

## HEALTH CENTERS & CLINICS

### City of Berkeley Public Health Clinic

830 University Avenue  
Phone: **(510) 981-5350**

Days/Hours: Mon and Tues: 9am-5pm  
Thurs: 11:30-6:30pm Sat: 11am-2:30pm

Services: Family planning/birth control, health insurance, HIV/AIDS, immunizations, sexually transmitted infections, communicable diseases, WIC nutrition.

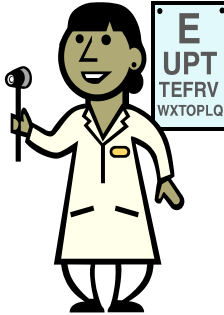
### Lifelong Medical Care

23446 Sixth Street Berkeley, CA  
Phone: (510) **981-4100**

Services: Primary health and dental care, health insurance, pediatric, adult, and geriatric care; chronic disease and HIV/AIDS treatment

### Alameda County Public Health Department

Public Health Clinic located at the family Justice Center  
470 27th Street, Oakland CA  
Phone: **(510) 267-3220**  
Days/Hours: Thurs, 1-4PM



### Berkeley Free Clinic

Phone: **(510) 548-2570** or **1-800-6-CLINIC**  
2339 Durant Ave.

Days/Hours: Mon and Tues: 8AM-5PM  
Thurs: 11:30-6:30PM Sat: 11-2:30PM

Services: Same day appointments, acute primary care, medical, dental, women's GYN clinic, and men's STD clinic.

### Suitcase Clinic

First Presbyterian 2407 Dana Street  
Days/Hours Tuesday, 7-9pm drop in  
Services: Medical, optometry, chiropractic, legal.

### La Clinica de La Raza, Oakland

Phone: **(510) 535-4000**

Days/Hours: Depends on services, call for further information.

Services: Optometry, ophthalmology, dental, bilingual, drop-in, family medicine, pediatric, WIC, OB/GYN, mental health, HIV svc, counseling, I&R, youth services. ER drop in available.

## IMMUNIZATIONS

Immunization Assistance Program  
Phone: **(510) 267-3230**

Provides referrals to free and low cost clinics for adults and children.

## HEALTH INSURANCE

### Health Insurance Assistance Program

Berkeley Public Health Clinic  
Phone: **981-5321**  
830 University Avenue

### Child Health and Disability Prevention Program (CHDP)

Phone: **981-7710**

### Kaiser Permanente Child Health Plan (KP Cares for Kids)

Phone: **800-255-5053 (Tollfree)**

Mon, Wed, Fri: 8:00AM – 3:00PM  
Thurs: 10:00AM – 3:00PM

Kaiser Permanente Child Health Plan provides low cost health care coverage for uninsured children under the age of 19 who are not eligible to participate in Medi-Cal, Healthy Families or have any other health insurance.

### Lifelong Medical Care

Phone: **(510) 981-4100**

## Other Resources

### ALAMEDA COUNTY SOCIAL SERVICES AGENCY

#### Medi-Cal, Food Stamps, CalWORKs and General Assistance

General Information	888-999-4772
East Oakland, 6955 Foothill Blvd, Suite 100	<b>383-5300</b>
East Oakland, 8477 Enterprise Way	<b>639-1000</b>
Fremont, 39155 Liberty St., Suite C330	<b>795-2428</b>
Hayward, 24100 Amador Avenue	<b>670-6000</b>
Livermore, 3311 Pacific Avenue	<b>925-455-0747</b>
North Oakland, 2000 San Pablo Avenue	<b>263-2420</b>

### CHILD CARE

Bananas Child Care Referral, North County **658-0381**  
Child Care Links, East County Referrals **925-417-8733**  
Early Head Start 0-3 yrs: Oakland **553-9926**, Hayward **796-9512x2**  
Head Start: Oakland **238-3165**, Alameda **629-6350**  
Berkeley **848-9092**, South County **796-9512**

### Contact:

Charity Damarto, BUSD Office of Family Engagement & Equity  
Phone: (510) 644-8991

Victoria Lopez, COB School-Linked Health Services Program  
Phone (510) 981-7687



# COMMUNITY RESOURCE QUICK GUIDE

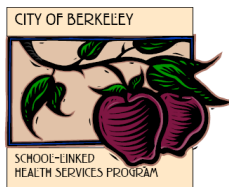


A Partnership of the City of  
Berkeley Public Health Division  
and the Berkeley Unified School  
District

**Berkeley**  
**PUBLIC SCHOOLS**

Berkeley Unified School District

Office of Family Engagement & Equity



## EMERGENCY SHELTERS

### Berkeley Food and Housing Project– Multi-Service Center :

Phone: **649-4976**

2362 Bancroft Way-Trinity Church

Days/Hours: Mon-Fri, 10-2PM

Shelter referrals/placements (10-10:30am). Bathroom. Mail, phone, and message services are available.

### Youth Emergency Assistance Hostel (YEAH!) (Mid Nov-April):

Phone: **704-9867**

1744 University Ave. Lutheran Church of the Cross

Days/Hours: Mon-Sun, 8PM-8AM

Eligibility: Must be 18-25 years of age

Hot meals. Assistance finding permanent housing, GED tutoring and education help, help with substance abuse.

## HOUSING PROGRAMS

### Fred Finch – Turning Point :

Phone: **601-8961**

2418 8<sup>th</sup> Street and 3403 King Street

Eligibility: Youth ages 18-25

Transitional housing program that provides supportive services.



### Women's Daytime Drop-In Center:

Phone: **548-2884**

2218 Acton Street

Provides transitional housing and case management services to women and families.

### Berkeley Food and Housing Project:

**Shelter Hotline: (866) 960-2132**

Phone: **649-4965**

2362 Bancroft Way

Provides emergency food and shelter, transitional and permanent housing, and housing placement with support services for homeless individuals and families.

### Lifelong Medical Care

Phone: **981-4100**

Provides home based case management services to frequent users of the department.

## ENERGY ASSISTANCE

### Spectrum: LIHEAP (Low-Income Heating, Energy Assistance Program)

Phone: **(510) 881-0300**

Administers free weatherization (caulking, weather stripping, attic insulation, compact fluorescent lamps) and energy efficient refrigerators for income-qualified residents.

Provides assistance with energy bills for one-time payment

## MEAL/PANTRY PROGRAMS

### Alameda County Food Bank Helpline:

Phone: **1-800-870-3663**

Days/Hours: Mon-Fri, 9AM-12PM and 1-4PM

Connects callers to emergency food providers in their neighborhoods for same-day free hot meals or bags of food. Must be an Alameda County resident.

### Berkeley Food and Housing Project-Women's Resource Center:

Phone: **649-4965**

2140 Dwight Way

Days/Hours: Mon-Wed & Sun, 12PM ; Serves lunch

### Berkeley Food Pantry

Phone: **525-2280**

1600 Sacramento Street

### Berkeley Food and Housing Project-Quarter Meal:

Phone: **649-4976**

2362 Bancroft Way-Trinity Church

Days/Hours: Mon-Wed, 3:45-5PM & Thu-Fri, 3:30-4:15PM

## EMPLOYMENT PROGRAMS

### Berkeley Youth Alternatives (BYA):

Phone: **647-0719**

1255 Allston Way

Days/Hours: Mon-Thurs, 10AM-6PM & Friday, 10AM-5PM

Age: 14-21 years old

Provide academic and career counseling, job placement; job training referrals and subsidies for training through WIA.

### Rubicon:

1918 Bonita Avenue

Phone: **549-8820**

Days/Hours: Mon-Wed, 9AM-4PM

Thursday, 9AM-7PM Friday, 9AM-Noon

Provides job readiness and life skills workshops, vocational assessment, planning and counseling, and job placement services.

### YouthWorks:

Phone: **981-4975**

2180 Milvia St., 1st Floor

Age: 14-21 years old

### Women's Initiative:

Phone: **(415) 641-3483**

Provides entrepreneurial training for low-income women.

### Intercity Training (ICS):

Phone: **655-3552**

Offers GED preparation and a variety of training opportunities



## ALCOHOL and DRUG PROGRAMS

### Berkeley Addiction Treatment Services (BATS)

Phone: **644-0200**

2975 Sacramento St., Mon-Fri: 5:30 am-1:00 pm

Ages: 18 and older

Methadone, maintenance, weekly individual counseling, program for pregnant users.

### New Bridge Foundation:

Phone: **800-785-2400**

Drug and Alcohol treatment center that provides prevention & education workshops, school-based therapy, and support activities.

### Tobacco Prevention Program

Phone: **981-5330**

Monday - Friday: 8:00am - 5:00pm

Provides free quit smoking classes, call to sign up. Also provides individual appointments for women smoking and pregnant.

## LOW INCOME ASSISTANCE

### Community Energy Services Corporation

### (CESC) Berkeley Home Safety and Repair Program

Phone: **(510) 981-7764**

This program assists low-income Berkeley homeowners with free, high quality minor home repairs and mobility access improvements, to help residents to remain in their homes safely and comfortably.

## FAMILY SUPPORT

### A Better Way

Phone: **780-8852**

Provides family/child therapy, training, foster care services, and parent advocacy

### City of Berkeley– Family, Youth, and Children

Phone: **981-5280**

Outpatient counseling services, case management & resource coordination, workshops

## LEGAL ASSISTANCE

### Alameda County Homeless Action Center

Phone: **540-0878**

2500 Martin Luther King Jr. Way #1

Provides legal assistance primarily in the areas of public benefits (SSI, GA, Food Stamps, MediCal). Provides SSI advocacy from initial application through the many levels of appeal including representation in federal district court.

Other:

**Alameda County Bar Association** 893-7160

**Bay Area Legal Aid** 877-346-4529 or 663-4744

**Equal Rights Advocates** 800-839-4ERA

**Oakland Law Center for Families** 451-9261

**East Bay Community Law Center** 548-4040

**Centro Legal de la Raza** 435-1554

**Causa Justa: Just Cause** 836-2687