

# Community Information Handbook 2025



**COUNTY** OF **SAN MATEO**  
HUMAN SERVICES AGENCY

**Find Community Services in San Mateo County**

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Find community services in San Mateo County

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HUMAN SERVICES AGENCY

Welcome to the 2025 Community Information Handbook. It is my pleasure to present this resource guide to the residents of San Mateo County. This handbook serves as a valuable hard copy resource, while an interactive listing of services is available online at [www.smc-connect.org](http://www.smc-connect.org). In addition to the resources included in this handbook, you can find more information on nonprofit agencies, government programs, and community organizations. The easy-to-use web browser and search tool works on various platforms: desktops, tablets, and smartphones, and is accessible in multiple languages. I encourage you to take a few minutes to explore it for yourself.

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

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

**Claire Cunningham**

Agency Director

San Mateo County Human Services Agency

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

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

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# EMERGENCY / CRISIS INTERVENTION

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

**NON-EMERGENCY CALLS** for health and  
human service programs ..... 211

..... 800-273-6222

..... (TTY) 415-808-4300 or 711

www.211BayArea.org

211 is free, confidential and available 24 hours a day in  
more than 150 languages.

## 24-HOUR EMERGENCY NUMBERS

**Aging and Adult Services** ..... 800-675-TIES

..... 800-675-8437

..... (TTY) 711

Call this number to report suspected cases of elder and  
dependent adult abuse or neglect, or to request help for  
other issues.

**California Poison Control System** ..... 800-222-1222

**California Youth Crisis Line** ..... 800-843-5200

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

**Child Protective Services (CPS)** ..... 800-632-4615

..... 595-7922

Accepts reports about children age 17 or under who may  
be in danger due to abuse, abandonment or exploitation.

**Community Overcoming Relationship Abuse**

**(CORA)** ..... 800-300-1080

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

**Mills-Peninsula Health Services**

**Chemical Dependency Center**

Crisis Line ..... 696-5915

**National Human Trafficking Hotline** ..... 1-888-373-7888

..... Text BeFree (233733)

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

**Parent Support Line** ..... 888-220-7575

StarVista ..... 579-0359

**Psychiatric Emergency Services**

San Mateo Medical Center ..... 573-2662

Mills-Peninsula Health Services ..... 696-5915

**Rape Trauma Services (RTS)** ..... 692-RAPE

..... 692-7273

Provides 24 hour crisis counseling, advocacy and ac-  
companiment for survivors of sexual assault.

**StarVista Crisis Intervention and  
Suicide Prevention Center** ..... 800-273-TALK  
 ..... 800-273-8255  
 ..... .579-0350

## CORE SERVICE AGENCIES

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

### COASTSIDE:

**Coastside Hope** ..... 726-6414  
[www.coastsidehope.org](http://www.coastsidehope.org)  
 248 Main Street, Suite 200, Half Moon Bay 94019  
 Core Service Agency serving El Granada, Half Moon Bay, Miramar, Montara and Moss Beach.

**Puente de la Costa Sur** ..... 879-1691  
[www.mypuente.org](http://www.mypuente.org)  
 620 North St., Pescadero 94060  
 Core Service Agency serving La Honda, Loma Mar, Pescadero and San Gregorio.

### NORTH COUNTY:

**Daly City Community Service Center** ..... 991-8007  
[https://dcpartnership.org/  
 daly-city-community-service-center/](https://dcpartnership.org/daly-city-community-service-center/)  
 350 - 90th St., First Floor, Daly City 94015  
 Core Service Agency serving Broadmoor, Colma and Daly City.

**YMCA Community Resource Center** ..... 276-4101  
[www.ymcasf.org/community-resource-center-ymca](http://www.ymcasf.org/community-resource-center-ymca)  
 1486 Huntington Ave, Suite 100, South San Francisco 94080  
 Core Service Agency serving SSF, San Bruno and Brisbane.

**Pacifica Resource Center** ..... 738-7470  
[www.pacresourcecenter.org](http://www.pacresourcecenter.org)  
 1809 Palmetto Ave., Pacifica 94044  
 Core Service Agency serving Pacifica.

### CENTRAL COUNTY:

**Samaritan House** ..... 347-3648  
[www.samaritanhousesanmateo.org](http://www.samaritanhousesanmateo.org)  
 4031 Pacific Blvd. (at 42nd Ave.), San Mateo 94403  
 Core Service Agency serving Belmont, Burlingame, Foster City, Hillsborough, Millbrae, San Carlos and San Mateo.

### SOUTH COUNTY:

**Samaritan House South** ..... 294-4312  
[www.samaritanhousesanmateo.org](http://www.samaritanhousesanmateo.org)  
 2396 University Ave, East Palo Alto 94303  
 Core Service Agency serving East Palo Alto and Menlo Park.

**Fair Oaks Community Center** . . . . . 780-7500  
www.redwoodcity.org/departments/  
parks-recreation-and-community-services/  
do-you-need-help  
2600 Middlefield Rd., Redwood City 94063  
Core Service Agency serving Atherton, North Fair Oaks,  
Portola Valley, Redwood City, Redwood Shores and  
Woodside.

*FOR ASSISTANCE ANYWHERE IN THE COUNTY:*

**Salvation Army** . . . . . 368-4644  
Redwood City Corps Community Center  
660 Veterans Blvd, Redwood City 94063

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

**DISASTER RELIEF**

**American Red Cross, Bay Area Chapter** . . . . . 259-1750  
<https://www.redcross.org/local/california/northern-california-coastal/about-us/locations/bay-area.html>  
1710 Trousdale Dr., Burlingame 94010  
Emergency relief for victims of disasters, services to military personnel, health and safety training for the public.

**INMATE AND POST-RELEASE SUPPORT**

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

**Service League of San Mateo County** . . . . . 364-4664  
www.serviceleague.org  
727 Middlefield Rd., Redwood City 94063  
Provides a variety of services to inmates of the county jail, persons released from jail and their families.

**Service Connect** . . . . . 508-6745  
550 Quarry Road, San Carlos 94070  
Provides social services to help stabilize clients who have just been released from jail.

**VICTIM ASSISTANCE**

**Victim Services** . . . . . 599-7479  
400 County Center, DA's Office, 3rd Fl., Redwood City  
1050 Mission Rd., DA's Office, South San Francisco  
Provides general emergency and ongoing assistance for victims of violent crimes.

*For Emergency Shelter see Homeless Services*

*For Hospitals see Health*

**ANIMAL SERVICES**

**Peninsula Humane Society and SPCA** . . . . . 340-8200  
www.phs-sPCA.org  
Adoptions, Education, Wildlife, Administration  
1450 Rollins Rd., Burlingame 94010  
Lost/Found, Animal Intake, Spay/Neuter, Animal Control  
12 Airport Blvd., San Mateo 94401  
Educates the public about animal care and protection, offers classes in dog obedience, provides a



lost-and-found service for dogs and cats and a low-cost spay/neutering service.

### **San Mateo County Animal Licensing**

Pet Data, Inc. . . . . 866-925-5906

Licenses can be purchased locally at:

225-37th Avenue, Room 11 San Mateo 94403

1450 Rollins Rd. Burlingame 94010

12 Airport Blvd. San Mateo 94401

**Program Manager** . . . . . 573-3726

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

### **San Mateo County Mosquito & Vector Control District**

1351 Rollins Rd., Burlingame 94010 . . . . . 344-8592

[www.smcmvcd.org](http://www.smcmvcd.org)

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

## **CHILDREN, TEENS, YOUTH & FAMILIES**

### **ADOPTION**

**Adopt International** . . . . . 415-934-0300

[www.adoptinter.org](http://www.adoptinter.org)

1000 Brannan St., #301, San Francisco 94103

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

**Adoption Connection** . . . . . 415-359-2494

[www.adoptionconnection.org](http://www.adoptionconnection.org) . . . . . 800-972-9225

1710 Scott St., San Francisco 94115

### **San Mateo County Human Services Agency**

**Adoptions Unit** . . . . . 802-7615

[www.smcgov.org/hsa](http://www.smcgov.org/hsa)

1 Davis Drive, 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](http://www.sanmateocourt.org)

**Family Court Services** . . . . . 261-5080

400 County Center, 6th Fl., Redwood City 94063

Provides mediation related to custody and visitation issues in family court.

### **CHILD CARE REFERRALS AND HEAD START PROGRAMS**

**Child Care Coordinating Council (4Cs)** . . . . . 517-1460

[www.sanmateo4Cs.org](http://www.sanmateo4Cs.org)

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

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

### **Family Connections**

[www.familyconnections.org](http://www.familyconnections.org)

Administrative Office: 3460 W. Bayshore Rd, Suite 202,

Palo Alto 94303

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

**Izzi Early Education (formerly IHSD Inc.)**

[www.izziearlyed.org](http://www.izziearlyed.org)

155 Bovet Road, Suite 300, San Mateo 94402

Early Head Start .....368-1728 x5

Head Start ..... 578-3440

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

**Peninsula Family Service ..... 403-4300 x4775**

[www.peninsulafamilyservice.org](http://www.peninsulafamilyservice.org)

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

## CHILD SUPPORT

**San Mateo County Department of Child Support Services (DCSS)**

[www.smcgov.org/dcsc](http://www.smcgov.org/dcsc) ..... 866-901-3212

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

Handles problems and questions about the collection of child support from a non-custodial parent.

**San Mateo County Superior Court**

[www.sanmateocourt.org](http://www.sanmateocourt.org)

**Family Law Facilitators**

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

1050 Mission Rd., South San Francisco 94080

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

## CHILD / YOUTH ABUSE PREVENTION AND REPORTING

**San Mateo County Human Services Agency**

**Child Protective Services (CPS) ..... 802-7922**

.....800-632-4615

[hsa.smcgov.org/child-protective-services](http://hsa.smcgov.org/child-protective-services)

1 Davis Dr., Belmont 94002

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

**San Mateo County Human Trafficking Program**

Voice mail only ..... 802-4296

[www.stophumantraffickingsmc.org](http://www.stophumantraffickingsmc.org)

[stophumantrafficking@smcgov.org](mailto:stophumantrafficking@smcgov.org)

**Rape Trauma Services (RTS) ..... 652-0598**

[www.rapetraumaservices.org](http://www.rapetraumaservices.org)

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

## FOSTER CARE

**San Mateo County Human Services Agency**

**Children and Family Services**

[hsa.smcgov.org/foster-care-program](http://hsa.smcgov.org/foster-care-program)

1 Davis Dr., Belmont 94002

- Foster Care Eligibility** . . . . . 802-5103  
 400 Harbor Blvd, Bldg B, Belmont 94002  
 Dispenses payments to resource families, non-related guardians.
- Resource (Foster) Family Approval Unit** . . . . . 802-7636  
 Foster care/adoption/legal guardianship approval for San Mateo County.

## RESOURCES FOR PARENTS AND FAMILIES

### Children’s Integrative Resiliency Program

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

### Daly City Peninsula Partnership . . . . . 301-3300

#### Our Second Home Family Support Center

[www.dcpartnership.org](http://www.dcpartnership.org)

725 Price St., Daly City 94014

An early childhood family resource center.

### Edgewood Center for Children and Families

#### Kinship Support Services Program

[www.ikinship.org](http://www.ikinship.org) . . . . . 832-6711

170 South Spruce Ave., Suite #200, South San Francisco 94080

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

### Health Ambassador Program. . . . . 372-6136

[www.smchealth.org/HAP](http://www.smchealth.org/HAP)

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

### Multicultural Institute . . . . . 339-2794

Academic success mentorship program for third to fifth graders.

### Parent Project

[www.smchealth.org/ParentProject](http://www.smchealth.org/ParentProject)

An interactive 12-week course that teaches parenting skills to improve a parent’s/caregiver’s relationship with their child(ren). The class focuses on effective identification, prevention & early intervention strategies.

### Parent Support Line (StarVista) . . . . . 888-220-7575

. . . . . 579-0359

### San Mateo County Health –

#### Family Health Services . . . . . 573-2501

[www.smchealth.org/division-family-health-services](http://www.smchealth.org/division-family-health-services)

Resource Line. . . . . 888-840-0889

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

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

## **Women, Infants and Children Program (WIC)**

[www.smchealth.org/wic](http://www.smchealth.org/wic) . . . . . 573-2168

Breastfeeding Helpline . . . . . 800-205-0333

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

## **TEEN AND PRETEEN WEB SITES**

### **Palo Alto Medical Foundation (PAMF)**

[www.pamf.org/teen](http://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](http://www.pamf.org/preteen)

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

## **YOUTH DEVELOPMENT AND MENTORING**

### **American Red Cross, Bay Area Chapter . . . . . 259-1750**

<https://www.redcross.org/local/california/northern-california-coastal/about-us/locations/bay-area.html>

1663 Market St., San Francisco 94103

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

### **Big Brothers-Big Sisters of the Bay Area**

[www.bbbsba.org](http://www.bbbsba.org) . . . . . 415-503-4050

1230 Preservation Park Way, Oakland 94612

For age 6-16.

### **Boy Scouts of America . . . . . 341-5633**

[www.pacsky.org](http://www.pacsky.org)

1150 Chess Dr., Foster City 94404

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

### **Boys and Girls Clubs**

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

#### *COASTSIDE:*

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

**Middle School Club - Cunha Campus**

[www.bgc-coastside.org](http://www.bgc-coastside.org)

600 Church St., Half Moon Bay 94019

#### *NORTH COUNTY:*

**Boys and Girls Clubs of the Peninsula**

**Daly City . . . . . 777-9083**

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

450 Martin St., Daly City 94014

**Ingrid B. Lacy Middle School Club . . . . . 359-6118**

[www.theclubs.org](http://www.theclubs.org)

1427 Palmetto Ave., Pacifica 94044

**Paradise Valley Club . . . . . 583-2348**

[www.theclubs.org](http://www.theclubs.org)

291 Hillside Blvd., South San Francisco 94080

**South San Francisco Club . . . . . 589-7090**

[www.theclubs.org](http://www.theclubs.org)

201 W. Orange Ave., South San Francisco 94080

**Sunshine Gardens Elementary Club** .....804-4391  
 www.theclubs.org  
 1200 Miller Ave., South San Francisco 94080  
**Yosemite Drive Clubhouse** ..... 355-1334  
 www.theclubs.org  
 955 Yosemite Dr., Pacifica 94044

**SOUTH COUNTY:**

**Boys and Girls Club - Peninsula** ..... 646-6132  
**McNeil Family Clubhouse.** .....646-6066  
 401 Pierce Rd., Menlo Park 94025  
**Mervin G. Morris Branch** ..... 587-9370  
 1109 Hilton St., Redwood City 94063  
**Moldaw-Zaffaroni Clubhouse** .....646-6086  
 2031 Pulgas Ave., East Palo Alto 94303  
**Center for a New Generation** ..... www.bgcp.org  
**Belle Haven Community School** ..... 561-3135  
 415 Ivy Dr., Menlo Park 94025  
**James Flood Magnet School** ..... 847-1600  
 2037 Pulgas Avenue, East Palo Alto 94303  
**Hoover Community School** ..... 482-5925 x313  
 701 Charter St., Redwood City 94063  
**Taft Community School** .....556-1651 x10  
 903 - 10th Ave., Redwood City 94063

**Boys Hope Girls Hope** ..... 415-657-9302  
 www.bhghsf.org  
 A residential program providing academically capable children in need with a stable home, growth opportunities, positive parenting, and a solid education. Also offers a community-based program for girls.

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

**Edgewood**

**Drop-in Centers: North and South**  
 Program is a peer led safe space providing free resources and basic needs for 18-25 year olds. Open M-F from 3 pm to 8 pm.  
**Drop in Center: North** ..... 832-6797  
 931 W. San Bruno Avenue, Suite 2, San Bruno 94066  
**Drop in Center: South** ..... 517-8211  
 604 Price Avenue, Suite A, Redwood City 94603

**Explorers’ Program** ..... 363-4012  
 Search-and-rescue or law enforcement training programs for youth age 14-20. Sponsored by the San Mateo County Sheriff’s Office and Learning for Life.

**Fresh Lifelines for Youth (FLY)** .....408-263-2630  
 www.flyprogram.org  
 568 Valley Way, Milpitas 95035  
 Prevents juvenile crime and incarceration through legal education, mentoring and leadership training.

- Friends for Youth** .....368-4444  
 www.friendsforyouth.org  
 3460 W Bayshore Rd, Suite 203, Palo Alto 94303  
 Matches troubled teens age 10-17 with adult volunteers recruited from the community for the purpose of forming one-to-one relationships.
- Girl Scouts** .....800-447-4475  
 www.girlscoutsnorcal.org ..... 408-287-4170  
 1310 S. Bascom Avenue, San Jose 95128  
 For girls age 5-17.
- Hope Horizon East Palo Alto** ..... 327-1139  
 1001 Beech Street, East Palo Alto 94303  
 Provides academic support (KidSmart for grades 1-5), spiritual mentoring, and life skills to youth in elementary, middle school, and high school.
- Lauren’s House 4 Positive Change Inc** .....630-0222  
 994 Beech Street, East Palo Alto 94303  
 www.laurenshouse.org  
 monique@laurenshouse.org  
 Lauren’s House is a small nonprofit in East Palo Alto that provides free academic and emotional support to at-risk children, youth and their families.
- Peninsula Jewish Community Center (PJCC)** .... 212-PJCC  
 www.pjcc.org .....(212-7522)  
 800 Foster City Blvd., Foster City 94404  
 Recreational, social, cultural and educational activities for all ages, faiths and backgrounds.
- StarVista Youth Development Initiative (YDI)** .... 591-9623  
 www.star-vista.org/YDI  
 800 South Claremont St., Suite 108, San Mateo 94402  
 Promotes, champions and sustains the youth asset development model in San Mateo County
- University of California Cooperative Extension**  
 www.ca4h.org ..... 726-9059  
 80 Stone Pine Rd., #100, Half Moon Bay 94019  
 Sponsors 4-H Clubs.
- Youth Health Ambassador Program** ..... 554-1257  
 https://star-vista.org/programs/hap-y/  
 kassandra.chavez@star-vista.org  
 Trains youth in common challenges in mental wellness, signs and risks of suicide, suicide prevention, and how to access mental health services.
- Youth Service Bureaus of YMCA** ..... 877-8642  
 1486 Huntington Ave, Suite 100, South San Francisco 94080
- YMCA of San Francisco** ..... 286-9622  
**Peninsula Family YMCA.** .... www.ymcasf.org/peninsula  
 1877 S. Grant St., San Mateo 94402
- YMCA of Silicon Valley** ..... www.ymcasv.org  
**East Palo Alto Family YMCA** .....328-9622  
 550 Bell St., East Palo Alto 94303  
**Sequoia Branch** ..... 368-4168  
 1445 Hudson St., Redwood City 94061

## OTHER SERVICES

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

## DISABILITY SERVICES

- Abilities United** ..... 494-0550  
www.abilitiesunited.org  
525 E. Charleston Rd., Palo Alto 94306  
A multifaceted agency with various programs serving infants, children and adults who are developmentally disabled.
- AbilityPath** ..... (Voice / TTY) 259-8500  
www.abilitypath.org  
875 Stanton Road, Burlingame 94010  
Provides vocational training and day activity programs for adults with developmental disabilities, and early intervention services for infants age 3 or under.
- Achievekids** ..... 494-1200  
www.achievekids.org  
3860 Middlefield Rd., Palo Alto 94303  
A year-round day treatment and special education program for children and adolescents with emotional, behavioral, developmental or learning disabilities.
- Arc of San Francisco** ..... 756-1304  
www.thearcsf.org  
6644 Mission St., Suite A, Daly City 94014  
Offers programs for the developmentally disabled on community living skills, employment, independent living, recreation and the arts, and senior services.
- B.O.K. Ranch** ..... 366-2265  
www.bokranch.org  
1815 Cordilleras Rd., Redwood City 94062  
Therapeutic horseback riding for children and adults with physical or developmental disabilities.
- Deaf and Disabled Telecommunications Program (DDTP)** ..... 800-806-1191  
www.ddtp.org ..... (TTY) 800-806-4474  
Provides a statewide relay system between those who have and those who don't have TTY.
- California Children's Services** ..... 616-2500  
801 Gateway Blvd., Suite 400, South San Francisco 94080  
A tax supported statewide program that helps children and young adults up 21 years old who have certain medical conditions.
- California State Department of Rehabilitation**  
www.dor.ca.gov or www.db101.org  
801 Traeger Ave., #105, San Bruno 94066 ... 737-2606  
1065 E. Hillsdale Blvd., #403, Foster City 94404  
..... 358-4180  
800 Menlo Ave., #122, Menlo Park 94025 ... 688-6380  
Provides the counseling, testing and training necessary

for physically or mentally disabled persons to become competitively employed.

**Canine Companions for Independence (CCI)**

www.cci.org ..... 800-572-2275  
..... (TTY) 707-577-1756

Trains specially-bred dogs to assist people with disabilities to live more independent lives.

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

www.cidsanmateo.org ..... 645-1780  
..... (TTY) 522-9313

2001 Winward Way, Suite 103, San Mateo 94404

1590 El Camino Real, Suite C, San Bruno 94066

..... 589-8994

Provides a variety of services to enable disabled and frail elderly people to lead independent lives.

**Children's Health Council** ..... (Voice / TTY) 326-5530

www.chconline.org

650 Clark Way, Palo Alto 94304

A multidisciplinary diagnostic and treatment center for children with emotional problems, learning disabilities or other neurologic problems.

**Family Resource Center at Community Gatepath** 259-8544

1764 Marco Polo Way, Burlingame 94010

Provides support groups, parent mentors, resource library, warm line support, community outreach, IEP training, bilingual support and parent workshops.

**Family Housing and Adult Resources (FHAR)** . . . . 403-0403

www.fhar.org

20 E. 20th Ave., San Mateo 94403

Provides residential housing and training for individuals with developmental disabilities such as cerebral palsy, epilepsy or autism.

**Golden Gate Regional Center (GGRC)**

www.ggrc.org ..... 574-9232

3130 La Selva St., #202, San Mateo 94403

Provides diagnosis, counseling, and assistance in 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.com ..... 415-499-4000

Guide dogs and training for blind persons age 16 or over.

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

www.hearingspeech.org ..... (TTY) 415-921-8990

1234 Divisadero St., San Francisco 94115

Information/services on hearing, hearing loss, hearing conservation, deafness. Loan of hearing aids.

**Hearing Loss Association of America** . . . . . 593-6760

www.hearinglossca.org/chapters/peninsula-chapter

Educational and emotional support group for hearing-impaired persons.

**HOPE Services** . . . . . 408-284-2850

www.hopeservices.org

30 Las Colinas Ln., San Jose 95119



Provides a variety of services for persons with developmental disabilities.

**Kainos Home and Training Center** ..... 363-2423

[www.kainosusa.org](http://www.kainosusa.org)

3631 Jefferson Ave., Redwood City 94062

Maintains licensed residential homes and a work training program for developmentally disabled adults.

**National Center for Equine Facilitated Therapy (NCEFT)**

[www.nceft.org](http://www.nceft.org) ..... 851-2271

880 Runnymede Rd., Woodside 94062

Uses the movement of the horse to provide physical and occupational therapy for children and adults affected by neuromuscular disorders.

**Parca** ..... 312-0730

[www.parca.org](http://www.parca.org)

800 Airport Blvd., #320, Burlingame 94010

Serves as an advocate to persons with developmental disabilities and provides various recreational, social and support activities, residential facilities.

**San Mateo County Health – Aging and Adult**

**Services** ..... 800-675-TIES

[www.smchealth.org/aas](http://www.smchealth.org/aas) ..... 800-675-8437

..... (TTY) 711

225 - 37th Ave., San Mateo 94403

Provides a continuum of services for frail, older adults or adults with chronically disabling illnesses.

**San Mateo County Human Services Agency Vocational**

**Rehabilitation Services (VRS)** ..... 802-6450

[hsa.smcgov.org/vocational-rehabilitation-services](http://hsa.smcgov.org/vocational-rehabilitation-services)

550 Quarry Rd., San Carlos 94070

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

**San Mateo County Office of Education**

Special Education Services ..... 802-5460

<https://www.smcoe.org/> ..... (TTY) 802-5480

101 Twin Dolphin Dr., Redwood City 94065

Determines questions of compliance involving special education issues.

**Vista Center** ..... 858-0202

[www.vistacenter.org](http://www.vistacenter.org)

2470 El Camino Real, #107, Palo Alto 94306

Social services, training in daily living skills, mobility training, support groups, computer classes, a low-vision clinic, store, youth group and Braille classes for the visually impaired. Also provides volunteers to assist clients.

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

*See also Children, Teens, Youth and Families*

# EDUCATION

## ADULT SCHOOLS

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

### **Jefferson Union High School District**

**Adult Education Division** ..... 550-7890

[www.jeffersonadulthood.net](http://www.jeffersonadulthood.net)

699 Serramonte Blvd., #111, Daly City 94015

### **San Mateo Union High School District**

**Adult and Community Education** ..... 558-2100

[smuhds.org/smas](http://smuhds.org/smas)

789 E. Poplar Ave., San Mateo 94401

### **Sequoia Union High School District**

**Sequoia Adult School** ..... 306-8866

[www.seqsas.org/](http://www.seqsas.org/)

3247 Middlefield Rd., Menlo Park 94025

### **South San Francisco Unified School District**

**Adult Education Program** ..... 877-8844

[www.ssfusd.org](http://www.ssfusd.org)

825 Southwood Dr., South San Francisco 94080

## COLLEGES

### **COMMUNITY COLLEGES**

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

**Cañada College** ..... 306-3100

[www.canadacollege.edu](http://www.canadacollege.edu)

4200 Farm Hill Blvd., Redwood City 94061

**College of San Mateo** ..... 574-6161

[www.collegeofsanmateo.edu](http://www.collegeofsanmateo.edu)

1700 W. Hillsdale Blvd., San Mateo 94402

**Skyline College** ..... 738-4100

[www.skylinecollege.edu](http://www.skylinecollege.edu)

3300 College Dr., San Bruno 94066

### **PRIVATE COLLEGES**

**Menlo College** ..... 800-55-MENLO

[www.menlo.edu](http://www.menlo.edu) ..... (800-556-3656)

1000 El Camino Real, Atherton 94027

**Notre Dame de Namur University** ..... 508-3500

[www.ndnu.edu](http://www.ndnu.edu)

1500 Ralston Ave., Belmont 94002

## ELEMENTARY AND SECONDARY SCHOOLS

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

**San Mateo County Office of Education**

<https://www.smcoe.org/> ..... 802-5300  
101 Twin Dolphin Dr., Redwood City 94065  
Administers the county schools programs and acts as liaison between the state and the school districts. Web site includes a public schools directory.

**LITERACY PROGRAMS**

**PROJECT READ PROGRAMS**

**Project Read North San Mateo County**

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

**Redwood City Project Read** ..... 780-7077

[www.projectreadredwoodcity.org](http://www.projectreadredwoodcity.org)  
1044 Middlefield Rd., 2nd Floor, Redwood City 94063  
Offers an intergenerational literacy program for adults and youth seeking to improve literacy skills.

**San Mateo Project Read** ..... 522-7848

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

**SAN MATEO COUNTY READS PROGRAMS**

**[www.smcl.org/content/adult-literacy](http://www.smcl.org/content/adult-literacy)**

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

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

**EMPLOYMENT AND TRAINING**

**EMPLOYMENT DISCRIMINATION**

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

2218 Kausen Dr., #100, Elk Grove 95758  
[www.dfeh.ca.gov](http://www.dfeh.ca.gov) ..... (TTY) 800-700-2320  
Investigates complaints of discrimination and harassment in employment, housing and public accommodation, and threats or acts of hate violence.

**Equal Employment Opportunity Commission (EEOC)** ..... 866-408-8075

[www.eeoc.gov](http://www.eeoc.gov) ..... 415-625-5600  
350 The Embarcadero, #500, San Francisco 94105  
Investigates charges of employment discrimination based on race, color, religion, sex, disability, national origin or age. Walk-ins accepted Tue., Wed. and Thu. 8:30 am–3

pm.

**Equal Rights Advocates** ..... 800-839-4372  
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  
180 Montgomery St., San Francisco 94104  
Information, advocacy, counseling and legal services primarily to low-income individuals.

## JOB TRAINING, PLACEMENT AND DEVELOPMENT

**Apprenticeship Standards Division**  
www.dir.ca.gov ..... 408-277-1273  
100 Paseo de San Antonio, R-125, San Jose 95113  
Organizes apprenticeship programs, works with schools to set up vocational trade classes and offers consultation to employers.

**California Conservation Corps (CCC)**  
www.ccc.ca.gov ..... 916-341-3100  
Offers training and employment to state residents age 18-23 in a variety of locations throughout California.

**California State Department of Rehabilitation**  
www.dor.ca.gov  
801 Traeger Ave., #105, San Bruno 94066  
..... (Voice / TTY) 737-2606  
1065 E. Hillsdale Blvd., #403, Foster City 94404  
..... (Voice / TTY) 358-4180  
800 Menlo Ave., #122, Menlo Park 94025  
..... (Voice / TTY) 688-6380  
Provides the counseling, testing and training necessary for physically or mentally disabled persons to become competitively employed.

**Goodwill Industries** ..... 415-575-2101  
www.sfgoodwill.org  
Vocational rehabilitation for disabled and disadvantaged adults.

**Job Corps** ..... 800-733-JOBS  
www.jobcorps.gov ..... (800-733-5627)  
Career development, job training and placement at various sites nationwide. High school diploma / GED classes. For age 16-24.

**Jobs for Youth** ..... 599-7215  
jobsforyouth.org  
455 County Center, 5th floor, Redwood City 94063  
Finds employment for young people age 14–21.

**JobTrain**  
www.jobtrainworks.org  
366 Grand Ave, South San Francisco 94080  
..... 829-4652  
1200 O'Brien Dr., Menlo Park 94025

- ..... 330-6429  
Provides job training to economically disadvantaged, unemployed, or underemployed adults and youth.
- Day Worker Program, North Fair Oaks**
- Multicultural Institute** ..... 339-2794  
www.mionline.org  
Multiservice day laborer program and aids contractors and homeowners in finding day laborers through a phone or online reservation system.
- Next Step Center** ..... 566-0240  
795 Willow Rd., Bldg. 348, Menlo Park 94025  
Comprehensive vocational and employment services for veterans.
- One East Palo Alto (OEPA)** ..... 980-1809  
www.1epa.org  
1195 Hamilton Court, Menlo Park 94025  
(Facebook Willow Campus/MPK 45)  
One East Palo Alto (OEPA) Neighborhood Improvement Initiative offers youth-focused services such as the Sponsored Employment Program (SEP) that provides part-time summer jobs with mentoring and community connectedness opportunities for East Palo Alto young people at highest risk, ages 14-24.
- Peninsula Family Service**
- Second Career Services** ..... 403-4300 x4385  
www.peninsulafamilyservice.org  
24 - 2nd Ave., San Mateo 94401  
Paid one-on-one job match-ups and paid internships for persons age 55 or over. Must meet income requirements for training.
- NOVA Workforce Development** ..... 408-730-7232  
www.novaworks.org  
Offers comprehensive employment services for job seekers, youth and employers.
- Phase2Careers** ..... www.phase2careers.org  
Assist older adults in the Bay Area find new career opportunities through job search and career development workshops; employment roundtables; job search panels; networking and recruitment events; and special presentations.
- Renaissance Entrepreneurship Center** ..... 829-6429  
www.rencenter.org  
366 Grand Ave., South San Francisco 94080  
Provides support to those looking to start and grow a business or an idea.
- Samaritan House Worker Resource Center**  
www.samaritanhousesanmateo.org ..... 344-1651  
400 E. 5th Ave., San Mateo 94401  
Provides a meeting place for day workers and employers. Any worker who is a resident of San Mateo can use the services Mon.–Fri., 7 am–3 pm; Sat., 7 am–1 pm, Sun., 7 am–12 noon.
- San Mateo County Human Resources**
- Department** ..... 363-4343  
www.smcgov.org ..... (TTY) 368-7807  
455 County Center, 5th Floor, Redwood City 94063

Handles employee classification, benefits, training and public safety issues for the county.

**San Mateo County Human Services Agency**

**Vocational Rehabilitation Services (VRS)** . . . . . 802-6450

[hsa.smcgov.org/vocational-rehabilitation-services](http://hsa.smcgov.org/vocational-rehabilitation-services)

550 Quarry Rd., San Carlos 94070

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

**United Indian Nations** . . . . . 510-352-4510

1436 Clarke St., Suite B, San Leandro 94577

Provides employment counseling, job placement and training primarily for unemployed, underemployed or low-income American Indian or Alaskan Native adults.

## UNEMPLOYMENT BENEFITS

**Employment Development Department (EDD)**

[www.edd.ca.gov](http://www.edd.ca.gov)

*See also Legal and Mediation Services*

## ENERGY PROGRAMS

**Bay Area Regional Energy Network**

**BayREN Home+** . . . . . 866-878-6008

[www.BayRENresidential.org](http://www.BayRENresidential.org)

Rebates and assistance for energy efficiency and electrification. Rising Sun Green House Calls with free kit of energy and water saving tools.

**Bay Area Regional Energy Network/**

**Rising Sun Center for Opportunity**

**Green House Calls** . . . . . [risingsunopp.org/programs/ghc/](http://risingsunopp.org/programs/ghc/)

Offers personalized energy audit report and a no-cost kit containing energy and water saving measures to homeowners.

**Bay Area Regional Energy Network/**

**San Mateo County Energy Watch**

**Home Energy & Water Saving Toolkit Program**

[smcenergywatch.org/homes/home-energy-water-toolkit/](http://smcenergywatch.org/homes/home-energy-water-toolkit/)

Free kit with energy & water saving tools and resources which can be borrowed from the libraries in San Mateo County.

**Central Coast Energy Services.** . . . . [www.energyservices.org](http://www.energyservices.org)

**Low Income Home Energy Assistance Program (LIHEAP)**

Utility payment assistance & home weatherization for low-income renters and homeowners.

**PSPS: Back-up Battery Program**

Provides back up batteries, hotel vouchers, transportation vouchers to residents affected by Public Safety Power Shut-offs, CARE and Medical Baseline Customers.

**El Concilio of San Mateo County and PG&E**

**Energy Savings Assistance Program**

<https://www.pge.com/en/save-energy-and-money/energy-saving-programs.html>

Provides income-qualified residents with energy-saving improvements at no charge.

**GRID Alternatives Bay Area** . . . . . [www.gridsolar.org/](http://www.gridsolar.org/)

**NO-Cost Solar for Homeowners**

No-cost solar installation and Electric Vehicle upsizing for homeowners with low income in East Palo Alto, Menlo Park, South San Francisco.

**Office of Sustainability** . . . . . 888-442-2666

[sustainability@smcgov.org](mailto:sustainability@smcgov.org)

455 County Center, 4th Floor, Redwood City 94063

The Office of Sustainability has programs to help the county both fight and prepare for climate change; ensure clean energy, water and air; conserve resources for future generations through waste reduction; and support livable communities with affordable housing and infrastructure for biking, walking and public transit.

**Peninsula Clean Energy, with Peninsula Family Service**

**DriveForward**

[www.peninsulacleanenergy.com/driveforwardelectric/](http://www.peninsulacleanenergy.com/driveforwardelectric/)

Used Electric Vehicle Subsidies and Affordable Car Loans for low-income residents.

**Peninsula Clean Energy, with Senior Coastsiders and Puente**

**Portable Back-Up Batteries for Medical Devices**

[www.peninsulacleanenergy.com/pop-medical/](http://www.peninsulacleanenergy.com/pop-medical/)

Offers portable backup batteries for medical devices.

Eligibility: Renter AND eligible for Medical Baseline AND live in a high fire threat area or was impacted by two or more PSPS events.

**Peninsula Clean Energy, offering access to CPUC**

**Self-Generation Incentive Program**

[www.peninsulacleanenergy.com/pop-homeowner/](http://www.peninsulacleanenergy.com/pop-homeowner/)

Free backup battery installation and option to lease solar system. Eligibility: Single-family homeowner AND Eligible for Medical Baseline AND live in a high fire threat area or was impacted by two or more PSPS events.

**SunWork** . . . . . [www.Sunwork.org](http://www.Sunwork.org)

Solar installation using volunteers, for residents with low energy bills.

## FINANCIAL ASSISTANCE

### CONSUMER EDUCATION

**Consumer Credit Counseling Service**

[www.cccssf.org](http://www.cccssf.org) . . . . . 800-777-PLAN

. . . . . 800-777-7526

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

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

**Accion Opportunity Fund** . . . . . 408-297-0204  
<https://aofund.org/>  
111 W. St. John Street, #800, San Jose 95113  
Offers the Individual Development Account (IDA) savings program and the Small Business Loans program which makes loans to low-income entrepreneurs who cannot qualify for a traditional bank loan.

**Peninsula Family Service Financial Empowerment Services**  
[www.peninsulafamilyservice.org](http://www.peninsulafamilyservice.org) . . . . . 403-4300 x4105  
24 Second Ave., San Mateo 94401  
Helps low-income individuals maintain self-sufficiency by providing financial management workshops.

## LOAN PROGRAMS

### **Peninsula Family Service**

#### **DriveForward Vehicle Loan Program**

[www.peninsulafamilyservice.org](http://www.peninsulafamilyservice.org) . . . . . 403-4300 x4415  
24 Second Ave., San Mateo 94401  
Helps low-income individuals maintain self-sufficiency by providing small loans for automobile purchases.

## PUBLIC ASSISTANCE

### **CalWORKS** (California Work Opportunity and Responsibility to Kids)

Provides temporary cash assistance and employment services to help families achieve self-sufficiency. See HSA offices below or call 800-223-8383.

### **Cash Assistance Program for Immigrants (CAPI)**

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

### **CalFresh** (formerly the Food Stamp Program)

Provides electronic benefits (similar to a debit card) for eligible low-income households. CalFresh benefits can be used to buy food at most grocery stores, many neighborhood stores and participating farmer's markets. Apply for CalFresh online at [benefitscal.com](http://benefitscal.com) or see HSA offices below.

### **General Assistance (GA)**

Provides short-term financial assistance and supportive services to all eligible, low-income adults without children residing in San Mateo County who are unemployed or unable to work. See HSA offices below or call 800-223-8383.

**HSA Service Center** . . . . . 800-223-8383  
<https://www.smcgov.org/hsa>

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

### **Human Services Agency Regional Offices**

[www.smcgov.org/hsa/contact-us](http://www.smcgov.org/hsa/contact-us)

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

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

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



San Mateo

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

**Southern region:** Atherton, East Palo Alto, Menlo Park,

Pescadero, Portola Valley, Redwood City, Woodside

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

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

## SOCIAL SECURITY BENEFITS

### Social Security Administration

..... (TTY) 800-325-0778

[www.ssa.gov](http://www.ssa.gov)..... 800-772-1213

800 S. Claremont St., #101, San Mateo 94402

355 Gellert Blvd., #201, Daly City 94015

601 Allerton St., 2nd Fl., Redwood City 94063

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

*For Unemployment Benefits see Employment and Training*

## OTHER SERVICES

### Breast Cancer Emergency Fund

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

1511 S. Claremont Street, San Mateo 94402

Provides emergency financial assistance to low-income men and women in San Francisco, San Mateo and Santa Clara counties in treatment for breast cancer.

### Community Financial Resources (CFR)

[www.communityfinancialresources.net](http://www.communityfinancialresources.net)

771 Euclid Ave., Berkeley 94708..... 510-559-8638

Connects people with low-cost financial services. Users load their own money onto a CFR prepaid debit card or set up free direct deposit.

## FOOD PROGRAMS

### Food Assistance Program (CalFresh) . . . . . 800-223-8383

CalFresh benefits can be used to buy food at all major grocery stores, many neighborhood stores and participating farmers markets. Apply in-person through Human Services Agency regional offices listed on page 17 or on-line at [benefitscal.com](http://benefitscal.com).

### Second Harvest of Silicon Valley Food Connection

**Hotline.**..... 800-984-3663

[www.shfb.org/getfood](http://www.shfb.org/getfood)

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

## CONGREGATE MEAL SITES

- Bread of Life** ..... 326-9796  
1852 Bay Rd., East Palo Alto 94303  
Free meal Tue.-Thur., 5-6 pm.
- Catholic Worker Hospitality House** ..... 827-0706  
555 West San Bruno Ave., San Bruno 94066  
Breakfast Tue.-Fri., 7-9 am.
- Ecumenical Hunger Program** ..... 323-7781  
[www.ehpcares.org](http://www.ehpcares.org)  
At St. Francis of Assisi Church  
1425 Bay Rd., East Palo Alto 94303  
Provides meals Monday, Wed. thru Friday. 10 am–noon  
and 2:30–4:30 pm.
- No Strings Attached Breakfast Senior Coastsiders**  
[www.seniorcoastsiders.org](http://www.seniorcoastsiders.org) ..... 726-9056  
925 Main St., Half Moon Bay 94019  
Breakfast every Saturday.
- North Peninsula Food Pantry and Dining Center of Daly City** ..... 994-5150  
31 Bepler St., Daly City 94014  
Serves hot meals Mon., Tue. and Thu., 5–6 pm.
- Salvation Army** ..... 368-4644  
Redwood City Corps Community Center  
660 Veterans Blvd, Redwood City 94063
- Samaritan House Kitchen** ..... 347-3648  
[www.samaritanhousesanmateo.org](http://www.samaritanhousesanmateo.org)  
4031 Pacific Blvd., San Mateo 94403  
Lunches available Sat. and Sun. 12 noon–1 pm. in the parking lot.  
Masonic Hall, 100 N. Ellsworth Ave., San Mateo  
Serves hot dinners Mon.–Fri., 4:30–6 pm.
- St. Anthony's Padua Dining Room** ..... 365-9665  
3500 Middlefield Rd., Menlo Park 94025  
Provides meals Mon.–Sat., 11 am–1 pm.
- St. Vincent de Paul Society**  
[www.svdpsm.org](http://www.svdpsm.org)  
50 N. B St., San Mateo 94401 ..... 343-9251  
Mon.-Fri., 9:45–11:45 am
- Café St. Vincent** ..... 589-9039  
421 4th Lane, South San Francisco 94080  
Mon-Fri, 10am–Noon, Sat from 10am–11am; Food only on Sat. Entrance at rear of building.
- Street Life Ministries** ..... 395-8114  
[streetlifeministries.org](http://streetlifeministries.org)  
Serves meals on Mon and Wed, 7:30 to 9 pm, 1300 Middlefield Road, Redwood City  
Serves meals on Tues and Thurs, 7:30 to 9 pm, 1120 Merrill Street, Menlo Park
- Women, Infants and Children Program (WIC)**  
[www.smchealth.org/wic](http://www.smchealth.org/wic) ..... 573-2168  
Breastfeeding Helpline ..... 800-205-0333  
Offers nutrition education and supplemental foods to families with limited incomes and children age 0-5 at clinics throughout the county.

See also *Children, Teens, Youth and Families*

## EMERGENCY FOOD PROVIDERS

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

**CALL Primrose – Drop In Food Pantry** ..... 342-CALL  
www.callprimrose.org ..... 342-2255  
139 Primrose Rd., Burlingame 94010  
Open Mon.–Fri., 9 am–2:45 pm.

**Catholic Worker House** ..... 366-4415  
545 Cassia St., Redwood City 94063  
Food is distributed Fridays at 11:30 am.

**Downtown Food Closet** ..... 408-899-7350  
<https://www.streetsteam.org/paloalto>  
All Saints Church, 425 Hamilton Ave., Palo Alto 94301  
Offers canned goods, fresh produce, dairy products and bread to low-income residents of Palo Alto, East Palo Alto, and Menlo Park. Mon.–Fri., 10 am–2:30 pm, Sat., 9 am–1 pm.

**Ecumenical Hunger Program** ..... 323-7781  
www.ehpcares.org  
2411 Pulgas Ave., East Palo Alto 94303  
Emergency Food Box distributed Mon., Wed., Thurs. and Fri. 10 am–2 pm, (closed Tues.). Serves East Palo Alto, Menlo Park, and Palo Alto.

**Grace Covenant Church** ..... 589-6797  
www.gracecovssf.com  
740 Del Monte Ave., South San Francisco 94080  
Distributes bags of food to those in need twice a month and hosts a monthly luncheon for seniors.

**North Peninsula Food Pantry and Dining Center of Daly City** ..... 994-5150  
31 Bepler St., Daly City 94014  
Distributes food boxes throughout the northern peninsula.

**Samaritan House** ..... 347-3648  
www.samaritanhousesanmateo.org  
4031 Pacific Blvd., San Mateo 94403  
Provides access to onsite emergency food pantry. Mon.–Fri., 9 am–12 noon and 1–4 pm.  
Dining Room Mon.–Fri. 4:30–6 pm; Mobile Meals Mon.–Fri. 1–4 pm.

**Second Harvest of Silicon Valley Food Connection Hotline** ..... 800-984-3663  
www.shfb.org/getfood  
Multi-lingual referrals to free grocery distributions, pantries and congregate meals. CalFresh application assistance by phone or at community locations throughout. Mon.–Fri., 8 am–5 pm.

**St. Francis Center** ..... 365-7829  
www.stfrancisrwc.org  
151 Buckingham Ave., Redwood City 94063  
Provides up to five days of food for needy families in Redwood City or Menlo Park.

## MEALS ON WHEELS

Will deliver a hot meal to the home of persons age 60 or over or homebound who are unable to prepare their own meals. For information about the program and financial contributions, or to order Meals on Wheels, call:

|                                       |          |
|---------------------------------------|----------|
| Daly City to East Palo Alto . . . . . | 323-2022 |
| Coastside . . . . .                   | 726-9056 |
| Pacifica . . . . .                    | 738-7350 |

*See also Homeless Services*

*For Senior Dining Centers see Senior Services*

## HEALTH

### FAMILY PLANNING SERVICES AND INFORMATION

**Alpha Pregnancy Center** . . . . . 415-584-6800  
[www.alphapc.org](http://www.alphapc.org)

5070 Mission St., San Francisco 94112

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

**East Palo Alto Teen Home** . . . . . 324-8487  
2265 Oakwood Dr., East Palo Alto 94303

A residence for teenage mothers age 12-17.

**First Resort** . . . . . 261-9115  
801 Brewster Ave., #210, Redwood City 94063

Provides support and assistance to women experiencing a crisis pregnancy.

**Health Connected** . . . . . 367-1937  
[health-connected.org](http://health-connected.org)

120 James Ave., Redwood City 94062

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

#### **Planned Parenthood**

[www.ppmarmonte.org](http://www.ppmarmonte.org)

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

**San Mateo Health Center** . . . . . 877-855-7526  
29 Baywood Ave., San Mateo 94402

**Redwood City Health Center** . . . . . 877-855-7526  
2907 El Camino Real, Redwood City 94061

**South San Francisco Health Center** . . . . . 877-855-7526  
435 Grand Ave., South San Francisco 94080

#### **San Mateo County Health – Family Health Services**

[www.smchealth.org/division-family-health-services](http://www.smchealth.org/division-family-health-services)

Resource Line . . . . . 888-840-0889  
2000 Alameda de las Pulgas, #230, San Mateo 94403

**Healthy Families San Mateo County (HFSM)** . . 573-2501

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

**Nurse-Family Partnership (NFP) program . . . . 573-2051**

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

**Pediatric Home Visiting Program . . . . . 573-2501**

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

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

**Prenatal Advantage Black Infant Health**

**Program . . . . . 363-7850**

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

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

## HEALTH AND DENTAL CLINICS

**Arbor Free Clinic**

[arbor.stanford.edu](http://arbor.stanford.edu)

114 Fifth Ave, Redwood City 94063

Sundays . . . . . 493-5000 x22222

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

**Bay Area Addiction Research and Treatment (BAART)**

Methodone Clinic . . . . . 324-1470

[www.baartprograms.com](http://www.baartprograms.com)

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

**Felton Institute . . . . . 458-0026**

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

1108 S. El Camino Real, San Mateo 94402

The Felton (re)MIND® early psychosis program and BEAM early bipolar disorder program deliver comprehensive treatment grounded in wellness, recovery and resilience to people experiencing early signs and symptoms of a psychotic or mood disorder, as well as providing families the tools to support their loved ones in their recovery process. All services are provided through our multidisciplinary team on an outpatient basis with no cost for any client or family.

**Foothill College Dental Hygiene Clinic . . . . . 949-7335**

[www.foothill.edu/bio/programs/dentalth](http://www.foothill.edu/bio/programs/dentalth)

12345 El Monte Rd., Room 5312, Los Altos Hills 94022

Provides dental services for low-income people.

**HealthRIGHT 360 . . . . . 348-6603**

[www.healthright360.org](http://www.healthright360.org)

2015 Pioneer Court, Suite B, San Mateo 94403

**North East Medical Services . . . . . 550-3923**

[www.NEMS.org](http://www.NEMS.org)

211 Eastmoor Avenue, Daly City 94015

Open Mon–Sat: 8 am–5 pm, closed for lunch  
everyday 12 noon–1 pm.

1850 Sullivan Ave, Daly City 94015

Open Mon–Fri: 8 am–5 pm, closed for lunch every-  
day 12 noon–1 pm.

A federally qualified health center that provides multi-  
lingual adult medicine, pediatrics, internal medicine,  
behavioral health, lab, mental health, pharmacy,  
dental, acupuncture and other medical services.

Accepts Medi-Cal, Medicare, private insurances and  
uninsured.

**Ravenswood Family Health Center** ..... 330-7400

[www.ravenswoodfhc.org](http://www.ravenswoodfhc.org)

1885 Bay Road, East Palo Alto, CA 94303

**at Belle Haven** ..... 321-0980

100 Terminal Ave., Menlo Park 94025

Health care for persons in south part of County.

**RotaCare Clinics** ..... [www.rotacarebayarea.org](http://www.rotacarebayarea.org)

**RotaCare Clinic at Seton Medical Center** .... .515-6885

380 90th Street, Daly City 94015

Mon., 5:30–7:30 pm. Closed for holidays. Urgent care  
clinic only. First come, first-served basis.

**RotaCare Coastside Clinic** ..... 573-3774

225 S. Cabrillo Hwy., #100-A, Half Moon Bay 94019

Wed., 5–7 pm. Offers basic medical care and medica-  
tions to adults without health insurance.

### **Samaritan House**

[www.samaritanhousesanmateo.org](http://www.samaritanhousesanmateo.org)

**Redwood City Free Clinic** ..... 839-1447

114 - 5th Ave., Redwood City 94063

**San Mateo Free Clinic** ..... 578-0400

19 W. 39th Ave., San Mateo 94403

Free non-emergency and primary care services for unin-  
sured, low-income persons. Appointments required.

### **San Mateo County Health**

[www.smchealth.org](http://www.smchealth.org)

**Edison Clinic** ..... 573-2385

222 W. 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** ..... 573-3401

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

**STD Clinic** ..... 573-2385

[www.smchealth.org/hivstds](http://www.smchealth.org/hivstds)

222 W. 39th Ave. (inside Edison Clinic), San Mateo

Drop-in clinic for STD screening and treatment. All  
languages. Tuesday (testing only) and Thursday (doc-  
tor 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.smchealth.org/smmc](http://www.smchealth.org/smmc) ..... 573-2222

- 222 W. 39th Avenue, San Mateo 94403  
**New Patient Connection Center** . . . . . 372-3200  
 Psychiatric Emergency Services. . . . . 573-2662
- Coastside Clinic** . . . . . 573-3941  
[www.smchealth.org/location/coastside-clinic](http://www.smchealth.org/location/coastside-clinic)  
 225 S. Cabrillo Hwy., #100-A, Half Moon Bay 94019  
 Mon–Fri: 8 am–5 pm, Thu: 8 am–8 pm, Fri: 8 am–5 pm, Sat: 8 am–4 pm. Appointments available at Puente location on Thursday 5–8 pm. Comprehensive adult and pediatric primary care; dental services.
- Daly City Health Center** . . . . . 301-8600  
[www.smchealth.org/location/daly-city-health-center](http://www.smchealth.org/location/daly-city-health-center)  
 380 - 90th St., Daly City 94015  
 Mon–Fri: 8 am–5 pm. Extended pediatric hours on Mon: 5–9 pm. Comprehensive adult and pediatric primary care; dental services.
- Daly City Youth Health Center** . . . . . 877-5700  
[www.smchealth.org/location/daly-city-youth-health-center](http://www.smchealth.org/location/daly-city-youth-health-center)  
 350 90th St., 3rd Floor, Daly City 94015  
 Mon–Fri: 9 am–5:30 pm. Health services for teens and young adults (ages 12-25).
- Fair Oaks Health Center** . . . . . 578-7141  
[www.smchealth.org/location/fair-oaks-health-center](http://www.smchealth.org/location/fair-oaks-health-center)  
 2710 Middlefield Rd., Redwood City 94063  
 Mon–Fri: 8 am–5 pm. Comprehensive adult and pediatric primary care; dental services.
- Innovative Care Clinic** . . . . . 573-3702  
[www.smchealth.org/location/innovative-care-clinic](http://www.smchealth.org/location/innovative-care-clinic)  
 222 W. 39th Avenue, San Mateo 94403  
 Mon–Fri: 8 am–5 pm, Sat: 8 am–2 pm.  
 Comprehensive adult primary care.
- Medical Specialty Clinic** . . . . . 573-3982  
[www.smchealth.org/location/surgical-specialty-clinic](http://www.smchealth.org/location/surgical-specialty-clinic)  
 222 W. 39th Avenue, San Mateo 94403  
 Mon–Fri: 8 am–4:30 pm. Hours may vary depending on specialty. All patients must have a referral from their primary care doctor.
- OB/GYN Clinic** . . . . . 573-3702  
[www.smchealth.org/location/obgyn-clinic](http://www.smchealth.org/location/obgyn-clinic)  
 222 W. 39th Avenue, San Mateo 94403  
 Mon–Fri: 8 am–5 pm, Wed & Thu evening hrs: 5–8 pm
- Pediatric Clinic** . . . . . 573-3702  
[www.smchealth.org/location/pediatric-clinic](http://www.smchealth.org/location/pediatric-clinic)  
 222 W. 39th Avenue, San Mateo 94403  
 Mon & Fri: 8 am–5 pm, Tue–Thu: 8 am–8 pm, Sat: 8 am–2 pm. Comprehensive pediatric primary care.
- Ron Robinson Senior Care Center** . . . . . 573-2426  
[www.smchealth.org/location/senior-care-center](http://www.smchealth.org/location/senior-care-center)  
 222 W. 39th Avenue, San Mateo 94403  
 Mon–Fri: 8 am–5 pm. Comprehensive health services for seniors 60 and older.
- Sequoia Teen Wellness Center** . . . . . 366-2927  
[www.smchealth.org/location/sequoia-teen-wellness-center](http://www.smchealth.org/location/sequoia-teen-wellness-center)  
 200 James Ave., Redwood City 94063

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

**South San Francisco Clinic** . . . . . 877-7070

[www.smchealth.org/location/south-san-francisco-clinic](http://www.smchealth.org/location/south-san-francisco-clinic)

306 Spruce Ave., South San Francisco 94080

Adults: Mon – Fri: 8 am– 5 p.m. Extended pediatric

hours: Mon & Wed: 5–8 pm. Comprehensive adult

and pediatric primary care.

**Surgical Specialty Clinic** . . . . . 573-3982

[www.smchealth.org/location/surgical-specialty-clinic](http://www.smchealth.org/location/surgical-specialty-clinic)

222 W. 39th Avenue, San Mateo 94403

Mon–Fri: 8 am–4:30 pm. Hours may vary depending

on specialty. All patients must have a referral from

their primary care doctor.

**Sonrisas Community Dental Clinic** . . . . . 726-2144

[www.sonrisasdental.org](http://www.sonrisasdental.org)

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

Provides affordable dental care for low-income residents

of the Coastside who are uninsured or have Medi-Cal.

**UCSF School of Dentistry** . . . . . 415-476-5814

[dentistry.ucsf.edu](http://dentistry.ucsf.edu)

707 Parnassus Ave., San Francisco 94143

Provides comprehensive dental care and services.

**University of the Pacific Dental Clinic**

[www.dental.pacific.edu](http://www.dental.pacific.edu) . . . . . 415-929-6501

2155 Webster St., San Francisco 94115

Comprehensive dental care performed by dental stu-

dents under supervision.

## HEALTH EDUCATION

**AIDS Community Research Consortium (ACRC)**

[www.acrc.org](http://www.acrc.org) . . . . . 364-6563

2684 Middlefield Rd., Suite E, Redwood City 94063

Provides HIV and Hepatitis C research, education and

outreach.

**Alcohol and Other Drugs Prevention Program** . . . 802-6400

310 Harbor Blvd., Building E, Belmont 94002

Community education about the impacts of alcohol and

other drugs, especially among youth.

**Institute for Health and Healing** . . . . . 415-600-3503

[www.cpmc.org/services/ihh/](http://www.cpmc.org/services/ihh/)

2300 California Street, #3, San Francisco 94115

Health education resource for consumers. Research

medical conditions yourself or have the research done

for a small fee. By appointment only.

**Stanford Hospital Health Library** . . . . . 800-295-5177

[healthlibrary.stanford.edu](http://healthlibrary.stanford.edu) . . . . . 725-8400

Hoover Pavilion, 211 Quarry Rd., Suite 201, Palo Alto

94304

Maintains current information on health issues ranging

from individual exercise programs to complex medical

conditions.



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

## HOSPITALS AND MEDICAL CENTERS

Many hospitals offer classes, support groups, wellness ser-  
vices, 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 Real ..... 742-2000  
South San Francisco 94080 ..... (TTY) 916-784-5987  
1000 Franklin Pkwy. .... 358-7000  
San Mateo 94403 ..... (TTY) 711  
1150 Veterans Blvd ..... 299-2000  
Redwood City 94063 ..... (TTY) 299-2207

### **Mills-Peninsula Health Services**

www.mills-peninsula.org  
**Mills Health Center** ..... 696-5400  
100 S. San Mateo Dr., San Mateo 94401  
An outpatient facility.  
**Mills-Peninsula Medical Center** ..... 696-5400  
1501 Trousdale Dr., Burlingame 94010  
An acute care facility.

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

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

**Seton Medical Center** ..... 992-4000  
https://www.ahmchealth.com/smc/ .... (TTY) 997-7949  
1900 Sullivan Ave., Daly City 94015

**Seton Medical Center Coastside** ..... 563-7100  
https://www.ahmchealth.com/smc/ .... (TTY) 728-7081  
600 Marine Blvd., Moss Beach 94038

### **Stanford University Medical Center**

https://stanfordhealthcare.org/  
**Lucile Packard Children's Hospital at Stanford**  
..... 497-8000  
www.lpch.org ..... (TTY) 326-4976  
725 Welch Rd., Palo Alto 94304

#### **Stanford Hospital and Clinics**

300 Pasteur Dr., Stanford 94305 ..... 723-4000  
..... (TTY) 725-5888

**UCSF Medical Center** ..... 415-476-1000  
www.ucsfhealth.org  
505 Parnassus Ave., San Francisco 94143

### **Veterans Affairs Palo Alto Health Care System**

www.paloalto.va.gov ..... 493-5000  
3801 Miranda Ave., Palo Alto 94304

## **Veterans Affairs San Francisco Health Care System**

[www.sanfrancisco.va.gov/cboc/sanbruno.asp](http://www.sanfrancisco.va.gov/cboc/sanbruno.asp)

San Bruno Outpatient Clinic ..... 615-6000

1001 Sneath Ln., #300, San Bruno 94066

## **NURSING AND HOSPICE SERVICES**

### **Mission Hospice and Home Care**

[www.missionhospice.org](http://www.missionhospice.org) ..... 554-1000

1670 S. Amphlett Blvd., #300, San Mateo 94402

Offers special medical and emotional care for the patient and family when there is a life-threatening illness.

### **Pathways Home Health, Hospice and Private Duty**

[www.pathwayshealth.org](http://www.pathwayshealth.org) ..... 888-755-7855

..... 888-600-2273

585 N. Mary Ave., Sunnyvale 94085

**Sutter Care at Home** ..... 685-2800

[www.suttercareathome.org](http://www.suttercareathome.org) ..... 685-2830

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

## **PHYSICIAN AND DENTAL REFERRAL SERVICES**

### **Mid-Peninsula Dental Health Foundation**

[www.mpds.org](http://www.mpds.org) ..... 328-2242

220 Main St., #208-A, Los Altos 94022

**San Mateo County Dental Society** ..... 637-1121

[www.smcdds.com](http://www.smcdds.com)

240-A Twin Dolphin Dr., Redwood City 94065

### **San Mateo County Medical Association**

[www.smcma.org](http://www.smcma.org) ..... 312-1663

777 Mariner's Island Blvd., #100, San Mateo 94404

## **OTHER SERVICES**

### **Bay Area Caregiver Resource Center**

Family Caregiver Alliance ..... 800-445-8106

[www.caregiver.org](http://www.caregiver.org) ..... 415-434-3388

785 Market St., #750, San Francisco 94103

Offers a comprehensive range of services for family, partners, friends and others concerned with or caring for a brain impaired adult.

**Ombudsman of San Mateo County** ..... 780-5707

[www.ossmc.org](http://www.ossmc.org)

711 Nevada St., Redwood City 94061

Advocates on behalf of long-term care facility residents.

**San Mateo County Coroner** ..... 312-5562

[coroner.smcgov.org/](http://coroner.smcgov.org/)

50 Tower Rd., San Mateo 94402

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

## **HEALTH INSURANCE**

**HSA Service Center** ..... 800-223-8383

[smcgov.org/hsa/health-coverage](http://smcgov.org/hsa/health-coverage)

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

### **Access for Infants and Mothers (AIM) Program**

<https://www.dhcs.ca.gov/services/medi-cal/eligibility/MCAP/Pages/Medi-CalAccessProgram.aspx> .....  
800-433-2611  
Low-cost health coverage for mid-income pregnant women and their newborns.

### **Health Plan of San Mateo** ..... 616-0050

[hpsm.org](http://hpsm.org)  
801 Gateway Blvd., #100, South San Francisco 94080  
A locally managed health care program for Medi-Cal and Medicare recipients.

### **San Mateo County Health Coverage Unit** ..... 616-2002

[www.smchealth.org/health-insurance](http://www.smchealth.org/health-insurance)  
Enrollment application assistance with public health coverage programs such as Medi-Cal, Covered California, and Access and Care for Everyone (ACE). Residents can also apply directly online for Medi-Cal and Covered California. Please visit [www.coveredca.com](http://www.coveredca.com)

### **HICAP of San Mateo County –**

#### **The Medicare Counseling Program** ..... 627-9350

[www.hicapsanmateocounty.org](http://www.hicapsanmateocounty.org)  
1710 S. Amphlett Blvd., #100, San Mateo 94402  
The program provides free Medicare counseling to beneficiaries and/or their representatives regarding their benefits and supplemental coverage such as Medicare Advantage plans, Medigap policies, prescription drug plans, and Medi-Cal.

#### **Medicare** ..... 800-MEDICARE

[www.medicare.gov](http://www.medicare.gov) ..... (800-633-4227)  
A federal health insurance program for seniors and some disabled persons.

*See also Financial Assistance*

## **HOMELESS SERVICES**

The Core Service Agencies listed on pages 2 and 3 can provide or help locate emergency food, clothing, shelter, rental assistance, bus passes and referrals for other needs. Additional resources are listed below. (\*Agencies that are contracted with the SMC Center on Homelessness are marked with an asterisk)

### **EMERGENCY ASSISTANCE**

#### **St. Vincent de Paul Society**

**Homeless Help Desks** ..... 343-9251

**Emergency Services** ..... 343-4403  
[www.svdpsm.org](http://www.svdpsm.org)

**Redwood City Center** ..... 780-7500  
2600 Middlefield Rd., Redwood City 94063  
Drop-in assistance Mon–Fri., 1–2 pm.

**San Mateo Center** ..... 343-9251  
50 N. B St., San Mateo 94401  
Drop-in assistance Mon–Fri., 10 am–12 noon.

**South San Francisco Center** ..... 589-9039  
421 4th Lane, South San Francisco 94080  
Drop-in assistance Mon.–Sat., 10 am–12 noon; Food only on Sat. Entrance at rear of building.

## EMERGENCY SHELTER

**Emergency Shelter\*** ..... Call 211  
Callers can call 211 to access other emergency shelters.

### *FOR ADULTS WITH CHILDREN*

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

**LifeMoves\*** ..... lifemoves.org

**First Step for Families, San Mateo**  
**Family Crossroads, Daly City**  
**Haven Family House, Menlo Park**  
**Redwood Family House, Redwood City**

### *FOR ADULTS WITHOUT CHILDREN*

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

#### **Catholic Worker Hospitality House**

**San Bruno House** ..... San Bruno

**LifeMoves\*** ..... lifemoves.org

**San Mateo County Navigation Center** ..... Redwood City

#### **Project WeHOPE Shelter in East Palo Alto**

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

#### **Project WeHOPE Coast House Shelter in Half Moon Bay**

WeHOPE Headquarters ..... 650-330-8000

**Safe Harbor Shelter\*** ..... South San Francisco

**Samaritan House** ..... samaritanhousesanmateo.org

### *FOR DOMESTIC VIOLENCE SURVIVORS*

#### **Community Overcoming Relationship Abuse\***

**(CORA)** ..... 800-300-1080

(English/Spanish) [www.corasupport.org](http://www.corasupport.org)

### *FOR MENTALLY DISABLED ADULTS*

**Spring Street Shelter** ..... 365-5772

[www.mhasmc.org/housing](http://www.mhasmc.org/housing)  
2686 Spring St., Redwood City 94063  
Emergency and short-term housing for mentally disabled clients.

### *FOR RUNAWAY OR HOMELESS TEENS*

**New Creation Home Ministries** ..... 321-3109

[www.newcreationhome.org](http://www.newcreationhome.org)  
422 Hibiscus Ct., East Palo Alto 94303  
Provides housing and support services to homeless pregnant or parenting teen mothers age 13-22.

**StarVista Daybreak\*** ..... [www.star-vista.org](http://www.star-vista.org)

A shelter for homeless teenagers, age 16-21, in San Mateo County.

## TRANSITIONAL HOUSING

### *TRANSITIONAL HOUSING FOR ADULTS*

#### **Service League of San Mateo County,**

**Hope House** ..... 363-8769 or 363-8735

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

## FOR TEENS

**Catholic Worker House** ..... 366-4415  
545 Cassia St., Redwood City 94063  
For age 17-20. Short term (1 week to 6 months).

## FOR VETERANS

### Homeless Veterans Rehabilitation Program

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

**Nation's Finest\*** (formerly VRC-Next Step)..... 566-0240  
795 Willow Road, Building #334, Menlo Park, CA. 94025  
Nation's Finest assist veterans with employment development through a HUD grant and ending homelessness through Supportive Services for Veteran Family's Grant.

## OTHER SERVICES

**Mateo Lodge, Inc. Mobile Support Team** ..... 368-3178  
Locates mentally ill homeless people and assists them with referrals for food, lodging, clothing and mental health services. In the home, offers mediation when a family member is in danger of becoming homeless.

**Bridges to Wellness Program** ..... 650-573-4799  
Assists qualified persons referred by the Health Plan of San Mateo for enhanced care management to access and utilize needed health and social services to improve health outcomes and quality of life.

*See also Food Programs*

*See also Housing*

## HOUSING

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

## DISCRIMINATION

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

**California State Department of Fair Employment and Housing** ..... 800-884-1684  
[www.dfeh.ca.gov](http://www.dfeh.ca.gov) ..... (TTY) 800-700-2320  
Investigates, mediates and litigates charges of housing discrimination.

**Project Sentinel** ..... 321-6291  
[www.housing.org](http://www.housing.org)  
1615 Hudson Street, Suite A, Redwood City 94061  
The Fair Housing Center provides community education, complaint counseling, investigation and legal assistance to victims of housing discrimination.

**U.S. Dept. of Housing and Urban Development (HUD)**  
[www.hud.gov](http://www.hud.gov) ..... 415-489-6400  
600 Harrison St., 3rd Fl., San Francisco 94107  
Investigates housing discrimination complaints regarding sales or rentals, advertising, financing and brokerage services.

## LOW-COST REHABILITATION SERVICES

**Rebuilding Together Peninsula** . . . . . 366-6597

[www.rebuildingtogetherpeninsula.org](http://www.rebuildingtogetherpeninsula.org)

841 Kaynyne Street, Redwood City 94063

Home renovation and repair to income-qualified homeowners, including seniors, people with disabilities and families, and to nonprofit, community buildings.

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

[www.smchousing.org](http://www.smchousing.org) . . . . . 802-5050

264 Harbor Blvd., Bldg. A, Belmont 94002

Provides low-interest loans for assistance to first-time homebuyers. Daly City, Redwood City, San Mateo and South San Francisco have separate programs for their residents. Call the city offices for information.

## RENTAL ASSISTANCE

**Housing Industry Foundation.** . . . . . 437-2980

[www.hifinfo.org](http://www.hifinfo.org)

Offers housing/rent/deposit/utility assistance

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

[www.mhasmc.org](http://www.mhasmc.org) . . . . . (English) 363-2834

. . . . . (Spanish) 380-3475

2686 Spring St., Redwood City 94063

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

*For additional information on temporary rental assistance, contact the closest Core Service Agency listed on pages 2 and 3. All programs are dependent upon availability of funds. Clients must meet eligibility requirements.*

## UNSAFE, UNHEALTHY HOUSING CONDITIONS

**San Mateo County Health – Environmental Health Services**

[www.smchealth.org](http://www.smchealth.org) . . . . . 372-6200

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

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

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

City of San Mateo Code Enforcement. . . . . 522-7150

City of San Carlos Code Enforcement. . . . . 802-4100

You can also submit complaints online.

## OTHER HOUSING INFORMATION

### California Bureau of Real Estate

[www.dre.ca.gov](http://www.dre.ca.gov) ..... 877-373-4542  
1515 Clay St., #702, Oakland 94612  
Answers questions and investigates complaints about real estate fees, advance fee rental agencies, and subdivision / condominium agreements. Licenses agents and brokers.

### HIP Housing (Human Investment Project)

[www.hiphousing.org](http://www.hiphousing.org) ..... 348-6660  
800 S. Claremont St, Suite 210, San Mateo 94402  
Homesharing program that matches persons with a home or apartment to share with those seeking housing, thereby reducing housing costs for both. The Self-Sufficiency Program provides housing, case management and supportive services to motivated parents to achieve self-reliance.

### MidPen Housing Corporation ..... 356-2900

[www.midpen-housing.org](http://www.midpen-housing.org)  
303 Vintage Park Dr., #250, Foster City 94404  
Manages and develops low-income subsidized housing.

### San Mateo County Department of Housing

### Housing Authority ..... 802-3300

[www.smchousing.org](http://www.smchousing.org)  
264 Harbor Blvd., Bldg. A, Belmont 94002  
Administers the federal subsidy program county-wide through a variety of assistance programs.

*For Emergency Shelters and Transitional Housing see Homeless Services*

*See also Legal and Mediation Services*

## IMMIGRATION SERVICES

### Catholic Charities CYO

<https://catholiccharitiessf.org/> .... 295-2160, ext. 185  
36 37th Ave., 2nd Floor, San Mateo 94403  
Catholic Charities CYO is offering legal immigration services in San Mateo. All services are provided by appointment only, except for weekly drop-in workshops.

### Coastside Hope ..... 726-9071

[www.coastsidehope.org](http://www.coastsidehope.org)  
99 Avenue Alhambra, El Granada 94018  
Immigration and citizenship services, including free citizenship classes.

### Immigration Institute of the Bay Area

[www.iibayarea.org](http://www.iibayarea.org) ..... 780-7530  
2600 Middlefield Rd., Redwood City 94063  
Provides legal services for immigration and citizenship, including consultations, application assistance, and citizenship preparation classes.

### HELPLINK .....211

United Way of the Bay Area Immigrant Assistance Line

English ..... 415-808-4357  
Chinese ..... 415-808-7339  
Spanish ..... 415-808-4444

Provides immigration information and referrals.

**U.S. Department of Homeland Security**

**U.S. Citizenship and Immigration**

**Services (USCIS)** . . . . . 800-375-5283

[www.uscis.gov](http://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*

## LGBTQ SERVICES

### COMMUNITY ADVOCACY

**CoastPride Center** . . . . . 479-1902

[contact@coastpride.org](mailto:contact@coastpride.org)

711 Main St., Half Moon Bay 94019

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

**LGBTQ Commission of San Mateo County** . . 650-363-4467

[lgbtq.smcgov.org](http://lgbtq.smcgov.org)

Provides online resources, policy advocacy, and educational events.

**San Mateo County Pride Initiative**

[Pride@smcgov.org](mailto:Pride@smcgov.org) . . [www.smchealth.org/bhrs/ode/pride](http://www.smchealth.org/bhrs/ode/pride)

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

**San Mateo County Pride Center** . . . . . 591-0133

[sanmateopride.org/](http://sanmateopride.org/)

1021 S El Camino Real, San Mateo 94402

The first and only LGBTQ+ community center in San Mateo County. Provides mental health and recovery services including: therapy; case management; assistance with finding housing and employment; connections to resources and other service providers; peer-led social and support groups; education and training; as well as social and cultural events for the LGBTQ+ community. Mon–Thu, 10 am–7 pm, Friday 10 am–9 pm.

### CRISIS HOTLINES

**GLBT National Help Center** . . . . . 888-843-4564

[www.glnh.org](http://www.glnh.org) Peer support and local resources.

**Sage LGBT Elder Hotline** . . . . . 888-234-SAGE

[Sage@GLBHotline.org](mailto:Sage@GLBHotline.org)

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

**StarVista Crisis Hotline** . . . . . 579-0350

Available 24/7. Crisis and suicide intervention for adults and youth.

**Trans Lifeline** . . . . . 877-565-8860

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



## **Trevor Project 24/7 Suicide Prevention**

**Lifeline** . . . . . 866-488-7386

Suicide prevention hotline for LGBTQ youth.

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

## **HEALTHCARE**

**Planned Parenthood** . . . . . 235-7940

San Mateo Health Center (Mar Monte)

29 Baywood Avenue, San Mateo 94403

Transgender primary health care, STD testing and treatment, HIV testing, breast and cervical cancer screening, other reproductive and general health services.

**Transgender Adult Health Clinic** . . . . . 573-2740

San Mateo Medical Center, Edison Clinic

222 West 37th Ave., San Mateo 94403

4th Friday afternoon of each month.

## **Stanford Children's Health**

**Transgender Care Clinic for Trans Youth** . . . . . 721-1811

Healthcare for gender non-conforming children and teens age 4 to 19.

## **SUPPORT GROUPS**

### **Adolescent Counseling Services**

**Project Outlet** . . . . . 424-0852 x107

acs-teens.org

643 Bair Island Rd., Suite 301, Redwood City 94063

Provides counseling, peer support groups, and social events for LGBTQ Youth ages 10-25, as well as educational presentations and consultation on LGBTQIA+ youth issues.

**Gelaam (Gente Latino de Ambiente)** . . . . . 762-5428

Provides a welcoming environment for LGBTQ Latinos, their families and friends.

**LGBT Veterans Support Group** . . . . . 493-5000 x28844

www.paloalto.va.gov/services/lgbt.asp

Menlo Park Division, Veterans Administration

Palo Alto Health Care System - Thur. 5–6:30 pm

### **LGBTQ Senior Peer Counseling Program**

www.peninsulafamilyservice.org . . . . . 403-4300

Peninsula Family Service

24 2nd Avenue, San Mateo 94401

Provides weekly visits to LGBTQ older adults to manage life changes.

**PFLAG (San Jose/Peninsula Chapter)** . . . . . 408-270-8182

www.pflagsanjose.org

Supportive environment for parents, families, friends, and straight allies of people who are lesbian, gay, bisexual, transgender and questioning.

**Rape Trauma Services (RTS)** . . . . . 652-0598

For Sexual assault survivors and their families. Available in English and Spanish. Mon.-Fri. 9 am–5 pm

## LEGAL AND MEDIATION SERVICES

### SAN MATEO COUNTY SUPERIOR COURT

[www.sanmateocourt.org](http://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 35*

#### **Family Court Services**

400 County Center, 6th Floor, Redwood City 94063  
Provides mediation and limited evaluation services to parents or other appropriate parties who are in dispute about child custody and/or child visitation and have a court action pending in Family Court. Provides information and referral on child custody and visitation matters, parenting plans and related issues.

#### **Family Law Facilitators**

400 County Center, 2nd Fl . . . . . 261-5010  
Redwood City 94063  
1050 Mission Rd. . . . . 261-5010  
South San Francisco 94080. Wed., 8:30 am–12 noon.  
Assists those who do not have attorneys in matters such as child and spousal support, custody and visitation, paternity, divorce and legal separation.

*See also Child Support Services on page 7*

## LAW-RELATED SERVICES

**San Mateo County Law Library . . . . . 363-4913**

[www.smclawlibrary.org](http://www.smclawlibrary.org)  
710 Hamilton St., Redwood City 94063  
Provides access to legal materials to all persons interested in the law.

#### **San Mateo County Probation Department**

Pre-Trial Services . . . . . 363-4181  
303 Bradford St., 2nd Floor, Redwood City 94063  
Interviews arrested persons, verifies information and presents case to the court for possible release without posting bond.

**Victim Services . . . . . 599-7479**

400 County Center, DA's Office, 3rd Fl., Redwood City  
1050 Mission Rd., DA's Office, South San Francisco  
Provides general emergency and ongoing assistance for victims of violent crime.

## LEGAL ASSISTANCE

**Bay Area Legal Aid . . . . . 358-0745**

[www.baylegal.org](http://www.baylegal.org)  
1048 El Camino Real, Suite A, Redwood City 94063  
Provides free legal assistance to low-income domestic violence survivors in divorce, child custody, restraining order and immigration matters.

**Domestic Violence Restraining Order Clinic . . 358-0745**

Provides free assistance to self-represented litigants requesting restraining orders.

**Legal Advice Line** ..... 800-551-5554  
..... 472-2666  
Provides free telephone legal advice and counsel to low-income individuals in the priority areas of housing, family law, domestic violence, public benefits and health access.

**Community Legal Services in East Palo Alto**

www.clsepa.org ..... 326-6440  
1765 E. Bayshore Road, East Palo Alto 94303  
1861 Bay Road, East Palo Alto 94303  
Offers legal assistance on issues such as tenants' rights, immigration services and predatory lending.

**Community Overcoming Relationship**

**Abuse (CORA)** ..... Hotline 800-300-1080  
Legal Information Line for survivors of domestic violence  
..... 259-1855

**Justice At Last** ..... 918-0719  
www.justiceatlast.org ..... info@justiceatlast.org  
Provides free legal representation and case management exclusively to trafficked persons including sexual assault and domestic violence survivors.

**La Raza Centro Legal** ..... 415-575-3500  
www.lrlc.org ..... (TTY) 711  
474 Valencia St., #295, San Francisco 94103  
Provides bilingual services in the areas of immigration law, fair housing, workers' rights and senior law.

**Legal Aid Society of San Mateo County** ..... 558-0915  
www.legalaidsmc.org ..... 800-381-8898  
330 Twin Dolphin Dr., #123, Redwood City 94065  
Legal advice and counsel on civil matters for individuals, families and groups whose incomes are below an established level.

**San Mateo County Bar Association**

www.smcba.org  
**Lawyer Referral Service** ..... 369-4149 x3  
333 Bradford St., #200, Redwood City 94063  
Refers callers to local attorneys, handles writing of simple wills for low-income senior citizens.

**Private Defender Program** ..... 298-4000  
333 Bradford St., #200, Redwood City 94063  
Arranges legal representation for indigents charged in criminal cases, minors subject to proceedings in juvenile court and persons subject to mental commitment proceedings.

**San Mateo County Health Public Administrator** . . . 573-3475  
www.smchealth.org/PublicAdministrator  
225 - 37th Ave., San Mateo 94403  
Investigates and administers the estates of persons who die with no will.

*See also Employment and Training*

*See also Housing*

*See also Immigration Services*

## MEDIATION SERVICES

### Appropriate (Alternative) Dispute Resolution

**(ADR)** . . . . . 261-5075 or 261-5076

[www.sanmateocourt.org/adr](http://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 ADR . . . . . 261-5076

General Civil ADR . . . . . 261-5075, 261-5076

Judicial Arbitration . . . . . 261-5076

Juvenile Mediation Program . . . . . 261-5076

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

[www.pcrweb.org](http://www.pcrweb.org)

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

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

## PROBATION AND JAILS

### San Mateo County Probation Department

[www.smcgov.org/probation](http://www.smcgov.org/probation)

**Adult Probation** . . . . . 363-4244

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

**Juvenile Services** . . . . . 312-8816

222 Paul Scannell Dr., San Mateo 94402

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

### Sheriff's Office . . . . . 363-4911

[www.smcsheriff.com](http://www.smcsheriff.com)

300 Bradford Street, Redwood City 94063

Men's Jail

(Maguire Correctional Facility) . . . . . 363-4000 x6071

Women's Jail . . . . . 363-4310

## SAN MATEO COUNTY DISTRICT ATTORNEY

### District Attorney . . . . . 363-4636

[www.smcgov.org/da](http://www.smcgov.org/da)

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

Responsible for criminal prosecution in the Superior and Municipal Courts.

### Consumer and Environmental Protection Unit . . . . . 363-4651

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

## LIBRARY SERVICES

All public and community college libraries in San Mateo County are a part of the Peninsula Library System. Library cards are free, available to everyone, and can be used at all locations. Library card holders can check out books, movies and music, and materials can be requested for pick up at any library listed below. Online collections include eBooks and eMagazines; streaming videos and music; live homework help; and databases on topics ranging from language learning to car repair. Wi-Fi and computers are

available for public use at all libraries, enabling free access to the internet.

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

**Peninsula Library System** . . . . . [www.plsinfo.org](http://www.plsinfo.org)

**CITY LIBRARIES:**

**Burlingame**

Main, 480 Primrose Rd., 94010 . . . . . 558-7400  
Easton Branch, 1800 Easton Dr., 94010 . . . . . 340-6180

**Daly City**

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

**Menlo Park**

Main, 800 Alma St., 94025 . . . . . 330-2500  
Belle Haven Branch, 413 Ivy Dr., 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., 94065 . . . . . 780-5740  
Schaberg Branch, 2140 Euclid Ave., 94061 . 780-7010

**San Bruno** . . . . .

701 Angus Avenue West, 94066 . . . . . 616-7078

**San Mateo**

Main, 55 W. 3rd Ave., 94402 . . . . . 522-7800  
Hillsdale Branch, 205 W. Hillsdale Blvd., 94403 522-7880  
Marina Branch, 1530 Susan Ct., 94403 . . . . . 522-7890

**South San Francisco**

Main, 840 West Orange Ave., 94080 . . . . . 829-3860  
Community Learning Center,  
520 Tamarack Lane, 94080 . . . . . 877-8540  
Grand Avenue Branch,  
306 Walnut Ave., 94080 . . . . . 877-8530

**COMMUNITY COLLEGE DISTRICT LIBRARIES:**

**Cañada College**

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

**College of San Mateo**

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

**Skyline College**

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

**COUNTY LIBRARIES:**

**San Mateo County Library Administration**. . . [www.smcl.org/](http://www.smcl.org/)

125 Lessingia Ct., San Mateo 94402. . . . . 312-5258

**Atherton**

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

**Belmont**

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

**Bookmobile**

Administration, San Mateo 94402 . . . . . 207-4426

**Brisbane**

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

**East Palo Alto**

2415 University Ave., 94303 . . . . . 321-7712

**Foster City**

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

**Half Moon Bay**

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

**Millbrae**

1 Library Ave., 94030 . . . . . 697-7607

**Pacifica**

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

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

**Portola Valley**

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

**San Carlos**

610 Elm St., 94070 . . . . . 591-0341

**Woodside**

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

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

Adolescent Substance Abuse Treatment Program

[www.acs-teens.org](http://www.acs-teens.org)

643 Bair Island Rd, Suite 301, Redwood City 94063

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

**Anger Management and Domestic Abuse Therapy****Center . . . . . 375-0449**[www.angercure.org](http://www.angercure.org)

430 Peninsula Ave., #7, San Mateo 94401

151 87th St., #11, Daly City 94015

Offers court-ordered and self-referred counseling programs including domestic violence counseling, anger management, and parenting and child abuse education in English and Spanish.

**Ayudando Latinos A Soñar (ALAS) . . . . . 560-8947**

636 Purissima Street, Half Moon Bay 94019

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

**Behavioral Health & Recovery Services - Access Call Center** .....800-686-0101

[www.smchealth.org/bhrs](http://www.smchealth.org/bhrs)

1950 Alameda de las Pulgas, San Mateo 94403

Provides information, assessments, referrals and treatment for mental health and substance use services. County clinics located in Daly City, San Mateo, Redwood City, East Palo Alto and Half Moon Bay:

**North County Adult** ..... 301-8650  
375 - 89th St., Daly City 94015

**North County Youth** ..... 301-8650  
350 - 90th St., 2nd Flr, Daly City 94015

**Central County Youth & Adult** ..... 573-3571  
1950 Alameda de las Pulgas, San Mateo 94403

**Shasta Youth & Transition Age Youth** ..... 599-1033  
727 Shasta St., Redwood City 94063

**South County Adult** ..... 363-4111  
802 Brewster Ave., Redwood City 94063

**East Palo Alto Community Counseling Center (Youth & Adult)** .....363-4030  
2415 University Ave., #301, East Palo Alto 94303

**Coastside Youth & Adult** .....726-6369  
225 So. Cabrillo Hwy, #200A, Half Moon Bay 94019

**Behavioral Health & Recovery Services – Consumer and Family Affairs** .....800-388-5189

[www.smchealth.org/support-clients-family](http://www.smchealth.org/support-clients-family)

Provides assistance to clients and family members navigating services at BHRS and problem resolution on services received.

**BHRS’ Office of Diversity & Equity**

[ODE@smcgov.org](mailto:ODE@smcgov.org) .....[www.smchealth.org/ODE](http://www.smchealth.org/ODE)

values & amplifies the voices of underserved, unserved, & inappropriately served community members in conversations about wellness, recovery, & resilience. We strive to make behavioral health services culturally appropriate & mental wellness accessible for all San Mateo County residents.

**Bridges to Wellness Program** .....650-573-4799

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

**California Clubhouse** .....539-3345

210 Industrial Rd., Suite 102, San Carlos 94070

[www.californiaclubhouse.org](http://www.californiaclubhouse.org)

[info@californiaclubhouse.org](mailto:info@californiaclubhouse.org)

Our non-profit organization offers voluntary opportunities for employment, education, wellness and socialization to help better the lives of individuals living with mental health challenges.

**Caminar** ..... 578-8691

[www.caminar.org](http://www.caminar.org)

1410 Marshall St., Redwood City 94063

A community-based psychosocial rehabilitation service for persons with serious and persistent psychiatric disabilities.

- Catholic Charities CYO** ..... 295-2160 x185  
 catholiccharitiessf.org/  
 36 - 37th Ave., San Mateo 94403  
 Offers individual, group, family and marital counseling  
 and education to all persons, regardless of religion.
- Christian Counseling Centers, Inc.** ..... 570-7273  
 www.christiancounseling.net  
 1510 Fashion Island Blvd., #110, San Mateo 94404  
 Offers individual psychotherapy for children, adoles-  
 cents and adults, as well as couples and family therapy,  
 regardless of religion.
- Community Overcoming Relationship Abuse  
 (CORA)** ..... 800-300-1080  
 www.corasupport.org ..... 652-0800, 312-8515
- Daly City Youth Health Center** ..... 877-5700  
 www.dalycityyouth.org  
 350 90th St., 3rd Floor, Daly City 94015  
 Mon–Fri: 9 am–5:30 pm. Provides a range of health  
 services for teens and young adults (ages 12-24).
- Family Assertive Support Team (FAST)** ..... 368-3178  
 FAST Team is an in-home outreach service that offers  
 assessment, consultation, and support services to adults  
 (age 18+) experiencing a severe mental health prob-  
 lem and their designated family members. (9am-9pm  
 Spanish and Mandarin language capacity)
- Family and Children Services** ..... 326-6576  
 www.fcservices.org  
 375 Cambridge Ave., Palo Alto 94306  
 Offers counseling and support services to families and  
 children, including specialized services for targeted  
 populations.
- Health Equity Initiatives (HEI)** ..... SMCHHealth.org/HEI  
 The HEI’s work to decrease stigma, educate and  
 empower community members, support wellness and  
 recovery, and build culturally responsive services. Over  
 the years, the HEIs have hosted events and trainings,  
 implemented culturally-responsible policy interventions,  
 and created safe ways for our marginalized communities  
 to engage with BHRS.
- Heart and Soul** ..... 232-7426  
 210 Industrial Road, Suite 205, San Carlos 94070  
 With five locations throughout San Mateo County they  
 offer a variety of recovery oriented and mental wellness  
 support classes.
- Jewish Family and Children’s Services**  
 www.jfcs.org  
 www.parentsplaceonline.org  
 200 Channing Ave., Palo Alto 94301 ..... 688-3030  
 Parents’ Place ..... 688-3040  
 Senior Services ..... 688-3000  
 2001 Winward Way at Mariner’s Island Blvd., #200  
 San Mateo 94404 ..... 931-1800  
 Parents’ Place ..... 931-1840  
 Senior Services ..... 931-1860  
 Provides adult, child, marriage and family counseling,  
 and services for the elderly and disabled. Parents’ Place



offers parent education, counseling and support groups.  
Drop-in play center for children age 0-5 and their  
parents.

**Kara** ..... 321-5272

[www.kara-grief.org](http://www.kara-grief.org)

457 Kingsley Ave., Palo Alto 94301

Offers emotional support and information to adults,  
teens and children who are grieving a death or coping  
with a life-threatening illness, including individual peer  
counseling, grief-related therapy and support groups,  
outreach, education, consultations and referrals.

**Mental Health Association of San Mateo County**

[www.mhasmc.org](http://www.mhasmc.org) ..... 368-3345

2686 Spring St., Redwood City 94063

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

**Mental Research Institute** ..... 321-3055

[www.mri.org](http://www.mri.org)

555 Middlefield Rd., Palo Alto 94301

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

**Mills-Peninsula Health Services**

**Behavioral Health Services** ..... 696-4666

[www.mphs.org/behavioralhealth](http://www.mphs.org/behavioralhealth)

100 S. San Mateo Dr., San Mateo 94401

Inpatient and outpatient programs for adolescents,  
adults and the elderly.

**Morris Center for Adult Survivors**

**of Child Abuse (ASCA)** ..... [info@ascasupport.org](mailto:info@ascasupport.org)

[www.ascasupport.org](http://www.ascasupport.org)

P.O. Box 281535, San Francisco 94128

**National Alliance on Mental Illness (NAMI)**

[www.namisanmateo.org](http://www.namisanmateo.org) ..... 638-0800

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

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

**One East Palo Alto (OEPA)** ..... 980-1809

[www.1epa.org](http://www.1epa.org)

2396 University Ave, East Palo Alto 94303

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

**One Life Counseling Center** ..... 394-5155

[www.onelifecounselingcenter.com](http://www.onelifecounselingcenter.com)

1033 Laurel Street, San Carlos 94070

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

**Pathways Grief Support** ..... 888-978-1306

[pathwayshealth.org/](http://pathwayshealth.org/)

[grief-support-groups-and-workshops](http://grief-support-groups-and-workshops)

bereavement@pathwayshealth.org

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

**Peninsula Family Service** ..... 403-4300

[www.peninsulafamilyservice.org](http://www.peninsulafamilyservice.org)

24 - 2nd Ave., San Mateo 94401

Peer counseling programs are available for seniors:

**Cantonese and Mandarin** ..... 403-4300 x4392

English ..... 403-4300 x4322

Filipino ..... 403-4300 x4363

**LGBT Community** ..... 403-4300 x4322

**Spanish/La Esperanza Vive** ..... 403-4300 x4321

Senior counseling services are available at client's place of residence.

**Puente de la Costa Sur** ..... 879-1691

[www.mypuente.org](http://www.mypuente.org)

620 North St., Pescadero 94060

Provides a single point of entry for men, women and children to have access to safety net services, health and wellness services, leadership development, and community engagement and action.

**Rally Family Visitation Services** ..... 259-7996

**Rape Trauma Services (RTS)** ..... 652-0598

[www.rapetraumaservices.org](http://www.rapetraumaservices.org)

Provides short and long term counseling for individuals, families and support groups for survivors of sexual assault and their loved ones.

**StarVista**

[www.star-vista.org](http://www.star-vista.org) ..... 591-9623

610 Elm St., #212, San Carlos 94070

**Children's Place Program** ..... 591-9623 x116

610 Elm St., #212, San Carlos 94070

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

**Crisis Services.** ..... 579-0350

Provides crisis counseling, outreach and community education.

**Healthy Homes** ..... 579-0361 x12

Counseling and case management for children age 0-6 who have witnessed domestic violence.

**Sutter Care at Home**

**Youth Bereavement Program** ..... 685-2806

[www.suttercareathome.org](http://www.suttercareathome.org)

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

Offers grief support and education to children, teens and their caregivers.

**Veterans Affairs Palo Alto Health Care System**

[www.paloalto.va.gov](http://www.paloalto.va.gov)

**Mental Health Clinic.** ..... 800-455-0057

3801 Miranda Ave., Palo Alto 94304

**Peninsula Vet Center** ..... 299-0672

2946 Broadway St., Redwood City 94062

## **Veterans Affairs San Francisco Health Care System**

**San Bruno Outpatient Clinic** ..... 615-6000

[www.sanfrancisco.va.gov/cboc/sanbruno.asp](http://www.sanfrancisco.va.gov/cboc/sanbruno.asp)

1001 Sneath Lane, #300, San Bruno 94066

Outpatient mental health services for veterans.

## **YMCA of San Francisco**

[www.ymcasf.org/youth-service-bureaus](http://www.ymcasf.org/youth-service-bureaus)

Youth Service Bureaus are the community mental health arm of the YMCA, specializing in counseling for youth and families, crisis intervention, prevention programs for at-risk youth, and parent education and support.

**Pacifica Youth Service Bureau** ..... 355-3900

435 Edgemar Ave., Pacifica 94044

**Youth Service Bureau of San Mateo** ..... 349-7969

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

**Youth Service Bureau of South San Francisco**

..... 276-4101

1486 Huntington Ave., #100, So. San Francisco  
94080

## **TEEN AND PRETEEN WEB SITES**

### **Palo Alto Medical Foundation (PAMF)**

**[www.pamf.org/teen](http://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](http://www.pamf.org/preteen)**

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

*See also Alcohol / Tobacco / Drug Abuse*

*See also Children, Teens, Youth and Families*

## **RECREATION**

### **CITY PARKS AND RECREATION**

Most cities have a department of Parks and Recreation.

Check the CIP database or city listings in the front of a telephone book for phone numbers.

### **COUNTY AND STATE PARKS AND BEACHES**

[www.eparks.net](http://www.eparks.net) [www.parks.ca.gov](http://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 & CONSERVING RESOURCES

### San Mateo County Public Works Department

RecycleWorks ..... 888-442-2666

<https://www.smc-connect.org/locations/san-mateo-county-public-works-department/recycleworks>

- 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 material on other topics, such as composting, how to get rid of junk mail, information for kids, and where to buy items made from recycled materials.

## SERVICES FOR OLDER ADULTS

CarePatrol Placement Services. .... 866-560-5656

[www.carepatrol.com](http://www.carepatrol.com)

Finds assisted living, memory care, board and care, independent living for seniors county wide & across the nation.

Healthy Aging Response Team (HART) ..... 991-5558

[www.dcpartnership.org](http://www.dcpartnership.org)

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

### Information and Referral

Fair Oaks Adult Activity Center ..... 780-7542

Senior Coastsiders ..... 726-9056

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

### Fall Prevention Coalition of San Mateo County

[www.smcfallprevention.org](http://www.smcfallprevention.org) ..... 844-663-2557

Provides resources for older adults, caregivers and service providers.

### San Mateo County Health

Aging and Adult Services Hotline ..... 800-675-8437

[www.smchealth.org/aas](http://www.smchealth.org/aas) ..... (TTY) 711

225 - 37th Ave., San Mateo 94403

Provides a continuum of services for frail, older adults or adults with chronically disabling illnesses.

### Network of Care

[www.sanmateo.networkofcare.org](http://www.sanmateo.networkofcare.org)

Comprehensive Web-based resource for older adults, adults with disabilities, caregivers and service providers.

### Senior Mobility Guide

[www.samtrans.com/riderinformation/Seniors.html](http://www.samtrans.com/riderinformation/Seniors.html)

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

### Sequoia Strong™

[www.seqhd.org/sequoia-strong](http://www.seqhd.org/sequoia-strong)

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

or low cost!

- Villages of San Mateo County** .....260-4569  
PO Box 5283, San Mateo
- Village of the Coastsides** .....440-5030  
[www.villageofthecoastside.org/](http://www.villageofthecoastside.org/)  
Villages assists its members to continue living in their homes and communities as they age by providing access to support services.

## ADULT DAY CENTERS

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

### **Catholic Charities CYO**

- San Carlos Adult Day Services** ..... 592-9325  
[www.catholiccharitiessf.org/what-we-do/aging-support/adssm.html](http://www.catholiccharitiessf.org/what-we-do/aging-support/adssm.html)  
787 Walnut St., San Carlos 94070  
A daily activity center for moderately disabled senior citizens who need specialized and individualized care.

- Coastside Adult Day Health Center** ..... 726-5067  
[www.coastsideadultdayhealth.org](http://www.coastsideadultdayhealth.org)  
925 Main Street, Half Moon Bay 94019

### **Peninsula Volunteers Rosener House**

- Adult Day Services** ..... 322-0126  
[www.penvol.org/rosenerhouse](http://www.penvol.org/rosenerhouse)  
500 Arbor Rd., Menlo Park 94025

### **South San Francisco Senior Services**

- Adult Day Program** ..... 829-3824  
[www.ssf.net/departments/parks-recreation/recreation-division/seniors/adult-day-care](http://www.ssf.net/departments/parks-recreation/recreation-division/seniors/adult-day-care)
- Magnolia Senior Center**  
601 Grand Ave., South San Francisco 94080

## SENIOR CENTERS AND SENIOR DINING CENTERS

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

### **BELMONT**

#### **Twin Pines Senior and Community Center**

- [www.belmont.gov/departments/parks-and-recreation/adults-seniors](http://www.belmont.gov/departments/parks-and-recreation/adults-seniors) ..... 595-7444  
20 Twin Pines Ln., 94002

### **DALY CITY**

- Doelger Senior Center** ..... 991-8012  
[www.dalycity.org](http://www.dalycity.org)  
101 Lake Merced Blvd., 94015

- Lincoln Park Community Center** ..... 991-8018  
 www.dalycity.org  
 901 Brunswick St., 94014
- EAST PALO ALTO*
- East Palo Alto Senior Center** ..... 329-5900  
 560 Bell St., 94303
- FOSTER CITY*
- Foster City Parks and Recreation Dept.  
 Senior Wing** ..... 286-2585  
 www.fostercity.org  
 650 Shell Blvd., 94404
- HALF MOON BAY*
- Senior Coastsiders** ..... 726-9056  
 www.seniorcoastsiders.org  
 925 Main Street, 94019
- MENLO PARK*
- Menlo Park Senior Center** ..... 330-2230  
 www.menlopark.gov  
 110 Terminal Ave., 94025
- Peninsula Volunteers Little House** ..... 326-2025  
 https://1pvi.org/littlehouse/  
 800 Middle Ave., 94025
- MILLBRAE*
- Millbrae Recreation Department** ..... 259-2360  
 www.ci.millbrae.ca.us  
 623 Magnolia Ave., 94030
- Self Help for the Elderly** ..... 415-342-0822  
 Millbrae Chetcuti Room, 450 Poplar Ave, 94030
- PACIFICA*
- Pacifica Senior Services** ..... 738-7384  
 www.cityofpacifica.org/depts/senior\_services/  
 540 Crespi Dr., 94044
- REDWOOD CITY*
- Peninsula Family Service**  
 www.peninsulafamilyservice.org  
**Fair Oaks Adult Activity Center**  
 2600 Middlefield Rd., 94063 ..... 780-7525
- Veterans Memorial Senior Center** ..... 780-7270  
 www.redwoodcity.org/departments/  
 parks-recreation-and-community-services/seniors  
 1455 Madison Ave., 94061
- SAN BRUNO*
- San Bruno Senior Center** ..... 616-7150  
 www.sanbruno.ca.gov  
 1555 Crystal Springs Rd., 94066
- SAN CARLOS*
- San Carlos Adult Community Center**  
 www.cityofsancarlos.org/acc  
 601 Chestnut St., 94070 ..... 802-4384

**SAN MATEO**

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

**Martin Luther King Center** . . . . . 522-7470  
www.cityofsanmateo.org  
725 Monte Diablo Ave., 94401

**Samaritan House** . . . . . 347-3648  
www.samaritanhousesanmateo.org  
4031 Pacific Blvd., San Mateo 94403  
Provides access to onsite emergency food pantry. Mon.–  
Thur., 9 am–12 noon and 1–4 pm, Fri., 1–3 pm.  
Dining Room Mon.–Fri. 4–5 pm.

**Self-Help for the Elderly** . . . . . 342-0822  
www.selfhelpelderly.org  
50 E. Fifth Ave., San Mateo 94401

**SOUTH SAN FRANCISCO**

**Magnolia Senior Center** . . . . . 829-3820  
www.ssf.net  
601 Grand Ave., 3rd Fl., 94080

**SUBSTANCE USE TREATMENT SERVICES**

**12-STEP PROGRAMS**

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

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

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

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

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

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

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

- Nar-Anon** ..... 800-477-6291  
[www.naranonnorcal.org](http://www.naranonnorcal.org)  
 For anyone affected by someone else's drug abuse.
- Narcotics Anonymous** ..... 802-5950  
[www.peninsulana.org](http://www.peninsulana.org)  
 Self-help organization for men and women who desire to stop drug/alcohol use.

## DETOXIFICATION SERVICES

- Horizon Treatment Services**  
**Palm Avenue Detoxification Services** ..... 513-6500  
[www.horizonservices.org/recovery-programs/](http://www.horizonservices.org/recovery-programs/)  
 2251 Palm Ave., San Mateo 94403  
 Treats both drug and alcohol detoxification.
- StarVista - Sobering Station Detoxification Services** ..... 648-7703  
 826 Mahler Road, Burlingame 94010

## DRIVING UNDER THE INFLUENCE & DEFERRED ENTRY OF JUDGEMENT PROGRAMS

- El Centro de Libertad** ..... 599-9955  
 The Freedom Center ..... [www.elcentrodelibertad.org](http://www.elcentrodelibertad.org)  
 500 Allerton St., Redwood City 94063  
 Deferred Entry of Judgment (DEJ) program services.
- Free at Last** ..... 462-6999  
[www.freeatlast.org](http://www.freeatlast.org)  
 1796 Bay Rd., East Palo Alto 94303  
 First-Offender DUI program services.
- Sitike Counseling Center** ..... 589-9305  
[www.sitike.org](http://www.sitike.org)  
 306 Spruce Avenue, South San Francisco 94080  
 First-Offender DUI and Deferred Entry of Judgment (DEJ) program services.
- StarVista**  
**First Chance Sobering Station** ..... 689-5597  
 826 Mahler Road, Burlingame 94010
- Counseling Center** ..... 355-8787  
[www.star-vista.org](http://www.star-vista.org)  
 480 Manor Plaza, Pacifica 94404  
 First-Offender and Multiple-Offender DUI program services.

## INFORMATION AND REFERRAL

- BHRS RTX Team - Residential Treatment Team** . . 802-6400  
 San Mateo County - Behavioral Health and Recovery Services  
 310 Harbor Blvd, Bldg E, Belmont 94002  
 RTX provides information, referral, substance use evaluation and authorization to Drug Medi-Cal contracted Residential Substance Use Treatment providers in San Mateo County.
- San Mateo County Behavioral Health and Recovery Services** ..... 800-686-0101  
[www.smchealth.org/bhrs](http://www.smchealth.org/bhrs)  
 Provides information, assessments, referrals and



treatment for mental health and substance use services. County clinics located in Daly City, San Mateo, Redwood City, East Palo Alto and Half Moon Bay.

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

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

**San Mateo County Health Tobacco Education Coalition**  
. . . . . 573-3777  
[www.smchealth.org/general-information/tobacco-education-coalition](http://www.smchealth.org/general-information/tobacco-education-coalition)  
Conducts community outreach, education and advocacy activities to reduce the number of county residents using tobacco products.

## OUTPATIENT AND INTENSIVE OUTPATIENT TREATMENT

**Adolescent Counseling Services** . . . . . 424-0852 x104  
Adolescent Substance Abuse Treatment Program  
[www.acs-teens.org](http://www.acs-teens.org)  
643 Bair Island Rd, Suite 301, Redwood City 94063  
Provides on-campus counseling, information and referral for youth and their families.

**Asian-American Recovery Services (AARS) Outpatient Services (a program of HealthRIGHT 360)** . . 415-337-0104  
[www.healthright360.org](http://www.healthright360.org)  
1115 Mission Rd., South San Francisco, CA 94080  
Provides outpatient services to adults.

**El Centro de Libertad** . . . . . 599-9955  
The Freedom Center . . . . . [www.elcentrodelibertad.org](http://www.elcentrodelibertad.org)  
225 S. Cabrillo Hwy., Half Moon Bay 94019  
500 Allerton St., Redwood City 94063  
Bilingual and bicultural outpatient program with group and individual counseling.

**Free at Last** . . . . . 462-6999  
[www.freeatlast.org](http://www.freeatlast.org)  
1796 Bay Rd., East Palo Alto 94303  
A continuum of community-based services for adults and youth that includes prevention and intervention services, structured treatment, transitional housing and long-term success.

**HealthRIGHT 360** . . . . . [www.healthright360.org](http://www.healthright360.org)  
Outpatient and Intensive Outpatient Treatment Services currently provides mental health and substance use disorder services in the form of trauma-informed and evidence-based individual and group therapies.

**HealthRIGHT 360 Outpatient Program** . . . . . 348-6603  
2015 Pioneer Court, Suite B, San Mateo 94403  
We provide substance use services for youth, transitional-age youth and adults.

**Insights** ..... 366-8436  
<https://star-vista.org/programs/insights/>  
333 Gellert Blvd., #206, Daly City 94015  
Offers a structured 22-week drug and alcohol recovery program for youth.

**Mills-Peninsula Health Services**

**Chemical Dependency Center** ..... 696-4666  
24-Hour Crisis Line ..... 696-5915  
[www.mills-peninsula.org](http://www.mills-peninsula.org)  
100 S. San Mateo Dr., San Mateo 94401  
Serves individuals with private health insurance.

**Our Common Ground** ..... 650-367-9030  
26 Central Ave, Redwood City 94061

**Project 90** ..... 579-7881  
[www.projectninety.org](http://www.projectninety.org)  
114 S. Delaware Street, San Mateo 94401  
Offers day treatment services for men with substance use issues.

**Caminar** ..... [www.caminar.org/p90](http://www.caminar.org/p90)

**Sitike Counseling Center** ..... 589-9305  
[www.sitike.org](http://www.sitike.org)  
306 Spruce Ave., South San Francisco 94080

**StarVista** ..... 591-9623  
[www.star-vista.org](http://www.star-vista.org)  
610 Elm St., Suite 212, San Carlos 94070

**StarVista Women's Enrichment Center** . . . 650-591-3636  
355 Quarry Road, San Carlos 94010

**StarVista - Sobering Station Detoxification Services** ..... 648-7703  
826 Mahler Road, Burlingame 94010

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

**Veterans Affairs Palo Alto Health Care System  
Addiction Consultation and Treatment Services**

[www.paloalto.va.gov](http://www.paloalto.va.gov) ..... 493-5000 x60050  
..... 866-717-1978  
3801 Miranda Avenue, 520/ATS, Palo Alto 94304

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

**RESIDENTIAL SUBSTANCE  
USE TREATMENT**

**Free at Last** ..... 462-6999  
[www.freeatlast.org](http://www.freeatlast.org)  
1796 Bay Rd., East Palo Alto 94303

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

**Mills-Peninsula Health Services**

**Chemical Dependency Center** ..... 696-4666

**24-Hour Crisis Line** ..... 696-5915

[www.mills-peninsula.org](http://www.mills-peninsula.org)

100 S. San Mateo Dr., San Mateo 94401

**Our Common Ground** ..... [www.ocgworks.org](http://www.ocgworks.org)

**Recovery Residence Services** ..... 367-9030

631 Woodside Rd., Redwood City 94061

**Residential Treatment Services - Men Only** ... 325-6466

2560 Pulgas Ave., East Palo Alto 94303

**Service League of San Mateo County,**

**Hope House** ..... 363-8769 or 363-8735

727 Middlefield Road, Redwood City 94063

Residential Substance Use Disorder (SUD) Treatment

Program for adult women, pregnant women, and women with infants.

**Solidarity Fellowship** ..... 341-3803

P.O. Box 5007, San Mateo 94402

Residential substance abuse recovery program for men, including fathers with a child age 15 or under.

**Veterans Affairs Palo Alto Health Care System**

**Addiction Consultation and Treatment Services (ACT)**

[www.paloalto.va.gov/services/mental/ats/programs\\_act.asp](http://www.paloalto.va.gov/services/mental/ats/programs_act.asp)

..... 493-5000 x60050

..... 866-717-1978

3801 Miranda Avenue, 520/ATS, Palo Alto 94304

**Women’s Recovery Association (WRA)**

(a program of HealthRIGHT 360) ..... 348-6603

[www.healthright360.org/agency/womens-recovery-association](http://www.healthright360.org/agency/womens-recovery-association)

womens-recovery-association

2015 Pioneer Court, Suite B, San Mateo 94403

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

**NON 12-STEP OPTIONS**

**Alternatives to 12-Step**

[www.refugerecovery.org](http://www.refugerecovery.org)

A Buddhist path to which all are welcome.

[www.smartrecovery.org](http://www.smartrecovery.org)

Based in cognitive-behavioral therapy.

[www.womenforsobriety.org](http://www.womenforsobriety.org)

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

[www.lifering.org](http://www.lifering.org)

Based on “3 S’s”: sobriety, secularity, and self-help.

*See also Mental Health / Counseling*

**TAXPAYER INFORMATION & OFFICIAL RECORDS**

**COUNTY**

**San Mateo County Assessor - County Clerk - Recorder**

..... 363-4500

[www.smcare.org](http://www.smcare.org)

555 County Center, 1st Fl., Redwood City 94063  
**Assessor** places a value on property in the county for tax purposes.

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

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

**Tax Collector** ..... 363-4142

[www.sanmateocountytaxcollector.org](http://www.sanmateocountytaxcollector.org)

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

Collects property taxes.

**Vital Records** ..... 573-2395

[www.smchealth.org](http://www.smchealth.org)

1600 W. Hillsdale Blvd. #203 San Mateo 94402

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

## STATE

**Franchise Tax Board** ..... 800-338-0505

[www.ftb.ca.gov](http://www.ftb.ca.gov) ..... (TTY) 800-822-6268

121 Spear St., #400, San Francisco 94105

## FEDERAL

**Internal Revenue Service (IRS)** ..... 800-829-1040

[www.irs.gov](http://www.irs.gov) ..... 415-553-8990

450 Golden Gate Ave., San Francisco 94102

## OTHER

**Earn It! Keep It! Save It! Coalition** ..... 211

[www.earnitkeepitsaveit.org](http://www.earnitkeepitsaveit.org)

Provides low- to moderate-income households with free tax return preparation by IRS-certified volunteers. Call for site locations.

## TRANSPORTATION

**BART (Bay Area Rapid Transit)** ..... 992-2278

[www.bart.gov](http://www.bart.gov) ..... (TTY) 510-839-2220

San Mateo County BART stations are located in Daly City, Colma, South San Francisco, San Bruno, San Francisco Airport and Millbrae.

**CalTrain** ..... 800-660-4287

[www.caltrain.com](http://www.caltrain.com) ..... (TTY) 508-6448

Train service between San Francisco and Gilroy.

**Metropolitan Transportation Commission (MTC)**

[www.511.org](http://www.511.org) ..... 511

Transit, traffic, rideshare (carpool and vanpool), and bicycling information for the nine-county Bay Area. Also has information on planning a trip using public transportation.

**Peninsula Traffic Congestion Relief Alliance**

[www.commute.org](http://www.commute.org) ..... 588-8170

1150 Bayhill Dr., #107, San Bruno 94044

Shuttles (commuter / community); incentives (carpool, vanpool, bike parking, "Try Transit").

**Redi-Wheels and RediCoast** ..... 800-660-4287  
www.samtrans.com/accessibility ..... (TTY) 508-6448  
Special bus service for mobility-impaired persons who are unable to use regular bus service. Redi-Wheels serves the bayside of the county; RediCoast serves the coastside. Call for eligibility.

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

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

*See also Senior Services*

## VETERANS SERVICES

### VETERANS AFFAIRS LOCAL OFFICES

#### **San Mateo County Human Services Agency**

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

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

**San Bruno VA Outpatient Clinic** ..... 615-5000  
www.sanfrancisco.va.gov  
1001 Sneath Lane, Suite 300, San Bruno 94006  
The San Bruno VA Outpatient Clinic offers a wide range of preventive and primary care.

#### **Health Care for Homeless Veterans Program**

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

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

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

### THE AMERICAN LEGION

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

www.legion.org

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

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

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

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

- Pacifica Post 238** . . . . .355-4346  
 555 Buel Rd., Pacifica
- San Bruno Post 409** . . . . . 589-3102  
 757 San Mateo Ave, San Bruno
- American Legion Riders—Chapter 82** . . . . . 349-7146

**VOLUNTEER PLACEMENT SERVICES**

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

**HandsOn Bay Area** . . . . . 415-541-9616  
[www.handsonbayarea.org](http://www.handsonbayarea.org)  
 Provides flexible evening and weekend projects.

**Foster Grandparent Program** . . . . . 696-7662  
 Low-income adults (age 55 or older) volunteer at sites to provide mentoring and nurturing to at-risk children.

**Retired and Senior Volunteer Program** . . . .696-7660  
 Provides volunteer referrals for people age 55 or older to nonprofit agencies.

**Senior Companion Program** . . . . . 696-7662  
 Low-income adults (age 55 or older) volunteer at sites to help frail elderly remain independent.

**One Brick**

[www.onebrick.org](http://www.onebrick.org)  
 Brings volunteers together to support local nonprofits and offers a social event after each volunteer opportunity.

**Thrive Alliance of Nonprofits in**

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

**Volunteer Center** . . . . . 235-3550  
 . . . . . 415-982-8999

Refers groups and individuals of all ages to nonprofit agencies that need volunteers.

**Volunteer Match** . . . . . 415-241-6868  
[www.volunteermatch.org](http://www.volunteermatch.org)

Offers a variety of online services to support nonprofits and volunteers.

*See also Children, Teens, Youth and Families*

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The information in this booklet is accurate as of January 2025. Be sure to contact agencies before going to the site or referring clients there.

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