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.
CONTENTS

ADULT EDUCATION .................................................. 1
    Adult High School Diploma .......................................... 1
    Citizenship ......................................................................... 1
    Computer Literacy and Job Placement Assistance ................. 1
    ESL (English as a Second Language). ............................... 1
    Financial Planning .......................................................... 2
    High School Equivalency (GED, HiSET) Preparation ............. 2
    High School Equivalency Official Test Center ...................... 3
    Immigration Education and Assistance ............................... 3
    Job Training ................................................................. 3
    Legal Support and Rights Education .................................. 3
    Literacy ............................................................................. 3
    Parenting Course ............................................................ 3
    Public Benefits ................................................................... 4

EARLY CHILDHOOD CARE & EDUCATION .............................. 4
    Child Care Centers .......................................................... 4
    Child Care and Preschool Support ..................................... 10
    Early Childhood Education Health Resource .............. 11
    Early Childhood Education Referrals ............................... 11
    Family Child Care Home ............................................... 11
    Libraries .............................................................................. 16
    Other Caregiver/Child Services ......................................... 17

FOOD ........................................................................ 18
    Redwood City and North Fair Oaks
    Brown Bag (Senior Program) .......................................... 18
    Food Assistance ................................................................ 19
    Food Assistance/Community Schools ............................... 19
    Hot Meals ......................................................................... 19
    Produce Mobile (Produce distribution) .............................. 21
    Redwood City Low Cost Meals ........................................ 21
    Menlo Park
    Brown Bag (Senior Program) .......................................... 21
    Family Harvest (Grocery distribution) .............................. 21
    Hot Meals ......................................................................... 22
    Pantry .............................................................................. 22
    Governmental Program ................................................... 22
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 govern-
ment, 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-Fri-
day: 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 ................................ susanocrine@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-red-
wood-city-ca
▶ Preschool Age
▶ Part-Day program

Fair Oaks Child Development Center/RCSD .................. 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 avail-
able basis; Bilingual classes available; Free or low cost service; Docu-
mentation 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
Garfield Child Development Center/RCSD 650-482-2417
3600 Middlefield Road, Menlo Park 94025
Anna Franceschi  ecarmona@rcsdk8.net
www.rcsdk8.net/Page/96

- 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

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

- 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

- 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

- 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  tangelahooverchildcarecenter@gmail.com
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/RCSD ........... 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
▷ 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 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . rosiebabad@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
▶ 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
▶ 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
▶ 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
▶ Child care 5-12
▶ Parent cooperative; Part-Day program

Redwoods International Montessori .......................... 650-366-9859
2000 Woodside Road, Redwood City 94061
Annagi Liles .............................. info@trimontschools.com
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
▶ 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
▶ 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@stpiuusschool.org
www.stpiuusschool.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@weingartencc.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.smcfcca.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
   ▶ 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 .............................. mmmeraz14@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
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 lcontrares64@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
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

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

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 ..................................................... ReneePeralta@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 ................................. sngpschool@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
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
Homework assistance

Redwood City Public Library: Redwood Shores Branch  650-780-5740
399 Marine Parkway, Redwood City
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
Homework assistance

OTHER CAREGIVER/CHILD SERVICES

Associated Learning & Language Specialists  650-631-9999
www.allsinc.com
Speech/language therapy, occupational therapy, infant/toddler care & therapy

Big Lift Inspiring Summers
Email 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
www.cdss.ca.gov/inforesources/Child-Care-Licensing/Child-Care-Advocates

Community Gatepath  650-259-8544
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 jmhuiston@smcoe.org
www.smcoe.org/learning-and-leadership/early-learning

CTE Program at Cañada College  650-306-3115
Patty Hall hallp@smccd.edu
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
www.first5sanmateo.org

Generations United  650-619-1300
Angie Ibarra angie@generations-united.com
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-commu-
nty-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 11am to 1 pm in Fair Oaks Com-
munity 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
▶ Serves meals on Monday and Wednesday 7:30pm to 9:00pm

19
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
- 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
- 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
- Groceries
- 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
- 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**  
605 Hamilton Avenue, Menlo Park 94025  
650-462-5921

**St. Anthony's Padua Dining Room**  
3500 Middlefield Road, Menlo Park 94025  
650-366-4692

Email: paduadiningroom@gmail.com  
www.paduadiningroom.com

Serves meals Monday-Friday 11:00am-1:00pm

**Street Life Ministries**  
1120 Merrill Street, Menlo Park 94025  
650-395-8114

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**  
620 Willow Road, Menlo Park 94025  
650-329-2800 x60113

Email: lbarron@reavenswoodschools.org

Community food bank during the school year at Costano Elementary (2x monthly, 2nd and 4th Saturdays) and at Willow Oaks (1st Saturday of each month)

**SVDP Church of the Nativity**  
210 Oak Grove Ave, Menlo Park 94025  
650-346-1089

Email: portolamike@sbcglobal.net  
www.nativitymenlo.org

**SVDP St. Anthony**  
3500 Middlefield Road, Menlo Park 94025  
650-669-2354

Email: hugogallegos@att.net  
www.svdpsm.org/svdps-homeless-help-centers

**There With Care**  
3475 Edison Way, Suite H, Menlo Park 94025  
650-268-8555

Email: 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 neighbor-
borhood stores and participating farmers markets.

**Food Connection Hotline** .............................. 800-984-3663
Ann Dyer .................................................. adyer@sfhb.org
www.sfhb.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 wom-
en 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 Merca-
do: 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-communi-
ty-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
  ▶ 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
Red Cross .......................... 888-443-5722
  ▶ First Aid Training
Samaritan House Free Clinic .......................... 650-839-1447
  114 5th Ave, Redwood City
  Email .......................... info@samaritanhousesanmateo.org
  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
San Mateo Medical Center - Mobile Clinic
  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/SequoiaTeenWellnessCen-
  ter.htm
  ▶ Medical services to youth 12-21 years old
WIC Program - (Women, Infants and Children) .... 650-573-2168
  www.smchealth.org/wic

HOUSING ASSISTANCE
Daybreak Shelter .......................... 650-364-4633
  6396 Douglas Ave, Redwood City
Transitional housing for homeless teens

Fair Oaks Community Center ........................................... 650-780-7500
www.redwoodcity.org/departments/parks-recreation-and-communi-
ty-services/do-you-need-help/information-referral
▶ Emergency housing

Homesharing Program ................................................... 650-780-7511
www.hiphousing.org
▶ Shared housing help

Salvation Army ............................................................. 650-368-4643
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
▶ Emergency housing for teens

OTHER PARENT/NEIGHBORHOOD SERVICES

Peninsula Conflict Resolution Center ......................... 650-513-0330
www.pccweb.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
▶ 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-communi-
ty-services
▶ Classes and facilities; All ages

Redwood City Police Athletic League ...................... 650-556-1650
3399 Bay Road
www.redwoodcitypal.com

Sequoia YMCA ............................................................ 650-368-4168
1445 Hudson Street, Redwood City
www.ymcasv.org/sequoia
▶ Classes and facilities; All ages

TRANSPORTATION

Caltrain ................................................................. 800-660-4287
www.caltrain.com
Redi-Wheels .............................. 800-660-4287, TTY: 650-508-6448  
www.samtrans.com/Accessibility/Paratransit.html  
- Transportation resources for disabled community members

Rideshare for Bay Area Commuters ................................. 511  
rideshare.511.org  
- Carpool/vanpool assistance

SamTrans .............................. 800-660-4286, TTY: 650-508-6447  
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  
Susan Spears .............................. sspears@acrc.org  
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  
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  
Sarah E. .............................. sab72673@gmail.com  
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
  ▶ 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
  ▶ 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
  ▶ Multiple mental health services including on-campus counseling, adolescent substance abuse treatment, community counseling, LGBTQ+ 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
  ▶ 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@ocgworks.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

- 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
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

**StarVista Counselors at RCSD Community Schools**
Lindsay Stark ............................... lindsay.stark@star-vista.org
Daniela Baybay .................. daniela.baybay@star-vista.org
Ana Jimenez ...................... ana.jimenez@star-vista.org
Pinar Matles .............................. 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

- 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
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
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
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.woodsidehs.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://www.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
- 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
- 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
- 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
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
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
www.bbbsba.org

**Friends for Youth** 650-482-2864
1741 Broadway Street
Email mentor@friendsforyouth.org
www.friendsforyouth.org
INDEX

SYMBOLS
24 Hour Emergency 24

A
Adolescent 28
  Counseling Services 28, 30, 31
  Hotline 30
  StarVista Counseling 29–31
Adult Education 1–3
Adult School 1–2
Alcohol and other Drugs 26–27

C
CalFresh 22
Caregiver Services 17–18
CBET 1
Child Care Centers 4–10
Child Care Support 10–16
Child Protective Services
  San Mateo County 31
Children
  Health Insurance 24
Child Services 17–18
Citizenship 1
Classes 1–4
  Citizenship 1
  Financial 2
  High School Equivalency 2
  Parenting Course 3
Computer Literacy 1
Counseling 28–32
Crisis Lines 30
CSA Box 23

D
Day Care. See Child Care
Drug Services 26–27

E
Early Childhood Care & Education 4–18
Early Childhood Education
  Health Resources 11
Emergency Hotline 24
English as a Second Language 1
ESL 1

F
Family
  StarVista Counseling 29–31
Family Child Care Home 11–15
Family Harvest 21
Family Resource Centers 29
Family Supports 24–26
Financial Planning 2
Food 18–23
  at Community Schools 19
  Food Assistance 19
  Hot Meals 19
Food Assistance 19, 22, 23
  CalFresh 22
Food Distribution 23
Food Referral 23

G
GED. See High School Equivalency
General Family Supports 24–26
Governmental Program
  Food Assistance 22
Grocery Distribution. See also Food

H
Health Care 24
Health Coverage
  Children 24
Helpline. See Crisis Lines
High School Diploma 1
  Adult 1
High School Equivalency 2–3
  Preparation 2
  Test Center 3
HiSET. See High School Equivalency
Hot Meals 19, 22
Housing Assistance 24
I
Immigration Education and Assistance 3
Infant. See Child Care and Preschool Support
Child Care 10–17
Service League of San Mateo County 27

J
Job Placement Assistance 1
Job Training 3

L
Legal Support 3
Libraries 16–17
Literacy 3
Lodging 33
   Mentally-Ill or Homeless 33
Low Cost Meals 21

M
Mental Health 26–34
   Services 28–35
Mentoring
   Big Brothers Big Sisters of the Bay Area 34
   Sequoia Teen Resource Center 32

N
Narcotics Anonymous 27
Neighborhood Services 25

P
Pantry 22
Parenting Course 3
Parent Services 25
Poison Control
   24 hour Emergency 23
Preschool Support 10–16
Produce Mobile 21
Public Benefits, Assistance 4

R
Rape Trauma Services 29, 31
Recreation 25
Redi-Wheels 26

Redwood City School District 10, 19
Referrals
   Alcohol and Drugs 33
   Child Care 10
   Early Childhood Education 11
Rights Education
   Legal Support 3

S
Senior Program 18, 21
Suicide Intervention & Prevention 31

T
Teen
   Counseling and Advocacy 31
   Informational Websites 34
   Sequoia Teen Resource Center 32
   Sequoia Teen Wellness Center 24, 32
   StarVista Counseling 29–31
   Teen Homework Center
      Redwood City Public Library 17
   Toddler. See Early Childhood Care & Education
Transportation 25
   Caltrain 25
   Rideshare for Bay Area Commuters 26
   SamTrans 26
   Tutoring
      Libraries 16
      See Adult Education 1

W
Wellness
   Health Care 24
   WIC
      Women, Infants and Children 24

Y
Youth
   Crisis Lines 30
   Family Resource Centers 29
NOTES
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
www.smc-connect.org