

ACCESS, 24-hour line Eng/Span/Chin	**800-491-9099**
Alanon and AlaTeen	276-2270
Alcoholics Anonymous	839-8900
Narcotics Anonymous	444-4673

EMPLOYMENT SERVICES - Servicios de empleo

California Employment Development Dept.	**800-300-5616**
East Bay Works Career Centers, 7 locations	**866-329-6757**

FAMILY SUPPORT - Apoyo familiar

Child Protective Services	**259-1800**
FamilyPaths, Eng/Span	**800-829-3777**
4 C's, Parenting Classes:	(582-2182
Alameda Family Services, Xanthos	629-6300
Bananas Group and Counseling, North County	658-7353
Brighter Beginnings (Teens, Fathers)	437-8950
Embrace Her select zip codes	618-2080
Help Me Grow, birth to 5 years	888-510-1211
Native American Health Center, Groups	434-5421
Tiburcio Vasquez Health Center, Family Support	471-5907 x3711

FATHERS SERVICES - Servicios para padres

Bananas Group	658-7353
Fatherhood Initiative	667-4343

Alameda County Resource Guide

Guía de Recursos para el Condado de Alameda

For health care referrals, call Family Health Line 888-604-4636, M-F 8:30-5 Or go to **WWW.ACPHD.ORG**
For other needs, call 2-1-1, any time.

Para información sobre cuidado de salud, llame a la línea de salud familiar, 888-604-4636, Lunes a Viernes, 8:30-5 visite **WWW.ACPHD.ORG** . **Para cualquier otra ayuda,** llame al 2-1-1, a cualquier hora.

ALAMEDA COUNTY SOCIAL SERVICES AGENCY

Medi-Cal, Cal Fresh, and CalWORKs (asistencia monetaria)

General Information	888-999-4772
East Oakland, 6955 Foothill Blvd, Suite 100	383-5300
East Oakland, 8477 Enterprise Way	777-2300
Fremont, 39155 Liberty St., Suite C330	795-2428
Hayward, 24100 Amador Avenue	670-6000
Livermore, 2481 Constitution Drive	925-455-0747
North Oakland, 2000 San Pablo Avenue	263-2420

BIRTH and DEATH CERTIFICATES

Actas de nacimiento y actas de defunción

Alameda County Clerk-Recorder's Office	272-6362
City of Berkeley Vital Records	981-5320

BREASTFEEDING HELP - Ayuda para amamantar

Also see WIC Program Listings under "Food" – Refierase a los Programas de WIC (Food-WIC Programs)

Alameda Alliance for Health (members)	747-4577
Alameda County WIC	268-4247
Axis Community Health Center WIC	925-462-2365
Blue Cross Advice Nurse (Medi-Cal members)	800-231-2999
Kaiser (members)	Oakland 752-1200,
La Leche League Berkeley 545-3840 Oakland 289-5807	
Native American Health Center WIC	434-5310

FINANCIAL SERVICES - Servicios financieros

Alameda County Child Support Services 866-901-3212
Earn it, Keep It, Save it (Free Tax Preparation Help) 2-1-1

For Financial Coaching, Bank accounts, Savings, Credit Building

Family Economic Success, Fremont Resource Center 574-2000
Operation Hope Inc., Oakland 535-6700
Sparkpoint, Oakland 924-3610

FOOD HELP - Ayuda con comida

Alameda County Community Food Bank 800-870-3663, 635-3663
Emergency food, CalFresh application assistance

FOOD: WIC PROGRAMS - Los Programas de WIC

Food Assistance Program for Women, Infants and Children
Programa de asistencia de comida para mujeres, bebes y niños
Alameda County:
Eastmont, Telegraph, Hayward: 595-6400 Fremont 795-2457
Axis Community Health Center, Pleasanton 925-462-2365
City of Berkeley 981-5360
East Oakland Health Center 835-9610 x2270
La Clínica de La Raza
Fruitvale 535-4110 San Antonio 272-1500
Native American Health Center
Alameda 814-8440 Oakland 434-5300
Tiburcio Vasquez - Various Locations 471-5913
West Oakland Health Center 835-9610, x2080

FOSTER CARE - Padres de crianza

Emergency Foster Care (SSA Crisis Line) 833-939-3877
Foster & Adoptive Parent Hotline, SSA 259-3575
Foster Pal: FamilyPaths 800-829-3777, 893-9230
Kinship Support Services, respite and support, referrals
Family Support Services North County 834-2443
Lincoln Children's Center South & East County 583-8026
Legal Assistance for Seniors, guardianship 832-3040

HEALTH CLINICS - Clinicas de salud

P *means provides comprehensive prenatal care*
P *significa que proporciona cuidado prenatal*
For health care referrals, call Family Health Line 888-604-4636
ACCESS (for reproductive referrals) Eng/Span 800-376-4636

Alta Bates Summit Perinatal Center **P** 869-8425
Ann Chandler Health Clinic, Berkeley 981-5350
Asian Health Services, Oakland **P** 986-6800
Axis Community Health Centers **P**
Livermore, Pleasanton 925-462-1755
Berkeley Free Clinic 800-625-4642, 548-2570
Children's Hospital Outpatient Clinic, Oakland 428-3226
Clinica Alta Vista, Oakland (teens) **P** 535-6300
Davis Street Primary Care Clinic, San Leandro 347-4620 x400
East Oakland Health Center **P** 835-9610
Eastmont Wellness Center, Oakland **P** 567-5700
Encore Medical Clinic for Homeless 510-428-3783
FPA Womens Health, Berkely. 877-883-7264
Firehouse Clinic, Hayward (walk-in) 398-7474
Fremont Healthy Start 656-4206
Fuente Wellness Center, Ashland Youth Center 481-4556
Hayward (formerly Winton) Wellness Center **P** 266-1700
Highland Hospital, Oakland Outpatient Clinics **P**
Pediatrics 437-4887 Women's Urgent Care 437-4778
La Clinica de la Raza, Oakland **P** 535-4000
La Loma Medical Group, Oakland 261-1677
Lifelong Medical Care **P**
Howard Daniel Clinic, Oakland, Berkeley 981-4100
Native American Health Center, Oakland **P** 535-4400
Newark Wellness Center **P** 505-1600
Planned Parenthood, various locations 300-3800
R & K Lowe Medical Center, Oakland **P** 318-5800
San Antonio Health Center, Oakland **P** 238-5400
Street Level Health Project, Oakland 533-9906
Tiburcio Vasquez Health Center **P**
San Leandro, Hayward/Union City 471-5880
Tri-City Health Center, Fremont **P** 770-8040
West Oakland Health Center **P** 835-9610
Women's Center at St. Rose Hospital, Hayward 342-0020

HEALTH INSURANCE - Seguro medico

Health Insurance Technicians (HealthPAC) 800-422-9495
Alameda Alliance for Health 877-932-2738
Blue Cross of California 800-407-4627
Covered California 800-300-1506
Kaiser Permanente Child Health Program 800-993-2437
Medi-Cal Access Program (Prenatal) 800-433-2611

HIV and AIDS - VIH, SIDA

Alameda County HIV/AIDS Resource Guide 877-424-3746
AIDS Project of the East Bay (APEB) 663-7979
WORLD, women's services 986-0340

HOUSING, EMERGENCY SHELTER & REPAIRS
Hogar, vivienda temporal de emergencia y reparaciónes

For Emergency shelter & housing, call Eden I&R 2-1-1
Echo Housing: Hayward 581-9380 Oakland 496-0496
Emergency Shelter Program, 24 hour
Hayward - Ruby's Place, 888-339-7233,
Family Emergency Shelter Coalition, Hayward 581-3223
Oakland Housing Assistance Center 238-6182

Housing Repairs – Reparaciónes a viviendas

Healthy Homes, Oakland 567-8280
Rebuilding Together, Oakland 625-0316 x104

Advocacy/defensa

Causa Justa:: Just Cause, Oakland 836-2687
HOPE NOW Hotline, Foreclosure Help 888-995-4673
Tenants Together, Foreclosure Help 888-495-8020

IMMIGRANT SERVICES - Servicios para immigrantes

Catholic Charities of the East Bay 768-3100
East Bay Sanctuary Covenant 540-5296
Filipino Advocates for Justice 465-9876
International Institute of Bay Area
Fremont 894-3639 Oakland 451-2846
International Rescue Committee 452-8222
Korean Community Center of the East Bay 844-828-2254
Lao Family Community Development 533-8850
Spanish Speaking Citizen's Foundation 261-7839
U.S. Citizenship & Immigration Services 800-375-5283

IMMUNIZATIONS - Vacunas

Immunization Referrals for children & adults 267-3230

LEGAL SERVICES - Servicios legales

Alameda County Bar Association 302-2222 x4
Alameda County Child Support Services 866-901-3212
Asian Pacific Islander Legal Outreach 251-2846
Bay Area Legal Aid 800-551-5554
Centro Legal de la Raza 437-1554
East Bay Community Law Center, Berkeley 548-4040
Equal Rights Advocates 800-839-4372
Family Violence Law Center, Oakland 208-0220
Homeless Action Center, Berkeley 540-0878
Legal Assistance for Seniors 832-3040
Transgender Law Center 587-9670

MULTI-SERVICE CENTERS - Centros de servicios completos

Davis Street Community Center, San Leandro 347-4620
Fremont Family Resource Center 574-2000

PREGNANCY SERVICES - Servicios para el embarazo

For pregnancy referrals, call Family Health Line 888-604-4636
BirthWays, Support & Classes, Berkeley WWW.BIRTHWAYS.ORG
Black Infant Health, classes for African Americans 618-1967
Brighter Beginning Teen Family Support 437-8950
CAL Works & Family Project, Paid Family Leave 800-880-8047
DREAMS, for women who suffered fetal or infant loss 667-4333
Healthy Families America, case management 667-3140
Mother To Baby California, information on toxins 866-626-6847
Nurse Family Partnership, for first time mothers 667-4311
Women's Health Promotion, African Americans 618-2080

SMOKING CESSATION - Ayuda para dejar de fumar

California Smokers' Helpline English 800-662-8887
Chinese 800-838-8917 Korean 800-556-5564
Spanish 800-456-6386 Vietnamese 800-778-8440

TEEN SERVICES - Servicios para adolescentes

Beyond Emancipation, Teens Timing Out 667-7694
Boys & Girls Club, Oakland 444-8211 Alameda 522-4900
California Youth Crisis Line 800-843-5200
Children's Hospital Teen Clinic, Oakland 428-3387
East Oakland Youth Development Center 569-8088
Independent Living Program 667-7696
Native American Health Center, Oakland 434-5421
Planned Parenthood Teen Success groups 300-3800 x3602
REACH Ashland Youth Center 481-4551
School-Based Health Centers, call to find location 268-1260
Tri-City Teen Clinic, Fremont 770-8131
Youth Employment Partnership 533-3447
Youth Uprising, leadership, arts, health and careers 777-9909

SCHOOL DISTRICT PROGRAMS FOR PARENTING TEENS – Programas de escuelas para padres adolescentes (CalSAFE)

Berkeley High School, Vera Casey Center (510) 644-6854 ext 2
Fruitvale Academy, Oakland 536-6086
Island High School, Alameda 748-4024 x114
Robertson High School, Fremont 657-9155 x49111
Tennyson High School, Hayward 723-3190 x63155
Village High School, Pleasanton 925-426-4260
W. P. Burke Academy, Hayward 785-9326