Pleasanton
UNIFIED SCHOOL DISTRICT

MEDICAL RESOURCES

https://bit.ly/47VcQIz

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Health Insurance | Vision | Pregnancy
Immunizations | Dental | Cancer
Elderly

Sports Physicals

Organization Name	Contact & Location	Who Qualifies? Cost	Overview of Services	Last Updated
AFC Urgent Care	2455 Sand Creek, #144, Brentwood, CA (925) 679 - 4876	Anyone	Sports Physicals for $45 . Must call or make an appointment online.	Sept 2026
Fuente Wellness Center	16335 East 14th Street, 2nd floor San Leandro (510) 481-4566 Fax: (510) 481-4535	11-24 year olds living in Alameda County	Provides the following services to low-income youth aged 11-24 in the East Bay: Immunizations, tobacco cessation counseling, behavioral health counseling, dental exams and services, health education, physical exams, lab tests, services for chronic illnesses, and pregnancy testing. Open Monday-Friday from 2-6pm, and insurance registration and enrollment assistance is offered from 11-1pm daily.	Sept 2026

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PUSD Sports Physical Forms	Website	PUSD Students	This PUSD website provides the required form to be completed by the medical provider for participation in sports. Please follow the additional clearance steps required by your school site for the appropriate sports.	Sept 2026
Wellness Mart	4125 Mohr Avenue, Ste E, Pleasanton, CA, 94566 208-579-2266		Open Monday-Friday 9am-5pm (except lunch 12:15-1pm). Click here to book appointments. • TB Testing • Livescan Fingerprinting • Physicals • Drug Screening • Lab Testing • Respiratory Testing • CPR & First Aid Training • Vaccinations • Request For Medical Records	Sept 2026
One Stop Medical Center (Dr. Zaman)	925-263-9547 6155 Stoneridge Drive, Suite 210, Pleasanton	Alameda Alliance Medi-cal, Contra Costa Health, Aetna, Cigna, Health Net, Humana, Anthem Blue Cross, Blue Shield of CA, United Healthcare, Self-Pay	Can provide sports physicals and immunizations free of charge to Medi-cal, Contra Costa Health, underinsured and uninsured.	Sept 2026

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Health Insurance

Organization Name	Contact & Location	Who Qualifies? Cost	Overview of Services	Last Updated
Alameda Alliance	(510) 747-4567 1240 South Loop Road Alameda, CA 94502	https://alamedaalliance.org/members/medi-cal/	Can assist you in changing primary provider, determining what is covered under benefits, determining if benefits are active, mailing an ID card or something else, or scheduling an interpreter for appointment. Need to provide either Alameda Alliance ID number, Medi-Cal ID number, or SSN	Sept 2026
Kaiser Community Health Care Program	Website	- Age 19 or under with household income between 266%-300% of the federal poverty level - Over age 19 with total household income over 138%% FPL (based on this chart) - Household income no more than 3 times the FPL. - Not have access to any other public or private health coverage.	Free health insurance plan (Kaiser Permanente Platinum 90 HMO Plan) for qualifying individuals that includes medical, dental, vision and mental health services. Yearly enrollment period check their website for more information. They also have a Special Enrollment Period for those with a qualifying life event (e.g. recently married, divorced, gave birth, lost health coverage due to job loss), please check their website for more information.	Sept 2026

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Medi-Cal			Health insurance program run by the state and federal government that primarily covers low-income children, parents, persons with disabilities and seniors. To apply for Medi-Cal, you can contact a Health Insurance Technician at 1-800-422-9495, visit Axis Community Health in Pleasanton or Livermore OR apply online at: https://www.dhcs.ca.gov/Medi-Cal/Pages/apply.aspx Make sure you check the **changes** that will **be applied** to **medical coverage** starting **January 1st, 2026**. Check the folder for your reference. English Resources/Recursos Español Updates on Public Charge	Sept 2026

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Immunizations

Organization Name	Contact & Location	Who Qualifies? Cost	Overview of Services	Last Updated
Fuente Wellness Center	16335 East 14th Street, 2nd floor San Leandro, CA 94578 Phone: (510) 481-4566 Hours: Monday-Friday 9:30am-6:30pm	Alameda County youth ages 11-24.	Provides the following services to youth 11-24 regardless of insurance or residency. • Physicals • Immunizations • Dental services- general x-rays, dental sealants, fillings, cleaning, simple extractions, non-surgical wisdom tooth extraction (no oral surgery) • Vision referrals • Asthma management • Obesity treatment • Referrals for personal fitness trainer • Individual and family counseling • Reproductive health services • Insurance registration and referrals • Mentorship & youth health care career internships	Sept 2026
Child Health & Disability Prevention Program (CHDP)		Free for non Medi-Cal uninsured children.	The CHDP program provides complete health assessments for the early detection and prevention of disease and disabilities for low-income children and youth. A health assessment consists of a health history, physical examination, developmental assessment, nutritional assessment, dental assessment, vision and hearing tests, a tuberculin test, laboratory tests, immunizations, health education/anticipatory guidance, and referral for any needed diagnosis and treatment.	Sept 2026

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One Stop Medical Center (Dr. Zaman)	925-263-9547 6155 Stoneridge Drive, Suite 210, Pleasanton	Alameda Alliance Medi-cal, Contra Costa Health, Aetna, Cigna, Health Net, Humana, Anthem Blue Cross, Blue Shield of CA, United Healthcare, Self-Pay	OneStop is enrolled in the Vaccines for Children program, so vaccines are free for Medi-cal, Contra Costa Health, underinsured and uninsured patients. Also provides school and sports physicals.	Sept 2026
Planned Parenthood	200 Porter Dr #200, San Ramon, CA 94583 (925) 838-2108	Medi-Cal and private insurance accepted.	Birth control, pregnancy testing and referrals, prenatal services, abortion, infertility clinic, sterilization, STD treatment, AIDS testing, counseling, health and physical exams, immunizations and mid-life exams. Medi-Cal and private insurance accepted.	Sept 2026
Alameda County Family Justice Center: Immunization Clinic	(510) 267-3230 Email 470 27th St, Oakland, CA 94612	Free for all ages uninsured, underinsured, or have Medi-Cal.	Free routine vaccinations: COVID-19, DTap, Hib, Hep A, Hep B, HPV, MCV4, MMR, PCV13, PPSV23, Polio, Tdap, Td, Varicella, Zoster, Influenza (seasonally available).	Sept 2026

Providers & Clinics

Organization Name	Contact & Location	Who Qualifies? Cost	Overview of Services	Last Updated

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Alameda-Contra Costa Medical Association	(510) 654-5383 3697 Mt. Diablo Blvd, Ste 175, Lafayette, CA 94549	Referral service free for all.	Provides referrals to all types of physicians and practices throughout the two counties. Services are free.	Sept 2026
Axis Community Health	(925) 462-1755 Several locations	Call their number to get help enrolling in health care options. Spanish and English.	Community health center providing quality, affordable, accessible services, including medical care, behavioral health, enrollment assistance, and WIC. Offices in Pleasanton and Livermore. Dental services in Dublin. Confidential and free testing for STDs, birth control, and pregnancy testing.	Sept 2026
Birthright of Livermore	1010 Murrieta Blvd., Suite B, Livermore CA (925) 425-0414	Free for all.	Offers free pregnancy tests, information on all options, housing assistance, medical/legal referrals, transportation, maternity and baby clothes, adoption information, community resources.	Sept 2026
California Health Medical Equipment	chme.org	Free	Families can get larger sized pull-ups with a prescription from a doctor.	Sept 2026
Family, Maternal and Child Health (FMCH)	925-608-5170	Free for all.	Toll free information and referral line for the following services: prenatal care, insurance coverage for prenatal care, loss of pregnancy or baby, breastfeeding support, nutrition and information and referral messages 24 hours a day in English or Spanish.	Sept 2026

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Child Health & Disability Prevention Program (CHDP)		Free for non Medi-Cal uninsured children.	The CHDP program provides complete health assessments for the early detection and prevention of disease and disabilities for low-income children and youth. A health assessment consists of a health history, physical examination, developmental assessment, nutritional assessment, dental assessment, vision and hearing tests, a tuberculin test, laboratory tests, immunizations, health education/anticipatory guidance, and referral for any needed diagnosis and treatment.	Sept 2026
Kindred HealthCare	Referral: (866) 546-3733 Office: (510) 357-8300 2800 Benedict Drive San Francisco, CA 94577	Insurance accepted.	Offer long-term acute care options (LTAC) for extended recovery periods. They partner with your physician and offer 24-hour clinical care, 7 days a week. See their website for services and conditions served. Rehabilitation specialists are also available such as physical therapists, occupational therapists, and speech-language pathologists.	Sept 2026
Fuente Wellness Center	16335 East 14th Street, 2nd floor San Leandro, CA 94578 Phone: (510) 481-4566 Hours: Monday-Friday 9:30am-6:30pm	Alameda County youth ages 11-24.	Provides the following services to youth 11-24 regardless of insurance or residency. • Physicals • Immunizations • Dental services- general x-rays, dental sealants, fillings, cleaning, simple extractions, non-surgical wisdom tooth extraction (no oral surgery) • Vision referrals • Asthma management • Obesity treatment • Referrals for personal fitness trainer • Individual and family counseling • Reproductive health services • Insurance registration and referrals • Mentorship & youth health care career internships	Sept 2026

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Health Program of Alameda County (HealthPAC)	(510) 618-3452 See Brochure for more information on locations.	- Alameda County resident age 19 or older - between 0 to 200 percent of Federal Poverty Line - not eligible for Medi-Cal - not enrolled in private insurance	Low-cost health program only for low-income people in Alameda County. Services are provided through one of the 9 community-based clinics that are part of the network or through Alameda Health System. In order to enroll, people make an eligibility appointment at one of the clinics or at Health Care Services Agency and bring in identification, proof of residency, and proof of income. Citizenship is not a requirement of the program.	Sept 2026
Alameda County Health Care for the Homeless: Mobile Health	(510) 618-3452 Schedule of Mobile visits.	Free for people experiencing homelessness.	Staff from Alameda Health System and Alameda County Health Care for the Homeless (ACHCH) include a medical provider, medical assistant, social worker, registration clerk, and van driver. They provide friendly and accessible medical and dental care, as well as linkages to ongoing primary care at Alameda Health System or other community clinics.	Sept 2026
Tri-Valley Pediatrics	5565 W. Las Positas Blvd Suite 240, Pleasanton 925) 460-8444 Dr. Lionel Herrera		*Already have a contract with PUSD to provide physicals for students. Reach out to them for a referral and then instruct them to bill PUSD to cover the cost if necessary.*	Sept 2026

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Vision				
Organization Name	**Contact & Location**	**Who Qualifies? Cost**	**Overview of Services**	**Last Updated**
Ainak Eye Glasses	(408) 868-9428 10080 N. Wolfe Rd., Suite SW3-200 Cupertino, CA 95014	Register on their website to see if you qualify.	Bay Area based nonprofit that provides underprivileged individuals get free eye care services such as vision tests and prescription glasses. Click HERE to register.	Sept 2026
March Vision Care	(844) 336-2724	Alameda Alliance Medi-Cal Clients	All Alameda Alliance Medi-cal clients need to go through March Vision to have their insurance approved and refer them to local providers that will accept their vision insurance. Individuals are covered for an eye exam and glasses every 24 months.	Sept 2026

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VSP Eyes of Hope	(240) 821-1130	- Family income up to 200% of the Federal Poverty Line - no coverage through private insurer or government program - have not used VSP program for vision care within the last 12 months	Those who qualify can get a gift certificate to receive essential vision care at no cost. If an individual has Medicaid or Medicare, they can use the certificate to purchase eyeglasses. To request a gift certificate, visit nasn.org/vsp and log in to request certificates. You can also contact a PUSD school nurse about this opportunity.	Sept 2026
Zenni Optical	Online glasses purchasing site.	Anyone	Affordable glasses as low as $6.95.	Sept 2026
Dr. Charles Hom	5679 Gibraltar Drive, Pleasanton (925) 463-3937		*Provides vision services. Accepts MediCal-Alameda Alliance*	Sept 2026

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Dental

Dentists accepting new patients in Alameda County, by city - Updated 9/4/25

City	Accepted Ages	Name of Practice	Dentist Last, First Name	Phone Number	Address	Zip code	Office Hours (Monday - Friday 8 am-5 pm)	Open Saturday	Wheelchair Access	Languages	Serves Pregnant Patients	Serves Special Needs
Dublin	0 - 99	Axis Community Health (3+ months wait)	Lane, Patrice;Walker, Dan, Pabla, Jasmeen	(925) 462-1755	7212 Regional Street	94588	8:45 am-5:30 pm	N/A	✓	Translation services available	✓	✓
Dublin	6 months - 99	Dublin Ridge Dental	Vontela, Rekha	(925) 248-2201	6614 Dublin Boulevard	94568	Friday 9-5 pm	9-5 pm	N/A	Spanish, Hindi	✓	✓
Dublin	1 - 99	Heyday Dental	Xie, Dani	(925) 217-0299	6400 Village Pkwy, Suite 204	94568	Mon- Fri 8:30 am- 5:30 pm	Yes, by appt only	N/A	Spanish, Mandarin, Cantonese	✓	✓
Dublin	2 - 99	We Care Dental	Lardizabal, Chona	(925) 300-9559	8935 San Ramon Rd	94568	Closed Monday, Friday	N/A	✓	Spanish, Tagalog	✓	N/A
Livermore	0 - 21	Comfort Dental	Nguyen, Lankhanh	(925) 245-9028	2291 Las Positas Road	94551	9 a.m. - 5 pm	N/A	✓	Spanish, Vietnamese	✓	✓
Livermore	0 - 99	Downtown Dental	David Santos, Maria	(925) 337-5531	2300 1st Street, Suite 106	94555	Monday, Wednesday, Friday	N/A	✓	English,Spanish	✓	N/A
Pleasanton	0- 99	Bernal Dental Care	Gao, Yuhao	(925) 249-9242	3283 Bernal Avenue, Suite 108	94566	✓	N/A	✓	Chinese, Farsi, Spanish	✓	✓
Pleasanton	1 - 21	Dalal Dental Care	Dalal, Alpa	(925) 660-7676	1987 Santa Rita Road, Suite F	94566	Closed Tuesdays	N/A	✓	Spanish, Hindi, Punjabi	✓	✓
Pleasanton	0 - 99	Patt Dental Care	Pattanayak, Pranatee	(925) 485-9595	1400 Santa Rita Road, Suite C	94566	Closed Tuesday, Thursday	2 Sats/month	✓	Spanish, Hindi	✓	✓
Pleasanton	1 - 99	Smile Designs Dentistry	Vanjarapu, Sanjay Kumar	(925) 234-4421	1400 Santa Rita Road, Suite D	94588	✓	N/A	✓	Spanish, Hindi, Tamil, Telgu	✓	✓
Pleasanton	0-21	Pearls and Teeth	Madhure, Veena	(925) 523-3864	5720 Stoneridge Mall Rd, Suite 285	94588	Closed Mon. Thurs	N/A	✓	Spanish, Hindi, Kannada	✓	✓

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Organization Name	Contact & Location	Who Qualifies? Cost	Overview of Services	Last Updated
Axis Community Health	925-462-1755 2 Locations: 7212 Regional St. Dublin, CA 94588 1686 Second St. Livermore , CA 94550	Current Axis Community Health patients	Our dental services are available for children and adults and include: ○ Preventive Care ○ Comprehensive Dental Exam with X-rays ○ Cleanings and Fluoride Application ○ Fillings ○ Sealants ○ Complete and Partial Dentures ○ Crowns ○ Anterior Root Canals ○ Extractions ○ Oral Health Education and Nutritional Counseling	Sept 2026
Healthy Schools and Communities	Corina Gutierrez: 510-514-5872 Email: corina.gutierrez@acgov.org Estela Cardenas: 510-514-5872 Email: estela.cardenas@acgov.org	See overview of services.	Our school-linked Community Health Access / Community Health Worker program is designed to address all the social determinants of health for Alameda County parents/caregivers and their families, not just dental, but dental is on the menu so to speak. We're most interested in serving students who currently don't have a dental "home" and need help finding one, both for preventive care/screenings and for treatment. We work mostly with Medi-Cal eligible kids (we can help troubleshoot if their Medi-Cal is not currently active). There are some limited resources for non-Medi-Cal eligible students but that would be for urgent needs only. Estela and her colleague Corina speak Spanish as well as English but we can use a language line if there are other required languages.	Sept 2026

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Orthodontics (through Denti-Cal Insurance)	Various locations: 2177 Las Positas Ct. Livermore, CA Livermore Office: (925) 273-6016	Individuals up to age 21 with Medi-cal and medically necessary orthodontic needs.	Orthodontics are not covered by Denti-cal unless it is deemed medically necessary (e.g. handicapping malocclusion, cleft palate/lip, or craniofacial abnormalities). Here are the steps to go through 1. Call Western Dental in Livermore at 925-273-6001 to request a free orthodontic exam. 2. The orthodontist will perform an oral exam to determine if the patient has a condition or combo of conditions that meet the criteria to warrant authorization of orthodontic treatment. 3. They will let the patient know at the time of the exam if orthodontics can be covered by Medi-cal. If they meet criteria, the office staff will take impressions and mail them to Denti-cal to obtain approval. 4. Once the orthodontic office receives authorization to perform treatment, the braces can be placed.	April 2024
Bay Area Community Health	Schedule appointment: (510) 770-8040 or (408) 729-9700 Mobile Clinic CHOMPS comes to Livermore. Check their Instagram for monthly schedules.	Accepts Medi-Cal as well as most private health insurances. Uninsured patients may qualify for sliding scale.	Full-range dental services for children and adults such as preventative care, dental exams, cleanings, fillings, dentures, crowns, root canals, extractions, and oral health education. Mobile clinic CHOMPS provides services in Livermore at Cornerstone Fellowship: 348 N. Canyons Pkwy Livermore, CA 94551	Sept 2026
Child Health & Disability Prevention Program (CHDP)	925-313-6150	Free for non Medi-Cal uninsured children.	The CHDP program provides complete health assessments for the early detection and prevention of disease and disabilities for low-income children and youth. A health assessment consists of a health history, physical examination, developmental assessment, nutritional assessment, dental assessment, vision and hearing tests, a tuberculin test, laboratory tests, immunizations, health education/anticipatory guidance, and referral for any needed diagnosis and treatment.	Sept 2026

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Dentists on Wheels	2210 Gladstone Dr, Pittsburg, CA 94565 (925) 800 - 7771	Must explain need for free services on application	Provides preventative and restorative care for low income communities. Patients are chosen similar to a lottery system. Apply HERE for English. Aplicar AQUÍ en español.	Sept 2026
Eastmont Refugee Health Clinic	Eastmont Dental Clinic: (510) 567-5770 6955 Foothill Blvd. #200, Eastmont Mall Shopping Center, Oakland, CA	Refugee Status	They can provide a refugee health intake & will do a comprehensive health screening and all appropriate vaccinations and lab tests will be provided free of charge! If the family does receive a bill for some reason, the family should email it back to them and they will take care of it.	Sept 2026

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Medi-Cal Dental Services	Dental Provider Directory Search Phone (interpreter services available): (800) 322-6384	Must have Medi-Cal	Adult services include: • Exams and x-rays • Cleaning (prophylaxis) • Fluoride treatments • Fillings • Root canals in front teeth • Prefabricated crowns (stainless steel or tooth colored) • Full dentures • Other medically necessary dental services Dental services may exceed the annual $1,800 limit if shown to be medically necessary. To find a Denti-Cal dentist, call 1-800-322-6384 or use the dental provider directory search. Pleasanton Providers:	Sept 2026

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NAME	ADDRESS	PHONE	LANGUAGES
Bernal Dental Care	3283 Bernal Ave Ste 108	(925)-249-9242	Spanish, Chinese
JINJUWADIA, KAMLESH	1807 SANTA RITA RD STE C	(925)-523-3450	English
Smiles 4 All Dental	5720 Stoneridge Mall Rd, Suite 285	925-523-3864	English, Hindi
SMILE DESIGNS DENTISTRY DENTAL OFFICE	6280 W LAS POSITAS BLVD , STE 215	(925)-234-4421	English, Spanish, Hindi
Comfort Dental	2291 Las Positas Rd.	925-245-9028	Spanish, Vietnamese
PATT DENTAL CARE	1400 SANTA RITA RD , STE C	(925)-485-9595	English, Spanish, Punjabi, Farsi, Hindi
DALAL DENTAL CARE	1987 SANTA RITA RD STE F	(925)-660-7676	English, Spanish, Hindi
MAKE A SMILE DENTISTRY	9130 Alcosta Blvd, San Ramon	(925) 402-4141	English, Spanish

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University of the Pacific, Arthur A. Dugoni School of Dentistry **Special Care Clinic and Hospital Dentistry Program**	155 Fifth Street, Second Floor Specialty Clinic San Francisco, CA 94103 All patients are seen by appointment only. To make an appointment, please call 415.929.6675.	Denti-cal abd major dental insurance. Specialized care to patients with medical and psychosocial considerations.	They offer oral health care to patients with a range of medical and psychosocial considerations. They have a dental faculty with advanced training work with dental students to deliver care. We offer a full range of dental services to meet your oral health care needs, including cleanings, fillings, root canals, extractions and dentures. Where appropriate, we also offer alternative relaxation techniques. For those patients whose medical and/or psychosocial condition warrants general anesthesia, hospital dental services will be available through California Pacific Medical Center. Additionally, we will be available for pre- and post-organ transplant oral health assessment and care, as well as for in-patient dental consultations at California Pacific Medical Center. Fees vary according to procedures. Payment is requested at the time of service with cash, check or credit card. Contract arrangements can be made for extensive treatment plans. We accept Denti-Cal and all major dental insurance.	Sept 2026

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MEDICAL RESOURCES

Immigrant & Refugee Resources

Organization Name	Contact & Location	Who Qualifies? Cost	Overview of Services	Last Updated
Click here for an overview of healthcare resources for immigrant families.				
Cash Assistance Program for Immigrants (CAPI)	To apply, call your local county social services office. See Website for more information.	See overview of services.	100 percent state-funded program designed to provide monthly cash benefits to aged, blind, or disabled non-citizens who are eligible for SSI/SSP solely due to their immigration status. To be eligible: 1. Be ineligible for SSI/SSP solely due to immigration status, 2. Be 65 years old or older, blind, or disabled, 3. Be a resident of California, 4. Meet certain income and resource requirements, and 5. Be a non-citizen and meet the immigration status criteria (See Manual of Policies and Procedures (MPP) Section 49.020 "Immigration Status")	Sept 2026
Eastmont Refugee Health Clinic	Eastmont Dental Clinic: (510) 567-5770 6955 Foothill Blvd. #200, Eastmont Mall Shopping Center, Oakland, CA	Refugee Status	They can provide a refugee health intake & will do a comprehensive health screening and all appropriate vaccinations and lab tests will be provided free of charge! If the family does receive a bill for some reason, the family should email it back to them and they will take care of it.	Sept 2026

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Alameda CountyFamily Justice Center: Immunization Clinic	(510) 267-3230 Email 470 27th St, Oakland, CA 94612	Free for all ages uninsured, underinsured, or have Medi-Cal.	Free routine vaccinations: COVID-19, DTap, Hib, Hep A, Hep B, HPV, MCV4, MMR, PCV13, PPSV23, Polio, Tdap, Td, Varicella, Zoster, Influenza (seasonally available).	Sept 2026
Alameda County Social Service Agency	Website		We provide financial, food, and healthcare assistance, employment and training, and other culturally sensitive supportive services and referrals. Brindamos asistencia financiera, alimentaria y de atención médica, empleo y capacitación, y otros servicios y referencias de apoyo culturalmente sensibles.	Sept 2026
Central Legal De La Raza	Website 3400 E. 12th St., Oakland, CA 94601 (510) 437-1554	Contact for more information.	Centro Legal's Immigration practice is focused on serving the needs of our most vulnerable community members, including families living in poverty, long residing undocumented immigrants and families, youth, victims of violent crimes, Asylum Seekers, and detained individuals in removal proceedings. They run a robust pro bono immigration program (free). They assist with the following: clients in detained and non-detained removal defense, asylum applications, family-based visa petitions, U visas for victims of violent crimes, Deferred Action for Childhood Arrivals (DACA), Special Immigrant Juvenile Status (SIJS), adjustment of status, and naturalization.	Sept 2026
Center for Empowering Refugees & Immigrants (CERI)	(510) 444-1671 554 Grand Ave, Oakland, CA 94610	All services are free for those in need.	Offers individual & family crisis counseling. Assessment, referral and resource linkage, brief educational and supportive contact, support groups & self-care workshops, community networking and public education presentations. They serve a diverse range of immigrants such as Cambodian, Vietnamese, Burmese, Afghan, Tibetan, Nepali, Indian, Rwandan, Filipinx, Iranian and Latinx communities.	Sept 2026

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East Bay Community Law Center	(510) 548-4040	- Are referred by a La Clinica de la Raza school-based health center - Are a student at UC Berkeley - Are a student or staff member at a California Community College - Live in Alameda or Contra Costa County - Meet our income eligibility requirements	The Immigration program provides a full range of legal services to immigrants and their families. We work in partnership with La Clínica de la Raza school-based health centers in the East Bay, California community colleges, and the Undocumented Student Program (USP) at UC Berkeley. We provide free legal advice and representation on: • Humanitarian Options: DACA, Advance Parole, Asylum, U-visa, Special Immigrant Juvenile Status (SIJS), Violence Against Women Act (VAWA), Temporary Protected Status (TPS), Adjustment of Status (green card), T-visa, Naturalization • Family-based Options: United States Citizen or Legal Permanent Resident petitioning for undocumented family member • Criminal History: Reducing or eliminating the immigration effects of criminal arrests or convictions (in partnership with the Clean Slate program) • Public Benefits: Legal advice about the immigration effects of receiving public benefits • Employment Options: Visas through employers (our services are limited to consultations only) We also offer social work services to clients needing additional support.	Sept 2026
Fuente Wellness Center	16335 East 14th Street, 2nd floor San Leandro, CA 94578 Phone: (510) 481-4556 Hours: Monday-Friday 9:30am-6:30pm	Alameda County youth ages 11-24.	Provides the following services to youth 11-24 regardless of insurance or residency. • Physicals • Immunizations • Dental services- general x-rays, dental sealants, fillings, cleaning, simple extractions, non-surgical wisdom tooth extraction (no oral surgery) • Vision referrals • Asthma management • Obesity treatment • Referrals for personal fitness trainer • Individual and family counseling • Reproductive health services • Insurance registration and referrals • Mentorship & youth health care career internships	Sept 2026

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MEDICAL RESOURCES

Pregnancy

Organization Name	Contact & Location	Who Qualifies? Cost	Overview of Services	Last Updated
Next Step	Text: (925) 416-9997 Call: (925) 425-0414 1010 Murrieta Blvd. Livermore, CA 94550	Free	Hours: Mon-Wed 11am-5pm, Thur - Sun Closed Free pregnancy tests, information on pregnancy options, ultrasounds, pregnancy and parenting support, pregnancy loss & abortion recovery/care.	Sept 2026
Axis Community Health	(925) 462-1755 Several locations	Call their number to get help enrolling in health care options. Spanish and English.	Community health center providing quality, affordable, accessible services, including medical care, behavioral health, enrollment assistance, and WIC. Offices in Pleasanton and Livermore. Dental services in Dublin. Confidential and free testing for STDs, birth control, and pregnancy testing.	Sept 2026
Birthright of Livermore	1010 Murrieta Blvd., Suite B, Livermore CA (925) 425-0414	Free for all	Offers free pregnancy tests, information on all options, housing assistance, medical/legal referrals, transportation, maternity and baby clothes, adoption information, community resources.	Sept 2026

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Family, Maternal and Child Health (FMCH)	800-696-9644 2500 Bates Avenue, Suite B Concord, CA 94520 Phone: 925-608-5170	Free for all.	Toll free information and referral line for the following services: prenatal care, insurance coverage for prenatal care, loss of pregnancy or baby, breastfeeding support, nutrition and information and referral messages 24 hours a day in English or Spanish.	Sept 2026
Planned Parenthood	200 Porter Dr #200, San Ramon, CA 94583 (925) 838-2108	Medi-Cal and private insurance accepted.	Birth control, pregnancy testing and referrals, prenatal services, abortion, infertility clinic, sterilization, STD treatment, AIDS testing, counseling, health and physical exams, immunizations and mid-life exams. Medi-Cal and private insurance accepted.	Sept 2026
Postpartum Support International	Call/Text HelpLine: (800) 944-4773 Text (Spanish): (917) 203-7773	Free and virtual	Over 50+ virtual support groups. Groups are 90 minutes; the first 30 minutes is providing information and education. The next 60 minutes is 'talk time' in which group members share and talk to each other.	Sept 2026

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MEDICAL RESOURCES

Miscellaneous				
Organization Name	**Contact & Location**	**Who Qualifies? Cost**	**Overview of Services**	**Last Updated**
Eric's Corner Epilepsy Resources	(888) 339-7575 4300 Black Ave. #1571 Pleasanton, CA 94566	Individuals living with seizure disorders.	Mission is to raise awareness of epilepsy and to connect the community with resources to effectively manage an epilepsy diagnosis or anyone affected by seizure disorders. Provides education and monthly support groups. Also provide monthly outings that include an activity and dinner, and are willing to assist in paying for students to attend epilepsy specific camps. Groups are currently held in-person every 3rd Thursday of the month, 5:00-7:30 pm. For more information please email us at info@eracscorner.org	Sept 2026
Nutritionists	Various	Various	• **Jill Daniels, MS, RD, CSSD** (925)784-1538 www.jilldanielsrd.com • **Judy Bailey, MS, RD, CDE** (925) 451-1211 hjmbai@aol.com	Sept 2026
State Disability Insurance (Short-Term)			The California State Disability Insurance (SDI) program provides short-term Disability Insurance (DI) and Paid Family Leave (PFL) wage replacement benefits to eligible workers who need time off work. You may be eligible for DI if you are unable to work due to non-work-related illness or injury, pregnancy, or childbirth. You may be eligible for PFL to care for a seriously ill family member or to bond with a new child.	Sept 2026

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Free/Low-cost Transportation to Medical Appointments:	SafeRidezz (925) 399-1762 6400 Village Pkwy, Ste 203, Dublin, CA 94568	Call for a free consultation.	SafeRidezz provides safe and reliable rides for Non-Emergency Medical Transportation, School-Aged Children, and Special Needs Individuals in the Tri-Valley California area. Schedule a ride on their webpage.	Sept 2026
Supplemental Security Income (SSI)		Adults and children may be eligible if they have little to no income, and little or no resources, and a disability, blindness, or are age 65 or older.	Supplemental Security Income (SSI) provides minimum basic financial assistance to older adults and persons with disabilities (regardless of age) with very limited income and resources. Federal SSI benefits from the Social Security Administration are often supplemented by state programs. Click here to learn more for SSI. To view an overview of the differences between SSI and SSDI, watch this webinar or read this article.	Sept 2026
Supplemental Security Disability Income (SSDI)		Individuals may be eligible if they have a disability or blindness, and enough work history.	Social Security Disability Insurance (SSDI) supports individuals who are disabled and have a qualifying work history, either through their own employment or a family member (spouse/parent). Click here to apply online for SSDI. To view an overview of the differences between SSI and SSDI, watch this webinar or read this article.	Sept 2026
Swords to Plowshares	1060 Howard Street San Francisco, CA 94103 (510)775 - 5056		Offers services and resources to support veterans in the key areas of homelessness, unemployment, disability, and health such as case management, counseling, support groups, and VA healthcare enrollment. See this calendar for an ongoing support group schedule. Self-Help Guides are also available on their website.	Sept 2026

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CANCER SPECIFIC RESOURCES

Organization Name	Contact & Location	Who Qualifies? Cost	Overview of Services	Last Updated
Cancer Care Support Group	(925) 416-6774 Email: ltechel@stanfordhealthcare.org	Free	Are you caring for a loved one with cancer? Do you feel overwhelmed? Do you want to talk to someone? Would you like to speak to others going through the same experience, or would you like to just take a moment for yourself? The Cancer Caregiver Support Group is an online peer-led group offering emotional, educational, psychosocial, and spiritual support. Currently runs every 1st and 3rd Thursday of the month from 3:00-4:30 pm.	Sept 2026
Spiritual Care Services	(650) 723-5101 Email: spiritualcare@stanfordhealthcare.org		Interfaith, spiritual support for Stanford Health Care patient, family member, friend or staff member to accompany you with: • Listening • Open-hearted conversation about hope, gratitude, fear, connection and meaning • A calm presence • Prayers and blessings • Connecting you to your religious or spiritual tradition through our staff, volunteers and referrals to community resources Chaplain services include regular meetings between chaplain and the medical team to discuss patient concerns, goals for better patient care, and how we can strengthen our professional skills.	Sept 2026

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Culinary Angels	Email: info@culinaryangels.org (925) 243-1211 4435 First Street, #142, Livermore, CA 94551	Anyone, at any age or income level, who is going through a cancer challenge, along with their caregiver, are eligible for our meals.	Culinary Angels is a volunteer, donation-based organization that provides nutrient-rich meals and nutrition education to people going through a cancer challenge, as well as to their caregivers. Meals are delivered free-of-charge throughout the Tri-Valley area (Livermore, Dublin, Pleasanton, San Ramon, Danville) in California. Meals are typically delivered on Wednesdays to your door, between 3:15-4:30pm. Meal pick-up from the Pleasanton office can be arranged. Request a meal on their webpage.	Sept 2026
When Someone You Know Has Cancer: An Activity Book for Families			This Arthur workbook was designed for families who are battling cancer. This book contains helpful tools for adults to support them when they talk to their children about cancer, answer their questions, reassure them, and suggest ways they can show their love and get involved in the fight against the disease.	Sept 2026
Okizu	83 Hamilton Drive, Suite 200, Novato, CA 94949 (415) 382-9083 info@okizu.org	Free for families affected by childhood cancer	For more than 40 years, Okizu has been committed to the continuing support of the Oncology, Siblings, Family, Bereavement, and Teens-N-Twenties programs. These programs are the result of a collaborative effort between Okizu and the pediatric oncology treatment centers in Northern California. The specific purpose of Okizu is to operate peer support programs for children and families affected by childhood cancer based on the community-forming nature of a residential camp experience. See all programs on their website.	Sept 2026

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Make a Wish		Child must be: - Diagnosed with a critical illness, i.e., a progressive, degenerative or malignant condition that is placing the child's life in jeopardy - Older than 2½ years and younger than 18 - Has not received a wish from another wish-granting organization	To make a wish for a child that meets eligibility to receive something they want or need. Use this link here to refer a child for a wish.	Sept 2026
Cancer Support Community Bay Area	3276 McNutt Avenue Walnut Creek, CA 94597 (925) 933-0107		Offers support groups and counseling for those with cancer, caregivers, grief and bereavement, networking, as well as individual and family counseling. To join a support group, please complete a Newcomers Meeting and Intake Interview that will take place via Zoom. Please email CSC Program Manager Maricela Becerra at mbecerra@cancersupport.net to schedule an appointment. Find their ongoing calendar of events here.	Sept 2026
Bright Spot Network	website		Offers a $500 stipend every year that you are a parent in active treatment. Applications are in the Spring so set a reminder to submit in your calendar. I They also do sweet supports for kids like books, craft project packages, birthday cards, etc.	Sept 2026

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Me-One Foundation	https://me-onefoundation.org/camp-wieser/ Info@me-onefoundation.org		At Me-One, our mission is to ease the burdens that cancer imposes on adult patients and their loved ones by offering activities and events that inspire courage, hope, and laughter. Camp Wieser is a completely free, three-day retreat designed for adult cancer patients and their families. This retreat provides a unique opportunity for families to step away from the daily struggles of cancer and connect with others who truly understand their journey. Nestled in the beautiful natural setting of Scotts Valley, California, Camp Wieser offers a chance to escape the routine of treatments and doctor visits, and rediscover the joy of laughter, play, and fun. Applications due in the spring.	Sept 2026
Camp Kaleidescope	https://campkaleidoscope.org/register		At Camp Kaleidoscope, we understand that life can throw unexpected obstacles, especially for children dealing with a parent's cancer. Our mission is to create a comforting space where kids can explore their emotions, forge new friendships, and discover resilience. At Camp Kaleidoscope, we believe in illuminating the path through these dark times. Our community fosters a space where children can be themselves and connect with others who understand their journey. Each shared story becomes a beacon of light, a reminder that they are not alone. **Camp Kaleidoscope** is a Stanford University-based program run by student leaders that supports San Francisco Bay Area children who have or had a parent with cancer.	Sept 2026

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MEDICAL RESOURCES

ELDERLY SPECIFIC RESOURCES

Organization Name	Contact & Location	Who Qualifies? Cost	Overview of Services	Last Updated
CityServe: Senior Services	5353 Sunol Blvd, Pleasanton, CA 94566 (925) 222-2273	60+ Adults	Coordinate local resources and benefits, provide connections to local volunteers, and wellness classes, groups, education, and activities. Programs include care coordination, family/caregiver support, counseling, medication safety, transportation, exercise, holiday events, and much more. See brochure for more information.	Sept 2026
DayBreak Centers	(510) 834 - 8314 151 Callan Avenue, Suite 308, San Leandro, CA 94577		At DayBreak we strive to build an inclusive, welcoming and supportive community of care for older adults, people with disability and their family caregivers, who wish to stay at home in their community while aging. Services include case management, information and assistance warm line, fall prevention, medication safety, nutrition, family caregiver support and counseling, and respite care. Learn more here.	Sept 2026

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Legal Assistance for Seniors	Main Office: 333 Hegenberger Rd., Suite 850 Oakland, CA 94621 Monday - Friday: 9:00AM-5:00PM By Appointment: 510-832-3040 Pleasanton Office: 5353 Sunol Boulevard Pleasanton, CA 94566 2nd Monday of the month: 10:00AM-12:00PM By Appointment: 925-931-5365	Free	Provides free legal advice and information to seniors throughout Alameda County, including: Oakland, Hayward, Berkeley, Pleasanton, Fremont, Livermore, Castro Valley, Alameda, Dublin, Emeryville, Albany, San Lorenzo, Union City, and Newark. Services include representation in court and administrative hearings, referrals to other community resources, and community education and training on legal issues. Offers information about healthcare related issues important for seniors such as HICAP Community Education Programs in various languages (Cantonese, Mandarin, Korean, Spanish, Hindi and Punjabi): ■ Understanding Medicare: An Overview of Coverage and Options ■ Free Preventative Benefits: What Medicare Covers In Full ■ Financial Assistance: How to Get Help with Health Care Costs ■ Medicare and the Annual Enrollment Period: Changes for Next Year ■ Knowledge is Key: Know Your Medicare Rights ■ Medicare Alert: How to Prevent Medicare Fraud & Abuse ■ The ABC's of LTC: An Overview of Long Term Care Insurance ■ Navigating Medicare for LGBT Beneficiaries ■ How to Age in Place: Hiring and Working with a Caregiver See their website for more services and education programs.	Sept 2026

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