

# Redwood City and North Fair Oaks Community Resources Handbook



REDWOOD CITY  
2020

A healthy community partnership

January 2019



# Redwood City and North Fair Oaks Community Resources Handbook



January 2019

Welcome to the second 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 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

Diana Espinoza-Osuna ..... epsinozaosuna@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

Diana 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

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

- ▶ Must attend orientation; offered each three-six months
- ▶ FAFSA, EOPS, Free or low-cost 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

## 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

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



- ▶ Office hours are 9:00 am to 12:00pm and 1:00pm- 5:00pm, Monday-Friday. Services are free. Bilingual assistance is available.

## 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

**Legal Aid Society of San Mateo County (LIBRE)**.....650-517-8936

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

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

www.thelibreproject.org

- ▶ Office hours are 9:00 am to 12:00pm and 1:00pm- 5:00pm, Monday-Friday. Services are free. Bilingual assistance is available.

## 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

**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)

**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

**Legal Aid Society of San Mateo County (LIBRE)**.....650-517-8936

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

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

www.thelibreproject.org

- ▶ Office hours are 9:00 am to 12:00pm and 1:00pm- 5:00pm, Monday-Friday. Services are free. Bilingual assistance is available.

# **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/RCS D**.....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

- ▶ 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/RCS D** ..... 650-482-2417  
3600 Middlefield Road, Menlo Park 94025  
Anna Franceschi ..... 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
- Hawes Child Development Center/RCS D** ..... 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/RCS D** ..... 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 ..... tangela Hoover childcare center@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.....english@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

- ▶ 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  
2325 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 ba-

sis; 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 Child Care Center**.....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 ..... 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 ..... 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 McCreddie ..... 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

- ▶ 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@smcgv.org](mailto:klopez@smcgv.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](mailto:info@ihsdinc.org)  
[www.ihsdinc.org/aboutus/welcome](http://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](http://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](http://www.jobtrainworks.org)

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

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

- ▶ Special needs resources

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

[www.parentsplaceonline.org/peninsula](http://www.parentsplaceonline.org/peninsula)

- ▶ Parenting classes, playgroups

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

[www.bigtent.com/groups/rwcmclub](http://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 11am to 1 pm in Fair Oaks Community Center parking lot

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

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

- ▶ CalFresh enrollment and renewal

## **FOOD ASSISTANCE/COMMUNITY SCHOOLS**

**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
- ▶ CalFresh enrollment and renewal

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

701 Charter Street, Redwood City 94063

Maria Segundo

- ▶ 1st Tuesday of the month at 4:30 pm
- ▶ CalFresh enrollment and renewal

**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
- ▶ CalFresh enrollment and renewal

**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
- ▶ CalFresh enrollment and renewal

**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
- ▶ CalFresh enrollment and renewal

## **HOT MEALS**

**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

**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

**PANTRY**

**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  
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

**The Salvation Army - Redwood City** ..... 650-368-4643  
660 Veterans Blvd, Redwood City 94063  
Brenda  
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  
▶ 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/SMCCCC** ..... 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 of Redwood City** ..... 650-365-7829  
151 Buckingham Avenue, Redwood City 94063  
Sister Christina Heltsley ..... schristina@stfrancisrwc.org  
www.stfrancisrwc.org

- ▶ Must show proof of Menlo Park or Redwood City residence; families only
- ▶ Groceries and clothing: Monday-Friday at 1:00pm-3:00pm
- ▶ Pickup: 1x per month, Monday and Friday between 1pm to 3 pm. Provides two large bags of food per household and two large bags of clothing for 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  
 Avidesh 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 benefits 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@sfb.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  
2342 El Camino Real, Redwood City, CA 94063  
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 SUPPORT**

### **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

- 2342 El Camino Real, Redwood City, CA 94063  
[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.pcrcweb.org](http://www.pcrcweb.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

**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](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, 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](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@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](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

[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

**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](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

[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

[www.star-vis-](http://www.star-vis-)

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

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

## CRISIS LINES

<b>Alcohol and Drug Helpline</b> .....	650-220-7575
<b>California Youth Crisis Line</b> .....	650-843-5200
<b>Child and Adolescent Hotline and Prevention Program</b> .....	650-567-5437
Email.....	567kids@star-vista.org
▶ Calls or texts ok; Support for behavioral and developmental concerns	
<b>Child Protective Services (CPS), San Mateo County</b> .....	800-632-4615
▶ To report suspected child abuse, abandonment, or exploitation	
<b>Child Protective Services (CPS), San Mateo County</b> .....	650-802-7922
<b>Community Overcoming Relationship Abuse (CORA)</b> .....	800-300-1080, 650-312-8515
▶ English/Spanish hotline for victims of domestic violence	
<b>Crisis Intervention and Suicide Prevention</b> .....	650-579-0350
<b>Parent Helpline (StarVista)</b> .....	888-220-7575
<b>Psychiatric Emergency Services</b> .....	650-573-2662
<b>Rape Trauma Services</b> .....	650-692-7273
<b>StarVista—Crisis Intervention and Suicide Prevention Center Hotline</b> .....	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	
<b>Your House South</b> .....	650-367-9687
www.star-vista.org	
▶ Hotline for youth ages 10-17	

## GENERAL MENTAL HEALTH SERVICES

### Aging and Adult Services: San Mateo

<b>County L.P.S. Conservatorship</b> .....	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	

<b>Canyon Oaks Youth Center</b> .....	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](http://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](http://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](http://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](http://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](http://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

## **LODGING AND SERVICES FOR PEOPLE WITH MENTAL ILLNESS**

**Mateo Lodge**.....650-363-8125  
420 Cassia Avenue, Redwood City 94063  
Email.....[webmaster@mateolodge.org](mailto: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](mailto:cshoutreach@ucsd.edu)  
[www.nobutts.org](http://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](http://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](mailto: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](mailto:567kids@star-vista.org)  
[www.star-vista.org/whatwedo\\_services/counseling/youth/cahpp.html](http://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, LCSW ..... 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



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