

Resource Guide



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I. MUSLIM THERAPISTS, COUNSELORS & PSYCHIATRISTS

Therapists, Counselors and Psychiatrists in Private Practice

Please visit www.BayAreaMuslimTherapists.org for an updated list of qualified therapists, counselors and psychiatrists. You will be able to search the database per your particular needs. For example, if you are seeking psychiatric care (i.e. medicated therapy) then you can search for therapists with a background in psychiatry. You can also search by gender (male/female) and by category of specializations. Furthermore, you can search by a keyword, for example “addiction” or “sex therapy”.

While our database may not be exhaustive of all Muslim therapists in the Bay Area, we strive to ensure quality by ensuring that only qualified practitioners are listed on our database. Learn more about how to choose your therapist.

II. SOCIAL SERVICES

ISLAMIC ORGANIZATIONS, CLINICS & MENTAL HEALTH CENTERS

Ta'leef Collective Wellness Program (Fremont)

Information not listed on website but they have a supervised clinician offering low-cost counseling in the community.

E: info@taleefcollective.org

T: 510-445-1911

Afghan Wellness Center (Fremont)

E: afghanwc@gmail.com

T: 510-509-2755

Afghan Coalition, Mental Health Project

39155 Liberty St. D-460

Fremont

(510) 745-1682

The Afghan Mental Health Project works with individuals who reside in Alameda County and identify themselves as part of the Afghan community. The AMHP works with those who are isolated and trauma-exposed, new immigrants of all ages, stressed families, especially those with children 0-5, children and youth at risk for school failure, children and youth at risk of juvenile justice involvement and any individual at risk of early onset of serious mental illness.

Muslim Support Network

40086 Paseo Padre Pkwy

Fremont, CA <http://muslimsupportnetwork.org/>

(916) 486-8626

To serve and help empower older adults in the community, by guiding them towards existing resources which will help meet their needs.

MAS Social Services Foundation

3820, Auburn Blvd, Suite 83

Sacramento, CA 95821

(916) 486-8626

- Individual, Marital, Teen, Parenting, and Family Counseling
- Pre-Marital Counseling for engaged or newly married couples
- Prevention and Early Intervention Education: Check the website frequently for upcoming workshops, classes and events
- Substance Abuse Support Group
- Parents with Special Needs Children Support Group
- Referrals to professional and community agencies
- Domestic Violence guidance and referral

MCA Counseling Services

3003 Scott Blvd,

Santa Clara, CA

counseling@mcabayarea.org

(408) 727 7277 ext 777

- Provides short-term crisis intervention and counseling and referrals to local community resources. Counsels on parent-child conflicts, marital and family issues, suicide, pregnancy, runaway youth, physical and sexual abuse, and other issues.

Khalil Center (Santa Clara)

W: <http://khalilcenter.com/contact/>

T: 1-855-554-2545

Tenderloin Outpatient Clinic (San Francisco)

T: 415-673-5700

LOW FEE COUNSELING CENTERS (WITH SPIRITUAL ORIENTATION)

SAN FRANCISCO

Integral Counseling Center – Location 1

1782 Church St, SF, CA 94131.

www.integralcounselingcenter.org

415.648.2644

First location is a sliding scale center based on need and staffed by supervised interns and post-graduate trainees. Offers individual, family, couples and group counseling.

Integral Counseling Center – Location 2

2140 Pierce St, SF, CA 94115.

www.integralcounseling.org

415.776.3109

Second location is also a sliding scale center staffed by supervised interns that in addition to the above population, also serves children and adolescents. Also treats the above listed issues as well as ones related specifically to the mental and emotional health of youth.

Golden Gate Integral Counseling Center

507 Polk St. Ste 450, SF, CA 94102

415.834.1755

www.goldengatecounseling.org

Serves individuals, families, groups, couples, and children.

California Counseling Institute

4614 California St., SF, CA 94118

415.752.1702

www.californiacounseling.org

Serves adults, couples, children and families.

therapists. Offers talk therapy, cognitive-behavioral therapy, Jungian psychotherapy (dreamwork and sandtray), play therapy, expressive arts therapy, and somatic therapy.

Center for Somatic Psychotherapy

119 Market St. Ste 300, SF, CA 94103

www.somaticpsychotherapycenter.org

415.558.0880

Staff by supervised trainees and licensed

Staff by interns and recent graduates of the somatic program at CIIS, this counseling center offers therapy in relationship to the mind/body/spirit connection. Serves adults, adolescents, children, couples, and families

EAST BAY

California Counseling Institute

1562 Oakview Ave,
Kensington, CA 94707

510.704.8046

www.californiacounseling.org

Serves adults, couples, children and families. Staff by supervised trainees and licensed therapists. Offers talk therapy, cognitive-behavioral therapy, Jungian psychotherapy (dreamwork and sandtray), play therapy, expressive arts therapy, and somatic therapy.

PENINSULA

Community Center for Health & Wellness

1057 E Meadow Cir,
Palo Alto, CA 94303

650.493.5006

Non-profit counseling center and training institute that offers low fee, sliding scale treatment. Blends contemporary psychotherapy with values that honor mind, body, and spirit. Offers individual, couples, children & family counseling as well as spiritual guidance, health counseling and treatment for trauma.

JFK Community Counseling Center

408.524.4900

572 Dunholme Way,
Sunnyvale, CA 94087

www.jfku.edu

Provides sliding scale psychotherapy services to individuals. Staffed by supervised interns and trainees.

OTHER LOW FEE COUNSELING CENTERS

East Bay

San Francisco Bay Area Center for Cognitive Therapy

Oakland, CA (Rockridge)

510.652.4455

<http://www.sfbacct.com/>

Treats adults and children/adolescents using cognitive therapeutic approaches

Berkeley Therapy Institute

2232 Carelton St.,

Berkeley, CA 94704

510.548.2250

Provides sliding scale psychotherapy treatment to individuals in need. Staff by supervised interns and trainees. Professional services offered at the Berkeley Therapy Institute (BTI) include outpatient psychotherapy; psychological and neuropsychological testing and assessment; professional consultations with attorneys, businesses and community agencies; and psychiatric treatment and medication consultation.

Tri-City HealthCenter

39500 Liberty Street

Fremont, CA 94538

510.770.8040

http://www.tri-cityhealth.org/services/mental_health~counseling.php

Tri-City Health Center offers integrated behavioral health services as part of our commitment to the highest quality of primary care medicine. Our behavioral health providers work closely with our primary care providers to make sure that patients receive focused attention.

PSYCHOLOGICAL TESTING CENTERS

Muslim Providers

Dr. Nafisa Sekandari

(510) 909-0581

Newark, CA

<http://drsekandari.com>

San Francisco

RAMS: Richmond Area Multi-Services, Inc.

3626 Balboa St.,

SF, CA 94121

415.668.5955

www.ramsinc.org

Providing culturally competent services to adults, older adults, children, youth, and families with an emphasis on Asian & Pacific Islander and Russian speaking individuals. Multi-disciplinary team of psychiatrists, psychologists, LCSWs, MFTs, nurses, vocational rehabilitation counselors, and case managers.

Haight Ashbury Free Clinic

(415) 746-1960

Tom Waddell Transgender Clinic.

(415) 355-7588

UCSF Langly Porter Outpatient Medication Clinic

(415) 476-7500

East Bay

Berkeley Therapy Institute

2232 Carelton St.,

Berkeley, CA 94704

510-548-2250

Alameda County Mental Health Access Line

Alameda
(800) 491-9099

Asian Community Mental Health

Alameda
(510) 451-6729

Berkeley Mental Health

Berkeley, CA
(510) 981-5290

La Clinica

Oakland, CA
510-535-6200

Pathways to Wellness

Oakland, CA
(510) 273-4200

Schuman Liles Clinic

Oakland, CA
(510) 569-9334

Sausal Creek Outpatient Stabilization Clinic

Oakland
(510) 437-2363

Contra Costa Mental Health Access Line

888-678-7277

HELP LINES

2-1-1 is a free and confidential service that helps people across North America find the local resources they need. They are available 24 hours a day, seven days a week

Muslim Help Lines

Amala Muslim Youth Hotline

Provides peer counseling, referrals in a confidential, non-judgmental manner

Hotline Days: Monday, Wednesday, Thursday, Friday, Saturday, Sunday

Hours: 6:00pm- 10:00pm PST

855-955-AMALA

www.amalahopeline.com

NASEEHA [Muslim Youth Helpline]

1-800-NASEEHA

6pm-9pm EST

North American Shelter for the Abused (NISA)

[Domestic Violence] NISA Help Line,

1-888-ASK-NISA (275-6472),

www.asknisa.org

Language: Urdu, Hindi, more

Narika Helpline [Domestic Violence]

1-800-215-7308

www.narika.org

Language capacities: Urdu, Hindi, Punjabi, and more

SEMAH, Inc. (Islamic)- Newark (Toll Free)

(866) 997-3624

SAN FRANCISCO Help Lines

San Francisco's Suicide Prevention (Suicide/Crisis Line)

415.781.0500

Drug/Relapse Line

415.362.3400

Institute on Aging's Friendship Line for the Elderly

415.752.3778

SF Child Abuse Prevention Center's Parental Stress/TALK Line

415.441.KIDS

C.H.A.L.K.'s National Youth Line

888.977.3399

Youth Crisis Hotline

800.448.4663

GLBT National Youth Talk Line

800.246.7743

The Dry Dock (for a list of meetings)

415.567.1775

Alcoholics Anonymous

415.621.1326

Men Overcoming Violence (MOVE)

415.777.4496

AIDS Hotline

415.863.2437

San Francisco Women Against Rape

415.647.7273

EAST BAY Help Lines

A Safe Place- Oakland

(510) 536-7233

Family Justice Center- Oakland

(510) 267-8800

Tri-Valley Haven- Livermore

(800) 884-8119

Emergency Shelter Program, Inc.- Hayward (toll free)

(888) 339-7233

Mujeres Unidas- Oakland

(510) 261-3398

La Familia- Hayward

(510) 881-5921

AASRA (for South Asian Women)- Fremont

(510) 657-1245

NARIKA (for South Asian Women)- Berkeley

(800) 215-7308

Bay Area Women Against Rape (BAWAR)- Oakland

(510) 845-7273

Korean Community Center of the East Bay

(510) 547-2360

Purple Ribbon

(510) 267-8805

SOUTH BAY Help Lines

Young Adult Support Hotline

408.850.6125

CONVERT SUPPORT

Ta'leef Collective - Convert Continuum of Care Program

A Muslim non-profit focused on providing relevant Islamic programs to youth and converts. They have community events for converts, and a Convert Coordinator.

43170 Osgood Road

Fremont, CA 94539

(510) 445-1911

info@taleefcollective.org

Convert Coordinator, Mahdy Amine, mamine@taleefcollective.org

Muslim Community Association (Santa Clara)

<https://www.mcabayarea.org/contact-us>

Weekly classes and support for converts, monthly lectures

POST-INCARCERATION REINTEGRATION

Tayba Foundation (Union City)

www.taybafoundation.org

CIVIL RIGHTS / LEGAL REPRESENTATION

Council on American-Islamic Relations, SF Bay Area Chapter (Santa Clara)

www.ca.cair.com

For any civil rights violations and crimes related to Muslim identity

Legal Clinic

MCA (Muslim Community Association)

3003 Scott Blvd., Santa Clara, CA 95054

Online Registration for Appointment: <http://www.mcabayarea.org/social-services/legal-clinic>

Legal Society of Santa Clara County

W. Robert Morgan Legal Services Center

480 North First Street (at Empire Street)

San Jose, California 95112

Mailing Address

Legal Aid Society of Santa Clara County

P. O. Box 103

San Jose, CA 95103-0103

Main Phone: (408) 998-5200

Voice Mail: (408) 283-1535

FAX: (408) 298-3782

E-mail: info@legalaidsociety.org

<http://www.legalaidsociety.org/contact.html>

Family Law Information: (408) 998-5200

Fair Housing Project: (408) 998-5200

Immigration Project: (408) 998-5200

BAAML - Bay Area Association of Muslim Lawyers

Legal Resources: <http://www.baaml.net/resources.html>

CHILD ABUSE

Department of Family and Children's Services

Santa Clara County

(408) 755-7100

Family & Children Services of Silicon Valley

<http://www.fcservices.org/>

3 Locations:

375 Cambridge Avenue

Palo Alto, CA 94306

T: 650.326.6576

F: 650.326.1340

950 W. Julian Street

San Jose, CA 95126

T: 408.292.9353

F: 408.287.3104

2218 North 1st Street

San Jose, CA 95131

San Francisco Child Abuse Prevention Center

1757 Waller Street

San Francisco, CA 94117

415-668-0494 | info@sfcapc.org

http://www.sfcapc.org/what_we_do/strategic_partnerships/child_abuse_council

Alameda County Child Abuse Prevention Council

24100 Amador Way

Hayward, CA 94544

Council Line: 510-670-9764

Child Abuse Reporting Hotline: 510-259-1800

Email: benjak@acgov.org

<https://alamedasocialservices.org/public/services/community/partners/accapc/what.cfm>

<https://alamedasocialservices.org/public/services/community/partners/accapc/what.cfm>

San Mateo County Child Support Services

(866) 901-3212

Call Hours: 8:00 - 4:45

<http://dcss.smcgov.org/>

Childhelp[®]

National Child Abuse Hotline

1-800-4-A-Child, 1-800-422-4453

<https://www.childhelp.org>

CHILD CARE

Go Kids, Inc

885 Moro Drive
Gilroy, CA 95020
(408)779-1943

Kidango

(Subsidized child care)
43600 Mission Blvd
Fremont, CA 94539
Between Cedar St and Anza Pine Rd/Pine St
(800) 262-4252
kidango.org

4C's Council: Community Coordinated Child Care

Development Council of Santa Clara County
111 Gish Rd
San Jose, CA 95110
(408) 487-0749

4C's Child Care Coordinating Council of San Mateo County

Sobrato Center for Nonprofits - Redwood Shores
330 Twin Dolphin Drive, Suite 119
Redwood City, CA 94065
Phone: (650) 517 - 1400
Fax: (650) 596 - 5103
Email: info@sanmateo4cs.org

4C's Community Child Care Council of Alameda County

See Table Below

4C's Hayward Offices	4C's Oakland Offices	4C's Fremont Office
<p>Main Office</p> <p>22351 City Center Dr., Suite 100</p> <p>Hayward, CA 94541 (510) 582-2182 <i>Administration</i> <i>Child Care Referrals</i> <i>Child Care Food Program</i> (510) 584-3101 - <i>CalWORKs</i> (510) 584-3105 - <i>Child Health & Nutrition</i></p> <p>Fax: Administration: (510) 582-1552 Accounting: (510) 538-6708 CalWORKs Dept: (510) 582-0558 Human Resources: (510) 538-1736 Resource & Referral: (510) 582-6822 Child Health & Nutrition: (510) 690-2169 9:00 a.m. - 5:00 p.m. (Mon - Thur) 9:00 a.m. - Noon (Friday)</p> <hr/>	<p>Oakland Office</p> <p>8105 Edgewater Dr., Suite 270</p> <p>Oakland, CA 94621 Tel: (510) 383-3582 Fax: (510) 383-3518</p> <p><i>Child Care Payment Programs</i> 9:00 a.m. - 5:00 p.m. (Mon - Thur) 9:00 a.m. - Noon (Friday)</p> <hr/> <p>Bright Future</p> <p>Early Learning Center</p> <p>1515 Clay St.</p> <p>Suite 146</p> <p>Oakland, CA 94612 (510) 835-4012 Fax: (510) 835-0996 7:30 a.m. - 5:30 p.m. (Monday - Friday)</p>	<p>Fremont Office (located in the Fremont Family Resource Center)</p> <p>39155 Liberty Street, Room D410</p> <p>Fremont, CA 94538 Tel: (510) 713-2557 Fax: (510) 713-2542</p> <p><i>CalWORKs/CalLearn/Respite Child Care Referrals</i> <i>Child Care Food Program</i> 9:00 a.m. - 5:00 p.m. (Mon - Thur)</p> <hr/>
<p>Eden Multi-Service Center</p> <p>24100 Amador St., Room 175</p> <p>Hayward, CA 94544 <i>CalWORKs</i> <i>Child Care Referrals</i> (510) 670-6000 Ex. 52279 9:00 a.m. - 5:00 p.m. (Mon - Thur)</p>		

Discovery Cove

Hajar Ghorbani

Drop-In Child Care

Family Resource Center

39155 Liberty St.

Suite A110

Fremont, CA

94538http://maps.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=

T: 510-574-2010

F: 510-494-4337

Details of the Service

- Children ages 2 - 10 may use this service up to 12 hours a week.
- Hourly fees are \$7 per hour.
- For qualifying clients of the FRC, children ages 0 - 12 are accepted and fees are waived.

CLOTHING

Compassion Network

39155 Liberty St. #H840

Fremont, CA 94538

510-796-SERV (7378)

Office hours:

M-Th 10am-12pm, 1pm-4pm

Fridays 10am-2pm

They provide vouchers for free shoes and coats

Cityteam Ministries

1297 North 13th Street, San Jose, California 95112

Dial (408) 293-4657

Donations are redistributed to families in need. Items offered include household cleaning supplies, toy for a child, men's and women's hygiene items and warm clothing for boy or girl.

Innvision

297 Commercial Street, San Jose, CA 95112

Phone (408) 453-3124

Over 20 centers in the region offer transitional and supportive housing, emergency shelter, and other services in the Bay area. Receive warm winter coats, fleece blankets, free food, sleeping bags, new socks, and toys.

The Salvation Army

359 North 4th Street, San Jose, CA 95112

Main number is (408) 282-1165

Services offered include clothing, furniture, or household items.

First Immanuel Lutheran Church Of San Jose

Address is 121 East San Salvador Street, San Jose, California 95112

Call (408) 286-8413

Provides new or gently used clothing to low income individuals and families in Santa Clara County.

Santa Maria Urban Ministry

778 South Almaden Avenue, San Jose, CA 95110

Phone number is (408) 292-3314

Clothing offered includes warm jackets for all ages, clean blankets and rain ponchos

Catholic Charities Of Santa Clara County

2625 Zanker Road, San Jose, California 951342107

Telephone number is (408) 325-5278

Dozens of assistance programs and services are offered from the non-profit. Call for school backpacks, bicycles, car seats, diapers, toys, warm socks and jackets and more.

Other items available may be store gift cards and bus passes.

Milpitas Food Pantry and Clothing Closet

1440 South Main Street, Milpitas, CA 95035

Main number is (408) 946-5564

The center provides free clothing to anyone in need, free of charge.

Bill Wilson Center

3490 The Alameda, Santa Clara, CA 95050

Dial (408) 243-0222

Clothing closet distributes jackets, gift cards, blankets, sleeping bags, new socks and underwear, toiletries, and maybe even cash.

St Vincent De Paul Society Of Santa Clara County

PO Box 5579, San Jose, CA 95150

Ascent Employment Program

4911 Moorpark Avenue, San Jose, CA 95129

Call (408) 257-8302

Offers professional work attire from a clothing closet.

Birthright Of San Jose

350 West Julian Avenue, Building #6

Mountain View, CA 951101059

Phone number is (800) 550-4900

Offers community resource information as well as maternity and infant clothing.

Community Services Agency Of Mountain View And Los Altos

204 Stierlin Road, Mountain View, California 94043

Main number is (650) 968-0836

Clients are referred to a clothes closet/pantry, they may receive a gift card, or people may request a check to purchase clothing on their own for employment purposes.

Church Of The Transfiguration

Location is 4325 Jarvis Avenue, San Jose, CA 95118

Phone: (408) 833-3195

Offers free clothing to the needy.

Valley Churches United Missions

9430 Love Creek Road, Ben Lomond, CA 95005

Call (831) 336-8258

Services include Occasional Emergency Food Assistance, Bus Fare, Dental Care Expense Assistance, Food Vouchers, Gas Money, Utility Service Payment Assistance, Government Surplus Food Distribution Sites, Medical Care Expense Assistance, Mortgage Payment Assistance, Clothing, Rent Payment Assistance, School Supplies, and Shoes.

Career Closet Of Santa Clara County

1163 Chess Drive, Suite A, San Mateo, CA 94404

Call (408) 451-1200

It offers free appropriate business job interview attire to women and works in partnership with Men's Warehouse to provide appropriate attire for lower income and disadvantaged men referred through the CalWORKS program.

Goodwill Industries Of San Francisco, San Mateo And Marin Counties, Inc.

2100 Ralston Avenue, Belmont, California 94002

28 W. 25th Avenue, San Mateo, CA 94403, (650) 293-8500

350 Encinal Street, Santa Cruz, California 95060, (831) 423-8611

7420 Mission Street, Daly City, CA 94014, call (650) 985-2300

1215 California Drive, Burlingame, CA 94010, dial (650) 373-1235

2255 Gellert Boulevard, South San Francisco, CA 94080, (650) 737-9827

Provides clothing, furniture/Home Furnishings and household goods.

The Bridge Of Hope Foundation

Soquel, CA 95073, (831) 464-2362

Services offered include Wheelchair, Food, and Clothing.

Elm Street Mission

117 Elm Street, Santa Cruz, California 95060

Dial (831) 420-0543

Offers an onsite Soup Kitchen, Clothing, Hot Meals, and Occasional Emergency Food Assistance.

Hope Services Santa Cruz District

220 Lincoln Street, Santa Cruz, CA 95060

Phone number is (831) 421-9900

Clothing and household goods are offered.

Marina Community Center

213 Hillcrest Avenue, Marina, CA 93933

Phone number is (831) 884-1231

A clothing closet is available.

Ecumenical Hunger Program

Main address - 2411 Pulgas Avenue, Palo Alto, CA 94303

Call (650) 323-7781

Assistance includes clothing, furniture, appliances, and household essentials. A general clothes closet can be used for free children's clothing and essentials such as blankets and small furnishings.

St. Francis Catholic Kitchen

Location is 205 Mora Street, Santa Cruz, CA 95060

Phone - (831) 459-6712

Offers Soup Kitchens and Clothing

FOOD

Rahima Foundation

2302 Calle Del Mundo

Santa Clara, CA 95054

408-845-0050

<https://www.rahima.org/>

CalFresh - (formerly called Food Stamps) California Department of Social Services

Santa Clara County

1919 Senter Rd

San Jose, CA

(408) 758-3100

www.sccgov.org

333 W Julian

San Jose, CA

(408)755-7100

www.sccgov.org

379 Tomkins Ct

Gilroy, CA

(408)758-3800

www.sccgov.org

Alameda County

39155 Liberty St

Fremont, CA

(510) 795-2428

www.alamedasocialservices.org/

8477 Enterprise Way

Oakland, CA

(510) 639-1000

www.alamedasocialservices.org/

San Mateo County

Food Connection

Phone: 408-266-8950

Sacred Heart Community Services

1381 South First Street, San Jose, CA 95110

Call (408) 278-2160 for hours

Items distributed include diapers, groceries, baby formula and more. Lunches and food bags may be offered too. Covers zip codes of 95110, 95117, 95125, 95126, 95128 and 95134.

Santa Maria Urban Ministry

778 South Almaden Avenue, San Jose, CA 95110

Phone number is (408) 292-3314

Food aid pass out is turkeys, chickens, vegetables, fruit, soup, peanut butter, dry milk, and canned ham.

Loaves & Fishes Family Kitchen

Main address is 358 North Montgomery Street, San Jose, CA 95110

Phone: (408) 705-5444

St. Francis Catholic Kitchen

Location is 205 Mora Street, Santa Cruz, CA 95060

Phone - (831) 459-6712

Offers Soup Kitchens and Clothing

CalFresh Program

The CalFresh Program, federally known as the Supplemental Nutrition Assistance Program (SNAP), can add to your food budget to put healthy and nutritious food on the table. The program issues monthly electronic benefits that can be used to buy most foods at many markets and food stores.

The CalFresh Program helps to improve the health and well-being of qualified households and individuals by providing them a means to meet their nutritional needs.

To find out how to apply for benefits in your county, please call the toll free number 1-877-847-3663 (FOOD).

To apply online: <http://www.benefitscal.org>

<http://www.dss.cahwnet.gov/foodstamps/>

EMERGENCY FOOD & SHELTER

Call - 211

They provide 24 hour access to shelters with availability in your local area

Provides free and confidential information and referral.

Food, housing, employment, health care, counseling and more.

Abode Services - Fremont

24 Hour Shelter

Phone: 1-800-774-3583

InnVision

297 Commercial Street, San Jose, CA 95112

Phone (408) 453-3124

Over 20 centers in the region offer transitional and supportive housing, emergency shelter, and other services in the Bay area. Receive warm winter coats, fleece blankets, free food, sleeping bags, new socks, and toys.

EMERGENCY RESOURCES

Adult Protective Services

415.557.5230

Child Crisis (individuals under 18 years of age)

415.970.3800

Child Protective Services

415.558.2650

Community Behavioral Health Services

415.255.3481

Dore Urgent Care Clinic

415.553.3100

Golden Gate Bridge Sergeant (people threatening to jump)

415.923.2220

HIV Crisis (for people HIV + AIDS)

415.476.3902

MAP Mobile Assistance Patrol-transportation for homeless people seeking drug and/or medical treatment

415.431.7400

Mobile Crisis Treatment Team=psychiatric evaluations

Monday thru Friday 11 AM-11PM (last visit 10PM)

Weekends and Holidays 12 N-8PM (last visit 7PM)

415.355.8300

Officer Kelly Dunn, San Francisco Police Department

Psychiatric Liaison Unit

415.255.3727

Poison Control

1-800-523-2222

Psychiatric Emergency Services (SFGH PES)

Karen Backowski R.N. Clinical Director

415.206.8125

415-206-3794

San Francisco Mental Health Clients' Rights Advocates

415.552.8100

1-800-729-7727

Suicide Prevention (Phone Crisis Services)

415-781-0500

Transportation for 5150: (ambulance services)

St. Joseph: **415.460.6020**

Pro Transport: **510.812.5200**

King America: **415.931.3000**

AMR: **415.922.9400**

Westside Crisis Walk-in

245 11th Street (betw Folsom and Howard)

415.225.0311

DIVORCED WOMEN RESOURCES

INDIVIDUAL PROVIDERS:

Cheryl Deaner, LMFT

<http://cheryldeaner.com>/<http://cheryldeaner.com/>
cheryl@cheryldeaner.com<mailto:cheryl@cheryldeaner.com>

415-282-2200

Office Locations:

1148 Stanford Ave, Emeryville, CA

842 Elizabeth St, San Francisco, CA

Offers a support group for women going through divorce and separation:

Wednesdays 7-830pm for \$35/week

Jodie Stein, LMFT

415-255-3250

www.jodiestein.com<http://www.jodiestein.com/>
[JODIE@JODIESTEIN.COM](mailto:jodie@jodiestein.com)<mailto:jodie@jodiestein.com>

3253 STEINER ST, SAN FRANCISCO, CA, 94123

<https://www.meetup.com/Separation-Divorce-Support-Group-for-Women-San-Francisco/><https://www.meetup.com/Separation-Divorce-Support-Group-for-Women-San-Francisco/>

Monthly drop-in groups available. She also offers a weekly, committed therapy group called Coming Full Circle, for women in the separation/divorce process.

Yvonne Mansell, LMFT

<http://www.yvonnemansell.com/>

Divorce support groups for Women

1035 San Pablo Ave, Suite 5

Albany, CA 94706

(just south of Marin Ave)

510-528-9551

Email: Yvonne@yvonnemansell.com

Jennifer Nordstrom, LMFT

<http://jennifernordstrom.com/><http://jennifernordstrom.com/>

Email: info@jennifernordstrom.com<mailto:info@jennifernordstrom.com>

Phone: 415-448-6478

Runs a 'break-up' support group. Here is information about the group:

Are you a woman who has recently separated or is going through a divorce? Do you feel scared, confused, overwhelmed, or sad? You don't have to go through this time alone. Come and receive support from a licensed therapist and other women. [\\$15.00](#) introductory evenings and 6-week committed groups. Intro evenings typically meet monthly on the 4th Friday of the month.

For exact location please contact Jennifer Norstrom, LMFT at [415-448-6478](tel:415-448-6478), or sign up directly through [meetup.com: www.meetup.com/San-Rafael-Separation-Divorce-Support-for-Women/](http://www.meetup.com/San-Rafael-Separation-Divorce-Support-for-Women/)<http://www.meetup.com/San-Rafael-Separation-Divorce-Support-for-Women/>

<http://www.meetup.com/San-Rafael-Separation-Divorce-Support-for-Women/>

Dr. Zakiyyah Hyatt, PsyD

<http://drzakiyyah-hyatt.squarespace.com/><http://drzakiyyah-hyatt.squarespace.com/>

408-590-8655 - office

408-475-5846 - message line

1650 Zanker Road, Suite 230, San Jose, California 95112

drzhyatt@gmail.com<mailto:drzhyatt@gmail.com>

email: drzhyatt@gmail.com

Learn more about Dr. Hyatt at www.BayAreaMuslimTherapists.org

Wajeeha Khan, LMFT

wajeehakhan.counselor@yahoo.com<mailto:wajeehakhan.counselor@yahoo.com>

Contact: [510-697-3460](tel:510-697-3460)

Private practice in Fremont (Paseo Padre Pkway/Stevenson Blvd). Centrally located office space across from Lake Elizabeth Park.

Learn more about Wajeeha Khan at www.BayAreaMuslimTherapists.org

Shereen Khan-Amrikani, MA, LMFT 90678

www.ShereenMFT.com

Shereen@ShereenMFT.com

[\(707\) 654-4101](tel:707-654-4101)

Vallejo, CA 94591

Learn more about Shereen Khan-Amrikani at www.BayAreaMuslimTherapists.org

ORGANIZATIONS/AGENCIES:

Next Door

<http://www.nextdoor.org/>

24-Hour Hotline

408-279-2962

Next Door is an organization that has a group for domestic violence victims although it's not for a specific religious affiliation. They have weekly support groups.

NISA: [North-American Islamic Shelter for the Abused \(NISA\)](http://www.asknisa.org/):

Domestic Violence Shelter

(888) ASK-NISA (275-6472)

<http://www.asknisa.org/><http://www.asknisa.org/>

<http://www.asknisa.org/>

Khalil Center

SF Bay Area based psychological and spiritual wellness center

<http://khalilcenter.com/>

Telephone: 1-855-5KHALIL

Fax: 630-230-3364

Email: info@khalilcenter.com<mailto:info@khalilcenter.com>

3033 Scott Blvd.

Santa Clara, CA 95054

OTHER RESOURCES:

Divorce Care

www.divorcecare.org – focused on the Christian faith

Interview with married Muslim couple Wajahat Ali and Dr. Sarah Kureshi about her experience being twice divorced (starting around the half hour mark):

<https://soundcloud.com/tea.../episode-1-what-will-people-sayhttps://l.facebook.com/l.php?u=https%3A%2F%2Fsoundcloud.com%2Fteam-ishqr%2Fepisode-1-what-will-people-say&h=zAQFsj5Fz>

Facebook group (The Divorced Muslimah)

https://www.facebook.com/thedivorcedmuslimah?hc_location=ufihttps://www.facebook.com/thedivorcedmuslimah?hc_location=ufi

[MentalHealth4Muslims](http://mentalhealth4muslims.com/): Contains a provider directory and articles about mental health, parenting, and Islam. <http://mentalhealth4muslims.com/>

GRIEF THERAPY RESOURCES

ORGANIZATIONS:

KARA - Palo Alto Youth and Family services

Center that offers Grief Support for families, childrens and adults.

Services offered: Peer support groups, individual therapy,

Address: 457 Kingsley Ave, Palo Alto, CA 94301

Phone: (650) 321-5272

www.kara-grief.org

Children's Hospital in Oakland may have resources.

Local hospitals should have resources.

Sutter Care at Home (Part of Sutter Health):

<http://www.suttercareathome.org/griefsupport/>

Various groups and services, including loss of partners, loss of mothers (for daughters), art and grief, service of remembrance. Search for a location near you.

Kaiser Grief Support Groups (Kaiser Spiritual Care Services):

<https://thrive.kaiserpermanente.org/care-near-you/northern-california/eastbay/departments/spiritual-care-services/grief-support-group/>

Weekly support groups, no fee, open to the public, do not have to have Kaiser insurance.

Locations: Pinole, Richmond, Oakland

510-752-7757

Pathways Home Health & Hospice

Individual counseling, grief support groups and workshops

510-613-2092

<https://www.pathwayshealth.org/grief-support-groups-and-workshops>

No fee

Hospice of the East Bay

<http://hospiceeastbay.org/services/grief-support/groups-classes>

925-887-5678

No fee, groups and workshops

Bill Wilson Center's Centre for Living with Dying

Location: Santa Clara/San Jose

<http://www.billwilsoncenter.org/services/all/living.html>

The Centre for Living with Dying serves children, adolescents, and adults who are dealing with grief and loss.

Contact Bill Wilson Center at (408) 243-0222 and ask for an Intake Counselor.

The Centre for Living with Dying program provides emotional support to adults and children facing life-threatening illness or the trauma of having a loved one die. The Centre also provides crisis intervention services and broad-based educational programs on grief and loss. Whether clients choose individual counseling or grief groups, they are gently given tools for coping with loss and trauma. Individual and small group grief support is available for adults, children, teens and families.

Bill Wilson Center's Healing Heart Program: Healing Hearts offers grief groups for youth ages 5-17, as well as parent/caretaker groups to assist adults supporting children through the grieving process. Please contact Bill Wilson Center at (408) 243-0222 and ask for an Intake Counselor.

Sharing Parents

<http://sharingparents.org/>

Pregnancy and infant loss support group

Listening Line: 916-424-5150; peer volunteer support from parents

PO Box 19538, Sacramento, CA 95819-0538

Email: hello@sharingparents.org

Phone: 916.424. 5150

Sharing Parents is a non-profit organization.

There is never a fee to attend our meetings.

MISS Foundation

www.missfoundation.org

Deals with traumatic grief, particularly child loss

Use the search tool to find trained Compassionate Bereavement Care providers.

INDIVIDUAL PROVIDERS FOR GRIEF SUPPORT

Shereen Khan-Amrikani, MA, LMFT 90678

www.ShereenMFT.com

Shereen@ShereenMFT.com

[\(707\) 654-4101](tel:(707)654-4101)

Vallejo, CA 94591

Learn more about Shereen Khan-Amrikani at

www.BayAreaMuslimTherapists.org

Nayhieli Cruz-McLeskey, LMFT

831-704-6823

Specializes in grief, loss, and unexpected death.

Office is in downtown Los Gatos: 330 N Santa Cruz Ave B, Los Gatos, CA 95030

Dr. Rania Awad, M.D. - Psychiatrist

Mountain View

Patient can be seen through El Camino Women's medical group, and then be transferred to Stanford in early 2017. www.elcaminowomens.com

<http://www.elcaminowomens.com/>

Learn more about Dr. Awad at www.BayAreaMuslimTherapists.org

OTHER RESOURCES

<http://childrenofjannah.com/> - based in the U.K.

DOMESTIC VIOLENCE

SAVE - Safe Alternatives to Violent Environments

Many languages offered.

Hotline: **510-794-6055**

1900 Mowry Avenue, Suite 204

Fremont, Ca 94538

www.save-dv.org

info@save-dv.org

NISA (North American Shelter for the Abused)

P.O.Box 50515

Palo Alto, CA 94303

HELPLINE: 1-888-ASK-NISA (275-6472)

Language capacity includes Urdu, Hindi, Arabic, Farsi, Pushtu

Email: helpline@asknisa.org

info@asknisa.org

advocate@asknisa.org

spokesperson@asknisa.org

Maitri

Fluent in English, Bengali, Gujarati, Hindi, Malayalam, Marathi, Marwari, Punjabi, Sindhi, Tamil, Telugu, and Urdu amongst others. Domestic violence, emotional abuse, cultural alienation, human trafficking or family conflict

1-888-862-4874

<http://maitri.org/>

Narika

Helpline: 1-800-215-7308

www.narika.org

Language capacities: Urdu, Hindi, Punjabi, and more

Peaceful Families Project

<http://peacefulfamilies.org/resources.php>

Next Door Solutions to Domestic Violence

[234 E Gish Rd, Ste 200,](http://www.nextdoorsolutions.org)

[San Jose, CA 95112](#)

Between N 4th St and Koll Cir

(408) 501-7550

University of the Pacific, McGeorge School of Law

Cyber Bullying, Identity Theft, Domestic Violence

3200 Fifth Ave., Sacramento, CA 95817

Phone: 916-739-7050

mcgeorge.edu

www.1800victims.org

Asian & Pacific Islander Institute on Domestic Violence

450 Sutter Street, Suite 600

San Francisco, CA 94108

Phone: 415.568.3315

www.Apiidv.org

SEMAH

39675 Cedar Blvd. Suite 140

Newark, CA 94560

<http://www.semah.org/>

408.727.7727 ext. 461

408.727.7277 ext 470

SEMAH's mission is the promotion of healthier relationships and prevention of domestic violence through education and awareness of options. We are a conduit for resources to help build bridges to safer communities especially those that are not well served. We have a special focus on the Muslim and inter-faith communities.

DRUG, ALCOHOL & ADDICTION RECOVERY

Muslim Provider

MAS Social Services Foundation

3820 Auburn Blvd, Suite 83

Sacramento, CA 95821

**Have Substance Abuse Support Group*

San Francisco Organizations

Haight Ashbury Free Clinics

612 Clayton St,

San Francisco, CA 94117

415.565-1908

Provides free, medical substance abuse treatment and prevention services to the underserved and marginalized populations of SF.

Ohlhoff Recovery Program and Eating Disorders Clinic

415.621.4388

601 Steiner St, SF, CA 94117

www.ohlhoff.org

Provide quality, affordable programs for adults and adolescents in recovery from alcoholism, chemical dependency, and eating disorders. Inpatient and outpatient services offered.

S.T.O.P. (Stimulant Treatment Outpatient Program)

3180 18th St. Ste 202,

SF, CA 94114

415.502.5777

An intensive outpatient harm reduction treatment program for anyone having problems with speed or cocaine.

Tom Waddell Clinic

415.554.2950

www.dph.sf.ca.us/chn/healthcenters.htm Provides primary medical care and mental health, social and substance abuse services to homeless, transgenders, low income and uninsured individuals in SF.

Other Resources

Drug/Relapse Line: 415.362.3400

Alcoholics Anonymous: 415.621.1326

Department of Alcohol and Drug Services (Santa Clara County)

<http://www.sccgov.org/sites/dads/Pages/Department-of-Alcohol-and-Drug-Services.aspx>

Gateway Referral Services

Adult System of Care

Phone: 1-800-488-9919

Youth System of Care

The Department of Alcohol & Drug Services' (DADS) Children, Family, and Community Services Division, along with a network of contracted providers, offer free adolescent substance abuse treatment at sites throughout Santa Clara County.

Services are confidential and available to youth and young adults 12-21. Our mission is to develop and operate a seamless Continuum of Care for the prevention, early intervention and treatment of substance abuse problems in the youth community that is appropriate for the diverse populations of Santa Clara County.

Phone: (408) 272-6518

<http://www.sccgov.org/sites/dads/Youth-System-of-Care/Pages/home.aspx>

Health and Hospital System

It is the mission of Santa Clara Valley Health & Hospital System to provide leadership in developing and promoting a healthy community through a planned, integrated health care delivery system which offers prevention, education and treatment programs to all residents of Santa Clara County, regardless of ability to pay.

Santa Clara Valley Health & Hospital System provides a wide range of primary and specialty medical services and oversees public programs for the health and well-being of all County residents.

<http://www.scvmc.org/Pages/home.aspx>

FINANCIAL ASSISTANCE & ZAKAT FUNDING

SANTA CLARA COUNTY

The mission of The Department of Employment and Benefits Services (DEBS) is, in part, to provide financial assistance to individuals and families with little or no income. Assistance is provided through a variety of publicly funded programs.

4-Hr Automated InfoLine:

1-877-96-BENEFITS or 1-877-962-3633

[http://www.sccgov.org/sites/ssa/departement%20of%20employment%20-%20benefit%20services/financial%20assistance%20\(calworks,%20gen-%20assist-%20-%20more---\)/Pages/Financial-Assistance.aspx](http://www.sccgov.org/sites/ssa/departement%20of%20employment%20-%20benefit%20services/financial%20assistance%20(calworks,%20gen-%20assist-%20-%20more---)/Pages/Financial-Assistance.aspx)

Cash Assistance for Families with Children (CalWORKS)

CalWORKs is a program that helps eligible families become self-supporting through temporary cash aid and [assistance in finding and keeping a job \(CWES\)](#). It is California's Temporary Assistance to Needy Families (TANF) Program and provides a number of services, including cash aid, child care, and job search guidance. When receiving CalWORKs cash aid, the family also receives [Medi-cal](#) and may be eligible for [CalFresh](#) benefits.

Generally, adults can get up to 48 months of cash aid. There are, however, certain circumstances that, if present, enable the adult to be exempted from this time limit. When cash aid stops for the adult family members, money may still be available to help support minor children in the home.

General Assistance - GA

If you are NOT eligible for cash assistance from other State and/or Federal programs, you may be eligible for the [General Assistance Program \(GA\)](#). GA is a County-funded cash assistance program that helps individuals and couples who have no other means of adequate support.

Refugee Cash Assistance Program (RCA)

If you have Refugee status, you may be eligible to receive cash assistance through the [Refugee Cash Assistance Program](#). Under this program, adult refugees without minor children and refugee families that do not qualify for CalWORKs may be eligible to receive RCA benefits during the first 8 months of residency in the United States.

Cash Assistance Program for Immigrants (CAPI)

If you are an immigrant who is 65 years of age or older, or are an immigrant who is blind or disabled, you may be eligible for cash assistance through the Cash Assistance Program for Immigrants (CAPI). CAPI pays cash benefits to lawful noncitizens who do not qualify for SSI/SSP solely because of their immigration status.

Employment Assistance - CalWORKs Employment Services (CWES) Program

The CWES Program provides job-preparation services to CalWORKs recipients. Services include job preparation workshops, job-search assistance, employment counselor guidance, and/or job-related education or training. Child care, transportation, and other support services are also provided. The goal is for cash-aid recipients to find a job and eventually achieve self-sufficiency through upward mobility. All able-bodied adult recipients (unless exempt) must participate.

Muslim Community Association (MCA)

3003 Scott Blvd

Santa Clara, Ca

408.727.7277 ext 410

<http://www.mcabayarea.org/>

zakah@mcabayarea.org

Zakat Application : <http://www.mcabayarea.org/islamic-services/zakah-request>

South Bay Islamic Association (SBIA)

Masjid al-Mustafa

2345 Harris Way

San Jose, CA 95131

T: (408) 947-9389

SBIA Downtown

325 N. 3rd St

San Jose, CA 95112

T:(408) 947-9389

<http://sbia.info/>

Zakat Application : <http://sbia.info/zakat/>

Islamic Center of Fremont

4039 Irvington Avenue, Fremont CA 94538

(510) 661-0352

<http://www.icfbayarea.org/>

admin@icfbayarea.com

Zakat Application:<http://www.icfbayarea.com/documents/ICF-Zakat-Form.pdf>

Zakat Foundation of America

<http://www.zakat.org/>

Yaseen Foundation (Belmont)

T: 650- 226 3639,

E: zakat@yaseen.org

www.yaseen.org

EDUCATION

Granada Islamic School

The mission of Granada Islamic School is to provide quality academic and Islamic education in a community that nurtures a strong Muslim identity, fosters brotherhood, and strengthens moral character. Pre-K to high school

www.granadaschool.org

Silicon Valley Academy Islamic School

Our mission is to respect, foster and value every child's cognitive development; cultural diversity; social, physical and emotional growth by providing a safe and nurturing learning environment.

Our vision is to develop children's love of learning so they become life long learners and conscientious contributing members of society.

<http://svaschool.org>

Averroes High School

At Averroes Institute we transform the lives of our students by preparing them for success after high school — in college and in life. Averroes Institute, a community marked by spirituality, diversity, rigorous academic discipline, and a place where compassion and high expectations inspire and empower students.

<https://www.averroeshighschool.com>

Santa Clara County Office of Education

<http://www.sccoe.org/Home/Pages/default.aspx>

ARTS & EXPRESSION

Muslim Writers Collective, Bay Area Chapter,

<http://www.muslimwriterscollective.com/>

Direct contact mwc.bayarea.ca@gmail.com

Gathering All Muslim Artists (GAMA):

<https://www.facebook.com/theGAMACollective/>

BASIC INFORMATION ABOUT ISLAM & MUSLIMS

Islamic Networks Group: www.ing.org

Offer free presentations about “cultural literacy” of Islam in schools and workplaces in Bay Area,

Bay Area Muslim Study

<http://www.ispu.org/portal/83/ourpage.aspx#sthash.wzeikvXd.HjaqRnld.dpbs>

(Demographics and community concerns of Bay Area Muslims)

Why Islam:

www.WhyIslam.org

General info about Islam, with hotline

ALTERNATIVE & COMPLEMENTARY HEALING

Life Coaches

Karim Serageldin, MA, CLF

Certified professional life coach

Masters degree in east-west psychology

Provides Islamic counseling and coaching from a client centered approach.

<http://www.noorpsychology.com>

Community Acupuncture Clinics

San Francisco

Circle Community Acupuncture

1351 Harrison St, SF, CA 94199

www.circleca.com

Sliding scale: \$15-35

415.864.1070

SF Community Acupuncture

220 Valencia St., SF, CA 94103

www.missionsfca.com

Sliding Scale: \$25-45

415.675.8973

Community Acupuncture Works

2889 24th St., SF, CA 94110

www.caworks.org

Sliding Scale: \$20-40

415.861.0104

East Bay

Oakland Acupuncture Project - Location 1

www.oaklandacupunctureproject.com

3576 Laurel Ave,

Oakland, CA 94602

Sliding Scale: \$15-35

510.842.6350

Oakland Acupuncture Project - Location 2

www.oaklandacupunctureproject.com

3718 Grand Ave, Ste 1,

Oakland, CA 94601

Sliding Scale: \$15-35

510.999.4627

Berkeley Community Acupuncture

2880 Sacramento St., Berkeley, CA Sliding Scale: \$20-40
510.704.0593

Marin County

Tamalpais Community Acupuncture

147 Lomita Dr., Mill Valley, CA 94941

www.tamacupuncture.com

Fee: \$3

415.332.9315

QUEER RESOURCES

Totally Radical Muslims

<https://www.facebook.com/totallyradicalmuslims/>

***Many of these resources are private groups but if you email sabeen.lcsw@gmail.com and she can refer accordingly.**

MEDICAL

Medicare Eligibility and Premium Calculator

<http://www.medicare.gov/eligibilitypremiumcalc/?AspxAutoDetectCookieSupport=1>

Medi-CAL

<https://www.medi-cal.ca.gov>

Covered CA

<http://www.coveredca.com>

Valley Homeless Healthcare Program

Valley Homeless Healthcare Program (VHHP) provides comprehensive healthcare services to the homeless population of Santa Clara County. VHHP operates a patient centered medical home environment and provides primary care services in multiple free standing clinics, medical mobile clinics, and mobile dental vans. Appointments are made on a walk-in basis for most clinics.

For questions contact: 408-885-3328

Administration offices located at:

751 S. Bascom T-25, San Jose, CA 95128.

<http://www.scvmc.org/services/homeless/Pages/home.aspx>

Healthy Communities

De Anza & Hercules School Based Health Centers

Deborah Espinoza

p: (510) 669-9956

MENTAL HEALTH CRISIS

Emergency

Dial 911 and ask for "CIT" Officer

NASEEHA - Muslim Youth Helpline

1-800-naseeha

6pm-9pm EST

Nationwide Crisis Support

1800-273-TALK (8255)

Crisis Line of Alameda County

1-800-309-2131

www.chipa.com

Santa Clara Valley Hospital

USA Mental Health First Aid

Description: Offers adult and youth trainings on becoming a mental health first aider

Website: www.MentalHealthFirstAid.org

Contact: Mohamed Ali, Mental Health Peer Support Worker,

ECCAC African Immigrant Team Lead

1075 E. Santa Clara St., 2nd Floor

San Jose, CA 95116

Phone: Office 408-792-2153 Cell 408-712-7555

Email: mohamed.ali@hhs.sccgov.org

www.sccmhd.org

Mental Health Call Center

Toll-Free: 1-800-704-0900

Local: 408-885-5673

Suicide & Crisis Hotline

24/7 Toll-free: 1-855-278-4204

Emergency Psychiatric Services (EPS)

871 Enborg Ln., San Jose, CA 95128
Phone: 408-885-6100

Mental Health Urgent Care

871 Enborg Ln., San Jose, CA 95128
Phone: 408-885-7855

NAMI Santa Clara

Phone: 408-453-0400

Amala Muslim Youth Hotline

Provides peer counseling, referrals in a confidential, non-judgmental manner

Hotline Days: Monday, Wednesday, Thursday, Friday, Saturday, Sunday

Hours: 6:00pm- 10:00pm PST

855-955-AMALA

www.amalahopeline.com

SENIOR SERVICES

Area Agency on Aging Council on Aging Silicon Valley

2115 The Alameda
San Jose, California 95126-1141
Phone: (408) 296-8290
Statewide: (800) 510-2020
Website: www.coasiliconvalley.com

California Care Network: Health and Human Service Programs: Call 2-1-1-

Website: <http://calcarenet.ca.gov/>
Santa Clara County Health Services: Call 2-1-1
Website: www.sccgov.org/sites/sccphd/en-us/Pages/default.aspx

County Mental Health

Santa Clara County Valley Health & Hospital System Mental Health Department
828 South Bascom Ave. Suite 200
San Jose, CA 95128
Phone: (408) 885-5770
Fax: (408) 885-5788

Crisis Intervention Services

Santa Clara County: (408) 279-3312
North County: (650) 494-8420
South County: (408) 683-2482

Emergency Psychiatric Services: (408) 885-6100

Access/Service Referral: (800) 704-0900

Website: www.santaclara.networkofcare.org/mh/home/index.cfm

Health Insurance Counseling and Advocacy Program (HICAP):

(408) 296-8290 or 1-800-434-0222
E-mail: hicap-www@coasiliconvalley.com

In Home Support Services

333 West Julian Street
San Jose, CA 95110
Phone: (408) 975-4899

Website: www.sccgov.org/portal/site/DAAS/

In Home Services Website: www.coasiliconvalley.com/site/ord

Adult Protective Services:

591 North King Road

San Jose, CA 95133

Phone: (408) 975-4900

Toll Free: (800) 414-2002

24 Hour Abuse Hotline: (877) 477-3646 or (888) 202-4248

Senior Information Line for Local Services: (800) 510-2020

Respite Program:

T: (408) 296-8290

www.coasiliconvalley.com/site/ord

MCA (Muslim Community Association) Senior Club

www.mcabayarea.org

3003 Scott Blvd., Santa Clara, CA 9505

MANAGED CARE HEALTH PROGRAMS

Santa Clara Family Health Plan

210 E. Hacienda Ave. Campbell, CA 95008

Phone: (800) 260-2055 TTY: (800) 735-2929

Website: www.scfhp.com/

Office of the Ombudsman

Phone: (888) 452-8609

E-mail: MMCDOmbudsmanOffice@dhcs.ca.gov

Anthem Blue Cross

1 Wellpoint Way,

MS CA-T201

Thousand Oaks, CA 91362

Phone: (800) 407-4627 TTY: (888) 757-6034

Website: www.anthem.com/ca

SCAN Health Plan

Phone: (877) 452-5898 TTY: (800) 735-2929

Website: www.scanhealthplan.com/default.aspx

On Lok Lifeways

Phone: (888) 886-6565 TTY: (415) 292-8898

Website: www.onlok.org/

Medi-Cal Managed Care Division

P.O. Box 997413,

MS 4400

Sacramento, CA 95899

Phone: (916) 449-5000

Website: www.dhcs.ca.gov/services/Pages/Medi-CalManagedCare.aspx

Medi-Cal

Santa Clara County Social Services Agency

Assistance Application Center:

1919 Senter Road

San Jose, CA 95112

Phone: (408) 817-6000

Adult Day Programs

Contact State Department of Social Services

Website: www.cclld.ca.gov/docs/cclld_search/cclld_search.aspx

Santa Clara County Website: www.coasiliconvalley.com/site/ord

Statewide Phone: (800) 510-2020

**Independent Living Centers/Traumatic Brain Injury Service
Providers/Regional Centers**

INDEPENDENT LIVING CENTERS

Momentum for Mental Health-San Jose

(408) 254-6828 Hotline: (800) 550-6121

Momentum for Mental Health-Palo Alto

Phone: (650) 617-8340

Website: www.momentumformentalhealth.org

Silicon Valley Independent Living Center-San Jose

Phone: (408) 894-9041 TTY: (866) 945-2205

Silicon Valley Independent Living Center-Gilroy

Phone: (408) 846-1480 TTY: (408) 842-2591

TRAUMATIC BRAIN INJURY SERVICES

Santa Clara Valley Medical Center

Main Phone: (408) 885-5000 Customer Service: (408) 885-4826

751 S. Bascom Avenue San Jose, CA 95128

San Andreas Regional Center

Phone: (408) 374-9960

Website: www.sarc.org

Department of Development Services

Phone: (916) 654-1690 TTY: (916) 654-2054

Website: www.dds.ca.gov/RC/RCList.cfm

Program of All-Inclusive Care for the Elderly (PACE) Facilities

PACE: Phone: (916) 440-7538 TTY: (877) 486-2048

Website: www.cms.gov/PACE/LPPO/list.aspTopOfPage

Local PACE Facility: On Lok Senior Health Services-San Jose

Phone: (408) 535-4600

299 Stockton Ave.

San Jose, CA 94125

TRANSPORTATION

Para-transit Providers:

3585 Forest Avenue

Santa Clara, CA 95050

Phone: (408) 554-5822 or (408) 832-2233

E-Mail: sjparatransit@gmail.com

One-Stop MedEx Santa Clara County

Phone: (408) 907-5629 24 Hr. Reservation: (510) 500-4487

Website: www.onestopmedex.com

511.org

Bay Area Rapid Transit

Website: www.bart.gov

Caltrain

Website: <http://www.caltrain.com/main.html>

Santa Clara Valley Transportation Authority

Website: www.vta.org

ADDITIONAL RESOURCES

SF AIDS Foundation-Action Point

117 6th St., SF, CA 94103

www.sfaf.org

415.487.3030

Nursing, social work, care management, medication storage and dispensing for homeless and marginally housed HIV positive individuals.

Bay Positives

701 Oak St., SF, CA 94117

415.487.1616

www.baypositives.org

Mission is to help young people (26 and under) living with HIV/AIDS live longer, happier, healthier, more productive and quality filled lives.

Larkin Street Youth Services

1138 Sutter St., SF, CA 94109

415.673.0911

www.larkinstreetyouth.org

Mission is to create a continuum of services that inspires youth (24 and under), to love beyond the streets and to establish stable lives.

Sexual Compulsive Anonymous

1800 Market St., SF, CA 94114

www.sca.recovery.org

800.977.HEAL

Meets Monday and Wednesday at 7pm followed by a coffee social.

New Dawn Eating Disorders Recovery Center

Residential treatment, SF. Outpatient, Sausalito.

415.331.1383

Designed to restore physiological, emotional and interpersonal harmony in the lives of individuals struggling with eating disorders. Serves men and women ages 13 and up.

SF Rape Crisis Center

415.621.4388

601 Steiner St., SF, CA 94117

San Francisco Women Against Rape

24hr line: **415-647-7273**

Education, resources, counseling, and advocacy services