

General Information & Referral Services

United Way Help Line 800-273-6222

415-772-4440 (TDD)

SamTrans 800-660-4287

650-508-6448 (TDD)

Ready-Wheels: 800-660-4287

Senior Info & Referral 800-675-8437

800-994-6166 (TDD)

Opportunity Services Center (OSC @ OC)

33 Encina Avenue, Palo Alto, CA 94301

650-853-8672 650-324-5355 (f)

Open Mon - Fri, 8 am - 4 pm.

- **Emergency Rental & Utility Assistance** for qualifying families and individuals, by appointment.
- **Adult Services Center** - day services for single men & women, includes basic needs, case management, assistance with CA ID/DLs. M-F, 8 am - 4pm.
- **Bredt Family Center** - day services for women, children, and families, which includes basic needs, education, support, and children's activities. M-F, 10am - 6:30pm.
- **Clothes Closet** distributes free clothing, sleeping bags, backpacks, shoes, winter gear, and toiletries. Wed, 11 am - 3 pm.
- **Family Harvest** - monthly grocery distribution, 2nd Wed ea. month, 5 - 7pm. **Registration required.**
- **Peninsula HealthCare Connection (PHC)**

Located in the middle ground floor of the OSC

650-853-0321 650-853-0359 (f)

Open Mon - Fri, 9 am - 4 pm

For more information: www.peninsulahcc.org

PHC is a free clinic providing on-site, confidential, compassionate healthcare *by appointment*. The clinic offers:

- Internal Medicine, Family Practice & Pediatric Care, Mental Health Care, SSI/Disability Application, Case Management, Supportive Health Service This is not a walk in clinic, patients are seen *by appointment*, please call **650-853-0321**.

Need Food? Willing to help?

You can volunteer at Second harvest Food Bank and receive groceries after your shift through **Partners In Need** (P.I.N.) program. Assist Food Bank staff with general warehouse activities (sorting, packaging food, cleaning the warehouse, etc.) Individuals work for 3 hours for one day a week. You will receive a grocery bag full of food - For more information call **800-984-3663**.

CalFresh (Food Stamps) (800) 984-3663

Brown Bag Program is a program for seniors who live in low-income households. Members receive a weekly bag of groceries, food is distributed at various locations in Santa Clara and San Mateo Counties, Delivery for homebound seniors is available subject to volunteer availability. Call the Food connection at **800-984-3663**.

Does your family need food? Family Harvest can help! Family Harvest is a free food program for low-income families. You will receive approximately 4 bags of groceries once a month. You must live in San Mateo or Santa Clara County, you must have at least one child under the age of 18 living with you. Call **800-984-3663** for more info.

Infants/Children

Family Harvest 800-984-3663

Provides monthly food distribution for families with children

W.I.C. (Women Infants & Children) 650-573-2168

Provides pregnant women, new mothers, infants and young children with food vouchers. In addition, WIC provides nutrition counseling and referrals to health care.

School Breakfast, Lunch and Summer Meal Programs (800) 218-3663

Phone referral hotline for free or reduced price meals available to every low-income child in school (grades K-12)

Medical Resources

Alcohol & Drug Helpline 650-573-3950

Poison Control System 800-876-4766

Child Abuse Line 888-220-7575

Crisis Intervention & Suicide Prevention

Coastside - 650-726-6655

Daly City through San Mateo - 650-692-6655

Belmont through Palo Alto - 650-368-6655

HIV/AIDS Support

Case management nutritional supplements, and food boxes provided to people living with HIV/AIDS.

AIDS Community Research Consortium (650) 364-6563

ELLIPSE (650) 572-9702

Seniors/Shut-In Resources

Meals on Wheels (800) 994-6166

Provides meals to individuals age 18 and older living at home. Eligibility is based on inability to prepare meals, to go out to eat, or to obtain adequate meals.

San Mateo - 650-726-9056

Pacifica - 650-738-7350

Belmont - 650-292-2173

San Carlos & East Palo Alto - 650-323-2022

Operation Brown Bag 800-984-3663

Provides a weekly supplemental bag of groceries to seniors at various sites throughout San Mateo County.

Senior Nutrition - 800-675-8437



InnVision Shelter Network: Maple Street
1580 Maple Street, Redwood City, CA
(650) 364-1150 · ivsn.org

InnVision Shelter Network: Redwood Family House
110 Locust Street, Redwood City, CA
(650) 364-8264 · ivsn.org

Daybreak Shelter
639 Douglas Avenue, Redwood City, CA
(650) 361-9525

Society of Saint Vincent de Paul Homeless Help Center
50 North B Street, San Mateo, CA
(650) 343-9251 · svdp-sanmateoco.org

Shelter Network of San Mateo
415 2nd Avenue, San Mateo, CA
(650) 340-0216

Homeless Veterans Emergency
795 Willow Road, Menlo Park, CA
(650) 324-1097

Safe Harbor Homeless Shelter (Samaritan House)
295 North Access Road, South San Francisco, CA
(650) 873-4921 · samaritanhouse.com

Homeless Prenatal Program
2500 18th Street, San Francisco, CA
(415) 546-6756 · homelessprenatal.org

Fesco The Family Shelter
21455 Birch St # 5, Hayward, CA
(510) 886-5473 · fescofamilysHELTER.org

Safe Alternatives To Violent Environments
1900 Mowry Avenue #204, Fremont, CA
(510) 574-2250 · save-dv.org
Women's Shelter

Episcopal Community Services
1001 Polk Street, San Francisco, CA
(415) 292-2180 · ecs-sf.org

Hotel de Zink Shelter (Emergency Shelter)
Palo Alto, CA (Operated through OSC, hosted by local churches)
650-853-8672

Opportunity Center (OC - Permanent Housing)
33 Encina Avenue, Palo Alto, CA 94301
650-853-8672

Graduate House
Mountain View, CA
650-853-7066 x210

Peninsula Inns
Redwood City, Palo Alto, and Sunnyvale
650-853-7066 x210 650-853-7083 (f)

NOTES:



Second Harvest Food Bank of Santa Clara and San Mateo Counties (800) 984-3663 Referrals to pantries and services for families and seniors

St. Vincent De Paul 343-4403 - Home delivery of food from 35 locations.

CORE Service Centers - Nonprofit agencies that provide food, PG&E and rental assistance.

- Coastside 650-726-9071
- Daly City 650-991-8007
- East Palo Alto 650-373-1080
- Pacifica 650-738-7470
- Redwood City 650-780-7500
- San Mateo 650-347-3648
- South San Francisco 650-588-8822

Breaking Bread Hot Meals

650-853-8672
Free hot meals provided daily at churches in Palo Alto & Menlo Park. Over 30,000 hot meals served each year.

Food Closet

425 Hamilton Avenue, Palo Alto, CA
650-325-3663
*Open Mon and Fri: 10:00am - 3:30pm
Tuesday, Wednesday and Thursday: 10:00am – 2:30pm*
Distribution of canned goods, fresh produce, dairy products and bread to very low-income residents of Palo Alto, East Palo Alto, & Menlo Park.

HOT MEALS

Bread of Life -

1852 Bay Road East Palo Alto **650-326-9797**
T&Th 4:30 - 5:30; Sat. 1-2 pm; Sun. 2-3 pm

Cafe St. Vincent

344 Grand Avenue South San Francisco **650-589-9039**
Monday-Friday 10 am - 12 noon

Catholic Worker House

555 W. San Bruno Ave. **650-827-706**
Monday-Thursday 4:30 pm

North Peninsula Dining Center

6655 Mission Street Daly City **650-994-5150**
M, T, Th: 5 pm - 6 pm

Samaritan House Family Kitchen

603 Monte Diablo San Mateo **650-347-3648**
5:00 - 6:30 pm
401 Humboldt (parking lot) San Mateo
Saturdays - 12 noon - 1:00 pm

St. Anthony's Center

3500 Middlefield Road Menlo Park **650-365-9664**
Monday-Saturday 11:00 am - 1:00 pm

NOTES:
