



Bay Area Community Resource Guide

**A Quick List of Services, Support, and
Mutual Aid in the Bay Area**

**WITH RECOGNITION THAT WE LIVE ON UNCEDED TERRITORY
OF THE CHOCHENYO SPEAKING OHLONE PEOPLE**

Abolition + Non-Police Interventions

- Police Alternatives
- Prisoner Resources + Advocacy
- Legal Aid
- Immigration Services

These organizations support individuals and communities that are impacted by the police state and prison industrial complex. They work to repair harm and reimagine alternatives to current systems of state violence.

MACRO

Call 911

(Mobile Assistance Community Responders of Oakland)

- Call **instead of the police!** Civilians with medical and mental health training respond to non-violent emergency calls in East Oakland
- Run by the Oakland Fire Department and using existing dispatch system
- Responds to low-acuity quality of life calls concerning Behavioral Health Issues, Individual Well Being, and Community Disturbance

California Coalition for Women Prisoners

Call (415) 255-7036 ext. 4

(womenprisoners.org)

- Monitors and challenges the abusive conditions inside California women's prisons. Work focuses on prisoner solidarity, political education, fighting, imprisonment, and resisting the police
- Fight for the release of women and trans prisoners.
- Supports women and trans people in their process of re-entering the community.

Mental Health First

Call 510-999-9MH1

(antipoliceterrorproject.org)

- Community led crisis response that responds to mental health crises including psychiatric emergencies, substance use support, and domestic violence safety planning.
- Free hotline on Friday & Saturday nights from 8pm to 8am
- Run by Anti Police-Terror Project, a Black-led coalition that seeks to eradicate police terror in communities of color, document police abuse, and provide community members with resources, legal referrals, and opportunities for healing.

Critical Resistance

(criticalresistance.org)

- Social Justice organization dedicated to ending the prison industrial complex
- Work focuses on prisoner solidarity, political education, fighting imprisonment, and resisting the police

API Legal Outreach

Call (510) 251-2846

(apilegaloutreach.org)

- Provides culturally competent and linguistically appropriate legal representation, social services, and advocacy for the most marginalized segments of the community including low-income women, seniors, recent immigrants, and youth

Root and Rebound

Call (510) 279-4662

(rootandrebound.org)

- Supports currently incarcerated folks and those navigating reentry by reducing the harms perpetuated by mass incarceration
- Helps people access employment, find housing, reunify families, and assert their rights to dignity and fair treatment
- Services include in-prison programs, access to community lawyers, reentry assistance, and legal clinics and workshops.

Bay Area Legal Aid

Call (510) 663-4755

Legal Advice Line (800) 551-5554

(baylegal.org)

- Provide low-income clients with free civil legal assistance, including legal advice and counsel, effective referrals, and legal representation

Centro Legal de la Raza

Call (510) 437-1554

(centrolegal.org)

- Legal services agency that protects and promotes the rights of low-income, immigrant, black, indigenous, and Latino communities through legal representation, bilingual education and promotion.
- Focus on immigration rights, tenant rights, worker rights, and litigation

Domestic Violence + Sexual Assault

- Shelters
- Counseling + Healthcare
- Legal Aid
- Sexual Assault Resources

These organizations help care, support, and advocate for individuals and families seeking refuge from domestic abuse and/or sexual assault.



Shelters



Sexual Assault

La Casa de las Madres

24-Hour Hotline

Call: 877-503-1850

Text: 415-200-3575

(baywar.org)

- Shelter, Counseling, Resources
- Support for survivors of domestic violence and the people who care about them

Asian American Women's Shelter

24-Hour Hotline

Call 877-751-0880

(sfaws.org)

- Shelter, Counseling, Resources
- Support for survivors of domestic violence and the people who care about them

A Safe Place

24-Hour Hotline

Call 510-536-7233

(asafeplace.org)

- Shelter, Counseling, Resources
- Support for survivors of domestic violence and the people who care about them

Bay Area Women Against Rape (BAWAR)

Bilingual Crisis Hotline

Call: 510-800-4247

(baywar.org)

- 24 hour crisis response agency serving Alameda County residents
- All survivor services are 100% free



Grassroots Orgs

California Partnership to End Domestic Violence

Call: (916) 444-7163

(cpedv.org)

- Organization that works to end all forms of domestic violence.
- Coalition of survivors, advocates, and organizations creating system-wide change through public policy, prevention, communication, and capacity building programs

HEALTH- CARE

- Adult, Pediatric, and Women's Health
- Dental, Optometry, Behavioral Health options
- No cost and/or sliding fee scale
- Primary and Preventative Care

Health Care facilities that provide community-based and culturally responsive care. These clinics offer comprehensive services and resources to underserved populations throughout the Bay Area

West Oakland Health Center

Call (510) 835-9610
(westoaklandhealth.org)

- Provides medical care and related ancillary services (blood-draws, health education, social services) are available to everyone, regardless of ability to pay
- Five clinic sites: one in Berkeley, one in West Oakland, and three in East Oakland

Berkeley Free Clinic

Call (510)548-2570
(berkeleyfreeclinic.org)

- Radical health collective that provides dentals and medical care, peer counseling, and community referrals
- No fees for any services, materials, medications or supplies

Native American Health Center

Call (510) 535-4400
(nativehealth.org)

- Provides comprehensive services to improve the health and wellbeing of American Indians, Alaska Natives, and residents of the surrounding communities with respect to cultural and linguistic differences.
- Utilizes a holistic model of care, which treats each member as a whole person, acknowledging and responding to their physical, emotional, spiritual, and social service needs.

La Clinica de la Raza

Call (510) 535-4000
(laclinica.org).org)

- Community-based clinic that provides culturally and linguistically appropriate health services to diverse and medically underserved populations
- Prenatal, perinatal, and pediatric care; teen clinic; mental health services; chronic illness prevention and disease management; dental; optometry

Lyon-Martin Community Health Services

Call (415) 565-7667
(lyon-martin.org)

- Provides high quality, compassionate and trauma-informed medical, gynecological, and mental health care services to trans, non-binary, gender non-conforming, and intersex (TGI) communities and cis-gender women with specific sensitivity to LGBTQA sexual orientation, disability, size, race, ethnicity, and language regardless of immigration status or ability to pay.

Abortion

+

Reproductive Justice

- **Counseling, Advocacy + reproductive care**
- **Pregnancy + Abortion Options**
- **Midwifery + Doula Services**
- **Post-partum + Newborn Care**
- **Nutritional Programs**

These organizations prioritize reproductive and birth justice, and support community members in all aspects of the reproductive process. They work to subvert racism and sexism in healthcare, and instead center cross-cultural traditions and wisdom.

Access Reproductive Justice

English Call (800) 376-4636

Línea en Español (888) 442-2237

(accessrj.org)

- Provides free, confidential and nonjudgmental information, referrals, peer counseling and advocacy on the full range of reproductive healthcare, with a special expertise in pregnancy options and abortion services

Roots of Labor Birth Collective

Call (805) 910-7522

(rootsoflaborbc.org)

- Believes that everyone deserves a doula, regardless of one's ability to pay
- Coalition of birth workers and full-spectrum support advocates that reflect the communities and empower respective ancestral traditions.
- Uplift physical, emotional, mental, and spiritual health.

WIC

Women, Infant, and Children Supplemental Nutrition Program

Call (510) 595-6400

(acphd.org/wic/)

- Food and nutrition program that provides nutrition education, breastfeeding support, benefits for healthy foods, and referrals to health care and other community services

Mothers for Mothers Postpartum Justice

Email

Info@postpartumjustice.org

(postpartumjustice.org)

- Intergenerational and Black-led collective of community members with a focus on building postpartum justice in the Black community
- Works to share cross cultural postpartum recipes, traditions, and wisdom, exposes current postpartum inequitable realities, and promotes postpartum justice in Black communities.

Partera Midwifery

Línea en Español (888) 442-2237

(accessrj.org)

- At-home ancestral birth practitioners and sacred home birthing for BIPOC families
- Provides complete Midwifery care, including prenatal, home birth, & postpartum care for 6 weeks after the birth, including newborn well-being checks.

LGBTQI

- Community Care, Support, and Advocacy for LGBTQI Folks and Their Families
- Sexual Health + Wellness Services
- Youth Outreach + Gender Affirming care

These organizations focus on providing physical, emotional, and social support for the LGBTQI community. They offer medical and mental health resources, as well as opportunities for community building and advocacy.

Oakland LGBTQ Community Center

Call: (510) 882-2286
(oaklandlgbtqcenter.org)

- Provides sexual health + wellness support, LGBTQ youth services, + community building activities.
- Dedicated to enhancing and sustaining the well-being of LGBTQ individuals, families and allies

PFLAG/East Bay

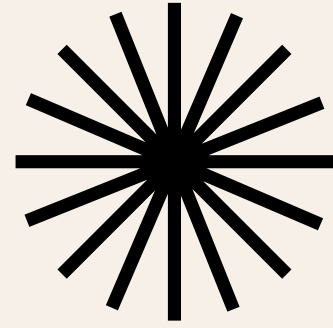
Call: (510) 562-7692
(pflag-eastbay.org)

- Offers monthly meetings, organizing opportunities, and community activities that further equality, affirmation, and respect for all people, inclusive of their sexual orientation, gender expression, and gender identity.
- Dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them.

Pacific Center

Call: (510) 548-8283
(pacificcenter.org)

- Sliding scale mental health clinic for LGBTQIA+ and QTBIPOC people and their families
- Provides culturally responsive therapy, peer to peer support groups, community outreach services, and facilitated workshops
- Prioritize diversity, equity, and inclusion and culturally responsive care



Lyric Center for LGBTQQ+ Youth

Call: (510) 239-7197
(lyric.org)

- Provides a space for LGBTQQ youth to meet, connect, and create together
- focus on community building, advocacy, and inspiring positive social change through education, job trainings, health promotion, and leadership development for LGBTQQ youth, their families, and allies

Communities United Against Violence (CUAV)

Call: (415) 777-5500
(cuav.org)

- Works to build the power of LGBTQ communities to transform violence and oppression.
- Supports healing + leadership of those impacted by abuse, and mobilize broader communities to replace cycles of trauma with cycles of safety and liberation.
- As part of the larger social justice movement, CUAV works to create truly safe communities where everyone can thrive.



ADDITIONAL RESOURCES

EVEN MORE OPTIONS FOR BAY AREA
SERVICES + CARE

FROM THE ALAMEDA COUNTY PUBLIC HEALTH DEPARTMENT

FINANCIAL SERVICES - Servicios financieros

Alameda County Child Support Services 866-901-3212
 Earn It, Keep It, Save it (Free Tax Preparation Help) 2-1-1
For Financial Coaching, Bank accounts, Savings, Credit Building
 Family Economic Success, Fremont Resource Center 574-2000
 Operation Hope Inc., Oakland 535-6700
 Sparkpoint, Oakland 924-3610

FOOD HELP - Ayuda con comida

Alameda County Community Food Bank 800-870-3663, 635-3663
 Emergency food, CalFresh application assistance

FOOD: WIC PROGRAMS - Los Programas de WIC

Food Assistance Program for Women, Infants and Children
 Programa de asistencia de comida para mujeres, bebés y niños
 Alameda County:
 Eastmont, Telegraph, Hayward: 595-6400 Fremont 795-2457
 Axis Community Health Center, Pleasanton 925-462-2365
 City of Berkeley 981-5360
 East Oakland Health Center 835-9610 x2270
 La Clínica de La Raza
 Fruitvale 535-4110 San Antonio 272-1500
 Native American Health Center
 Alameda 814-8440 Oakland 434-5300
 Tiburcio Vasquez - Various Locations 471-5913
 West Oakland Health Center 835-9610, x2080

FOSTER CARE - Padres de crianza

Emergency Foster Care (SSA Crisis Line) 833-939-3877
 Foster & Adoptive Parent Hotline, SSA 259-3575
 Foster Pal: FamilyPaths 800-829-3777, 893-9230
 Kinship Support Services, respite and support, referrals
 Family Support Services North County 834-2443
 Lincoln Children's Center South & East County 583-8026
 Legal Assistance for Seniors, guardianship 832-3040

HEALTH CLINICS - Clínicas de salud

P means provides comprehensive prenatal care
P significa que proporciona cuidado prenatal
For health care referrals, call Family Health Line 888-604-4636
 ACCESS (for reproductive referrals) Eng/Spain 800-376-4636

Alta Bates Summit Perinatal Center **P** 869-8425
 Ann Chandler Health Clinic, Berkeley 981-5350
 Asian Health Services, Oakland **P** 986-6800
 Axis Community Health Centers **P**
 Livermore, Pleasanton 925-462-1755
 Berkeley Free Clinic 800-625-4642, 548-2570
 Children's Hospital Outpatient Clinic, Oakland 428-3226
 Clínica Alta Vista, Oakland (teens) **P** 535-6300
 Davis Street Primary Care Clinic, San Leandro 347-4620 x400
 East Oakland Health Center **P** 835-9610
 Eastmont Wellness Center, Oakland **P** 567-5700
 Encore Medical Clinic for Homeless 510-428-3783
 FPA Womens Health, Berkeley 877-883-7264
 Firehouse Clinic, Hayward (walk-in) 398-7474
 Fremont Healthy Start 656-4206
 Fuente Wellness Center, Ashland Youth Center 481-4556
 Hayward (formerly Winton) Wellness Center **P** 266-1700
 Highland Hospital, Oakland Outpatient Clinics **P**
 Pediatrics 437-4887 Women's Urgent Care 437-4778
 La Clínica de la Raza, Oakland **P** 535-4000
 La Loma Medical Group, Oakland 261-1677
 Lifelong Medical Care **P**
 Howard Daniel Clinic, Oakland, Berkeley 981-4100
 Native American Health Center, Oakland **P** 535-4400
 Newark Wellness Center **P** 505-1600
 Planned Parenthood, various locations 300-3800
 R & K Lowe Medical Center, Oakland **P** 318-5800
 San Antonio Health Center, Oakland **P** 238-5400
 Street Level Health Project, Oakland 533-9906
 Tiburcio Vasquez Health Center **P**
 San Leandro, Hayward/Union City 471-5880
 Tri-City Health Center, Fremont **P** 770-8040
 West Oakland Health Center **P** 835-9610
 Women's Center at St. Rose Hospital, Hayward 342-0020

HEALTH INSURANCE - Seguro médico

Health Insurance Technicians (HealthPAC) 800-422-9495
 Alameda Alliance for Health 877-932-2738
 Blue Cross of California 800-407-4627
 Covered California 800-300-1506
 Kaiser Permanente Child Health Program 800-993-2437
 Medi-Cal Access Program (Prenatal) 800-433-2611

HIV and AIDS - VIH, SIDA

Alameda County HIV/AIDS Resource Guide 877-424-3746
 AIDS Project of the East Bay (APEB) 663-7979
 WORLD, women's services 986-0340

For Emergency shelter & housing, call Eden I&R 2-1-1

Echo Housing: Hayward 581-9380 Oakland 496-0496
 Emergency Shelter Program, 24 hour
 Hayward - Ruby's Place, 888-339-7233,
 Family Emergency Shelter Coalition, Hayward 581-3223
 Oakland Housing Assistance Center 238-6182
Housing Repairs - Reparaciones a viviendas
 Healthy Homes, Oakland 567-8280
 Rebuilding Together, Oakland 625-0316 x104
Advocacy/defensa
 Causa Justa:: Just Cause, Oakland 836-2687
 HOPE NOW Hotline, Foreclosure Help 888-995-4673
 Tenants Together, Foreclosure Help 888-495-8020

IMMIGRANT SERVICES - Servicios para inmigrantes

Catholic Charities of the East Bay 768-3100
 East Bay Sanctuary Covenant 540-5296
 Filipino Advocates for Justice 465-9876
 International Institute of Bay Area
 Fremont 894-3639 Oakland 451-2846
 International Rescue Committee 452-8222
 Korean Community Center of the East Bay 844-828-2254
 Lao Family Community Development 533-8850
 Spanish Speaking Citizen's Foundation 261-7839
 U.S. Citizenship & Immigration Services 800-375-5283

IMMUNIZATIONS - Vacunas

Immunization Referrals for children & adults 267-3230

LEGAL SERVICES - Servicios legales

Alameda County Bar Association 302-2222 x4
 Alameda County Child Support Services 866-901-3212
 Asian Pacific Islander Legal Outreach 251-2846
 Bay Area Legal Aid 800-551-5554
 Centro Legal de la Raza 437-1554
 East Bay Community Law Center, Berkeley 548-4040
 Equal Rights Advocates 800-839-4372
 Family Violence Law Center, Oakland 208-0220
 Homeless Action Center, Berkeley 540-0878
 Legal Assistance for Seniors 832-3040
 Transgender Law Center 587-9670

MULTI-SERVICE CENTERS - Centros de servicios completos

Davis Street Community Center, San Leandro 347-4620
 Fremont Family Resource Center 574-2000

PREGNANCY SERVICES - Servicios para el embarazo

For pregnancy referrals, call Family Health Line 888-604-4636
 BirthWays, Support & Classes, Berkeley WWW.BIRTHWAYS.ORG
 Black Infant Health, classes for African Americans 618-1967
 Brighter Beginning Teen Family Support 437-8950
 CAL Works & Family Project, Paid Family Leave 800-880-8047
 DREAMS, for women who suffered fetal or infant loss 667-4333
 Healthy Families America, case management 667-3140
 Mother To Baby California, information on toxins 866-626-6847
 Nurse Family Partnership, for first time mothers 667-4311
 Women's Health Promotion, African Americans 618-2080

SMOKING CESSATION - Ayuda para dejar de fumar

California Smokers' Helpline English 800-662-8887
 Chinese 800-838-8917 Korean 800-556-5564
 Spanish 800-456-6386 Vietnamese 800-778-8440

TEEN SERVICES - Servicios para adolescentes

Beyond Emancipation, Teens Timing Out 667-7694
 Boys & Girls Club, Oakland 444-8211 Alameda 522-4900
 California Youth Crisis Line 800-843-5200
 Children's Hospital Teen Clinic, Oakland 428-3387
 East Oakland Youth Development Center 569-8088
 Independent Living Program 667-7696
 Native American Health Center, Oakland 434-5421
 Planned Parenthood Teen Success groups 300-3800 x3602
 REACH Ashland Youth Center 481-4551
 School-Based Health Centers, call to find location 268-1260
 Tri-City Teen Clinic, Fremont 770-8131
 Youth Employment Partnership 533-3447
 Youth Uprising, leadership, arts, health and careers 777-9909

SCHOOL DISTRICT PROGRAMS FOR PARENTING TEENS -

Programas de escuelas para padres adolescentes (CalSAFE)
 Berkeley High School, Vera Casey Center (510) 644-6854 ext 2
 Fruitvale Academy, Oakland 536-6086
 Island High School, Alameda 748-4024 x114
 Robertson High School, Fremont 657-9155 x49111
 Tennyson High School, Hayward 723-3190 x63155
 Village High School, Pleasanton 925-426-4260
 W. P. Burke Academy, Hayward 785-9326

CHILD CARE - Cuidado infantil

4 C's, South County 582-2182 x3198
 Banana Child Care Referral 658-0381
 Child Care Links, referrals, Livermore 925-417-8733
 Head Start 3-5 years / Early Head Start 0-3 years:
 Alameda 629-6350, Berkeley 848-9092, Emeryville 601-8674,
 Hayward (855) 757-5437, Oakland 238-3165

CHILDREN'S HEALTH SERVICE - Servicios de salud para niños.

Also see HEALTH CARE / CLINICS - Refiérase a las Clínicas de Salud
For well-child exams call Family Health Line 888-604-4636
 Asthma Start Program 383-5181
 Diabetes Start Program 383-5185
 California Poison Control System 800-222-1222

CHILDREN with SPECIAL NEEDS - Niños con necesidades especiales

Family Resource Navigator 547-7322
 Building Blocks Therapeutic 434-7990
 California Children's Services, CCS, OT PT 208-5970
 Children's Hospital (UCSF Benioff), Oakland
 Developmental & Behavioral Pediatrics 428-3351
 Neonatal Follow-up 428-3006
 Speech & Language Center 925-979-3470
 East Bay Agency for Children, Therapeutic Nursery (268-3770)
 Regional Center of the East Bay 618-6100
 For behavior and development issues
 Through the Looking Glass, disabled parent or child 848-1112

COUNSELING SERVICES - Servicios de consejería

ACCESS, 24-hour line Eng/Spain/Chin 800-491-9099
FamilyPaths hotline, Eng/Spain 800-829-3777
 A Better Way 601-0203
 Alameda Family Services 629-6300
 Asian Community Mental Health Services 735-3900
 Brighter Beginnings Mental Health Services 437-8950
 City of Berkeley Family, youth & Children Services 981-5280
 CHAA (Community Health for Asian Americans) 835-2777
 Early Intervention Services:
 UCSF Benioff Children's Hospital Oakland 428-3408
 Crisis Support Services - 24 hour line 800-309-2131
 Jewish Family & Community Services East Bay 704-7475
 La Clinica de la Raza, Casa del Sol Mental Health 535-6200
 Pathways Counseling Center, Girls Inc. 357-5515
 Portia Bell Hume Center 745-9151
 Tiburcio Vasquez Health Center Behavioral Health 471-5907 x3774
 West Coast Children's Clinic Oakland 269-9030

TEEN PARENTING/PREGNANCY SERVICE - Servicios de

apoyo para padres adolescentes
 Brighter Beginnings 437-8950
 Tiburcio Vasquez Family Support
 Hayward, Union City 471-5907 x3711

UTILITIES - Utilidades

California Lifeline Telephone Service, English 866-272-0349
 PG&E CARE Program, discounts on energy bills 866-743-2273
 PG&E REACH Program, bill help during crisis 800-933-9677

SAFE SURRENDER - Como entregar a su bebe de forma segura

To find a location, call 2-1-1



Newborns can be safely and legally given up at any hospital or fire station.

Recién nacidos pueden ser entregados de forma segura y legal al personal de cualquier hospital o estación de bomberos.

Prepared by the Community Forum for Perinatal Health, a collaboration of organizations in Alameda County.

Funded by the Alameda County Public Health Department, WIC Program and MPCA, and Alameda Alliance for Health, all are equal opportunity providers.



All area codes are 510 unless indicated.

For corrections and additions, call the Family Health Line at 888-604-4636

For copies call 268-4270
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DENTAL CARE

Highland Hospital Dental Clinic 437-4473
 Office of Dental Health, Healthy Kids, Healthy Teeth and Resources for Prenatal and Adult dental care 208-5910

DOMESTIC VIOLENCE and SEXUAL ASSAULT HELP

Ayuda para víctimas de violencia domestica y asalto sexual
Alameda County Family Justice Center 267-8800
 Also call for DV Resource Guide copies
Child Abuse Hotline (CPS) 259-1800
Shelter Referrals 2-1-1
Adult Protective Services 577-3500
 A Safe Place, Oakland 536-7233
 Bay Area Women Against Rape, 24-hour line 845-7273
 Building Futures with Women and Children, San Leandro 866-292-9688
 Highland Hospital Sexual Assault Center 534-9290
 National Domestic Violence Hotline 800-799-7233
 Ruby's Place, Hayward 888-339-7233
 Safe Alternatives to Violent Environments, Fremont 794-6055
 Tri-Valley Haven, Livermore 925-449-5842 or 1-800-884-8119

DRUG and ALCOHOL TREATMENT - Tratamiento para el abuso de drogas y alcohol

ACCESS, 24-hour line Eng/Spain/Chin 800-491-9099
 Alanon and AlaTeen 276-2270
 Alcoholics Anonymous 839-8900
 Narcotics Anonymous 444-4673

EMPLOYMENT SERVICES - Servicios de empleo

California Employment Development Dept. 800-300-5616
East Bay Works Career Centers, 7 locations 866-329-6757

FAMILY SUPPORT - Apoyo familiar

Child Protective Services 259-1800
FamilyPaths, Eng/Spain 800-829-3777
 4 C's, Parenting Classes: (582-2182)
 Alameda Family Services, Xanithos 629-6300
 Bananas Group and Counseling, North County 658-7353
 Brighter Beginnings (Teens, Fathers) 437-8950
 Embrace Her select zip codes 618-2080
 Help Me Grow, birth to 5 years 888-510-1211
 Native American Health Center, Groups 434-5421
 Tiburcio Vasquez Health Center, Family Support 471-5907 x3711

FATHERS SERVICES - Servicios para padres

Bananas Group 658-7353
 Fatherhood Initiative 667-4343

Alameda County Resource Guide

Guía de Recursos para el Condado de Alameda



For health care referrals, call Family Health Line 888-604-4636, M-F 8:30-5
 Or go to WWW.ACPHD.ORG
 For other needs, call 2-1-1, any time.

Para información sobre cuidado de salud, llame a la línea de salud familiar, 888-604-4636, Lunes a Viernes, 8:30-5 visite WWW.ACPHD.ORG. Para cualquier otra ayuda, llame al 2-1-1, a cualquier hora.

ALAMEDA COUNTY SOCIAL SERVICES AGENCY

Medi-Cal, Cal Fresh, and CalWORKs (asistencia monetaria)
 General Information 888-999-4772
 East Oakland, 6955 Foothill Blvd, Suite 100 383-5300
 East Oakland, 8477 Enterprise Way 777-2300
 Fremont, 39155 Liberty St., Suite C330 795-2428
 Hayward, 24100 Amador Avenue 670-6000
 Livermore, 2481 Constitution Drive 925-455-0747
 North Oakland, 2000 San Pablo Avenue 263-2420

BIRTH and DEATH CERTIFICATES

Actas de nacimiento y actas de defunción
 Alameda County Clerk-Recorder's Office 272-6362
 City of Berkeley Vital Records 981-5320

BREASTFEEDING HELP - Ayuda para amamantar

Also see WIC Program Listings under "Food" - Refierase a los Programas de WIC (Food-WIC Programs)
 Alameda Alliance for Health (members) 747-4577
 Alameda County WIC 268-4247
 Axis Community Health Center WIC 925-462-2365
 Blue Cross Advice Nurse (Medi-Cal members) 800-231-2999
 Kaiser (members) Oakland 752-1200,
 La Leche League Berkeley 545-3840 Oakland 289-5807
 Native American Health Center WIC 434-5310

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Baby Girl

