ALCOHOL/TOBACCO/DRUG ABUSE

12 STEP PROGRAMS

Al-Anon/Alateen 650.592.7935

For anyone affected by someone else's drinking.

Cocaine Anonymous 415.821.6155

www.norcalca.com

Crystal Meth Anonymous 415.692.4762

www.norcalca.com, www.crystalmeth.org

Marijuana Anonymous 415.325.4785

www.ma-sf.org

Nar-Anon 800.477.6291

www.naranoncalifornia.org

For anyone affected by someone else's drug abuse.

Narcotics Anonymous 650.802.5950

www.peninsulana.org

Self-help organization for men and women who desire to stop drug/alcohol use.

DAY TREATMENT AND COUNSELING

Sitike Counseling Center 650.589.9305

www.sitike.org

306 Spruce Ave., South San Francisco 94080

INFORMATION AND REFERRAL

Alcohol and Drug Helpline 650.573.3950

24-hour information about and referral to substance abuse services.

Behavioral Health and Recovery Services 800.686.0101

www.smchealth.org/bhrs

Provides information, assessment, referrals and treatment for mental health and substance use services.

California Smokers' Helpline 800.662.8887

www.nobutts.org

San Mateo County Health System

www.smchealth.org/tobaccoeducationcoalition

Tobacco Prevention Program 650.573.3777

Conducts community outreach, education and advocacy activities to reduce the number of county residents using tobacco products.

DISABILITY SERVICES

Deaf and Disabled Telecommunications Program (DDTP) 1.800.806.1191

TTY 1.800.806.4474, www.ddtp.org

California Children's Services 650.616.2500

801 Gateway Boulevard, Suite 100, South San Francisco, CA 94080

A tax supported statewide program that helps children and young adults up to 21 years old who have certain medical conditions.

Canine Companions for Independence (CCI) 800.572.2275

TTY 707.577.1756, www.cci.org

Trains specifically-bred dogs to assist people with disabilities to live more independent lives

EDUCATION

South San Francisco Unified School District Adult Education Program

650.877.8844, www.ssfusd.org

825 Southwood Drive, South San Francisco, CA 94080

LITERACY PROGRAMS

Project Read North San Mateo County 650.829.3871

840 West Orange Avenue, South San Francisco, CA 94080

www.ssf.net/projectread

FOOD PROGRAMS

Food Assistance Program (CalFresh) 1.800.223.8383

www.calfresh.ca.gov/

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. apply in person through Human Services Agency regional offices or online at www.calfresh.ca.gov/

Second Harvest Food Bank Connection 1.800.984.3663

www.shfb.org/getfood

Provides multi-lingual referrals to free food pantries/groceries and soup kitchens. Provides CalFresh application assistance on phone or at community locations throughout the County. Mon.-Fri., 8 AM-5 PM.

CalFresh *650.877.5608*

www.calfresh.ca.gov/

Provides electronic benefits (similar to a debit card) for eligible low-income households. CalFresh benefits can be used to buy food at most grocery stores, many neighborhood stores, and participating fatmers. Apply for CalFresh online at www.calfresh.ca.gov/ or HAS offices.

CONGREGATE MEAL SITES

Salvation Army 650.266.4591

409 South Spruce Avenue, South San Francisco, CA 94080

Saturday, 10:30-11:30 AM.

Café St.Vincent: 650.589.9039

421 4th Lane, South San Francisco, CA 94080

Mon.-Sat., 10 AM-12 noon; Food only on Sat. Entrance at rear of the building.

Women, Infants and Children Program (WIC Program) 650.573.2168

1.800.205.0333 Breastfeeding Helpline, www.smchealth.org/wic

Offers nutrition education and supplemental foods to low-income women and their children age 0-5 at clinics throughout the country.

EMERGENCY FOOD PROVIDERS

Grace Covenant Church

740 Del Monte Avenue, South San Francisco, CA 94080

www.gracecovssf.org

Distributes bags of food to those in need twice a month and hosts a monthly luncheon for seniors.

Meals on Wheels (San Mateo to Daly City) 1.800.675.8437

Will deliver a hot meal to the home of persons age 60 or over or homebound who are unable to prepare their own meals.

HEALTH

San Mateo County Health System

www.smchealth.org

Mobile Clinic 650.573.2786

Health screenings, immunizations, family planning for low-income, non-insured and homeless people.

Partner Services 650.573.3401

Assists clients in notifying sex and/or needle-sharing partners of potential exposure to HIV or another STD.

Testing on Demand 650.619.9125

Mobile Testing Van meets clients for rapid HIV and STD testing and needle exchange.

South San Francisco Clinic 650.877.7070

306 Spruce Avenue, South San Francisco, CA 94080

Adults: Mon.-Fri. 8 AM-5 PM. Pediatrics Mon. & Thurs: 8 AM-8:30 PM. Tue, Wed & Fri: 8 AM-5PM. Closed daily 12 noon-1 PM.

HEALTH INSURANCE

HSA Health Insurance Call Center 1.800.223.8383

www.smchsa.org

Offers a toll-free number to report Medi-Cal changes, ask questions about health coverage and other services.

Access for Infants and Mothers (AIM) Program 1.800.433.2611

www.aim.ca.gov

Low-cost health coverage for mid-income pregnant women and their newborns.

Health Plan of San Mateo 650.616.0050

801 Gateway Boulevard, Suite 100, South San Francisco, CA 94080

http://smcchi.org

A locally managed health care program for Medi-Cal and Medicare recipients.

San Mateo County Health Coverage Unit 650.616.2002

www.healthcoverageunit.com

Enrollment application assistance with public health coverage programs such as Medi-Cal, Covered California, Access and Care for Everyone (ACE), and Healthy kids. Residents can also apply directly online for Medi-Cal and Covered California. Please visit www.coverdca.com

Medicare 1.800.MEDICARE (1.800.633.4227)

www.medicare.gov

A federal health insurance program for seniors and some disabled persons.

HOMELESS SERVICES

Emergency Assistance

St. Vincent de Paul Society Homeless Help Desks 650.349.9251

South San Francisco Help Center 650.589.9039

421 – 4th Lane, South San Francisco, CA 94080

Drop-in assistance Mon.-Sat., 10 AM-12 noon; Food only on Sat. Entrance at rear of building.

Emergency Shelter for Adults with Children

Safe Harbor 650.873.4921

295 North Access Road, South San Francisco, CA 94080

http://samaritanhousesanmateo.org/what-we-do/shelter/

HOUSING

Discrimination

California State Department of Fair Employment and Housing

1.800.884.1684, TTY 1.800.700.2320

www.dfeh.ca.gov

Investigates, mediates and litigates charges of housing discrimination.

IMMIGRATION SERVICES

HelpLink 211

For services in Chinese call: 1.415.808.7339.

JOB TRAINING AND PLACEMENT

California Conservation Corps (CCC) 1.916.341.3100

www.ccc.ca.gov

Offers training and employment to state residents age 18-23 in a variety of locations throughout California.

Goodwill Industries 1.415.575.2101

www.sfgoodwill.org

Vocational rehabilitation for disabled and disadvantaged adults.

Job Corps 1.800.733.JOBS OR 1.800.733.5627

www.jobcorps.gov

Career development, job training and placement at various sites nationwide. High school diploma/ GED classes. For age 16-24.

Jobs for Youth 650.301.8492

www.hsa.smcgov.org/jobs-youth

Finds employment for young age people 14-21.

NOVA Workforce Development 1.408.730.7232

www.novaworks.org

Offers comprehensive employment services for job seekers, youth and employers.

Phase2Careers

www.phase2careers.org

Assist older adults in the Bay Area find new career opportunities through job search and career development workshops; employment roundtables; job search panels; networking and recruitment events; and special presentations.

CalWORKS (California Work Opportunity and Responsibility to Kids)

650.877.5608

Provides temporary cash assistance to and employment services to help families achieve self-sufficiency.

EMPLOYMENT AND TRAINING

Equal Rights Advocates 1.800.839.4372

www.equalrights.org

Provides legal services for women and girls in cases of sex discrimination in employment and education. Provides assistance and counseling regarding family leave laws.

LEGAL AND MEDIATION SERVICES

San Mateo County Superior Court

www.sanmateocourt.org

Provides help completing legal forms, jury duty information, online traffic payment system and general information about the court.

Appropriate Dispute Resolution (ADR) 650.261.5075 or 650.261.5076

www.sanmateocourt.org/adr

Family Law Facilitators 650.261.5010

1050 Mission Road, South San Francisco, CA 94080

Open Wednesdays only 8:30 am to 12:00 Noon. Assists those who do not have attorneys in matters such as child and spousal support, custody and visitation, paternity, divorce, and legal separation.

Community Overcoming Relationship Abuse (CORA) 1.800.300.1080

Legal information line of survivors of domestic violence: 650.259.1855

San Mateo County Bar Association 650.369.4149, x3

333 Bradford Street, Suite 200, Redwood City, CA 94063

www.smcba.org

Refers callers to local attorneys, handles writing of simple wills for low-income senior citizens.

San Mateo District Attorney Consumer and Environmental Protection Unit

650.363.4651

Enforces laws prohibiting false advertising, unfair competition and other forms of consumer fraud. Also files actions for violations of environmental protection laws.

LGBTQ SERVICES

LGBTQ Commission of San Mateo County 650.363.4872

lgbtq.smcgov.org

Provides online resources, policy advocacy, and educational events.

Pride Initiative of San Mateo County

Pride@smcgov.org, www.smchealth.org/bhrs/ode/pride

A monthly meeting for social service providers, community members and stakeholders interested in addressing LGBTQ+ issues.

LGBT Veterans Support Group 650.493.5000, x28844

www.paloalto.va.gov/services/lgbt.asp

LGBTQ+ CRISIS HOTLINES

GLBT National Help Center 1.888.843.4564

www.glnh.org

Peer support and local resources.

Sage LGBT Elder Hotline 1.888.234.SAGE or 1.888.234.7243

Sage@lgbthotline.org

Peer counseling, information and local resources.

Star Vista 650.579.0350

Available 24/7. Crisis and suicide intervention for adults and youth.

Trans Lifeline 1.877.565.8860

Crisis and suicide hotline by and for transgender people experiencing a crisis.

Trevor Project 24/7 Suicide Prevention Lifeline 1.866.488.7386

Suicide prevention hotline for the LGBTQ+ youth. thetrevorproject.org also provides TrevorChat instant messaging with a counselor and TrevorText.

LIBRARY SERVICES IN SOUTH SAN FRANCISCO

Main Library 650.829.3860

840 West Orange Avenue, So. San Francisco, CA 94080

Community Learning Center 650.877.8540

520 Tamarack Lane, So. San Francisco, CA 94080

Grand Avenue Branch 650.877.8530

306 Walnut Avenue, So. San Francisco, CA 94080

MENTAL HEALTH COUNSELING

Community Overcoming Relationship Abuse (CORA) 650.312.8515

www.corasupport.org, 1.800.300.1080

Family Assertive Support Team (FAST) 650.368.3178

FAST Team is an in-home outreach service that offers assessment, consultation, and support services to adults (age 18+) experiencing a severe mental health problem and their designated family members (9 AM- 9 PM Spanish and Mandarin language capacity)

Family Resource Centers 650.802.7684

hsa.smcgov.org/family-resource-centers

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.

Youth Services Bureau of South San Francisco 650.276.4101

1486 Huntington Avenue, Suite 100, South San Francisco, CA 94080

PUBLIC FINANCIAL ASSISTANCE

Cash Assistance Program for Immigrants (CAPI) 1.800.648.0954

Provides assistance in the form of monthly cash payments for legal non-citizens who need financial help.

General Assistance (GA) 650.877.5608

1487 Huntington Avenue, South San Francisco, CA 94080

Provides short-term financial assistance and supportive services to all eligible, low-income adults without children resisiding in San Mateo County who are unemployed or unable to work, Call 650.877.5608 for more information.

Social Security Administration 1.800.772.1213

TTY 1.800.325.0778, https://www.ssa.gov/

The federal Social Security Administration provides continuing income to workers and their families after retirement disability or death; offers Medicare for people 65 or over and some people under 65 who are disabled; offers Supplemental Security Income (SSI) to those in financial need who are 65 or over, or those who are blind or disabled, and issues Social Security and Medicare cards

SENIOR SERVICES

San Mateo County Fall Prevention Task Force 650.573.3728

www.smcfallprevention.org

Provides resources for older adults, caregivers, and service providers.

Network of Care

www.sanmateo.networkofcare.org

Comprehensive Web-based resource for older adults, adults with disabilities, caregivers, and service providers.

South San Francisco Senior Services 650.829.3824

Magnolia Senior Center, 601 Grand Avenue, South San Francisco, CA 94080

Adult Day program

Magnolia Senior Center 650.829.3820

601 Grand Ave., 3rd Fl 94080, www.ssf.net

Senior center and Senior dining center.

TAXPAYER INFORMATION & OFFICIAL RECORDS

Earn it! Keep it! Save it! Coalition 211

www.earnitkeepitsaveit.org

YOUTH SERVICES

TEEN AND PRE-TEEN WEBSITES

Palo Alto Medical Foundation (PAMF)

www.pamf.org/teen, www.pamf.org/preteen

Provides information on topics including general health, drugs and alcohol, and emotions for teens and their parents.

StarVista

www.onyourmind.net

Teens obtain support and talk live to trained peer mentors.

YOUTH DEVELOPMENT AND MENTORING

Big Brothers-Big Sisters of the Bay Area 415.503.4050

www.bbbsba.org

For age 6-16.

BOYS AND GIRLS CLUB

Provide after-school activities, homework assistance and, in some cases, one-on-one tutoring.

Paradise Valley Club 650.583.2348

www.theclubs.org

291 Hillside Blvd., South San Francisco 94080

South San Francisco Club

www.theclubs.org

201 W. Orange Ave., South San Francisco 94080

Sunshine Gardens Elementary Club

www.theclubs.org

1200 Miller Ave., South San Francisco 94080

OTHER RESOURCES

Boys Hope Girls Hope 415.657.9302

www.bhghsf.org

A residential program providing academically capable children in need with a stable home, growth opportunities, positive parenting, and a solid education. Also offers a community-based program for girls

Explorer's Program 650.363.4012

Search-and-rescue or law enforcement training programs for youth age 14-20. Sponsored by the San Mateo County Sheriff's Office and Learning for Life.

Youth Service Bureaus of YMCA 650.276.4101

1486 Huntington Ave, Suite 100, South San Francisco 94080

TRANSPORTATION

BART (Bay Area Rapid Transit) 650.992.2278

(TTY) 510.839.2220, www.bart.gov

San Mateo County BART stations are located in Daly City, Colma, South San Francisco, San Bruno, Dan Francisco Airport and Millbrae.

CalTrain 1.800.660.4287

(TTY) 650.508.6448, www.caltrain.com

Train service between San Francisco and Gilroy.

Metropolitan Transportation Commission (MTC) 511

www.511.org

Transit, traffic, rideshare (carpool and vanpool), and bicycling information for the nine-county Bay Area. Also has information on planning a trip using public transportation.

Redi-Wheels and RediCoast 1.800.660.4287

(TTY) 650.508.6448, www.samtrans.com/accessibility

Special bus service for mobility-impaired persons who are unable to use regular bus service. Redi-Wheels serves the bayside of the county. RediCoast services the coast-side. Call for eligibility.

SamTrans 1.800.660.4287

(TTY) 650.508.7919, www.samtrans.com

Public bus transportation serving the county.

Senior Mobility Guide

www.peninsularides.org

Provides information on a wide range of transportation programs and services for seniors.

VOLUNTEER PLACEMENT SERVICES

HandsOn Bay Area 415.541.9616

www.handsonbayarea.org

Provides flexible evening and weekend projects.

Senior Companion Program 650.696.7662

Low-income adults (age 55 or older) volunteer at sites to help frail elderly remain independent.

One Brick

www.onebrick.org

Brings volunteers together to support local nonprofits and offers a social event after each volunteer opportunity.

Volunteer Center 650.235.3550 OR 415.982.8999

www.thevolunteercenter.net

Refers groups of individuals of all ages to nonprofit agencies that need volunteers.

Volunteer Match 415.241.6868

www.volunteermatch.org

Offers a variety of online services to support nonprofits and volunteers.