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.
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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

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)

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

Vanessa Hearne vhearne@legalaidsmc.org

www.the-libreproject.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

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

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

Redwood City

Manuel Velarde mvelarde@redwoodcity.org

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

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

**PUBLIC BENEFITS**

Legal Aid Society of San Mateo County (LIBRE)

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

Vanessa Hearne vhearne@legalaidsmc.org

www.the-libreproject.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/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 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/footsteps-city-center-plaza.html
- 3-5 year olds
- State-subsidized spaces; Bilingual classes available; Free or low cost; Documentation of household income required for free or low cost spaces; Full-Day
and Part-Day available

**Garfield Child Development Center/RCSD** .............................................. 650-482-2417
3600 Middlefield Road, Menlo Park 94025
Anna Franceschi .............................................................. ecarmona@rcsdk8.net
www.rcsdk8.net/Page/96
  ▶ 2.75–4 year olds
  ▶ State-subsidized spaces; Private pay families accepted on a space available basis; Bilingual classes available; Free or low cost; Documentation of household income required for free or low cost spaces; Part Day program only

**Hawes Child Development Center/RCSD** .............................................. 650-482-2417
909 Roosevelt Ave, Redwood City 94061
Ivonne Castillo-Smith .......................... ecarmona@rcsdk8.net
www.rcsdk8.net/Page/96
  ▶ 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 ................................................................. kellyr@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 ba-
   sis; Bilingual classes available; Free or low cost; Documentation of household
   income required for free or low-cost spaces; Full Day and Part Day program

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**
1234 Brewster Ave, Redwood City 94062
Alma Ortega

www.sequoiachildren.org
▶ 5+ months
▶ Full-Day and Part-Day program

**Sequoia Preschool**
233 Topaz Street, Redwood City 94062
Nancy Kocjan

www.sequoiapreschool.org
▶ Preschool Age
▶ Part-Day program

**Shores Child Care Center**
1050 Twin Dolphin Drive, Redwood City 94065
Oneiki Robinson

www.cclc.com
▶ 6 weeks to 5 years old
▶ Full-Day and Part-Day program

**St. Matthias Preschool**
533 Canyon Road, Redwood City 94061
Kim Nave

www.stmatthiasparish.org
▶ Preschool Age
▶ Full-Day program

**St. Michael's Infant Center and Preschool**
401 Hudson Street, Redwood City 94061
Niven Escander

www.stmichaelpreschool.org
▶ 2+ weeks
▶ Full-Day program

**St. Pius Preschool**
1100 Woodside Road, Redwood City 94061
Lauri Hill

www.stpiusschool.org/preschool/overview
▶ Preschool Age
▶ Full-Day program

**Taft Child Development Center/RCSD**
903 10th Ave, Redwood City 94063
Claudia Araiza

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

11
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
   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 ............................................... 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
  ▶ 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 ................................................................. maryannnc@astound.net
Preschool Age
Full-Day program

**Montessori Community & Family School** ........................................... 650-366-4932
Northwest Redwood City
Heather Houde ........................................MFandCSchoool@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
<table>
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<tr>
<th>Daycare Name</th>
<th>Phone Number</th>
<th>City</th>
<th>Provider</th>
<th>Email Address</th>
<th>Age Group</th>
<th>Languages Available</th>
<th>Day Program</th>
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<tr>
<td>Reneè Peralta</td>
<td>650-367-9121</td>
<td>Northwest Redwood City</td>
<td>Reneè Peralta</td>
<td><a href="mailto:ReneePeralta@ymail.com">ReneePeralta@ymail.com</a></td>
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<td>Rosie's Family Day Care</td>
<td>650-367-6670</td>
<td>Northwest Redwood City</td>
<td>Rosa Maria Figueroa</td>
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<td>650-270-8633</td>
<td>Southwest Redwood City</td>
<td>Alison Accristo</td>
<td><a href="mailto:sngpreschool@aol.com">sngpreschool@aol.com</a></td>
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<td>Senona Passamani</td>
<td>650-556-1178</td>
<td>Northeast Redwood City</td>
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<td>Infant/Toddler/Preschool Age</td>
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<td>Sharmila Montessori House of Children</td>
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<td>Southwest Redwood City</td>
<td>Sharmila Fernando</td>
<td><a href="mailto:sharmilamontessor@gmail.com">sharmilamontessor@gmail.com</a></td>
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<td>Sharon Collier Daycare</td>
<td>650-365-5745</td>
<td>Southwest Redwood City</td>
<td>Sharon Collier</td>
<td><a href="mailto:sharon@sharonsdaycare.com">sharon@sharonsdaycare.com</a></td>
<td>Infants only</td>
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<td>Full-Day program</td>
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<td>Silene Day Care</td>
<td>650-261-1320</td>
<td>Southeast Redwood City</td>
<td>Perla Flores</td>
<td><a href="mailto:sdc696@yahoo.com">sdc696@yahoo.com</a></td>
<td>All Ages</td>
<td>Spanish; Full-Day program</td>
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<td>Socorro's House Daycare</td>
<td>650-861-7863</td>
<td>Southeast Redwood City</td>
<td>Socorro Bush</td>
<td><a href="mailto:socorro.bush@sbcglobal.net">socorro.bush@sbcglobal.net</a></td>
<td>Preschool Age</td>
<td>Spanish; Full-Day program</td>
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<tr>
<td>Storybook Pre-K</td>
<td>650-562-7649</td>
<td>Northwest Redwood City</td>
<td>Margaret McNesby</td>
<td><a href="mailto:maggie@storybook.school">maggie@storybook.school</a></td>
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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, ................................................................. tlfbertots2007@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
  ▶ 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@siliconvalleyxcf.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 jmhouston@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
www.ihsdinc.org/aboutus/welcome
Pregnant/Infant/Toddler
Home visiting program; Languages available: English, Spanish, and Arabic; Free or low cost services; Proof of income, residency in San Mateo County, and child's age required; Weekly program

Job Train
650-330-6429
Email
info@jobtrainworks.org
www.jobtrainworks.org

Parents Helping Parents
408-727-5775
www.php.com
Special needs resources

Parents Place/JFCS
650-931-1840
www.parentsplaceonline.org/peninsula
Parenting classes, playgroups

Redwood City Mother's Club
650-654-5244
www.bigtent.com/groups/rwcmclub
Babysitting co-op, Mom's Night Out, playgroups, family activities

FOOD

REDWOOD CITY AND NORTH FAIR OAKS

BROWN BAG (SENIOR PROGRAM)
Fair Oaks Adult Activity Center
650-780-7525
2600 Middlefield Road, Redwood City 94063
Email
info@peninsulafamilyservice.org
https://www.peninsulafamilyservice.org/fairoaks

Second Harvest Food Bank
650-984-3663
Email
foodconnection@shfb.org
For low-income seniors over age 60, and low-income disabled individuals over 55
Members receive a weekly bag of groceries distributed at sites throughout San Mateo County

FOOD ASSISTANCE
Fair Oaks Community Center
650-780-7500
2600 Middlefield Road, Redwood City 94063
Teri Chin
tchin@redwoodcity.org
www.redwoodcity.org/departments/parks-recreation-and-community-services/facilities/community-centers
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 ................................................................................................. llahughlin@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**

1300 Middlefield Road, Redwood City 94063
Email info@streetlifeministries.org
www.streetlifeministries.org
- Serves meals on Monday and Wednesday 7:30pm to 9:00pm

**AIDS Community Research Consortium**

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**

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**

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/SMCCF**

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**

151 Buckingham Avenue, Redwood City 94063
Sister Christina Heltsley schristina@stfrancisrwc.org
www.stfrancisrwc.org

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**PANTRY**

**The Salvation Army - Redwood City**

660 Veterans Blvd, Redwood City 94064
Lt. Edgar Azueta edgar.azueta@usw.salvationarmy.org
www.redwoodcity.salvationarmy.org
- 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/SMCCF**

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**

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-sanmarateoco.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
HoT MeeLs

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.svdp.org/svdp-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@sfhb.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


- 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
  ▶ 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/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

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HOUSING ASSISTANCE

Daybreak Shelter.............................................................................................................. 650-364-4633
  6396 Douglas Ave, Redwood City
  www.star-vista.org/whatwedo_services/youth.html
  ▶  Transitional housing for homeless teens

Fair Oaks Community Center.......................................................................................... 650-780-7500
  ▶  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.pcrweb.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-community-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)**
500 Allerton Street, Redwood City 94063
- 650-599-9955
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
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.woodsideehs.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

LODGING AND SERVICES FOR PEOPLE WITH MENTAL ILLNESS

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 stephnie.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, 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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