



DIRECTORY
For Families in Need
of Special Resources

Seventh Edition

DIRECTORIO
Para Familias que Necesiten
Recursos Especiales

The Family Resource Network
of Alameda County
www.frnoakland.org
(510) 547-7322

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- **Every Child Counts, First 5 Alameda County**
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- **Area Board V Developmental Disabilities**

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Introduction

The Family Resource Network's Directory of Resources is designed to assist families who live in Alameda County locate services for their child who has a disability or a special health care need. Parents can use the Directory to follow up on concerns about their child's development, locate educational services, therapies, or assistance with basic care. If your child has been identified as having a disability or a developmental delay, you are an important partner in planning the treatment and services for your individual child. Some of the resources listed here may help you.

The Family Resource Network (FRN) is an agency staffed by parents of children with special needs. We offer support, information and referral, advocacy, and training to families in Alameda County with children from birth to age 22 who have disabilities.

Because the Directory will be used by many families, each having different needs, we include a wide variety of organizations and services. Listings are of public and private agencies and organizations rather than individual providers and specialists. Organizations and resources are listed according to the types of services offered. An agency's listing in this directory does not constitute the Family Resource Network's endorsement of that agency or its services.

In an effort to meet the language needs of client families, we have coded agencies in the index with language support symbols: **C**, *Cantonese*; **F**, *Farsi*; **M**, *Mandarin*; **S**, *Spanish*; **T**, *Tagalog*; **V**, *Vietnamese*. If an agency has a code for a particular language, they have informed us that either someone is available to speak that language on a regular basis, or the agency can provide support in that language within a reasonable time period. This new edition also includes agency web sites listed in the index to help guide your search!

Telephone Tips

Please note that the area code for all numbers is 510 unless otherwise indicated. When dialing numbers with a different area code, dial 1, the area code and the number.

1. Always have a pen and paper with you before calling an agency. (It is a good idea to keep information in a notebook you are using to collect information.)
2. State who you are and where you live; a large agency may need to refer you to an office that serves families in your city or area.
3. State the reason you are calling:
 - I'm calling for information about...
 - I would like to make an appointment for...
 - I was told to call your office by (name) from (agency)...
 - I am returning (name)'s call for (reason)...

Find out if there is a specific person or branch within that agency that you should speak to. Write down that person's name and phone number so that you may contact them directly. This way you will be sure you are talking to the right person and, hopefully, you will not have to repeat your whole story!

4. When you call agencies to ask about their services, it will be important to ask about eligibility requirements. These requirements may include:
 - Residency (where you live);
 - Income level (some serve low income families only, others may accept insurance, others charge a flat or sliding fee for service, and still others may be free of charge for anyone);
 - Nature of your child's needs or disability;
 - Your family situation (teen parents, parents with a disability, etc.)
5. Be prepared. Describe what you or your child needs and what services you think the agency can provide. Have information

available. The person helping you may need: income or insurance information; names of pediatricians, health clinics or case managers; social security numbers, etc.

6. Take brief notes of your conversation so that you may ask questions. Be assertive and polite. If you do not understand what is being said, repeat what you do understand and ask the person to clear up any misunderstanding.

If you feel you have not been given enough information, ask if there is anyone else there who might be able to help you further.

7. Follow up.
 - Find out if and when you need to call back.
 - Let staff know times that are best for them to reach you.
 - Write down any appointments or office visits that you will need to make.
 - Double check the address and business hours of the agency.
 - Find out what papers, documents or other information you will need before you contact the agency again.
 - If agency is sending information to you, ask when you should expect to receive it.

Introducción

Este directorio ha sido diseñado para ayudar a que los padres, las madres y los/as cuidadores/as a que encuentren los servicios apropiados para sus niños y familias. Una especie de "librito de teléfonos", este directorio es útil cuando las familias sienten tensión o están preocupadas sobre el desarrollo saludable de su niño. Las familias que saben que su niño tiene problemas de desarrollo, debido a causas médicas u otros motivos, encontrarán muchos recursos sobre los servicios que necesitan.

Si siente que su niño o familia podría beneficiarse con cualquiera de los servicios incluidos en este directorio, por favor tome su tiempo y póngase en contacto con aquellas agencias que ofrezcan los tipos de asistencia que usted o su niño necesiten. Muchos de sus problemas pueden prevenirse o aliviarse si recibe el servicio apropiado lo más pronto posible.

Advertencia: cuando llame pregunte si tienen los servicios en español porque no todas las agencias cuentan con ellos.

Debido a que este directorio será usado por muchas familias, cada una con diferentes necesidades, hemos incluido tantos tipos de servicios como ha sido posible. Algunas de las agencias tienen requisitos de elegibilidad específicos.

Vea la siguiente sección: "Sugerencias al Hablar por Teléfono" para más información sobre cómo ponerse en contacto con las agencias.

Ofrecemos asistencia, apoyo, información y recursos a las familias que tienen niños con necesidades especiales desde el nacimiento hasta los 22 años que vivan en el Condado de Alameda.

A pesar que hemos verificado todos los números telefónicos incluidos aquí, sabemos que requerirán correcciones y ser actualizados. Hemos tratado de ser lo más minuciosos posible, pero podríamos haber omitido importantes recursos.

Hacemos todo lo posible para que toda la información llegue a todos los que hablan diferentes idiomas y hemos señalado con símbolos a principio de la agencia. Las agencias que tienen personal que asisten en otros idiomas por ejemplo: C, Cantonese; F, Farsi; M, Mandarin; S, Español; T, Tagalog; V, Vietnamise. Esta nueva edición también incluye las direcciones en el internet y están situadas en el índice, para ayudarle a hacer un poco más fácil su búsqueda!

Sugerencias al Hablar por Teléfono

Por favor note que el "AREA CODE" (código de área) para todos los números es 510 a menos que demos otro número. Cuando llame a un número con un "AREA CODE" diferente MARQUE UN 1, el "AREA CODE" y el NUMERO.

1. SIEMPRE TENGA CONSIGO LAPICERO Y PAPEL. Antes de llamar a una agencia. (Es una buena idea mantener la información en un libro de notas).
2. DELES SU NOMBRE y dirección; las agencias grandes podrían tener que referirle a otra oficina que atiende a las familias de su ciudad o área.
3. EXPLIQUE PARA QUE está llamando:
 - estoy llamado para obtener información sobre...
 - quiero hacer una cita para...
 - (nombre) de (agencia) me dijo que llamara a su oficina.
 - estoy contestando la llamada de (nombre) sobre (motivo).

Averigüe si hay una persona o departamento específico dentro de esa agencia con la que usted debería hablar. Anote el nombre y teléfono de esa persona para que les hable directamente. De ese modo se asegurará de hablar con la persona correcta y con suerte, ¡no tendrá que repetir toda su historia!

4. Cuando llame a las agencias para preguntarles por sus servicios es importante que pregunte sobre sus requisitos de elegibilidad. Estos podrían incluir:
 - Su Dirección (dónde usted vive);
 - Su Nivel Económico (algunas atienden sólo a familias de bajos recursos, otras aceptan seguros, otras cobran una cantidad fija o de acuerdo a sus entradas y otras, podrían ser gratis para todos);

- Las características de las necesidades o incapacidad de su niño;
 - La composición de su familia (padres/ madres adolescentes, padres/ madres incapacitados/ as, etc.).
5. PREPARESE: Describa qué es lo que usted o su niño necesitan y los servicios que usted cree que ofrece la agencia. Tenga la información lista. La persona que le ayuda podría necesitar: información sobre sus entradas o seguro; nombre de los pediatras, clínicas o administradores del caso; números de seguros sociales, etc.
 6. TOME BREVES NOTAS de la conversación para que pueda hacer preguntas. Sea claro/a y amable. Si no comprende lo que le dicen repita lo que si comprende y pídale a la persona que le aclare cualquier mal entendido.

Emergency Numbers Numéros de Emergencia

Emergency911
Poison Control—24 Hours800-523-2222
Control de Envenenamientos—24 Horas800-523-2222
TDD800-972-3323
Your Pediatrician/Hospital/Su Pediatra/Hospital _____	

Advice Nurse/Enfermera540-0337

24 Hour Hotlines Líneas de Emergencias las 24 Horas

Alameda County Children's Emergency Response268-2880
Alameda County Social Services Children's Protective Services Child Abuse Hotline259-1800
Alcoholics Anonymous (AA)839-8900
California Sudden Infant Death Syndrome (SIDS) Program800-369-SIDS
CDC National AIDS/HIV Hotline800-342-AIDS
Crisis Line for the Handicapped800-426-4263
Crisis Support Services of Alameda County Berkeley/Oakland1-800-SUICIDE
Fremont/Union City 794-5211	
Hayward/San Leandro/Castro Valley ..	.889-1333
Livermore/Dublin449-5566
Medic Alert (emergency medical information service for Medic Alert members)800-432-5378
National Substance Abuse Helplines800-DRUGHELP
Parental Stress Services893-5444
or800-829-3777

Second Chance	
Newark	792-4357
Hayward	886-8696
TalkLine (Telephone Aid in Living with Kids)	
San Francisco	415-441-5437
Xanthos, Inc., Runaway and Homeless Hotline	522-4488

Domestic Violence Hotlines

A Safe Place (Oakland)	536-7233
Asian Domestic Violence Clinic	251-2846
Emergency Shelter Program (Hayward)	786-1246
S.A.V.E. (Fremont)	794-6055
Tri-Valley Haven for Women (Livermore)	449-5842
Women's Refuge (Berkeley)	547-4663

**Assessment/Screening/Diagnostic
Evaluaciones/Pruebas/Diagnósticos**

**Developmental
Del Desarrollo**

Alameda County Health Care Services, Child Health	
Disability Prevention (CHDP) (Medi-Cal)	208-5960
ARC, Alameda County	639-4680
Asian Community Mental Health Services	451-6729
Asian Pacific Psychological Services	835-2777
Autism Clinic, RCEB	383-1217
Center for Speech, Language and Occupational Therapy	794-5155
Children's Hospital Oakland, Child Development Center	428-3351
Children's Hospital Oakland, Neonatal Follow-Up	428-3006
East Bay Agency for Children (EBAC), Therapeutic Nursery School	428-3406
East Oakland Youth Development Center	569-8088
Kidango	744-9280
Jewish Family and Children's Services	704-7475

Regional Center of the East Bay (if eligible)313-1200
Through the Looking Glass	
Voice/TDD848-1112
University of California, Berkeley Psychology Clinic642-2055

**Emotional/Behavioral
Emocional/Del Comportamiento**

Alameda County Health Care Services, Child Health	
Disability Prevention (CHDP) (Medi-Cal)208-5960
American Indian Child Resource Center208-1870
Ann Martin Children’s Center655-7880
Asian Community Mental Health Services451-6729
Berkeley City Mental Health, Family, Youth, and Children’s Services644-6617
Children’s Hospital Oakland,	
Child Development Center428-3006
Community Counseling and Education Center792-4964
East Bay Agency for Children (EBAC),	
Therapeutic Nursery School428-3406
Jewish Family and Children’s Services704-7475
La Familia Counseling Service881-5921
Link to Children247-2411
Psychological Services Center, California School of Professional Psychology628-9065
Through the Looking Glass	
Voice/TDD848-1112
University of California,	
Berkeley Psychology Clinic642-2055
Valley Community Health Center462-5544
West Coast Children’s Center527-7249
Wright Institute Clinic841-9230
Xanthos, Inc.522-8363

Hearing, Language and Communication De la Audición y Comunicación

Access Speech and Language	415-431-4588
Alameda County Health Care Services, Child Health Disability Prevention (CHDP) (Medi-Cal)	628-7910
Alta Bates Summit Medical Center, Outpatient Rehabilitation	204-4599
or TDD	204-4574
Audiology and Speech Services of Oakland (Audiology only)	451-8336
Berkeley Place Deaf-Disability Project Voice/TTY	644-2000
California Children Services (CCS)	208-5970
California School for the Deaf	794-3666
or TDD	794-3672
California State University, Hayward Speech, Language and Hearing Clinic	885-3233
Center for Education of the Infant Deaf (CEID) Voice/TDD	848-4800
Center for Speech, Language and Occupational Therapy	794-5155
Children's Hospital Oakland, Pediatric Audiology (audiological assessments only)	428-3344
Children's Hospital Oakland, Speech and Language Clinic (communication only)	548-3179
Fairmont Hospital, Alameda County Medical Center, Speech Pathology and Audiology	667-7676
Hearing Coordination Center (California Center for Newborn Hearing Screening Program)	877-388-5301
Kay Armstead Center for Communication Disorders	408-924-3688
Mid-Alameda County SELPA, Hearing Impaired Program	784-2611
Oakland Scottish Rite Childhood Language Center (speech/language assessment and therapy for children 2 years and older)	839-1513
Regional Center of the East Bay	383-1200

University of California, San Francisco Medical Center
 (audiological assessment only) 415-476-5101

Note: see the “Education” section for public school-based hearing assessment services through your school district. Your pediatrician or hospital may also provide hearing screening services.

Medical Médicas

Addus Health Care 800-678-6703

Alameda County Health Care Services, Child Health
 Disability Prevention (CHDP) (Medi-Cal) 628-7910

California Children Services (CCS)
 (must apply and meet eligibility criteria) 208-5970

Center for Handicapped Children and Teenagers 415-771-7057

Children’s Hospital Oakland, Pediatric Pulmonary Center 428-3305

Lucile Packard Children’s Hospital,
 Allergy/Pulmonary Department 650-723-5191

Muscular Dystrophy Association
 (MDA-funded clinics in San Francisco) 415-673-7500

Note: Check with your pediatrician, health clinic or hospital regarding other medical concerns.

Vision De la Vista

Alameda County Health Care Services, Child Health
 Disability Prevention (CHDP) (Medi-Cal) 628-7910

Blind Babies Foundation 415-586-6140

Castro Valley Unified School District,
 INSIGHTS Program for Visually Impaired 537-3000 x1200

University of California Special Visual Assessment
 Clinic for the Handicapped (SVACH Clinic) 642-5726

Note: See the “Education” section for public school-based vision assessment services through your school district. Your pediatrician or hospital may also provide vision screening services.

Birth Certificate Information Certificados de Nacimiento

Alameda County Recorder's Office	272-6363
Berkeley City Department of Health and Human Services	644-6950

Case Management Services Trabajador Social

Agencies listed here consider Case Management a primary service of their agency.

AIDS Minority Health Initiative (medical case management)	763-1872
AIDS Project of the East Bay	663-7979
Alameda County Lead Poisoning Prevention Program	800-253-2372
Alameda County Public Health Department, Healthy Infant Program	208-1600
Alameda County Public Health Nursing North County Public Health Nursing (Alameda, Albany, Emeryville, Oakland, Piedmont)	628-7830
EPSDT Public Health Nursing (County Wide)	628-7940
South County Public Health Nursing (Castro Valley, Hayward, San Leandro, Fremont, San Lorenzo, Newark, Union City)	795-2400
Tri-Valley Public Health Nursing (Dublin, Livermore, Pleasanton, Sunol)	462-5775
Asian Community Mental Health Services	451-6729
Bay Area Black Consortium for Quality Health Care, Fruitvale/San Antonio Family Life Resource Center (Asha House)	261-6096
Berkeley City Department of Health and Human Services Public Health Nursing	644-6500
Berkeley City Mental Health, Family, Youth, and Children's Services	644-6617

Berkeley Place Deaf-Disability Project	.644-2003
or TTY	.644-2000
California Children Services (CCS)	.208-5970
East Bay Perinatal Council	
(for pregnant teen parents age 19 or younger)	.437-8950
La Familia Counseling Service	
(for persons with developmental disabilities)	.881-5921
Miranda Health Center	.670-4600
Narcotics Education League, Inc., Mujeres con Esperanza	
(For women referred by the courts or victims of domestic violence)	.536-4764
Parental Stress Services	
North County	.893-9230
Hayward	.582-0148
Fremont	.790-3803
Regional Center of the East Bay	
(for RCEB clients)	.383-1200
Tiburcio Vasquez Health Center	.471-5880
Travelers Aid Society of Alameda County, Inc.	.444-6834
Valley Community Health Center	
(seniors and HIV-positive only)	.462-5544

Child Abuse Prevention and Services **Abuso Infantil: Prevención y Servicios**

Alameda County Child Abuse Council	
(information and referral; training; public and community education)	.268-2798
Alameda County Public Health Nursing	
North County Public Health Nursing	
(Alameda, Albany, Emeryville, Oakland, Piedmont)	.628-7830
EPSDT Public Health Nursing (County Wide)	.628-7940
South County Public Health Nursing	
(Castro Valley, Hayward, San Leandro, Fremont, San Lorenzo, Newark, Union City)	.795-2400

Tri-Valley Public Health Nursing (Dublin, Livermore, Pleasanton, Sunol)462-5775
Alameda County Social Services Children's Protective Services Child Abuse Hotline (24 hour hotline)259-1800
Berkeley City Department of Health and Human Services, Public Health Nursing644-6500
Berkeley City Mental Health, Family, Youth, and Children's Services644-6617
Children's Hospital Oakland, Center for Child Protection428-3742
East Bay Agency for Children (EBAC) Therapeutic Nursery School428-3406
Girls Incorporated of Alameda County, Pathways Counseling Center357-5515
La Familia Counseling Service881-5921
Parental Stress Services North County893-9230
Hayward582-0148
Fremont790-3803
TalkLine (Telephone Aid in Living with Kids)415-441-5437
US Army Community Service466-3459
Valley Community Health Center462-5544
West Coast Children's Center527-7249

Child Care Cuidado Infantil

These are the Resource and Referral Agencies for Alameda County. You may get the names of individual programs and child care providers from these agencies, as well as information about subsidized services for low-income families (e.g., Head start and vendor programs). Please see "Respite Care" for other child care services.

BANANAS, Inc. (North Alameda County)

Child Care Referrals658-0381
TDD658-2307
Workshop Information and to List Jobs658-1409
Technical Assistance to Providers658-7353
Health and Development Warm Line658-6046
Alternative Payment/Vendor Programs	658-6177
(Parental Choice, Federal Block Grant CCDBG, Respite, Alameda CDBG and JTPA)658-9415
Advocacy and Business Line	658-7101
(subsidized for: working parents, teen parents, parents with children with special needs, parents in training who have infants)	

Community Child Care Coordinating Council (4Cs) of
Alameda County (serving South Alameda County)

Administration582-2182
Hayward Area Referral Line582-2189
Tri-City Area Referral Line790-0655
Respite Child Care582-2182
Child Nutrition Program582-2182

Child Care Links

(serving Pleasanton, Livermore, Dublin; toy and
resource library open to the community)

Information and referral; subsidy programs throughout Alameda County925-417-8733
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Medical Level Care
Cuidado Infantil a Nivel Médico

Affiliated Home Calls of Summit Medical Center and Saint Rose Hospital769-4711
NannyCare, USA848-1232
Visiting Nurse Association of Northern California450-8500

Comprehensive Family Health/ Support Services

Salud Integral de la Familia/ Servicios de Apoyo

Bay Area Black Consortium for Quality Health Care, Fruitvale/San Antonio Family Life Resource Center (Asha House)	261-6096
or	893-LIFE
Haight Ashbury Recovery Center/ Allen Temple Baptist Church East Oakland Family Life Resource Center569-8933
La Clínica de la Raza (OB/GYN)535-4000
Nurses in Action Mental Health/Family Support351-9400
or834-6817
Oakland Healthy Start208-5980
West Oakland Health Center835-9610
West Oakland Family Resource Center	628-9152

Counseling/Psychological Services

Salud Mental: Servicios de orientación/Orientación

with an "*" accept Medi-Cal
Los servicios que tienen un "*" aceptan Medi-Cal

General Services Servicios Generales

A Learning Place531-2500
AIDS Project of the East Bay (free services)663-7979
* Alameda County Behavioral Health Care Services, Child and Youth Crisis Team	618-3432
Mental Health Services (emergency mental health services for adults)800-491-9099

Alameda County Mental Health Consumer Assistance Line 800-779-0787 Medi-Cal Payment Authorization567-8141
Alameda County Youth Development Inc. / George P. Scotlan Youth and Family Center (free services)832-4544
Alameda Family Service Agency (anger management groups for men, certified by Alameda County Probation Department; sliding scale)522-8363
Alta Bates Medical Center Parent Share (support for parents of premature and sick infants—free) 925-935-9240 Support After Neonatal Death (SAND) (free)204-1571
American Indian Child Resource Center (free services)208-1870
Ann Martin Children’s Center655-7880
* Asian Community Mental Health Services451-6729
Asian Pacific Psychological Services835-2777
* Berkeley City Mental Health, Adult Outpatient Clinic (Monday–Friday, 8 AM–5 PM; crisis and/or serious mental health issues; Berkeley and Albany residents only) Court Program (court referrals) 644-8574 Family, Youth, and Children’s Services 644-6617 Mobile Crisis Unit (10:30 AM–11 PM every day; crisis intervention)644-8562
Berkeley Free Clinic548-2570
Building Blocks/Seneca Center434-7990
California Sudden Infant Death Syndrome (SIDS) Program (support group info and 24-hour crisis line)800-369-SIDS
* Catholic Charities768-3100
Center for Family Counseling (free services)562-3731
Center for Transpersonal and Holistic Counseling, John F. Kennedy University444-3344
* Children’s Hospital Oakland, Child Psychiatry428-3570

Community Counseling and Education Center (Fremont, Newark, Union City)	792-4964
Compassionate Friends (grief counseling, peer support following the death of a child—free services) Oakland	835-3579
Crisis Support Services of Alameda County (grief counseling, sliding scale)	889-1104
Deaf Counseling, Advocacy and Referral Agency (DCARA) (peer counseling only—free) Voice/TTY	483-0753
* East Bay Agency for Children (EBAC) (including child abuse, sexual molestation, bereavement)	268-3770
East Bay Vietnamese Association	533-4224
El Centro	644-8909
Family Service Counseling Center (sliding scale; San Leandro and surrounding areas)	483-6715
Family Service of the Tri-Cities	791-3322
Family Violence Law Center (Free support groups for battered women)	540-5354
* Girls Incorporated of Alameda County, Pathways Counseling Center	357-5515
Healing Connections (attitudinal healing/support for families)	652-5530
Horizon Community Center (adults; drug/alcohol related problems)	481-3491
* Jewish Family and Children’s Services	704-7475
LaCheim Children and Family Services	596-8137
* La Familia Counseling Service	881-5921
Link to Children	247-2411
Northern California Regional Organization of Child and Adolescent Psychiatry (counseling referral service; limited Medi-Cal referrals)	415-433-5014

Parental Stress Services (Monday–Friday, 9 AM–9 PM)	
North County893-9230
Hayward582-0148
Fremont790-3803
Pathways Hospice and Home Health (family grief support groups; sliding scale)632-4390
Project Eden (Horizon Services, Inc.) (support group for gay and lesbian youth)247-8200
Psychological Services Center, California School of Professional Psychology628-9065
Second Chance Newark, Fremont, Alvarado (no fee)792-4357
Hayward (no fee)886-8696
Stepfamily Association, East Bay Chapter (drop-in adult support group for stepfamilies)433-9404
TalkLine (Telephone Aid in Living with Kids) San Francisco415-441-5437
Through the Looking Glass Voice/TDD848-1112
Tough Love International (parent-to-parent support for families with troubled children)800-333-1069
Twin Services (Twinline) (for multiple birth families)524-0863
University of California, Berkeley Psychology Clinic (sliding scale from \$15 up)642-2055
US Army Community Service466-3459
* Valley Community Health Center462-5544
* West Coast Children’s Center527-7249
Wright Institute Clinic841-9230
Xanthos, Inc. (free to Alameda residents ages 10–17 years)522-8363

**Alameda County Children's Mental Health Services
Salud Mental: Servicios Médicos del Condado de Alameda**

A Learning Place531-2500
Alameda Community Support Center522-4668
Children's Specialized Services268-7970
Eden Children's Services
 (San Leandro-Mid County)800-491-9099
 TDD667-7541
Oakland Children's Services
 (Oakland, except West Oakland)481-3777
Tri-City Mental Health Community Support Center
 (Fremont/Newark/Union City)795-2434
Valley Children and Youth Services
(Pleasanton/Livermore/Dublin)462-3010

**Counseling/Psychological Services Specializing in
Infancy/Disability or Medical issues
Salud Mental: Servicios de Información/
Orientación Especializados en Asuntos de la
Infancia/Incapacidades o Médicos**

Alameda County Public Health Department,
 Healthy Infant Program
 (CHDP component; intensive case management, including
 recovery services for chemically-dependent women and
 their families; reunification assistance program)208-1600
Asian Community Mental Health Services
 (support groups for Asian parents of disabled children) ..451-6729
Blind Babies Foundation
 (counseling and support for parents with visually
 impaired children)415-586-6140
California School for the Deaf794-3707
 TDD794-3672
 Spanish Voice/TDD888-877-5381

California Sudden Infant Death Syndrome (SIDS) Program (support group information and 24-hour crisis line)800-369-SIDS
Center for Education of the Infant Deaf (CEID) (deafness support group) Voice/TDD848-4800
Center for Independent Living (peer counseling) Berkeley Oakland TDD841-4776 .763-9999 .848-3101
Chinese Families of the Disabled415-392-4453
Community Resources for Independent Living (individual counseling and support groups for disabled adults) TTY881-5743 .881-0218
East Bay Agency for Children (EBAC)268-3770
East Bay Agency for Children (EBAC), Circle of Care (bereavement, trauma, victims of crime)268-3770 x108
Family Resource Network (disability-related support group referrals; peer support) TDD547-7322 .658-8354
Girls Incorporated of Alameda County, Pathways Counseling Center357-5515
Jewish Family and Children's Services704-7475
La Familia Counseling Service881-5921
Psychological Services Center, California School of Professional Psychology (medical issues)814-8580
Through the Looking Glass (medical or disability issues in babies or parents) Voice/TDD848-1112
Valley Community Health Center462-5544

Dental

Servicios Dentales

- Alameda County Health Care Services, Child Health
Disability Prevention (CHDP)
(dental care referrals for children and youth 0–21 years) . . .208-5960
- Alameda County Health Care Services, Public Health,
Office of Dental Health
(dental health education; referrals)208-5910
- Alameda Health Consortium, HIV CARE Program
(referral to community clinics and private practice
dentists providing free dental care to low-income
residents of Alameda County who do not have
dental insurance and are HIV positive)633-4537
- Berkeley City Department of Health and Human Services,
Child Health Disability Prevention (CHDP)
(dental care referrals for children and youth 0–21 years) . . .644-6500
- California Children Services (CCS)
(orthodontics for eligible children ages 0–21 years)208-5970
- Denti-Cal
(dental info and referral for Medi-Cal patients)800-332-6384
- Grottoes of North America, Dentistry for the Handicapped
(free dental care, except orthodontia, for
physically limited persons under the age of 18)408-253-2104
- University of the Pacific School of Dentistry,
Pediatric Dental Clinic415-929-6550
- United Cerebral Palsy (dental referrals)832-7430

Note: *Many community clinics offer free dental services. See “Clinics” under the “Health” section.*

Drug and Alcohol Services

Drogadicción y Alcoholismo

General Services

Servicios Generales

Alameda County Behavioral Health Care Services, Department of Alcohol and Drug Programs	.567-8100
Alameda County Community Health Services Alcohol and Drug Prevention	.208-5904
Alameda County Public Health Department, Healthy Infant Program	.208-1600
ARC, Alameda County (especially information on fetal alcohol syndrome)	.639-4680
Asian Community Mental Health Services (prevention for high-risk youth)	.451-6729
Asian Pacific Psychological Services (adolescent substance abuse)	.835-2777
Bay Area Immigrant and Refugee Services (information and education; prevention)	.749-4862
Cocaine Users Hotline (program referrals)	.800-COCAINE
Community Counseling and Education Center (prevention)	.792-4964
La Familia Counseling Service	.881-5921
National Substance Abuse Helplines (program referrals)	.800-DRUGHELP
Thunder Road/Alta Bates Summit Medical Center (assessment and referral)	.653-5040
Valley Community Health Center	.462-5544
West Oakland Health Center, Alcohol Detoxification Program (3–5 day program for adults; pregnant women accepted if early in pregnancy)	.835-9610
Wright Institute Clinic	.841-9230
Xanthos, Inc. (info and education; prevention)	.522-8363

Day Programs Programas Diurnos

Alameda Family Service Agency Outpatient drug-free treatment for adults and youth 12–21 years)522-8363
Berkeley Addiction Treatment Services (BATS) Methadone maintenance; 21-day detoxification program; HIV counseling; pregnant women accepted644-0200
Chrysalis Childcare provided for children ages 0-12 years; Monday–Friday, 9:30 AM–3:30 PM450-1190
East Bay Community Recovery Project 5-day mental health and substance abuse day treatment program; Medi-Cal accepted832-0600
East Oakland Recovery Center County-funded out-patient program; pregnant women accepted728-8600
Humanistic Alternatives to Addiction Research and Treatment (HAART) Methadone maintenance and detox; pregnant women accepted357-4202
Mandana Community Recovery Center Peer counseling; pregnant women accepted839-8844
Narcotics Education League, Inc., Centro de Juventud Youth intervention program; Spanish/English532-5995
Narcotics Education League, Inc., Mujeres con Esperanza Drop-in program for women; Spanish/English speaking; pregnant women accepted536-4764
New Bridge Foundation Pregnant women in first two trimesters accepted; deaf programs/ ASL counselors548-7270
TTY548-7274
Second Chance Group day treatment program Newark, Fremont, Alvarado792-4357
Hayward886-8696

Solid Foundation Mandela House Programs
 Day treatment for women with
 newborns and/or toddlers533-5317

West Oakland Health Center,
 Cocaine Recovery Center
 Group and individual counseling; acupuncture;
 pregnant women accepted 835-9610
 Methadone Program
 Methadone maintenance; HIV counseling;
 pregnant women accepted if under doctor's care835-9610

**Residential Programs
 Programas Residenciales**

American Indian Family Healing Center
 In-patient residential treatment program for American
 Indian women and their children. Pregnant women
 may be accepted if other admission criteria are met534-2737

Chrysalis
 Alcohol/drug recovery program for women;
 pregnant women accepted450-1190

C.U.R.A., Inc.
 Counseling and rehabilitative services713-3200

East Bay Community Recovery Project
 One-year residential program for women and their
 children (infant-12 years)728-8600

Herzog Recovery Home (West Oakland Health Center)
 Alcohol recovery program for adults835-9610

New Bridge Foundation
 Adult drug abuse recovery program; long and short-term
 residential programs; pregnant women in first two
 trimesters accepted; deaf programs/ASL counselors ..548-7270
 TTY548-7274

Orchid Women's Recovery Center
 Alcohol/drug recovery program for women and their
 children; pregnant women accepted535-0611

Project Pride
 Recovery program for women and children893-3733

Solid Foundation Mandela House Programs

Recovery program for pregnant/parenting, chemically
addicted women and their newborns and/or toddlers533-5317

Thunder Road/Alta Bates Summit Medical Center

Residential adolescent treatment program653-5040

Women's Empowerment Network (W.E.N.)

Recovery program for pregnant women or women with
children who are opiate dependent430-8874

Perinatal Services
Servicios Prenatales

*Comprehensive recovery and case management programs for pregnant and
post-partum women and their children.*

Case Management Services:

Highland General Hospital,
Department of Medical Social Services667-3255

Day Treatment Recovery Services:

Highland General Hospital,
Department of Medical Social Services667-3255

West Oakland Health Council,

Options for Recovery Day Treatment433-1500

Residential Services:

BiBett-Orchid Women's Recovery Center535-0611
R.L. Geddings Women's Empowerment Network430-8874
Solid Foundation Keller House533-5317
Solid Foundation Mandela House533-5317

Private Hospital Programs
Programas de Hospitales Privados

Children's Hospital Oakland, Teen Clinic428-3387

Merritt-Peralta Institute652-7000

12-Step Programs Programas de 12 Etapas

Al-Anon/Alateen (for families of alcoholics)	
Berkeley, Albany	528-4379
Oakland, Alameda, Castro Valley,	
San Leandro, San Lorenzo, Hayward276-2270
Alcoholics Anonymous (AA)839-8900
Families Anonymous	
(for relatives and friends of alcohol/narcotics/drug	
users or related behavioral problems)800-736-9805
Nar-Anon Family Groups	
(for families and friends of narcotics/drug users).526-2455

Education Educación

Public School-Based Services for Children Birth to 22 Years Servicios en las Escuelas Públicas para niños desde el Nacimiento hasta los 22 años

Referral, assessment and programs for children birth to 3 years with solely low-incidence disabilities (visually impaired, hearing impaired, severely orthopedically impaired, or any combination of these).

North Region SELPA	337-2352
(serving Alameda, Albany, Berkeley, Emeryville and	
Piedmont School Districts)	
Oakland SELPA879-8224
(serving Oakland Unified School District)	
Mid-Alameda County SELPA	537-3000 x1220
(serving Castro Valley, Hayward, San Leandro and	
San Lorenzo School Districts)	
Tri-Valley SELPA	828-2551 x240
(serving Dublin, Livermore Valley,	
Mountain House Elementary, Pleasanton	
and Sunol Glen Unified School Districts)	

Washington Township SELPA659-2525
 (serving Fremont, New Haven and
 Newark Unified School Districts)

Alameda County Office of Education782-3356

*Programs for children and youth 3 to 22 years who meet eligibility
 criteria for special education:*

Alameda Unified School District337-7075

Albany Unified School District559-6670

Berkeley Unified School District644-6210

California School for the Deaf794-3707

 TDD794-3672

 Spanish Voice/TDD888-877-5381

Castro Valley Unified School District537-3000 x1200

Dublin Unified School District828-2551 x241

Emery Unified School District (Emeryville)

 Elementary652-7137

 Middle School595-1855

 High School652-1056

Fremont Unified School District659-2569

Hayward Unified School District784-2611

Livermore Valley Joint Unified School District925-606-3225

Mountain House Elementary School District (Byron)925-606-3262

New Haven Unified School District (Union City)471-1100 x2340

Newark Unified School District818-4209 x4209

Oakland Unified School District,
 Programs for Exceptional Children

 Preschool and Kindergarten Programs879-8224

 Elementary Programs879-8226

 Secondary Programs879-8228

 Assessment Center (Preschool and Non-Public Schools) ..879-1763

Piedmont Unified School District594-2877

Pleasanton Unified School District925-426-4293

San Leandro Unified School District667-3507

San Lorenzo Unified School District317-4761

Sunol Glen Unified School District925-426-4293

Community Preschools/Head Start Programs

See listings under "Child Care for CCR & R" referrals to licensed programs.

Infant/Toddler Head Start Programs—(Birth to 3 Years)

Eden Youth Center (South County)782-6207
Spanish Speaking Unity Council Parent-Child Centers	
Foothill Square Site553-9926
26th Avenue Site533-1271
West Oakland Site836-0543

Head Start Programs—(3–5 Years)

Alameda Head Start865-4500
Berkeley Head Start848-9092
Oakland Head Start238-3165
South County Head Start796-9511

Community Preschools

ARC, Alameda County	
First Step Children's Center238-0880
Kidango, Inc.744-9280

Comprehensive Child Development Centers (CCDP)/Oakland—Birth to School

East Oakland Site633-9760
West Oakland Site836-0543
Foothill Square Site553-9926

Healthy Start — SB 1095 Programs

Some schools provide comprehensive school-based services to enrolled students and their families. Services may include dental and vision screening, health care, counseling, and social services. You can call a particular elementary school to find out if they are a "Healthy Start" school, and if so, what services they provide.

Alameda County Office of Education:

County Community Day Centers/Schools:

Rock La Fleche Community Day Center

6925 Chabot Rd., Oakland 94607

.601-6497

Equipment (Adaptive)/Assistive Technology

Equipos Especializados

AbleNet (assistive technology, communication aids, environmental control)	800-322-0956
Accent on Living	800-787-8444
Apple Computer Inc. (Worldwide Disabilities Solutions)	408-996-1010
TDD	800-767-2775
AT&T Accessible Communications Product Center (communication equipment)	800-855-2881
TDD/TTY	800-855-2880
Berkeley Place Deaf-Disability Project (assistive listening devices loan library; primarily for Berkeley residents)	644-2000
Books Aloud, Inc.	408-808-2613
Braille and Talking Books Library	800-952-5666
Braille Institute	800-BRAILLE
California Children Services (CCS)	208-5970
California Relay (telecommunication system for deaf, hard of hearing or speech disabled)	800-735-2922
Spanish	800-400-6868
California State Library/Braille and Talking Books (audio books)	800-952-5666
Center for Accessible Technology (CAT) (communication aids, assistive devices, computer technology for the disabled) Voice/TDD	841-3224
Center for Education of the Infant Deaf (CEID) Voice/TDD	848-4800
Center for Handicapped Children and Teenagers	415-771-7057
Chrysler Automobility Program (6 am–2 pm, Pacific time)	800-255-9877
Columbia Medical Manufacturing Corp.	800-454-6612

Consultants for Communication Technology (assistive technology for youth and adults who are literate)	412-761-6062
Deaf Store	351-3938
TTY	351-3937
Disabled Children's Relief Fund (grants for equipment; priority to individuals without health insurance)	516-377-1605
Everest & Jennings (wheelchairs)	800-235-4661
Independent Living Aids	800-537-2118
IntelliTools, Inc. (adaptive computer hardware and software)	800-899-6687
Miracle-Ear Children's Foundation (donate hearing aids to children 16 years and under, whose families are not eligible for support from other agencies)	800-234-5422
TDD	612-520-9751
Mobility Solutions (wheelchairs and related equipment)	800-644-2253
Mobility Systems (vehicle and home modifications for mobility and access for people with special needs)	540-0295
Moonbeams (clothing for infants and toddlers with G-tubes)	888-666-6232
Muscular Dystrophy Association (help with purchase of wheelchairs)	415-673-7500
Pacific Bell Accessibility Resources (loan telephone equipment to persons with speech, hearing, vision and motion disabilities)	800-772-3140
TDD	800-651-5111
Playworks (developmental toys)	877-579-9300
Regional Center of the East Bay (for RCEB clients only)	313-1200
Special Clothes for Special Children Voice/TDD	508-896-7939
TFH (USA) Ltd. (toys)	800-467-6222
Talking Books Library	800-952-5666

Through the Looking Glass (parents with disabilities) Voice/TDD848-1112
Toys for Special Children/Enabling Devices (enabling devices, including communication, environmental control, computer, toys)800-832-8697
Specially Designed Car Seats Columbia Medical Manufacturing Corp.800-454-6612
KARS925-689-1777
SafetyBeltSafe USA English800-745-SAFE
Spanish800-747-SANO

Family Support/Parenting

Apoyo Familiar/La Crianza Infantil

General Family Support and Parenting Classes Apoyo Familiar General y Clases Sobre la Crianza Infantil

A Learning Place531-2500

Adult Schools

Alameda522-3858
Albany559-6580
Amador Valley (Pleasanton)925-426-4280
Berkeley644-6130
Castro Valley886-1000
Edward Shands (Oakland)879-4040
Emery (Emeryville)655-6936
Fremont793-6465
Hayward293-8595
Livermore606-4722
New Haven489-2185
Newark794-2141
Oakland Eastmont Mall Adult Education Site655-4185
Piedmont594-2654

San Leandro667-6087
San Lorenzo317-4200
Alameda County Office of Education (parent workshops)670-4252
Alameda County Public Health Department, Healthy Infant Program208-1600
Alameda County Social Services, Community Action to Reach out to Infants (CARI) Program (effective parenting classes for foster parents and relatives)268-7967
or	268-4278
Children's Protective Services(effective parenting)259-1800
Alameda County Youth Development Inc./ George P. Scotlan Youth and Family Center832-4544
Alta Bates Medical Center, Parent Share (support group for parents of premature and sick infants; free)925-935-9240 Support After Neonatal Death (SAND) (free)204-1571
American Indian Child Resource Center208-1870
Ann Martin Children's Center655-7880
BANANAS, Inc.658-1409
Berkeley Place Deaf-Disability Project644-2000
Berkeley YMCA Parent-Child Center558-2110
Birthways, Inc.869-2797
California Child Care Healthline (help with childcare, health and safety, and behavior issues)800-333-3212
California School for the Deaf794-3707
TDD794-3672
Spanish Voice/TDD888-877-5381
California Sudden Infant Death Syndrome (SIDS) Program (support group information)800-369-SIDS
Care After Birth428-0791
Center for Family Counseling562-3731

Children's Hospital Oakland, Child Health Audio Resource Line	.800-400-PEDS
Community Child Care Coordinating Council (4 Cs) of Alameda County	.582-2182
Community Counseling and Education Center	.792-4964
Davis Street Community Center, Inc. (for families currently enrolled in the Center's childcare program)	.635-8200
East Bay Perinatal Council (childcare, parenting classes, nutrition, and case management services for low-income families living in the Acorn Housing Project or East Oakland)	.437-8950
Eden Children's Services TDD	.800-491-9099 .667-7541
Eden Medical Center	.889-5078
Eden Youth Center	.887-1146
Family Resource Network TDD	.547-7322 .658-8354
Family Service Counseling Center	.483-6715
Girls Incorporated of Alameda County, Pathways Counseling Center	.357-5515
Jewish Family and Children's Services	.704-7475
Kidango, Inc.	.744-9280
La Familia Counseling Service	.881-5921
MCH Community Health Outreach Unit (information and referral for low-income women before, during and after pregnancy; referrals for children's medical and dental services) or	.444-BABY .800-427-7937
Muscular Dystrophy Association	.415-673-7500
Narcotics Education League, Inc., Mujeres con Esperanza (English/Spanish-speaking support groups for victims of domestic violence)	.536-4764

Parental Stress Services (parenting classes and parent support groups)	
North County893-9230
Hayward582-0148
Fremont790-3803
Psychological Services Center, California School of Professional Psychology (specialize in domestic violence)814-8580
Second Chance	
Newark, Fremont, Alvarado792-4357
Hayward886-8696
Spanish Speaking Unity Council	
Parent-Child Centers553-9926
Stepfamily Association, East Bay Chapter (drop-in adult support group for stepfamilies)433-9404
TalkLine (Telephone Aid in Living with Kids), San Francisco415-441-5437
Twin Services (Twinline) (for multiple birth families)524-0863
Valley Care Health Systems416-3475
Valley Community Health Center462-5544
Volunteers of America Bay Area, Inc. (services to incarcerated mothers)568-9214
West Coast Children's Center527-7249
Xanthos, Inc. (Alameda—counseling/support groups)522-8363

**Disability-Related Family Support
Apoyo a Familias con Casos de Incapacidad**

Alta Bates Medical Center, Parent Share (support group for parents of premature and sick infants)935-9240
ARC, Alameda County639-4680
Asian Community Mental Health Support Group for Asian Parents with Disabled Children451-6811

Asian Pacific Psychological Services	
Outpatient mental health, adolescent	
substance abuse, parent education	.835-2777
Blind Babies Foundation	.415-586-6140
California School for the Deaf	.794-3707
TDD	.794-3672
Spanish Voice/TDD	.888-877-5381
California State Department of Developmental	
Services, Early Start Program	
(for families of children birth to age 3,	
Regional Center and Family Resource Center	
information for other geographic areas)	.800-515-BABY
Center for Education of the Infant Deaf (CEID)	
Voice/TDD	.848-4800
Center for Handicapped Children and Teenagers	.415-771-7057
Center for Independent Living	
Berkeley	.841-4776
Oakland	.763-9999
TDD	.848-3101
Children's Craniofacial Association	.800-535-3643
Children's Hospital Oakland,	
Neonatal Follow-Up	
(primary focus is Children's Hospital Oakland	
NICU graduates; services are also available to	
infants who have been hospitalized in other	
NICU units)	.428-3006
Children's Hospital Oakland,	
Parent-Infant Program	.655-9521
Children's Hospital Oakland,	
Pediatric Audiology	.428-3344
Children's Hospital Oakland,	
Pediatric Pulmonary Center	
(specialization in cystic fibrosis, asthma, BPD,	
tracheostomy care and lung disease in children)	.428-3305
Chinatown CDC	.415-392-4453
Community Resources for Independent Living	.881-5743
TTY	.881-0218

Cope DB (Coalition Of Parents and Educators, Deaf-Blind)	415-239-8089
Cornelia de Lange Syndrome Foundation	800-223-8355
Crisis Line for the Handicapped	800-426-4263
Deaf Counseling, Advocacy and Referral Agency (DCARA) (peer counseling only—free) Voice/TTY	483-0753
Epilepsy Foundation of Northern California (support groups, medical seminars, conferences)	925-224-7760
Family Resource Network	547-7322
TDD	658-8354
Fiesta Educativa del Norte (parent training and advocacy for monolingual Spanish-speaking parents of persons with disabilities)	887-0661
Hemophilia Foundation	568-6243
Hydrocephalus Association	415-732-7040
or	888-598-3789
Kidango, Inc.	744-9280
La Familia Counseling Service	881-5921
Mental Health Association of Alameda County Family Alliance for the Mentally Ill 835-5010 FIRST (information and referral for families of mentally ill)	835-0188
Multiple Sclerosis Society, Northern California Chapter	268-0572
Muscular Dystrophy Association	415-673-7500
National Spinal Cord Injury Hotline	800-526-3456
Oakland Scottish Rite Childhood Language Center	839-1513
Prader-Willi California Foundation	800-400-9994
Regional Center of the East Bay	285-2800
TDD	285-2806
Spina Bifida Association of the East Bay, Inc.	210-6006
Through the Looking Glass Voice/TDD	848-1112

Services Targeted to Specific Cultural Groups Familias que Hablan Otros Idiomas

The following agencies provide services targeted to specific cultural groups. The type of client services provided varies. These agencies do not provide translation services to the community at large. Call for more information.

Las siguientes agencias proveen servicios diseñados para grupos culturales específicos. El tipo de servicios ofrecidos al cliente varía. Estas agencias no proveen servicios de traducción a la comunidad en general. Llame para más información.

Alameda County Social Services, Refugee Central Intake (employment and training)596-0462
Arab Cultural Center415-664-2200
Asian Community Mental Health Services451-6729
Asian Health Services986-6830
Asian Immigrant Women Advocates268-0192
Asian Law Caucus (immigration law; civil rights; tenants rights; wage claims)415-896-1701
BANANAS, Inc. (Chinese, Hispanic, Vietnamese)658-1409
Bay Area Immigrant and Refugee Services749-4862
Catholic Charities (large range of services to all groups)768-3102
Catholic Charities Refugee and Immigrant Program (Spanish-speaking)261-1538
Catholic Worker of Oakland (support to Spanish-speaking refugees and immigrants)553-7375
Centro de Servicios489-4100
Centro Legal de La Raza437-1554
Children’s Hospital Oakland, Southeast Asian Clinic428-3255
Chinatown CDC415-392-4453
Clinica Alta Vista (Teen Clinic)535-4230

Community Alliance for Special Education (CASE) (Hispanic)	
San Francisco	415-928-2273
Hayward	510-574-2140
East Bay Agency for Children (EBAC), Healthy Start	656-4206
East Bay Central American Refugee Committee	864-9011
East Bay Vietnamese Association	533-4224
El Centro (provides free Spanish services to Berkeley residents)	644-8909
Family Resource Network	547-7322
Fiesta Educativa del Norte	887-0661
Girls Incorporated of Alameda County, Pathways Counseling Center (Spanish-speaking)	357-5515
Immigrant Assistance Line	
English, Spanish	415-543-6767
Cantonese, Mandarin	415-543-6769
Vietnamese	415-543-6797
Jewish Family and Children's Services	704-7475
Korean Community Center of the East Bay	547-2662
La Clínica de La Raza	535-4000
La Familia Counseling Service (Hispanic)	881-5921
Lao Family Community Development, Inc. (employment, citizenship, ESL, youth parenting)	533-8850
Narcotics Education League, Inc., Centro de Juventud	532-5995
Narcotics Education League, Inc., Mujeres con Esperanza	536-4764
Oakland Chinese Community Council	839-2022
San Antonio Neighborhood Health Center	238-5400
Tri-City Health Center (Hispanic, Filipino, East Indian)	
Logan Drive	770-8133
Mowry Avenue	713-6685

Foster Families **Familias Adoptivas Temporalmente**

Alameda County Social Services, CARI Program (Community Action to Reach out to Infants) (training)268-7967
or268-4278
Alameda County Social Services, Children and Family Services268-2880
Alameda County Social Services, Foster Families Foster Homes268-2212 .268-2444
American Indian Child Resource Center208-1870
Berkeley City Department of Health and Human Services, Public Health Nursing, Foster Care644-6500
Children's Hospital Oakland, Center for the Vulnerable Child, Foster Care Clinic428-3783
Family Builders by Adoption (special needs children only—emphasis on adoption)272-0204
Family Resource Network547-7322
Girls Incorporated of Alameda County, Pathways Counseling Center357-5515
La Familia Counseling Service881-5921
West Coast Children's Center527-7249

Grandparents **Abuelos**

Alameda County Social Services, CARI Program (Community Action to Reach out to Infants) (training)268-7967
or268-4278
Center for Education of the Infant Deaf (CEID) (grandparents of hearing-impaired children) Voice/TDD848-4800
Grandparents as Second Parents (GASP)568-7786
or567-1162
Girls Incorporated of Alameda County, Pathways Counseling Center357-5515

Grandparent Information Center	.202-434-2296
Grandparents Respite Program	.658-2449
Legal Assistance for Seniors	.832-3040
Legal Services for Prisoners with Children	.415-255-7036 x 310
West Coast Children's Center	.527-7249

**Military Families
Familias de Militares**

American Red Cross	.595-4400
Girls Incorporated of Alameda County, Pathways Counseling Center	.357-5515

**Teen Parents
Padres y Madres Adolescentes**

BANANAS, Inc.	.658-1409
Berkeley City Department of Health and Human Services Public Health Nursing, Support Group for Teen Parents (Berkeley residents only)	.644-6500
Birthways, Inc. (childbirth preparation)	.869-2797
Children's Hospital Oakland, Teen Clinic	.428-3387
Clinica Alta Vista (Teen Clinic)	.535-4230
East Bay Perinatal Council	.437-8950
East Oakland Youth Development Center	.569-8088
Family Resource Network	.547-7322
TDD	.658-8354
Girls Incorporated of Alameda County, Pathways Counseling Center	.357-5515
Kidango (childcare and teen parenting at high school sites in the Newark, New Haven and Fremont Unified School Districts)	.744-9280
La Familia Counseling Service	.881-5921
MCH Community Health Outreach Unit or	.444-BABY .800-427-7937
Miranda Health Center	.670-4600

Nurses in Action	834-6817
Tiburcio Vasquez Health Center	471-5880
Xanthos, Inc. (support groups for teen parents)	522-8363

School District Programs

Programas del Distrito Escolar para Madres/Padres Adolescentes

Comprehensive Teenage Pregnancy and Parenting Program (Serving Oakland schools; sites at McClymonds, Castlemont and Oakland Tech)	879-8259
Crossroads High School Teen Parenting Program (Newark Unified School District)	794-2046
Eden Area School-Age Mothers Program (San Leandro, San Lorenzo and Castro Valley Unified School Districts)	895-9643
or	895-9462
Pregnant Minors Program (Berkeley Unified School District)	644-8948
School-Age Mothers (New Haven Unified School District– Union City)	471-2520 x 4406
School-Age Mothers (Pleasanton Unified School District– Tri-Valley area)	925-426-4275
School-Age Parent/Infant Development Program (Alameda Unified School District)	748-4024
School-Age Parent/Infant Development Program (Hayward Unified School District)	732-7682
Young Mothers Department (Fremont Unified School District)	657-9155

Note: *If there isn't a program in your district, or if the program in your district doesn't meet your needs, contact a neighboring program and ask about the possibility of an inter-district agreement. Teens interested in GED preparation classes can call their local adult school to see if GED classes are offered. See the Adult School listings under the "Family Support/Parenting" section of the directory.*

Financial Assistance/General Relief Ayuda Financiera/Asistencia General

Alameda County Social Services Servicios Sociales del Condado de Alameda

TANF/Food Stamps/Medi-Cal628-7698
or888-999-4SSA

Call one of the numbers above to get information on the office nearest you and how to apply.

Estos números son un índice de cada área geográfica. La recepcionista de cada teléfono le pondrá en contacto con alguien que pueda darle información sobre elegibilidad y procedimientos.

Refugee Central Intake

(employment and training)596-0456

In-Home Support Services

Alameda County Social Services Adult and
Aging Services, Intake567-8080

Alameda County Health Care Services Agency Agencias de Servicios para el Cuidado de la Salud del Condado de Alameda

Women, Infants and Children (WIC) Program

Nutrition, education and food voucher program for low-income women who are pregnant, breast-feeding, or who recently had a baby. Also services children who have a medical nutritional risk factor. Vouchers allow you to buy healthy foods at the grocery store.

Central Office—sites throughout the County, some with
health service eligibility for services from that site981-5360

California Children Services (CCS)

Medical services, durable medical equipment; must
meet financial eligibility requirement except for
medical therapy program or diagnostic208-5970

Berkeley City Department of Health and Human Services Departamento para la Salud y Servicios Humanos

Women, Infants and Children (WIC) Program

Berkeley, Albany, Emeryville and North Oakland981-5360

Other Services Otros Servicios

AIDS Project of the East Bay (emergency assistance for persons with HIV diagnosis)663-7979	
Multi-Agency Service Center (MASC) (benefits advocacy, shelter intakes, housing assistance)843-3700	
Salvation Army Center for Social Services (meal lines, help with PG&E shut-off notices, homeless shelters, furniture for new move-ins) Berkeley549-3426 Hayward, Castro Valley, Livermore, San Lorenzo, San Leandro581-6444 Newark, Union City, Sunol, Fremont793-6319 Oakland, Emeryville, Piedmont437-9437
Spectrum Community Services, Home Energy Assistance (HEAP)881-0305	
Travelers Aid Society of Alameda County, Inc.444-6834	
US Army Community Service466-3459	
Valley Community Health Center, Family Crisis Center (Livermore, Dublin, Pleasanton, Sunol)925-201-6087	

Food Alimentos

AIDS Project of the East Bay (for persons with HIV diagnosis)	663-7979
Alameda County Community Food Bank	568-3663
or	800-870-FOOD
Alameda County Health Care Services, WIC Program (for WIC clients only)	208-1620
Berkeley City Department of Health and Human Services, WIC Program	644-6293
Berkeley Emergency Food and Housing Project	649-4965
Centro de Servicios	489-4100
Children's Emergency Council (emergency food help for residents of Dublin and Pleasanton)	828-5363
Davis Street Community Center, Inc.	635-8200
Eden Youth Center (monthly commodities distribution)	887-1146
Jewish Family and Children's Services (food vouchers to needy Jewish residents of Alameda County)	704-7475
Oakland Chinese Community Council	839-2022
Project Open Hand (for people with symptomatic or disabling HIV disease)	800-551-MEAL
Salvation Army Center for Social Services (meal lines) Berkeley 549-3426 Hayward, Castro Valley, Livermore, San Lorenzo, San Leandro	581-6444
Newark, Union City, Sunol, Fremont 793-6319 Oakland, Emeryville, Piedmont	437-9437
SHARE Northern California Two hours of community service and \$14 (cash or food stamps) early in the month brings you \$25-\$30 worth of groceries later in the month	222-2506

South Hayward Parish782-5795
or782-2050
Valley Community Health Center, Family Crisis Center925-201-6087

Genetic Counseling

Genetica: Información y Orientación

AMC Cancer Information Center800-525-3777
Children’s Hospital Oakland, Medical Genetics/ Prenatal Diagnosis428-3550
Genetic Counseling Office, University of California, San Francisco Prenatal415-476-4080
Postnatal415-476-2757
Hemophilia Foundation568-6243
Kaiser Permanente Genetic Counseling (members only)596-6298
Muscular Dystrophy Association415-673-7500
National Association for Sickle Cell Disease800-421-8453
Regional Center of the East Bay383-1200
TDD285-2806
Tay Sachs Program, UCSF658-5568

Health

Salud

Alameda County Public Health Care Programs Programas de Salud Pública del Condado de Alameda

(See page 37, “Financial Assistance/General Relief,” for Medi-Cal information numbers.)

Alameda County Health Care Services
Family Health Services

Baby Line444-BABY
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Child Health Disability Prevention (CHDP)
 General information and assistance in finding a doctor
 or dentist for a child or children, ages 0–21 years,
 from families with low to moderate income or
 families with Medi-Cal208-5960

Developmental Disabilities Planning and Advisory Council .. .267-3261

Family Planning Administrative Offices268-2622
 or268-2682

Immunization Services628-7730

Maternal, Child and Adolescent Health Services
 (MCAH)208-5980

Public Health Clearinghouse888-604-INFO

Public Health Nursing

North County Public Health Nursing (Alameda,
 Albany, Emeryville, Oakland, Piedmont)267-3265

EPSDT Public Health Nursing (County Wide)628-7940

South County Public Health Nursing
 (Castro Valley, Hayward, San Leandro, Fremont,
 San Lorenzo, Newark, Union City)795-2400

Tri-Valley Public Health Nursing (Dublin, Livermore,
 Pleasanton, Sunol)462-5775

Berkeley City Public Health Care Programs
Programas de Salud Pública de la Ciudad de Berkeley

(See “Financial Assistance/General Relief” for Medi-Cal information numbers.)

Berkeley City Department of Health and Human Services

Child Health Disability Prevention (CHDP)644-6500

Comprehensive Family Planning644-8571

Comprehensive Perinatal Services Program (CPSP)644-6500

Immunization Services644-6500

Maternal and Child Health Services (MCH)644-7744

Public Health Nursing, Advice Nurse644-6500

WIC Program Information and Referral
 (Berkeley, Albany, Emeryville, North Oakland)644-6293

AIDS Information
Información Sobre el SIDA

AIDS Minority Health Initiative (medical case management)	763-1872
AIDS Project of the East Bay (provides medical and psychosocial services for HIV-infected children)	663-7979
Alameda Health Consortium, HIV CARE Program (referral to community clinics and private practice dentists providing free dental care to low-income, HIV-positive residents of Alameda County)	633-4537
Center for AIDS Services (AIDS Alliance)	655-3435
Children's Hospital Oakland, Teen Clinic, Teen AIDS Prevention Project	428-3387
Community Counseling and Education Center (Fremont)	792-4964
East Bay Agency for Children (EBAC), Pediatricare (in-home services for families affected by AIDS)	531-7551
East Bay Community Recovery Project	728-8600
East Bay Community Law Center	548-4040
East Oakland Recovery Center	568-2432
Fremont Mission: AIDS (emotional/practical support for persons with HIV/AIDS living in Southern Alameda County)	438-0422
Hale Laulima Family House (BOSS) (transitional housing for HIV-positive mothers)	465-3701
Hemophilia Foundation	568-6243
Legal Services for Prisoners with Children (for prisoners and their families)	415-255-7036 x 312
Narcotics Education League, Inc., Si Se Puede (free, anonymous testing)	536-4760
Project Open Hand (for people with symptomatic or disabling HIV disease)	800-551-MEAL

San Francisco AIDS Foundation	
Hotline (English/Spanish/Filipino)	415-863-AIDS
TDD	888-225-AIDS
Toll-Free	800-367-AIDS
Second Chance (free, anonymous testing)	
Newark	792-4357
Hayward	886-8696
Sister Care (for early-diagnosed women and their families) . . .	204-2700
Xanthos, Inc.	522-8363

**Clinics
Clínicas**

Clinics provide a range of services that may include assessment, counseling, dental, vision, AIDS information, family planning, prenatal care, nutrition, and general health care. Many of the services provided by community clinics are also provided by hospital clinics (see the "Hospitals" section of the directory).

Las clínicas proveen una gama de servicios que podrían incluir; evaluación, servicios de orientación, dentales, de la vista, información sobre el SIDA, planificación familiar, la nutrición y el cuidado general de la salud. Llame a la clínica de su vecindario y pregunte qué servicios ofrece.

Alameda Health Center	
2226 Santa Clara Ave., Alameda 94501	522-0889
Asian Health Services	
818 Webster St., Oakland 94607	986-6830
Berkeley City Public Health Clinic	
830 University Ave., Berkeley	644-8571
TDD	644-6915
Berkeley Free Clinic	
2339 Durant Ave., Berkeley	548-2570
Clinica Alta Vista (Teen Clinic)	
3022 International Blvd., Ste. 600, Oakland 94601	535-4230
East Oakland Health Center	
7450 International Blvd., Oakland 94621	430-9401
Eastmont Wellness Center	577-5668
TDD	568-2514
Eden Youth Center Pediatric Clinic	
680 Tennyson Rd., Hayward 94544	887-1146

Hayward Community Health Center 224 W. Winton Ave., Hayward 94544	.670-5300
Health Education	.986-6830
Highland General Hospital, Outpatient Clinic	.437-4432
La Clínica de La Raza 1515 Fruitvale Ave., Oakland 94601	.535-4000
Miranda Health Center 27171 Calaroga Ave., Hayward 94545	.670-4600
Native American Health Center 3124 International Blvd., Oakland 94601	.535-4460
Newark Health Center 6066 Civic Terrace Ave., Newark 94560	.795-2414
Over 60 Health Center (a division of LifeLong Medical Care) 3260 Sacramento St., Berkeley 94702	.601-6060
Planned Parenthood Reproductive Health Issues	.676-0505
Rota Care Clinic 1190 Davis St., San Leandro 94577	.635-0600
San Antonio Neighborhood Health Center 1030 East 14th St., Oakland 94606	.238-5437
Silva Pediatric Clinic 680 W. Tennyson Rd., Hayward 94544	.782-4470
Tiburcio Vasquez Health Center 33255 9th St., Union City 94587	.471-5880
Tri-City Health Center 38355 Logan Dr., Fremont 94536770-8133 2299 Mowry Ave., #3B, Fremont 94538	.713-6685
Valley Community Health Center Appointments for all clinics	.925-201-6087
West Berkeley Family Clinic (a division of LifeLong Medical Care) 2031 Sixth St., Berkeley 94710	.704-6000
West Oakland Health Center 700 Adeline St., Oakland 94607	.835-9610

**CPR/Infant First Aid Classes
Clases de Primeros Auxilios para Bebés
y Resucitación Cardiopulmonar**

All agencies charge for training.

American Heart Association (CPR referral only)800-AHA-USA1
American Red Cross595-4400
BANANAS, Inc.658-1409
California Child Care Healthline (referrals to statewide child care trainers)800-333-3212
Hayward Adult School293-8599
Kidango744-9280
Livermore Adult School606-4722
Resource for Family Development (referrals)455-5111
Valley Care Health Systems (infant CPR only—no certification)416-3475

**Specialized Health Services
Programas Especializados en la Salud**

Alameda County Lead Poisoning Prevention Program800-B-LEAD-SAFE
Alta Bates Medical Center, Mammography/Breast Health Access for Disabled Women204-1880
California Child Care Healthline (immunization information—no shots)800-333-3212
Center for Handicapped Children and Teenagers415-771-7057
Children's Hospital Oakland, Child Health Audio Resource Line800-400-PEDS
Department of Managed Health Care (state agency that investigates consumer complaints against HMOs)800-HMO-2216
Medic Alert (emergency, 24-hour medical information service for Medic Alert members)800-432-5378
Women's Health Project, United Cerebral Palsy832-7430

Hospice Hospicio

Comfort for Kids800-400-2820
 Mid-Peninsula Pathways Hospice510-632-3334

Hospitals Hospitales

Alameda County Medical Center

Highland Hospital

1411 East 31st St., Oakland 94602437-4800

Fairmont Hospital

15400 Foothill Blvd., San Leandro 94578437-4800

Speech Pathology and Audiology437-6455

Alta Bates Summit Medical Center204-4444

TDD204-1302

Ashby Campus

2450 Ashby Ave., Berkeley 94705

Herrick Campus

2001 Dwight Way, Berkeley 94704

Summit Campus

350 Hawthorne Ave., Oakland

Outpatient Rehabilitation204-4599

TDD204-4574

Small Voice Program

(PT/OT, speech, neuropsychology and

hearing services for children)204-4756

Disabled Community Health Clinic540-4411

TDD540-4574

Mammography / Breast Health Access

for Disabled Women204-1880

Neuropsychology Department204-4570

Children's Hospital Oakland	
747 52nd St., Oakland 94609	428-3000
Allergy/Immunology	428-3255
Ambulatory Services	428-3257
Audiology	428-3344
Cardiology	428-3380
Center for Child Protection	428-3742
Center for the Vulnerable Child	428-3783
Center of CARE	428-3783
Child Development Center	428-3357
Child Health Audio Resource Line	800-400-PEDS
Child Psychiatry	428-3570
Craniofacial Center	428-3150
Cystic Fibrosis Center	428-3305
Dental Clinic	428-3316
Dermatology	428-3653
Down Syndrome Clinic	428-3351
Endocrinology/Metabolism	428-3654
Epilepsy Center	428-3590
Gastroenterology	428-3058
Medical Genetics/Prenatal Diagnosis	428-3550
Neonatal Follow-up Program	428-3006
Neurology	428-3357
Nutrition Clinic	428-3772
Orthopedics	428-3238
Parent-Infant Program	428-3407
Pediatric HIV/AIDS Program	428-3305
Pulmonary Center	428-3305
Rehabilitation Medicine	428-3655
Scoliosis Clinic	428-3238
Sickle Cell Anemia Center	428-3372
Southeast Asian Clinic	428-3255
Speech and Language Clinic	428-3179
Teen AIDS Prevention	428-3387
Teen Clinic	428-3226
Eden Medical Center	
20103 Lake Chabot Rd., Castro Valley 94546	537-1234
TTY	582-8882

Kaiser Permanente Medical Centers/Offices

280 West MacArthur Blvd., Oakland 94611752-1000
 27400 Hesperian Blvd., Hayward 94545675-4000
 39400 Paseo Padre Pkwy., Fremont 94538248-3000
 3555 Whipple Rd., Union City 94587784-4000
 7601 Stoneridge Dr., Pleasanton 94588925-847-5367

Lucile Packard Children's Hospital

725 Welch Rd., Palo Alto 94304650-497-8000
 Allergy/Pulmonary Department
 (specialization in cystic fibrosis, bronchopulmonary
 dysplasia, asthma and immune problems) 650-497-8841
 Craniofacial Anomalies Center ..650-497-8201
 Endocrinology Clinic650-497-5791
 Gastroenterology Clinic650-723-5070
 High-risk Infant Follow-up Clinic650-498-4069
 Infant Development Center650-725-8995
 Rehabilitation Engineering Center650-497-8218
 Rheumatology Center ..650-497-8295
 Speech and Language Services ...650-497-8090
 Spina Bifida Center650-724-6841

San Leandro Hospital

13855 East 14th St., San Leandro 94578357-6500

Saint Rose Hospital

27200 Calaroga Ave., Hayward 94545264-4000
 TDD/TTY264-4097

Valley Care Health Systems

Valley Memorial Hospital
 1111 East Stanley Blvd., Livermore 94550925-447-7000
 Valley Care Medical Center
 5555 West Las Positas Blvd., Pleasanton 94588925-847-3000

Washington Hospital

2000 Mowry Ave., Fremont 94538797-1111

Housing Viviendas

Access Improvements	238-6162
AIDS Project of the East Bay (for persons with HIV diagnosis)	663-7979
Berkeley Emergency Food and Housing Project	649-4965
Catholic Charities (HIV / AIDS housing assistance)	768-3100
Catholic Worker of Oakland (transitional housing for Spanish-speaking refugees and immigrants)	553-7375
Center for Independent Living (referrals for housing for individuals with disabilities)	
Berkeley	841-4776
Oakland	763-9999
TDD	848-3101
Deaf House (transitional housing for deaf adults)	
TTY	483-0758
ECHO Housing (fair housing; landlord / tenant; rental assistance program) .581-9380	
Eden I & R, Community Housing and Information Network (CHAIN) Phonenumber (Monday–Friday, 10AM to 4 PM; recorded shelter information after hours)	537-2552
Fremont Fair Housing Services (Fremont housing issues only)	792-8996
Hale Laulima Family House (BOSS) (transitional housing for HIV-positive mothers)	465-3701
HELPLINK (Northern California Council for the Community)	
English	800-273-6222
Spanish	415-772-4444
TDD	415-772-4440
Housing Rights, Inc. (fair housing issues in Berkeley, Emeryville, Albany, Piedmont; landlord / tenant counseling and mediation in Albany, Emeryville, Piedmont)	548-8776
La Familia Counseling Service (housing advocacy)	881-5921

Multi-Agency Service Center (MASC)843-3700
Salvation Army Shelter (Monday–Friday, 9 AM–3 PM; families with children)437-9437
San Francisco AIDS Foundation (emergency, temporary housing for those with a documented AIDS diagnosis; housing subsidies) Hotline (English/Spanish/Filipino)415-863-AIDS
TDD888-225-AIDS
Toll-free800-367-AIDS
Second Chance792-4357
Sentinel Fair Housing836-2687
Travelers Aid Society of Alameda County, Inc. (housing listings and one-time assistance for security deposit/move-in funds or eviction prevention)444-6834
Tri-City Homeless Coalition (primarily Hayward, Fremont, Newark, Union City)252-0910
Valley Community Health Center, Family Crisis Center449-1664

Infant Programs Programas Infantiles

Infant Development Programs Los Programas de Desarrollo Infantil

Infant Development Programs provide home-based and/or center-based early intervention services for 0- to 3-year-olds and their families.

Los Programas de Desarrollo Infantil proveen servicios de intervención temprana para niños de 0 a 3 años de edad y sus familias en el hogar y/o en el control. Para descripciones de programas específicos llame a la agencia que le interese.

Alameda County Office of Education 313 W. Winton Ave., Hayward 94544-1198670-4252
Berkeley YMCA Parent-Child Center 1422 San Pablo Ave., Berkeley 94710558-2110
Blind Babies Foundation 1200 Gough St., San Francisco 94109415-586-6140

California School for the Deaf	
39350 Gallaudet Dr., Fremont 94538	
Information794-3707
TDD794-3672
Spanish Voice/TDD888-877-5381
Castro Valley Unified School District	
(INSIGHTS Program for Visually Impaired)	
P.O. Box 2146, Castro Valley 94546537-3000 x 1200
Center for Education of the Infant Deaf (CEID)	
1810 Hopkins St., Berkeley 94707	
Voice/TDD848-4800
Children's Hospital Oakland,	
Parent-Infant Program	
6117 Martin Luther King Jr. Way, Oakland 94609655-9521
Eden Youth Center	
680 Tennyson Rd., Hayward 94544887-1146
Kidango, Inc.	
4533 Mattos Drive, Fremont, CA 94536744-9280
Mid-Alameda County SELPA,	
Hearing Impaired Program	
P.O. Box 5000, Hayward 94540784-2611
TDD784-2627
Spanish Speaking Unity Council	
Parent-Child Centers	
10700 MacArthur Blvd., Oakland 94606553-9926
Through the Looking Glass	
2198 6th St., Ste. 100, Berkeley 94710	
Voice/TDD848-1112

**Follow-Up Programs for Infants with
Special Health Care Needs
Programas de Control para Bebés con
Necesidades Especiales de Salud**

Affiliated Home Calls of Summit Medical Center and Saint Rose Hospital	769-4711
Children's Hospital Oakland, Neonatal Follow-up	428-3006
Children's Hospital Oakland, Pediatric HIV/AIDS Program (comprehensive medical care for children with HIV or AIDS)	428-3010
Bentiva Health Services	758-3070
Regional Center of the East Bay, Early Intervention Program	383-1200
TDD	285-2806

**Learning Disabilities
Dificultades de Aprendizaje**

A Learning Place (assessment and instruction)	531-2500
Alta Bates Medical Center, Neuropsychology Department (assessment for ages 6–21 years; referral for services; Medi-Cal, private pay, sliding scale)	204-4570
Center for Handicapped Children and Teenagers	415-771-7057
Center for Speech, Language and Occupational Therapy	794-5155
East Bay Learning Disabilities Association	433-7934
or	531-3413
International Dyslexia Association	650-328-7667
Raskob Learning Institute	436-1275
Reach for Learning	524-6455
Reading Revolution Center	208-7323
Schwab Foundation for Learning	650-655-2410
Springback Learning Center	763-3701
Stellar Academy for Dyslexics	797-2227
West Coast Children's Center (assessment only)	527-7249

Legal Services/Advocacy Servicios Legales/Defensa

General Services Servicios Generales

Affordable Legal Clinic (family law, immigration, bankruptcy)268-1516
Alameda County Bar Association Volunteer Legal Services (civil law only, including family law) Monday–Thursday, 9 AM–12 NOON893-1031
Alameda County Family Court Services (mediation of custody disputes; no legal advice) North County272-6030
South County (Hayward)670-6350
Pleasanton925-551-6892
American Indian Child Resource Center (Indian Child Welfare Act services)208-1870
Asian Domestic Violence Clinic251-2846
Asian Immigrant Women Advocates268-0192
Asian Law Caucus415-896-17015
Bay Legal663-4744
Berkeley Place Deaf-Disability Project Voice/TDD644-2000
California Center for Law and the Deaf483-0922
California Indian Legal Services (Federal Indian law)835-0284
Catholic Charities Refugee and Immigrant Program (Spanish/Vietnamese-speaking)261-1538
Centro de Servicios (immigration, welfare and social security forms; job applications)489-4100
Centro Legal de la Raza (citizenship; landlord/tenant; consumer protection; education)261-3721
East Bay Community Law Center (welfare, TANE, CalWORKS, food stamps, unemployment insurance benefits, AIDS law, tenants rights; free to low-income residents of Berkeley, Oakland, Emeryville548-4040

ECHO Housing (fair housing; landlord/tenant; rental assistance)	.581-9380
Family Violence Law Center (assistance with securing temporary restraining orders)	.540-5354
Fremont Fair Housing Services (fair housing issues in Fremont)	.574-2270
Spanish	.650-327-1718
Housing Rights, Inc. (fair housing issues in Berkeley, Emeryville, Albany, Piedmont; landlord/tenant counseling and mediation in Albany, Emeryville, Piedmont)	.548-8776
Immigrant Assistance Line (immigration law)	
English, Spanish	.415-543-6767
Cantonese, Mandarin	.415-543-6769
Vietnamese	.415-543-6797
International Institute of the East Bay (immigration legal services, including amnesty, asylum, deportation, registry, citizenship)	.451-2846
Korean Community Center of the East Bay	.547-2662
Legal Aid Society of Alameda County (housing/civil law, family law, guardianships)	.451-9261
Law Center for Family (family law—sliding scale)	.836-1247
Legal Assistance for Seniors	.832-3040
Legal Services for Children, Inc. (free legal guardianships in Alameda County)	.415-863-3762
TDD	.415-863-3762 x 304
Legal Services for Prisoners with Children	.415-255-7036
NAACP Legal Defense and Education Fund	.800-221-7822
Narcotics Education League, Inc., Mujeres con Esperanza (advocacy services to victims of domestic violence)	.536-4764
Youth Law Center	.415-543-3379

Note: Many agencies serving specifically eligible populations also provide some advocacy services. See “Specific Disabilities Information: Local and National Organizations” and “Government Agencies Concerned with the Needs of Persons with Developmental Disabilities” under “For More Information” at the end of the directory.

Disability-Related Advocacy Services
Servicios de Defensa Relacionados
con las Incapacidades

AIDS Project of the East Bay	663-7979
Americans with Disabilities Act Information Line800-514-0301
TDD800-514-0383
ARC, Alameda County639-4680
Area Board V286-0439
BANANAS, Inc.	
(children’s education/childcare issues only)658-7353
Blind Babies Foundation415-586-6140
California Center for Law and the Deaf	
Voice/TTY483-0922
Center for Independent Living	
(information on government benefits programs—	
SSA, SSI, etc.; no legal assistance)	
Berkeley841-4776
Oakland763-9999
TDD848-3101
Chinatown CDC415-392-4453
Community Alliance for Special Education (CASE)	
San Francisco415-928-2273
Hayward574-2140
Community Resources for Independent Living881-5743
TTY881-0218
Deaf Counseling, Advocacy and Referral Agency	
(DCARA) (peer counseling only—free)	
Voice/TTY483-0753
Disability Rights Education and Defense Fund (DREDF)	
(client advocacy)	
Voice/TDD644-2555
Epilepsy Foundation of Northern California925-224-7760
Family Resource Network547-7322
TDD658-8354
Federation of Families for Children’s Mental Health703-684-7710
Hemophilia Foundation568-6243

La Familia Counseling Service881-5921
Mental Health Association of Alameda County	
Family Alliance for the Mentally Ill835-5010
FIRST (family information and referral for families of mentally ill)835-0188
Mental Health Advocates (individual assistance to mentally ill persons in securing benefits or services; also information and referral)	
North County835-5532
South County886-9233
Patients' Rights Advocates (investigates complaints about denial of patients' rights; information and referral)800-734-2504
Multiple Sclerosis Society, Northern California Chapter268-0572
Protection and Advocacy, Inc.	
Voice/TDD839-0811
Regional Center of the East Bay, Clients Rights Advocates (for RCEB clients)383-1200
TDD285-2806
Through the Looking Glass (especially for parents with disabilities)	
Voice/TDD848-1112
United Cerebral Palsy832-7430
US Department of Education, Office of Civil Rights ..	.415-437-8310
TDD650-637-8311

Nutrition Nutrición

Affiliated Home Calls of Summit Medical Center and Saint Rose Hospital769-4711
Alameda County Health Care Services, WIC Program (assessment, counseling and education)208-1620
Alameda County Community Health Nutrition Services208-5909
American Heart Association, Nutrition Line800-AHA-USA1

Beech-Nut Nutrition Hotline	
English800-523-6633
Spanish800-232-4867
Berkeley City Department of Health and Human Services, WIC Program644-6293
California Children Services (CCS)208-5970
Children’s Hospital Oakland, Nutrition Clinic428-3772
Davis Street Community Center, Inc.635-8200
East Oakland Youth Development Center (culinary arts classes for youth)569-8088
University of California Cooperative Extension Expanded Food and Nutrition Education Program (EFNEP) (low income only)567-6812

Breastfeeding
El Amamantamiento

Birthways, Inc.869-2797
Care After Birth428-0791
East Bay Lactation Associates524-5521
La Leche League792-0564
Pleasant Beginnings (lactation consultants, breast pump rentals)925-846-5574

Parents with Disabilities
Padres/Madres Incapacitados/as

General Resources
Recursos Generales

Alameda County Social Services, Adult and Aging Services, In-Home Support Services567-8040
Alta Bates Medical Center, Disabled Community Health Clinic540-4411
TDD540-4574
ARC, Alameda County639-4680
Berkeley Place Deaf-Disability Project644-2000

Center for Education of the Infant Deaf (CEID)	
Voice/TDD848-4800
Center for Handicapped Children and Teenagers415-771-7057
Center for Independent Living	
Berkeley841-4776
Oakland763-9999
TDD848-3101
Community Resources for Independent Living (housing, benefits, advocacy, personal assistance referrals, peer support, information and referral)881-5743
TTY881-0218
Disability Rights Education and Defense Fund (DREDF)	
Voice/TDD644-2555
Epilepsy Foundation of Northern California925-224-7760
Family Resource Network547-7322
TDD658-8354
Hemophilia Foundation568-6243
Housing Rights, Inc. (fair housing issues)548-8776
La Familia Counseling Service881-5921
Multi-Agency Service Center (MASC) (assistance with SSI procedures/problems)843-3700
Multiple Sclerosis Society, Northern California Chapter268-0572
National Resource Center for Parents with Disabilities	
Voice/TDD848-1112
Regional Center of the East Bay (developmental disabilities)383-1200
TDD285-2806
Through the Looking Glass	
Voice/TDD848-1112
US Department of Education, Office of Civil Rights ..	.415-556-4275
TDD650-637-7786

Resources Related to Parenting
Recursos Relacionados con la Crianza Infantil

Alameda County Mental Health, Eden Children's Services (deaf parents)800-491-9099
TDD667-7541

ARC, Alameda County	.639-4680
BANANAS, Inc.	.658-1409
California School for the Deaf, Parenting Education	.794-3707
TDD	.794-3672
Spanish Voice/TDD	.888-877-5381
Center for Education of the Infant Deaf (CEID)	
Voice/TDD	.848-4800
Deaf Counseling, Advocacy and Referral Agency (DCARA) (peer counseling only—free)	
Voice/TTY	.483-0753
Family Resource Network	.547-7322
TDD	.658-8354
Hemophilia Foundation	.568-6243
Multiple Sclerosis Society, Northern California Chapter	.268-0572
National Resource Center for Parents with Disabilities	
Voice/TDD	.848-1112
Regional Center of the East Bay (for developmentally disabled parents and for parents of children with developmental disabilities)	.383-1200
TDD	.285-2806
Through the Looking Glass	
Voice/TDD	.848-1112

Physical/Occupational Therapy Terapia Fisica/Laboral

Alta Bates Medical Center, Outpatient Rehabilitation	.204-4599
TDD	.204-4574
California Children Services (CCS) 208-5970	
Medical Therapy Units (MTUs) (physical and occupational therapy for medically eligible children)	
Bay MTU (San Lorenzo)	.317-4355
Glankler MTU (Fremont)	.651-1312
Valley MTU (Dublin)	.925-829-3057
West Oakland MTU	.879-2261
Whitton MTU (Oakland)	.434-5200

Center for Education of the Infant Deaf (CEID) (consultants for special children) Voice/TDD848-4800
Center for Handicapped Children and Teenagers (assessments only)415-771-7057
Children's Hospital Oakland, Pediatric Rehabilitation (MD referral needed)428-3655
Disabled Children's Relief Fund (grants for physical therapy; priority to individuals without health insurance)516-377-1605
Kidango, Inc. (occupational)744-9280
Muscular Dystrophy Association (one evaluation per year)415-673-7500
Regional Center of the East Bay (funding and referral, if eligible)383-1200
TDD285-2806
Special Needs Aquatic Program (SNAP)527-0446 x 3
Tri-City Physical Therapy441-8906
Visiting Nurse Association of Northern California450-8500

Recreation Recreación

The following programs offer year-round activities for children with disabilities. You may also call your Regional Center case manager or the Family Resource Network to request additional resources.

Ala Costa Center (after-school program for youth with developmental disabilities; community-based curriculum)527-2550
Alameda County Special Olympics553-9833
All Seasons Riding Academy (Sunol)925-862-2950
Axis Dance Company625-0110
Bay Area Outreach and Recreation Program (BORP)849-4663
Berkeley High School Warm Pool644-6843
Berkeley YMCA848-9622 x 15

Branham Recreation and Aquatic Center for Persons with Disabilities	408-267-0200
Challenge Soccer581-9326
Challenger Little League581-1679
Creative Growth Art Center836-2340
Kaleidoscope Activity Center925-828-8857
Learning On the Move (enrichment for 0-5 years)373-8900
Museum of Children's Art (MOCHA) (art classes)	465-8770
National Institute of Art and Disability620-0290
San Francisco Bay Area Girl Scouts Voice/TTY562-8470
South Bay Wheelchair Athletic Program	408-267-0200
Special Needs Aquatic Program (SNAP)527-0446 x 3
Special Skater Program, Oakland Ice Center268-9000
Xenophon Therapeutic Riding Academy925-376-7472

Respite Care Cuidado Temporal

Respite is short-term, emergency childcare for parent relief. All of these agencies have respite funds. Eligibility criteria vary. Please call to see if you are eligible.

Alameda County Social Services, Children's Protective Services259-1800
American Cancer Society North County832-7012
Central County742-8346
Tri-Valley833-2784
Cantonese, Mandarin797-0600
Additional languages800-227-2345
BANANAS, Inc. (North Alameda County)658-6177
Community Child Care Coordinating Council (4Cs) of Alameda County (South Alameda County)582-2182

Respite Care, continued

Eden Youth Center887-1146
Family Support Services of the Bay Area834-4766
NannyCare, USA848-1232
National Respite Locator Service (access to database of respite services all over US)800-773-5433
Parental Stress Services (Monday–Friday, 9 AM–5 PM; occasional weekends)800-829-3777
Regional Center of the East Bay383-1200
TDD285-2806
Child Care Links (Pleasanton, Livermore, Dublin)925-417-8733

Medical Level Care
Cuidados a Nivel Médico

Addus Health Care800-678-6703
Care After Birth428-0791
NannyCare, USA848-1232
Olsten Health Services351-5445
Mid-Peninsula Pathways Hospice510-632-3334
Regional Center of the East Bay383-1200
TDD285-2806
Visiting Nurse Association of Northern California450-8500

Note: *Public schools may provide respite services for eligible children birth to three years. See the “Education” section.*

Scholarships

Becas

Avery Fuller Children's Centers	.415-986-1687
Alta Bates Medical Center, Outpatient Rehabilitation (for Pediatric Communication Disorders Program)	.204-4599
TDD	.204-4574
California Council of the Blind	.800-221-6359
Children's Craniofacial Association (funds for expenses for families to travel to a craniofacial center)	.800-535-3643
Community Assistance for the Retarded and Handicapped (CARH)	.537-6611
Girls Incorporated of Alameda County, Pathways Counseling Center (for Girls, Inc. clients—educational scholarships)	.357-5515
Grottoes of North America, Dentistry for the Handicapped (free dental care, except orthodontia, for physically limited persons under the age of 18)	.408-253-2104
Hemophilia Foundation	.568-6243
Hydrocephalus Association	.415-732-7040
or	.888-598-3789
Muscular Dystrophy Association (help with purchase of wheelchairs)	.415-673-7500
National Fragile X Foundation (limited assistance for testing, equipment, therapy and other services)	.800-688-8765
Native Daughters of the Golden West (grants for a range of services)	.415-563-9091
Shriner's Hospital for Children (information on free hospital care to eligible children under age 18 who need orthopedic care or burn treatment)	.800-237-5055
Thunder Road/Alta Bates Summit Medical Center (for adolescent residential chemical dependency treatment)	.653-5040

Social Security Information (SSI) Seguro Social Suplementario (SSI)

Social Security Administration 800-772-1213
(phone number for all offices listed below)

Office Locations:

1111 Jackson St., Oakland 94607
Eastmont Town Center 7200 Bancroft Ave., Oakland 94605
2045 Allston Way, Berkeley 94704
3100 Mowry Ave., Ste. 100, Fremont 94538
24301 Southland Dr., Suite 500, Hayward 94545
320 Davis St., San Leandro 94577
2600 Kitty Hawk Rd., Ste. 125, Livermore 94550

Transportation Transporte

A.C. Transit

Discount passes are available to seniors and "certified disabled individuals." Parents/caregivers of children with special needs, who are not themselves disabled, are not eligible for a discount pass. A Regional Transit Connection Card establishes persons with disabilities as eligible for discount fares on all public transportation systems in the Bay Area, including BART and Muni Systems. Call for further information:

Customer Service 891-4706
Transit Information 817-1717
TDD 800-448-9790

A.C. Transit

Descuentos en la transportación disponibles para "individuos con incapacidades certificadas". Los padres, madres, cuidadores de niños con necesidades especiales que ellos/as mismos/as no sufran de incapacidades no tienen derecho a descuentos. Una Tarjeta de Transportación para Conexiones Regionales (Regional Transit Connection Card) establece qué personas incapacitadas tienen derecho a usar todo el sistema público de transportación del Area de la Bahía, incluyendo BART y el Sistema del Muni.

Para más información llamar al 891-4706

American Cancer Society (patients must be ambulatory)	
North County832-7012
Central County742-8346
Tri-Valley833-2784
Cantonese, Mandarin797-0600
Additional Languages800-227-2345
Regional Center of the East Bay (for Regional Center clients only)383-1200
TDD285-2806
Oakland Paratransit (scrip is available for parents/ caregivers of children with disabilities.)238-3036
Travelers Aid Society of Alameda County, Inc.444-6834

Warmlines

Numeros Telefonicos de Información

Non-emergency health and development information and counseling.

AIDS Project of the East Bay663-7979
Alta Bates Medical Center, Parent Share (support group for parents of premature and sick infants)935-9240
American Heart Association (health/heart disease information)800-AHA-USA1
BANANAS, Inc.658-6046
Berkeley City Department of Health and Human Services, Public Health Nursing (Advice Nurse, Monday–Friday, 8 AM–12 PM and 1-5 PM)644-6500
Berkeley City Mental Health (Monday–Friday, 8 AM-5 PM)644-8562
Birthways, Inc.869-2797
Blind Babies Foundation415-586-6140
California Child Care Healthline800-333-3212
California Coalition for Grandparents Raising Grandchildren800-660-7995
California Council of the Blind800-221-6359

Center for Independent Living	
Berkeley	.841-4776
Oakland	.763-9999
TDD	.848-3101
Children’s Hospice International	.800-242-4453
Children’s Hospital Oakland, Child Health Audio	
Resource Line	.800-400-PEDS
Crisis Support Services of Alameda County	
Berkeley/Oakland	.849-2212
Fremont/Union City	794-5211
Hayward/San Leandro/Castro Valley	.889-1333
Livermore/Dublin	.449-5566
Family Resource Network	.547-7322
TDD	.658-8354
Grandparents as Second Parents (GASP) Warmline	.568-7786
La Familia Counseling Service	.881-5921
Lucile Packard Children’s Hospital,	
Parent Information and Referral Center (PIRC)	.800-690-2282
MCH Community Health Outreach Unit	
(information and referral for low-income women	
before, during and after pregnancy; referrals for	
children’s medical and dental services)	.444-BABY
or	.800-427-7937
Multiple Sclerosis Society, Northern California Chapter	.268-0572
Parent’s Place (San Francisco)	.415-931-WARM
Parental Stress Services	.800-829-3777
Public Health Clearinghouse	.888-604-4636
Twin Services (Twinline)	.524-0863

Note: You may also call your hospital’s health education services or advice line for non-emergencies.

For More Information Para más Información

Government Agencies Concerned with the Needs of Persons with Developmental Disabilities **Agencias Gubernamentales Interesadas en las Necesidades de las Personas con Incapacidades de Desarrollo**

These agencies and organizations are advocates and policymakers who can represent the concerns of individuals with disabilities. Call for more information.

Alameda County Developmental Disabilities Planning and Advisory Council	628-7854
Americans with Disabilities Act Information Line ...	800-514-0301
TDD	800-514-0383
Area Board V	286-0439
California State Council on Developmental Disabilities ...	916-322-8481
California State Department of Developmental Services, Prevention and Children Services Branch	916-654-2777
US Department of Education, Office of Civil Rights ...	415-556-4275
TDD	650-637-7786
US Department of Health and Human Services, Office of Civil Rights	415-437-8310
TDD	415-437-8311

Referral Referencias

Alameda County Developmental Disabilities Planning and Advisory Council	628-7854
Alameda County Health Care Services, Office of AIDS Administration	873-6500
Alameda County Youth Development Inc./ George P. Scotlan Youth and Family Center	832-4544
Alameda Health Consortium, HIV CARE Program (referral to community clinics and private practice dentists providing free dental care to low-income residents of Alameda County who do not have dental insurance and are HIV positive)	633-4537
American Indian Child Resource Center (for Indian persons seeking Indian resources)	208-1870

Area Board V	286-0439
Asian Community Mental Health Services	451-6729
BANANAS, Inc. (North Alameda County)	658-0381
Berkeley City Department of Health and Human Services	644-6500
Berkeley Emergency Food and Housing Project	649-4965
Berkeley Information Network (BIN) (sponsored by Berkeley Public Library and providing information on local community resources)	540-0666
Berkeley Place Deaf-Disability Project Voice/TDD	644-2000
Better Hearing Institute Hearing HelpLine (referrals for purchase of low-cost hearing aids) ..	800-327-9355
TTY	703-684-3391
Birthways, Inc.	869-2797
California Child Care Healthline	800-333-3212
California Council of the Blind	800-221-6359
California State Department of Developmental Services, Early Start Program (for families of children birth to age 3, Regional Center and Family Resource Center info for other geographic areas)	800-515-BABY
California State Department of Special Education Low Incidence Directory (students with vision, hearing and severe orthopedic impairments)	916-445-4699
CDC National AIDS/HIV Hotline English	800-342-AIDS
Spanish	800-344-SIDA
TDD	800-243-7889
Center for Family Counseling	562-3731
Center for Independent Living Berkeley	841-4776
Oakland	763-9999
TDD	848-3101

Centro de Servicios	489-4100
Child Care Links (Pleasanton, Livermore, Dublin)	925-417-8733
Children's Hospice International	800-242-4453
Chinatown CDC	415-392-4453
Community Assistance for the Retarded and Handicapped (CARH)	537-6611
Community Child Care Coordinating Council (4Cs) of Alameda County (South Alameda County)	582-2189
or	790-0655
Community Resources for Independent Living	881-5743
TTY	881-0218
Crisis Line for the Handicapped	800-426-4263
Davis Street Community Center, Inc. (Eden area)	635-8200
Deaf Counseling, Advocacy and Referral Agency (DCARA) (peer counseling only—free) Voice/TTY	483-0753
Disability Rights Education and Defense Fund (DREDF) (advocacy re: childcare and public and private school requirements under IDEA and ADA; preference for "least restrictive environment" cases)	644-2555
East Bay Vietnamese Association	533-4224
Easter Seals Society of the Bay Area	925-689-1777
Eden I&R, Community Housing And Information Network (CHAIN) Phonenumber, Information and Referral	537-2552
Eden Medical Center (for family/women's health resources)	727-2715
El Centro (provides free translation assistance, referral and counseling services to Berkeley's Spanish-speaking community; every Tuesday, 1-4 PM, 830 University Ave.;	
no appointment necessary)	644-8909
Epilepsy Foundation of Northern California	893-6272
Family Resource Network	547-7322
TDD	658-8354
HELPLINK (Northern California Council for the Community)	
English	800-273-6222
Spanish	415-772-4444
TDD	415-772-4440

Immigrant Assistance Line	
English, Spanish	415-543-6767
Cantonese, Mandarin	415-543-6769
Vietnamese	415-543-6797
International Institute of the East Bay	
(for immigrants and refugees)	451-2846
La Familia Counseling Service	881-5921
Mental Health Association of Alameda County	
Family Alliance for the Mentally Ill	835-5010
FIRST (family information and referral for families of mentally ill)	835-0188
Mental Health Advocates (individual assistance to mentally ill persons in securing benefits or services; also information and referral)	
North County	835-5532
South County	886-9233
Patients Rights' Advocates of Alameda County (investigates complaints about denial of patients' rights; information and referral)	
	800-734-2504
MCH Community Health Outreach Unit	
(info and referral for low-income women before, during and after pregnancy; referrals for children's medical and dental services)	
or	444-BABY 800-427-7937
Multi-Agency Service Center (MASC)	843-3700
Narcotics Education League, Inc., Mujeres con Esperanza	536-4764
National Fragile X Foundation	800-688-8765
National Health Information Center	800-336-4797
National Information Center for Children and Youth with Disabilities	
Voice/TTY	800-695-0285
National Organization for Rare Disorders, Inc. (NORD)	
(information on rare disorders and assistance in networking families with similar disorders for mutual support)	
TDD	800-999-6673 203-746-6481

National Resource Center for Parents with Disabilities (national clearinghouse for parents with disabilities) Voice/TDD848-1112
National Reyé’s Syndrome Foundation800-233-7393
National Tuberous Sclerosis Association800-225-6872
Northern California Regional Organization of Child and Adolescent Psychiatry (counseling referral service—limited Medi-Cal referrals)415-433-5014
Oaklander Assistance Center (Oakland Public Library referral line for resources in Oakland)444-CITY
TDD238-6293
Project Eden (Horizon Services, Inc.)247-8200
San Francisco AIDS Foundation (for AIDS issues) Hotline (English/Spanish/Filipino)415-863-AIDS
TDD888-225-AIDS
Toll-free800-367-AIDS
San Francisco Public Library Resource Collection for Learning Differences (books, videos, audio tapes, assistive technology)415-557-4540
Second Chance792-4357
Shriner’s Hospital for Children (5 AM–3 PM Pacific time)800-237-5055
Spina Bifida Association of America800-621-3141
Through the Looking Glass Voice/TDD848-1112
Travelers Aid Society of Alameda County, Inc.444-6834
Valley Community Health Center, Family Crisis Center (Livermore, Dublin, Pleasanton, Sunol)925-201-6087
Women’s Health Project, United Cerebral Palsy (information, referral and support re: health issues for women and girls with disabilities)832-7430
Wright Institute Clinic841-9230

Other Guides and Directories

Otras Guías y Directorios

Accent on Living, The Accent Buyer's Guide (a guide to products, sources, organizations and dealers of disability-related products)	800-787-8444
Alameda County Child Abuse Council	268-2798
Alameda County Developmental Disabilities Planning and Advisory Council, Alameda County Resource Directory of Programs and Services for Persons with Developmental Disabilities	628-7854
Alameda County Health Care Services, Office of AIDS Administration	873-6500
Area Board V	286-0439
BANANAS Guide (for family services)	658-7353
Berkeley Information Network (BIN) (sponsored by the Berkeley Public Library)	540-0666
Children's Hospice International	800-242-4453
Community Child Care Coordinating Council (4Cs) of Alameda County (South Alameda County)	582-2182
Eden I&R (publishes Alameda County Human Services Directory) . . .	537- 2710
Family Resource Network (Directory, Family Notebook)	547-7322
TDD	658-8354
Hydrocephalus Association	415-732-7040
or	888-598-3789
Legal Services for Prisoners with Children	415-255-7036
NannyCare, USA (How to Find A Perfect Nanny)	848-1232
National Health Information Center	800-336-4797
San Francisco AIDS Foundation HIV Resource Guide Hotline (English/Spanish/Filipino)	415-863-AIDS
TDD	888-225-AIDS
Toll-free	800-367-AIDS

Local and National Organizations

Organizaciones Locales y Nacionales

AMC Cancer Information Center	800-525-3777
American Cancer Society	
North County	832-7012
Central County	742-8346
Tri-Valley	833-2784
Cantonese, Mandarin	797-0600
Additional languages	800-227-2345
American Cleft Palate Foundation	800-24-CLEFT
American Council of the Blind	800-424-8666
American Diabetes Association	654-4499
American Foundation for the Blind	800-232-5463
American Heart Association	800-AHA-USA1
American Kidney Fund	800-638-8299
American Liver Foundation	800-223-0179
American Lung Association	893-5474
American Speech-Language-Hearing Association	800-638-8255
ARC, Alameda County	639-4680
ARC, United States	
(national nonprofit mental retardation organization)	800-433-5255
TDD	817-277-0553
Area Board V	286-0439
Arthritis Foundation, Northern California Chapter	800-464-6240
Asthma and Allergy Foundation of America	800-7-ASTHMA
Autism Society of America	800-3AUTISM
Fax	301-657-0869
Better Hearing Institute Hearing HelpLine	800-327-9355
TTY	703-684-3391
Blind Babies Foundation	415-586-6140
Blind Children's Center, Inc.	800-222-3567
Braille Institute	800-BRAILLE
Brain Injury Association, Inc.	800-444-6443
California Council of the Blind	800-221-6359
California Deaf-Blind Services	
Voice/TTY	800-822-7884
California Sudden Infant Death Syndrome (SIDS) Program	
(support group information)	800-369-SIDS

Center for Education of the Infant Deaf (CEID)	
Voice/TDD	848-4800
Center for Handicapped Children and Teenagers	415-771-7057
Center for Independent Living	
Berkeley	841-4776
Oakland	763-9999
TDD	848-3101
Children's Craniofacial Association	800-535-3643
Children's Hospice International	800-242-4453
Cope DB	
(Coalition Of Parents and Educators, Deaf-Blind)	845-3033
Cornelia de Lange Syndrome Foundation	800-223-8355
Cystic Fibrosis Foundation	800-344-4823
Deaf Counseling, Advocacy and Referral Agency	
(DCARA) (peer counseling only—free)	
Voice/TTY	483-0753
East Bay Learning Disabilities Association	433-7934
or	531-3413
Easter Seals Society of the Bay Area	925-689-1777
Epilepsy Foundation of America	800-EFA-1000
Epilepsy Foundation of Northern California	925-224-7760
Federation of Families for Children's Mental Health	703-684-7710
Fiesta Educativa del Norte	
(parent training and advocacy for	
monolingual Spanish-speaking parents	
of persons with disabilities)	887-0661
Hearing Aid Helpline	
(6 AM–2 PM, Pacific time)	800-521-5247
Hemophilia Foundation	568-6243
Human Growth Foundation	
(growth disorders)	800-451-6434
Hydrocephalus Association	415-732-7040
or	888-598-3789
International Dyslexia Association	650-328-7667
Juvenile Diabetes Foundation Hotline	800-533-2873
Lung Line Information Service	
(respiratory and immune system disorders)	800-222-5864

March of Dimes Birth Defects Foundation, Greater Bay Area Chapter	415-788-2202
Mental Health Association of Alameda County FIRST (family information and referral for families of mentally ill)	835-5010 .835-0188
Multiple Sclerosis Society, Northern California Chapter268-0572
Muscular Dystrophy Association	415-673-7500
National Association for Parents of the Visually Impaired	800-562-6265
National Association for Sickle Cell Disease	800-421-8453
National Cancer Institute Information Service TDD	800-4-CANCER .800-332-8615
National Center for Stuttering	800-221-2483
National Down Syndrome Society	800-221-4602
National Fragile X Foundation	800-688-8765
National Information Center for Children and Youth with Disabilities Voice/TTY800-695-0285
National Organization for Rare Disorders, Inc. (NORD) (information on rare disorders and assistance in networking families with similar disorders for mutual support)	800-999-6673
TDD	203-746-6481
National Reye's Syndrome Foundation	800-233-7393
National Spinal Cord Injury Hotline	800-526-3456
National Tuberos Sclerosis Association	800-225-6872
Prader-Willi California Foundation	800-400-9994
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