



FILIPINO MENTAL HEALTH INITIATIVE

"mindful of our community's health"

2008

SAN MATEO COUNTY RESOURCE GUIDE

Mabuhay, Kababayan! We have created this resource guide to help you locate community services available in San Mateo County. The guide is divided into areas of interest (ie education, health, legal services, and financial assistance). Special note was made of agencies and programs that have staff who speak Pilipino. If you need help using this directory or are looking for services not found in the directory, please call the San Mateo County Behavioral Health & Recovery Services Division at (800) 686-0101.

General criteria for inclusion in the directory are government and private nonprofit organizations providing health care, social services, recreation, legal aid, vocational training, etc. to San Mateo County residents. Most agencies are located in San Mateo County although key agencies from outside the county are also included.

Inclusion of an agency does not imply endorsement nor is exclusion a reflection on the value or quality of an agency's services.

Mabuhay, Kababayan! Nilikha ang direktoryo ng pinakukuhanan ng tulong upang inyong matagpuan ang mga serbisyong pang-komunidad na makukuha sa San Mateo County. Ang patnubay na ito ay hinati sa ibat-ibang saklaw (katulad ng edukasyon, kalusugan, serbisyo legal at tulong pinansiyal). Espesyal na pagpansin ang inukol sa mga ahensiya at programa na may mga tauhang nakakasalita ng wikang Pilipino. Kung kailangan ng tulong sa paggamit ng direktoryong ito o kung naghahanap ng serbisyo na wala dito sa direktoryo, maari lamang tawagan ang San Mateo County Behavioral Health and Recovery Services Division sa (800) 686-0101.

Ang kalahatang karapat-dapat na mapasama sa direktoryo ay: mga organisasyon ng gobyerno at mga pribadong nonprofit na nagbibigay ng pagaalaga ng kalusugan, serbisyong panglipunan, pangaliwan, tulong tungkol sa batas, vocational training at mga iba pa para sa mga naninirahan sa San Mateo County bagamat may mga importanteng ahensiya na nasa labas ng County na kasama rin.

Ang pagsama ng isang ahensiya ay hindi nangangahulugan ng pagsangayon o ang hindi pagsama ay dahil sa halaga o kalidad ng serbisyo ng ahensiya.

San Mateo County Resource Guide 2008

Mga Pinagkukuhanan ng Tulong sa San Mateo County



A product of the
Filipino Mental Health Initiative (FMHI)
“Mindful of Our Community’s Health”

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San Mateo County Behavioral Health &
Recovery Services Division (SMC BHRS)
Asian American Recovery Services (AARS)
Community Overcoming Relationship Abuse (CORA)
Pilipino Bayanihan Resource Center (PBRC)
Community Information Program (CIP) of the
Peninsula Library System (PLS)

Filipino Mental Health Initiative (FMHI) is a partnership between community organizations and individuals who are interested in improving the well-being of Filipinos. Formed in 2006 from the members of **KAPAG**, FMHI's primary objective is to increase the awareness of mental health and related resources to the Filipino community in San Mateo County. The partnership includes San Mateo County Behavioral Health & Recovery Services, Asian American Recovery Services, Pilipino Bayanihan Resource Center, Community Overcoming Relationship Abuse, and other key community stakeholders. This directory is the updated version of the original KAPAG directory printed in 2000.

KAPAG (Kapwa Pilipino Advocacy Group) is a voluntary organized group of Pilipino professionals and service providers in San Mateo County. Their mission is to promote the health and well-being of the Pilipino community by working with government and community leaders and agencies.

The word "kapag" in Pilipino means "if/when" in English. There is a famous Pilipino proverb that goes "kapag may hirap, may ginahawa" which translates "if you really work hard at something, the fruits of your labor would be sweeter." In many ways, the name "kapag" is very appropriate when using this FMHI directory "when you need information about resources, use the FMHI directory."

***Filipino Mental Health Initiative (FMHI)** ay isang samahan ng mga mamamayan at ahensiya sa komunidad na tumutulong para mapagbuti at mapagaling ang buhay ng mga Pilipino. Itinatag noong 2006, ang unang layunin ng FMHI ay magbigay ng kaalaman tungkol sa kalusugan ng kaisipan at malaman ang mga iba't-ibang serbisyong kaugnay sa mga Pilipino sa San Mateo County. Ang samahang ito ay binubuo ng San Mateo County Behavioral Health & Recovery Services, Asian American Recovery Services, Pilipino Bayanihan Resource Center, Community Overcoming Relationship Abuse, at iba pang samahan na tumutulong sa komunidad. Itong direktoryong ito ay makabagong bersyon ng orihinal na KAPAG direktoryo na nilimbag noong 2000.*

***KAPAG (Kapwa Pilipino Advocacy Group)** ay isang grupong boluntaryo, mga kinabibilangan ng propesyonal na Pilipino at nagbibigay ng serbisyo (service providers) sa San Mateo County. Ang misyon nito ay itaguyod ang kalusugan at kabutihan ng komunidad Pilipino sa pamamagitan ng samahan ng mga propesyonal na Pilipino, at sa pakikipagbalikatan sa gobyerno at mga namumuno sa komunidad at mga ahensiya.*

Ang salitang "kapag" sa Pilipino ay nangangahulugang "if/when" sa Ingles. Mayroon isang kilalang salawikain na nagsasabing "kapag may hirap, may ginahawa." Ang ibig sabihin nito ay kung ikaw ay magtatrabaho ng puspusan sa isang bagay, magiging mas matamis ang bunga ng iyong pagsisikap. Sa maraming pamamaraan, ang aming pangalan ay talagang nararapat kung iisipin ninyo ang paggamit ng direktoryong FMHI "kapag kailangan ninyo ng inpormasyon tungkol sa mga "resources" o maaring pagkunan ng tulong, inyong gamitin ang direktoryong ito."

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Emergency/Crisis Intervention

24-Hour Emergency Numbers

911911

Emergency calls for ambulance, fire, highway patrol, and police services
Numerong telepono kung may emerhensiya para makatawag ng ambulansiya, bombero, patrol ng "highway," at pulis
Tagalog services available
May serbisyo sa Tagalog

Aging and Adult Services(800) 675-TIES (8437)

www.smhealth.org/aas
225 37th Avenue, San Mateo, CA 94403
Adult protective services, public guardian, case management, in-home support-ive services, and representative payee
Serbisyong ukol sa proteksyon ng mga taong may edad, tarungan ng publiko, pangangasiwa ng kaso, serbisyong pang-alalay sa bahay ng kliyente

Alcohol and Drug Helpline 24-Hour (YFES) . . .(650) 573-3950

www.yfes.org
610 Elm Street, Suite 212, San Carlos, CA 94070
Offers support, information about 12-step programs, and referrals to social service agencies throughout San Mateo county
Nagbibigay ng alalay, inpormasyon tungkol sa mga 12-hakbang na programa, at pagsasanguni sa malawak na inpormasyon ukol sa serbisyong sosyal

California Poison Control System(800) 876-4766

www.calpoison.org(800) 222-1222
Immediate, free and expert treatment advice and assistance over the telephone in case of exposure to poisonous, hazardous or toxic substances
Sa telepono, kaagad-agad, libre at ekspertong payo para sa paggamot at pagtulong kung na "expose" sa mga bagay na makalalason, mapanganib, o makamamatay
Tagalog services available
May serbisyo sa Tagalog.

California Youth Crisis Line(800) 843-5200

24-hour crisis line, information and referral, counseling, youth-to-parent message service, and phone connections to service providers
24-horas na telepono ukol sa krisis, inpormasyon at pagsasanguni, pagpapayo, serbisyong pangmensahe buhat sa kabataan para sa magulang, at koneksyon sa telepono sa mga tagapagbigay ng serbisyo

Child Protective Services (CPS)(800) 632-4615
www.smchsa.org(650) 595-7922
400 Harbor Blvd, Belmont, CA 94402
Accepts reports about children age 17 or under who may be in danger due to abuse, abandonment, neglect, or exploitation
Tumatanggap ng sumbong ukol sa mga batang labing pitong gulang o mas bata-pa, na baka nasa panganib dahil sa pang-aabuso, pag-iiwan, o pagpapabaya
Tagalog services available
May serbisyo sa Tagalog

CORA (Community Overcoming Relationship Abuse)
.....(800) 300-1080
www.corasupport.org(650) 312-8515
P.O. Box 5090, San Mateo, CA 94403
For victims and survivors of domestic violence
Para sa mga biktima ng biolensiya sa tahanan
Tagalog services available
May serbisyo sa Tagalog

Crisis Intervention and Suicide Prevention Center (YFES)(650) 368-6655
www.crisiscenter.cc(650) 579-0350
610 Elm Street, Suite 212, San Carlos, CA 94070
Telephone counseling for people who are feeling depressed or suicidal
Pagpapayo sa telepono para sa mga taong nagdadalamhati o nag-iisip na mag-pakamatay
National Hopeline Network(800) 784-2433
National Suicide Prevention Helpline(800) 273-TALK

Keller Center (Sexual Assault Trauma Center) .(650) 573-2671
Emergency medical services to those who have been sexually assaulted
Serbisyong medical na emerhensiya para sa biktima ng pang-gagahasa

Mills Peninsula Health Services
Chemical Dependency Center(650) 696-5909
24-Hour Crisis Line(650) 696-5915
www.mills-peninsula.org
1783 El Camino Real, Burlingame, CA 94010
Offers services for individuals with chemical dependency issues
Nagbibigay ng serbisyo para mga taong nalulong sa mga bawal na gamot

National Domestic Violence Hotline ... (800) 799-SAFE (7233)
Hotline for victims of domestic violence
Diretsong telepono para sa mga biktima na biolensiya sa tahanan

National STD/AIDS Hotline(800) 232- INFO (4636)

TTY(888) 232-6348

Hotline for individuals with sexually transmitted diseases

Diretsong telepono para sa mga taong may sakit na nakuha dahil sa gawaing seksuwal

Office of Emergency Services(650) 363-4790

Offers emergency services in San Mateo County.

Nagbibigay ng serbisyong pang-emerhensiya sa San Mateo County

Parent Support Line(888) 220-7575

.(650) 579-0358

Offers support, guidance, and information for all parenting matters

Nagbibigay ng alalay, gabay, at inpormasyon para sa mga bagay na ukol sa pagiging magulang

Psychiatric Emergency Services(650) 573-2662

Provides 24-hour urgent and emergency psychiatric assessment for people of all ages

Nagbibigay ng 24-na oras na apurahan at emerhensiyang pagsusuring sikiatriko para sa lahat ano man ang edad

Rape Trauma Services (RTS)(650) 692-RAPE

www.rapetraumaservices.org

1860 El Camino Real, #301

Burlingame, CA 94010

Responds to incidents of sexualized violence as well as other forms of abuse

Nagagbigay tulong sa mga taong biktima ng bayolensyang seksuwal at iba pang uri ng abuso

Shelter Bed Hotline(800) 774-3583

Offers information about emergency shelter within the nine-county San

Francisco Bay Area

Nagbibigay na inpormasyon tungkol sa silungang pang emerhensiya sa San

Francisco Bay Area

Your House South (YFES)(650) 367-9687

www.yfes.org

610 Elm Street, Suite 212, San Carlos, CA 94070

24-hour emergency hotline and temporary housing for youth ages 10-17 whose families are in crisis. Youth are able to live at the shelter for 14-30 days where they participate in a structured program that includes individual, group, and family counseling

24-na oras ng direktong telepono para sa emerhensiya at pansamantalang tahanan para sa mga batang 10-17 ang gulang na ang mga pamilya ay nasa krisis. Ang mga bata ay maaaring tumira ng pansamantala na 14-30 araw na sila ay susunod sa programa. Nagpapayo sa indibiduwal, grupo, at pamilya

Community Service Agencies

The community service agencies listed below are the first place to contact for emergency assistance. They can provide or locate emergency food, clothing, shelter, utilities assistance, short-term counseling, and/or employment information

Ang mga sentrong nakalista sa ibaba ay makakapagbigay ng emerhensyang pagkain, damit, silungan, pagpapayo, at inpormasyon tungkol sa mga trabaho

Coastside:

Coastside Opportunity Center(650) 726-9071

www.coastside.org

99 Avenue Alhambra

El Granada, CA 94018

Rental assistance, food pantry, referrals to shelters, motel vouchers up to 3 days

Tulong ukol sa renta, pagkain, sangguni, sa pansamantalang tahanan, "voucher" para sa motel hanggang 3 araw

North Street Community Resource Center . . .(650) 879-1691

620 North Street

Pescadero, CA 94060

Emergency assistance, emergency food, clothing, shelter, utilities assistance, short-term counseling and employment information

Tulong na pang-emerhensiya, pagkain, damit, pansamantalang, tirahan, tulong, para sa bayad ang tubig at koryente, pang-maigsiang pagpapayo at inpormasyon ukol sa trabaho

North County:

Daly City Community Service Center(650) 991-8007

www.dalycity.org/city_services/srvctr.htm

350 90th Street,

Daly City, CA 94015

Comprehensive needs assessment, crisis intervention, emergency food, shelter, and transportation, short-term counseling, advocacy, outreach, translation, employment information and job board, business clothes closet, housing assistance, and case management

Malawak na pagsusuring pangangailangan, interbensyon sa krisis, pansamantalang tahanan, sasakyan, pang-maigsiang pagpapayo, ipaglaban ang karapatan, pag-alay ng tulong, pag sasalin, inpormasyon tungkol sa trabaho, damit para sa trabaho, tulong para sa tirahan, pagmamamacho ng kaso

Tagalog services available

May serbisyo sa Tagalog

North Peninsula

Neighborhood Services Center(650) 588-8822

www.neighborhoodservices.org

600 Linden Avenue

South San Francisco, CA

Case management, emergency food and shelter, crisis intervention, and assistance with rent and utility bill payments

Pagmamamango ng kaso ng kliyente, pang-emerhensyang pagkain, at tirahan, interbensyon sa krisis, at tulong para sa renta, tubig at koryente

Pacifica Resource Center(650) 738-7470

www.pacresourcecenter.org

1809 Palmetto

Pacifica, CA 94044

Legal, landlord-tenant problems, elder care, healthcare, emergency food, homelessness prevention, budget planning, transportation, infant needs, utility help, furniture rentals

Batas, problema ng may-ari at ng nangungupahan, pag-aaruga sa matatanda, serbisyo para sa kalusugan, pagkaing pang-emerhensya, pag-tigil ng pagiging walang tirahan, pag-paplano ng pera, transportasyon, pangangailangan ng mga sanggol, tulong para sa tubig at koryente, renta ng mga muebles na pambahay

Salvation Army(650) 266-4591

www.tsagoldenstate.org

409 S. Spruce Ave

South San Francisco, CA 94080

Disaster services, emergency assistance for shelter, food & nutrition programs, seasonal, family counseling

Serbisyo sa mga nasalanta, tulong na pang-emerhensya para pansamantalang tirahan, programa ukol sa tamang pagkain, pagpapayo sa pamilya

Central County:

CALL-Primrose Center(650) 342-CALL (2255)

www.callprimrose.org

139 Primrose Road

Burlingame, CA 94010

Provides emergency direct aid such as food, rental and utility assistance, emergency financial assistance, information and referral, advocacy, prioritizing and goal-setting, medical loan closet--wheelchairs, walkers, commodes, crutches and canes

Nagbibigay ng pang-emerhensiyang tulong tulad ng pagkain, renta at bayad sa tubig at koryente, tulong pinansiyal para sa emerhensiya, inpormasyon at pagsangguni, paglaban ang karapatan, kung paano pagsusunod-sunurin ang mga importanteng bagay at pag-gawa ng plano maabot ang hinahangad, mga pantulong na medikal tulad ng "wheelchair," "walker," upuan pang-banyo, saklay, at tungkod

Samaritan House(650) 347-3648

www.samaritanhouse.com

401 N. Humboldt Street, San Mateo, CA 94401

Clothing, medical clinic, dental & ophthalmology, medications, food & nutrition, shelter, holiday assistance, worker resource center

Damit, klinika ng doktor, dentista, doktor sa mata, pagkain, pansamantalang tirahan, tulong sa panahon ng kapaskuhan

South County:

El Concilio Emergency Services Partnership . .(650) 330-7432

1798-B Bay Road, East Palo Alto, CA 94303

CORE Service Center serving East Palo Alto and Menlo Park

Sinisilbihan ng CORE ang east Palo Alto at Menlo Park

Fair Oaks Community Center(650) 780-7500

2600 Middlefield Avenue, Redwood City, CA 94063

Childcare, crisis intervention, education, emergency food, shelter, holiday food and toy programs, housing assistance, immigration and citizenship, information and referral, legal services including housing and employment, senior services including lunch

Pag-aalaga ng bata, interbensyon sa krisis pag-aaral, pagkain kung may emergensiya, programa ng pagkain at laruan sa kapaskuhan, tulong para sa tirahan, imigrasyon at pagiging "citizen," inpormasyon at pagsangguni, serbisyong pam-batas na kasama ang tirahan at trabaho, serbisyong para sa mga nakatatanda kasama at tanghalian

Salvation Army(650) 368-4643

www.salvationarmy.usa.org

1270 Marshall Street, Redwood City, CA 94063

Disaster services, emergency assistance for shelter, food & nutrition programs, seasonal, family counseling

Serbisyo sa mga nasalanta, tulong na pang-emerhensya para pansamantalang tirahan, programa ukol sa tamang pagkain, pagpapayo sa pamilya

St. Francis Center(650) 365-7829

www.stfrancisrwc.org

101 Buckingham, Redwood City, CA 94063

Food box program, clothing, shower facility, laundry facility, voucher program for emergency housing, medicine, gasoline, rental assistance, Christmas toy give-away program, computer classes, literacy program

Programa ng pagkain sa kahon, damit, paliguan, labahan, programa ng "voucher" para sa emerhensyang tirahan, gamot, gasolina, tulong sa renta, programa ng pagbibigay kung pasko, klase ukol sa "computer," programa para matutong bumasa, sumulat at bumilang

For assistance anywhere in San Mateo County:/Tulong na pang-emerhensiya kahit saan sa San Mateo County:

St. Vincent de Paul Society(650)343-4403

www.svdp-sanmateoco.org

50 North B Street, San Mateo, CA 94401

Disaster Relief

American Red Cross(650) 259-1750

www.bayarea-redcross.org

1710 Trousdale Drive, Burlingame, CA 94010

Provides assistance in disasters (such as fires and floods) and interpreters for non-English speaking persons in emergency situations. Offers general emergency services to military families only

Nagbibigay ng tulong sa panahon ng sakuna (sunog at baha) at tagapagsalin ng salitang ingles kung panahon ng emerhensiya. Nag bibigay ng pangkalahatang emerhensyang pagtulong sa mga pamilya ng militar lamang

Tagalog services available/May serbisyo sa Tagalog

Inmate and Post-Release Support

Service League of San Mateo County(650) 364-4664

www.serviceleague.org

727 Middlefield Road, Redwood City, CA 94063

Provides services to inmates of the county jail, counseling and child care for inmate families, post-release counseling, and emergency assistance and release

Nagbibigay ng pangkalahatang pagtulong sa mga bilanggo at sa kanilang pamilya

Victim Assistance

Victim Center(650) 599-7479

400 County Center, 3rd Floor, Redwood City, CA 94063

Provides general emergency and ongoing assistance for victims of crime

Nagbibigay ng pangkalahatang pagtulong sa mga biktima ng krimen

Alcohol/Tobacco/Drug Use

12-Step Programs

Alanon/Alateen

North County(650) 873-2356

South and Central County(650) 592-7935

Meeting information Line(650) 592-2364

For anyone affected by anyone else's drinking

Para kanino man na apektado ng pag-lalasing ng isang tao

Alcoholics Anonymous

of San Mateo County(650) 577-1310

www.aa-san-mateo.org

24-hour hotline, provides information about meetings throughout San Mateo County

24-na oras na direktong telepono, nagbibigay ng inpormasyon tungkol nsa mga pagpupulong sa San Mateo County

Tagalog services available

May serbisyo sa Tagalog

Cocaine Anonymous(415) 821-6155

www.ca.org

12-Step Program Meetings

Mga pagpupulong ng Programang 12-Hakbang

Crystal Meth Anonymous

www.crystalmeth.org or www.bayareacma.org

Website lists meetings, locations, and times for 12 Step Programs

Nakalista sa Website ang mga pagpupulong, lugar at oras ng mga Programang 12-Hakbang

Marijuana Anonymous

www.marijuana-anonymous.org

Online Chat room: *www.ma-online.org*

San Mateo County/South Bay(408) 450-0796

San Francisco(415) 522-7373

East Bay(510) 287-8873

12-Step Program Meetings, Online Chat Room

Mga pagpupulong ng Programang 12-Hakbang, "Online Chat Room"

Menlo Park Presbyterian Church

Bill's Café(650) 948-4933

Bill's Café is an in-depth spiritual 12-step recovery program for all people who wish to witness the power of Jesus changing lives from addictive behaviors

Ang Bill's café ay may kalalimang isang-isperitwal na programang 12-hakbang, para sa lahat na nagnanais makita ang kapangyarihan ni Hesus sa pagbabago ng buhay ng mga nalulong sa alkohol, tabako, droga, at iba pa

Nar-Anon(650) 948-4933

www.naranocalifornia.org/norcal

For anyone affected by someone else's drug abuse

Para kanino man na apektado ng paggamit ng droga ng isang tao

Narcotics Anonymous(650) 802-5950

www.norcalna.org

12-step program, community events

Programang 12-Hakbang, mga pangyayari sa komunidad

Day Treatment / Counseling

Adolescent Counseling Services

Substance Abuse(650) 329-9410

www.acs-teens.org

445 Sherman Avenue, Suite J

Palo Alto, CA 94306

Substance abuse day treatment for adolescents

Pang-araw na pagamutan para sa mga nakababatang umabuso sa pag-gamit ng alkohol, tabako, at droga.

Asian American Recovery Services (AARS)

Adult Outpatient(650) 337-0140

www.aars-inc.org/programs/odasa.html

6181 Mission Street

Daly City, CA 94014

Provides culturally appropriate drug and alcohol services specifically for Asian and Pacific Islanders including assessments, individual and group counseling, home visits, family meetings, relapse prevention and aftercare, skills development, yoga, acupuncture, and drug-free activities

Nagbibigay ng tulong na akma at makabago sa mga Asyano at Islang Pasipiko na umabuso sa pag-gamit ng alkohol, tabako, at droga. Kasama rito ay pag-susuri, pang-isahan at pang-grupong pagpapayo o pagbibisita sa tahanan, pag-pupulong ng pamilya, pagpapatigil ng pagbabalik sa dating gawi at ang karapatang pag-aalaga, pagtaguyod na kakayahan, yoga, "acupuncture," at mga gawaing walang kahalang droga

Tagalog services available

May serbisyo sa Tagalog

Asian American Recovery Services (AARS)

Youth Programs(650) 243-4850

www.aars-inc.org/programs/odasa.html

1115 Mission Road

South San Francisco, CA 94080

Provides youth prevention and treatment services to North County San Mateo residents. Collaborates with the school district to provide prevention, curricular-based life skills and youth development as well as outpatient substance abuse treatment that includes individual and family counseling, parenting workshops and support groups for middle and high schools

Nagbibigay ng mga serbisyong panghadlang at paggamot sa mga kabataang nakatira sa North County San Mateo. Nakikipag-ugnay sa mga paaralan para makapagbigay ng programang paghadlang, pagtataguyod ng kakayanan sa pamumuhay base sa plano ng pag-aaral ng eskwelahan, nagbibigay din ng serbisyo para magamot, kasama ang pang-grupong nagbibigay ng alalay para sa "Middle" at "High Schools"

Tagalog services available

May serbisyo sa Tagalog

El Centro de Libertad

www.elcentodelibertad.org

Outpatient bilingual and bicultural outpatient drug program with group and individual counseling

Isang programang "outpatient" sa dalawang lenguahe at kultura, kasama dito ay pang-grupo at pang-isahang pagpapayo

2944 Broadway, Redwood City, CA 94062(650) 599-9955

1230-A Hopkins Ave, Redwood City, CA 94062(650) 599-9955

225 Cabrillo, Suite 200C, Half Moon Bay, CA(650) 560-9995

Free at Last(650) 462-6999

www.freeatlast.org

1796 Bay Road

East Palo Alto, Ca 94303

Free at Last treatment programs reverse the self-destructive process of substance dependence and clients gradually regain self-respect and awaken to possibilities they did not conceive of before

Binabago ng programang "Free at Last" ang epekto ng pagkalulong sa alkohol, tabako, at bawal na gamot. Ang mga kliyente ay nagkakaroon muli ng pag-galang sa sarili at nagising sa mga mabuting kalalabasan na hindi nila maisip noong una

Mills Peninsula Health Services

Chemical Dependency Center(650) 696-5909

24-hour crisis line(650) 696-5915

www.mills-peninsula.org

1783 El Camino Real

Burlingame, CA 94010

New Perspectives(650) 321-1013

www.bacr.org

1848 Bay Road

East Palo Alto, CA 94303

School-based alcohol and drug rehabilitation prevention programs for Palo Alto youth in grades 5-12

Kaugnay-paaralang programa para sa paghadlang at pag-gagamot ng mga kabataang nasa ika - 5 hanggang 12 baitang sa Palo Alto

Project Intermission(650) 696-9925

114 S. Delaware Street

San Mateo, CA 94401

Mentoring program for young men ages 13-18 who are either using drugs or alcohol or are at-risk

Programang isahang pagtuturo sa mga kabataang lalaking may gulang na 12-18 na gumagamit ng droga o alkohol, o kaya ay nasa peligro ng paggamit ng mga ito

Pyramid Alternatives(650) 355-8787

480 Manor Plaza
Pacifica, CA 94044
Mental health, substance abuse
Kalusugan ng kaisipan, pag-aabuso ng alkohol, tabako, at bawal na gamot
Tagalog services available
May serbisyo sa Tagalog

Sitike Counseling Center(650) 589-9305

www.sitike.org
306 Spruce Avenue
South San Francisco, CA 94080
Substance abuse services
Mga serbisyo para sa mga umaabuso sa pag-gamit ng alkohol, tabako, o bawal na gamot

Stanford Alcohol & Drug Outpatient Clinic(650) 598-9111

www.stanfordhospital.com
401 Quarry Road
Stanford, CA 94035
Drug outpatient and psychiatric services
Serbisyong "outpatient" para sa mga may problema sa droga at mga problemang sikiyatrika/kaisipan

Veterans Affairs Palo Alto Health Care System

Addiction Treatment Services(650) 617-2734

www.palo-alto.med.va.gov
795 Willow Road, Menlo Park, CA 94305
Tagalog services available
May serbisyo sa Tagalog

Women's Recovery Association (WRA)(650) 348-6603

www.womensrecovery.org
1450 Chapin Avenue, 1st Floor, Burlingame, CA 94010
Substance abuse, residential treatment
Programa para sa mga babaeng umaabuso sa pagagamit na alkohol, tabako, o bawal na gamot, gamutang residensiyal

YFES-Archway (650) 366-8433

www.yfes.org
609 Price Avenue, #201, Redwood City, CA 94603
Provides court-mandated and self-referred counseling and educational services to adults convicted of domestic violence, first-time drunk driving, and drug offenses
Nagbibigay ng serbisyo sa mga taong mayor de edad na napatunayan ng batas na may salang ukol sa biyolensiya sa tahanan, pangunang pagmamaneho na lasing, at mga kasalanang ukol sa bawal na gamot. Ang mga serbisyo ay pagpapayong kautusan ng korte sariling sangguning pagpapayo, at kaaralan

YFES-Insights

www.yfes.org

Voluntary & court-mandated drug & alcohol recovery programs for teens and their families

Mga programang boluntario o at kautusan ng korte upang gumaling dahil sa pag-gamit ng bawal na gamot at alkohol, para sa mga "teenager" at ng kami-lang mga pamilya

609 Price Avenue #201, Redwood City, CA 94063(650) 366-8436

85 Washington Street, Daly City, CA 94014 (650) 755-0858

Detoxification Services

Palm Avenue Detoxification Program(650) 513-6500

www.horizonservices.org

2251 Palm Avenue

San Mateo, CA 94403

Treats both drug and alcohol detoxification

Programang gamutan para linisin ang katawan sa bawal na gamot at alkohol

Information and Referral

Alcohol and Drug Helpline 24-Hour (YFES) . . .(650) 573-3950

www.yfes.org

610 Elm Street, Suite 212, San Carlos, CA 94070

24-hour free service that offers support, information about the 12-step programs, and referrals to an extensive database of social service agencies throughout San Mateo County

24-na oras na libreng serbisyo na nagbibigay ng alalay, inpormasyon ukol sa 12-hakbang na programa, at pag-sasanguni sa malawak na inpormasyon ng mga ahensya ng serbisyong social sa San Mateo County

California Smoker's helpline(800) NO-BUTTS

www.californiasmokershelpline.org

National Drug and Alcohol Treatment Referral Routing Service(800) 662-HELP (4357)

Alcohol and drug information and local treatment referral assistance

Inpormasyon ukol sa alkohol at bawal na gamot, tulong sa pagsasanguni sa mga pagamutan na lokal

Breathe California(650) 573-3989

www.ggbreathe.org

Tobacco cessation services for San Mateo County residents at no cost. Free nicotine replacement therapy offered to adult program participants

Serbisyo para sa pagtigil ng paggamit ng tabako para sa mga residente ng San Mateo County. Ito ay libre! Nagbibigay sa mga taong mayor de edad na nasa programa ng libreng "Free Nicotine Therapy"

San Mateo County Health Department

www.smhealth.org

Smoke-Free Start for Families(650) 573-3989

Helps pregnant women and household smokers living with children birth-5 years stop smoking

Ahensya na tumulong sa mga nagdadalang tao at mga taong naninigarilyo na may kasambahay na sanggol o mga bata para tumigil sa bisyong ito

Tobacco Prevention Program(650) 573-3777

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

Gumagawa ng pag-abot sa komunidad, pag-tuturo at paglaban sa karapatan upang maibaba ang bilang ng mga tahanan sa kondado na gumagamit ng mga produktong tabako

Inpatient Treatment

Daytop Village-Adolescent Program(650) 367-9030

www.daytop.org

631 Woodside Road
Redwood City, CA 94061

Behavior modification drug treatment

Pag-gamot sa mga gumagamit ng bawal na gamot sa pamamagitan ng pagbabago ng gawi

Daytop Village-Adult Program(650) 325-6466

www.daytop.org

2560 Pulgas Avenue
East Palo Alto, CA 94303

Residential and outpatient drug rehabilitation center for adults

Sentro ng pagbabagong tatag, residensyal at "outpatient," para sa mga gumagamit ng bawal na gamot na may taong mayor de edad o may hustong gulang

Free at Last(650) 462-6999

www.freeatlast.org

1796 Bay Road
East Palo Alto, Ca 94303

Free at Last treatment programs reverse the self-destructive process of substance dependence, and clients gradually regain self-respect and awaken to possibilities they did not conceive of before

Binabago ng programang "Free at Last" ang makasirang-sariling epekto ng pagkalulong sa alkohol, tabako, at bawal na gamot. Ang mga kliyente ay nagkakaroon muli ng pag-galang sa sarili at nagigising sa mga mabuting karanasan na hindi nila naisip noong una

Kaiser Permanente Medical Center Alcohol and Drug

Treatment Program(650) 299-2244

1150 Veterans Blvd
Redwood City, CA 94063
Alcohol and drug treatment program
Programang gamutan para sa gumagamit ng alkohol at bawal na gamot

Latino Commission

on Alcohol and Drug Abuse Services(650) 244-1444

www.thelatinocommission.com
301 Grand Avenue, #301
South San Francisco, CA 94080
Offers alcohol and drug abuse services
Nagbibigay ng mga serbisyo para sa mga taong uma-abuso sa pag-gamit ng alkohol at bawal na gamot

Mills Peninsula Health Services

Chemical Dependency Center(650) 696-5909

24-hour crisis line(650) 696-5915

www.mills-peninsula.org
1783 El Camino Real, Burlingame, Ca 94010
Provides chemical dependency services
Nagbibigay ng mga serbisyo para sa mga taong naging dependente sa mga bawal na gamot at iba pang bawal na bagay

Project 90(650) 579-7881

www.projectninety.org
720 S. B St.
San Mateo, CA 94401
For adult men and male adolescents age 13-17
Para sa mga lalaking mayor de edad, may hustong gulang at mga batang lalaking may gulang na 13-17

Project Intermission(650) 696-9925

114 S. Delaware Street
San Mateo, CA 94401
Mentoring program for young men age 13-18 who are using drugs or alcohol or are at-risk
Programang pagtuturong para sa mga batang lalaking may gulang na 13-18 na gumagamit ng bawal na gamot o alkohol o kaya ay nasa panganib ng pag-gamit

Redwood Center(650) 366-5723

100 Edmonds Road
Redwood City, CA 94062
For adult men
Para sa mga lalaking mayor de edad o may hustong gulang

Service League(650) 364-4664

www.servicleague.org

727 Middlefield Road

Redwood City, CA 94063

Humanitarian, educational, substance abuse, recovery, spiritual, personal growth

Mga programa para sa pangkatauhan, pag-aaral, pag-abuso sa pag-gamit ng alkohol, tabako, at bawal na gamot, pagbawi, ispirituwal, pagyabong ng sarili

Solidarity Fellowship(650) 341-3803

1679 South Norfolk Street

San Mateo, CA 94403

Substance abuse treatment services. Residential long-term treatment (30+ days)

Mga serbisyong gamutan para sa mga nang-abuso sa pag-gamit ng alkohol, tabako, at bawal na gamot. Mahabaang gamutan na residensyal (30 + araw)

Veterans Affairs Palo Alto Health Care System Addiction

Treatment Services(650) 617-2734

www.palo-alto.med.va.gov

795 Willow Road

Menlo Park, CA 94305

Tagalog services available

May serbisyo sa Tagalog

Women's Recovery Association (WRA)(650) 348-6603

www.womensrecovery.org

1450 Chapin Avenue, 1st Floor

Burlingame, CA 94010

Substance abuse, residential treatment

Programa para sa nang-abuso sa pag-gamit ng alkohol, tabako, at bawal na gamot, at para sa gamutang residensyal

Animal Services

Peninsula Humane Society & SPCA(650) 340-8200

www.peninsulahumanesociety.org

12 Airport Boulevard

San Mateo, CA 94401

Programs for animal adoption, wildlife rehabilitation, education, advocacy, community outreach, animal rescue and cruelty investigation

Mga programa para sa pag-aampon ng mga hayop, pag babagong-tatag ng mga hayop sa kagabatan, pag-aaral, pag-lalaban ng karapatan, pag-abot sa komunidad, pagliliglas ng mga hayop at imbestigasyon ng kalupitan sa hayop

Pets in Need(650) 367-1405

www.petsinneed.org
873 Fifth Avenue
Redwood City, CA 94063
Pet adoption services and free veterinary care
Mga serbisyo para sa pag-aampon ng hayop na pambahay at libreng pag-aalagang betirinaryo

San Mateo County Animal Licensing(650) 363-4220

www.co.sanmateo.ca.us
455 County Center, 1st Floor, Redwood City, CA 94065
Licensing for pets
Paglilisensiya ng mga hayop na pambahay

Children, Teens, Youth and Families

Adoption

Adopt International(415) 934-0300

www.adoptinter.org
1000 Brannan Street, #301
San Francisco, CA 94103
Provides international and domestic adoption services
Nagbibigay ng serbisyo para sa mga nag-aampon ng bata, ang tulong na ito ay para sa domestik at internasyonal

San Mateo County Human Services Agency

Adoptions Unit(650) 802-7615

www.smchsa.org
400 Harbor Blvd
Belmont, CA 94002
Full service adoption agency working with birth parents, adoptive parents, adoptive children, and adult adoptees
Isang kabuuang serbisyo para sa pag-aampon na kasama ang magulang na nagsilang sa bata, ang mga nag-aampong magulang, mga inampong bata at mga inampong nasa mayor de edad/hustong gulang

San Mateo County Superior Court

www.sanmateocourt.org
Family Court Services(650) 363-4561

400 County Center
Redwood City, CA 94063
Investigates requests for step-parent adoptions
Nag-iimbestiga ng mga pakiusap ng "step-parent" na ampunin ang kanilang "step-child"
Tagalog services available
May serbisyo sa Tagalog

Juvenile Court(650) 312-5395
222 Paul Scannell Drive (Formerly 21 Tower Road)
San Mateo, CA 94402
Coordinates filing and fee payment for adoption cases
Tulong para sa bayad at pag ayos ng mga kaso ng pag ampon

Child Care Referrals and Head Start Programs

Child Care Coordinating Council (4C's)(650) 655-6770
www.sanmateo4Cs.orgreferrals (650) 655-6777
2121 S. El Camino Real, #A-100
San Mateo, CA 94403
Offers online and telephone referrals for child/infant care, preschools, nursery schools, family child care homes, before-and after-school care, care for children with special needs, and information about childcare licensing. Also offers parenting support
Nagbibigay ng mga serbisyong pag-sangguni sa computer o sa telepono para sa pag-aalaga ng bata/musmos na bata, "preschools," "nursery schools," mga bahay ng nag-aalaga ng bata, pag-aalaga ng bata bago pumasok at pagkalabas sa paaralan, pag-aalaga ng mga batang may panganga-ilangang espesyal, at inpormasyon ukol sa paglilisensya ng pag-aalaga sa bata. Nagbibigay din ng tulong tungkol sa pagiging magulang

Institute for Human and Social Development (IHSD)

Early Head Start(650) 952-1440
www.ihsdinc.org
1265 Mission Road
South San Francisco, CA 94080
Serves pregnant women and families with infants and toddlers age 3 and under. Offers support for families of children with special needs
Mga serbisyo para sa mga babaing nag-dadalang tao at mga pamilyang may mga batang musmos na may gulang na hindi hihigit sa tatlo
Tagalog services available
May serbisyo sa Tagalog

Institute for Human and Social Development (IHSD)

Head Start(650) 871-5613
www.ihsdinc.org
1265 Mission Road
South San Francisco, CA 94080
A preschool program designed for low-income families with children age 3-5, including those with special needs
Isang programa para mga batang "pre-school" na buhat sa mga pamilyang mababa ang kinikita. Ang mga bata ay 3-5 gulang, kasama rin ang mga batang may pangangailangang espesyal
Tagalog services available
May serbisyo sa Tagalog

Child Support

San Mateo County

Department of Child Support Services(866) 366-8221

www.smcdcss.com

555 County Center, 2nd Floor

Redwood City, CA 94063

Handles problems related to child support, paternity, and medical insurance from an absent parent

Humahawak ng mga problemang ukol sa pag-susuporta ng bata, pag-alam kung sino ang ama, at ng segurong pag-papagamot ng bata na buhat sa magulang na hindi kasama sa bahay

Tagalog services available

May serbisyo sa Tagalog

San Mateo County Superior Court Services

www.sanmateocourt.org

Family Law Facilitators

Assists those with child support issues who do not have attorneys

Tulong para sa mga taong walang abogado na may problema sa kanilang "child support"

Information Line(650) 363-4191

400 County Center, 2nd Floor(650) 363-4590

Redwood City, CA 94063

1050 Mission Road(650) 363-4590

South San Francisco, CA 94080

Child/Youth Abuse Prevention and Reporting

Child Abuse Training & Technical Assistance Center (CATT)

www.cattacenter.org

Statewide resources against child abuse

Mga organisasyon sa buong estado ng California ukol sa pag-titigil ng pang-aabuso sa bata

Child Protective Services (CPS)(800) 632-4615

www.smchsa.org(650) 595-7922

400 Harbor Blvd

Belmont, CA 94402

Fax: (650) 595-7578

Accepts reports about children age 17 or under who may be in danger due to abuse, abandonment, neglect, or exploitation

Tumatanggap ng "report" o sumbong tungkol sa mga batang may labing pitong gulang o mas bata pa na nasa panganib dahil sa pang-aabuso, pag-iiwan, o pag-papabaya

Future Families(408) 298-9789

www.futurefamilies.org

373 W. Julian Street
San Jose, CA 95110

Offers information and referral, education, and prevention services

Inpormasyon at tulong para sa edukasyon at "prevention services"

Youth and Family Assistance

Center for Abuse Prevention(650) 366-8455

609 Price Avenue # 108
Redwood City, CA 94063

Focuses on violence and abuse prevention, runaway/homeless youth, substance abuse treatment, and family support

Ang "Youth and Family Assistance" ay namamahala ng siyam na programang ukol sa pag-titigil ng biyolensya at pang-aabuso, pag-iiwan o pag-sasamantala

Foster Care

San Mateo County Human Services Agency

www.smchsa.org

400 Harbor Blvd, Belmont, CA 94002

Continuing Care(650) 802-7636

Tagalog services available

May serbisyo sa Tagalog

Resources for Parents and Families

Daly City Partnership / Our Second Home Family Support

Center(650) 301-3300

www.oursecondhome.org

725 Price Street, Daly City, CA 94014

An early childhood family support center

Isang sentro para sa suporta/alalay sa pamilya ukol sa kamusmusan at mga nauunang taon ng bata

Family Resource Centers(650) 599-5985

www.smchsa.org

Provides prevention and early intervention social services at different school sites in San Mateo County to increase parent involvement in their children's education and improve the health, safety, academic, social and emotional success of children from pre-kindergarten to third grade. Call for assistance or referral

Nagbibigay ng serbisyong sosyal para sa paghadlang at maagang interbensyon sa problema sa iba't-ibang paaralan sa San Mateo County, upang itaas ang pagsangkot ng mga magulang sa pag-aaral ng kanilang mga anak, sa ikakabuti, ng kalusigan, kawalang-panganib, at pagtatagumpay ng kanilang anak sa pakikitungo sa ina at pagiging mabiyaya bago mag-kindergarten hanggang sa ikatlong baitang. Tumawag para sa kailangang tulong o pag-sangguni

Kinship Support Services Program

www.edgewoodcenter.org

Support and respite care for relatives who have assumed care of other family members' children

Suporta/alalay at "respite care" tulong para makapahinga ang mga kamag-anak na nag-aalaga ng mga anak ng ibang miyembro ng pamilya

957B Industrial Road(800) 496-3019

San Carlos, CA 94070

363 El Camino Real, #100(650) 588-9580

South San Francisco

Lucille Packard Foundation for Children's Health

www.kidsca.org

A free online calendar listing children's health events hosted by nonprofit organizations

Isang libreng kalendaryong naglilista ng mga pangyayaring ukol sa kalusugan ng mga bata na pinaghandaan ng mga organisasyon di-pantubo

Parent Support Line(888) 220-7575

..... (650) 579-0358

Prenatal toThree Initiative

Parent Resource Line(888) 840-0889

www.preto3.org

Provides information, support, and care for families of pregnant women and children to age five receiving Medi-Cal in San Mateo County

Nagbibigay serbisyo upang magbigay ng inpormasyon, alalay, at alaga sa pamilya ng mga nag-dadalantaong babae at mga batang may gulang na hindi hihigit sa lima na tumatanggap ng Medi-Cal sa San Mateo County

Tagalog services available

May serbisyo sa Tagalog

Women, Infants and Children Program (WIC) .(650) 573-2168

www.fns.usda.gov/wic/

Offers nutrition education and supplemental foods to low-income women and their children

Nagbibigay ng edukasyon ukol sa tamang pagkain at pagkaing karagdagan sa mga mag-iinang mababa ang kinikita

Teen and Preteen Web Sites

CORA (Community Overcoming Relationship Abuse)

www.teenrelationships.org

Live online chat room with teen counselors Mon-Wed 5-7 pm

Direktong pakikipag-usap ng "teen counselors" sa "online chat room" sa computer Lunes hangang Miyerkoles, ika lima hanggang ika-pito ng gabi

Palo Alto Medical Foundation (PAMF) Teen Website

www.pamf.org/teen

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

Nagbibigay ng inpormasyon ukol sa mga paksang tulad ng pang kalahatang kalusugan, bawal na gamot, at alkohol at mga damdamin para sa mga "teens" at ng kanilang pamilya

Palo Alto Medical Foundation (PAMF) Pre-Teen Website

www.pamf.org/preteen

This site is geared to children between the ages of 9 and 12 and their parents. We're Talking, Too! provides reliable health information and other resources for the preteen crowd - sometimes called "tweens." The SODAH kids provide "expert" advice

Itong "site" na ito ay para sa mga batang may gulang na siyam hanggang labing-dalawa at kanilang mga magulang. "We're Talking, Too" ay nag bibigay ng inpormasyon mapagkakatiwalaan at ibang organisasyon para sa mga mala-pit nang maging "teenager," minsan, ang tawag sa kanila ay "tweens"

Youth and Family Enrichment Services (YFES)

www.onyourmind.net

Provides help to teens who are in need someone to talk to. The chat room is free and anonymous. Feel free to come on in and talk to us about relationships, school, depression, stress, suicide, friends, parents, cutting, identity, and health

Nagbibigay ng tulong sa mga "teens" na nangangailangang magkaroon ng makakausap. Ang "chatroom" ay libre at hindi kailangang sabihin kung sino ka. Sinuman ay maaaring makipag-usap tungkol sa pakiki-pag-kapwa tao, pag-aaral, pagdadalamhati, kabigatan sa buhay, pagpapakamatay, mga kaibigan, magulang, paghiwa, sasarili, at kalusugan

Youth Development and Mentoring

American Red Cross, Bay Area Chapter(650) 259-1767

www.bayarea-redcross.org

1710 Trousdale Dr., Burlingame, CA 94010

Big Brothers-Big Sisters of the Bay Area(415) 503-4050

www.bbbsba.org

For ages 6-17

Para sa mga idad 6-17

Boys and Girls Clubs

Provides after-school activities, homework assistance, and one-on-one tutoring

Nagbibigay na mga gawain pagkatapos ang oras na pag-aaral, tulong na mag-awa ang "homework," at pag-tuturong pang-isahang

Coastside:

Boys and Girls Club-Coastside(650) 726-9596
www.bgc-coastside.org
Half Moon Bay High School Club
2 Lewis Foster Dr, Half Moon Bay, CA 94109

Middle School Club-Cunha Campus(650) 712-9710
600 Church Street, Half Moon Bay, CA 94109

North County:

DeLue Boys and Girls Club(650) 991-5760
www.midpenbgc.org
450 Martin Street, Daly City, CA 94014

Ingrid B. Macy Middle School Club(650) 359-6118
www.theclubs.org
1427 Palmetto Ave, Pacifica, CA 94044

Pacifica Club(650) 355-1334
www.theclubs.org
955 Yosemite Drive, Pacifica, CA 94044

Paradise Valley Club(650) 583-2348
www.theclubs.org
291 Hillside Blvd, South San Francisco, CA 94080

South San Francisco Club(650) 589-7090
www.theclubs.org
201 W. Orange Ave, South San Francisco, CA 94080

Sunshine Gardens Club(650) 580-1864
www.theclubs.org
1200 Miller Ave, South San Francisco, CA 94080

Central County:

College Park Club(650) 312-6967
www.midpenbgc.org
716 Indian Ave, San Mateo, CA 94401

San Mateo Club(650) 347-9891
www.midpenbgc.org
200 N. Quebec St., San Mateo, CA 94401

South County:

Center for a New Generation

James Flood Magnet School(650) 321-8935

www.bgsp.org

320 Sheridan Drive, Menlo Park, CA 94025

McNeil Family Clubhouse(650) 322-6255

www.bgsp.org

401 Pierce Street, Menlo Park, CA 94025

Mervin G. Morris Branch(650) 364-0176

www.bgcp.org

1109 Hilton Street, Redwood City, CA 94063

Moldaw-Zaffaroni Clubhouse(650) 330-1090

www.bgcp.org

2031 Pulgus Ave, East Palo Alto, CA 94303

Boy Scouts of America(650) 341-5633

www.pacsky.org

1150 Chess Drive

Foster City, CA 94404

For boys age 6-20, girls age 14-20

Para sa mga batang lalaking may gulang na 6-20; para sa mga batang babaing may gulang na 14-20

Boys Hope Girls Hope(415) 821-3758

www.bhghsf.org

4174 24th Street

San Francisco, CA 94114

Provides at-risk, yet academically capable youth with a stable home, growth opportunities, positive parenting, and a solid education

Nagbibigay ng mga tirahan sa mga mapanganib na kabataan, oportunidad sa paglaki, pasitibong pagaaruga at edukasyon

Coastside Children's Programs (CCP)(650) 726-7413

www.coastsidechildren.org

494 Miramontes Avenue

Half Moon Bay, CA 94019

Administers child care and learning centers that provide educational, recreational, and skill building activities through before-and after-school programs, and full time summer activities. Also has a preschool

Nagpapalakad ng mga pag-aalaga ng bata at sentro ng pag-aaral na nagbibigay ng mga gawaing pag-aaral, paglalaro, at pagkamit ng kasanayan. Ibinibigay ito bago mag-umpisa at pagkatapos ng oras ng pag-aaral sa eskwelahan.

Mayroong mga gawain sa kabuuan ng tag-init. Mayroon ding programa para sa mga batang malapit nang mag-aral

Explorers' Program(650) 363-4012

Search-and-rescue or law enforcement training programs for youth age 14-20.
Sponsored by the San Mateo County Sheriff's Office and Learning for Life
Paghanap-at-pagsagip o programang pagsasanay sa pagpapatupad ng batas para mga kabataang may gulang na 14-20. Itinatangkilik ng opisina ng Sheriff ng San Mateo County at ng "Learning for Life"

Friends for Youth(650) 482-2864

www.friendsforyouth.org
1741 Broadway, 1st Fl
Redwood City, CA 94063
Matches volunteer adult mentors one-to-one with people age 8-17 who have been referred by teachers, counselors, or other professionals
Pinapantayan ng "volunteer adult mentor" ang bawat batang may gulang na 8-17 na isinangguni ng mga tagapagturo, tagapagpayo, o ibang mga "propesyon-al"

Fred Finch Youth Center

Bridges of San Mateo(650) 286-2090

www.fredfinch.org
126 W. 25th Ave
San Mateo, CA 94403
Provides short term in-home crisis stabilization services and Therapeutic Behavioral Services (TBS) to at-risk youth
Nagbibigay ng magisahang "In-home crisis stabilization services" na serbisyo at "Therapeutic Behavioral Services (TBS)" sa mga kabataan

Girl Scouts(880) 447-4475

www.girlscoutsbayarea.org
P.O. Box 2249
Oakland, CA 94621
For ages 5-17
Para sa mga batang babaing may gulang na 5-17

Hope Preservation, Inc(650) 591-3306

Nia Mentoring Project

1200 6th Ave #105
Belmont, CA 94002
For African American youth age 9-18
Para sa mga batang African American may gulang na 9-18

Junior Statesmen Foundation(800) 334-5353

.....(650) 347-1600

www.jsa.org
400 S. El Camino, #300, San Mateo, CA 94402
Non-partisan political education program
Programa para mag turo ng politico na hindi "partisan"

League of United Latin American Citizens (LULAC)

www.inesc.org(415) 333-1114
4752 Mission Street #101
San Francisco, CA 94112
Educational/vocational counseling for minorities or low-income individuals who are educationally disadvantaged
Pagpapayong bokasyonal sa mga taong minorya at mga taong mababa ang sahod at edukasyong disbentaha

Pacifica Youth Service Bureau(650) 355-3900

435 Edgemar Avenue
Pacifica, CA 94044

Peninsula Jewish Community Center (PJCC) .(650) 212-7522

www.pjcc.org
800 Foster City Clvd
Foster City, CA 94404
Recreational, social, cultural, and educational activities, regardless of religion
Libangan, sosyal, kultural, at edukasyonal at iba pang gawain, maliban sa relihiyon

Plugged In(650) 322-1134

www.pluggedin.org
2111B University Ave, East Palo Alto, CA 94303
Offers workshops and instruction in computers to children and teens
Nagbibigay ng tulong at inpormasyon para sa magaaral at mga bata tungkol sa computer

Project Intermission(650) 696-9925

114 S. Delaware Street
San Mateo, CA 94401
Mentoring program for young men age 13-18 who are using drugs or alcohol or are at-risk
Programa ng pagtuturo para sa mga batang lalaking may gulang na 13-18 na gumagamit ng bawal na gamot o alkohol o nasa panganib

Sequoia Teen Wellness Center(650) 366-0183

www.sanmateomedicalcenter.org/
200 James Avenue
Redwood City, CA 94062
Health care services for youth
Mga serbisyo para sa pag-aalaga ng kalusugan ng mga kabataan

South Coast Children's Services

Project Horizons - Proyecto Horizontes(650) 879-0013

www.southcoastchildren.org
P.O. Box 525
Pescadero, CA 94060

University of California Cooperative Extension

.....(650) 726-9059

www.ca4h.org

80 South Pine Road, #100

Half Moon Bay, CA 94109

YMCA Peninsula Family(650) 286-9622

www.ymcasf.org/peninsula

1877 S. Grant St

San Mateo, CA 94402

YMCA of the Mid-Peninsula

www.ymcamidpen.org

East Palo Alto Branch(650) 328-9622

550 Bell Street, East Palo Alto, CA 94303

Sequoia Branch(650) 368-4168

1445 Hudson Street. Redwood City, CA 94061

Your House South (YFES)(650) 367-9687

www.yfes.org

Temporary housing and counseling for teens experiencing family problems or who have run away from home

Pang-samantalang tirahan at pagpapayo sa mga "teens" na may problema sa pamilya o tumakas ng tahanan

394 Sequoia Avenue, Redwood City, CA 94061

610 Elm Street, Suite 212, San Carlos, CA 94070

Youth and Family Enrichment Services (YFES) Youth

Development Initiative (YDI)(650) 401-1200

www.bethedifference.org

700 S. Claremont Street, #231

San Mateo, CA 94402

Promotes and strengthens youth/adult relationships by increasing community involvement of youth

Itinatangkilik at pinatitibay ang samahan ng mga kabataan at mga nakatatanda sa pamamagitan ng pagsangkot sa komunidad ng kabataan

Youth and Family Enrichment Services of Daly City

.....(650) 755-0890

85 Washington Street

Daly City, CA 94014

Disability Services

Achievekids(650) 494-1200

www.achievekids.org

3860 Middlefield Road, Palo Alto, CA 94303

Educational and therapeutic services for children and youth age 5-22 with emotional, behavioral, developmental, and learning disabilities

Mga serbisyong ukol sa pag-aaral at pag-papagaling ng sakit na mga batang may edad na 5-22 na may kapansanang emosyonal, pagkilos, debelopmental, at pag-aaral

B.O.K. Ranch(650) 366-2265

www.bokranch.com

1815 Cordilleras Road, Redwood City, CA 94062

Horseback riding for children and adults with developmental disabilities

Ang mga kabataan at matatanda na may kapansanan sa paglaki ay tinuturuan na sumakay sa kabayo

California Relay Service(800) 735-2922

.....(TTY) (800) 735-2929

www.ddtp.org

A free statewide service that connects callers who have a TTY with those who do not, and vice versa

Libreng serbisyo na nag kokonekta ng mga tao na may TTY sa mga tao na wala

Canine Companions for Independence (CCI) . .(707) 577-1700

.....(TTY) (707) 577-1756

www.cci.org

2965 Dutton Avenue, Santa Rosa, CA 95402

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

Nagtuturo ng aso na nakakatulong sa mga taong may disability

Center for Independence of the Disabled (CID)

www.cidbelmont.org

Offers counseling and independent living skills, training, housing accessibility modification and recruitment and placement of homecare workers. Provides shopping assistance, financial benefits, advocacy, information, and referral

Nagbibigay payo at mamuhay na magsasarili, pagsasanay, makakuha ng madaling tirahan sa mga tagapag-aalaga. Nagbibigay din tulong sa pamimili, tulong tungkol sa pananalapi, tagapangtangkilik, inpormasyon, reperal

875 O'Neill Avenue, Belmont, CA 94002(650) 595-0783

.....(TTY) (650) 595-0743

355 Gellert Blvd #256, Daly City, CA 94015(650) 991-5124

Children's Health Council(650) 326-5530

www.chconline.org

650 Clark Way, Palo Alto, CA 94304

Diagnostic and treatment center for children with emotional problems, learning disabilities, or other neurological problems

Sentro ng pagkikilala ng sakit at pag-gamot ng mga bata na may problema sa damdamin, kahinaan sa pag-unawa o mga problemang neurological

Community Association for Rehabilitation, Inc. (CAR)

.....(650) 494-0550

www.c-a-r.org

525 Charleston Road, Palo Alto, CA 94306

Offers programs serving developmental disabled infants, children, and adults

Nagbibigay tulong sa mga kabataan may kapansanan sa paglaki at sa mga matatanda

Community Gatepath(650) 259-8500

www.communitygatepath.com

875 Stanton Road, Burlingame, CA 94010

Provides early childhood development services for children ages 3 or under, vocational training and placement services, and adult day services for persons with disabilities

Nagbibigay tulong sa mga batang 0-3, tulong bokasyonal at paghanap ng trabaho, at mga matatandang serbisyo para sa mga taong may kapansanan

Family Resource Center

at Community Gatepath(650) 259-0189

1764 Marco Polo Way, Burlingame, CA 94010

Offers information and referral about disabilities for families, professionals, people with disabilities, and other members of the community

Nagbibigay inpormasyon at reperal tungkol sa mga kapansanan, sa kanilang pamilya, sa mga taong nagbibigay tulong, at iba miyembro ng komunidad

Deaf Counseling, Advocacy, and Referral Agency (DCARA) . .

.....(877) 322-7299

.....(TTY) (877) 322-7288

.....(TTY/Video) (510) 483-6914

www.dcara.org

14895 E. 14th Street, San Leandro, CA 94578

Provides services to hearing impaired persons and their families and people who work with the deaf. Offers information and referral, crisis intervention, counseling, interpreter services, and sign language classes

Nagbibigay serbisyo sa mga taong may kapansanan sa pandinig, sa kanilang pamilya, at sa mga taong nagbibigay tulong. Nagbibigay din inpormasyon at reperal, krisis interbensyon, pagpapayo, mga serbisyong tagapagsalin, at klase ng "sign language"

Department of Rehabilitation, State of California

www.rehab.ca.gov

Provides the counseling, testing, and training necessary for physically or mentally disabled persons to become competitively employed

Nagbibigay ng tulong na bokasyon sa mga taong may kapansanan sa katawan, kaisipan, at emosyon/damdamin, tulong ukol sa muling pagsasanay, pagpapayo at paglalagay sa lugar ng hanap-buhay

801 Traeger Ave, #105, San Bruno, CA 94066(650) 737-2606

.(TTY) (650) 737-2649

1065 E. Hillsdale Blvd., #403, Foster City, CA 94404(650) 358-4180

800 Menlo Ave, #122, Menlo Park, CA 94025(650) 688-6380

Tagalog services available

May serbisyo sa Tagalog

Family Housing and Adult Resources (FHAR) .(650) 403-0403

www.fhar.org

20 E. 20th Ave, San Mateo, CA 94403

Provides residential housing and training for individuals with developmental disabilities such as mental retardation, cerebral palsy, epilepsy, or autism

Nagbibigay tulong na magkaraoon ng residensyal na tirahan at treyning para sa mga taong may problemang sa paglaki kagaya ng "mental retardation," "cerebral palsy," "epilepsy," o "autism"

Golden Gate Regional Center (GGRC)(650) 574-9232

.(TTY) (650) 688-6380

www.ggrc.org

3130 La Selva #202, San Mateo, CA 94403

Provides diagnosis, counseling, and assistance in arranging and paying for needed services for persons of all ages diagnosed as developmentally disabled

Nagbibigay ng tulong sa pagda-"diagnose," pagpapayo, pag-asikaso at pagbabayad ng mga kinakailangang serbisyo ng mga taong may ""diagnosis" na kapansanang debelopmental

Tagalog services available

May serbisyo sa Tagalog

Guide Dogs for the Blind, Inc.(800) 295-4050

.(TTY) (415) 499-4000

www.guidedogs.com

350 Los Ranchitos Road

San Rafael, CA 94903

Provides guide dogs and training for blind persons age 16 or over

Nagbibigay ng mga aso at tulong sa mga taong bulag na edad 16 o mas matanda

Hearing and Speech Center for Northern California

.(415) 921-7658

.(TTY) (415) 921-8990

www.hearingspeech.org

1234 Divisadero Street
San Francisco, CA 94115

Hearing assessment, information and referral, counseling and loan of hearing aids

Pagtatasa ng pang-dinig, inpormasyon at pagsasangguni, pagpapayo at pagpapahiram ng mga pangtulong sa pang-dinig

Tagalog services available

May serbisyo sa Tagalog

Hearing Loss Association of the Peninsula . . .(650) 593-6760

www.shhh.org

1505 Ralston Avenue
Belmont, CA 94002

Educational and emotional support for hearing impaired persons and their families

Nagbibigay tulong edukasyonal at emosyonal na suporta para sa mga may problemang pandinig at sa kanilang pamilya

Kainos Home and Training Center(650) 363-2423

www.kainosusa.org

3631 Jefferson Ave
Redwood City, CA 94062

Residential and vocational program serving adults with developmental disabilities

Programang residensyal at bokasyonal na tumutulong sa mga matatanda na may problema sa paglaki

National Center for Equine Facilitated Therapy (NCEFT)

.(650) 851-2271

www.nceft.org

Uses the movement of the horse to provide physical and occupational therapy for children and adults affected by neuromuscular disorders

Ginagamit ang pagkilos nang kabayo bilang batayan sa pag-bigay nang pisikal at pang-hanapbuhay na terapi sa mga bata at matatanda na may sakit na neuro-muskular

National Multiple Sclerosis Society(800) 221-7437

www.nationalmssociety.org/

Providing accurate, up-to-date information to individuals with MS, their families, and healthcare providers

Nagbibigay ng tama at pinakabagong inpormasyon sa mga taong may MS, kanilang pamilya at mga taga pagbigay ng pag-aalaga ng kalusugan

National Parkinson's Association(800) 522-8855

www.parkinson.org

Improves the quality of life for persons with Parkinson and their caregivers. Educates persons with Parkinson, their caregivers, healthcare professionals, and the general public about Parkinson disease and its treatment

Pagbutihin ang kalidad ng buhay ng mga taong may "Parkinson" at ng kanilang taga-pag-aruga. Turuan ang mga taong may "Parkinson," ang kanilang taga-pag-alaga, mga propesyonal na-tagapag-aruga, at ang kalahatang mamamayan tungkol sa sakit na Parkinsons at ang pag-gamot nito

Parca(650) 312-0730

www.parca.org

800 Airport Blvd, #320

Burlingame 94010

Support for people with developmental disabilities

Tulong sa mga taong may kapansang deelopmental

Poplar ReCare(650) 259-8500

875 Stanton Road

Burlingame, CA 94010

Adult Day Center/*Pang araw na sentro para sa mga may edad na tao*

Tagalog services available

May serbisyo sa Tagalog

Redi-Wheels(800) 660-4-BUS (287)

www.samtrans.com/rw.html

Special bus service for mobility-impaired persons who are unable to use regular bus service

Serbisyong pang "bus" na espesyal para sa mga taong may kapansanan sa paglalakad na hindi maaaring gumamit ng serbisyo ng mga "bus" na regular

San Mateo County Health Department

Aging and Adult Services(800) 675-8437

.....(800) 994-6166

www.smhealth.org/aas

225 37th Avenue

San Mateo, CA 94403

Provides phone counseling on issues of concern to persons with disabilities, the frail elderly, dependent adults, and their families

Nagbibigay tulong sa pagpapayo sa telepono sa mga tao may kapansanan at saka mga mahihinang matatanda, mga matatandang nangangailangan, at sa kanilang pamilya

San Mateo County Human Services Agency

Vocational Rehabilitation Services (VRS)(650) 802-6470

www.smchsavrs.org

550 Quarry Road, San Carlos, CA 94070

Helps San Mateo County residents with employment barriers and disabilities attain their maximum vocational potential through counseling, case management, assessment, and vocational training

Tumutulong sa mga taong taga San Mateo County sa mga taong may kapansanan para mamuhay ng nagsasarili

San Mateo County Office of Education

Special Education Services(650) 802-5460

.(TTY) (650) 802-5408

www.smcoe.k12.ca.us

101 Twin Dolphin Drive

Redwood City, CA 94065

Call for information and referrals

Tumawag para sa inpormasyon

Schwab Learning

www.schwablearning.org

A “website” to help parents help kids with learning disabilities

Ang “website” para tulungan ang magulang sa mga anak na may kapansanan sa pagaaral

www.sparktop.org

A website for kids ages 8-12 with learning and attention problems.

Ang “website” para sa mga bata 8-12 na may problema sa pagaaral at pagpapansin

SoundWave Center for

Hearing Impaired Children(650) 570-6369

www.soundwavecenter.org

1291 E. Hillsdale Blvd., #203

Foster City, CA 94404

A therapy center for hearing impaired children utilizing the auditory-verbal therapy

Sentro ng terapi para sa mga bata na may kahinaan sa pagdinig na gumagamit ng “auditory verbal therapy”

South San Francisco

Adult Day Care Center(650) 829-3824

601 Grand Avenue

South San Francisco, CA 94080

Adult Day Center

Pang-araw na sentro para sa may edad na tao

Tagalog services available

May serbisyo sa Tagalog

Visiting Nurse Association & Hospice(650) 685-2800

700 South Claremont Street, Suite 220

San Mateo, CA 94402

Visiting nurse and hospice

Mga bumibisitang narses at serbisyong ospisyo para mga nag-aagaw-buhay

Tagalog services available

May serbisyo sa Tagalog

Vista Center for the Blind and Visually Impaired

.(650) 858-0202

www.vistacenter.org

2470 El Camino Real, #107, Palo Alto, CA 94306

Provides social services training in daily activities, communication skills, support groups, computer classes, low-vision clinic, job assistance, youth group and Braille classes for the visually impaired

Nagbibigay "social services" trening sa pang araw araw na gawain, kasanayan sa paguusap, grupong pangsuporta, klase sa computer, klinika para sa mga problemang paningin, tulong sa paghanap ng trabaho, grupong kabataan, at klase ng "Braille," para sa mga taong may problema paningin

Work Transition Services(650) 871-8888

www.worktran.com

Provides job counseling, job seeking skills, and placement for disabled adults

Nagbibigay payo sa paghanap ng trabaho para sa mga tao may kapansanan

Education

Adult Schools

Call for information in literacy, citizenship, English as a second Language (ESL), General Education Degree (GED), occupational, recreational, and degree courses

Tumawag para mag inpormasyon ukol sa kaalaman, pagiging mama-mayan, ingles bilang ikalawang wika (ESL), General Education Degree (GED) pang-hanapbuhay, pang-libangan at kursong may antas

Cabrillo Unified School District,

Cabrillo Adult School(650) 712-7224

www.cabrillo.k12.ca.us/aldulted.htm

498 Kelly Avenue

Half Moon Bay, CA 94109

Jefferson Union High School District,

Adult Education Division(650) 660-7890

www.juhsd.k12.ca.us/aed

699 Serramonte Blvd, #111, Daly City, CA 94015

Tagalog services available

May serbisyo sa Tagalog

**San Mateo County Office of Education,
Special Education Services**(650) 802-5460

www.smcoe.k12.ca.us/specialed/

101 Twin Dolphin Drive

Redwood City, CA 94065

Special education programs for students whose needs cannot be met by their local district

Programang "Special Education" para sa mga estudyanteng may mga pangan-gailangang hindi pa nabibigyan ng serbisyo ng kanilang lokal na distrito

**San Mateo Union High School District,
Adult and Community Education**(650) 558-2100

www.smace.org

789 East Poplar

San Mateo, CA 94401

**Sequoia Union High School District,
Sequoia Adult School**(650) 306-8866

adultschool.seq.org

3247 Middlefield Road

Menlo Park, CA 94025

**South San Francisco Unified School District,
Adult Education Program**(650) 877-8844

www.smcoe.k12.ca.us/ssfusd/as

825 Southwood Drive

South San Francisco, CA 94080

Tagalog services available

May serbisyo sa Tagalog

Colleges

Community Colleges

The three community colleges offer courses in general education, plus career and expended education programs. Contact your local community college for information on programs for ESL (English as a Second Language), seniors, women, minorities, disabled people, and persons re-entering the work force.

Ang tatlong kolehiyo ng komunidad ay nag-aalay ng mga kurso sa edukasyong heneral, at kerera sa malawakang programa ng edukasyon. Tawagan ang lokal na kolehiyo ng komunidad tungkol sa programa ng ESL (Ingles bilang pangalawang wika) mga matatanda, mga kababaihan, mga minorya, mga taong may kapansanan, at mga taong bumabalik uli sa pagtatrabaho.

Cañada College(650) 306-3100

www.canadacollege.edu
4200 Farmhill Blvd
Redwood City, CA 94061

College of San Mateo(650) 738-4100

www.collegeofsanmateo.edu
1700 West Hillsdale Blvd
San Mateo, CA 94402

Skyline College (650) 738-4100

www.skylinecollege.edu/
3300 College Drive
San Bruno, CA 94066
Tagalog services available
May serbisyo sa Tagalog

Private Colleges

Menlo College(800) 55-MENLO

.....(800-556-3656)
www.menlo.edu
1000 El Camino Real
Atherton, CA 94027

Notre Dame de Namur University(650) 508-3500

www.ndnu.edu
1500 Ralston Ave
Belmont, CA 94002

Elementary and Secondary Schools

In addition to the general school program, various school districts offer some of the following: bilingual education; programs for the physically, mentally, and emotionally disabled; work experience and vocational education; and environmental/outdoor education

May mga eskuwelahang naghahandog ng "bilingual education"; programa para sa mga baldado, edukasyong bokasyonal, pati rin ang environmental/outdoor edukasyon

San Mateo County Office of Education(650) 802-5300

www.smcoe.k12.ca.us
101 Twin Dolphin Dr., Redwood City, CA 94065
Administers the county schools programs and acts as a liason between the state and the school districts. Website includes a public schools directory and information and applications for Preschool for All San Mateo County
Nangagasiwa nang mga paaralang programa sa kondado at nakiki-pagugnayan sa estado at mga distrito ng paaralan. Sa website matatagpuan ang talaan ng mag pampublikong paaralan kasama and inpormasyon at mga aplikasyon para sa Preschool sa San Mateo County

Literacy Programs

Project Read-Menlo Park(650) 330-2525

www.menloparklibrary.org/pread.html

800 Alma Street, Menlo Park, CA 94025

For English-Speaking Adults. Offers ESL classes for beginning and intermediate English speakers

Para sa mga taong may mayor de edad/tamang gulang na nakapag sasalita ng Ingles. Nagbibigay ng mga pag-aaral ng ESL sa mga nag-uumpisa at mga nasa gitna ng kasanayan sa pagsasalita ng Ingles

North County Project Read(650) 829-3871

www.ssf.net/projectread

840 W. Orange Ave

South San Francisco, CA 94080

For English-speaking adults

Para sa mga taong may mayor de edad/tamang gulang na nakapag sasalita ng Ingles

Redwood City Project Read(650) 780-7077

www.projectread-redwoodcity.org

1044 Middlefield Road

Redwood City, CA 94063

For English-speaking adults and children

Para sa mga taong may mayor de edad/tamang gulang at kabataan na nakapag sasalita ng Ingles

San Mateo Project Read(650) 522-7848

www.projectread.org

55 W. 3rd Ave

San Mateo, CA 94402

For English-speaking adults

Para sa mga taong may mayor de edad/tamang gulang na nakapag sasalita ng Ingles

San Mateo County Reads Program

www.smcl.org/services/literacy/index.html

2415 University Ave, 2nd Floor(650) 323 0362 x 231

East Palo Alto, CA 94303

620 Correas Street(650) 726-2316 x 4

Half Moon Bay, CA 94019

Employment and Training

Employment Discrimination

California State Department of Fair Employment and Housing(800) 884-1684

www.dfeh.ca.gov

1515 Clay Street, #701, Oakland, CA 94612

Investigates complaints of discrimination in employment, housing, and public accommodation, and acts of discriminatory violence

Nagiibestiga ng mga diskriminasyon sa pagtatrabaho, tahanan, publikong akomodasyon, at biyolensya diskriminatoryo

Employment Law Center(415) 864-8848

www.las-elc.org

600 Harrison Street, #120

San Francisco, CA 94107

Information, advocacy, counseling, and legal services primarily to low-income individuals

Inpormasyon, tagapangtangkilik, tagapagpayo, at ligal na serbisyo sa mga taong mababa ang sahod

Equal Employment Opportunity

Commission (EEOC)(866) 408-8075

www.eeoc.gov

350 The Embarcadero, #500, San Francisco, Ca 94105

Investigates cases of employment discrimination because of race, national origin, sex, religion, pregnancy, age discrimination for persons age 40 or over, or physical condition

Ang EEOC nagiiibestiga ng mga diskriminasyon sa pagtatrabaho dahilan sa lahi o pinang-galingan, kasarian, relihiyon, kabuntisan, edad (40+) o kalagayan ng katawan

Equal Rights Advocates(800) 839-4372

www.equalrights.org

1663 Mission Street, #250

San Francisco, CA 94103

Provides legal services in cases of sex discrimination

Serbisyong legal sa mga kasong tungkol sa diskriminasyon dahil sa kasarian o kalahian

Labor Standards Enforcement(408) 277-1266

www.dir.ca.gov/dlse

Provides information and referral regarding wages, hours of work, and rates of pay

Nagbibigay ng inpormasyon at sanggunian tungkol sa mga sahod, oras ng pagtatrabaho at kung magkano ang bayad

Job Training and Placement

Apprenticeship Standards Division(408) 277-1273

www.dir.ca.gov/apprenticeship.html

100 Paseo de San Antonio, R-125

San Jose, CA 95113

Provides information in apprenticeship opportunities, develops and promotes apprenticeships in the county

Inpormasyon sa oportunidad para sa "apprenticeship"; pinaunlad ang "apprenticeship" sa county

California Conservation Corps (CCC)

. (888) 531-5627

Recruitment Hotline(888) 952-5627

www.ccc.ca.gov

Employment opportunities for persons age 18-25 who are willing to make a one-year commitment to work on environmental conservation projects. Applications are available from the CCC or at local Employment Development Department (EDD) offices

Optortunidad para sa mga babae at lalaking 18-25 taong gulang na makapag-trabaho sa isang taong proyekto ng "environmental conservation." Makakakuha ng aplikasyon sa CCC at EDD

California State Department of Rehabilitation

www.rehab.ca.gov

Provides vocational assistance for physically, mentally, and emotionally disabled individuals; retraining, counseling, and placement assistance

Nagbibigay ng tulong bokasyonal sa mga baldado

801 Traeger Ave, #105, San Bruno, CA 94066(650) 737-2606

.(TTY) (650) 737-2649

1065 E. Hillsdale Blvd., #403, Foster City, CA 94404(650) 358-4180

800 Menlo Ave, #122, Menlo Park, CA 94025(650) 688-6380

Tagalog services available

May serbisyo sa Tagalog

Career Closet of San Mateo County(650) 572-1368

www.careercloset.org

Provides appropriate clothing for women for job interviews and their first week of work. A referral is necessary

Nagbibigay ng angkop na pananamit sa mga kababaihan sa kanilang pakikipanayam sa trabaho at sa unang linggo ng kanilang trabaho

Family Service Agency

Senior Employment Services(650) 403-4300 x 4369

www.familyserviceagency.org

24 2nd Ave

San Mateo, CA 94401

A job referral and training service for persons age 55 or over. Must meet income requirements for training

Serbisyong nagbibigay ng reperal sa trabaho para sa mga taong may 55 taong gulang at mas matanda, na may kakayahang kumita ng pera

Goodwill Industries(650) 293-8500

www.sfgoodwill.org

Vocational rehabilitation for disabled and disadvantaged adults

Bokasyonal na pagbabagong tatag para sa mga baldadong matatanda

Job Corps

24-hour line(877) 388-8731

Daly City(650) 301-8462

Job training and placement in over 160 jobs at various sites. High School diploma/GED classes. For age 16-24

Pagsasanay at paglalagay sa trabaho sa may 160 ibat-ibang lugar. Diploma sa mataas na paaralan/GED klases para sa edad 16-24

Jobs for Youth

www.peninsulaworks.org

For age 14-21

Para sa mga kabataan may gulang na 14-21

271 92nd Street, Daly City, CA 94015(650) 301-8492

2500 Middlefield Road, Redwood City, CA 94063(650) 599-3872

1200 O'Brien Drive, Menlo Park, CA 94025(650) 330-6570

789 E. Poplar Ave, San Mateo, CA 94401(650) 301-8434

Tagalog services available

May serbisyo sa Tagalog

Multicultural Institute(650) 339-2794

www.mionline.org

Connects day laborers with employers

Ini-uugnay ng mga pang-araw na manggagawa sa mga nagpapatrabaho

Next Step Center(650) 566-0240

www.nextstepjobs.org

795 Willow Road, Building 323, A Wing

Menlo Park, CA 94025

Comprehensive vocational and employment services for veterans

Pagkuha ng trabaho para sa mga beterano

Opportunities Industrialization Center West . . .(650) 330-6429

www.oicw.org

1200 O'Brien Drive

Menlo Park, CA 94025

Job training to economically disadvantaged, unemployed or underemployed adults and youth

Pag-sasanay sa paghahanap-buhay para sa mga taong may mayor de edad/tamang gulang at kabataan nahihirapan sa buhay, walang hanap buhay, o hindi sapat ang kinikita

Peninsula Works

www.peninsulaworks.org

San Mateo County Human Services Agency, California Employment Development (EDD) and other community partners offer:

Comprehensive career information, services, and training for youth, adults, and displaced workers at these one-stop career centers.

Pangmalawakang inpormasyon tungkol sa karera, serbisyo at pagsasanay sa mga kabataan, matatanda, at sa mga nawalan ng trabaho.

271 92nd Street, Daly City, CA 94015(650) 301-8440

550 Quarry Road, San Carlos, CA 94070(650) 596-1035

2500 Middlefield Road, Redwood City, CA 94063(650) 367-0190

1200 O'Brien Drive , Menlo Park, CA 94025(650) 330-6490

Tagalog services available

May serbisyo sa Tagalog

Regional Occupational Program (ROP)(650) 802-5400

www.smcoe.k12.ca.us/rop/HOTLINE: (650) 802-5413

101 Twin Dolphin Drive

Redwood City, CA 94065

Job training for high school juniors and seniors, and out-of-school youth and adults. Courses include automotive repair, construction and technology, and automated office occupations at a variety of locations in the county.

Nagbibigay ng pagsasanay sa trabaho sa mga high school juniors at seniors, mga bata at mga matatandang hindi nag-aaral. Ang mga kurso ay automotive repair, construction at technology, automated office occupations sa ibat-ibang lugar sa County

Samaritan House Worker Resource Center . . .(650) 344-1651

www.samaritanhouse.com

400 E 5th Ave

San Mateo, CA 94402

Provides a meeting place for day workers and employers

Tumutulong sa paghanap na lugar ng pagtatagpo para sa mga mang-gagawa at empleador na pang-araw

San Mateo County Employee and Human Resources

Department(650) 363-4343
.....(TTY) (650) 368-7807

www.co.sanmateo.ca.us

455 County Center
Redwood City, CA 94063

Recruits and hires for county jobs. Also has listings of nonprofit agency vacancies

Tumangap at kumakasundo ng manggagawa para sa county at sa mga ahen-syang "nonprofit"

Tools for Success Adult Education Division

Jefferson Union High School District(650) 550-7892

www.juhsd.net

699 Serramonte Blvd.
Daly City, CA 94015

School to career transition program for low-income, out-of-school youth ages 16-21 who live in central and north San Mateo County

Nagdudulot ng programa ng pagbabago mula sa paaralan hanggang matapos ang kanilang karera para sa mga kabataang mababa ang kita, wala sa paaralan na mga kabataang 16-21 gulang na nakatira sa gitna at hilaga ng San Mateo County

Volunteer Center of San Mateo County(650) 235-3550

www.thevolunteercenter.net/

1675 California Street
San Francisco, CA 94109

Provides placement for men, women and teenagers who wish to volunteer their services

Nagbibigay and paglalagyan ng mga lalake, babae, at kabataan ng gustong iboluntaryo ang kanilang serbisyo

Work Transition Services(650) 871-8888

www.worktran.com

Assists disabled adults and youth in obtaining employment. Provides job counseling, job seeking skills, and job placement

Nagbibigay ng tulong bokasyonal sa mga boldado at kabataan

Unemployment Benefits

Employment Development Department (EDD)

www.edd.ca.gov(800) 300-5616

Filipino Organizations/Community Centers

BABAE(415) 333-6267

www.babaesf.org

35 San Juan Ave

San Francisco, CA 94112

Serves to address the rights of multi-generational Filipino women in the United States

Nagbibigay ng mga serbisyo para sa mga karapatan ng mga kababaihang

Pilipino ng ibat-ibang gulang na nasa Estados Unidos

Tagalog services available

May serbisyo sa Tagalog

Bayanihan Community Center(415) 348-8042

www.bayanihancc.org

1010 Mission Street, Suite B

San Francisco, CA 94103

Provides affordable housing to low-income tenants. Programs include

Ethnotour; a historical tour of Filipino landmarks in San Francisco, Parol Lantern

Festival and Parade, and Filipino entrepreneurship and business development

Nagbibigay ng tirahang makakayang bayaran ng mga nag-rerentang mababa

and kinikita. Kasama ng mga programa ang "Ethnotour," paglalakbay sa mga

makasaysayang lugar ng mga Pilipino sa San Francisco, Piyesta at parada ng

Parol, at mga lugar at pagtataguyod ng Pilipinong negosyo

Tagalog services available

May serbisyo sa Tagalog

California Health Initiatives(650) 758-1580

7311A Mission Street

Daly City, CA 94014

Health care accessibility of low-income families through outreach and enroll-

ment in Medi-Cal/ HealthyFamilies/ HealthyKids health coverage

Tulong pangkalusugan sa mga pamilya na mababa ang sahod sa pamamagitan

ng pagpapatala sa Medi-Cal/Healthy Families/Healthy Kids.

Tagalog services available

May serbisyo sa Tagalog

CORA Kumares & Kumpares

(Formerly CORA Fil-Am Task Force)(650) 652-0800

PO Box 5090

San Mateo, CA 94402

Provides Domestic Violence education and outreach to the Filipino Community

Nagbibigay ng edukasyon at pag-aabot sa komunidad ng mga Pilipino ukol sa

biolensya sa tahanan

Tagalog services available

May serbisyo sa Tagalog

FALEO-Filipino American Law Enforcement Officers

<http://sffapoa.proboards54.com>

An internet-based association of Filipino American Law Enforcement Officers that builds stronger and more visible ties to Filipino Law Enforcement and community events. For more information, contact roeldilag@comcast.net
Isang internet na samahan ng mga Filipino American Law Enforcement Officers na tumutulong na magkaroon ng malakas na ugnayan sa Filipino Law Enforcement at sa mga nangyayari sa komunidad

Tagalog services available
May serbisyo sa Tagalog

Filipina Women's Network (FWN)(415) 278-9410

www.ffwn.org

PO Box 192143, San Francisco, CA 94119

FWN's mission is to enhance public perceptions of Filipina women's leadership abilities and promote the entry of Filipina women into positions of leadership in corporate, government, and nonprofit sectors. FWN holds public education forums that heighten Filipina women's visibility, research on Filipina women's issues leadership, skills building and career development programs for Filipina women, and influencing popular culture

Ang misyon ng FWN ay ang pagpapalawak ng kaalaman at pagtangkil ng publiko sa kakayahan ng kababaihang Pilipino sa pamumuno, at itaguyod ang pagpasok ng mga kakabaibiang Pilipino sa mga posisyon ng pamumuno sa mga korporasyon, gobyerno, at sektor na "non-profit." Ang FWN ay mga pagpupulong upang lalong makita at makilala ang kaibabaihang Pilipino, gumawa ng pagsusuri ng mga bagay-bagay naukol sa pamumuno ng kaibabaihang Pilipino, pagtatayo ng mga programang tungkol sa pagtataguyod ng kasanayan sa paghahanap-buhay at karera para sa kababaihang Pilipino

Tagalog services available
May serbisyo sa Tagalog

Filipino American National Historical Society--Santa Clara Chapter

fanhs-santaclara.org/index.html

Promotes understanding, education, enlightenment, appreciation, and enrichment through the identification, gathering, preservation, and dissemination of the history and culture of Filipino Americans in the United States

For more information, contact: admin@fanhs-santaclara.org

Tumutulong sa pag-uunawa, edukasyon, pagpaliwanag, pagpapasalamat, pagpapayaman sa pamamagitan ng pagkilala, pagkakatipon, pangangalaga, pagpapalaganap ng kasaysayan at kultura ng mga Pilipino Amerikano sa Estados Unidos

Filipino American Senior Club(415) 947-0855

83 6th Street

San Francisco, CA 94103

Tagalog services available
May serbisyo sa Tagalog

Filipino Community Center

35 San Juan Ave
San Francisco, CA 94112
Tagalog services available
May serbisyo sa Tagalog

Filipino Community Center-Santa Clara(408) 277-0207

635 N 6th Street
San Jose, CA 95112
Tagalog services available
May serbisyo sa Tagalog

Gran Oriente Filipino(415) 495-9806

106 South Park
San Francisco, CA 94107

Health Ways(650) 534-4050

901 Campus Drive #209
Daly City, CA 94015
Provides assistance on health, education, livelihood and organizing services that enhance the quality of life and wellbeing of underserved and high risk individuals, families and communities
Nagbibigay tulong sa kalusugan, karunungan, kabuhayan at mga serbisyo sa pagpapapundar ng ikakaganda ng kabuhayan sa mga tao, pamilya at komunidad na nanganganib

Liwanag Kultural Center

<http://www.liwanag.org>

Pilipino Bayanihan Resource Center(650) 992-9110

Daly City, CA 94014
PBRC is involved in collaborative programs providing referral services, community outreach, and education
Ang PBRC ay nakikipag-ugnayan sa mga ibang ahensya sa pagbibigay ng mga serbisyo ng pag-sasangguni, pag-aabot sa komunidad, at pag-tuturo
Tagalog services available
May serbisyo sa Tagalog

San Francisco Filipino Cultural Center

(opening in 2008)(415) 252-9701

www.thesffcc.com
835 Market Street
San Francisco, CA 94103
The San Francisco Filipino Cultural Center is a meeting space for Filipino visual and performing arts. It also holds Filipino cultural celebrations
Ang San Francisco Cultural Center ay isang lugar ng pagtatagpo ng mga Pilipino sa sining ng "visual and performing arts." Dito ginaganap ang selebrasyon ng kultura ng Pilipino.

The Philippine Center(415) 773-2336

www.philippinecentersf.com

447 Sutter St, Suite 507

San Francisco, CA 94108

Nurtures, promotes and propagates Philippine culture; promotes investments to the Philippines; expands the foreign market for Philippine products; encourages foreign tourists to visit the Philippines; and enhances the image of the Philippines

Tumutong sa pagpapalaki, pagpapaunlad, at pagparami ng kultura ng Pilipino; paunlarin ang mga negosyo ng Pilipinas; palawakin ang mga negosyo ng mga produktong Pilipino; himukin ang mga turistang banyaga na bisitahin ang Pilipinas at tulungang mapaganda ang larawan ng Pilipinas sa mga dayuhan

West Bay Pilipino Multi-Service Corporation . .(415) 431-6266

175 7th Street

San Francisco, CA 94103

Provides social, health, legal, and economic services to children, youth, and families with a specific emphasis on the Pilipino population

Nagbibigay ng mga serbisyong sosyal, kalusugan, legal, at kabuhayan sa mga kabataan at mga pamilya, na-may tanging diin sa mga Pilipino

Tagalog services available

May serbisyo sa Tagalog

Financial Assistance

Consumer Education

Consumer Credit Counseling Service(415) 564-0263

www.cccssf.org(800) 777-7526

595 Market Street, 15th Floor

San Francisco, CA 94105

Counseling on personal money management, budget planning, and the various uses of credit. Appointments can be made at various locations in San Mateo County

Nagpapayo sa pangangalaga ng perang pangsarili, pagbabadyet at paggamit ng kredito

Loan Programs

Family Service Agency-Ways to Work Family Loan Program .

.(650) 403-4300 x 4100

www.familyserviceagency.org

24 - 2nd Avenue

San Mateo, CA 94401

Helps low-income individuals maintain self-sufficiency by providing small loans to cover child care, housing, medical, or transportation needs

Para sa mga pamilyang may mababang kita, nagpapahiram ng mailiit na halaga para sa pagaalaga ng bata, pambahay, gamot, at pangtransportasyon

Public Assistance

CalWORKS (California Work Opportunity and Responsibility to Kids) and TANF (Temporary Assistance for Needy Families)

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

Para sa mga magulang na mababa and kita o ng mga tagapagalaga ng mga bata sa San Mateo County

Cash Assistance Program for Immigrants (CAPI)

.....(650) 802-7668
..... (800) 648-0954

Provides assistance in the form of monthly cash payments for legal non-citizens who need financial help. Recipients must be 65 or over, or any age (including children) if blind or disabled and not eligible for Supplemental Security Income (SSI) because of immigrant status

Nagbibigay ng kabayaran buwan-buwan sa mga ligal na mamamayan na hindi "citizen" na nangangailangan ng tulong sa panggastos. Ang mga tumatangap ay kailangan 65 gulang at pataas o kaya kahit na anong gulang (kasama ang mga kabataan) kung bulag o may kapansanan at hindi maaring tumanggap ng Supplemental Security Income (SSI) dahil sa kalagayan ng imigrasyon

Food Stamp Program

Provides electronic benefits (similar to a debit card) for eligible low-income households. Food Stamp benefits can be used to buy food at most grocery stores; they may not be traded for money or used to buy non-food items, such as alcohol and tobacco products, pet items, soap, or paper products

Nagbibigay tulong elektroniko (katulad ng debit card) para sa sambahayan na mababa ang kita. Ang benepisyo ng Food Stamp ay maaring gamitin sa pagbili ng pagkain sa tindahan ng groseriya; hindi maaring palitan ng pera o kaya gamitin sa pagbili ng hindi pagkain kagaya ng alkohol, mga produktong tabako, mga bagay para sa alagang hayop, sabon o kaya produktong papel

General Assistance (GA)

Provides short-term financial assistance and supportive services to all eligible, low-income adults without children residing in San Mateo County who are unemployed or unable to work. All General Assistance applicants should contact Human Services Agency Central Region at (650) 802-7500

Nagbibigay tulong na maikli at panandaliang tulong, suportang serbisyo sa mga matatanda na mababa and kita na walang anak na nakatira sa San Mateo County na walang trabaho o kaya hindi makakatrabaho. Ang mga aplicante ay kailangang tumawag sa Human Services Agency Central Region (650) 802-7500

Human Services Agency Regional Offices

www.smchsa.org

Central Region: Belmont, Burlingame, Coastside, Foster City, Hillsborough, Millbrae, San Carlos, San Mateo
400 Harbor Blvd, Belmont, CA 94002(650) 802-5018
550 Quarry Road, San Carlos, CA 94070(650) 596-1035

Northern Region: Brisbane, Colma, Daly City, Pacifica, San Bruno, South San Francisco
350-90th Street, Daly City, CA 94015(650) 301-8720
1487 Huntington Ave, South San Francisco, CA 94080 . .(650) 877-8720

Southern Region: Atherton, East Palo Alto, Menlo Park, Portola Valley, Redwood City, Woodside
2415 University Avenue, East Palo Alto, CA 94303(650) 363-4218
2500 Middlefield Road(650) 367-0190
Redwood City, CA 94063

Social Security Benefits

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

Ang Social Security Administration ay nagbibigay ng tuluyang kita sa mga retiradong manggagawa at kanilang pamilya, pagkabaldado o kamatayan; nagaalay ng Medicare sa mga taong 65 o mas matanda at sa ibang tao na mas bata sa 65 ngunit baldado; nagaalay ng Supplemental Security Income (SSI) sa mga nangangailanang tao na 65 taong gulang o sa mga bulag o baldado; nagbibigay ng Social Security cards

Social Security Administration(800) 772-1213
www.socialsecurity.gov (TTY) (800) 325-0778
355 Gellert Boulevard #201(650) 994-2024
Daly City, CA 94015

800 South Claremont Street #101(650) 579-4541
San Mateo, CA 94402

601 Allerton Street, 2nd Floor(650) 363-2919
Redwood City, CA 94063

Veterans Benefits

San Mateo County Human Services Agency Veteran Service Office(650) 802-6598

www.smchsa.org
550 Quarry Road
San Carlos, CA 94070

Assists veterans, survivors and dependents of veterans in gaining access to benefits based on military service. Advocates on their behalf
Tumutulong sa beterano, mga natirang buhay at mga umaasa sa mga beterano na makakuha ng benepisyo base sa serbisyo militar. Tagapagtanggol din ng mga beterano

Food Programs

Food Connection Hotline(650) 827-0706

Emergency food, meals, and programs for families and seniors. Monday-Friday 8:30 AM-4:00 PM with recorded information after hours regarding meals.
Pang-emerhersiayang tulong sa pagkain at programa sa mga pamilya at nakatatanda. Lunes-Biyernes 8:30-4:00 pm at inpormasyon tungkol sa pagkain pagkatapos ng oras

Congregate Meal Sites

Catholic Worker Hospitality House(650) 827-0706

At St. Bruno's Catholic Church
555 W. San Bruno Ave, San Bruno, CA 94066
Serves breakfast Tuesday-Friday 7:00-9:00 AM
Nagbibigay ng pagkain Martes-Biyernes 7:00-9:00 AM

Ecumenical Hunger Program(650) 323-7781

St. Francis of Assisi Church
1425 Bay Road, East Palo Alto, CA 94303
Provides meals Mondays 5:00-6:30 PM
Nagbibigay ng pagkain Lunes 5:00-6:30 PM

Invision/Urban Ministry Breaking Bread Meals (650) 853-8672

www.innvision.org

North Peninsula Food Pantry and Dining Center of Daly City(650) 994-5150

www.fooddc.org
31 Bepler Street, Daly City, CA 94014
Serves hot meals Monday, Tuesdays, and Thursdays 5:00-6:00 PM
Nagbibigay ng mainit na pagkain tuwing Lunes, Martes, at Huwebes 5:00-6:00 PM

Samaritan House Family Kitchen (650) 347-3648

www.samaritanhouse.com

401 North Humbolt Avenue, San Mateo, CA

Serves hot meals Monday -Friday 5:00-6:00 PM

Nagbibigay ng mainit na pagkain Lunes hanggang Biyernes 5:00-6:00 PM

603 Monte Diablo Avenue, San Mateo, CA 94401

Serves hot lunches Saturday and Sunday 12:00-1:00 PM

Nagbibigay mainit na panghalian Sabado at Linggo 12:00-1:00 PM

St. Anthony's Padua Dining Room(650) 365-9664

3500 Middlefield Road, Menlo Park, CA 94025

Offers hot meals Monday-Saturday 11:00 AM-1:00PM

Nagbibigay mainit na pagkain Lunes hanggang Sabado 11:00 AM-1:00 PM

St. Vincent de Paul Society(650) 343-4403

www.svdp-sanmateoco.org

50 N. B Street, San Mateo, CA 94401

Mondays-Fridays 10:00 AM - 12:00 PM

Lunes hanggang Biyernes 10:00 AM-12:00 PM

Café St. Vincent(650) 589-9039

www.svdp.org/sanmateo/

344 Grand Avenue, South San Francisco, CA 94080

Monday-Friday 10:00 AM-12:00PM, Saturday 10:00-11:00 AM

Lunes hanggang Biyernes 10:00 AM-12:00 PM, Sabado 10:00-11:00 AM

Emergency Food Providers

CALL-Primrose Center(650) 342-CALL

www.callprimrose.org(650) 342-2255

139 Primrose Road, Burlingame, CA 94010

Catholic Worker House(650) 366-4415

545 Cassia Street, Redwood City, CA 94063

Provides fresh produce Fridays at 11:30 AM

Coastside Hope(650) 726-9071

www.coastside.org

99 Avenue Alhambra, El Granada, CA 94018

Daly City Community Service Center(650) 991-8007

www.dalycity.org/city_services/srvctr.htm

350 90th Street

Daly City, CA 94015

Tagalog services available/*May serbisyo sa Tagalog*

Ecumenical Hunger Program(650) 323-7781

www.ehpcares.org

2411 Pulgas Ave
East Palo Alto, CA 94303

El Concilio Emergency Services Partnership . .(650) 330-7432

1798-B Bay Road
East Palo Alto, CA 94303

Elsa Segovia Center(650) 330-7432

www.clara-mateo.org

795 Willow Road, Building 323 D
Menlo Park, CA 94025

Fair Oaks Community Center(650) 780-7500

2600 Middlefield Avenue
Redwood City, CA 94063

Grace Covenant Church(650) 589-6797

740 Del Monte Ave
South San Francisco, CA 94080

**North Peninsula Food Pantry
and Dining Center of Daly City**(650) 994-5150

www.fooddc.org

31 Bepler Street
Daly City, CA 94014

**North Peninsula Neighborhood
Services Center**(650) 588-8822

www.neighborhoodservices.org

600 Linden Ave
South San Francisco, CA 94080

North Street Community Resource Center(650) 879-1691

620 North Street
Pescadero, CA, 94060

Pacifica Resource Center(650) 738-7470

www.pacresourcecenter.org

1809 Palmetto
Pacifica, CA 94044

Pacifica Senior Services(650) 738-7384

www.ci.pacifica.ca.us/cityhall/div_sr.html

540 Crespi Drive

Pacifica, CA 94044

Meals for senior citizens. \$2.50 donation

Pagkain para sa mga matatanda. May \$2.50 na donasyon

M - F 12:00pm

Salvation Army(650) 368-4643

www.salvationarmy.usa.org

1270 Marshall Street

Redwood City, CA 94063

Samaritan House(650) 347-3648

www.samaritanhouse.com

401 N. Humboldt Street

San Mateo, CA 94401

Second Harvest Food Bank(650) 610-0800

www.2ndharvest.net

1051 Bing Street

San Carlos, CA 94070

St. Francis Center(650) 365-7829

www.stfrancisrwc.org

101 Buckingham

Redwood City, CA 94063

St. Vincent de Paul Society(650) 343-4403

www.svdp-sanmateoco.org

50 N. B Street

San Mateo, CA 94401

Café St. Vincent(650) 589-9039

www.svdp.org/sanmateo/

344 Grand Avenue

South San Francisco, CA 94080

Twin Pines Senior and Community Center(650) 595-7444

20 Twin Pines Ln

Belmont, CA 94002

Hot Meals for elderly. \$3/meal. Monday-Thursday 11:30AM -12:30PM

Nagbibigay ng mainit na pagkain para sa matatanda. \$3.00 bawat pagkain.

Lunes hanggang Huwebes 11:30AM-12:30PM

Meals on Wheels

Applicants must be age 18 or older and unable to prepare their own meals or go out to eat, and have little or no assistance to obtain adequate meals

Ang humihiling ay dapat 18 taong gulang o mas matanda, hindi kayang ihanda ang kanilang pagkain o lumabas para kumain, at kakaunti o walang tulong upang makakuha ng wastong pagkain

- Belmont to Daly City(650) 295-2173
- Coastside(650) 726-9056
- Pacifica(650) 738-7350
- San Carlos to East Palo Alto(650) 323-2022

Health

Health and Dental Clinics

Arbor Free Clinic(650) 493-5000 x 22222
www.arbor.stanford.edu(650) 724-1332
 795 Willow Road
 Menlo Park, CA 94025
 Free medical care for low income and homeless persons every Sunday
 11:00AM-2:00 PM
Libreng gamutan para sa mga taong mababa ang kinikita at mga taong walang tirahan, tuwing Linggo 11:00 AM-2:00 PM

Foothill College Dental Hygiene Clinic(650) 949-7335
www.foothill.edu/bio/programs/hentalh/clinic.php
 12345 El Monte Road #5312
 Los Altos Hills, CA 94022
 Provides dental hygiene services and x-rays at low cost
Nagbibigay ng serbisyo sa pangangalaga ng ipin pati na x-ray sa mababang halaga

Ravenswood Family Health Center

Offers dental and comprehensive health care services for all ages
Nagbibigay ng dental at malawak na serbisyong pangangalagang pangkalusugan para sa lahat ng edad o may gulang
 1798 A Bay Road(650)330-7400
 East Palo Alto, CA 94303

Belle Haven(650) 321-0980
 100 Terminal Avenue
 Menlo Park, CA 94025

RotaCare Clinics(650) 991-6046

www.rotacarebayarea.org

Offers basic medical care and medications to children and adults without health insurance

Nagbibigay ng gamutang "basic" at mga gamot sa mga bata at matandang walang "health insurance"

Coastside RotaCare Clinic

225 S. Cabrillo Hwy #200-A, Half Moon Bay, CA 94019

Wednesday 5-7 PM

Daly City-Colma RotaCare Clinic

Seton Medical Center

1900 Sullivan Ave, Daly City, CA 94015

Monday 5-7 PM

Samaritan House, Inc.

www.samaritanhouse.org

Free non-emergency primary care and dental services for uninsured, low-income persons

Libreng "primary care" na hindi pang-emerhensiya at mga serbisyo ng dentista para mga taong mababa ang kinikita at walang "insurance"

Redwood City Free Clinic(650) 839-1447

114-5th Ave

Redwood City, Ca 94063

San Mateo Free Clinic (650) 578-0400

19 W. 39th Avenue

San Mateo, CA 94403

San Mateo County Health Department

www.smhealth.org

Edison Clinic(650) 573-2385

222-39th Ave

San Mateo, CA 94403

Full-service HIV specialty clinic

Kompletong serbisyong klinika para sa HIV

Mobile Clinic(650) 573-2786

Free health screenings, immunizations, family planning for low-income and homeless people

Libreng pagsusuri ng kalusugan, bakuna, pagpapalano ng pamilya para sa mga mababa ang sahod at walang matirahan

San Mateo Medical Center

www.sanmateomedicalcenter.org

222-39th Avenue

San Mateo, CA 94403

Emergency Services (Medical)(650) 573-2671

Emergency Services (Psychiatric)(650) 573-2662

39th Avenue Health Clinics

222-39th Avenue

San Mateo, CA 94403

Full-service specialty outpatient clinics

Pangkalahatang gamutan na may mga espesyalidad na klinika para sa mga pasyenteng dayo

Coastside County Clinic(650) 573-3941

225 S. Cabrillo Hwy #200A

Half Moon Bay, CA 94019

Daly City Youth Health Center(650) 985-7000

www.dalycityyouth.org

2778-2780 Junipero Serra Blvd

Daly City, CA 94015

Provides primary medical care, counseling, health education, support groups, and mentoring for youth ages 13-21

Nagbibigay ng gamutang "primary" pagpapayo, edukasyon, sa kalusugan, grupong nag-aalalay, at pagtuturo sa kabataang may gulang 13-21

Tagalog services available

May serbisyo sa Tagalog

Keller Center (Sexual Assault Trauma Center)(650) 573-2671

Emergency medical services to those who have been sexually assaulted

Gamutang pang-emerhensya para sa biktima ng panggagahasa

Mike Nevin Health Center (Daly City Clinic) (650) 301-8600

380 90th Street

Daly City, CA 94014

General family medical services

Pangkalahatang gamutan para sa lahat ng pamilya

Tagalog services available

May serbisyo sa Tagalog

Fair Oaks Adult Clinic(650) 364-6010

2710 Middlefield Road

Redwood City, CA 94063

Internal medicine, primary care and some obstetrics services

Pangkalahatang kalusugan, pangunahing pangangalaga at serbisyong obstetriko

Fair Oaks Children's Center(650) 261-3710

630 Laurel Street

Redwood City, CA 94063

Methadone Clinic(650) 578-7190

795 Willow Road., Building 332
Menlo Park, CA 94025

Ron Robinson Senior Care Center(650) 573-2426

222- 39th Ave
San Mateo, CA 94403

Sequoia Teen Wellness Center (650) 366-2927

www.sanmateomedicalcenter.org
200 James Ave
Redwood City, CA 94063
Provides medical services to youth ages 12-21
Mga serbisyo tungkol sa kalusugan para mga kabataan

South San Francisco Health Center(650) 877-7070

306 Spruce Ave
South San Francisco, CA 94080
General family medical services
Pangkalahatang gamutan para sa lahat ng pamilya

Willow Clinic(650) 599-3890

795 Willow Road Building 334
Menlo Park, CA 94025
Family practice, prenatal care and pediatrics, AIDS services, mental health counseling, optometry, and dental services for kids
Pamilyang pagkagamutan, pag-aalaga sa mga nagdadalangtao, sa mga sanggol, at tulong para sa mga taong may AIDS, kalusugang pangkaisipan, pagpapayo, pag-aalaga sa mata at ngipin

Sonrisas Community Dental Center(650) 726-2144

210 San Mateo Road, #104
Half Moon Bay, CA 94019
Provides affordable dental care for low-income residents of the Coastsides who are uninsured or have Medi-Cal
Nagbibigay ng tulong sa pag-aalaga sa mga ngipin sa mga taong nakatira sa Coastsides at walang insurance na Medi-Cal at mababa ang sahod

UCSF School of Dentistry(415) 476-1891

dentistry.ucsf.edu
707 Parnassus Ave
San Francisco, CA 94143
Low-cost dental care available to anyone by appointment
Mababang bayad sa pangangalaga ng ngipin para sa lahat

University of the Pacific School of Dentistry . . .(415) 929-6400

www.dental.pacific.edu

2155 Webster Street
San Francisco, CA 94115

Low-cost dental care to anyone

Mababang bayad sa pangangalaga ng ngipin para sa lahat

Health Education

El Concilio of San Mateo County(650) 373-1080

Nuestro Canto de Salud

www.el-concilio.com

1419 Burlingame Avenue, Suite N
Burlingame, CA 94010

Provides health education in a cultural and linguistically appropriate manner to Latinos

Nagbibigay ng edukasyon para sa pangkalusugan ng mga Latino

Institute for Health and Healing(415) 600-3681

Health and Healing Library

www.myhealthandhealing.org

2040 Webster St
San Francisco, CA 94115

Health education and resource library for lay persons

Edukasyon pangkalusugan at "resource library" para sa mga tao

Lucile Packard Children's Hospital(888) 711-TEEN

Teenage Resource Line

www.lpch.org/forpatientsvisitors/patientservices/teenline/teenhealthline.html

Registered nurses provide confidential answers to health questions

Ang mga RN ay nagbibigay ng konpidensyal na tulong tungkol sa kalusugan

Mills Peninsula Health Services

Wellness Center(650) 696-5600

www.mills-peninsula.org

100 S. San Mateo Drive
San Mateo, CA 94401

A resource center offering classes, lectures, and support groups to promote healthy lifestyles

Ang "resource center" na ito ay nagbibigay ng klase, at lektura tungkol sa pangangalaga para sa kalusugan

PlaneTree Health Library(408) 358-5667

www.planetreesanjose.org

15891 Los Gatos-Almaden Road, Los Gatos, CA 95032

A health and medical information library

Ito ay nagbibigay ng inpormasyon para sa pangangalaga sa kalusugan

Stanford Health Library(800) 295-5177

Healthlibrary.stanford.edu(650) 725-8400

2-B Stanford Shopping Center

Palo Alto, CA 94304

Maintains current information on health issues

Nagbibigay ng inpormasyon para sa kalusugan

Tel-Med(650) 347-7711

Tape-recorded information on a wide range of health-related topics

Nagbibigay ng inpormasyong "tape-recorded" tungkol sa kalusugan

Health Organizations

National Kidney Foundation(650) 349-5111

www.kidney.org

Public education, patient services, community resources

Edukasyon publiko, serbisyo para sa mga pasiyente, at serbisyo sa komunidad

National Multiple Sclerosis Society(800) 221-7437

www.nationalmssociety.org

Providing accurate, up-to-date information to individuals with MS, their families, and healthcare providers

Nagbibigay ng impormasyon sa mga taong may MS, at sa kanilang mga pamilya, at sa mga taga pagbigay ng pagaalaga ng kalusugan

National Parkinsons Association(800) 522-8855

www.parkinson.org

Improves the quality of life for persons with Parkinson and their caregivers by educating persons with Parkinson, their caregivers, healthcare professionals, and the general public about Parkinson disease and its treatment

Itaas ang kalidad ng buhay ng mga taong may Parkinson at ng kanilang taga-pag-aruga. Turuan ang mga taong may Parkinson, ang kanilang taga-pag-aruga, ang mga propesyonal na tagabagbigay na serbisyo sa kalusugan, at ang kalahatang mamamayan tungkol sa sakit na Parkinson at ang paggamot nito

SIDS Alliance(800) 221-7437

www.sidsalliance.org/

United Cerebral Palsy Association(650) 917-6900

www.ucpahi.org

Nationwide network which provides services, conducts public and professional education programs, and supports research in cerebral palsy

Bansang pag-uugnayan na nagbibigay ng mga serbisyo, mga programang pagtuturo para sa publiko at mga propesyonal, at pagtangkilik sa pananaliksik ukol sa "cerebral palsy"

Hospitals and Medical Centers

Many hospitals offer classes, support groups, wellness services, hospice care, resource libraries, and a variety of other services. Some services may only be available to members of particular medical groups

Maraming ospital ang nagbibigay ng klase, "support groups," "hospice care," at "resource libraries" para sa pangkalusugan

Kaiser Permanente Medical Centers

www.kp.org

1200 El Camino Real(650) 742-2000
South San Francisco, CA 94080(TTY) (650) 742-2515

1150 Veterans Blvd(650) 299-2000
Redwood City, CA 94063(TTY) (650) 299-2207

Mills Peninsula Health Services

www.mills-peninsula.org

Mills Health Center(650) 696-5400
100 S. San Mateo Drive
San Mateo, CA 94401

Peninsula Medical Center(650) 696-5400
1501 Trousdale Drive
Burlingame, CA 94010

San Mateo County Medical Center(650) 573-2222

www.sanmateomedicalcenter.org

222 West 39th Avenue
San Mateo, CA 94403
Tagalog services available
May serbisyo sa Tagalog

Sequoia Hospital(800) 754-1424

www.sequoiahospital.org
170 Alameda de las Pulgas
Redwood City, CA 94062
Tagalog services available
May serbisyo sa Tagalog

Seton Medical Center(650) 992-4000

www.setonmedicalcenter.org
1900 Sullivan Avenue
Daly City, CA 94015
Tagalog services available
May serbisyo sa Tagalog

Seton Medical Center Coastside(650) 463-7100
.....(TDD) (650) 728-7081

www.setoncoastside.org
600 Marine Boulevard
Moss Beach, CA
Tagalog services available
May serbisyo sa Tagalog

Stanford University Medical Center

www.stanford.edu/home/medcenter

Lucille Packard Children's Hospital(650) 497-8000

725 Welch Road
Palo Alto, CA 94304
Tagalog services available
May serbisyo sa Tagalog

Stanford Hospital and Clinics(650) 723-4000

300 Pasteur Drive
Stanford, CA 94305
Tagalog services available
May serbisyo sa Tagalog

UCSF Medical Center (415) 476-1000

www.ucsfhealth.org
505 Parnassus Avenue
San Francisco, CA 94143

Veterans Affairs Palo Alto Health Care System (650) 493-5000

www.palo-alto.med.va.gov
3801 Miranda Avenue
Palo Alto, CA 94304
Tagalog services available
May serbisyo sa Tagalog

Veterans Affairs San Francisco Health Care System

San Bruno Outpatient Clinic(650) 553-8000

www.sf.med.va.gov
1001 Sneath Lane #300
San Bruno, CA 94066

Nursing and Hospice Services

Mission Hospice, Inc. of San Mateo County ... (650) 554-1000

www.missionhospice.org
1900 O'Farrell Street #200, San Mateo, CA 94403
No patient denied service due to inability to pay
Walang pasyenteng pinagkaitan ng serbisyo dahilan sa kawalan ng kakayahang makabayad

Pathways Home Health and Hospice(888) 155-7855
..... (408) 730-5100

www.pathwayshealth.org

585 N. Mary Ave
Sunnyvale, CA 94085

**Seton Medical Center West Bay Home Health and
Community Services**(650) 991-6680

www.setonmedicalcenter.org

45 Southgate Ave #200
Daly City, CA 94015

Sutter VNA and Hospice(650) 685-2800

www.suttervnaandhospice.org

700 S. Claremont Street #220
San Mateo, CA 94402

Physician and Dental Referral Service

Bay Area Optometric Referral Service(800) 675-3937

www.baoc.com

Mid-Peninsula Dental Society (650) 328-2242

www.mpds.org

San Mateo County Dental Society(650) 637-1121

240 A Twin Dolphin Drive
Redwood City, CA 94065

San Mateo County Medical Association(650) 312-1663

www.smcmma.org

777 Mariners Island Boulevard, Suite 100
San Mateo, CA 94404

Prenatal Health Services and Information

Adolescent Family Life Program (AFLP)(650) 573-2501

225 37th Avenue
San Mateo, CA 94403

In-home case management provided by public health nurses and community
workers for pregnant and parenting teens

*Pangtahanan sanggunian alay ng publikong narses nang kulusugan at grupong
mangagawa para sa mga nagdadalantao "teens"*

Alpha Pregnancy Center(415) 584-6800

5070 Mission St, San Francisco, CA 94112

Information and referral, free pregnancy tests, pregnancy options and post-abortion counseling, maternity and baby clothing

Libreng inpormasyon at sanggunian para sa mga nagdadalangtao, at pag-pipili kung ituloy o kaya tapusin ang pagdadalangtao. Nagbibigay din na inpormasyon tungkol sa sanggol at ang pagkakailangan kagaya ng mga gamit ng sanggol

East Palo Alto Teen Home(650) 324-8487

2265 Oakwood Drive, East Palo Alto, CA 94303

Group home for teens 12-17 and transitional home for teen mothers and teens 16-19. Referral necessary from county social services department or probation department

Pang grupong tahanan para sa mga kabataang 12-17 at pansamantalang tahanan sa mga kabataang 16-19. Sanggunian ay dapat galing sa departamento ng "social services" at "probation"

First Resort(650) 261-9115

www.firstresort.net

801 Brewster St #210, Redwood City, CA 94063

Support and assistance to women experiencing an unplanned pregnancy

Nagbibigay ng suporta sa mga kababaihang na nagdadalangtao

Planned Parenthood Golden Gate(800) 967-7536

www.ppgg.org

A medical clinic for women, men, and teens that specializes in reproductive health concerns

Klinika para sa mga kababaihan, kalalakihan, at "teens" na nagdalobhasa tungkol sa reproduksyon at kalusugan

2211 Palm Avenue, San Mateo, CA 94403

1230 Hopkins Avenue, Redwood City, CA 94062

Prenatal to Three (Pre-to-Three)(650) 573-2502

.....(888) 840-0889

A program for pregnant women and families with children up to age 5 in San Mateo County

Programa para sa mga nagdadalangtao at mga pamilyang may mga anak hangang 5-taong gulang sa San Mateo County

Pro-Life of San Mateo County(650) 341-8188

3615 E. Laurel Creek Drive, San Mateo, CA 94403

Provides assistance to women with problem pregnancies who do not want an abortion and to women who have had an abortion and are in need of a support group

Nagbibigay ng tulong sa mga babae na may problema sa pagdadalangtao at hindi payag sa aborsyon gayun din sa mga babaing gusto mag aborsyon at nangangailangan ng suporta

St. Elizabeth Ann Seton New Life Center (650) 301-8875

1500 Southgate Ave, Suite 112

Daly City, CA 94015

Provides perinatal education and care to expectant parents to help improve the outcome of every pregnancy

Nagbibigay edukasyon sa mga nagdadalantao tungkol sa kalusugan ng kani- lang pagbuntis at pangangalaga sa kanilang sanggol

San Mateo County Health Department

www.smhealth.org

Teenage Pregnancy Prevention Coalition(650) 367-1937

www.teenagepregnancycoalition.org

703 Woodside Road #7

Redwood City, CA 94061

Provides pregnancy prevention and sexuality education to youth and adults as well as teacher training.

Nagbibigay ng tulong seksuwal sa mga "teens" at matanda upang maiwasan ang pagdadalantao at tulungan ang mga guro para turuan sila

Other Services

Family Caregiver Alliance(800) 445-8106

Bay Area Caregiver Resource Center(415) 434-3388

www.caregiver.org

180 Montgomery Street #1100, San Francisco, CA 94104

Offers a comprehensive range of services for family, partners, friends, and others concerned with or caring for a brain impaired adult

Nagbibigay ng pangmalawakang tulong sa pamilya, kaibigan, mag asawa at iba pang tao tungkol sa pagaalaga ng may sakit sa pagiisip

Ombudsman of San Mateo County(650) 349-7008

1700 S. Amphlett Blvd. #220

San Mateo, CA 94402

Receives and resolves complaints made by or on behalf of long-term care facility residents

Tumatanggap at nagaayos ng mga problemang ng mga taong nakatira sa "long - term care facility"

San Mateo County Coroner (650) 312-5562

www.co.sanmateo.ca.us

50 Tower Road

San Mateo, CA 94402

Investigates certain types of death and handles requests for cremations for people without funds

Nagiimbestiga ng pagkamatay at nag tutulong sa mga taong gusto ang "cremations" dahil walang ibabayad sa pagbuburol

San Mateo County Health Department - Public Health

Division(650) 573-2757

Vital Statistics(650) 573-2395

www.co.sanmateo.ca.us

225 37th Avenue, San Mateo, CA 94403

Vital Statistics maintains recent birth and death records for the county

Ang "Vital Statistics Health Department" ay nag tatago ng mga rekord ng mga taong ipinanganak at mga taong namatay

Tagalog services available

May serbisyo sa Tagalog

Women, Infants, and Children Program (WIC) .(650) 573-2168

www.wicworks.ca.gov

Offers nutrition and education and supplemental foods to low-income women and their children age 0-5 throughout the county

Nagbibigay tulong sa mga nutrisyon at suplemental na pagkain sa mga mahihirap na ina at kanilang anak 0-5

Health Insurance

Medi-Cal pays for all or part of medical expenses for eligible low-to moderate-income families, individuals, and pregnant women

Ang Medi-Cal ay nagbibigay ng libreng gamot para sa mga taong hindi kayang mag bayad at sa mga nagdadalantao

Health Insurance Counseling and Advocacy Program

(HICAP)(800) 434-0222

www.hicapsanmateocounty.org

Assists seniors with Medicare billing, filing of claims, and questions about supplemental and long-term care insurance. Senior centers and other locations offer HICAP services by appointment

Tinutulungan ang mga matatanda tungkol sa Medicare "billing," pagbabayad ng "claims" at mga katanungan tungkol sa "supplemental" at "long-term care."

Ang mga "senior centers" at iba pang lugar ay nagbibigay ng payo tungkol sa HICAP.

Health Plan of San Mateo(866) 880-0606

.....(650) 616-2174

www.hpsm.org

701 Gateway Blvd., Suite 400

South San Francisco, CA 94080

Information on healthcare insurance plans for San Mateo county residents

Impormasyon tungkol sa mga plano ng segurong pangkalusugan sa mga mamamayan ng San Mateo County

Tagalog services available

May serbisyo sa Tagalog

Healthy Families Program(800) 880-5305

www.healthyfamilies.ca.gov

Low-cost insurance for children and teens. Provides health, dental and vision coverage to children who do not have insurance and do not qualify for no-cost Medi-Cal

*Mababang presyo o "low-cost" na seguro para sa mga bata at "teens"
Nagbibigay ng mga serbisyo sa mga batang hindi naka seguro at walang katangiang kailangan para sa libreng "Medi-Cal." Ang mga serbisyo ay para sa kalusugan, dentista, at mata*

Healthy Kids(650) 573-3595

www.smcchi.org

225 37th Avenue
San Mateo, CA 94403

Health coverage for children ineligible for Medi-Cal or the Healthy Families Program

"Health coverage" o serbisyong pangkalusugan para sa mga batang walang katangiang kailan para sa "Medi-Cal" o sa "Healthy Families Program"

Medicare (800-633-4227)

www.medicare.gov(800) MEDICARE

A federal health insurance program for seniors and some disabled persons
Isang programa ng gobyernong Federal ukol sa kaseguruhang pangkalusugan para sa mga matatanda at mga taong baldado

Homeless Services

Emergency Assistance

Catholic Worker House(650) 366-4415

545 Cassia Street
Redwood City, CA 94063

Coastside Catholic Worker

Magdalene House(650) 726-6606

www.coastsideworker.org
160 Kelly Avenue
Half Moon Bay, CA 94019

Elsa Segovia Center(650) 853-7066 x 5

795 Willow Road, Building 323D
Menlo Park, CA 94025

St. Vincent de Paul Society

Homeless Help Desks(650) 343-4403

<http://www.svdpsanmateo.org>

Emergency assistance anywhere in the county

Tulong na pang-emerhensiya saan mang lugar sa San Mateo County

Redwood City Center
2600 Middlefield Road, Redwood City, CA 94063

San Mateo Center
50 North B Street, San Mateo, CA 94401

South San Francisco Center
344 Grand Avenue, South San Francisco, CA 94080

Emergency Shelter

Shelter Bed Hotline(800) 774-3583

Provides current information about available shelter bed space in the Bay Area

Nagbibigay na kasalukuyang inpormasyon tungkol sa "shelter" na mayroong "bed space" o kamang matutulugan sa "Bay Area"

For Adults With Children

Innvision/Clara-Mateo Alliance Shelter ..(650) 853-7066 x217

www.innvision.org

Shelter Network of San Mateo County

First Step for Families

www.shelternetwork.org

Contact the nearest community service agency for referral

Tumawag sa pinakamalapit na "community service provider" para bigyan ng payo

For Adults Without Children

Innvision/Clara-Mateo Alliance Shelter ..(650) 853-7066 x217

www.innvision.org

Contact the nearest community service agency for referral

Tumawag sa pinakamalapit na "community service provider" para bigyan ng payo

Catholic Worker Hospitality House

San Bruno House, San Bruno

Contact the nearest community service agency for referral

Tumawag sa pinakamalapit na "community service provider" para bigyan ng payo

Safe Harbor Shelter

South San Francisco
Contact the nearest community service agency for referral
Tumawag sa pinakamalapit na "community service provider" para bigyan ng payo

Shelter Network of San Mateo County

www.shelternetwork.org
Maple Street Shelter, Redwood City
Contact the nearest community service agency for referral
Tumawag sa pinakamalapit na "community service provider" para bigyan ng payo

For Domestic Violence Victims/Para sa mga Biktima ng Kalupitang Domestiko

CORA (Community Overcoming Relationship Abuse)
.....(800) 300-1080
.....(650)312-8515

www.corasupport.org
PO Box 5090, San Mateo, CA 94402
Emergency shelter and transitional shelter for victims of domestic violence
Pang-emerhensiyang at pansamantalang tirahan sa mga biktima ng kalupitang domestiko
Tagalog services available
May serbisyo sa Tagalog

For Mentally Disabled Adults/Para sa Mga Matatandang may Kapansanang Pangkaisipan

Spring Street Shelter(650) 365-5772
2686 Spring Street
Redwood City, CA 94063

For Runaway or Homeless Teens/Para sa mga Kabataang Takas at Walang Tahanan

Catholic Worker House(650) 366-4415
545 Cassia Street
Redwood City, CA 94063

East Palo Alto Teen Home(650) 324-8487
2265 Oakwood Drive
East Palo Alto, CA 94303

Your House South (YFES)(650) 367-9687

www.yfes.org

394 Sequoia Avenue
Redwood City, CA 94061

Transitional Housing/Pansamantalang Tirahan

For Adults with or without Children/Para sa mga matatanda na may anak o walang anak

Clara-Mateo Alliance Shelter(650) 326-9898

Single Adults(650) 853-7066

www.clara-mateo.org

Shelter Network of San Mateo County

www.shelternetwork.org

Contact nearest neighborhood community service agency for referral

Tumawag sa pinakamalapit na serbisyong pamamayan para matulungan

Family Crossroads Transitional Housing, Daly City

Haven Family House, Menlo Park

Maple Street Shelter, Redwood City

Redwood Family House, Redwood City

For Teens/Para sa mga kabataan

Catholic Worker House (650) 366-4415

545 Cassia Street
Redwood City, CA 94063

YFES-Daybreak (650) 364-4633

www.yfes.org

639 Douglas Avenue, Redwood City, CA 94603

Also offers independent living skills training for youth

Nagtuturo sa mga kabataan na mabuhay ng nagsasarili

For Veterans/Para sa mga Beterano

Homeless Veterans Rehabilitation Program . . .(800) 848-7254

795 Willow Road, Building 347-B, Menlo Park, CA 94025

A residential co-ed program designed to provide homeless veterans with the skills necessary to live self-sufficiently

Isang residensiyal na tirahan para sa mga beteranong walang bahay upang sila ay mabuhay na nagsasarili

Other Services/Iba pang serbisyo

Mateo Lodge, Inc. Mobile Support Team(650) 368-3178

Locates mentally ill homeless people and assists them with referrals for food, lodging, clothing and mediation when a family member is in danger of becoming homeless

Tinutulungan hanapin ang mga taong may sakit ng pangkaisipan para bigyan tulong sa pagkain, tirahan, kasuutan, at mamagitan sa mga miyembro ng pamilya nanganganib maging "homeless"

Housing

Discrimination/Diskriminasyon

Some laws protect people from housing discrimination based on race, ethnicity, religion, national origin or ancestry, sex, marital status, physical handicap, or retaliation. *May mga batas na nagtatanggol sa mga tao laban sa diskriminasyon ng tirahan, lahi, relihiyon, sekto, kapansanang pisikal at paghihiganti*

California State Department of Fair Employment and Housing

.(800) 233-3212

www.dfeh.ca.gov

1515 Clay Street, #701, Oakland, CA 94612

Investigates complaints of housing discrimination

Nagiimbestiga ng mga reklamo tungkol sa diskriminasyon ng pagpapabahay

Midpeninsula Citizens for Fair Housing(650) 327-1718

www.mcfhousing.org

457 Kingsley Avenue, Palo Alto, CA 94301

Investigates charges of housing discrimination in Redwood City and Menlo Park. Provides counseling and refers clients for legal action when appropriate.

Nagiimbestiga sa mga bintang tungkol sa diskriminasyon sa tirahan sa Redwood City at Menlo Park. Nagpapayo at inirepera ang mga kliyente upang bigyan ng legal na tulong kung kailangan

Project Sentinel(650) 321-6291

www.housing.org

430 Sherman Avenue #308

Palo Alto, CA 94306

The Fair Housing Center offers education, counseling, investigation and, when necessary, legal referrals to persons who believe they have experienced housing discrimination

Ang "Fair Housing Center" ay nagpapapayo, nag iimbestiga ng mga sumbong tungkol sa diskriminasyon sa tirahan, at tumutulong na mag repera sa tulong na legal

Tagalog services available

May serbisyo sa Tagalog

San Mateo County Association of Realtors (SAMCAR)

.(650) 696-8200

www.samcar.org/

850 Woodside Way, San Mateo, CA 94401

Equal Opportunity Committee which accepts complaints associated with purchase or rental of property through a realtor who is a member of the board
Ang "Equal Opportunity Committee" ay tumatanggap ng mga bintang tungkol sa bilihan o pag-ra-renta ng bahay/lupa sa isang "realtor" na miyembro na "board" ng mga "realtor"

U.S. Department of Housing and Urban Development (HUD) .

.(415) 489-6400

www.hud.gov

600 Harrison Street, 3rd Floor

San Francisco, CA 94107

Investigates housing discrimination complaints regarding sales or rentals, advertising, financing and brokerage services

Umiimbestiga ng mga bintang sa diskriminasyon sa tirahan. Ang iniimbestiga ay tungkol sa bilihan o rentahan, pang-aanunsyo, pagpi-"finance" at serbisyong "brokerage"

Low-Cost Rehabilitation Services

Community Action Agency of San Mateo County (CAA)

.(650) 595-1342

www.caasm.org

930 Brittan Avenue, San Carlos, CA 94070

Weatherization, home repair and home energy assistance

Tulong para sa "weatherization," pagkumpunang bahay at koryente

North Peninsula Neighborhood Services Center

.(650) 588-8822

<http://www.neighborhoodservices.org>

600 Linden Avenue, South San Francisco, CA

Case management, emergency food and shelter, crisis intervention, and assistance with rent and utility bill payments

"Case management" pangangasiwang kaso, pang-emerhensiya pagkain at tirahan, interbensiyon sa krisis, at tulong para sa renta at pambayad sa tubig at koryente

Rebuilding Together Peninsula(650) 366-6597

www.rebuildingtogetherpeninsula.org

P.O. Box 4031, Menlo Park, CA 94026

Home renovation and repair for low-income, elderly or disabled homeowners.

Serves the county with the exception of the Coastsides.

Pag-aayos at pagkukumpuni ng bahay para sa mga may-aaring matatanda na may kapansanan at mababa ang sahod.

San Mateo County Department of Housing

Housing and Community Development(650) 802-5050

www.smchousing.org

264 Harbor Boulevard

Belmont, CA 94002

Provides low-interest loans to low- and moderate-income property owners to rehabilitate their property. Daly City, Menlo Park, Redwood City, San Mateo and South San Francisco have separate programs for their residents

Nagpapautang ng mababang interes sa may-ari ng bahay at lupa na mababa ang sahod. Ang serbisyo ay para sa county maliban sa Coastside

Permits and Building Inspections/Permiso at pagiinspeksyon ng mga Gusali

San Mateo County Health Department Environmental Health Services-Planning and Building Division(650) 363-4161

www.co.sanmateo.ca.us/planning

455 County Center, Redwood City, CA 94063

Administers building codes and issues permits for work to be done. Answers zoning, parcel, and regulations questions

Nangangasiwa sa pagbigay ng permiso sa pagtatayo ng gusali. Sinasagot ang mga tanong tungkol sa sona, parsela, batas, at regulasyon sa mga gusali

Rental Assistance/Tulong sa mga Nagrerenta

Mental Health Association(650) 368-9989

www.mhasmc.org

2686 Spring Street, Redwood City, CA 94063

Rental Assistance and case management for persons who are HIV positive

Tulong sa renta at "case management" para sa taong "HIV positive"

Unsafe, Unhealthy, Housing Conditions/Mga Mapanganib na Kondisyon ng Nagpapabahay

San Mateo County Health Department Environmental Health Services(650) 363-4305

www.smhealth.org

455 County Center, 4th Floor, Redwood City, CA 94063

Accepts questions and complaints regarding health and safety problems such as: unsanitary conditions; defective wiring; rodents and insects; leaks; unsafe floors and stairways; overcrowding; nuisance noise; or lack of hot water, heat or plumbing

Tumutulong sagutin ang katanungan, reklamo, at sumbong tungkol sa kalusugan at kaligtasan, karumihan, depektong koryente, daga, at iba pang insekto, sahog at hagdanan na mapanganib, pagsisiksikan ng mga tao, kaingayan at kawalan ng mainit na tubig at depektong tubo

Tagalog services available

May serbisyo sa Tagalog

Other Housing Information/Iba pang Inpormasyon sa Tirahan

California Department of Real Estate(510) 622-2552

www.dre.ca.gov

1515 Clay Street #702, Oakland, CA 94612

Answers questions and investigates complaints about real estate fees, advance fee rental agencies, and subdivision/condominium agreements. Licenses agents and brokers

Sinasagot ang katanungan at nagiimbestiga ng reklamo tungkol sa bayad, sa pagbili ng bahay, paunang bayad sa paupahan, kasunduan tungkol sa subdibisyon/kondominyon. Nagbibigay lisensya sa ahente at broker

HIP Housing (Human Investment Project)(650) 348-6660

www.hiphousing.org

364 South Railroad Avenue, San Mateo, CA 94401

Offers programs designed to help seniors, single parents or persons with low incomes to obtain housing or remain in their own homes, including homesharing, self-sufficiency and home equity conversion mortgages (reverse mortgages)

Nagbibigay ng mga programang tumutulong sa mga matatanda, nag-iisang magulang, o mga taong mababa ang kinikita upang sila ay, makakuha ng tirahan o hindi umalis sa kanilang tahanan, kasama ang "home sharing" o makikibahay, matutong tumayo sa sarili at "reverse mortgage"

HIP Housing Property Management(650) 348-6820

www.hiphousing.org

205 E. 3rd Avenue, San Mateo, CA 94401

Manages and acquires subsidized and below-market rate housing

Namamahala at tumutulong para makakuha ng murang tirahan, "subsidized housing"

San Mateo County Department of Housing

Housing Authority(650) 802-3300

www.smchousing.org

264 Harbor Boulevard, Belmont, CA 94002

Housing benefits administered include Section 8 (waiting list closed) and public housing (waiting list open)

Ang housing benefits ay namamahala ng seksyon 8 (sarado ang listahan) at tirahang publiko (bukas ang listahan)

Midpeninsula Housing Management(650) 356-2900

www.midpen-housing.org

303 Vintage Park Drive, #250, Foster City, CA 94404

Manages and develops low-income subsidized housing

Namamahala ng "subsidized housing"

Immigration Services

Immigrant Assistance Line(415) 543-6767

International Institute of San Francisco(650)780-7530

www.iisf.org

2600 Middlefield Road, Redwood City, CA 94063

Provides immigration information and referral, assists clients with family-based immigration issues, and completes paperwork for low income clients

Nagbibigay ng inpormasyon at reperal tungkol sa imigrasyon, mga pamilya na may problema sa imigrasyon, tumutulong sa pagaayos ng dokumento ng mga kliyenteng mababa ang sahod

Tagalog services available

May serbisyo sa Tagalog

U.S. Department of Homeland Security

U.S. Citizenship and Immigration Services . . .(800) 375-5283

www.uscis.org

444 Washington Street, San Francisco, CA 94111

Issues visas, re-entry permits, passports, and related documents

Nagbibigay ng mga visa, permiso upang makapasok na muli sa Estados

Unidos, pasaporte at mga dokumentong kaugnay sa mga ito

Legal and Mediation Services

Court Departments-San Mateo County Superior Court

www.EZLegalFile.org

www.sanmateocourt.org

Electronic services available for filling out legal forms, checking jury duty status, and information on traffic-related issues and court records

Elektroniko serbisyo kung papaano magkompleto ng mga papeles na legal, kalagayan sa Hurado, trapiko, at kasulatang Hukuman

Civil Court(650) 363-4575

400 County Center, Redwood City, CA 94063

For information about lawsuits between individuals and/or corporations, to file documents, or other matters pertaining to civil lawsuits

Nagbibigay inpormasyon tungkol sa litigasyon ng mga tao at korporasyon, pag aayos ng dokumento at iba pang kinalaman sa litagasyon pambayan

Criminal Court

Juvenile Court(650) 312-5395

222 Paul Scannell Drive, San Mateo, CA 94402

For cases involving individuals under 18 years old

Tulong para sa mga kabataan may kaso na wala pang 18 taong gulang

Northern Branch(650) 877-5773
1950 Mission Road, South San Francisco, CA 94080

Southern Branch

Misdemeanors (650) 363-4302
Felonies(650) 599-1170

400 County Center, 4th Floor, Redwood City, Ca 94063
For information about arrests, criminal cases, scheduled for trial, sentencing conditions, court appearances, bail, release from jail, and probation
Nagbibigay inpormasyon tungkol sa pag aaresto, kasong kriminal, nakatakdang paglilitis, hatol, paghanap sa korte, piyansa, pagpapalaya sa kulungan at probasyon

Family Court

Family Court Services(650) 363-4561

Provides mediation and limited evaluation services to parents or other appropriate parties who are in dispute about child custody and/or child visitation and have a court action pending in Family Court. Provides information and referral on child custody and visitation matters, parenting plans, and related issues
Nagbibigay tulong na mamagitan sa mga magulang na may problema sa "child custody visitation" at may kaso sa hukumang pamilya. Nagbibigay inpormasyon at reperal sa pagbibisita, sa pag-aaruga, at "child custody"

400 County Center, 6th Floor, Redwood City, CA 94063

1050 Mission Road, South San Francisco, CA 94080

Family Law Clerk's Office(650) 599-1220

400 County Center, 1st Floor
Redwood City, CA 94063
For filing documents relating to family law
Para sa pag-aayaos ng dokumento na may kinalaman sa batas pampamilya

Family Law Facilitators(650) 363-4590

Information Line(650) 363-4191

Assists those who do not have attorneys in matters such as child support, custody and visitation, paternity, divorce, legal separation and domestic violence
Tumutulong sa mga taong walang abogado na may kinalaman sa suporta sa bata, pag-aaruga at pagdalaw, paternidad, diborsyo, ligal na paghihiwalay at kalupitang domestiko

1050 Mission Road, South San Francisco, CA 94080

400 County Center, 2nd Floor, Redwood City, CA 94063

Guardianship/Conservatorship/Wills/Probate

Northern Branch(650) 877-5705
1050 Mission Road, South San Francisco, CA 94080

Southern Branch(650) 363-4711
400 County Center, 1st Fl, Redwood City, CA 94063

Jury Duty

www.sanmateocourt.org

Information/*inpormasyon*(650) 363-4788

To check status of summons/*Para magsiyasat ng kalagayan ng abiso*
.(650) 599-1700

Juvenile Court(650) 312-5395

222 Paul Scannell Drive (formerly 21 Tower Road)
San Mateo, CA 94402

For cases involving individuals under 18 years old
Para sa mga kasong may kinalaman sa mga taong wala pang 18 taong gulang

Small Claims

www.sanmateocourt.org

For lawsuits filed by an individual involving money less than \$7500 or filed by
companies involving money less than \$5000

*Para sa mga taong naghahabla na ang halaga ng kaso ay \$7500 at kumpanya
na ang halaga ay \$5000*

Central Branch(650) 573-2605
800 North Humboldt Street, San Mateo, CA 94401

Northern Branch(650) 877-5775
1050 Mission Road, South San Francisco, CA 94080

Southern Branch(650) 363-4303
602 Middlefield Road, Redwood City, CA 94063

Small Claims Advisory Workshop

800 N. Humboldt Street
San Mateo, CA 94401

Workshop and consultations held Tuesday 5:00-7:00 PM. Sign up Tuesday at
4:00 PM for a free consultation with an attorney

*Workshop at konsultasyon Martes 5:00-7:00 PM. Libreng konsulta sa araw ng
Martes 4:00 PM*

Traffic Court

Central Branch(650) 573-2622
Juvenile(650) 312-5383
Northern Branch(650) 877-5333
Southern Branch(650) 363-4300
Parking tickets are not processed through the court. Contact the Office of
Parking Violations at (800) 352-7567 for more information regarding a parking
ticket
*Ang tiket sa parking ay hindi dinidinig sa korte. Tumawag sa opisina ng
Parking Violations (800) 362-7567*

Law-Related Services

San Mateo County Law Library(650) 363-4160
www.smcll.org
710 Hamilton Street
Redwood City, CA 94063

San Mateo County Probation Department Pre-Trial Services .
.....(650) 363-4181
Interviews defendants in custody to determine if they are eligible to be released
from jail without bail pending their court hearing
*Kapanayamin ang mga nasasakdal kung sila ay mapalaya sa bilanguan na
walang piyansa habang nag hihintay ng paglilitis sa korte*

Victim Center, Redwood City(650) 599-7479
400 County Center, 3rd Floor, Redwood City, CA 94603
Provides general emergency and ongoing assistance for victims of crime
Nagbibigay ng emerhensiyang tulong sa mga biktima ng krimen

Victim Center, South San Francisco(650) 839-1734
.....(650) 599-7479
1024 Old Mission Road, South San Francisco, CA 94080
Provides general emergency and ongoing assistance for victims of crime
Nagbibigay ng emerhensiyang tulong sa mga biktima ng krimen

Victim/Witness Program(800) 648-0600
Consultation on how victims of violence can apply for restitution from the state
of California
*Konsultasyon kung paano ang mga biktima ng pandarahas o kalupitan ay mak-
abayad pinsala mula sa estado ng California*

Legal Assistance

Bay Area Legal Aid(800) 551-5554
.....(650) 358-0745

www.baylegal.org

2287 S. El Camino Real, San Mateo, CA 94403

Provides free legal representation to low-income domestic violence survivors in divorce, child custody, restraining order, housing and immigration matters

Nagbibigay ng libreng legal na representasyon sa mga taong nakaligtas sa kalupitang domestiko, diborsyo, "child custody," at orden ng pansamantalang pagpipigil, pabahay at imigrasyon

Tagalog services available

May serbisyo sa Tagalog

Bay Area Legal Aid Domestic Violence Restraining Order Clinic(650) 701-0850

www.baylegal.org

707 Bradford Street, Redwood City, CA 94063

Provides free assistance to self-represented litigants requesting restraining orders

Nagbibigay ng libreng pagtutulong sa mga litigante sa kasong pansamantalang orden ng pagpipigil

Bay Area Legal Aid Legal Advice Line(650) 472-2666

www.baylegal.org

707 Bradford Street, Redwood City, CA 94063

Provides free telephone legal advice and counsel to low-income individuals in the priority areas of housing, family law, domestic violence, public benefits and health access

Nagbibigay ng libg्रेng ligal sa telepono sa mga taong mababa ang sahod sa pabahay, batas na pamilya, kalupitang domestiko, at kung paaong makakuha ng benepisyo publiko at libreng pagpapagamot

Tagalog services available

May serbisyo sa Tagalog

Community Legal Services in East Palo Alto . .(650) 326-6440

www.clsepa.org

2117B University Avenue, East Palo Alto, CA 94303

Offers legal assistance on issues such as tenants' rights, immigrants' rights, personal injury, real estate, and the juvenile justice system

Nagbibigay ng tulong sa mga bagay tungkol sa pangungupahan, imigrasyon, kapinsalaan, pabahay, at hustisyang kabataan

CORA (Community Overcoming Relationship Abuse)

.(650) 259-1855

www.corasupport.org

PO Box 5090

San Mateo, CA 94402

Legal hotline and legal services for victims of domestic violence

Ligal na "hotline" at serbiyong ligal para sa mga biktima ng kalupitang domestiko

Tuesday & Thursday 9:00AM-12:00PM, 1:00PM-4:00PM

Tagalog services available

May serbisyo sa Tagalog

Community United Against Violence (CUAV) . .(415) 777-5500

.(415) 333-HELP

.(415) 777-5565

www.cuav.org

160 14th Street

San Francisco, CA 94103

Legal advocacy

Ligal na tagapagtaguyod laban sa kalupitan

Tagalog services available

May serbisyo sa Tagalog

Legal Aid Society of San Mateo County(800) 381-8838

www.legalaidsmc.org

521 E. 5th Avenue

San Mateo, CA 94402

Provides free legal services to people with civil law problems such as welfare rights, managed health care, disabled access, evictions, debt problems, and family law assistance

Nagbibigay ng libreng legal na tulong sa mga taong may problemang sibil kagaya ng welfare, pagpagamot, ebiksyon, problema sa utang, at tulong sa pamilya

Tagalog services available

May serbisyo sa Tagalog

San Mateo County Bar Association Lawyer Referral Service .

.(650) 369-4149

www.smcba.org

333 Bradford Street

Redwood City, CA 94063

Arranges half-hour conference with private attorneys in a particular field of law for a nominal fee. Arrangements for additional services, if needed, are made directly with the attorney

Nagbibigay ng kalahateng oras na kumperensya sa pribadong abogado na mura ang bayad. Kung kailangan ng dagdag na serbisyo, tawagin ang abogado

San Mateo County Bar Association Private Defender

Program(650) 298-4000

www.smcba.org

333 Bradford Street

Redwood City, CA 94063

Provides legal representation within the court system to people who have been charged with a crime and cannot afford an attorney. Eligibility is determined by the court. While most fees are fixed for a particular activity, trial and evidentiary hearing fees are paid hourly

Nagbibigay ng ligal na representasyon sa korte para sa mga taong isinakdal ng krimen na hindi kaya mag abogado. Ang pagpili ayun sa korte

Tagalog services available

May serbisyo sa Tagalog

Stanford Community Law Clinic(650) 475-0560

www.law.stanford.edu/clinics/sclc

2117-A University Avenue

East Palo Alto, CA 94303

Represents low-income clients in a variety of areas of civil law, including housing matters and eviction defense, workers' rights and record expungement

Nagrepresenta sa mga taong mababa ang sahod sa lahat na batas sibil pagpapabahay, ebiksyon, pag bura ng kaso kung patunayan na walang sala

Youth and Family Enrichment Services (YFES) Family Law

Service(650) 366-8401

www.yfes.org

609 Price Avenue #201

Redwood City, CA 94063

Provides information on family law and domestic violence issues. Arranges private sessions with family law attorneys

Nagbibigay inpormasyon tungkol sa batas ng pamilya at mga isyong kalupitang domestiko. Nagsasaayos ng pribadong pulong sa abogadong pampamilya

Mediation Services

Multi-Option Appropriate Dispute Resolution Project (MAP) .

.....(650) 599-1070

www.sanmateocourt.org/adr

As an alternative to traditional court litigation, provides appropriate dispute resolution (ADR) options (arbitration, mediation and neutral evaluation) to assist parties in resolving disputes

Sa halip na tradisyonal na Hukuman ng Palilitis, maari ding lutasin ang kaso sa pamamagitan ng ADR arbitrasyon, ebalwasyong nyutral para lutasin ang pagtat-alo

Family ADR Law(650) 599-1238

General Civil ADR(650) 363-1962

Judicial Arbitration(650) 363-4896

Juvenile Mediation Program(650) 312-5269
Small Claims Mediation(650) 573-3907

Peninsula Conflict Resolution Center(650) 513-0330

www.pcrweb.org

1660 S. Amphlett Blvd #219

San Mateo, CA 94402

Mediation services for neighbor/neighbor, landlord/tenant, consumer, real estate, and a variety of other issues. Conflict resolution training for preschool through high school students. Also provides facilitation services for complex issues and community groups, schools, and families

Namamagitan sa hidwaan ng magkakapitbahay, nagrerenta, kasero, at may ari ng lupa at iba pang isyu. Nagbibigay ng trening kung paano lutasin ang problema mula preschool hanggang high school

Police Departments

Atherton Police Department(650) 323-6123
.....(650) 323-8471

83 Ashfield Road

Atherton, CA 94025

BART Police(510) 464-7000
.....(510) 464-7051

800 Madison Ave

Oakland, CA 94607

Belmont Police Department(650) 593-2121
.....(650) 595-7400

1215 Ralston Avenue

Belmont, CA 94002

Brisbane Police Department(415) 467-1122
.....(415) 508-2170

50 Park Lane

Brisbane, CA 94005

Broadmoor Police Department(650) 755-3838
.....(650) 755-3840

388 88th Street

Broadmoor, CA 94015

Burlingame Police Department(650) 692-0310
.....(650) 692-8840

1111 Trousdale Drive

Burlingame, CA 94010

Colma Police Department(650) 997-8321

1199 El Camino Real
Colma, CA 94014

Daly City Police Department(650) 992-1225

.....(650) 991-8119
333 90th Street
Daly City, CA 94015

East Palo Alto Police Department(650) 321-1112

.....(650) 853-3160
2415 University Ave
East Palo Alto, CA 94303

Foster City Police Department(650) 286-3300

1030 E. Hillsdale Blvd
Foster City, CA 94404

Half Moon Bay Police Department(650) 726-8286

537 Kelly Avenue
Half Moon Bay, CA 94019

Highway Patrol(650) 369-6261

355 Convention Way
Redwood City, CA 94063

Hillsborough Police Department(650) 375-7470

1600 Floribunda Avenue
Hillsborough, CA 94010

Menlo Park Police Department(650) 330-6300

701 Laurel Street
Menlo Park, CA 94025

Millbrae Police Department(650) 697-1212

.....(650) 258-2344
581 Magnolia Avenue
Millbrae, CA 94030

Pacifica Police Department(650) 738-7314

www.cityofpacifica.org/depts/police/
2075 Coast Highway
Pacifica, CA 94044-3038

- Palo Alto Police Department**(650) 321-4433
275 Forest Avenue(650) 329-2413
Palo Alto, CA 94301
- Portola Valley Police Department**(650) 364-1811
765 Portola Road
Portola Valley, CA 94028-7205
- Redwood City Police Department**(650) 780-7100
www.redwoodcity.org/police/
1301 Maple Street
Redwood City, CA 94063-2766
- San Bruno Police Department**(650) 616-7100
oldweb.sanbruno.ca.gov/Police/
1177 Huntington Avenue
San Bruno, CA 94066
- San Carlos Police Department**(650) 592-2222
.....(650) 802-4321
600 Elm Street
San Carlos, CA 94070
- San Mateo Police Department**(650) 522-7710
www.ci.sanmateo.ca.us/dept/police/(650) 522-7700
2000 South Delaware Street
San Mateo, CA 94403
- Sheriff's Office, San Mateo County**(650) 363-4000
www.smcsheriff.com
400 County Center
Redwood City, CA 94063
- South San Francisco Police Department**(650) 877-8900
www.ci.ssf.ca.us/depts/police/
33 Arroyo Drive, Suite C
South San Francisco, CA 94080
- San Francisco Airport Police**(650) 876-2323
P.O. Box 8097(650) 876-2424
San Francisco, CA 94128
- Woodside Police Department**(650) 364-1811
2955 Woodside Road, CA
Woodside, CA 94062-2443

Probation and Jails

San Mateo County Probation Department

Adult Probation(650) 363-4244

400 County Center
San Mateo, CA 94063

Juvenile Services(650) 312-8816

222 Paul Scannell Road
San Mateo, CA 94402

Sheriff's Office(650) 363-4911

www.smcsheriff.com
400 County Center
Redwood City, CA 94063

Maguire Correctional Facility(650) 363-4311

Women's Jail(650) 363-4310

San Mateo County District Attorney

District Attorney/Public Administrator(650) 363-4636

www.co.sanmateo.ca.us
400 County Center
Redwood City, CA 94063

Responsible for criminal prosecution. Administers the estates of people who die without a will

Nananagot sa paguusig ng kriminal. Mangangasiwa sa mga ari-arian ng mga taong namatay na walang testamento

Consumer and Environmental Protection Unit (650) 363-4651

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

Tagapagpatupad ng batas laban sa maling pagaanunsyo, madayang paglalaban at pandaraya sa pamimili. Nagtatanggol sa mga batas na nagprotektang kapaligiran

LGBTQQ Services

Community United Against Violence (CUAV) . . .(415) 777-5500

www.cuav.org(415) 333-HELP

(415) 777-5565

160 14th Street
San Francisco, CA 94103

Legal advocacy, free counseling, 24-hour support line, emergency assistance to domestic violence and sexual assault victims, education and prevention

Legal na tagapagtaguyod, libreng pagpapayo, 24-oras na payong suporta, emerhensyang tulong sa mga biktima ng kalupitang domestiko at karahasang sekswal, edukasyon at paghadlang

Tagalog services available

May serbisyo sa Tagalog

Network for Battered Lesbian and Bisexual Women

.(415) 281-0276

www.networklared.org

3543 18th Street, Suite 28
San Francisco, CA 94110

Support groups for lesbian and bisexual women

Suporta panggrupo sa mga lesbiana at bisekswal

Outlet(650) 965-2020 X 22

www.projectoutlet.org

711 Church Street
Mountain View, CA 94041

Counseling, advocacy, and referral services for LGBTQQ youth

Pagpapayo at reperal para serbisyo sa mga kabataang LBGTQQ

Pacific Center(510) 548-8283

www.pacificcenter.org

2712 Telegraph Avenue
Berkeley, CA 94705

Group and individual counseling, narcotics anonymous, HIV and AIDS group, social groups

Panggrupo at pangisahang pagpapayo sa mga biktima ng narkotiko na hindi nais na lumantad, grupo ng HIV at AIDS, at iba pang panlipunang grupo

Project EDEN(510) 247-8200

Counseling and referral services for LGBTQQ youth

Pagpapayo at reperal para serbisyo sa mga kabataang LBGTQQ

Rainbow Community Center(925) 692-0090

www.rainbowcc.org

3024 Willow Pass Road, Suite 200

Concord, CA 94519

Community service center serving Contra Costa's lesbian/gay/bisexual/trans-gendered communities

Serbisyong komunidad na naglilingkod sa mga taong lesbiana, homosekswal, bisekswal, transgender sa Contra Costa County

San Francisco LGBT Center(415) 865-5555

Legal referrals, Temporary Restraining Order assistance

Legal na reperal, tulong sa pansamantalang orden ng pagpipigil

Sexual Minority Alliance of Alameda County (SMAAC) Youth Center(510) 548-8283

Support groups for LGBTQ youth

Legal na suportang panggrupo sa kabataang LGBTQ

Library Services

San Mateo County public libraries, city public libraries, and community college libraries are all part of the Peninsula Library System; one library card could be used at all locations. In addition to book loans, libraries provide Internet access, ebooks, DVD, CD, and CD-ROM loans, magazines, children's story hours, reference services, and more. Call for information about library services for the blind and physically disabled. To learn about the libraries listed below, go to www.plsinfo.org

Ang Libreria ng San Mateo-Ang "library card" ay maaring gamitin sa lahat ng sanga ng libreria. May "internet access," manghiram ng DVD, CD, at CD-ROM, mga magasin, reperensya, at may oras ng pambatang kwento at iba pa. Tawagan ang libreria sa serbisyo sa bulag at may pinsalang pisikal

County Libraries

San Mateo County Library Administration(650) 312-5258

www.smcl.org/

125 Lessingia Ct., San Mateo, CA 94402

Provides administrative services for the twelve county libraries and the bookmobile.

Nagbibigay ng administratibong serbisyo sa 12 county libraries at ang "bookmobile"

Atherton Library(650) 328-2422

2 Dinkelpiel Station Lane, Atherton, CA 94027

Belmont Library(650) 591-8286

1110 Alameda de las Pulgas, Belmont, CA 94002

Bookmobile Library (Half Moon Bay)(650) 726-2316

Half Moon Bay, CA 94019

Brisbane Library (415) 467-2060

250 Visitacion Ave, Brisbane, CA 94005

East Palo Alto Library(650) 321-7712

2415 University Ave, East Palo Alto, CA 94303

Foster City Library(650) 574-4842

1000 E. Hillsdale Blvd, Foster City, CA 94404

Half Moon Bay Library(650) 726-2316

620 Correas Street, Half Moon Bay 94019

Millbrae Library(650) 697-7607

1 Library Ave, Millbrae, CA 94030

Pacifica Library, Sanchez Branch(650) 359-3397

111 Terra Nova Blvd, Pacifica, CA 94044

Pacifica Library, Sharp Park Branch(650) 355-5196

104 Hilton Way, Pacifica, CA 94044

Portola Valley Library(650) 851-0560

www.smcl.org/libraries/pvl/

4575 Alpine Road, Portola Valley, CA 94028

San Carlos Library(650) 591-0341

www.smcl.org/libraries/scl/

610 Elm Street, San Carlos, CA 94070

Woodside Library(650) 851-0147

www.smcl.org/libraries/wds/

3140 Woodside Road, Woodside, CA 94062

City Libraries

Burlingame Main Library(650) 558-7400

480 Primrose Road, Burlingame, CA 94010

Burlingame Library, Easton Branch(650) 340-6180

1800 Easton Drive, Burlingame, CA 94010

Daly City Library, Serramonte Branch(650) 991-8023
40 Wembley Drive, Daly City, CA 94015

Daly City Library, Bayshore Branch(650) 991-8074
460 Martin Street, Daly City, CA 94014

Daly City Library, John D. Daly Branch(650) 991-8073
6655 Mission Street, Daly City, CA 94014

Daly City Library, Westlake Branch(650) 991-8071
275 Southgate Ave, Daly City, CA 94015

Menlo Park Library, Main Branch(650) 330-2500
800 Alma Street, Menlo Park, CA 94025

Menlo Park Library, Belle Haven Branch(650) 330-2540
413 Ivy Drive, Menlo Park, CA 94025

Redwood City Library, Main Branch(650) 780-7020
www.redwoodcity.org/library
1044 Middlefield Road, Redwood City, CA 94063

Redwood City Library, Fair Oaks Branch(650) 780-7261
2510 Middlefield Road, Redwood City, CA 94063

Redwood City Library(650) 780-7026
Redwood Shores Virtual Branch
797 Redwood Shores Parkway, Redwood City, CA 94065

Redwood City Library, Schaberg Branch(650) 780-7010
2140 Euclid Ave, Redwood City, CA 94061

San Bruno Library(650) 616-7078
http://sanbruno.ca.gob/city_services/library
701 Angus Avenue West, San Bruno, CA 94066

San Mateo Library, Main Branch(650) 522-7802
www.cityofsanmateo.org/dept/library
55 West 3rd Avenue, San Mateo, CA 94402

San Mateo Library, Hillsdale Branch(650) 522-7882
205 W. Hillsdale Ave, San Mateo, CA 94403

San Mateo Library, Marina Branch(650) 522-7892
1530 Susan Court, San Mateo, CA 94404

South San Francisco Library, Main Branch . . .(650) 829-3860

www.ci.ssf.ca.us/depts/library

840 West Orange Avenue, South San Francisco, CA 94080

South San Francisco Library(650) 877-8540

Community Learning Center Branch

520 Tamarack Lane, South San Francisco, CA 94080

South San Francisco Library

Grand Avenue Branch(650) 877-8530

306 Walnut Avenue, South San Francisco, CA 94080

Community College District Libraries

Cañada College Library(650) 306-3267

4200 Farm Hill Blvd, Redwood City, CA 94061

College of San Mateo Library(650) 574-6100

1700 W. Hillsdale Blvd, San Mateo, CA 94402

Skyline College Library(650) 738-4311

3300 College Drive, San Bruno, CA 94066

Media

Asian American Times(650) 992-3704

Asian Week(415) 397-0220

news.asianweek.com

809 Sacramento St., San Francisco, CA 94108

Arkipelago Philippine Books(415) 777-0108

www.arkipelagobooks.com/home.html

1010 Mission Street, Suite B., San Francisco, CA

Philippine bookstore with Philippine arts and crafts

Pilipinong tindahan ng libro at sining ng arte at kagalingan

Center for Asian American Media(415) 863-0814

www.asianamericanmedia.org

145 9th Street, Ste 350, San Francisco, CA 94103

Filipinas Magazine(650) 985-2530

www.filipinasmag.com

1580 Bryant St., Daly City, CA 94014

Filipino Channel (ABS-CBN International)(800) FIL-CHNL

www.abs-cbni.com

150 Shoreline Drive, Redwood City, CA 94065-1400

Filipino Guardian(415) 681-6475

1994 35th Avenue, San Francisco, CA 94116

Manila Bulletin(650) 876-0410

www.mb.com.ph

362 E. Grand Avenue, South San Francisco, CA 94080

Manila Mail650-992-5474

manilamaildc.net

12 Avalon Drive, Daly City, CA 94015

Media Center(650) 522-7870

www.plsinfo.org/library

1530 Susan Court, San Mateo, CA 94403

Philippine News(650) 872-3000

www.philippinenews.com/

235 Grand Avenue, 2nd Floor, South San Francisco, CA 94080

Pinoy Pa Rin Kami(650) 290-0542

www.pinoyparinkami.com

1799 Bayshore Boulevard, International Trade Building, Suite 237

Burlingame, CA 94010

Pinoy Today(650) 827-9188

www.pinoytodayus.com

881 Sneath Lane #100, San Bruno, CA

Mental Health/Counseling Services

Anger Management and Domestic Abuse Therapy Center . . .

.(650) 375-0449

430 Peninsula Avenue, #7, San Mateo, CA 94401

Offers court-ordered and self-referred counseling programs including domestic violence counseling, abuse education

Nagbibigay payo sa mga taong inorden ng korte na maghingi ng tulong at payo sa kalupitang domestiko, at edukasyon sa abuso

Caminar(650) 578-8691

www.caminarinc.org

1720 South Amphlett Boulevard, #123, San Mateo, CA 94402

Community-based psychosocial rehabilitation service for persons with serious and persistent psychiatric disabilities

Isang nakabasi na pamamayang psychososyal na rehabilitasyon sa mga taong may malubha at paulit-ulit na kapansanang pangkaisipan

Catholic Charities CYO(650) 295-2160

www.cccyo.org

36 37th Avenue, San Mateo, CA 94403

Offers individual, teen, group, family and marital counseling and education to all persons, regardless of religion.

Nagbibigay ng tulong pang isahan, kabataan, panggrupo, payong pamilya, payo sa mag asawa, sa lahat ng tao kahit anong relihiyon.

CORA (Community Overcoming Relationship Abuse)

.....(800) 300-1080

www.corasupport.org(650) 312-8515

PO Box 5090

San Mateo, CA 94402

24-hour hotline in English, Tagalog, and Spanish. Emergency shelter, transitional shelter, legal hotline, and counseling services for victims of domestic violence.

24-na oras na hotline sa English, Tagalog, at Espanol. Panandaliang tirahan, pansamantalang tirahanan, ligal na hotline, at payo sa mga biktima ng kalupitang domestiko.

Tagalog services available

May serbisyo sa Tagalog

El Centro de Libertad- Redwood City(650) 599-9955

www.elcentodelibertad.org

2944 Broadway and 1230-A Hopkins Ave

Redwood City

Outpatient bilingual and bicultural outpatient drug program with group and individual counseling

Serbisyo sa labas ng ospital, bilingwal, bikultural, na programa pang isahan or panggrupohan na payo.

El Centro de Libertad-Half Moon Bay(650) 560-9995

www.elcentodelibertad.org

225 Cabrillo, Suite 200C

Half Moon Bay, CA

Outpatient bilingual and bicultural outpatient drug program with group and individual counseling

Serbisyo sa labas ng ospital, bilingwal, bikultural, na programa pang isahan or panggrupohan na payo.

Family and Children Services(650) 326-6576

www.fcservices.org

375 Cambridge Avenue

Palo Alto, CA 94306

Offers a variety of counseling, education and prevention programs and services that support the emotional well-being of communities

Nagbibigay ng ibat-ibang uri ng pagpapayo edukasyon, pagsugpo at mga serbisyo para sa kagalingan emosyonal ng komunidad.

Family Service Agency(650) 403-4300

www.familyservicesagency.org

24 2nd Avenue

San Mateo, CA 94401

Counseling, support groups on anger management, parenting, child abuse, domestic abuse and other groups as needed

Pagpapayo, suportang panggrupo, para mapaglabanan at masugpo ang matinding galit, pangangalaga sa anak, kalupitang sa kabataan, at kalupitang domestiko

Fred Finch Youth Center

Bridges of San Mateo(650) 286-2090

www.fredfinch.org

126 W. 25th Ave

San Mateo, CA 94403

Provides short term In-Home Crisis Stabilization services and Therapeutic Behavioral Services (TBS) to at-risk youth ages.

Nagbibigay ng maikling "In-home crisis stabilization services" at "Therapeutic Behavioral Services (TBS)" sa mga kabataan.

Golden Gate Regional Center (GGRC)(650) 574-9232

.....(TTY)(650) 688-6380

www.ggrc.org

3130 La Selva #202

San Mateo, CA 94403

Provides diagnosis, counseling, and assistance in arranging and paying for needed services for persons of all ages diagnosed as developmentally disabled

Nagbibigay ng diagnostiko, pagpapayo, at tulong sa pagbayad na mga serbisyo-ong kinakailangan sa mga taong may kapansanan sa paglaki

Tagalog services available

May serbisyo sa Tagalog

Jewish Family and Children's Services

www.jfcs.org

Provides adult, child, marriage and family counseling, and services for the elderly and disabled. Parents' Place offers parent education, counseling, and support groups.

Nagbibigay ng payo sa matatanda, bata, mag-asawa, pamilya, at mga serbisyo sa mga matatandang may kapansanan. Ang Parents' Place ay nagbibigay ng edukasyon, pagpapayo, at suportang pang grupo sa mga magulang.

200 Channing Avenue
Palo Alto, CA 94301

General(650) 688-3030
Parents' Place (650) 688-3040
Senior Services (650) 688-3000

2001 Winward Way at Mariner's Island Blvd.
San Mateo, CA 94404

General(650) 931-1800
Parents' Place(650) 931-1840
Senior Services (650) 931-1860

Kara(650) 321-5272

www.kara-grief.org

457 Kingsley Avenue
Palo Alto, CA 94301

Grief counseling for children and adults

Pagpapayo sa mga kabataan at matatanda na namatayan at nagdadalamhati

Kitty Petty ADD/LD Institute(650) 855-9925

www.kpinst.org

800 San Antonio Road, #8
Palo Alto, CA 94303

Provides support groups and information and referral for those with Attention Deficit Disorder (ADD) or other learning differences

Panggrupong suporta, inpormasyon at reperal para sa mga taong may Attention Deficit Disorder (ADD) at iba pang diperensya sa kaalaman

Legacy Foundation Children's Place Program .(650) 216-7811

www.thechildrensplaceprogram.org

1155 Broadway, #129
Redwood City, CA 94063

Provides alcohol/drug prevention educating and therapeutic support services to children, parents and grandparents whose lives are affected by addiction

Nagbibigay payo, edukasyon sa pagsugpo at paglabanan ng alkohol, droga, terapyutikong suporta sa kabataan, mga magulang, mga nuno na naapektohan ng pagkasugapa sa droga o substansya

Mental Health Association(650) 368-9989

www.mhasmc.org

2686 Spring Street, Redwood City, CA 94063

Rental assistance, housing, food, social programs, and case management for persons with mental illnesses and/or people who are HIV positive

Nagbibigay tulong sa rentahan, tirahan, pagkain, programang sosyal, pangasiwaan ang kaso ng mga taong may sakit ng pangkaisipan at may HIV positibo

Mental Research Institute(650) 321-3055

www.mri.org

555 Middlefield Road, Palo Alto, CA 94301

Offers a variety of mental health services for individuals, couples and families, including clinic services for Spanish-speaking clients

Nagbibigay ng ibat-ibang serbisyo sa kalusugang pangkaisipan, payong isahan, payo sa mag-asawa, pamilya, kasama na ang serbisyo sa kilinika sa mga taong nagsasalita ng Espanol

Mills-Peninsula Health Services

Behavioral Health Services(650) 696-5909

www.mphs.org

1801 Trousdale Avenue

Burlingame, CA 94010

Assessment for hospital-based programs

Pagtatasa para sa mga programa basi sa ospital

National Alliance for the Mentally Ill (NAMI) . . .(650) 638-0800

www.namisanmateo.org

1650 Borel Place, #130, San Mateo, CA 94402

Support, education, and advocacy for mental health clients and their families

Suporta, edukasyon, tagapagtaguyod ng kalusugang pangkaisipan sa mga kliyente at ang kanilang pamilya

North Peninsula Family Alternatives(650) 877-8642

www.onyourmind.net/refpages/counseling/ref_ymcanopenfamalt.htm

1486 Huntington Avenue, South San Francisco, CA 94080

Individual, group, and family counseling

Pang-isahan, panggrupuhan, at pagpapayo sa pamilya.

Pacifica Youth Service Bureau(650) 355-3900

435 Edgemar Avenue

Pacifica, CA 94044

Peninsula Family YMCA(650) 286-9622

www.ymcasf.org/Peninsula/

1877 Grant Street

San Mateo, CA 94402

Fitness facilities, outreach counseling programs

Pacilidad para sa kalusugang pisikal at programa ng pagpapayo

Project FOCYS(650) 349-7969

1670 S. Amphlett Blvd #216
San Mateo, CA 94402
Individual, group, and family counseling
Pang-isahan, panggrupuhan, at pagpapayo sa pamilya

Pyramid Alternatives(650) 355-8787

480 Manor Plaza
Pacifica, CA 94044
Services addressing mental health and substance abuse issues
Kalusugang pangkaisipan at pagsugpo ng pagaabuso ng substansya
Tagalog services available
May serbisyo sa Tagalog

San Mateo County Health Department

www.smhealth.org

Behavioral Health and Recovery Services

1950 Alameda de las Pulgas
San Mateo, CA 94403

- La Esperanza Vive**(650) 573-2257
- OASIS (Older Adult System of Integrated Services)**(650) 573-2615
- Senior Peer Counseling**(650) 573-2716
- Psychiatric Emergency Services**(650) 573-2662
- Youth Case Management Services**(650) 573-3504

San Mateo County Health Department

Mental Health Access Team (800) 686-0101

www.smhealth.org
Provides information, assessment, consultation, and referral, Monday-Friday,
8:00AM-5:00PM
*Nagbibigay inpormasyon, ebalwasyon, konsoltasyon at reperal, Lunes-Biyernes,
8:00AM-5:00PM.*

Veterans Affairs Palo Alto Health Care System Mental Health

Clinic(650) 617-2772

www.palo-alto.med.va.gov
795 Willow Road, Menlo Park, CA 94025
Mental health/counseling services, substance abuse services
Kalusugan pangkaisipan, pagpapayo, at pagsugpo ng abuso sa substansya
Tagalog services available
May serbisyo sa Tagalog

**Veterans Affairs San Francisco Health Care System
San Bruno Outpatient Clinic (650) 617-2772**

www.sf.med.va.gov
1001 Sneath Lane #300, San Bruno, CA 94066
Tagalog services available
May serbisyo sa Tagalog

YMCA of San Francisco

www.ymcasf.org/peninsula/community.html

North Peninsula Family Alternatives (NPFA) . . (650) 877-8642

1486 Huntington Ave, South San Francisco, CA 94080
Provides individual and family counseling in an effort to divert juveniles from criminal activity
Nagbibigay ng pang-isahan at pamilyang pagpapayo upang ilihis ang mga kabataan sa krimen

Pacifica Youth Service Bureau(650) 355-3900

435 Edgemar Ave
Pacifica, CA 94044
Counseling for at-risk teens, youth, and families
Pagpapayo para sa mga nanganganib na kabataan at ang kanilang pamilya

Youth Service Bureau(650) 349-7969

1670 S. Amphlett Blvd #115, San Mateo, CA 94402
Counseling for children ages 5-18; family and group counseling
Pagpapayo sa mga kabataan 5-18, gayun din ang kanilang pamilya at panggrupohang payo

Youth and Family Enrichment Services(YFES)-Archway

.(650) 573-3950

www.yfes.org
609 Price Avenue, #201, Redwood City, CA 94603
Provides court mandated and self-referred counseling and educational services to adults convicted of domestic violence, first-time drunk driving, and drug offenses
Nagbibigay payo sa mga taong inutusan ng Hukuman na humingi ng tulong at payo dahil na kombikta sa kalupitang domestiko, pagmamaneho ng lasing (unang sala) at kasalanan sa pagdudroga

Youth and Family Enrichment Services (YFES), Counseling Services(650) 579-0350

www.crisiscenter.cc
610 Elm Street, #212, San Carlos, CA 94070
Provides crisis counseling, outreach and community education
Nagbibigay ng payo "crisis counseling," pangmalawakang tulong at edukasyong pangkomunidad

Youth and Family Enrichment Services (YFES)-Crisis

Intervention and Suicide Prevention Center . . .(650) 368-6655
.(650)579-0350
(national hopeline network)(800) 784-2433
(national suicide prevention helpline)(800) 273-TALK

www.crisiscenter.cc
610 Elm Street, # 212
San Carlos, CA 94070

Telephone counseling for people who are feeling depressed or suicidal
Payong telepono sa mga taong matindi ang pananamlay at maaring magka-
matay

Youth and Family Enrichment Services(YFES) , Healthy

Homes(650) 579-0361 x 45

www.yfes.org
611 Elm Street, #212, San Carlos, CA 94071

Free in-home family therapy and case management for children ages 0-5 who
have experienced domestic violence
Libreng therapy sa bahay at sa mga pamilya at anak 0-5 gulang na nakaranas
ng kalupitang domestiko

Youth and Family Enrichment Services (YFES), Youth

Diversion Services(650) 755-0890

www.yfes.org
612 Elm Street, #212, San Carlos, CA 94072

Offers counseling as an alternative to the juvenile justice system for first time
offenders who are referred by local law enforcement agencies
Nagbibigay payo sa mga kabataang nagkasala (unang paglabag) na sa halip na
mabilanggo sa Hukuman ng Kabataan ay bigyan lamang ng pagpapayo

Municipal Governments of
Northern San Mateo County

Brisbane City Hall(415) 508-2100

50 Park Place
Brisbane, CA 94005

Colma Town Hall(650) 997-8300

1198 El Camino Real
Colma CA 94014

Daly City City Hall(650) 991-8000

333 90th Street
Daly City, CA 94015

Pacifica City Hall(650) 738-7300

170 Santa Maria Ave
Pacifica, CA 94044

San Bruno City Hall(650) 616-7055

567 El Camino Real
San Bruno, CA 94066

South San Francisco City Hall (650) 877-8500

400 Grand Avenue
South San Francisco, CA 94080

Recreation

County and State Parks and Beaches

www.smcoparks.org

www.parks.ca.gov

Provides facilities and activities ranging from picnic and playground areas to hiking trails, nature and campfire programs, campgrounds and more.

For general information on county parks and beaches, call (650) 363-4020.

To inquire about special events or to reserve group picnic facilities or youth group camping, call (650) 363-4021. For information on state parks and beaches, call (800) 777-0369

Mga pasilidad at gawain kagaya ng pag-piknik, palaruan, "hiking trails," kalikasan, pagkakamping, at iba pa. Para makakuha na inpormasyon sa mga pangyayari o mag reserba ng pacilidad pang piknik, tawagan (650) 363-4020. Inpormasyon para sa parke at tabing dagat, tawagan (800) 777-0369

Senior Services

Aging and Adult Services(800) 675-TIES

www.smhealth.org/aas

225 37th Avenue, San Mateo, CA 94403

Provides phone counseling on issues of concern to persons with disabilities, the frail elderly, dependent adults, and their families. Answers questions about the wide variety of services available throught the county and in the community

Nagbibigay payo sa telepono sa mga isyu tungkol sa mga taong may kapansanan, mga mahihinang matatanda, dependenteng tao, at ang kanilang pamilya. Sumasagot ng tanong tungkol sa pangmalawakan serbisyo sa county at komunidad

Adult Day Centers

Adult Day Centers provide services to enable frail and/or functionally impaired seniors to maximize and maintain their activities of daily living

Ang Adult Day Center ay nagbibigay serbisyo para sa mga mahihinang matatanda para sila ay mamuhay ng pang araw-araw

Coastside Adult Day Health Center(650) 726-5067

www.coastsideadultdayhealth.org

645 Correas Street
Half Moon Bay, CA 94019

Community Gatepath Adult Care Services(650) 259-8500

www.communitygatepath.com

1764 Marco Polo Way
Burlingame, CA 94010

**Mills Peninsula Health Services Senior Focus Adult Day
Health Center Alzheimer Day Care Resource Center**

.(650) 696-3660

www.mills-peninsula.org/seniors

1720 El Camino Real
Burlingame, CA 94010

Mills Peninsula Health Services Senior Day Program

.(650) 696-3670

www.mills-peninsula.org/seniors

1720 El Camino Real
Burlingame, CA 94010

Peninsula Volunteers Rosener House Adult Day Service

.(650) 592-9325

www.penvol.org

787 Walknit St.
San Carlos, Ca 94070

San Carlos Adult Day Services Catholic Charities CYO

.(650) 592-9325

www.cccyo.org

787 Walnut Street
San Carlos, CA 94070

South San Francisco Adult Day Care Center . .(650) 829-3824

601 Grand Avenue
South San Francisco, CA 94080
Tagalog services available
May serbisyo sa Tagalog

Senior Centers and Senior Dining Centers

Senior centers are the entry point for many senior services, leisure activities and dining. These centers offer information about services and agencies which may offer assistance in the areas of consumer affairs, education, employment, food, home-delivered meals, household repairs, housing, legal-aid, Medi-Cal, Medicare, recreation, Social Security, taxes, transportation and volunteer opportunities. Most of these sites serve a noon meal, some five days a week. Call for specific information

Ang senior centers ay pasimula sa maraming serbisyo para sa kanila at pagpapakain. Nagbibigay inpormasyon at reperal sa ahensya na tumutulong sa "consumer affairs," edukasyon, pagtatrabaho, paghatid ng pagkain sa bahay, pagkukumpuni ng bahay, pabahay, ligal aid, Medi-Cal, Medicare, paglilibang, Social Security, buwis, sasakyan, at mga boluntaryong oportunidad. Karamihan sa mga lugar na ito ay nagbibigay ng pagkain, limang araw sa isang linggo. Tawagan kung kailangan ang tiyak na inpormasyon

Burlingame Parks and Recreation Department (650) 558-7300

www.burlingame.org
850 Burlingame Ave
Burlingame, CA 94010

Chadbourne Adult Activity Center(650) 697-8300

450 Chadbourne Avenue
Millbrae, CA 94030

City of San Mateo Senior Center(650) 522-7490

2645 Alameda de las Pulgas
San Mateo, CA 94403

Doelger Senior Center(650) 991-8012

www.doelgercenter.com
101 Lake Merced Blvd
Daly City, CA 94015

East Palo Alto Senior Center(650) 329-5900

560 Bell Street
East Palo Alto, CA 94303

El Camino Senior Center(650) 877-5996

www.ssf.net
33 Arroyo Drive
South San Francisco, CA 94080
Tagalog services available
May serbisyo sa Tagalog

Fair Oaks Community Center(650)780-7525

2600 Middlefield Avenue
Redwood City, CA 94063

Foster City Parks and Recreation Department Senior Wing . .
.....(650) 286-2585

www.fostercity.org
650 Shell Boulevard
Foster City, CA 94404

Lincoln Park Community Center(650) 991-8018

www.doelgercenter.com
910 Brunswick St
Daly City, CA 94014

Magnolia Senior Center(650) 829-3820

601 Grand Avenue, 3rd Floor
South San Francisco, CA 94080

Martin Luther King Center(650) 522-7470

www.cityofsanmateo.org
725 Monte Diablo Avenue
San Mateo, CA 94401

Menlo Park Senior Center(650) 330-2280

www.menlopark.org
110 Terminal Ave
Menlo Park, CA 94025

Millbrae Senior Center(650) 259-2370

477 Lincoln Circle
Millbrae, CA 94030

Pacifica Senior Services(650) 738-7384

www.ci.pacifica.ca.us/cityhall/div_sr.html
540 Crespi Drive
Pacifica, CA 94044
Meals for senior citizens
Pagkain para sa mga senior citizens

Peninsula Volunteers Little House(650) 326-2025

www.penvol.org/
800 Middle Avenue
Menlo Park, CA 94025

Peninsula Volunteers Rosener House Adult Day Service

.....(650) 322-0126

www.penvol.org
500 Arbor Road
Menlo Park, CA 94025

Retired and Senior Volunteer Program (RSVP) (650) 696-4195

www.mills-peninsula.org/locations/rsvp.html
100 South San Mateo Drive
San Mateo, CA 94401
Provides volunteer referrals for people age 55 or older to nonprofit agencies
Nagbibigay ng repera sa mga taong boluntario 55 na edad at pataas sa "non profit agencies"

San Bruno Senior Center(650) 616-7150

1555 Crystal Springs Road
San Bruno, CA 94066
Meals for elderly
Pagkain para sa mga matatanda
Monday-Friday 12:00 PM

San Carlos Senior Center(650) 802-4384

www.cityofsancarlos.org
601 Chestnut Street
San Carlos, CA 94070
Meals for elderly
Pagkain para sa mga matatanda
Mondays 11:15AM-12:30PM and on special occasions (see website for schedule)

San Mateo County Health Department, Senior Peer Counseling(650) 573-2257

3080 La Selva
San Mateo, CA 94403
Provide mental health services to older citizens of San Mateo County
Nagbibigay ng tulong pangkalusugan pangkaisipan sa mga matatandang mamamayan na San Mateo County

Self-Help for the Elderly(650) 757-0881

1571 Southgate Avenue
Daly City, CA 94015
Tagalog services available
May serbisyo sa Tagalog

Self-Help for the Elderly(650) 342-0822

www.selfhelpelderly.org/
50 East Fifth Avenue
San Mateo, CA 94401

Senior Coastsiders(650) 726-9056

www.seniorcoastsiders.org/
535 Kelly Avenue
Half Moon Bay, CA 94019
Monday-Friday 8AM-4PM

Twin Pines Senior and Community Center(650) 595-7444

20 Twin Pines Ln
Belmont, CA 94002
Hot Meals for elderly
Mainit na pagkain para sa matatanda
Monday-Thursday 11:30AM-12:30PM

Veterans Memorial Senior Center(650) 780-7270

1455 Madison Avenue
Redwood City, CA 94061
Meals for elderly
Pagkain para sa matatanda
Monday-Friday 12:00PM

Taxpayer Information and Official Records

County

County Assessor(650) 363-4500

www.smcare.org
555 CountyCenter 3rd Fl
Redwood City, CA 94063
Places a value on property in the county for tax purposes
Nagbibigay ng balwasyon sa ari-arian para lagyan na buwis

County Clerk(650) 363-4500

www.smcare.org
555 CountyCenter 1st Fl
Redwood City, CA 94063
Issues copies of birth, death, and marriage records, also is the official filing location for various legal documents and property taxes
Nagiisyu ng kopya ng kapanganakan, kamatayan, pagkakasal, gayun din ang opisyal na lugar sa pagbabayad ng buwis sa ari-arian

Tax Collector(650) 363-4142

www.sanmateocountytaxcollector.org/
555 County Center
Redwood City, CA 94063
Collects property taxes
Nangungulekta ng buwis sa ari-arian

Vital Statistics(650) 573 2395

www.smhealth.org

225 W 37th Avenue

San Mateo, CA 94403

Maintains recent birth and death records for the county. Administers state

issued medical marijuana cards and program

Namamahala ng tala ng kapanganakan at kamatayan sa county. Nagiisyu ng

tarheta para sa paggamit ng marijuana.

Federal

Internal Revenue Service (IRS)(800) 829-1040

.....(415) 522-4061

www.irs.gov

450 Golden Gate Ave.

San Francisco, CA 94102

State

Franchise Tax Board(800) 852-5711

www.ftb.gov

121 Spear Street #400

San Francisco, CA 94105

Transportation

BART (Bay Area Rapid Transit)(650) 992-2278

www.bart.gov

Train service throughout Bay Area. BART train stations in San Mateo County are located in Daly City, Colma, South San Francisco, San Bruno, and Millbrae

Serbisyong pangsasakyan say Bay Area. Ang estasyon ng BART sa San

Mateo County ay matatagpuan sa Daly City, Colma, South San Francisco, San Bruno, at Millbrae.

CalTrain(800) 660-4287

www.caltrain.com

Train service between San Francisco and Gilroy

Ang CalTrain ay nagbibigay serbisyo pangsasakyan sa San Francisco at Gilroy

Metropolitan Transportation Commission (MTC)511

www.511.org

Transit, traffic, rideshare, and bicycling information for Bay Area.

Inpormasyon sa mga sasakyan, bus, rideshare, at pagbibisikleta sa Bay Area

Redi-Wheels(800) 660-4287

www.samtrans.com/rw/html

Special bus service for mobility-impaired persons who are unable to use regular bus service

Espesyal na serbisyong bus para sa mga may kapansanan at hindi maaring sumakay sa regular na bus

SamTrans(800) 660-4-BUS

www.samtrans.com

Bus transportation serving San Mateo County

Serbisyong pang bus sa San Mateo County

Volunteer Placement Services

Many non-profit organizations have their own volunteer programs.

Contact them directly.

Maraming non-profit na samahang organisasyon na mayroong programa na boluntaryo. Tawagan sila.

Hands On Bay Area(415) 541-9616

.....(408) 956-1448

www.handsonbayarea.org

Provides flexible one-day and weekend projects.

Nagbibigay ng programa pang isahang araw kung Sabado at Linggo

Mills-Peninsula Health Services Senior Focus

www.millspeninsula.org

1720 El Camino Real #10

Burlingame, CA 94010

Foster Grandparent Program(650) 696-7662

Foster grandparents volunteer at sites to provide mentoring and nurturing to at-risk children

Ang foster grandparents ay serbisyong boluntaryo ng mga lolo at lola na nagbibigay ng pagpapayo, pangangalaga sa mga kabataang nanganganib

Retired and Senior Volunteer Program (RSVP)(650) 696-7660

Provides volunteer referrals for people age 55 or older to nonprofit agencies

Nagbibigay ng reperal sa boluntaryo sa mga taong 55 at pataas sa "non profit agencies"

Senior Companion Program(650) 696-7662

Trains seniors who volunteer at sites to help frail elderly remain independent

Sinasanay ang mga senior na nagboboluntaryo para tulungan ang mga matatanda na maging independente

United Way of the Bay Area(415) 808-4300

www.uwba.org

221 Main Street #300

San Francisco, CA 94105

Provides opportunities for volunteer participation through a number of committees and connects volunteers from Bay Area businesses to volunteer projects through the "Week of Caring" program

Nagbibigay oportunidad para magboluntaryo sa mga komite at iugnay ang mga ito sa Bay Area businesses para mag boluntaryo sa programa ng "Week of Caring."

Volunteer Center(650) 235-3550

.....(415) 982-8999

www.thevolunteercenter.net

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

Nagrepera ng mga tao at panggrupo kahit anong gulang sa "non-profit agencies"

Other Bay Area Counties

San Francisco County

Psychiatric Emergency Services

of San Francisco General Hospital(415) 206-8125

1001 Potrero Avenue

San Francisco, CA 94110

A 24-hour facility with capacity to evaluate and treat psychiatric emergencies for both voluntary and involuntary clients. Provides intense medical oversight, nursing care, medication support, assessment and reassessment, mental health services, case management, crisis stabilization, referrals to mental health services

Isang 24 na oras facilidad na nag tatasa at naggagamot ng emerhesyang psikiatrik sa mga boluntaryo at hindi boluntaryong kliyente. Nagbibigay ng masinsinang pagaalaga, suporta sa paggagamot, pagtatasa ng kalusugan pangkaisipan, "case management," "crisis stabilization," at reperal sa kalusugang pangkaisipan

Adult Protective Services(415) 557-5230

.....(800) 814-0009

Accepts and investigates reports of dependent adult/elder abuse and neglect

Tumatanggap at nagiimbestiga ng sumbong sa pagaabuso, pagpapabaya sa mga matatanda

Asian Perinatal Advocates

www.apasfgh.org

Promotes healthy Asian/Pacific Islander children and families by protecting family support services to prevent child abuse and domestic violence. APA also advocates for culturally competent Asians and Pacific Islanders through education, community building, and leadership development

Mapaunlad ang kalusugan ng mga kabataang Asian/Pacific Islander at ang kanilang pamilya sa pamamagitan ng pagbibigay ng suportang serbisyo para mahadlangan ang pagaabuso sa mga bata at kalupitang domestiko. Ang APA ay nagbibigay edukasyon at pangangatawan ang pagkamabuting mamamayan at tulungan maging mabuting puno

Tagalog Child Abuse Hotline(415) 642-6851

Family Support Center(415) 616-9797

730 Commercial Street, San Francisco, CA 94108

Counseling and Network Center(415) 617-0061

657 Jackson Street, San Francisco, CA 94133

San Francisco General Hospital(415) 206-5450

1001 Potrero Ave, MS6E, San Francisco, CA 94110

Asian Women's Shelter(877) 751-0880

..... (415) 751-7110

3453 18th Street, #19, San Francisco, CA 94110

Domestic violence shelter and hotline for women and children of domestic violence

Tirahan para sa mga nagdanas ng kalupitang domestiko at hotline para mga babae at mga kabataang na nagdanas ng kalupitang domestiko

Tagalog services available

May serbisyo sa Tagalog

Asian and Pacific Islander Legal Outreach(415) 567-6255

www.apilegaloutreach.org

1188 Franklin Street, #202, San Francisco, CA 94109

Serves Asian communities; family, civil, and immigration law; temporary restraining orders, gay domestic violence project

Nalilingkod sa mga mamayanang Asiano, pamilya, sibil, at batas ng imigrasyon, pansamantalang orden ng pagpipigil, at proyektong labanan ang kalupitang domestiko ng mga taong "gay"

Tagalog services available

May serbisyo sa Tagalog

California Youth Connection (CYC)(415) 442-5060

www.cal-youthconn.org

604 Mission Street, 9th Floor, San Francisco, CA 94105

Promotes the participation of foster youth in policy development and legislative change to improve foster care system, and strives to improve social work practice and child welfare policy

Ang CYC ay tumutulong sa mga kabataan sa foster home na sumali sa pag-gawa ng policy na mapabuti ang pampalakad ng foster care system at mapabuti ang "social work practice" at "child welfare policy" para sa kanilang kapakanan

California YouthLine

www.youthline.org

Online resource for youth and their families in San Francisco

Isang "online resource" para sa kabataan at kanilang pamilya sa San Francisco

Child Abuse Prevention Center (TALKLINE) . . .(415) 668-0494

.(415) 441-KIDS

www.sfcapc.org

1757 Waller Street

San Francisco, CA 94117

Parent counseling hotline, in-person counseling for children and parents, and other support services

Hotline na pagpapayo sa mga magulang, pagpapayo sa kabataan at magulang at iba pang suportang serbisyo

Child/Adolescent Sexual Abuse Resource Center

.(415) 206-8386

995 Potrero Ave, Building 80

San Francisco, CA 94110

Provides medical and forensic interviews for survivors of sexual assault that occurred in San Francisco. Also provides therapy and support groups for survivors

Nagbibigay tulong sa pagpapanayam na medikal at "forensic" sa mga nakaligtas sa panggagahasa na nangyari sa San Francisco. Nagbibigay din ng tulong "therapy" at suportang panggrupo sa mga "survivors"

Children's Protective Services (CPS) Emergency Response

Unit(415) 558-2650

.(800) 856-5553

170 Otis Street

San Francisco, CA 94103

Processes reports of suspected cases of child abuse, neglect, parent/child conflict, or child abandonment

Tumutulong sa pagproseso ng mga sumbong sa pagaabuso sa bata, kapabayaang, hidwaan ng magulang/anak at pagaabandona ng anak

Cooperative Restraining Order Clinic(415) 864-1790

225 Bush Street, 7th Floor

San Francisco, CA 94104

Bilingual service, free restraining order assistance, paperwork served to batterer at a reduced fee

Bilingual na serbisyo, libreng tulong sa pansamantalang orden ng pagpipigil, mga papeles na isisinilbi sa nangbubugbug sa pinakamababang bayad

Comprehensive Child Crisis(415) 970-3800

3801 3rd Street

Ste 400

San Francisco, CA 94124

Evaluates children and youth in crisis situations to determine physical and mental health needs. Individual and family counseling also offered

Ebaluwasyon sa mga kabataan nasa krisis na katayuan para alamin kung nangailangan ng tulong pisikal at kaisipan

Department of Aging and Adult Services(415) 355-3555

875 Stevenson Street, Third Floor

San Francisco, CA 94103

Assists older and functionally impaired adults and their families to maximize self-sufficiency, safety, health and independence

Tumutulong sa mga matatanda at kanilang pamilya upang sila ay maging sapat sa sarili, pangangalaga, kaligtasan pangkalusugan at mabuhay na nagsasarili

Drug Information Service(415) 252-3055

Family and Children Services, City and County of San

Francisco(800) 856-5553

www.sfhsa.org/fcs.htm

170 Otis Street

San Francisco, CA 94103

Child abuse hotline, investigates reports of child abuse, respite care, parenting classes, counseling

"Hotline" sa pagaabuso sa bata, nag-iimbestiga ng sumbong ng pang aabuso, sandaliang pamamahinga sa pangangalaga, pagpalaki ng anak at pagpapayo

Huckleberry House Youth Programs(415) 621-2929

www.huckleberryyouth.org

1292 Page St.

San Francisco, CA 94117

Offers crisis counseling for abuse, neglect, suicide, substance abuse, and sexual abuse for youth. Also has homeless services, and shelters for youth

Nagbibigay ng tulong krisis para sa mga naabuso, napapabayaang, nagpapatiwakal, abuso sa substansya, at abusong seksuwal sa kabataan. Mayroong serbisyo sa kabataan na "homeless" at tirahan para sa kanila

La Casa de las Madres(877) 503-1850
Teen Line(877) 923-0700
Counseling and Support(415)-503-0500

www.lacasa.org

1850 Mission Street., #B
San Francisco, CA 94103

Emergency shelter and safe housing & domestic violence response team
Pangemerhensyang tirahan, ligtas na tahanan at pagtugon sa kalupitang domestiko

Mobile Crisis Treatment Team(415) 255-3610

Provides emergency crisis intervention services conducted in the field, early intervention in the field before situation escalates to critical crisis point, and consultation services provided to clients, support systems, mental health providers, and shelter providers. Offers assistance with referrals to outpatient mental health services

Ang "mobile crisis" ay nagbibigay ng pangemerhensyang krisis na interbensyon sa larangan, maagang interbensyon bago humantong sa mapanganib na sitwasyon. Konsultasyon sa kliyente, pagsusuporta, mga tulong sa mga tagapagbigay ng tulong na pangkalusugang pangkaisipan at tirahan. Nagrepera sa serbisyong kalusugan pangkaisipan

NAMI (National Alliance on Mental Illness)

of San Francisco(415) 905-6264

www.namif.org

1010 Gough Street, San Francisco, CA 94109

Organization dedicated to helping people with severe mental illness through advocacy and education campaigns. NAMI offers monthly meetings, support groups, "Out of the Fog" newsletter, an information line, and a family educational course offered to family and friends of those who have a mental illness

Organisasyon na tumutulong sa mga taong na may malubhang karamdaman sa pag-iisip. NAMI ay nagbibigay pulong na buwanan at panggrupong suporta, "Out of the Fog" na newsletter, linya ng inpormasyon, edukasyong pampamilya para sa pamilya at kaibigan ng mga taong may karamdaman sa kaisipan

Norma J Morris Center for Healing From Child Abuse(415) 928-4576

www.ascasupport.org

2306 Taraval Street, San Francisco, CA 94116

Provides support groups and counseling for adult survivors of child abuse
Nagbibigay ng panggrupuhan na suporta at pagpapayo sa mga taong naligtas sa pagaabuso

Rainbow Infant Care Center(415) 982-6524

799 Pacific Avenue, San Francisco, CA 94133

Preschool and infant care programs, specializes in children at-risk of neglect, abuse, or drug exposure. Also offers education and child care

Ang organisasyong ito ay may programa sa pagaalaga ng sanggol at preschool na kabataan at nagpapadalobhasa sa pagaalaga ng mga kabataan napabayaan, abuso at naapektuhan ng droga. Nagbibigay rin ng edukasyon at tulong sa pagaalaga ng bata

San Francisco General Hospital Trauma Recovery Center- Rape Treatment Center(415) 437-3000

2727 Mariposa Street, Ste 100, San Francisco, CA

24-Hour medical forensic examination

24- na oras "medical forensic" na pagsusuri

SFCASA(415) 398-8068

100 Bush Street, San Francisco, CA 94104

Advocates and mentors are sworn in court officers trained to work one-on-one with abused or neglected children to assess individual needs, advocate for necessary services, and serve as mentors and friends

Tagapagtanggol, tagapaggabay na sumumpa sa mga opisyaales ng korte na sanayin at tulungan ang bawat isa sa mga problema ng pagaabuso at pagpapabaya ng kabataan para malaman ang kanilang kailangan na serbisyo at mag-ing kaibigan at tagagabay sa kanila

San Francisco Suicide Prevention Westside Crisis Clinic

888 Turk Street, San Francisco, CA

Suicide Prevention(415) 353-5050

HIV/AIDS nightline(800) 273-AIDS

Telephone counseling and referral for people who are depressed and suicidal. Mental health, drug service information and referral, and drug relapse prevention support are available 24 hours a day . Support for HIV and AIDS available 5:00 PM-5:00 AM

Pagpipigil ng pagpatingwala, payong telepono at repero sa mga taong nalulum-bay at gustong magpatingwala. Serbisyong inpormasyon para sa kalusugan pangkaisipan at repero 24-na oras araw-araw. Paghadlang ng pagdudroga 24 oras araw-araw. Suporta sa HIV at AIDS 5:00 PM-5:00 AM

Urgent care services(415) 781-0500

Brief intervention provided for stressful non-emergency conditions which require assistance within 24-hours. Services include assessment, general mental health services, case management, and medication support

Serbisyong pangmadalian: Maikling interbensyon sa mga hindi emerhen-syang kaso ngunit matindi ang kondisyon na nangangailangan ng 24 oras na pagtutulong. Mga kasamang serbisyo: pagtatasa ng pangkalusugan pangkaisipan, "case management," at pagsususuporta sa gamot

U.S. Department of Homeland Security U.S. Citizenship and Immigration Services(800) 375-5283

<http://www.uscis.gov/portal/site/uscis>

630 Sansome Street, San Francisco, CA 94111

Issues visas, re-entry permits, passports and related documents

Nagiisyu ng visa, pagpasok muli sa America, pasaporte at ibapang dokumento sa imigrasyon

San Francisco Women Against Rape(415) 861-2024
.....(415) 647-RAPE

www.sfwar.org

3543 18th Street, San Francisco, CA 94103

Counseling, support groups, legal advocacy

Pagpapayo, suportang panggrupo, pagtutulong na ligal sa mga biktima ng pangagahasa

South of Market Mental Health Services(415) 626-2951

www.dph.sf.ca.us/chn/HlthCtrs/SouthofMarket.htm

551 Minna Street, San Francisco, CA 94101

Community-focused mental health services

Pamayanan serbisyo ng kalusugan pangkaisipan

Tagalog services available

May serbisyo sa Tagalog

Woman Inc.(415) 864-4722

24-hour hotline, daily updates of shelters available in the Bay Area, group counseling for victims and survivors of domestic violence

24 horas na hotline, pang araw-araw na tala sa mga kanlungan sa Bay Area, panggrupong payo sa mga biktima ng kalupitang domestiko

Alameda County

24- Hour Emergency Shelter(510) 534-6030

4700 International Blvd

Oakland, CA 94601

Shelter for women and children. Length of stay is between 30-90 days

Tirahan sa mga kababaihan at kabataan. Ang haba ng pagtira ay 30-90 araw

Psychiatric Emergency Services of Alameda County Medical Center

www.acmedctr.org

John George Psychiatric PavilionPatient Info (510) 346-7500
.Administration (510) 346-1300

2060 Fairmont Drive
San Leandro, CA 94578

Provides services to adults experiencing severe and disabling mental illnesses, regardless ability to pay. Services are designed to assist in controlling illness, achieving personal goals, and developing skills to live independently as possible

Nagbibigay serbisyo sa mga taong may matinding kapansanan sa kaisipan, tulungang sugpuin at pagalingin at mamuhay ng independente

Highland Hospital(510) 437-4800

1411 East 31st Street
Oakland, CA 94602

Provides psychiatric consultation service to the inpatient service and emergency service, 5150 clearance, prenatal substance abuse, drug day treatment, and case management services, outpatient drug treatment services, and psychiatric partial hospitalization services

Nagbibigay ng konsultasyon psikiatrika sa mga ospital, emerhensyang serbisyo, 5150, pagaabuso ng substansya ng mga taong nagdadalantao, pag-sugpo ng droga, "case management," at pa ospital sa mga taong may sakit sa kaisipan

Alameda County Community Food Bank(510) 635-3663

ww.accfb.org

P.O. Box 2599
Oakland, CA 94614

Summer Lunch Program provides free midday meals to children and teens. Through the Pantry Program, eligible volunteers can receive a bag filled with 15 pounds of groceries if they work a 3-hour shift, with a maximum of three bags per week

Ang Summer Lunch Program ay nagbibigay ng libreng pananghalian, at pagpapakain sa mga kabataan at "teenager." Sa pamamagitan ng Pantry Program, ang boluntaryo na nagtatrabaho ng tatlong oras ay magkaroon ng groceria sa pagkain.

Alameda County Social Services, CalWORKS, Food Stamps, Medi-Cal(510) 670-8560

Alameda County Social Services,

Children & Family Services(510) 268-2444

General information for Children & Family Services including child abuse, adoption, foster parent, and independent adoption

Inpormasyong heneral para sa Children & Family Services na kasama ang tulong sa pagaabuso ng bata, pagaampon, "foster parent," at independenteng pagaampon

Alameda County Social Services, Elder Abuse (510) 577-3500

24-hour elder abuse hotline

24 na oras na hotline para sa mga matatandang na aabuso

Alameda County Social Services, Mental Health

Support groups, stress reduction, parenting classes, individual counseling, family counseling

Suportang paggrupo, pag alis ng tindi, klase sa mga magulang, pang isahang pagpapayo, at pagpapayong pamilya

North County(510) 208-0902

Eastmont(510) 383-5300

Eden Area(510) 670-6000

Asian and Pacific Islander Legal Outreach . . . (800) 510-2020

.(510) 251-2846

www.apilegaloutreach.org

1212 Broadway Street #400, Oakland, Ca 94612

Serves Asian communities; family, civil, and immigration law; temporary restraining orders, gay domestic violence project

Tumutulong sa mga Asianong komunidad, pamilya, sibil, at batas na imigrasyon, pansamantalang orden ng pagpipigil, mga kalupitang domestiko sa mga "gay"

Tagalog services available

May serbisyo sa Tagalog

Building Futures with Women and Children (866) A-WAY-OUT

Sister Me Home(510) 357-0205

www.bfwc.org

1395 Bancroft Avenue, San Leandro, CA 94577

Domestic violence shelter and hotline for women and children of domestic violence

Tirahan sa mga biktima ng kalupitang domestiko at hotline para sa mga kababaihan at kabataan na nakaranas na kalupitang domestiko

Eden Info and Referral(510) 537-2710

www.alamedaco.info

570 B Street, Hayward, CA 94541

Referral services and daily updates of shelter availability in the East Bay

Serbisyong repera pang araw-araw na tala ng mga kanlungan sa East Bay

Emergency Shelter Program(888) 339-SAFE

22634 2nd Street., Suite 205

Hayward, CA 94521

90-day shelter for women and children of domestic violence and/or homelessness

90-araw na tirahan para sa mga kababaihan at kabataan na nakaranas ng kalupitang domestiko at walang tahanan

Family Paths

(Formerly Parental Stress Service)(800) 829-3777

www.familypaths.org

Emergency respite childcare, parenting classes, 24-hour support and resource hotline

Emerhensyang pangangalaga, pagaaruga ng magulang, 24 na oras na suporta at "resource hotline."

Fred Finch Youth Center(510) 482-2244

www.fredfinch.org

3800 Coolidge Ave

Oakland, CA 94602

Provides mental health treatment, care and services through programs that are strength-based, family centered, and culturally competent to youth and families

Nagbibigay ng tulong sa kalusugan pangkaisipan at serbisyo sa mga programang batay sa pampamilya at kakayahan kultura sa kabataan at pamilya

Homeless Hotline(800) 808-6444

Referrals to homeless shelters in the East Bay

Reperal sa walang tirahan sa East Bay

International Institute(510) 451-2846

www.iieb.org

449 15th Street, Suite 303

Oakland, CA 94612

Immigration paperwork for battered and low-income women

Tulong sa mga papeles sa imigrasyon sa mga kababaihan na mahihirap at nagdanas ng kalupitan

Society of St. Vincent de Paul

of Alameda County(510) 638-7600

www.svdp-alameda.org/

9235 San Leandro Street

Oakland, CA 94603

St. Vincent de Paul's free dining room provides hot meals to the hungry seven days per week.

Ang St. Vincent de Paul ay nagbibigay ng mainit na pagkain sa mga taong gutom pitong araw

Shepherd's Gate Domestic Violence Agency . . .(925) 443-4283

1660 Portola Avenue
Livermore, CA 94551
Emergency shelter, job training, short term and long term programs, bible studies for women and children
Pangemerhensyang tirahan, treading sa paghanap na trabaho, programang pangmatagalang at panandalian. Pagaaral ng Biblia para sa mga kababaihan at kabataan

Tri-Valley Haven(800) 884-8119

www.trivalleyhaven.org
PO Box 2190
Livermore, CA 94551
Emergency shelter for women and children of domestic violence
Pangemerhensyang tirahan para sa kababaihan at kabataang nagdanas ng kalupitang domestiko
Tagalog services available
May serbisyo sa Tagalog

SAVE-Safe Alternatives to Violent Environments

.(510) 794-6055
.(510) 574-2250

www.save-dv.org
39155 Liberty Street, Suite C310
Fremont, CA 94538
Emergency shelter and long term housing; legal and medical assistance for victims of domestic violence
Emerhensyang tirahan at pangmahabang tirahan, ligal at tulong medikal para sa mga bikima sa kalupitang domestiko

Contra Costa County

Psychiatric Emergency Services of Contra Costa

www.cchealth.org/services/mentalhealth
Contra Costa Regional Medical Center(888) 678-7277
2500 Alhambra Avenue, Martinez, CA
Richmond Mental Health Clinic(888) 678-7277
Psychiatric Emergency Unit(510) 374-3420
256 24th Street, Richmond, CA

Adult Protective Services(877) 839-4347

2530 Arnold Drive, Suite 300, Martinez, CA 94553
Accepts and investigates reports of elder and dependent adult abuse or neglect
Nagiimbestiga ng sumbong na pagaabuso sa mga matatanda at dependenteng tao at napabayaan

Child Abuse Prevention Council, Antioch(925) 755-4200

www.capc-coco.org/

301 West 10th Street, Suite 1, Antioch, CA 94509

For referrals to parenting resources, training on child abuse issues

Tumutulong mag repera sa mga magulang, trening sa isyu ng pag aabuso sa kabataan

Child Abuse Prevention Council, Concord(925) 798-0546

www.capc-coco.org/

1410 Danzig Plaza, Suite 110, Concord, CA 94520

For referrals to parenting resources, training on child abuse issues

Tumutulong mag repera sa mga magulang, trening sa isyu ng pag aabuso sa kabataan

Child Protective Services of Contra Costa County

www.co.contra-costa.ca.us

40 Douglas Drive, Martinez, CA 94553

Accepts and investigates reports of child abuse and neglect

Tumatanggap at nag-iimbestiga ng sumbong ng pagaabuso at kapabayaang sa bata

- Central County(925) 646-1680**
- West County(925) 374-3324**
- East County(925) 427-8811**

Community Violence Solutions

Operates a 24-hour crisis hotline that also provides referrals to the center's individual and group counseling, sexual assault victim advocacy. Offices in Richmond and Antioch

24 oras na hotline na krisis, upang magrepera sa Center na bigyan ng pangisahan at panggrupong payo pagtulong sa mga biktima ng karahasan seksual.

Opisina sa Richmond at Antioch

- West County(510) 236-7273**
- Central County(925) 798-7273**
- East County(925) 439-7273**

Contra Costa County Department of Community Services . . .

.(510) 313-1770

www.co.contra-costa.ca.us/depart/service/

40 Douglas Drive, Martinez, CA 94553-4068

Child development program provides early childhood education services.

Community Action program provides assistance with home energy costs, weatherization, and funding for community-based organizations to assist low-income persons in moving out of poverty

Ang programa ng pagpalaki ng bata ay nagbibigay ng edukasyon sa pangangalaga ng maliliit na bata. Ang programa ng komunidad ay nagbibigay tulong sa "home energy costs, "weatherization," para sa mahahirap.

Contra Costa Crisis Center(800) 784-2433

www.crisis-center.org

P.O. Box 3364

Walnut Creek, CA 94598

Suicide prevention, crisis counseling, grief counseling, homeless services, youth services

Serbisyong upang hadlangan ang magpakamatay, payong krisis, payo sa mga namatayan at nagdadalamhati, at payo sa mga kabataang walang tirahan

Loaves & Fishes of Contra Costa(925) 432-7355

Meals on Wheels of Contra Costa, Inc.

mealsonwheelsofcontracosta.org/

1330 Arnold Drive, #252

Martinez, CA 94553

Meals on Wheels clients must be at least 60 years of age and unable to purchase or prepare nutritious meals for themselves on a regular basis, or have someone available to do so

Mga mainit na pagkain na inihahatid ng sasakyan sa tahanan ng mga taong 60 gulang na hindi makapagluto at walang taong tumulong na sila ay lutuan

Central County(925) 937-8311

East County(925) 778-4379

West County (510) 412-0166

NAMI (National Alliance on Mental Illness) Contra Costa

.....(925) 933-1418

www.namicontracosta.org

89 Stowbridge Court

Danville, CA 94526

Provides education and support for family and friends of those who have a severe mental illness

Ang organisasyon ay nagbibigay ng edukasyon at suporta sa pamilya at kaibigan ng mga taong may malubhang kapansanan sa pagiisip

STAND Against Domestic Violence(888) 215-5555

.....(925) 676-2845

www.standagainstdv.org

1410 Danzig Plaza

Concord, CA 94520

Emergency shelter, transitional housing

Emerhensyang tirahan, at panandalian tahanan

Domestic Violence Restraining Order Clinic of Richmond

.....(510) 374-3364

100 S 37th Street, Room 185, Richmond, CA

Restraining order clinic

Klinikang sa pansamantalang orden ng pagpipigil

Contra Costa Crisis Center(800) 784-2433

www.crisis-center.org

P.O. Box 3364

Walnut Creek, CA 94598

Suicide prevention, crisis counseling, grief counseling, homeless services, youth services

Paghadlang sa pagpakamatay, pagpapayong krisis, pagpapayo sa mga namatayan at nagdadalamhati, serbisyo sa mga kabataang walang tirahan

Santa Clara County

Emergency Psychiatric Service (EPS) of Valley MediCal

Center(408) 885-6100

820 Enborg Court, San Jose, CA 95128

Adult Protective Services(800) 414-2002

.....(408) 975-4900

333 W. Julian

San Jose, CA 95010

Accepts and investigates reports of elder/dependent adult abuse and neglect

Tumatanggap at nagiimbestiga ng sumbong ng pagaabuso sa mga matatanda

Child Protective Services of Santa Clara County

North(408) 299-2071

South(408) 683-0601

www.sccgov.org

1725 Technology Drive, San Jose, CA 95110

Accepts and investigates reports of child abuse and neglect

Tumatanggap at nagiimbestiga ng sumbong ng pagaabuso sa mga kabataan

EMQ Children and Family Services(408) 379-3790

www.emq.org

Specializes in treating children and adolescents with serious emotional disorders and provides support for their families

Naggagamot sa mga kabataan na may matinding sakit sa emosyon at nagbibigay suporta sa kanilang pamilyang

251 Llewellyn Avenue, Campbell, CA 95008

232 East Gish Road, San Jose, CA 95112

Adolescent Counseling Services,

Substance Abuse(650) 329-9410

www.acs-teens.org

445 Sherman Avenue, Suite J

Palo Alto, CA 94306

Substance abuse day treatment for adolescents

Paggamot sa mga kabataan na nagaabuso ng substansya, droga, at alkohol

Asian American for Community Involvement (AACI)

.(408) 975-2730

www.aaci.org

2400 Moorpark Ave
San Jose, CA 95128

Improves the health, mental health, and well-being of Asian American individuals and their families

Tumululong na mapagbuti ang kalusugan, kalusugan pangkaisipan, at kabutihan ng mga mamayang Asiano-Amerikano at ang kanilang pamilya

Asian Women's Home(408) 975-2739

www.aaci.org

2400 Moorpark Ave, Ste 300
San Jose, CA 95128

Shelter, hotline, and support for survivors of domestic violence

Pabahay, hotline, at suporta sa mga nakaligtas ng kalupitang domestiko

Future Families(408) 298-8789

www.futurefamilies.org

373 W. Julian Street
San Jose, CA 95110

Offers information and referral, education, and prevention services

Nagbibigay ng inormasyon, reperal, edukasyon at serbisyo sa pagsugpo

La Isla Pacifica(408) 683-4118

Gilroy, CA

Emergency food and shelter up to 45 days, drug and alcohol treatment, outpatient domestic violence counseling, and legal assistance

Emerhensyang pagkain at tirahan hanggang 45 araw, at paggamot sa droga at alkohol, panglabas na serbisyo sa kalupitang domestiko at ligal na payo

Santa Clara County Psychological Association(408) 254-7775

P.O. Box 419

Santa Clara, CA 95052

Suicide and Crisis Center (SACS) of Santa Clara County

North County(650) 494-8420

Central County(408) 279-3312

South County(408) 683-2482

Support Network for Battered Women(800) 572-2782

.(408) 541-6100

www.snbw.org

1257 Tasman Drive, Suite C, Sunnyvale, CA 94089

Crisis intervention, counseling, legal services, and emergency shelter

Interbensyong sa krisis, pagpapayo, serbisyonig ligal, at emerhensyang tirahan

NAMI (National Alliance on Mental Illness)

Santa Clara County(408) 583-0001

www.namisantaclara.org

Water Tower Plaza II

307 Orchard City Drive, #205, Campbell, Ca 95008

Provides education and support for family and friends of those who have a severe mental illness

Ang organisasyon ay nagbibigay ng edukasyon at suporta sa pamilya at kaibigan ng mga taong may malubhang kapansanan sa pag-iisip

Next Door Solutions to Domestic Violence . . .(408) 279-2962

234 E. Gish Road, Ste. 2000

San Jose, CA 95112

Comprehensive emergency services and shelters in Santa Clara County

Pangmalawakan na emergensyang serbisyo at tirahan sa Santa Clara County

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Quick Reference

Madaliang reperensiya para sa bagong imigranteng Pilipino

As a new immigrant to this country, the following are several useful agencies to know.

Makakatulong sa mga bagong imigrante na malaman ang mga sumusunod na ahensiya

Social Security Administration(800) 772-1213

www.ssa.gov

355 Gellert Blvd #201 Daly City, CA 94015

800 S. Claremont St #101, San Mateo, CA 94402

601 Allerton Street, 2nd Floor, Redwood City, CA 94063

Department of Motor Vehicles(800) 777-0133

www.dmv.ca.gov

1500 Sullivan, Daly City, CA 94015

300 Brewster, Redwood City, CA 94063

425 N. Amphlett, San Mateo, CA 94401

United States Citizenship and Immigration Services (USCIS) .

. (650) 375-5283

www.uscis.gov

444 Washington St. San Francisco, CA 94111

U.S. Passports(800) 275-8777

Daly City Post Office, 1100 Sullivan Ave, Daly City, CA 94015

South San Francisco Post Office, 844 Dubuque, South San Francisco, CA

94080

City of South San Francisco, 400 Grand Ave, South San Francisco, CA 94080

Philippine Consulate(415) 433-6666

www.philippineconsulate-sf.org

447 Sutter St, San Francisco, CA 94108

San Mateo County Office of Education(650) 802-5300

www.smcoe.k12.ca.us

101 Twin Dolphin Dr. Redwood City, CA 93065

Daly City Community Service Center(650) 991-8007

350 90th Street, Daly City, CA 94015