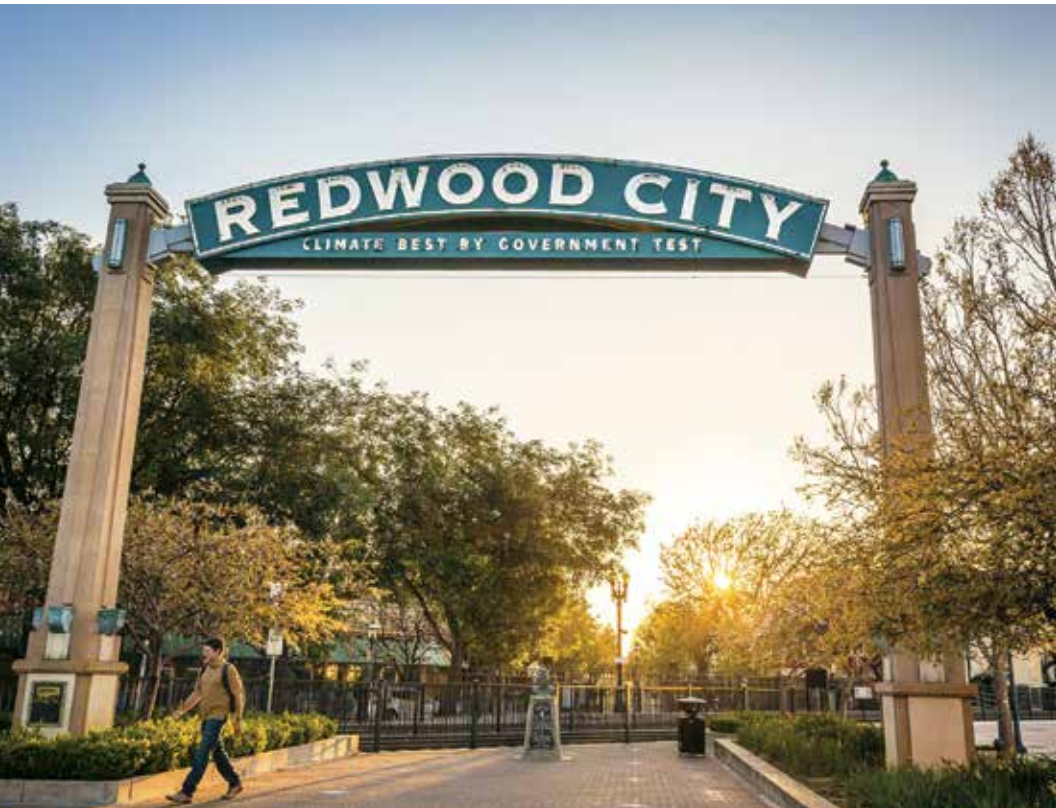


# Redwood City and North Fair Oaks Community Resources Handbook



JANUARY 2018



# **Redwood City and North Fair Oaks Community Resources Handbook**



January, 2018

Welcome to the first edition of Redwood City and North Fair Oaks Community Resources Handbook. This handbook is intended to inform families and practitioners about the availability of resources in four key areas: Adult Education, Early Childhood Care and Education, Food, and Mental Health. It was developed in collaboration with many dedicated Redwood City 2020 affiliate partners and their work and contributions are gratefully acknowledged. More information about all of these resources and many others serving the Redwood City and North Fair Oaks community can be found at [www.smc-connect.org](http://www.smc-connect.org).

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# ADULT EDUCATION

## **ADULT HIGH SCHOOL DIPLOMA**

- Sequoia Adult School** ..... 650-306-8866 x77921  
3247 Middlefield Road, Menlo Park 94025  
Tracy Smith ..... trsmith@seq.org  
www.seqsas.org
- ▶ Must attend orientation; offered monthly
  - ▶ Free Classes: Monday-Friday 9:00am-12:00pm, Monday-Thursday 6:30pm-9:15pm Support Services: assistance with transition to college, training and/or work; academic advising

## **CITIZENSHIP**

- International Institute of the Bay Area** .....650-780-7530  
Redwood City 94063  
Kathy Endaya ..... redwoodcity@iibayarea.org  
www.iibayarea.org/contact-us/redwood-city-office
- ▶ Immigration related education and assistance; Free classes on US government, history; Languages available: English and Spanish; Free or low cost services; Consultations on Mondays, first come, first served

## **COMPUTER LITERACY AND JOB PLACEMENT ASSISTANCE**

- Multicultural Institute** .....650-339-2794  
533 Warrington Ave, Redwood City 94063  
Cesar Meza-Esveille ..... cesar@mionline.org  
www.mionline.org

## **ESL (English as a Second Language)**

- Cañada College** .....650-306-3100  
4200 Farm Hill Blvd, Redwood City 94061  
Jenny Castello ..... castello@smccd.edu  
www.canadacollege.edu
- ▶ \$46/unit, 5 unit classes, \$28 in other fees each semester; Monday-Friday: Morning and Evening courses

## **Cañada College Community Based English Tutoring**

- (CBET)** .....650-260-5270  
Hoover, MIT, Hawes, Fair Oaks, Taft, Sequoia Adult School  
Redwood City 94063  
Dina Espinoza-Osuna ..... epsinozaosuna@smccd.edu  
www.canadacollege.edu/esl/cbet.php
- ▶ Text help-line

## **Catholic Worker House** .....650-366-8315

- 5445 Cassia Street (822 Heller Ave), Redwood City 94063  
Sister Mary Jane Floyd ..... susancrane@gmail.com  
www.rwdcw.wordpress.com
- ▶ Women only
  - ▶ Free, Escuela Para Mujeres

**Familias Unidas** . . . . . 650-665-0122  
 Redwood City  
 Secundino and Ninfa Zuno. . . . . info@unitedthrougheducation.org  
 www.unitedthrougheducation.org

- ▶ Priority for families at school site; RWC Library open to public
- ▶ Three months long, evening courses, 2 levels; Language: Spanish; Free; Frequency: All year; three month course (meeting weekly)

**Sequoia Adult School** . . . . . 650-306-8866 x77902  
 3247 Middlefield Road, Menlo Park 94025  
 Jon Fu. . . . . jfu@seq.org  
 www.seqsas.org

- ▶ Must attend orientation; offered each three-six months
- ▶ Free Classes: Monday-Friday 9:00am-12:00pm, Monday/Wednesday 6:30pm-9:15pm, Tuesday/Thursday 6:30pm-9:15pm, assistance with transition to college, training and/or work

**Sequoia Adult School** . . . . . 650-306-8866  
 3247 Middlefield Road, Menlo Park 94025  
 Lionel de Maine . . . . . ldemaine@seq.org  
 www.seqsas.org

- ▶ Must attend orientation
- ▶ FAFSA, EOPS; Free or low-cost service; Monday-Friday: 9:00am-12:00pm, Monday/Wednesday: 6:30pm-9:15pm, Tuesday/Thursday: 6:30pm-9:15pm

**FINANCIAL PLANNING**

**SparkPoint** . . . . . 650-381-3550  
 4200 Farm Hill Blvd (Cañada College) Building 9, Floor 1, Redwood City 94061  
 Email . . . . . cansparkpoint@smccd.edu  
 www.canadacollege.edu/sparkpoint

- ▶ Free or low-cost service

**SparkPoint (Taft)** . . . . . 650-776-3977  
 903 10th Ave (Taft Family Center), Redwood City 94063  
 Sonya Sanchez Santoyo . . . . . ssanchezsantoyo@rcsdk8.net  
 www.facebook.com/SparkPoint-Redwood-City-827738790672905

- ▶ Lessons change every 6 months; Monday-Friday 8:00am-5:00pm in Family Center

**HIGH SCHOOL EQUIVALENCY (GED, HISET) PREPARATION**

**Sequoia Adult School** . . . . . 650-306-8866 x77921  
 3247 Middlefield Road, Menlo Park 94025  
 Tracy Smith. . . . . trsmith@seq.org  
 www.seqsas.org

- ▶ Must attend orientation; offered monthly
- ▶ Cost: Free Classes: Monday-Friday 9:00am-12:00pm, Monday-Thursday 6:30pm-9:15pm Support Services: assistance with transition to college, training and/or work; academic advising



## **HIGH SCHOOL EQUIVALENCY OFFICIAL TEST CENTER**

**Sequoia Adult School** . . . . . 650-306-8866

3247 Middlefield Road, Menlo Park 94025

Guillermo Acevedo . . . . . gacevedo@seq.org

www.seqsas.org

- ▶ Must be 18 years old to take the HSE exams
- ▶ Must pre-register on-line for either GED or HiSET testing and provide official ID with picture at time of testing

## **IMMIGRATION EDUCATION AND ASSISTANCE**

**LIBRE** . . . . . 650-517-8936

330 Twin Dolphin Drive #123 (SMC Legal Aid), Redwood City 94065

Vanessa Hearne . . . . . vhearne@legalaidsmc.org

www.thelibreproject.org

## **JOB TRAINING**

**JobTrain** . . . . . 650-330-6429

1200 O'Brien Drive, Menlo Park 94025

Email . . . . . info@jobtrainworks.org

www.jobtrainworks.org

- ▶ Assessment tests
- ▶ Sliding scale fees; Languages available: English and Spanish; Schedule: Monday-Friday (dependent on classes)

## **LEGAL SUPPORT AND RIGHTS EDUCATION**

**LIBRE** . . . . . 650-517-8936

330 Twin Dolphin Drive #123 (SMC Legal Aid), Redwood City 94065

Vanessa Hearne . . . . . vhearne@legalaidsmc.org

www.thelibreproject.org

## **LITERACY**

**Project Read** . . . . . 650-780-7077

1044 Middlefield Road, Redwood City 94063

Kathy Endaya . . . . . rclread@redwoodcity.org

www.projectreadredwoodcity.org

- ▶ Adult literacy program (below 7th grade reading level), Families for Literacy program (families with youth under 5); Free or low cost service

## **PARENTING COURSE**

**Parent Project** . . . . . 650-780-7195

Redwood City

Manuel Velarde . . . . . mvelarde@redwoodcity.org

www.redwoodcity.org/departments/police-department/community-programs/adult-programs/the-parent-project

- ▶ Free, 12 week course, 3 hours/week; Offered by multiple agencies

## **PUBLIC BENEFITS**

**LIBRE** ..... 650-517-8936  
330 Twin Dolphin Drive #123 (SMC Legal Aid), Redwood City 94065  
Vanessa Hearne ..... vhearne@legalaidsmc.org  
www.thelibreproject.org

## **EARLY CHILDHOOD CARE & EDUCATION**

### **CHILD CARE CENTERS**

**Beresford Montessori** ..... 650-367-5027  
178 Clinton Street, Redwood City 94062  
Karina Garcia-Barbera ..... karinabarbera@gmail.com  
www.beresfordmontessori.com

- ▶ Preschool Age, immunization record required
- ▶ Part-Day program

**Beth Jacob Preschool** ..... 650-366-8481  
1550 Alameda de la Pulgas, Redwood City 94061  
Anne Cauterucci ..... cbj@bethjacobrwc.org  
www.bethjacobrwc.org/education/preschool

- ▶ 20+ months
- ▶ Part-Day program

**Champions - Sandpiper Elementary** ..... 650-780-7322  
797 Redwood Shores Parkway, Redwood City 94065  
Michelle McLaughlin ..... mmclaughlin@kc-education.com  
www.discoverchampions.com/schools/sandpiper-elementary-redwood-city-ca

- ▶ Preschool Age
- ▶ Part-Day program

**Fair Oaks Child Development Center/RCSd8** ..... 650-568-3820  
2950 Fair Oaks Ave, Redwood City 94063  
Alejandra Barraza ..... ecarmona@rcsdk8.net  
www.rcsdk8.net/Page/96

- ▶ 2.75-4 year olds
- ▶ State-subsidized spaces; Private pay families accepted on a space available basis; Bilingual classes available; Free or low cost service; Documentation of household income required for free or low cost spaces; Full-Day and Part-Day programs

**Family Connections (Parent Cooperative)** ..... 650-568-9894  
414 4th Ave, Redwood City 94063  
Sarah Poulain ..... director@familyconnections.org  
www.familyconnections.org

- ▶ Preschool Age
- ▶ Parent cooperative, State-subsidized spaces; Part-Day program

**Footsteps @ City Center Plaza** ..... 650-610-0715  
950 Main Street, Redwood City 94063  
Karen Haas Foletta ..... citycenterplaza@footstepschildcare.org

[www.footstepschildcare.org/footstepscity-center-plaza.html](http://www.footstepschildcare.org/footstepscity-center-plaza.html)

- ▶ 3-5 year olds
- ▶ State-subsidized spaces; Bilingual classes available; Free or low cost; Documentation of household income required for free or low cost spaces; Full-Day and Part-Day available

**Garfield Child Development Center/RCSD** .....650-482-2417

3600 Middlefield Road, Menlo Park 94025

Anna Franceschi ..... ecarmona@rcsdk8.net

[www.rcsdk8.net/Page/96](http://www.rcsdk8.net/Page/96)

- ▶ 2.75-4 year olds
- ▶ State-subsidized spaces; Private pay families accepted on a space available basis; Bilingual classes available; Free or low cost; Documentation of household income required for free or low cost spaces; Part Day program only

**Hawes Child Development Center/RCSD** .....650-482-2417

909 Roosevelt Ave, Redwood City 94061

Ivonne Castillo-Smith ..... ecarmona@rcsdk8.net

[www.rcsdk8.net/Page/96](http://www.rcsdk8.net/Page/96)

- ▶ 2.75-4 year olds
- ▶ State-subsidized spaces; Private pay families accepted on a space available basis; Bilingual classes available; Free or low cost; Documentation of household income required for free or low cost spaces; Part-Day program only

**Henry Ford Child Development Center Preschool (CDI)** .. 650-368-1138

2498 Massachusetts Ave, Redwood City 94061

Deanne Reynolds..... center577@cdicdc.org

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

Preschool Age

- ▶ State-subsidized spaces; Part-Day program

**Hoover Child Development Center/RCSD** .....650-482-2417

701 Charter Street, Redwood City 94063

Roxanna Pena ..... ecarmona@rcsdk8.net

[www.rcsdk8.net/Page/96](http://www.rcsdk8.net/Page/96)

- ▶ 2.75-4 year olds
- ▶ State-subsidized spaces; Private pay families accepted on a space available basis; Bilingual classes available; Free or low cost; Documentation of household income required for free or low cost spaces; Part-Day program only

**Hoover Children's Center** .....650-593-6824

303 Twin Dolphin Drive, Redwood City 94065

Angela Tang ..... tangela@hooverchildcarecenter@gmail.com

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

- ▶ Preschool Age
- ▶ Full-Day program

**Institute for Human and Social Development (Fair Oaks Head Start)**.....650-368-1728

3502 Middlefield Road, Menlo Park 94025

Angel Barrios . . . . . info@ihsdinc.org  
www.ihsdinc.org

- ▶ 3-5 year olds
- ▶ State-subsidized spaces; Languages available: English/Spanish; Free service; Proof of income, residency in San Mateo County, and child's age required; Part-Day program

**Institute for Human and Social Development (Menlo Park Head Start)** . . . . . 650-369-7970

419 6th Ave, Menlo Park 94025

Angel Barrios . . . . . info@ihsdinc.org  
www.ihsdinc.org

- ▶ 3-5 year olds
- ▶ Languages available: English and Spanish; Free or low cost program; Proof of income, residency in San Mateo County, and child's age required; Part-Day program

**John Gill Child Development Center Preschool (CDI)** . . . . . 650-364-1178

590 Myrtle Street, Redwood City 94062

Email . . . . . center579@cdicdc.org  
www.cdicdc.org

- ▶ 3-4 year olds
- ▶ State-subsidized spaces; Bilingual classes available; Free or low cost; Documentation of household income required for free or low cost spaces; Part-Day program

**John Gill Child Development Center/RCS D** . . . . . 650-482-2417

555 Avenue del Ora, Redwood City 94062

Irma Sanchez . . . . . ecarmona@rcsdk8.net  
www.rcsdk8.net/Page/96

- ▶ 2.75-4 year olds
- ▶ State-subsidized spaces; Private pay families accepted on a space available basis; Bilingual classes available; Free or low cost; Documentation of household income required for free or low cost spaces; Part-Day program only

**Kiddie Garden Preschool** . . . . . 650-366-3842

1305 Middlefield Road, Redwood City 94063

Blendy Lopez . . . . . blendyl@mykiddiegarden.com  
www.mykiddiegarden.com

- ▶ Preschool Age
- ▶ Full-Day program

**Li'l Learners PreSchool (Redwood City Parks and Recreation)** . . . . . 650-780-7311

1120 Roosevelt Ave, Redwood City 94061

Edna English . . . . . eenglish@redwoodcity.org  
www.redwoodcity.org/departments/parks-recreation-and-community-services/early-learning/lil-learners-preschool

- ▶ Preschool Age
- ▶ Part-Day program

**Mary Meta Lazarus Child Development Center at CSM. . . . . 650-574-6279**

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

- ▶ Preschool Age
- ▶ Full-Day and Part-Day program

**Open Gate Nursery School (Parent Cooperative) . . . . . 650-369-6833**

2124 Brewster Ave, Redwood City 94062  
Kristi Calcagno . . . . . info@ogns.org  
www.ogns.org

- ▶ Preschool Age
- ▶ Parent cooperative; Part-Day program

**Our Lady of Mount Carmel Pre-Kindergarten . . . . . 650-366-6587**

601 Katherine Street, Redwood City 94062  
Maureen Arnett . . . . . marnott@mountcarmel.org  
school.mountcarmel.org

- ▶ Preschool Age
- ▶ Part-Day program

**Our Place/Marin Day Schools . . . . . 650-363-4939**

403 Winslow Street, Redwood City 94063  
Liz Cagnina . . . . . rwcity@marindayschools.org

- ▶ Infant/Toddler/Preschool Age
- ▶ Full-Day program

**Peninsula Covenant Preschool . . . . . 650-365-8094**

3560 Farm Hill Blvd, Redwood City 94601  
Kelley Rhoads . . . . . kelleyr@wearepcc.com  
www.peninsulacovenantpreschool.com

- ▶ Preschool Age
- ▶ Part-Day program

**Playschool . . . . . 650-369-4151**

1835 Valota Road, Redwood City 94061  
Samantha Breault . . . . . rwcdirector@knoxplayschools.com  
www.knoxplayschools.com/redwood-city

- ▶ Child care 0-5
- ▶ Part-Day program

**Rainbow Preschool and Day Care . . . . . 650-367-4025**

900 Upton Street, Redwood City 94061  
Rosie Abad . . . . . rosieabad@yahoo.com

- ▶ Preschool Age
- ▶ Full-Day program

**R.C. Child Development Program . . . . . 650-780-7520**

2600 Middlefield Road, Redwood City 94061  
Kiri Fluetsch . . . . . kiri.fluetsch@gmail.com  
www.rccdp.org

- ▶ 11+ months
- ▶ State-subsidized spaces; Part-Day program and Full-Day program

- Redwood Child Development Center** ..... 650-306-1780  
 1968-A Old County Road, Redwood City 94063  
 Maria Carranza..... mcarranza@peninsulafamilyservice.org  
[www.peninsulafamilyservice.org/team/redwood-cdc](http://www.peninsulafamilyservice.org/team/redwood-cdc)  
 ▶ For Sequoia Union High School District school-age parents and District staff only  
 ▶ State-subsidized spaces; Full-Day program
- Redwood Children's Center** ..... 650-367-7374  
 1445 Hudson Street, Redwood City 94061  
 Susan Ruth ..... rcc1999@dbcglobal.net  
[www.redwoodchildrenscenter.com](http://www.redwoodchildrenscenter.com)  
 ▶ Preschool Age  
 ▶ Full-Day program
- Redwood Church Preschool** ..... 650-562-7611  
 901 Madison Ave, Redwood City 94061  
 Jenn Corrales ..... jcorrales@redwoodchurch.org  
[www.redwoodchurch.org/preschool](http://www.redwoodchurch.org/preschool)  
 ▶ Preschool Age  
 ▶ Full-Day program
- Redwood Parents Nursery School (Parent Cooperative)** . 650-368-7060  
 3997 Jefferson/Fallen Leaf Way, Redwood City 94061  
 Margie Lawson.....membership@rpns.org  
[www.rpns.org](http://www.rpns.org)  
 ▶ Child care 5-12  
 ▶ Parent cooperative; Part-Day program
- Redwoods International Montessori** ..... 650-366-9859  
 2000 Woodside Road, Redwood City 94061  
 Anngi Liles..... info@trimontschools.com  
[www.redwoodsintl.com](http://www.redwoodsintl.com)  
 ▶ Preschool Age  
 ▶ Full-Day program
- Roosevelt Child Development/RCSD** ..... 650-482-2417  
 2434 McGarvey Ave, Redwood City 94061  
 Elvira Cortez ..... ecarmona@rcsdk8.net  
[www.rcsdk8.net/Page/96](http://www.rcsdk8.net/Page/96)  
 ▶ 2.75-4 year olds  
 ▶ State-subsidized spaces; Private pay families accepted on a space available basis; Bilingual classes available; Free or low cost; Documentation of household income required for free or low cost spaces; Full Day and Part Day program only
- Roots N Wings Montessori School** ..... 650-568-1756  
 232 Euclid Ave, Redwood City 94061  
 Tracy Crawford..... Director@RWMontessori.com  
[www.rwmontessori.com](http://www.rwmontessori.com)  
 ▶ Preschool Age  
 ▶ Full-Day program

- Selby Lane Child Development/RCSd** .....650-482-5957  
 170 Selby Lane, Atherton 94027  
 Aida Ortiz de Aguilar ..... aaguilar@rcsdk8.net  
 www.rcsdk8.net/Page/96
- ▶ 2.75–4 year olds
  - ▶ State-subsidized spaces; Private pay families accepted on a space available basis; Bilingual classes available; Free or low cost; Documentation of household income required for free or low costs spaces; Full-Day and Part-Day program
- Sequoia Children's Center** .....650-369-5277  
 1234 Brewster Ave, Redwood City 94062  
 Alma Ortega ..... aortega@sequoiachildren.org  
 www.sequoiachildren.org
- ▶ 5+ months
  - ▶ Full-Day and Part-Day program
- Sequoia Preschool** .....650-367-0180  
 233 Topaz Street, Redwood City 94062  
 Nancy Kocjan ..... sequoiapreschool@yahoo.com  
 www.sequoiapreschool.org
- ▶ Preschool Age
  - ▶ Part-Day program
- Shores** ..... 650-594-1100  
 1050 Twin Dolphin Drive, Redwood City 94065  
 Oneiki Robinson ..... orobinson@kc-education.com  
 www.cclc.com
- ▶ 6 weeks to 5 years old
  - ▶ Full-Day and Part-Day program
- St. Matthias Preschool** ..... 650-367-1320  
 533 Canyon Road, Redwood City 94061  
 Kim Nave ..... kim@stmatthiasparish.org  
 www.stmatthiasparish.org
- ▶ Preschool Age
  - ▶ Full-Day program
- St. Michael's Infant Center and Preschool** ..... 650-690-8230  
 401 Hudson Street, Redwood City 94061  
 Niven Escander ..... info@stmichaelpreschool.org  
 www.stmichaelpreschool.org
- ▶ 2+ weeks
  - ▶ Full-Day program
- St. Pius Preschool** .....650-368-8327  
 1100 Woodside Road, Redwood City 94061  
 Lauri Hill ..... preschool@stpiusschool.org  
 www.stpiusschool.org/preschool/overview
- ▶ Preschool Age
  - ▶ Full-Day program

**Taft Child Development Center/RCSD** ..... 650-482-2417  
 903 10th Ave, Redwood City 94063  
 Claudia Araiza ..... ecarmona@rcsdk8.net  
 www.rcsdk8.net/Page/96

- ▶ 2.75–4 year olds
- ▶ State-subsidized spaces; Private pay families accepted on a space available basis; Bilingual classes available; Free or low cost program; Documentation of household income required for free or low cost spaces; Part-Day program

**Thumbelina Nursery School** ..... 650-364-5165  
 20 Horgan Ave, Redwood City 94061  
 Tammy Atwell ..... tammyatwell123@gmail.com  
 www.thumbelinaschool.com

- ▶ Preschool Age
- ▶ Full-Day program

**Weingarten Children's Center** ..... 650-365-7500  
 3518 Jefferson Ave, Redwood City 94062  
 Email ..... info@weingartenc.org  
 www.listenspeaklearn.org

- ▶ Preschool Age
- ▶ Part-Day program

**CHILD CARE AND PRESCHOOL SUPPORT**

**Child Care Coordinating Council (4Cs)** ..... 650-517-1400  
 330 Twin Dolphin Drive, Redwood City 94065  
 David Fleishman ..... dfleishman@sanmateo4cs.org  
 www.sanmateo4cs.org

- ▶ Referrals to programs and financial assistance information; Bilingual services provided; Referral coordination for finding child care and assistance with applying for financial assistance for child care

**Redwood City Child Care Coordinator** ..... 650-780-7336  
 1017 Middlefield Road, Redwood City 94062  
 Kristen Anderson ..... kmanderson@redwoodcity.org  
 www.redwoodcity.org/departments/parks-recreation-and-community-services/child-care

- ▶ Community child care planning and coordination

**Redwood City School District—Child Development Centers** ..... 650-366-6819  
 Edna Carmona ..... ecarmona@rcsdk8.net  
 www.rcsd.k12.ca.us/Page/96

- ▶ Part-Day and Full-Day early education and care programs

**Trustline** ..... 800-822-8490  
 www.trustline.org

- ▶ Background check for in-home child care



## **EARLY CHILDHOOD EDUCATION HEALTH RESOURCE**

### **San Mateo County Behavioral Health ACCESS Call**

**Center** ..... 800-686-0101  
www.smchealth.org/bhrs-contacts  
▶ Screening for early childhood developmental concerns such as autism

## **EARLY CHILDHOOD EDUCATION REFERRALS**

**San Mateo County Family Child Care Association, Inc.** ... 650-593-1800  
www.smcfcc.org/Referrals.html

## **FAMILY CHILD CARE HOME**

**Aurora Cortes Family Child Care** .....650-365-5682  
Northwest Redwood City  
Aurora Cortes..... aurora1135@yahoo.com  
▶ Infant/Toddler/Preschool Age  
▶ Full-Day program

**Bela Day Care** ..... 650-787-2771  
Southeast Redwood City  
Evelyn Chavez.....evelynchavez22@yahoo.com  
▶ Preschool Age  
▶ Languages available: Spanish; Full-Day program

**Bonbabes Child Care** .....650-364-0719  
Northwest Redwood City  
Bonnie Maffei..... bonbabes9@aol.com  
▶ All Ages  
▶ Full-Day program

**Bonnie's Family Daycare**.....650-369-4376  
Northwest Redwood City  
Bonnie Jones..... jnbn158@aol.com  
▶ Preschool Age  
▶ Full-Day program

**Breanna's Daycare** .....650-701-0294  
Northwest Redwood City  
Patricia Arboleda .....breannadaycare@hotmail.com  
▶ All Ages  
▶ Full-Day program

**Cozy Baby Childcare**.....650-365-2430  
Northwest Redwood City  
Gina Van Dusen ..... cozybabychildcare@gmail.com  
www.cozybabycare.com  
▶ Preschool Age  
▶ Full-Day program

**Creative Kids Daycare** .....650-369-7541  
Southwest Redwood City  
Stacey Quezada .....creativekidsday@aol.com  
www.creativekidsday.com

- ▶ Infants/Toddlers/Preschool Age
  - ▶ Languages available: Spanish; Full-Day program
- Debbie's Family Daycare** ..... 650-364-2305  
 Northwest Redwood City  
 Deborah Costa ..... debbiesdaycare72@yahoo.com
- ▶ Preschool Age
  - ▶ Full-Day program
- Dina's Daycare** ..... 650-369-7753  
 Northwest Redwood City  
 Dina Anduha ..... country933@aol.com
- ▶ Preschool Age
  - ▶ Full-Day program
- Francisca Leiva** ..... 650-364-1053  
 Southeast Redwood City  
 Francisca Leiva ..... neleiva@sbcglobal.net
- ▶ All Ages
  - ▶ Languages available: Spanish; Full-Day program
- Garcia's Childcare** ..... 650-306-9561  
 Southwest Redwood City  
 Maria Mathilde Garcia. .... mmmmeraz14@gmail.com
- ▶ Preschool Age
  - ▶ Languages available: Spanish; Full-Day program
- Garden of Children Day Care** ..... 650-771-2915  
 Northwest Redwood City  
 Guadalupe Galindo ..... lupeprado25@yahoo.com
- ▶ Infants to 24 months
  - ▶ Languages available: Spanish; Full-Day program
- Gina's Child Care** ..... 650-995-6435  
 Southeast Redwood City  
 Georgina Manzo Arroyo ..... georginamanzo2002@yahoo.com
- ▶ Preschool Age
  - ▶ Languages available: Spanish; Full-Day program
- Itsy Bitsy Scholars** ..... 650-366-4491  
 Northwest Redwood City  
 Rosalee Cavanaugh ..... vandred@comcast.net
- ▶ Preschool Age
  - ▶ Full-Day program
- Jennifer Daly** ..... 650-368-3062, 787-1639  
 Jennifer Daly ..... dalydaycare@sbcglobal.net
- ▶ Preschool Age
  - ▶ Full-Day program
- Joan's Family Day Care** ..... 650-218-7150  
 Northeast Redwood City  
 Joan Bonello ..... Babastar1998@yahoo.com
- ▶ Infant/Toddler/Preschool Age

- ▶ Full-Day program
- Katie's Kids Childcare & Preschool** .....650-367-7035 / 346-9948  
 Northwest Redwood City  
 Katherine Morello .....KtsKidsrwc@gmail.com
  - ▶ All Ages
  - ▶ Full-Day program
- KIDS Academy** .....650-366-7822  
 Northwest Redwood City  
 Ramona Leviste ..... ramona\_leviste@yahoo.com
  - ▶ Infant/Toddler/Preschool Age
  - ▶ Languages available: Spanish, Tagalog; Full-Day program
- La Escuelita de Rosy Childcare** .....650-787-5736  
 Northwest Redwood City  
 Rosalva Rosales ..... laescuelitaderosy@yahoo.com
  - ▶ All Ages
  - ▶ Languages available: Spanish; Full-Day program
- Lilian's Child Care** .....650-216-9442  
 Northwest Redwood City  
 Reyna Moncayo ..... abigail.alvarado@yahoo.com
  - ▶ Preschool Age
  - ▶ Languages available: Spanish; Full-Day program
- Linda's Childcare** ..... 650-556-6943  
 Northwest Redwood City  
 Linda Contreras ..... lcontreras64@yahoo.com
  - ▶ Infant/Toddler/Preschool Age
  - ▶ Languages available: Spanish; Full-Day program
- Little Builders' Day Care** ..... 650-281-1556  
 Northwest Redwood City  
 Andy Tran ..... littlebuildersdc@yahoo.com  
 www.littlebuildersdc.com
  - ▶ Infant/Toddler/Preschool Age
  - ▶ Languages available: Spanish; Full-Day program
- Little Stars Daycare** .....650-804-5474  
 Southwest Redwood City  
 Evelyn Priscila Jimenez ..... jimenez\_priscila@yahoo.com
  - ▶ Infant/Toddler/Preschool Age
  - ▶ Languages available: Spanish; Full-Day program
- Los Pequenines Home Day Care** .....650-679-8048, 315-7122  
 Northwest Redwood City  
 Marcela Lagarda ..... lospequenineshdc@gmail.com
  - ▶ Preschool Age
  - ▶ Languages available: Spanish; Full-Day program
- Martha's Home Daycare** .....650-544-1155  
 Southeast Redwood City  
 Martha Oropeza ..... marthaoropeza@sbcglobal.net

- ▶ Preschool Age
- ▶ Languages available: Spanish; Full-Day program

**Mary Coulson** .....650-368-5262  
 Northwest Redwood City  
 Mary Coulson .....maryannc@astound.net

- ▶ Preschool Age
- ▶ Full-Day program

**Montessori Community & Family School** .....650-366-4932  
 Northwest Redwood City  
 Heather Houde.....MFandCSchool@gmail.com  
 www.montessoricommunityandfamily.com

- ▶ Preschool Age
- ▶ Full-Day program

**My Baby Daycare & L.C.** .....650-207-6893  
 Southwest Redwood City  
 Beatriz Sandoval ..... mybabydaycare@yahoo.com

- ▶ All Ages
- ▶ Languages available: Spanish; Full-Day program

**Nasali Daycare** ..... 650-266-8800, 623-1369  
 Southeast Redwood City  
 Sunda Benito Kaki ..... nasalidaycare@gmail.com

- ▶ Preschool Age
- ▶ Languages available: Spanish, French; Lingala; Full-Day program

**Nini's Nest** .....650-365-7531  
 Northwest Redwood City  
 Lorena Neal ..... ninisnest@aol.com

- ▶ Preschool Age
- ▶ Languages available: Spanish; Full-Day program

**Pat-te-kak** ..... 650-701-1998  
 Northwest Redwood City  
 Pat Patterson ..... pattekak@yahoo.com

- ▶ Infant/Toddler/Preschool Age
- ▶ Full-Day program

**Playful Tots Learning Center** .....650-562-7977  
 Northeast Redwood City  
 Michelle Herrera ..... michelle@playfultotslc.com  
 www.playfultotslc.com

- ▶ Preschool Age
- ▶ Full-Day program

**Redwood Shores Bilingual Montessori Preschool** .....650-888-7301  
 Redwood Shores  
 Catherine Zhifang Ma .....info@redwoodshoreschildcare.com  
 www.redwoodshoreschildcare.com

- ▶ All Ages
- ▶ Languages available: Mandarin; Full-Day program

- Redwood Shores Montessori** .....650-622-9472  
 Redwood Shores  
 Stephanie Przybyszewski ..... rwsmontessori@yahoo.com  
 ▶ Preschool Age  
 ▶ Languages available: Spanish; Part-Day program
- Reneè Peralta** ..... 650-367-9121  
 Northwest Redwood City  
 Reneè Peralta ..... ReneèPeralta@ymail.com  
 ▶ Infant/Toddler/Preschool Age  
 ▶ Full-Day program
- Rosie's Family Day Care** .....650-367-6670  
 Northwest Redwood City  
 Rosa Maria Figueroa ..... rosiefigueroa@gmail.com  
 ▶ Preschool Age  
 ▶ Languages available: Spanish; Full-Day program
- Scribbles and Giggles Daycare** .....650-270-8633  
 Southwest Redwood City  
 Alison Accristo ..... sngpreschool@aol.com  
 ▶ All Ages  
 ▶ Full-Day program
- Senona Passamani** ..... 650-556-1178  
 Northeast Redwood City  
 Senona Passamani  
 ▶ Infant/Toddler/Preschool Age  
 ▶ Languages available: Spanish; Full-Day program
- Sharmila Montessori House of Children** .....650-362-3320  
 Southwest Redwood City  
 Sharmila Fernando ..... sharmilamontessor@gmail.com  
 ▶ Preschool Age  
 ▶ Full-Day program
- Sharon Collier Daycare** .....650-365-5745  
 Southwest Redwood City  
 Sharon Collier .....sharon@sharonsdaycare.com  
 ▶ Infants only  
 ▶ Full-Day program
- Silene Day Care** ..... 650-261-1320  
 Southeast Redwood City  
 Perla Flores ..... sdc696@yahoo.com  
 ▶ All Ages  
 ▶ Languages available: Spanish; Full-Day program
- Socorro's House Daycare** .....650-861-7863  
 Southeast Redwood City  
 Socorro Bush ..... socorro.bush@sbcglobal.net  
 ▶ Preschool Age  
 ▶ Languages available: Spanish; Full-Day program

- Storybook Pre-K** ..... 650-562-7649  
 Northwest Redwood City  
 Margaret McNesby .....maggie@storybook.school  
 ▶ Preschool Age  
 ▶ Part-Day program
- Susan Schmale** ..... 650-369-3407  
 Northwest Redwood City  
 Susan Schmale .....susanschmale@hotmail.com  
 ▶ Preschool Age  
 ▶ Full-Day program
- Thistlegarten** ..... 650-364-6463  
 Northwest Redwood City  
 Sandra McCreadie .....teachersandi@gmail.com  
 www.thistlegarten.com  
 ▶ Preschool Age  
 ▶ Languages available: Spanish and French; Full-Day program
- TLC for Tots** ..... 650-364-1706  
 Northwest Redwood City  
 Karen Wedel .....tlcfortots2007@gmail.com  
 ▶ All Ages  
 ▶ Full-Day program
- Tweety Kid Care** ..... 650-787-8091  
 Northwest Redwood City  
 Gabriela Damian .....damian.gabi@yahoo.com  
 ▶ Preschool Age  
 ▶ Languages available: Romanian; Full-Day program
- Venegas Family Day Care** ..... 650-368-4482  
 Southeast Redwood City  
 Martha Venegas  
 ▶ Preschool Age  
 ▶ Languages available: Spanish; Full-Day program
- You and I Montessori** ..... 650-483-9670  
 Southeast Redwood City  
 Varuni Nanayakkara .....uandimontessori@gmail.com  
 ▶ Preschool Age  
 ▶ Full-Day program

**LIBRARIES**

- Project READ** ..... 650-780-7077  
 1044 Middlefield Road, Redwood City 94063  
 Kary Endaya .....kendaya@redwoodcity.org  
 www.projectreadredwoodcity.org  
 ▶ Adult and family literacy, tutoring
- Redwood City Public Library: Downtown Branch** ..... 650-780-7018  
 1044 Middlefield Road, Redwood City 94063  
 Derek Wolfgram .....dwolfgram@redwoodcity.org

[www.redwoodcity.org/departments/library](http://www.redwoodcity.org/departments/library)

- ▶ Homework assistance, Teen Homework Center

**Redwood City Public Library: Fair Oaks Branch.** . . . . . 650-780-7261

2500 Middlefield Road, Redwood City  
[www.redwoodcity.org/departments/library](http://www.redwoodcity.org/departments/library)

- ▶ Homework assistance

**Redwood City Public Library: Redwood Shores Branch.** . . . 650-780-5740

399 Marine Parkway, Redwood City  
[www.redwoodcity.org/departments/library](http://www.redwoodcity.org/departments/library)

- ▶ Homework assistance

**Redwood City Public Library: Schaberg Branch.** . . . . . 650-780-7010

2140 Euclid Ave, Redwood City  
[www.redwoodcity.org/departments/library](http://www.redwoodcity.org/departments/library)

- ▶ Homework assistance

## **OTHER CAREGIVER/CHILD SERVICES**

**Associated Learning & Language Specialists** . . . . . 650-631-9999

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

- ▶ Speech/language therapy, occupational therapy, infant/toddler care & therapy

### **Big Lift Inspiring Summers**

Email . . . . . [thebiglift@siliconvalleycf.org](mailto:thebiglift@siliconvalleycf.org)  
<http://www.thebiglift.org/register>

**CA Dept of Social Services Childcare Advocate Program** .916-584-3598

Natalie Dunaway . . . . . [natalie.dunaway@dss.ca.gov](mailto:natalie.dunaway@dss.ca.gov)  
[www.cdss.ca.gov/inforesources/Child-Care-Licensing/Child-Care-Advocates](http://www.cdss.ca.gov/inforesources/Child-Care-Licensing/Child-Care-Advocates)

**Community Gatepath** . . . . . 650-259-8544

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

- ▶ Early childhood development services; Ages birth - 3 yrs old

**County Office of Education** . . . . . 650-802-5623

101 Twin Dolphin Drive, Redwood City 94065  
Jean-Marie Houston. . . . . [jmhouston@smcoe.org](mailto:jmhouston@smcoe.org)  
[www.smcoe.org/learning-and-leadership/early-learning](http://www.smcoe.org/learning-and-leadership/early-learning)

**CTE Program at Cañada College** . . . . . 650-306-3115

Patty Hall. . . . . [hallp@smccd.edu](mailto:hallp@smccd.edu)  
[www.canadacollege.edu/earlychildhoodeducation/contactus.php](http://www.canadacollege.edu/earlychildhoodeducation/contactus.php)

**First 5 San Mateo County** . . . . . 650-372-9500

1700 South El Camino Real, Suite 405, San Mateo 94402  
Kitty Lopez . . . . . [klopez@smcgov.org](mailto:klopez@smcgov.org)  
[www.first5sanmateo.org](http://www.first5sanmateo.org)

**Generations United** . . . . . 650-619-1300

Angie Ibarra . . . . . [angie@generations-united.com](mailto:angie@generations-united.com)  
[www.generations-united.com](http://www.generations-united.com)

**Institute for Human and Social Development Early Head Start Family Child Care Provider Network** . . . . . 650-368-1728

Angel Barrios . . . . . info@ihsdinc.org  
www.ihsdinc.org/aboutus/welcome

- ▶ 0–3 years old
- ▶ Languages available: English and Spanish; Free program; Proof of income, residency in San Mateo County, and child's age required; Weekly program

**Institute for Human and Social Development Early Head Start Home Visiting Program** . . . . . 650-368-1728

Angel Barrios . . . . . info@ihsdinc.org  
www.ihsdinc.org/aboutus/welcome

- ▶ Pregnant/Infant/Toddler
- ▶ Home visiting program; Languages available: English, Spanish, and Arabic; Free or low cost services; Proof of income, residency in San Mateo County, and child's age required; Weekly program

**Job Train** . . . . . 650-330-6429

Email . . . . . info@jobtrainworks.org  
www.jobtrainworks.org

**Parents Helping Parents** . . . . . 408-727-5775

www.php.com

- ▶ Special needs resources

**Parents Place/JFCS** . . . . . 650-931-1840

www.parentsplaceonline.org/peninsula

- ▶ Parenting classes, playgroups

**Redwood City Mother's Club** . . . . . 650-654-5244

www.bigtent.com/groups/rwcmclub

- ▶ Babysitting co-op, Mom's Night Out, playgroups, family activities

## **FOOD**

### **REDWOOD CITY AND NORTH FAIR OAKS**

#### **BROWN BAG (SENIOR PROGRAM)**

**Fair Oaks Adult Activity Center** . . . . . 650-780-7525

2600 Middlefield Road, Redwood City 94063

Email . . . . . info@peninsulafamilyservice.org

https://www.peninsulafamilyservice.org/fairoaks

**Second Harvest Food Bank** . . . . . 650-984-3663

Email . . . . . foodconnection@shfb.org

- ▶ For low-income seniors over age 60, and low-income disabled individuals over 55
- ▶ Members receive a weekly bag of groceries distributed at sites throughout San Mateo County



## FOOD ASSISTANCE

**Fair Oaks Community Center** .....650-780-7500

2600 Middlefield Road, Redwood City 94063

Teri Chin .....tchin@redwoodcity.org

[www.redwoodcity.org/departments/parks-recreation-and-community-services/facilities/community-centers](http://www.redwoodcity.org/departments/parks-recreation-and-community-services/facilities/community-centers)

- ▶ Need-based
- ▶ Supplemental groceries, emergency food and resources for Redwood City residents and homeless. Monday-Friday between 1:15pm and 2:15pm; also Sandwiches on Sundays 11 am to 1 pm in Fair Oaks Community Center parking lot

**Redwood City School District Benefits Navigator** ..... 650-444-8155

Lesly Laughlin .....llaughlin@pcrcweb.org

**Hawes Community School** .....650-482-2193

909 Roosevelt Ave, Redwood City 94061

Vero Lobos .....vlobos@rcsdk8.net

- ▶ For families of students only
- ▶ Family Harvest Program 2nd Wednesday and Produce Mobile 4th Wednesday

## FOOD ASSISTANCE/COMMUNITY SCHOOLS

**Hoover Community School** .....650-482-5925

701 Charter Street, Redwood City 94063

Maria Segundo

- ▶ 1st Tuesday of the month at 4:30 pm

**John F. Kennedy Community School** .....650-482-2110

2521 Goodwin Ave, Redwood City 94061

Veronica Rameriz .....vrameriz@rcsdk8.net

- ▶ Pre-registration requirement
- ▶ 3rd Tuesday of the month at 9:00am

**Taft Community School** .....650-482-2847

903 Tenth Ave, Redwood City 94063

Zoila Zevallos

- ▶ Pre-registration requirement
- ▶ 3rd Wednesday at 2:30pm, Produce: 4th Wednesday at 4:00pm

**Padua Dining Room, St Anthony's** .....650-366-4692

3500 Middlefield Road, Redwood City Max Torres

Email .....paduadiningroom@gmail.com

- ▶ Hot Meals Monday-Friday 11:00am to 1:00pm

## HOT MEALS

**Street Life Ministries** .....650-395-8114

1300 Middlefield Road, Redwood City 94063

Email .....info@streetlifeministries.org

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

- ▶ Serves meals on Monday and Wednesday 7:30pm to 9:00pm

- Aids Community Research Consortium** . . . . . 650-364-6563  
 2684 Middlefield Road Suite E, Redwood City 94063  
 Susan Spears . . . . . sspears@acrc.org  
[www.acrc.org/programs/food-services](http://www.acrc.org/programs/food-services)
- ▶ Requires current proof of income; Letter of HIV diagnosis from your Doctor or Social Worker; Proof of San Mateo County Residency (utility bill or bank statement for example); Copy of a photo ID
  - ▶ Enroll and then pick up food at ACRC Food in Redwood City once a week
- Catholic Worker House** . . . . . 650-364-4415  
 545 Cassia Street, Redwood City 94063  
 Lawrence Purcell . . . . . LawrencePurcell@sbcglobal.net
- ▶ Groceries available on Fridays at 11:30am
- Catholic Worker House** . . . . . 650-364-4415  
 545 Cassia Street, Redwood City 94063  
 Susan Crane . . . . . susanecrane@gmail.com  
[www.rwdcw.wordpress.com/surplus-goods-programs/food-program](http://www.rwdcw.wordpress.com/surplus-goods-programs/food-program)
- ▶ No requirements or ID needed
  - ▶ Food Distributed Friday at 11:00am
- Fair Oaks Community School** . . . . . 650-482-5926  
 2950 Fair Oaks Ave, Redwood City 94063  
 Mary Martinez . . . . . mcmartinez@rcsdk8.net
- ▶ 1st and 3rd Wednesday of the month, at 11:30am
- The Salvation Army - Redwood City** . . . . . 650-368-4643  
 660 Veterans Blvd, Redwood City 94063  
 Brenda  
[www.tsagoldenstate.org/goldenstate/RedwoodCity\\_Corps](http://www.tsagoldenstate.org/goldenstate/RedwoodCity_Corps)
- ▶ Groceries
- The Salvation Army - Redwood City** . . . . . 650-368-4643  
 Redwood City 94064  
 Lt. Edgar Azueta . . . . . edgar.azueta@usw.salvationarmy.org  
[www.redwoodcity.salvationarmy.org](http://www.redwoodcity.salvationarmy.org)
- ▶ For emergency assistance, must have low or no income and be willing to apply for public assistance
  - ▶ Seniors: 1st and 3rd Thursday 9:00am-10:00am, Entire Community 10:00am-12:00pm, and on Monday and Tuesday 8:30am-2:00pm free bakery good items for entire community
- Sparkpoint Cañada College/SMCCCF** . . . . . 650-381-3557  
 4200 Farm Hill Blvd, Redwood City 94061  
 Email . . . . . cansparkpoint@smccd.edu  
[www.canadacollege.edu/sparkpoint/incomebenefits/foodpantry.php](http://www.canadacollege.edu/sparkpoint/incomebenefits/foodpantry.php)
- ▶ Available by appointment, Tuesday, Wednesday, Thursday, 1:00pm-3:00pm except for scheduled college holidays and breaks, call to make an appointment
- St. Francis Center** . . . . . 650-365-7829  
 151 Buckingham Avenue, Redwood City 94063

Email .....schristina@aol.com  
www.stfrancisrwc.org/contact-us

- ▶ Must show proof of Menlo Park or Redwood City residence; families only
- ▶ Groceries and clothing: Monday-Friday at 1:00pm
- ▶ Pickup: 1x per month, Monday and Friday between 1pm and 3 pm. Provides up to five days of food for needy families in Redwood City or Menlo Park

**St. Vincent De Paul (SVDP)**

**Redwood City and Fair Oaks Community Center** .....650-780-7500  
2600 Middlefield Road, Redwood City 94063  
Email .....svdpinfo@yahoo.com  
www.svdp-sanmateoco.org

- ▶ One Hot Meal, drop in hours 1:15pm to 2:15pm most days

**SVDP Our Lady of Mt. Carmel** .....650-366-3802  
300 Fulton Street (Parish Crt), Redwood City 94062

- ▶ www.parish.mountcarmel.org/organizations/st-vincent-de-paul

**SVDP St. Matthias** ..... 650-366-9544  
1685 Cordilleras Road, Redwood City 94062  
Email .....info@stmatthiasparish.org  
www.stmatthiasparish.org/ministries/justice-and-charity

**SVDP St. Pius** .....650-365-9797  
1100 Woodside Road, Redwood City 94061  
www.pius.org

**PRODUCE MOBILE (PRODUCE DISTRIBUTION)**

**Project Read/Redwood City Public Library** .....650-780-7077  
1044 Middlefield Road, Redwood City 94063  
Email .....rclread@redwoodcity.org  
▶ www.projectreadredwoodcity.org

**REDWOOD CITY LOW COST MEALS**

**Veterans Memorial Senior Center** .....650-780-7270  
1455 Madison Ave, Redwood City 94061  
Bruce Utecht..... butecht@redwoodcity.org

**MENLO PARK**

**BROWN BAG (SENIOR PROGRAM)**

**Menlo Park Senior Center** .....650 330-2287  
100 Terminal Avenue, Menlo Park 94025  
Avideh Yaghmai-Samardar..... aysamardar@menlopark.org  
https://www.menlopark.org/227/Senior-services

**FAMILY HARVEST (GROCERY DISTRIBUTION)**

**Garfield Community School** .....650-369-3759  
3600 Middlefield Road, Menlo Park 94025  
Cynthia Ochoa-Alvarez

- ▶ Pre-registration required
- ▶ 2nd Tuesday and 4th Thursday of every month at 3:30pm (Produce Mobile and Food Pantry)

## HOT MEALS

**Mt. Olive Apostolic Original Holy Church of God** . . . . . 650-462-5921  
605 Hamilton Avenue, Menlo Park 94025

**St. Anthony's Padua Dining Room** . . . . . 650-366-4692  
3500 Middlefield Road, Menlo Park 94025  
Email . . . . . paduadiningroom@gmail.com  
www.paduadiningroom.com  
Serves meals Monday-Friday 11:00am-1:00pm

**Street Life Ministries** . . . . . 650-395-8114  
1120 Merrill Street, Menlo Park 94025  
David Shearin . . . . . admin@streetlifeministries.org  
www.streetlifeministries.org  
▶ Serves meals on Tuesday and Thursday 7:30pm to 9:00pm

## PANTRY

**Ravenswood City School District, Willow Oaks School** . . . . . 650-329-2800 x60113  
620 Willow Road, Menlo Park 94025  
Lucy Barron . . . . . lbarron@reavenswoodschools.org  
▶ Community food bank during the school year at Costano Elementary (2x monthly, 2nd and 4th Saturdays) and at Willow Oaks (first Saturday of each month)

**SVDP Church of the Nativity** . . . . . 650-346-1089  
210 Oak Grove Ave, Menlo Park 94025  
Mike Wilmer . . . . . portolamike@sbcglobal.net  
www.nativitymenlo.org

**SVDP St. Anthony** . . . . . 650-669-2354  
3500 Middlefield Road, Menlo Park 94025  
Hugo Gallegos . . . . . hugogallegos@att.net  
www.svdpsm.org/svdps-homeless-help-centers

**There With Care** . . . . . 650-268-8555  
3475 Edison Way, Suite H, Menlo Park 94025  
Susan . . . . . susan.ys@therewithcare.org  
www.bayarea.therewithcare.org  
▶ Clients must be referred by hospital social worker

## GOVERNMENTAL PROGRAM

### FOOD ASSISTANCE PROGRAM

**Food Assistance Program (CalFresh)** . . . . . 800-223-8383, 650-599-3811  
Ed Kiryzun . . . . . ekiryzun@smcgov.org  
www.calfresh.ca.gov  
▶ Apply in-person through Human Services or on-line  
▶ Provides a debit card for eligible low-income households. CalFresh ben-

efits can be used to buy food at all major grocery stores, many neighborhood stores and participating farmers markets

**Food Connection Hotline** ..... 800-984-3663  
Ann Dyer ..... adyer@sfbh.org  
www.shfb.org

- ▶ Provides referrals to food pantries, soup kitchens, and food stamp programs. Monday-Friday 8:30am to 4:00pm with recorded information after hours regarding meals

**Women, Infants and Children Program** .....650-573-2168  
Sujatha Ganesh .....sganesh@smcgov.org  
www.smchealth.org/wic

- ▶ Offers nutrition education and supplemental foods to low-income women and their children age 0-5 at clinics throughout the county

## **FOOD ASSISTANCE PROGRAM/LEGAL SUPPORT**

**LIBRE (San Mateo Co. Legal Aid Society)** .....650-558-0915  
2600 Middlefield Road, Redwood City 94063  
Vanessa Hearne ..... vhearne@legalaidsmc.org  
www.thelibreproject.org

## **GENERAL**

### **24 HOUR EMERGENCY HOTLINE**

**California Poison Control System** .....800-222-1222  
Raymond Ho..... rho@calpoison.org  
www.calpoison.org

## **FOOD DISTRIBUTION/CSA BOX**

### **1 Grain to 1,000 Grains**

Ken Singleton ..... ken@1000grains.org  
www.1000grains.org

- ▶ Hands-on learning about healthful eating habits; Comunidad Mercado: Comunidad Mercado (CoMer is a collaboration among community leaders and families engaged with the Siena Youth Center in North Fair Oaks, and regional family-owned farms) provides seasonal, healthy and tasty foods at low costs to its members

## **FOOD REFERRAL PROGRAM**

**Fair Oaks Community Center** .....650-780-7500  
2600 Middlefield Road, Redwood City 94063  
Teri Chin ..... tchin@redwoodcity.org  
www.redwoodcity.org/departments/parks-recreation-and-community-services/do-you-need-help/information-referral

- ▶ Information and Referral programs

**San Mateo County Human Services Agency** .....650-367-0190  
2500 Middlefield Road  
hsa.smcgov.org

- ▶ CalWORKS, TANF, General Assistance, SNAP/EBT/Food Stamps, Medi-Cal

# GENERAL FAMILY SUPPORTS

## **24 HOUR EMERGENCY HOTLINE**

- Police, Fire, or Medical Emergency** ..... 9-1-1
- Shelter Bed Hotline** ..... 800-774-3583

## **HEALTH CARE**

- Children's Health Coverage, SMC** ..... 650-616-2002  
[www.smchealth.org/bhrs/insurance](http://www.smchealth.org/bhrs/insurance)
  - ▶ Affordable health insurance, up to 19 years

- Get Covered** ..... 800-223-8383
  - ▶ Health Insurance hotline

- Kaiser Hospital** ..... 650-299-2000, TDD: 650-299-2207

- Planned Parenthood** ..... 877-855-7526

- Planned Parenthood Redwood City Health Center** ..... 650-503-4035  
2907 El Camino Real, Redwood City 94061  
[www.plannedparenthood.org](http://www.plannedparenthood.org)

- Red Cross** ..... 888-443-5722
  - ▶ First Aid Training

- Samaritan House Free Clinic** ..... 650-839-1447  
114 5th Ave, Redwood City  
Email ..... [info@samaritanhousesanmateo.org](mailto:info@samaritanhousesanmateo.org)  
[www.samaritanhousesanmateo.org/what-we-do/freehealthcareclinics](http://www.samaritanhousesanmateo.org/what-we-do/freehealthcareclinics)

- San Mateo County Medical Center** ..... 650-573-3434, TDD: 573-3882
  - ▶ Numerous specialty clinics in San Mateo

- San Mateo Medical Center - Fair Oaks Health Center** .... 650-578-7141  
2710 Middlefield Road, Redwood City  
[www.sanmateomedicalcenter.org/content/FairOaksClinic.htm](http://www.sanmateomedicalcenter.org/content/FairOaksClinic.htm)

- San Mateo Medical Center - Mobile Clinic**  
[www.smchealth.org/MobileClinic](http://www.smchealth.org/MobileClinic)

- ▶ Tuesday/Wednesday in Redwood City

- Sequoia Hospital** ..... 650-369-5811, TDD: 367-5648

- Sequoia Teen Wellness Center** ..... 650-366-2927  
200 James Ave, Redwood City 94062  
[www.sanmateomedicalcenter.org/content/SequoiaTeenWellnessCenter.htm](http://www.sanmateomedicalcenter.org/content/SequoiaTeenWellnessCenter.htm)

- ▶ Medical services to youth 12-21 years old

- WIC Program - (Women, Infants and Children)** ..... 650-573-2168  
[www.smchealth.org/wic](http://www.smchealth.org/wic)

## **HOUSING ASSISTANCE**

- Daybreak Shelter** ..... 650-364-4633  
6396 Douglas Ave, Redwood City

[www.star-vista.org/whatwedo\\_services/youth.html](http://www.star-vista.org/whatwedo_services/youth.html)

- ▶ Transitional housing for homeless teens

**Fair Oaks Community Center** .....650-780-7500

[www.redwoodcity.org/departments/parks-recreation-and-community-services/do-you-need-help/information-referral](http://www.redwoodcity.org/departments/parks-recreation-and-community-services/do-you-need-help/information-referral)

- ▶ Emergency housing

**Homesharing Program** ..... 650-780-7511

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

- ▶ Shared housing help

**Salvation Army** ..... 650-368-4643

[www.tsagoldenstate.org/goldenstate/RedwoodCity\\_Corps](http://www.tsagoldenstate.org/goldenstate/RedwoodCity_Corps)

- ▶ Emergency housing

**Your House South** .....650-367-9687

394 Sequoia Ave, Redwood City

[www.star-vista.org/whatwedo\\_services/youth.html](http://www.star-vista.org/whatwedo_services/youth.html)

- ▶ Emergency housing for teens

## **OTHER PARENT/NEIGHBORHOOD SERVICES**

**Peninsula Conflict Resolution Center** .....650-513-0330

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

- ▶ Mediation for neighbor issues, parenting classes, youth empowerment, meeting facilitation, neighborhood organizing

## **RECREATION**

**Mervin Morrise Boys and Girls Club (Hoover Community School)** .....650-364-0176

1109 Hilton Street, Redwood City

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

- ▶ Youth groups and facilities

**Redwood City Parks, Recreation, and Community Services Department** .....650-780-7250

1120 Roosevelt Ave, Redwood City

[www.redwoodcity.org/departments/parks-recreation-and-community-services](http://www.redwoodcity.org/departments/parks-recreation-and-community-services)

- ▶ Classes and facilities; All ages

**Redwood City Police Athletic League** .....650-556-1650

3399 Bay Road

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

**Sequoia YMCA** .....650-368-4168

1445 Hudson Street, Redwood City

[www.ymcasv.org/sequoia](http://www.ymcasv.org/sequoia)

- ▶ Classes and facilities; All ages

## **TRANSPORTATION**

**Caltrain** ..... 800-660-4287

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

- Redi-Wheels** ..... 800-660-4287, TTY: 650-508-6448  
[www.samtrans.com/Accessibility/Paratransit.html](http://www.samtrans.com/Accessibility/Paratransit.html)
  - ▶ Transportation resources for disabled community members
- Rideshare for Bay Area Commuters** ..... 511  
[rideshare.511.org](http://rideshare.511.org)
  - ▶ Carpool/vanpool assistance
- SamTrans** ..... 800-660-4286, TTY: 650-508-6447  
[www.samtrans.com](http://www.samtrans.com)
  - ▶ Bus routes and services information

## **MENTAL HEALTH**

### **ALCOHOL AND OTHER DRUGS SERVICES**

- AIDS Community Research Consortium (Syringe Access Program)** ..... 650-364-6563  
 2684 Middlefield Road, Suite E, Redwood City 94063  
 Megan O'Day ..... [moday@acrc.org](mailto:moday@acrc.org)  
 Susan Spears ..... [sspears@acrc.org](mailto:sspears@acrc.org)  
[www.acrc.org/programs/prevention-programs](http://www.acrc.org/programs/prevention-programs)
  - ▶ Free sterile syringe exchange and safe injection supplies, condoms and safe sex supplies, and referrals to additional services (including overdose prevention training)

- Alanon Mid-Peninsula** ..... 650-592-7935  
 Email ..... [meetinglist@alanonmidpeninsula.org](mailto:meetinglist@alanonmidpeninsula.org)  
[www.alanonmidpeninsula.org](http://www.alanonmidpeninsula.org)
  - ▶ Part of a worldwide fellowship that offers a program of recovery for the families and friends of alcoholics, whether or not the alcoholic recognizes the existence of a drinking problem or seeks help; Various locations throughout San Mateo County; Free services

- Alanon Mid-Peninsula: Alateen**  
 Fair Oaks Community Center  
 2600 Middlefield Road, Conference A, Redwood City 94065  
 Lee B. .... [birdseylee@gmail.com](mailto:birdseylee@gmail.com)  
 Sarah E. .... [sab72673@gmail.com](mailto:sab72673@gmail.com)  
[www.alanonmidpeninsula.org/pages/alateen\\_meetings.htm](http://www.alanonmidpeninsula.org/pages/alateen_meetings.htm)
  - ▶ Ages 12-20
  - ▶ Alateen is part of the Al-Anon fellowship designed for the younger relatives and friends of alcoholics through the teen years; Meetings on Thursdays 7:00pm-8:00pm

- Alanon Mid-Peninsula: Friday Mornings Al-Anon Study**  
 Sequoia Christian, 233 Topaz Street, Redwood City
  - ▶ Support group for family and friends concerned about an addict

- Alanon Mid-Peninsula: From Survival to Recovery**  
 Sequoia Healthcare District, 525 Veterans Blvd, Redwood City 94063
  - ▶ Fridays 10:00am-11:00am



**Alanon Mid-Peninsula: Fuerza y Esperanza**

Fair Oaks Community Center, 2600 Middlefield Road, Redwood City 94065

- ▶ Tuesdays 7:30pm-8:45pm

**Alanon Mid-Peninsula: Mid-Peninsula Men's Alanon Family Group**

Sequoia Christian, 233 Topaz Street, Redwood City

- ▶ Tuesdays and Thursdays 7:00pm-9:00pm

**Alanon Mid-Peninsula: New Point of View**

Sequoia Healthcare District, 525 Veterans Blvd, Redwood City 94063

- ▶ Tuesdays 7:00pm-8:00pm

**Alanon Mid-Peninsula: Redwood City Alanon**

Messiah Lutheran Church, 1835 Valota Road, Redwood City

- ▶ Sundays 10:15am-11:30am

**Alanon Mid-Peninsula: Redwood City- Saturday Night Lighten Up!**

Sequoia Healthcare District, 525 Veterans Blvd, Redwood City 94063

- ▶ Tuesdays 7:30pm-8:30pm

**Alanon Mid-Peninsula: Study Group**

Sequoia Christian, 233 Topaz Street, Redwood City

- ▶ Saturdays 7:30pm-9:00pm

**El Centro de Libertad (The Freedom Center) . . . . .650-599-9955**

500 Allerton Street, Redwood City 94063

Email . . . . .recovery@elcentrodelibertad.org

www.freedomcentercounseling.org

- ▶ Adult and youth outpatient alcohol and drug treatment, anger management, domestic violence classes and other related services; Languages available: English, Mandarin, Spanish, Tagalog; Fees are on a sliding scale

**Narcotics Anonymous . . . . .650-802-5950**

Email . . . . .prchair@peninsulana.org

www.norcalna.org; www.peninsulana.org

- ▶ The only requirement for membership is the desire to stop using
- ▶ Narcotics Anonymous is a fellowship of men and women who are learning to live without drugs. Groups meet regularly; Adult Program located in East Palo Alto

**Service League of San Mateo County: Hope House . . . . .650-363-8735**

3789 Hoover Street, Redwood City 94063

Email . . . . .hopehouse@serviceleague.org

www.serviceleague.org/?page\_id=60

- ▶ Women and individuals that are pregnant or with an infant, postpartum, transgender, and/or gender non-conforming
- ▶ Adult women substance use disorder residential treatment; Services include: individual and group counseling, 12-step meetings on-site and in the community, job skills/vocation training, hypnotherapy, relapse prevention, and more

## COUNSELING AND MENTAL HEALTH SERVICES

**Acknowledge Alliance** .....650-367-9780 x60065

Sequoia High School, Redwood City

Judy Romero .....jromero@seq.org

[www.acknowledgealliance.org/services](http://www.acknowledgealliance.org/services)

- ▶ Sequoia High School students
- ▶ Provides counseling to students transitioning back from Community School or Youth Guidance Center and 9th grade Aspiration Students; Mondays 10:00am

**Acknowledge Alliance** .....650-367-9750 x45327

Woodside High School, Redwood City

Charlotte Villemoes .....charlotte@seq.org

[www.acknowledgealliance.org/services](http://www.acknowledgealliance.org/services)

- ▶ Woodside High School students only
- ▶ Part-time (2 days/week) case worker/clinician provides 1:1, small group support for students who are transitioning back from community day school or juvenile hall

**Adolescent Counseling Services** ..... 650-424-0852

643 Blair Island Road, Suite 301, Redwood City 94063

Email ..... info@acs-teens.org

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

- ▶ Multiple mental health services including on-campus counseling, adolescent substance abuse treatment, community counseling, LGBTQQ+ programs, and community education programs; On-campus counseling available at Redwood High School and Woodside High School; Community counseling available at the Redwood City Boys and Girls Club; AOD programs available in English and Spanish; Fees are program dependent

**Children's Health Council** .....650-326-5530

Email .....help@chconline.org

- ▶ Diagnosis/treatment of various children's developmental problems

**Community Overcoming Relationship Abuse (CORA)** ... .800-300-1080

2211 Palm Avenue, San Mateo 94403

Email .....info@corasupport.org

<https://www.corasupport.org>

- ▶ Services for victims (and witnesses) of domestic violence in San Mateo County, including supportive housing, family-centered mental health services, and crisis intervention

**Our Common Ground: Adult Program** .....650-364-7988

631 Woodside Road, Redwood City 94061

Elizabeth Fifield ..... efifield@ocgworks.org

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

- ▶ Substance abuse rehabilitation, addiction counseling, mental health services; Day treatment and outpatient services; Accepts private insurance

**Our Common Ground: Adult Program** .....650-367-9030

26 Central Ave, Redwood City 94061

Diana Valverde . . . . . dvalverde@occgworks.org  
www.ocgworks.org

- ▶ Substance abuse rehabilitation, addiction counseling, mental health services; Day treatment and outpatient services

**Parents Place/JFCS** . . . . . 650-931-1830

- ▶ Parent coaching, workshops, support groups, counseling

**Peninsula Family Service** . . . . . 650-403-4300

Heather Cleary . . . . . hcleary@peninsulafamilyservice.org

- ▶ Counseling and support groups

**Rape Trauma Services Crisis Line** . . . . . 650-692-7273, 650-652-0598

1860 El Camino Real, Suite 406, Burlingame 94010

Email . . . . . info@rapetraumaservices.org

www.rapetraumaservices.org

- ▶ Provides 24-hour crisis counseling, outreach and advocacy services for survivors of sexual assault, their families and friends; Chat room open during the school year; Monday-Thursday 4:30pm-9:30pm

**San Mateo County Human Services:**

**Family Resource Centers** . . . . . 650-877-5628

Fair Oaks Community School, 2950 Fair Oaks Ave, Redwood City 94063

Hoover Community School, 701 Charter Street, Redwood City 94063

Kennedy Middle School, 2501 Goodwin Ave, Redwood City 94061

Taft Community School, 903 Tenth Ave, Redwood City 94063

Nicole Daly . . . . . ndaly@smcgov.org

hsa.smcgov.org/family-resource-centers

- ▶ Open to all families, teens, and children in San Mateo County
- ▶ Provides counseling, support, and education services for youth and adults, home visiting, parent involvement in leadership, financial assistance and case management at specific school locations with Spanish speaking staff

**STARS Program** . . . . . 650-367-9780 x69211

Martina Solinas . . . . . msolinas@seq.org

- ▶ Special education students in the STARS Program at Sequoia High School
- ▶ Provides counseling and case management for special education students in the STARS Program

**STARS Program** . . . . . 650-367-9750 x45333

Anna Roger . . . . . arogers@seq.org

- ▶ Special education students in the STARS Program at Woodside High School
- ▶ Programs throughout SMC; Case management/therapy for students in special education; Counseling for youth age 10-17 experiencing family problems or who have run away from home. Offers emergency and temporary housing, assessment, intake, and case management

**StarVista** . . . . . 650-591-9623 x128

610 Elm Street, Suite 212, San Carlos 94070

Stephanie Weisner . . . . . stephanie.weisner@star-vista.org

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

- ▶ Programs: Crisis Intervention, Suicide Prevention Center; Counseling Services: individual, family, couple

**StarVista—Archway** ..... 650-366-8433

609 Price Avenue, Suite 201, Redwood City 94063

Randy Yano ..... [randy.yano@star-vista.org](mailto:randy.yano@star-vista.org)

[www.star-vista.org/whatwedo\\_services/education/adults/archway.html](http://www.star-vista.org/whatwedo_services/education/adults/archway.html)

- ▶ Adult outpatient treatment for alcohol and drugs; Anger management; Domestic violence intervention classes; Languages available: English, Spanish; Fees are on a sliding scale

**StarVista—Children's Place** ..... 650-591-9623

Merle Saber ..... [merle.saber@star-vista.org](mailto:merle.saber@star-vista.org)

**StarVista Counselors at RCSD Community Schools**

Lindsay Stark ..... [lindsay.stark@star-vista.org](mailto:lindsay.stark@star-vista.org)

Daniela Baybay ..... [daniela.baybay@star-vista.org](mailto:daniela.baybay@star-vista.org)

Ana Jimenez ..... [ana.jimenez@star-vista.org](mailto:ana.jimenez@star-vista.org)

Pinar Matles ..... [pinar.matles@star-vista.org](mailto:pinar.matles@star-vista.org)

- ▶ Open to all families, teens, and children in San Mateo County
- ▶ Provides counseling, support, and education services for youth and adults, home visiting, parent involvement in leadership, financial assistance and case management at specific school locations with Spanish speaking staff

**StarVista—Healthy Homes**

[www.star-vista.org/whatwedo\\_services/education/families/healthy\\_homes.html](http://www.star-vista.org/whatwedo_services/education/families/healthy_homes.html)

- ▶ Serves pregnant mothers and families with children up to age five who have been affected by domestic violence
- ▶ Counseling and case management for pregnant mothers and families with children ages 0-5 who have been affected by domestic violence

**StarVista—Insights** ..... 650-366-8436

609 Price Avenue, Suite 205, Redwood City 94063

Alexi Arvanitidis ..... [alexi.arvanitidis@star-vista.org](mailto:alexi.arvanitidis@star-vista.org)

[www.star-vista.org/whatwedo\\_services/counseling/youth/insights.html](http://www.star-vista.org/whatwedo_services/counseling/youth/insights.html)

- ▶ Youth Outpatient Treatment for substance abuse and mental health treatment

**StarVista—Your House South** ..... 650-367-9687

394 Sequoia Ave, Redwood City 94061

Alicia Siese ..... [alicia.siese@star-vista.org](mailto:alicia.siese@star-vista.org)

[www.star-vista.org/whatwedo\\_services/residentialprograms/youth/yourhousesouth/yourhousesouth.html](http://www.star-vista.org/whatwedo_services/residentialprograms/youth/yourhousesouth/yourhousesouth.html)

**CRISIS LINES**

**Alcohol and Drug Helpline** ..... 650-220-7575

**California Youth Crisis Line** ..... 650-843-5200

**Child and Adolescent Hotline and Prevention Program** .. 650-567-5437

Email ..... [567kids@star-vista.org](mailto:567kids@star-vista.org)

- ▶ Calls or texts ok; Support for behavioral and developmental concerns

**Child Protective Services (CPS), San Mateo County** . . . . .800-632-4615

- ▶ To report suspected child abuse, abandonment, or exploitation

**Child Protective Services (CPS), San Mateo County** . . . . .650-802-7922

**Community Overcoming Relationship Abuse**

**(CORA)** . . . . .800-300-1080, 650-312-8515

- ▶ English/Spanish hotline for victims of domestic violence

**Crisis Intervention and Suicide Prevention** . . . . .650-579-0350

**Parent Helpline (StarVista)** . . . . .888-220-7575

**Psychiatric Emergency Services** . . . . .650-573-2662

**Rape Trauma Services** . . . . .650-692-7273

**StarVista—Crisis Intervention and Suicide Prevention Center**

**Hotline** . . . . .650-579-0350, 650-339-5803

Islam Hassanein . . . . .i.hassanein@star-vista.org

- ▶ Provides free, confidential, 24-hour crisis line, crisis counseling, outreach, and community education; Parent Support Lines for parents feeling stressed or overwhelmed, support regarding parenting issues

**Your House South** . . . . .650-367-9687

www.star-vista.org

- ▶ Hotline for youth ages 10-17

**GENERAL MENTAL HEALTH SERVICES**

**Aging and Adult Services: San Mateo County L.P.S.**

**Conservatorship** . . . . .650-363-4117, 650-573-2240

900 Veterans Blvd, Suite 330, Redwood City 94063

Danielle Lacampagne . . . . .dlacampagne@smcgov.org

Lester Ramirez . . . . .leramirez@smcgov.org

- ▶ Individuals who are gravely disabled because of a mental disorder and are also unable or unwilling to accept treatment voluntarily
- ▶ Provides individualized treatment, supervision, and placement; Meetings throughout San Mateo County

**Canyon Oaks Youth Center** . . . . .650-839-1810

400 Edmonds Road, Redwood City 94062

Adele Berg . . . . .aberg@smcoe.org

www.smcoe.org/parents-and-students/community-schools/canyon-oaks-youth-center.html

- ▶ Youth ages 12–17
- ▶ Program includes multi disciplinary services such as psychiatric assessment, medication evaluation, special education services and academic support, individualized social skills development, family therapy, substance abuse services, art therapy, occupational therapy, collaborative case planning, and disposition planning

**Counseling and Advocacy for Teens/Adolescent Counseling Services (CAT-ACS) Program** . . . . .650-367-9750 x45327

199 Churchill Ave, Woodside 94062

Charlotte Villemoes . . . . . cvillemoes@seq.org  
www.woodsideshs.org/Students/CATACS-Counseling

- ▶ Woodside High School students
- ▶ On-site therapy team 5 days/week individual/group therapy, parent support, crisis management, and staff consultation services for students at risk or exhibiting mental health issues

**Fair Oaks Health Center** . . . . . 650-578-7141

2710 Middlefield Road, Redwood City 94063

Jessica Ortega . . . . . jortega@smcgov.org  
www.sanmateomedicalcenter.org/content/FOHC.htm

- ▶ Clinic providing full health services for the Fair Oaks community

**Mental Health Association of San Mateo County** . . . . . 650-368-3345

2686 Spring Street, Redwood City 94063

Melissa Platte . . . . . info@mhasmc.org  
www.mhasmc.org

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

**San Mateo County Behavioral Health and Recovery Services,**

**South Youth team** . . . . . 650-599-1033

727 Shasta Street, Redwood City 94063

James Rutherford . . . . . jrutherford@smcgov.org

- ▶ Young Adults (16–25); qualifying seriously mentally ill diagnosis
- ▶ Provides intensive clinical case management support, including individual and family treatment, intensive community case management, socialization, medication support, and referrals to other support services

**Sequoia Teen Resource Center** . . . . . 650-367-9780 x60065

1201 Brewster Ave, Redwood City 94062

Judy Romero . . . . . jromero@seq.org  
www.sequoiahs.org/RESOURCES/Teen-Resource-Center/index.html

- ▶ Sequoia High School students
- ▶ Free crisis, individual, family, and group counseling, youth development programs, mentoring, and health education

**Sequoia Teen Wellness Center** . . . . . 650-366-2927

200 James Ave, Redwood City 94062

Tamar Besson . . . . . tbesson@smcgov.org  
www.co.sanmateo.ca.us/SequoiaTWC

- ▶ Youth ages 12–24
- ▶ Medical services including mental health

**TELECARE: Cordilleras Mental Health Facility** . . . . . 650-367-1890

200 Edmonds Road, Redwood City 94062

<https://ww.telecare.squarespace.com/cordilleras-mental-health-services>

- ▶ Adults 18-59 who have been diagnosed with a serious mental illness
- ▶ Treatment programs for adults with chronic mental illness; referred through San Mateo County Behavioral and Recovery Services

**GENERAL MENTAL HEALTH SERVICES;  
MENTALLY-ILL LODGING**

**Mateo Lodge** .....650-363-8125  
420 Cassia Avenue, Redwood City 94063  
Email ..... webmaster@mateolodge.org  
▶ Mentally ill and homeless or about to become homeless  
▶ 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

**HELPLINE**

**California Tobacco Helpline** ..... 800-662-8887  
Email ..... cshoutreach@ucsd.edu  
www.nobutts.org  
▶ 24/7 Hotline

**Mateo Lodge, Inc.: Mobile Support Team and Family Assertive Support Team (FAST)** .....650-368-3178  
www.smchealth.org/general-information/family-assertive-support-team-fast  
▶ 24/7; Addresses the immediate needs for crisis intervention, transportation, and homelessness or in danger of becoming homeless; FAST is for families who are concerned about a member of their family who is showing signs and symptoms of serious emotional distress who have no prior services or current unsuccessful utilization of services; Spanish line: 800-456-6386; Tobacco Chewers: 800-844-2439; Hearing Impaired: 800-933-4833

**StarVista 24-Hour Alcohol and Drug Helpline** .....650-579-0356  
Stephanie Weisner.....stephanie.weisner@star-vista.org  
▶ A helpline counselor will answer questions about alcohol and other drug prevention and recovery programs. Offers support for persons dealing with their own alcohol and other drug issues or for those whose lives have been affected by alcohol and drug abuse in others by referring these individuals to appropriate services

**StarVista—Child and Adolescent Hotline and Prevention Program** .....650-567-5437  
Stephanie Weisner..... 567kids@star-vista.org  
www.star-vista.org/whatwedo\_services/counseling/youth/cahpp.html  
▶ 24/7 hotline for parents, educators, counselors, or any community member in contact with children 0–18 years old. Helps provide early identification of behavioral, learning, and developmental issues. Includes referral to appropriate counseling and support services

**HELPLINE/REFERRALS**

**San Mateo County Alcohol and Other Drug Helpline** .....650-573-3950  
Karina Chapa ..... karina.chapa@star-vista.org  
www.smchealth.org

- ▶ 24-hour information about and referral to substance abuse services

**San Mateo County Behavioral Health and Recovery Services**

**ACCESS Team** ..... 800-686-0101  
[www.smchealth.org/mentalhealth](http://www.smchealth.org/mentalhealth)

- ▶ Provides information, assessment, consultation, and referrals for mental health and substance use services

**INFORMATIONAL WEBSITE**

**Palo Alto Medical Foundation: Preteen Website**

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

- ▶ Provides health information about topics of concern to preteens (ages 9-12) and their parents; Calls or texts ok

**Palo Alto Medical Foundation: Teen Website**

[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

**INFORMATIONAL WEBSITE; CHATROOM**

**StarVista—Teen Website and Chat Room**

Stephanie Weisner ..... [stephanie.weisner@star-vista.org](mailto:stephanie.weisner@star-vista.org)  
[www.onyourmind.net](http://www.onyourmind.net)

- ▶ Teens can obtain support and talk live to trained peer mentors

**INFORMATIONAL WEBSITE/REFERRALS**

**County of San Mateo Network of Care: Behavioral Health**

Email ..... [admin@trilogyir.com](mailto:admin@trilogyir.com)  
[www.sanmateo.networkofcare.org/mh/services/index.aspx](http://www.sanmateo.networkofcare.org/mh/services/index.aspx)

- ▶ Network of Care is a comprehensive, Internet-based community resource for people with mental illness, as well as their caregivers and service providers.

**MENTORING**

**Big Brothers Big Sisters of the Bay Area** ..... 415-503-4050

Cristina Barron ..... [cbarron@bbbsba.org](mailto:cbarron@bbbsba.org)  
[www.bbbsba.org](http://www.bbbsba.org)

**Friends for Youth** ..... 650-482-2864

1741 Broadway Street  
 Email ..... [mentor@friendsforyouth.org](mailto:mentor@friendsforyouth.org)  
[www.friendsforyouth.org](http://www.friendsforyouth.org)



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# NOTES

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The information in this handbook is believed to be accurate as of January 2018. Please contact the provider before going to the site or referring your clients.

[www.rwc2020.org](http://www.rwc2020.org)

[www.smc-connect.org](http://www.smc-connect.org)