

PB&J Day



Food, Housing, and Wellness Resources Starter Guide

Campus Resources

- Basic Needs Security website (developed for students but contains information all populations may find useful): <http://www.basicneeds.berkeley.edu/>
- UC Berkeley Food Pantry (students only): <https://pantry.berkeley.edu>
- Faculty/Staff Employee Assistance Program: <https://uhs.berkeley.edu/bewellatwork/employee-assistance>
- Student Support through University Health Services: <https://uhs.berkeley.edu/students>
- Campus Discounts and Free Admission Offers: <http://hr.berkeley.edu/compensation-benefits/perks>
- UC Employee Discounts: <http://ucop.edu/local-human-resources/op-life/employee-discounts/>
- UC Financial Education Classes: <https://www.myucretirement.com/Classes>
- Eating Better on a Budget: <https://uhs.berkeley.edu/sites/default/files/sos-eatingbetteronabudget.pdf>
- 7-Day Menu for Less Than \$5 a Day: <https://uhs.berkeley.edu/sites/default/files/sos-eatingwell5dollarsaday.pdf>

Community-based Programs

National:

- 211: Toll free national phone number to call 24 hours per day for information about local health and social services.

State:

- CalFresh Eligibility Guidelines: <http://www.cdss.ca.gov/inforesources/CDSS-Programs/CalFresh/Eligibility-and-Issuance-Requirements>
- California Food Stamp Program (for qualified Legal Permanent Resident non-citizens no longer eligible for federal CalFresh assistance): <http://www.cdss.ca.gov/inforesources/CalFresh/California-Food-Assistance-Program>

Alameda County

Alameda County Community Food Bank: <http://www.accfb.org>

Need food today? Call the helpline at: (800) 870-FOOD (3663) or (510) 635-3663

Or visit FoodNow.net

Berkeley Food Pantry for Berkeley and Albany Residents: <http://www.berkeleyfoodpantry.org/need-food>

List of various resources for free meals, drop-in centers, and pet assistance in Berkeley/Oakland area: https://bancroft.berkeley-public.org/documents/uploads/emergency_shelters.pdf

County of Alameda Social Services Agency: <https://www.alamedasocialservices.org/public/index.cfm>
Various locations throughout the county

Crisis Support Services of Alameda County: <https://www.crisissupport.org/>

Contra Costa County

Bay Area Rescue Mission: <http://www.bayarearescue.org/>
Phone (510) 215-4555 | Email: info@bayarearescue.org
Men's Center: 200 McDonald Avenue, Richmond, CA 94801
Center for Women & Children: 224 McDonald Avenue, Richmond, CA 94801
Food Pantry & Distribution Center: 123 McDonald Avenue, Richmond, CA 94801

Food Bank of Contra Costa and Solano Counties: <https://www.foodbankccs.org/get-help/foodbycity.html>
Multiple locations throughout county. To find services near you visit above website or call 1-855-309-3663 (FOOD) for help and information.

Loaves and Fishes of Contra Costa: <http://www.loavesfishescc.org/what-we-do.html>
Multiple meal services throughout the county

Contra Costa Crisis Center (counseling, homeless services, and resource guides): <http://www.crisis-center.org>

Contra Costa Behavioral Health Services: <http://cchealth.org/bhs/>
1340 Arnold Drive, Suite 200, Martinez, CA 94553
Phone: 925-957-5150 | Fax: 925-957-5156

Contra Costa Housing Authority: <http://www.contracostahousing.org/>
Administration Office
3133 Estudillo Street, Martinez, CA 94553
Phone: (925) 957-8000
Hours: Monday-Friday 8 am-4:30 pm

Marin County

San Francisco-Marin Food Bank: <https://www.sfmfoodbank.org/find-food/>
75 Digital Drive, Novato, CA 94949
Phone: (415) 883 1302 | Fax: 415-883-5178
Hours: Monday-Friday 8 am to 4:30 pm

Marin County Health & Human Services <https://www.marinhhs.org>
3240 Kerner Blvd, San Rafael, California 94901
Phone: (415) 473-3696 | Fax: (415) 473-4059

Community Resource Guide: <https://www.marinhhs.org/community-resource-guide>

Napa County

Napa County Health & Human Services Agency: <http://www.countyofnapa.org/hhsa/>
2751 Napa Valley Corporate Drive, Building B, Napa, CA 94558
Phone: (707) 253-4279 | Fax: (707) 253-6172
Hours: Monday-Friday 8 am-5 pm

Community Action of Napa County: <http://canv.org/food-nutrition/>
Multiple food pantry and congregate meal locations throughout the county

San Francisco County

San Francisco-Marin Food Bank: <https://www.sfmfoodbank.org/find-food/>
Phone: 415-282-1900 | Email: info@sfmfoodbank.org
Hours: Monday-Friday 8 am-5 pm

City and County of San Francisco Human Services Agency: <https://www.sfhsa.org/>
Various locations throughout San Francisco
Administrative Offices
1350 Mission Street, San Francisco, CA 94103
Phone: (415) 557-5000
By Appointment Hours: Monday-Friday 8 am-5 pm

San Mateo County

Second Harvest Food Bank of Santa Clara and San Mateo Counties: <http://www.shfb.org/getfood>
For help finding food resources in your area
Call 1-800-984-3663 Monday-Friday, 8:00am - 5:00pm
Email foodconnection@shfb.org
Text "Web Connect" to 1-408-455-5181

San Mateo County Connect (website to find services near you): <http://www.smc-connect.org/>

San Mateo County Human Services Agency: <http://hsa.smcgov.org/>
Several offices throughout the county. For Public Assistance Call 1(800) 223-8383

Santa Clara County

Second Harvest Food Bank of Santa Clara and San Mateo Counties: See information above

Santa Clara County Social Services Agency: <https://www.sccgov.org/sites/ssa/Pages/ssa.aspx>
333 West Julian, San Jose, CA 95110
Phone: (408) 755-7100
Hours: Monday-Friday 8 am-5 pm

Solano County

Food Bank of Contra Costa and Solano Counties: <https://www.foodbankccs.org/get-help/foodbycity.html>
Multiple locations throughout county. To find services near you visit above website or call 1-855-309-3663 (FOOD) for help and information.

Solano County Department of Health and Social Services: <http://www.co.solano.ca.us/depts/hss/>
275 Beck Avenue, Fairfield CA 94533
Phone: 211

Sonoma County

Redwood Empire Food Bank: <http://refb.org/our-work/programs/get-food/>
3990 Brickway Blvd., Santa Rosa, CA 95403
Phone: (707) 523-7903 | Email: info@refb.org

County of Sonoma Human Services Department: <http://sonomacounty.ca.gov/Human-Services/>
3600 Westwind Boulevard, Santa Rosa, CA 95403
Phone: (707) 565-5800 | Email: info@schsd.org
Hours: 8 am-5 pm

Emergency: Shelters, Drop-in Centers, and Services

RESOURCE LIST UNDER CONSTRUCTION: The Berkeley Information Network (BIN) is in the process of redesigning the *Emergency: Meals, Shelters, Drop-in Centers, and Showers* Resource List. The new format is divided into two separate lists in order to clarify and facilitate locating services: (1) *Emergency: Meals*, and (2) *Emergency: Shelters, Drop-in Centers, and Services*. This is the interim version for immediate use. For more information, please call 510-981-6150.

ADULT SHELTERS

Berkeley Food and Housing Project (BFHP)

1901 Fairview (& Adeline), Berkeley
Call **BFHP Coordinated Entry hotline** at 1-866-960-2132 (Mon-Fri 9am-12noon and 1pm-4pm) for shelter reservations. Reservations for one night emergency beds **Mon-Fri** 7pm-8pm.

BFHP Men's Housing Program

1931 Center St. (at MLK Jr. Way), Berkeley
Open **daily** 5pm-7:30am
Meal served **Mon-Sat** by Dorothy Day House: 6am.

BFHP North County Women's Center

2140 Dwight Way (near Shattuck), Berkeley
Opens **daily** at 4pm for new intakes.

City of Berkeley Winter Shelter

1231 Second St, Berkeley 510-684-1892
Services provided **Nov-Apr, 7pm-7am**. Dates may be extended and additional sites often available. Call for exact dates and to verify availability. 510-684-1892

CityTeam International

722 Washington (at 7th St.), Oakland 510-452-3758
Overnight shelter (up to 30 days) for men. Cost: \$5 per night. Open **daily** at 4pm. No reservations. **Showers** available (**Mon-Sun** 5pm-6:45pm).

A Safe Place

24-hour crisis line: 510-536-7233 (510-536-SAFE)
shelter@asafeplace.org Emergency shelter for women in crisis (and their children) who are in danger from domestic violence. Emergency transportation available.

DROP-IN CENTERS

Berkeley Drop-In

3234 Adeline St. (& Alcatraz), Berkeley 510-653-3808
Mon-Thurs 9am-4pm, **Fri** 9am-2pm. Drop-in center for past, current, or at-risk mental health clients and their families.

Berkeley Food and Housing Project (BFHP)

1901 Fairview (& Adeline), Berkeley 1-866-960-2132
Call-in and **Drop-in** intake assistance, **Shelter** reservations **Mon-Fri** 9am-12noon, 1pm-4pm. **Second reservation** for **1-night emergency beds Mon-Fri** 7pm-8pm. **Housing** resources, **support** services, **mail** and **phone** service.

City of Berkeley Shower Program

Willard Pool 2701 Telegraph Ave. (& Derby), Berkeley 510-981-5150
Mon-Fri 7:30pm-8:30pm, **Sat-Sun** 9am-10am. Time in **showers** is limited to 5 minutes. Towels and soap provided.

A Friendly Manor/Place

2298 San Pablo (at 23rd St.), Oakland 510-451-8923
Mon-Fri 8:30am-3pm. For women. **Showers, laundry** and referrals.

Homeless Action Center

3126 Shattuck Ave. (& Woolsey), Berkeley 510-540-0878
Mon, Wed, Thu 9am-12noon 1pm-5pm, **Tue** 1pm-5pm.
Free **drop-in legal assistance**: Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), Medi-Cal, CalWorks, General Assistance (GA), Food Stamps/SNAP, Cash Assistance Programs for Immigrants (CAPI) and more. **Advice** and **referrals** for non-benefits related issues.

St. Vincent De Paul Champion Guidance Center for Men

675 23rd St. (& MLK Jr.), Oakland 510-877-9218
Tue-Sat 9:30am-3pm. **Showers** and **laundry**.

Suitcase Clinic (free health and social services)

General Clinic: First Presbyterian Church
2407 Dana (& Haste), Berkeley 510-269-7242
Tue 6:15pm-9pm.

Women's Clinic: North County Women's Center
2140 Dwight (& Shattuck), Berkeley 510-423-3659
Mon 7:30pm-9:30pm.



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FAMILY SHELTERS & DROP-IN CENTERS

Salvation Army Oakland Family Emergency Center

2794 Garden St. (& E. 27th St.), Oakland 510-437-9437
Call for intake appointment. Emergency and transitional **shelter** program.

St. Vincent De Paul: Visitation Center for Women

2260 San Pablo Ave. (& West Grand), Oakland 510-444-3790

Tue-Sat 9:30am-3pm. **Showers, laundry** and **referrals**. Resources for children including **infant care**.

Women's Daytime Drop-in Center

2218 Acton (& Bancroft), Berkeley 510-548-2884

Mon-Fri 8am-4pm (**closed 1st Fri of each month**). For homeless women and children. **Shelter** and **transitional housing referrals** available.

YOUTH SHELTERS & DROP-IN CENTERS

DreamCatcher Youth Services

422 Jefferson (& 5th St.), Oakland 510-701-3711
For youth ages 13-18; Services and schedule currently pending during renovation project. Call for information.

Suitcase Clinic (free health and social services)

St. Mark's Episcopal Church 2300 Bancroft (& Ellsworth) 2nd Fl., Berkeley 510-423-3303

Mon 6pm-9pm. **Clinic, meal** and **recreation** for ages 13-25.

Youth Engagement, Advocacy and Housing (YEAH!)

Lutheran Church of the Cross 1744 University Ave. (& Grant) Berkeley 510-704-9867

Seasonal shelter for ages 18-24 open, **7 days a week** 8am-8pm from **Nov** to **May**. Line-up begins at 7:30pm. **Showers** and **hot meals**. **Pets** allowed. Year-round drop-in services.

ANIMAL RESOURCES

Paw Fund

510-390-3488 **Free pet vaccine clinics** 13 times a year at the corner of Bolivar & Addison, **Sun** 10am-1pm.

Sign-ups until 11am. **Low cost/free spay and neuter referrals**. Call for info and clinic dates.

Berkeley Humane Society (BHS) Pet Food Pantry

2700 9th St. Berkeley 510-845-7735 (ex. 205) Pet food distributed last **Sat** of every for up to two pets (dogs/cats).

Proof of residency, income and spay/neuter record for pet required.



This list is provided by the Berkeley Information Network (BIN)
Serving the Berkeley Community since 1980
Berkeley Public Library 2090 Kittredge St. Berkeley, CA 94704
510-981-6148 TTY 510-548-1240 <http://www.berkeleypubliclibrary.org>

updated 6/16
mod 10-3-17

Abuse/Rape/Substance Abuse

STAND! For Families Free Of Violence
 1-888-215-5555
Human Trafficking Prevention... 1-800-670-7273
 (Community Violence Solutions)
Alcohol & Other Drugs Access.. 1-800-846-1652

Animals

CCC Animal Services Central..... 925-335-8300
 East..... 925-779-6989
 West.....510-374-3966
Contra Costa Humane Society .. 925-279-2247
Pet Food Assistance Program .. 925-676-7543

Child Care

CC Child Care Council Central..... 925-676-5437
 East..... 925-778-5437
 West.....510-758-5439
Child Care Service- Head Start (CCC Community Services Bureau) West.....510-374-7144
 Central/East.....925-427-8852

CRISIS CHILD CARE

Bay Area Child Nursery (Ages 0-5) .. 925-685-8052
Safe Families (Ages 0-18)..... 925-566-8050

Crisis/Suicide Intervention

Contra Costa Crisis Center 1-800-833-2900
 Provides 24-hour crisis/warm line support.
National Suicide Hotlines.....1-800-273-8255

Employment: Job Training

CCC Regional Occupational Pgm ..925-942-3368
Opportunity Junction925-776-1133
The Stride Center 510-234-1300
Antioch Adult Education..... 925-779-7490
Liberty Adult Education925-634-2565
Martinez Adult Education.....925-228-3276
Mt. Diablo Adult Education925-685-7340
Pittsburg Adult Education925-473-2400
West Contra Costa Adult Ed......510-215-4666
510-231-1453

Employment

Child Care Job Bank 925-676-5442
Experience Unlimited.....925-602-0166
EASTBAY Works, America's Job Center of CA
 Antioch 925-706-4830
 Brentwood 925-634-2195
 Concord925-671-4500
 San Pablo510-412-6740
Lao Family Community Development, Inc.
 (One-Stop Affiliate) 510-215-1220
RichmondWORKS One-Stop Ctr..510-307-8014
SparkPoint Contra Costa East...925-252-2300
SparkPoint Contra Costa West ... 510-779-3200

Evictions/Rent Assist./Foreclosures

EVICTION NOTICE TENANT RIGHTS/LANDLORD ASSISTANCE

Bay Area Legal Aid.....510-250-5270
ECHO Fair Housing 1-855-275-3246
 (except for Concord & Pittsburg)
Housing & Economic Rights Advocates
 1-800-735-2922

Pacific Community Services..... 925-439-1056
 (Only Antioch, Pittsburg and Bay Point)

FORECLOSURE ASSISTANCE

Concord Family Service Center .. 925-825-3099

Foreclosure Assistance – HUD.. 415-489-6400
Housing & Economic Rights510-271-8443
National Foreclosure Hotline.....1-888-995-4673
Neighborhood Housing Service.. 510-237-6459
Pacific Community Services..... 925-439-1056

RENTAL ASSISTANCE

Concord Family Service Center ..925-825-3099
Season of Sharing..... 925-521-5065
SHELTER, Inc...... 925-338-1038

Financial Assistance

CalWORKs/GA (Families/Individuals) 1-877-505-4630
Community Housing Dev. Corp. ..510-412-9290
Critical Family Needs925-825-3099
Unemployment Insurance..... 1-800-300-5616

Food

Bay Area Rescue Mission 510-215-4887
Food Bank of Contra Costa & Solano
 (Groceries, pantries, meals)1-855-309-3663
Food Pantries & Soup Kitchens 211
GRIP Souper Center510-233-2141
Loaves & Fishes Dining Rooms.... 925-293-4792
WIC Program..... 1-800-414-4942
 (Pregnant women, breastfeeding or with children 0-5)

Health Insurance

Child Health & Disability Prevention (CHDP)
 925-313-6150
Covered California 1-800-300-1506
HICAP..... 1-800-510-2020
 (Health Insurance Counseling and Advocacy)
Medi-Cal 1-800-709-8348
Patient Financial Counseling..... 1-800-771-4270
 (Information on County health insurance programs)

Health & Dental Care

Advice Nurse 1-877-661-6230
Brighter Beginnings - Family Health Clinic
 Antioch..... 925-303-4780
 Richmond 510-213-6681
CC Regional Medical Center..... 925-370-5000
CCC Health/Dental.....1-800-495-8885
 Antioch, Bay Point, Brentwood, Concord, Martinez,
 North Richmond, Pittsburg, Richmond
Denti-Cal/Medi-Cal Dental Pgm ... 1-800-322-6384
Dental Services Respite Concord...925-646-5016
Health Care for the Homeless Mobile Van
 (CCHS) Call for locations/hours925-608-5300
La Clínica Monument925-363-2005
La Clínica Oakley..... 925-7768200
La Clínica Pittsburg..... 925-431-1251
Life Long Medical - Brookside
 Richmond..... 510-215-5001
 San Pablo.....510-215-9092
Medical Service Respite Concord ...925-313-6166
Mobile Health Clinic (John Muir) ...925-363-7588
Planned Parenthood 1-800-230-7526
 Antioch, Concord, San Ramon, Richmond, Walnut Creek
RotaCare – Concord 925-429-6409
 Pittsburg 925-439-2009
 Richmond 510-213-6678

Homeless Shelters/Drop-In Centers

Bay Area Rescue Mission Shelters
 Men..... 510-215-4868
 Women/families 510-215-4860
Berkeley Shelter Bed Hotline 1-866-960-2132
Calli House-Richmond (youth, 18-24) .1-800-610-9400

CORE Outreach Team 2-1-1
 Homeless outreach to encampments and referrals to
 Concord and Brookside Shelters.

Monument Crisis Center925-825-7751
Multi-Service Centers (Anka Behavioral Health)
 Central.....925-685-7613
 West..... 510-232-7571
GRIP Family Emergency Shelter ..510-233-2141
SHELTER, Inc......925-338-1038
Trinity Center 925-949-8712

Housing

Contra Costa Housing Authority...925-957-8000
Housing Authority Pittsburg925-252-4830
Housing Authority Richmond.....510-621-1300
Senior & Adults w/ Disabilities..1-800-510-2020
SHELTER, Inc.925-338-1038

Legal & Mediation Services

Bay Area Legal Aid.....510-250-5270
CCC Bar Association925-825-5700
CCC Dept. of Child Support866-901-3212
CCC District Attorney.....925-957-2200
CC Senior Legal Services925-609-7900
Family Law Facilitator925-608-1000
 (Divorce, child custody, support, paternity issues, help)

Mental Health

CC Mental Health Access Line ..1-888-678-7277
Adolescent, Adult & Children's Psychiatric Programs (John Muir Health Ctr) 1-800-680-6555
Community Counseling Center.....925-798-9240
Community Health for Asian Americans (CHAA)
 Antioch..... 925-778-1667
 Richmond 510-237-5777
Contra Costa Crisis Center1-800-833-2900
Crockett Counseling Center 925-370-6544
Family Advocate Mental Health ... 925-957-5139
First Hope (CCHS) 925-681-4450
National Alliance for the Mentally Ill (NAMI)
 925-942-0767

Senior Services

CC Café (Hot lunch)211
Information & Assistance for Seniors & Dependent Adults..... 1-800-510-2020
Meals-on-Wheels 925-937-8607
Medicare Hotline..... 1-800-633-4227
Mobility Matters925-284-6161
Senior Outreach Services 925-937-8311
Seniors without Walls..... 1-877-797-7299

Utility Assistance

California Alternate Rates for Energy (CARE) Program 1-866-743-2273
Low-Income Home Energy Assistance (LIHEAP)925-681-6380
Medical Baseline Program Relief for Energy
 1-800-743-5000
Relief for Energy Asst. (REACH) .1-800-933-9677
Utility Shut-off Assistance 1-800-743-5000

Veterans

CCC Veterans Services.....925-313-1481
Concord Veterans Center..... 925-680-4526
Martinez VA Outpatient Clinic..... 925-372-2000
SHELTER, Inc......925-338-1038
Veterans Suicide Hotline..... 1-800-273-8255