

Community Resources

Alameda County Food Resources

Call **211** for daily food banks, they can tell you when and where they are being held.

Alameda County Community Food Bank

Address: 7900 Edgewater Drive, Oakland, California 94621

Phone: 510-635-3663

Details: They have multiple Volunteer and Food Donor Programs. The food bank partners with and provides food to local charities, pantries, and not-for-profits. These locations then pass these groceries and food items out at the local level to individuals who stop by for help. Monday – Friday: 9 a.m. – 4 p.m.

Alameda Food Bank

Address: 650 W Ranger Avenue, Alameda, California 94501

Phone: 510-523-5850

Details: Call for details. Mon/Wed/Fri - 12:00 pm-4:00 pm

All Saints Episcopal Church

Address: 911 Dowling Blvd, San Leandro, CA 94577

Phone: 510-569-7020

Details: Hot meals, clothing, basic needs, and other services are provided to seniors, low-income families, children, and people in need from the immediate community. The assistance is at the Food Pantry at the Neighborhood Center.

Berkeley Food Pantry

Address: 1600 Sacramento Street, Berkeley, California 94702

Phone: 510-525-2280

Details: Call hours or information on how to apply for food, groceries, and other aid.

Brookins African Methodist Episcopal Church

Address: 2201 - 73rd Avenue, Oakland, CA 94605

Phone: 510-568-8954

Details: The charity has Breakfast, Groceries and Food Giveaway Programs. The low-income, single moms in Oakland, homeless and others can get help. Pasta, tuna, canned tuna or meat, fruits and more. The elderly in Oakland can also get Ensure. The charity also has free Easter, Thanksgiving and Christmas meal programs.

Eastbay CRECE

Address: 4848 International Blvd, Oakland, CA 94601

Phone: (510) 533-8140

Details: Call for hours and information.

Catholic Charities of the East Bay

Address: 433 Jefferson St, Oakland, CA 94607

Phone: (510) 768-3100

Details: All religions can be helped. They give free food, household stuff such as toilet paper or feminine goods, laundry detergent and more. There are free groceries for immigrants, including undocumented ones. Or get help finding housing, social services and other aid.

Salvation Army Services

Address: 2794 Garden St, Oakland, CA 94601

Phone: (510) 383-9300

Details: This is one of the leading not-for-profits to call in the Alameda and Oakland California region for assistance. Not only will the free pantry help feed families, children, and seniors, but they offer holiday meals (Thanksgiving and Christmas), shelter, and case management. They also have USDA Government Commodities; Holiday Toys and Food Baskets.

CityTeam Ministries - Family Services

Address: 722 Washington Street, Oakland, CA 94607

Phone: 510-452-3758

Details: Call for center hours. There are free holiday meals, applications to housing and USDA food programs, Cal-Fresh, and more. There are surplus commodities in Oakland CA, such as cheese, bread, and other goods for seniors and kids (among others).

Davis Street Family Resource Center – DSFRC

Address: 3081 Teagarden Street, San Leandro, California 94577

Phone: 510-347-4620

Details: The non-profit runs an Emergency Food Program. Free groceries, gift cards, cereal, crackers, bread, peanut butter and jelly and other goods.

Mount Zion Missionary Baptist Church

Address: 1203 Willow Street, Oakland, CA 94607

Phone: 510-893-2932

Details: Call to get hours or to speak to a representative. Christmas meals are served. They also pass out food boxes to the homeless and low-income. The pantry may also have personal hygiene items, hot drinks, cereal, and other healthy items. They give away free groceries to the low-income and people in poverty.

Society of St. Vincent de Paul of Alameda County – SVdP

Address: 2280 San Pablo Ave, Oakland, CA 94612

Phone: (510) 877-9236

Details: A Free Dining Room is run on-site that can serve hot or cold meals to the homeless and low-income. Some financial aid may be provided for expenses too. This can include housing, rent, and energy bills.

Oakland Leaf Foundation - Urban Promise Academy Family Resource Center

Address: 3031 E. 18th Street, Oakland, CA 9460

Phone: (510) 436-3636 or 510-879-1642

Details: Supports those who live in the greater Oakland region. Free food, groceries, Thanksgiving or Christmas turkeys and meals are passed out. Donations are always needed as well.

Prescott-Joseph Center for Community Enhancement, Inc.

Address: West Oakland is at 920 Peralta Street, Oakland, CA 94607

Phone: 510-835-8683

Details: The assistance is known as the WOFP, or West Oakland Free pantry. They give groceries daily, including today. There are summer snacks for kids, applications to Cal-Fresh in Alameda County, food for single moms and other aid.

Pantry of Hope

Address: 114 Montecito Ave, Oakland, CA 94610

Phone: (510) 834-4314 x 504 - Carolyn Bolton

Details: From 11:45-2:15 on 2nd and 4th Sundays (occasionally this changes, usually due to holidays)

Alameda County referral line

Address: N/A

Phone: (800) 870-3663

Details: Customer service representatives direct residents to food programs. Whether it is a Senior Brown Bag or Meals on Wheels, or just a box of emergency food for the weekend, free information is given out.

East Oakland Switchboard

Address: 1909 73rd Avenue, Oakland, CA

Phone: 510-569-6369

Details: Clients with a referral from a local charity or Social Services Agency can get food. Referrals are also provided to housing, grant programs such as Cal-Works, and applications to SNAP or free school lunches.

New Beginning International Ministry, Inc.

Address: Oakland, CA 94605

Phone: (510) 985-0541

Details: Food and free meals are served on Saturdays.

Holiday Food Helpline

Address: N/A

Phone: (510) 635-3663

Details: Learn about soup kitchens and places for Thanksgiving, Easter, and Christmas meals in Alameda County. There is also information on holiday food baskets or toy programs for kids as well, as well as meal sites for the elderly.

West Oakland Community Collaborative

Address: 920 Peralta St, Oakland, CA 94607

Phone: (510) 835-8683

Details: The non-profit operates the West Oakland Food Pantry. Groceries, baby formula, meat, and more are for low-income families as well as single mothers.

Emeryville Citizens Assistance Program - ECAP

Address: 3610 San Pablo Ave, Emeryville, California 94608

Phone: (510) 499-1263

Details: Clients of the non-profit include senior citizens and families living in poverty. Food, applications to WIC vouchers, and commodity supplemental food (CSFP) are some of the benefits provided.

OUSD Central Family Resource Center

Address: 746 Grand Avenue, Portable A (off of parking lot)

Phone: (510) 273-1516

Details: food banks on Thursdays, families start lining up early, but the food bank opens at 9am.

Food Distribution in Oakland

<https://www.oaklandca.gov/resources/food-distribution-in-oakland>

Freedom Store

Address: 7637 MacArthur Blvd. Oakland CA, 94605

Phone: 510-729-2072

Details: Open Tuesday and Wednesday 10am-3pm. To make an appointment or sign up for new registration please call Mondays and Wednesdays from 12pm-3pm

<https://www.homiesempowerment.com/freedom-store.html>

Mental Health Services**Alameda County ACCESS Behavioral Health**

<http://www.acbhcs.org/providers/Access/access.htm>

1-800-491-9099

A variety of mental health resources and to obtain information on what services/agencies are covered by your medical insurance and referral process (i.e. Kaiser, Blue Shield, Medi-Cal, etc.)

La Clínica - Casa del Sol

<https://www.laclinica.org/casadelosol>

(510) 535-6200

Free mental health screening and support groups for children, adolescents, and adults
Individual and family therapy

WestCoast Children's Clinic

<https://www.westcoastcc.org>

(510) 269-9043 (intake and referral line)

Individual and/or family therapy

*Must have Medi-Cal to access these services

East Bay Agency for Children

www.ebac.org

510-418-9921 (DPN intake line)

*No cost - Mentoring, case management, and family counseling

BACA

www.baca.org

(510) 922-9757

Free needs assessment and referrals for counseling and other services as appropriate

Crisis Resources**East Bay****Crisis Support Services of Alameda County**

1-800-309-2131

County-run hotline

Seneca Mobile Response Team

1-877-441-1089

11:00 a.m. to 9:00 p.m. in person response, 7 days per week. 24-hour phone support. Serves youth and families in Alameda and Contra Costa Counties. If deemed necessary, the MRT may invite youth and families into a 20-to-30-day program, which provides general support and mental health services.

California Wide**California Youth Crisis Line - 24 hour support**

1-800-843-5200

Offers conference calls to guardians, among other regular hotline services.

National**National Suicide Prevention Lifeline**

1-800-273-8255

Connects callers with local services.

Red Nacional de Prevención del Suicidio

1-877-784-2432

National hotline for Spanish-language speakers.

Suicide Prevention Lifeline Crisis Chat

suicidepreventionlifeline.org

Offers live Internet chat to help reduce stress and increase feelings of empowerment.

NAMI Information Hotline

1-800-950-6264

Facilitated by the National Alliance on Mental Illness (NAMI). In addition to regular hotline services, NAMI offers information on mental illness, legal resources, and peer support.

National S.A.F.E Alternatives Hotline

1-800-366-8288

Committed to helping those with self-injurious behavior

Teen Crisis Text Line - 24 hour support

Text "START" to 741741

Provides text message crisis support for teens.

The Trevor Project Lifeline

1-866-488-7386

Offers support for LGBTQ youth, ages 13-24

Domestic Violence Resources

National Domestic Violence Hotline

Call: 800-799-7233

Text BEGIN to 88788

A Safe Place

<https://www.cpedv.org/member-service/safe-place>

Phone:

Crisis: 510 536-7233

Office: 510-986-8600

Alameda County Family Justice Center

Address: 470 27th Street, Oakland, CA 94612

Phone: 510-267-8800

Monday to Friday 8:30am to 5:00pm. After-hours availability, appointments, and free transportation vouchers provided as needed.

California Partnership to End Domestic Violence

Phone: (916) 444-7163

Can provide referrals to local programs that may be able to provide assistance.

We are available during our normal business hours, Monday – Friday from 8:30 a.m. to 5:00 p.m.

Bay Area Region Domestic Violence Organizations:

<https://www.cpedv.org/bay-area-region>

Medical Services

La Clínica De La Raza

<https://www.laclinica.org/index.html>

(510) 535-6200

Low cost vision, dental, and medical care

Order of Malta Oakland Clinic

<https://www.orderofmaltaclinic.com/services>

(510) 587-3000

Free and low cost medical and psychiatric services

Recreational Activities

Youth Uprising

<https://www.youthuprising.org>

510-777-9909

Arts and expression programs, youth leadership development, health and wellness programs, sports/rec

Boys and Girls Club of Oakland

<http://www.bgcoakland.org>

(510) 535-9461

Youth leadership development, health and life skills, the arts, sports and recreation

Housing

Call **211** for daily shelter beds

Housing Resource Centers in Alameda County

Oakland

Note: Any families or individuals who are still sheltered but face a crisis such as a 3 day pay or quit notice, an eviction notice, call BACS Keep Oakland Housed Program at 510-613-0330 x2

Homeless Adults

- Downtown Oakland: call BACS Coordinated Entry line at 510-658-9480, or walk in at 629 Oakland Ave, Mondays - Thursdays: 9am-12pm.
- West Oakland: call BOSS Coordinated Entry line at 510-649-1930, ext. 1015, or walk in at 2280 San Pablo Avenue, 10am-2pm Mon, Tues, Thur, Fri
- East Oakland: call EOCP Coordinated Entry line at 510-463-4601, or walk in at 7515 International Blvd. 10am-3pm Thur, Fri

Homeless families (with a child under 18)

- call the Family Front Door at 510-808-7410 ext. 282

North County (Berkeley, Albany, Emeryville)

- Homeless adults: contact BACS at 510-495-0131, email housinghub@bayareacs.org or walk in at 2809 Telegraph Ave, 9am-12pm, Mon, Wed, Fri
- Homeless families – contact Women's Daytime Drop-in Center call 510-548-2884, email help@womensdropin.org, or walk in at 2218 Acton St. Mon, Wed, Fri 9am-2pm
(Emeryville families may also contact Family Front Door - see information above)

Mid County

- West (San Leandro and Alameda) Homeless adults/families: call Building Futures San Leandro: 510-686-2332; Alameda: 510-201-0203, or walk in at 1840 Fairway Dr, San Leandro, 10am – 2pm Tuesday or 2500 Barbers Point Rd, Alameda, 10am – 12pm Mon
- East (Hayward and Unincorporated) Homeless adults/families: call BACS at 510-247-8235, email HaywardHRC@bayareacs.org, or walk in at 590 B Street, Hayward, 1-4pm Tue and Thur

South County/Tri-City (Fremont, Newark, Union City)

- Homeless adults: Drop-in hours Mon and Tues 8:30am-12:30pm 4075 Papazian Way, Fremont; call Abode at 510-330-5822

- Homeless families: Drop-in hours Thurs 10-12 and 1-3pm 39155 Liberty St., Fremont, CA (Millenium Room); call Fremont Family Resource Center at 510-574-2000
- 4th Thursday of the month from 1-3pm: Ohlone Career Center will provide free, meaningful workforce development, career exploration, and job search/support/placement
- 1st and 3rd Thursdays of the month from 10am-12pm and 1-3pm: Bay Area Legal Aid will be available for people to talk to an attorney and get information and resources
- 1st and 3rd Thursdays of the month from 10am-1pm: Bay Area Community Health will be on site to provide non-emergency medical care and social services navigation
- If an appointment is needed outside of Thursday drop-in hours, appointments can be made on other days. Call 510-574-2000 to seek an appointment.

MediCal/ CAL Fresh Enrollment

Do not send families to county offices, send all families to the **OUSD Central Family Resource Center**. They will make appointments for families and it is easier to follow up and case manage this way, they can also help with troubleshooting MediCal issues. There are Spanish and Mam speakers available.

746 Grand Avenue, Portable A (off of parking lot)
(510) 273-1516

Street Level Health Project also does CAL Fresh and MediCal enrollment and troubleshooting.

Street Level Health Project

<http://streetlevelhealthproject.org/>

Address: 3125 E 15th St, Oakland, CA 94601
Phone: 510-533-9906