



SAN MATEO COUNTY RESOURCE GUIDE FOR YOUTH AND THEIR FAMILIES 2020

San Mateo County
Probation Department

Juvenile Justice Coordinating
Council (JJCC)



Contents

- Introduction1**
- Inventory of Programs and Services3**
- ACKNOWLEDGE ALLIANCE 3
- ADOLESCENT COUNSELING SERVICES 3
- AMERICAN INDIAN CHILD RESOURCE CENTER 4
- ANGER MANAGEMENT AND DOMESTIC ABUSE THERAPY CENTER 4
- BAY AREA LEGAL AID 5
- BEHAVIORAL HEALTH AND RECOVERY SERVICES – MENTAL HEALTH & ALCOHOL/DRUG SERVICES ... 5
- BIG BROTHERS – BIG SISTERS OF THE BAY AREA 6
- BOYS AND GIRLS CLUB OF NORTH SAN MATEO COUNTY 7
- BOYS AND GIRLS CLUB OF THE COASTSIDE 7
- BOYS AND GIRLS CLUBS OF THE PENINSULA 8
- CALL PRIMROSE 8
- CAMINAR 9
- CENTRO LEGAL DE LA RAZA 10
- CHILDREN’S HEALTH COUNCIL 10
- CHRISTIAN COUNSELING CENTERS, INC 11
- COASTSIDE HOPE 11
- COMMUNITY HEALTH AWARENESS COUNCIL (CHAC) 12
- COMMUNITY LEGAL SERVICES IN EAST PALO ALTO (CLSEPA) 12
- COMMUNITY OVERCOMING RELATIONSHIP ABUSE (CORA) 13
- DALY CITY PARTNERSHIP (OUR SECOND HOME, ASAP, COMMUNITY SERVICE CENTER) 14
- DALY CITY YOUTH HEALTH CENTER 14
- EACH ONE REACH ONE 15
- ECUMENICAL HUNGER PROGRAM 16
- EDGEWOOD CENTER FOR CHILDREN AND FAMILIES (YOUTH FULL SERVICE PARTNERSHIP) 16
- FAIR OAKS COMMUNITY CENTER 17
- FAMILY ASSERTIVE SUPPORT TEAM (FAST) 18
- FAMILY RESOURCE CENTERS 18
- FREE AT LAST 20
- FREEDOM CENTER (EL CENTRO DE LIBERTAD) 21
- FRESH LIFELINES FOR YOUTH (FLY) 21
- FRIENDS FOR YOUTH 22
- GATEPATH 22
- HEART AND SOUL, INC 23
- HILLCREST CHAPLAIN AND MINISTERIES 24
- HUMAN SERVICES AGENCY – SERVICE CONNECT 24
- HUMAN SERVICES AGENCY – VOCATIONAL REHABILITATION SERVICES (VRS) 25
- IMMIGRATION INSTITUTE OF BAY AREA 25
- JEWISH FAMILY AND CHILDREN’S SERVICES – PARENTS PLACE 26
- JOBS FOR YOUTH 27
- JOBTRAIN 27
- KARA 28
- LATINO COMMISSION ON ALCOHOL AND DRUG SERVICES 28
- MENTAL HEALTH ASSOCIATION OF SAN MATEO COUNTY 29
- MID-PENINSULA BOYS AND GIRLS CLUB 29

MILLS-PENINSULA MEDICAL CENTER – MENTAL & BEHAVIORAL HEALTH SERVICES	30
MORRISSEY – COMPTON EDUCATIONAL CENTER	31
MULTICULTURAL INSTITUTE.....	31
NAMI SAN MATEO	32
NEW PERSPECTIVES CENTER FOR COUNSELING	32
NORTH PENINSULA FOOD PANTRY AND DINING CENTER – DALY CITY	33
NOVA YOUNG ADULT PROGRAM	33
OAK TREE BEREAVEMENT CENTER.....	34
ONE EAST PALO ALTO (OEPA)	35
ONE LIFE COUNSELING CENTER	35
OUR COMMON GROUND	36
PACIFIC CENTER FOR HUMAN GROWTH	37
PACIFICA RESOURCE CENTER.....	37
PARENTS HELPING PARENTS	38
PENINSULA BRIDGE.....	38
PENINSULA CONFLICT RESOLUTION CENTER	39
PROJECT READ	40
PUENTE DE LA COSTA SUR.....	40
PUENTE PROJECT.....	41
RAVENSWOOD FAMILY HEALTH CENTER.....	42
RED MORTON YOUTH CENTER.....	42
REDWOOD CITY CATHOLIC WORKER.....	43
SAMARITAN HOUSE OF SAN MATEO/ SAMARITAN HOUSE SOUTH	43
SAN CARLOS BELMONT PARENTS CLUB	44
SAN CARLOS YOUTH CENTER DROP-IN	44
SAN MATEO ADULT SCHOOL	45
SAN MATEO COUNTY HEALTH – FAMILY HEALTH SERVICES.....	45
SAN MATEO COUNTY SHERIFF’S ACTIVITIES LEAGUE (SAL).....	46
SAN MATEO MEDICAL CENTER - SEQUOIA TEEN WELLNESS CENTER.....	46
SAN MATEO POLICE ACTIVITIES LEAGUE (PAL)	47
SECOND HARVEST OF SILICON VALLEY.....	47
SITIKE COUNSELING CENTER.....	48
ST. FRANCIS CENTER (SIENA YOUTH CENTER, HOLY FAMILY SCHOOL)	49
STARVISTA	49
STARVISTA – ARCHWAY (ADULT DRUG AND ALCOHOL TREATMENT PROGRAM).....	50
STARVISTA – CHILDREN’S PLACE PROGRAM	51
STARVISTA – DAYBREAK.....	51
STARVISTA – INSIGHTS.....	52
STARVISTA – ON YOUR MIND	52
STARVISTA – YOUR HOUSE SOUTH.....	53
SUCCESS CENTERS	53
THE LEGAL AID SOCIETY OF SAN MATEO COUNTY	54
TODAY’S YOUTH MATTER.....	54
UNITED INDIAN NATIONS	55
UPWARD SCHOLARS BAY AREA.....	55
VIETNAMESE VOLUNTARY FOUNDATION (VIVO)	56
YMCA COMMUNITY RESOURCE CENTER	57
YOUTH SERVICE BUREAU (YSB) OF PACIFICA	57
YOUTH SERVICE BUREAU (YSB) OF SAN MATEO	58
YOUTH SERVICE BUREAU (YSB) OF SOUTH SAN FRANCISCO	58

Appendix A: Programs by Service Category **60**

AFTERSCHOOL ACTIVITIES AND PROGRAMS.....	60
BASIC NEEDS (FOOD, CLOTHING, SHELTER, TRANSPORTATION)	60
FAMILY COUNSELING.....	61

JOB AND VOCATIONAL TRAINING/EMPLOYMENT	61
LEGAL ASSISTANCE	62
MENTAL HEALTH COUNSELING FOR PARENTS	62
MENTAL HEALTH COUNSELING FOR YOUTH AND TAY	63
PARENT SUPPORT AND CLASSES	64
SUBSTANCE USE TREATMENT AND PREVENTION FOR YOUTH AND TAY	65
TUTORING AND MENTORING	65

Introduction

The Juvenile Justice Crime Prevention Act (JJCPA) and the Juvenile Probation and Camp Funding Program (JPCF) require the Juvenile Justice Coordinating Council (JJCC) to develop a local action plan (LAP) every five years to identify service gaps and needs for at-risk youth and their families in the county. Primarily, five key priority areas emerged from the 2020-2025 LAP: **Behavioral Health, Positive Pathways for Youth, Parent Education and Support, Access to Effective Services, and Alignment and Coordination of Systems.**

One aim of the LAP is to connect youth and their families to needed services. Thus, this resource guide is designed for families and providers to use to find services and programs offered in San Mateo County. This guide includes agencies that provide services identified in the gaps and needs areas of the LAP. For example, mental health counseling for youth was recognized as one of the highest needs in the priority area of behavioral health; thus, services that offer mental health counseling to youth are included in this guide. The full list of 10 service categories include:

- Afterschool activities and programs
- Basic needs (food, clothing, shelter, transportation)
- Family counseling
- Job and vocational training/employment
- Legal assistance
- Mental health counseling for parents
- Mental health counseling for youth and transitional age youth (TAY)
- Parent support and classes
- Substance use treatment and prevention for youth and TAY
- Tutoring and mentoring

Other key features of services reported include age group (ages 12+ and their families), affordability (no cost to low cost), service areas (specific areas of San Mateo County or across multiple counties), language services (other languages in addition to English), and eligibility and referral criteria to access services.

Services included in this resource guide were identified using multiple methods, including internet keyword searches, exploring First 5 websites and their community partners, and resources mentioned during the LAP qualitative interviews (i.e., focus groups and key informant interviews). In addition, the County of San Mateo Human Services Agency released a 2020 Community Information Handbook, which was used to identify many of the services in this resource guide.

The programs are listed alphabetically with a brief description of each program, a list of services offered from the ten identified categories above, and key features of the services. Appendix A provides a way to find agencies based on the ten categories of services above. For example, if there is a need for tutoring and mentoring programs for youth, please go to the 'Tutoring and Mentoring' section, and the guide lists the agencies that provide tutoring and mentoring services. Please click on the program name to access additional program information. Of note, the information in this handbook is updated as of May 2020. Blanks represent data that could not be obtained before release of the guide. For inquiries and verification, please always confirm with the organizations what they currently offer.

Inventory of Programs and Services

ACKNOWLEDGE ALLIANCE

483 Old Middlefield Way, Suite 201, Mountain View, CA 94043
 (650) 314-0180
info@acknowledgealliance.org
www.acknowledgealliance.org

This program provides counseling services to at-risk teens on probation in San Mateo County or for youth who have dropped out of school.

	Red	Purple	Grey	Blue	Cyan	Green X	Light Green	Yellow	Orange
Services offered:						X			
In what languages?									
For what ages?									
Who is eligible?									
For what cost?									
In what areas?									

ADOLESCENT COUNSELING SERVICES

643 Bair Island Road, Suite 301, Redwood City, CA 94063
 (650) 424-0852
info@acs-teens.org
www.acs-teens.org

This program provides mental health counseling services to youth and their families, substance abuse treatment services to youth suffering from drug abuse and addiction, as well as on-site school counseling.

	Red	Purple	Grey X	Blue	Cyan	Green X	Light Green	Yellow X	Orange
Services offered:			X			X		X	
In what languages?									
For what ages?									
Who is eligible?									

For what cost?	Free for on campus program; no insurance accepted; clients pay out of pocket and are given a receipt to ask for reimbursement from their insurance; all programs have a sliding scale
In what areas?	County-wide and Santa Clara County

AMERICAN INDIAN CHILD RESOURCE CENTER

522 Grand Avenue, Oakland, CA 94610

(510) 208-1870

nabrown@aicrc.org

www.aicrc.org

This program is a licensed family foster agency that provides foster homes for American Indian children. Also, they provide mentoring, tutoring, counseling for youth and their families, and afterschool academic and cultural art classes. To note, some of the services might not be available in San Mateo County.

X	X	X				X			X
Services offered:	Afterschool activities & programs Basic needs (food, clothing, shelter, transportation) Family counseling Mental health counseling for youth & TAY Tutoring & mentoring								
In what languages?									
For what ages?	Ages 11-21 and their families; therapy for youth up to age 18								
Who is eligible?	Identify as a Native American; accept referrals from social service agencies, schools, hospitals, or other institutions working with the Native American community								
For what cost?	Afterschool programs are free								
In what areas?	Greater Oakland/San Francisco Bay area and surrounding counties								

ANGER MANAGEMENT AND DOMESTIC ABUSE THERAPY CENTER

430 Peninsula Avenue, Suite 7, San Mateo, CA 94401

151 87th St., Suite 11, Daly City, CA 94015

(650) 375-0449

www.angercure.org

This program offers individual, couple, family, and group counseling that focuses on domestic violence, anger management, and parenting classes.

		X			X	X	X		
Services offered:	Family counseling Mental health counseling for parents Mental health counseling for youth & TAY Parent support & classes								
In what languages?	English and Spanish								
For what ages?	Age 18+ and their families								
Who is eligible?	No criteria								
For what cost?	Sliding scale								
In what areas?	County-wide plus Alameda, Contra Costa, Marin, San Francisco, and Santa Clara Counties								

BAY AREA LEGAL AID

1048 El Camino Real, Suite A, Redwood City, CA 94063
 (650) 358-0745
www.baylegal.org

This program provides free civil legal assistance including, legal advice and counsel, legal referrals, and legal representation.

			X						
Services offered:	Legal assistance								
In what languages?									
For what ages?									
Who is eligible?	Low-income residents of area served								
For what cost?	Free								
In what areas?	County-wide plus Alameda, Contra Costa, Marin, San Francisco, Santa Clara, and Napa Counties								

BEHAVIORAL HEALTH AND RECOVERY SERVICES – MENTAL HEALTH & ALCOHOL/DRUG SERVICES

262 Harbor Blvd, Building A, Belmont, CA 94002
 (800)-686-0101
www.smchealth.org/bhrs

This program offers mental health services and alcohol and drug services to treat individuals and their family members who are experiencing mental health and substance use issues.

They provide services through regional county clinics and a network of contracted community and private providers.

		X			X	X		X	
Services offered:	Family counseling Mental health counseling for parents Mental health counseling for youth & TAY Substance use treatment & prevention for youth & TAY								
In what languages?	English, Spanish, Chinese, and can assist with other languages								
For what ages?	Age 11+ and their families								
Who is eligible?	Resident of San Mateo County who has Medi-Cal and/or is member of the Health Plan of San Mateo								
For what cost?	Depends on Medi-Cal or Health Plan of San Mateo terms. Services available to other San Mateo residents on a sliding fee scale.								
In what areas?	North, Central, Shasta, Coastsides, and South Counties including outpatient clinics in Daly City, San Mateo, Redwood City, East Palo Alto, and in public schools								

BIG BROTHERS – BIG SISTERS OF THE BAY AREA

65 Battery Street, Second Floor, San Francisco, CA 94111
 (415) 503-4050
info@bbbsba.org
www.bbbsba.org

This program pairs adult mentors with youth who live in single-parent households, are in low-income families, live with a non-parent caregiver, or are affected by trauma. Mentors and mentees are matched based on location, personalities, and preferences. They share activities such as eating out, playing sports, reading books, doing homework, going to the movies, etc. Mentors and mentees meet two to four times per month for a minimum of one-year.

									X
Services offered:	Tutoring & mentoring								
In what languages?	English and Spanish								
For what ages?	Ages 6-18								
Who is eligible?	Child ages 6-16 with parent/guardian consent (can stay until age 18 in the program or until high school graduation)								
For what cost?	Free								
In what areas?	County-wide plus Alameda, Contra Costa, San Francisco, Santa Clara, Marin, Napa, Sonoma, and Solano Counties								

BOYS AND GIRLS CLUB OF NORTH SAN MATEO COUNTY

201 W. Orange Avenue, South San Francisco, CA 94080
(650) 589-7090

info@theclubs.org
www.theclubs.org

This program provides opportunities for socializing, educational support (including tutoring), vocational training and character development of boys and girls. Children are exposed to various employment sectors and industries through career exploration activities and corresponding academic studies. Youth are encouraged to pursue careers that require advanced skills, such as STEM, medical services, and public policy sectors.

	X							X
Services offered:	Job & vocational training/employment Tutoring & mentoring							
In what languages?	English and Spanish							
For what ages?	Ages 6-18							
Who is eligible?	Live in South San Francisco & Pacifica youth ages 6-18							
For what cost?	\$30 per year, plus additional costs for outside and fitness events							
In what areas?	County-wide							

BOYS AND GIRLS CLUB OF THE COASTSIDE

600 Church Street, Cunha Campus, Half Moon Bay, CA 94019
(650) 712-9710

www.bgc-coastside.org
info@bgccoastside.org

This program provides educational, social, and recreational activities, along with afterschool tutoring, job training/placement, and developmental activities on San Mateo County's coastside.

X			X					X
Services offered:	Afterschool activities & programs Job & vocational training/employment Tutoring & mentoring							
In what languages?	English and Spanish							
For what ages?	Grades 6-8; events for all ages throughout the year							

Who is eligible?	Youth in grades 6-8 with parent or guardian signed membership form
For what cost?	\$30/school year; \$75 monthly fee for afterschool programs
In what areas?	Coastside

BOYS AND GIRLS CLUBS OF THE PENINSULA

401 Pierce Rd, Menlo Park, CA 94025

(650) 646-6140

general@bgcp.org

www.bgcp.org

This program provides a range of club programs, activities, and services that include educational support, tutoring, mentoring, career counseling, college application support, computer training, fine arts, athletics, before and afterschool childcare, and afterschool programs/activities. Children are also provided with nutritious snacks and meals.

X			X						X
Services offered:	Afterschool activities & programs Job & vocational training/employment Tutoring & mentoring								
In what languages?	English, Spanish, and Samoan								
For what ages?	Ages 5-22								
Who is eligible?	Parent permission necessary for application for K-9th grade								
For what cost?	\$50 for K-8 grade at East Palo Alto and Menlo Park clubhouses; \$50 for K-8 in the summer; free for all ages at school sites and free for 9th-12th grade at the clubhouses (no one is denied services)								
In what areas?	East Palo Alto, Eastern Menlo Park, and North Fair Oaks region of Redwood City								

CALL PRIMROSE

139 Primrose Road, Burlingame, CA 94010

(650) 342-2255

contact@callprimrose.org

www.callprimrose.org

This program offers emergency food and groceries to families in need.

	X							
Services offered:	Basic needs (food, clothing, shelter, transportation)							
In what languages?	English and Spanish							
For what ages?	All ages							
Who is eligible?	Low-income families and individuals; resident of area served							
For what cost?	Free							
In what areas?	Brisbane, South San Francisco, San Bruno, Millbrae, Burlingame, San Mateo, Foster City, Hillsborough, Belmont, and San Carlos							

CAMINAR

2600 S. El Camino Real, Suite 200, San Mateo, CA 94403
 (650) 578-8691
info@caminar.org
www.caminar.org

This program offers intervention, prevention, and counseling to address the needs of all individuals with issues related to their mental health, trauma, substance use, physical health, housing, or employment. They offer supportive services such as: family violence prevention, school-based mental health, and supportive housing. The Young Adult Independent Living (YAIL) program specifically supports young adults' (ages 18-25) recovery from mental health and/or substance use issues.

	X		X	X		X	
Services offered:	Job & vocational training/employment Mental health counseling for parents Mental health counseling for youth & TAY Substance use treatment & prevention for youth & TAY						
In what languages?	English and Spanish						
For what ages?	Age 18+						
Who is eligible?	Resident of San Mateo County; referrals are made by a therapist or care coordinator within San Mateo County BHRS						
For what cost?	Sliding scale						
In what areas?	County-wide plus Santa Clara, San Francisco, Solano, and Butte Counties						

CENTRO LEGAL DE LA RAZA

3022 International Blvd., 4th Floor, Oakland, CA 94601
(510) 437-1554

info@centrolegal.org
www.centrolegal.org

This program provides services for immigration rights, tenants' rights, worker's rights, consumer protection, etc. They can also refer to other legal services.

				X					
Services offered:	Legal assistance								
In what languages?	English and Spanish								
For what ages?									
Who is eligible?	No criteria								
For what cost?	Sliding scale (no one is denied services)								
In what areas?	County-wide plus Alameda, Marin, San Francisco, Napa, and Solano Counties								

CHILDREN'S HEALTH COUNCIL

1848 Bay Road, East Palo Alto, CA 94303
(650) 326-5530

info@chconline.org
www.chconline.org

This program provides individual, family, and group therapy for teens, as well as parent support and coaching to address the unique needs of their children.

		X				X	X		
Services offered:	Family counseling Mental health counseling for youth & TAY Parent support & classes								
In what languages?	English and Spanish								
For what ages?	Children of all ages, families, and adults								
Who is eligible?									
For what cost?	Sliding scale; free consultation								
In what areas?	East Palo Alto, Palo Alto and San Jose; residents of San Mateo County can also access services								

CHRISTIAN COUNSELING CENTERS, INC

Bridgepointe Office Park, 1510 Fashion Island Blvd., Suite 110, San Mateo, CA, 94404
(650) 570-7273

www.christiancounselingcenters.org

This program offers individual, couple, group, and family counseling for children, adolescents, and adults. They also provide treatment for substance use issues.

		X			X	X		X	
Services offered:	Family counseling Mental health counseling for parents Mental health counseling for youth & TAY Substance use treatment & prevention for youth & TAY								
In what languages?	English, Spanish, Portuguese, Mandarin, Cantonese, and Korean								
For what ages?	Children of all ages, families, and adults								
Who is eligible?	No criteria								
For what cost?	Medi-Cal accepted; \$30-\$200 per session								
In what areas?	County-wide plus Alameda, Monterey, San Francisco, Santa Clara, and Santa Cruz Counties								

COASTSIDE HOPE

99 Ave Alhambra, El Granada, CA 94018
(650) 726-9071

www.coastsidehope.org

This program provides basic necessities, such as: food, clothing, housing assistance, free citizenship classes, and tax preparation to mid-coast residents.

		X			X				
Services offered:	Basic needs (food, clothing, shelter, transportation) Legal assistance								
In what languages?	English and Spanish								
For what ages?	All ages								
Who is eligible?	No criteria								
For what cost?	Free								
In what areas?	Mid-coast area in San Mateo County (Half Moon Bay, Montara, Moss Beach, El Granada)								

COMMUNITY HEALTH AWARENESS COUNCIL (CHAC)

590 W. El Camino Real, Mountain View, CA 94040

(650) 965-2020

info@chacmv.org

www.chacmv.org

This agency provides several services including, individual, couple and family counseling, school-based counseling, substance use prevention and intervention, parenting classes with childcare provided, and mindfulness-based substance use treatment for adolescents. Afterschool activities are often provided at a low cost.

	X		X			X	X	X	X	
Services offered:	Afterschool activities & programs Family counseling Mental health counseling for parents Mental health counseling for youth & TAY Parent support & classes Substance use treatment & prevention for youth & TAY.									
In what languages?	English and Spanish									
For what ages?	Children of all ages, families, and adults; families with children under age 5 are served by First 5 programs									
Who is eligible?	Can see individuals with one diagnosis; individuals with two diagnoses need to receive additional services from other agencies; people with active substance use need to be evaluated first									
For what cost?	Counseling services are on sliding scale (\$20-\$130); services at schools are free									
In what areas?	County-wide and Santa Clara County									

COMMUNITY LEGAL SERVICES IN EAST PALO ALTO (CLSEPA)

1861 Bay Road, East Palo Alto, CA 94303

(650) 326-6440

info@clsepa.org

www.clsepa.org

CLSEPA provides legal assistance for low-income families throughout the region. They specialize in immigration, housing, workers' rights, records clearance, and consumer protection.

				X						
Services offered:	Legal assistance									
In what languages?	English and Spanish									

For what ages?	
Who is eligible?	Low-income families and individuals; geographic restrictions vary depending on type of assistance
For what cost?	Free or low cost
In what areas?	County-wide plus Santa Clara County and other Bay Area (varies depending on assistance sought).

COMMUNITY OVERCOMING RELATIONSHIP ABUSE (CORA)

2211 Palm Avenue, San Mateo, CA 94403
 (650) 652-0800
info@corasupport.org
www.corasupport.org

CORA provides family and individual children’s counseling, emergency housing (transitional or permanent) for individuals facing partner abuse, and legal assistance to those affected by partner abuse. They offer resources and support to parents and their children and offer afterschool activities. They provide childcare when parents are accessing services. Food is distributed in CORA’s safe houses and transportation is provided to remove clients from dangerous situations. CORA only works with the non-abusive parent and their kids.

	X	X	X		X	X	X	X		
Services offered:	Afterschool activities & programs Basic needs (food, clothing, shelter, transportation) Family counseling Legal assistance Mental health counseling for parents Mental health counseling for youth & TAY Parent support & classes									
In what languages?	English and Spanish									
For what ages?	Children of all ages, families, and adults; youth advocate program for ages 12-19									
Who is eligible?	Experience of intimate partner violence without family violence									
For what cost?	Free									
In what areas?	County-wide									

DALY CITY PARTNERSHIP (OUR SECOND HOME, ASAP, COMMUNITY SERVICE CENTER)

725 Price St., Daly City, CA 94014
 (650) 301-3300
www.dcpartnership.org

This program provides services including: Afterschool programs, parenting classes and workshops, bilingual developmental playgroups, individual and family counseling services for parents and caregivers and their youth. The program also offers referrals to healthcare, CalFresh, and legal services. Small group literacy tutoring is provided by teachers at 18 elementary schools in Daly City and South San Francisco.

X		X			X	X	X		X
Services offered:	Afterschool activities & programs Family counseling Mental health counseling for parents Mental health counseling for youth & TAY Parent support & classes Tutoring & mentoring								
In what languages?	English, Spanish, Tagalog, and Mandarin								
For what ages?	Children of all ages, families, and adults								
Who is eligible?	Resident of San Mateo County; some services are specific to residents of Broadmoor, Colma, and Daly City								
For what cost?	Free								
In what areas?	Daly City, Colma, and Broadmoor								

DALY CITY YOUTH HEALTH CENTER

350 90th St. 3rd Floor, Daly City, CA 94015
 (650) 877-5700
contact@dalycityyouth.org
www.dalycityyouth.org

This program provides health services, vocational internships, comprehensive sexual health education, and individual, family, couple and group therapy at the Youth Health Center and Jefferson Union High School District schools. Counseling topics also include drug and alcohol use.

		X	X			X		X	
Services offered:	Family counseling Job & vocational training/employment Mental health counseling for youth & TAY Substance use treatment & prevention for youth & TAY								
In what languages?	English, Spanish, and Tagalog								
For what ages?	Ages 12-24 and their families								
Who is eligible?	Youth who are at-risk or are from low-income families ages 12-24								
For what cost?	Free or low cost								
In what areas?	Daly City, Broadmoor, Pacifica, Colma, Brisbane, South San Francisco, and San Bruno								

EACH ONE REACH ONE

146 S. Spruce Street, South San Francisco, CA 94080

(650) 225-9030

info@successcentersf.org

www.eoro.org

This program works with incarcerated youth or youth who are on probation and provides support through arts (play writing) and education, mentoring and tutoring, and vocational and career training in collaboration with Project Change. A case manager helps with job training, academic tutoring, and educational programs.

		X							X
Services offered:	Job & vocational training/employment Tutoring & mentoring								
In what languages?									
For what ages?	Youth and Transitional Age Youth								
Who is eligible?	Youth involved in the juvenile justice system								
For what cost?									
In what areas?	County-wide plus San Francisco, and Santa Clara Counties								

ECUMENICAL HUNGER PROGRAM

2411 Pulgas Ave., East Palo Alto, CA 94303
(650) 323-7781

info@ehpcares.org
www.ehpcares.org

This program provides food assistance, support group and parenting skills classes. They offer youth educational, occupational, and life skills support including study skills training and tutoring, work readiness or occupational skills, and adult mentoring, etc.

	X		X				X		X
Services offered:	Basic needs (food, clothing, shelter, transportation) Job & vocational training/employment Parent support & classes Tutoring & mentoring								
In what languages?	English, Spanish, Tongan, Samoan, and Hmong								
For what ages?	All ages								
Who is eligible?	Working families, seniors, people with limited incomes and those who have both emergency and on-going needs in East Palo Alto, Menlo Park, and surrounding communities								
For what cost?	Free								
In what areas?	County-wide plus Santa Clara County (from Palo Alto to Mountain View)								

EDGEWOOD CENTER FOR CHILDREN AND FAMILIES (YOUTH FULL SERVICE PARTNERSHIP)

1510 Fashion Island Blvd., Suite 310, San Mateo, CA 94404
(650) 832-6900

greggb@edgewood.org
www.edgewood.org/drop-in-centers

This program provides programs designed to empower youth through recreational opportunities, vocational workshops, tutoring & mentoring, afterschool programs, on-site resources, opportunities for partnerships with community programs, and access to basic needs like healthy meals, clothing, and hygiene products. They also offer family-focused programs designed to assess, stabilize, and treat youth (ages 12-17) by using individual and family counseling and providing workshops for caregivers.

X	X	X	X			X	X		X
Services offered:	Afterschool activities & programs Basic needs (food, clothing, shelter, transportation) Family Counseling Job & vocational training/employment Mental health counseling for youth & TAY Parent support & classes Tutoring & mentoring								
In what languages?	English and Spanish								
For what ages?	Youth ages 6-18 and their families, and adults								
Who is eligible?	Referrals come through county departments, child welfare, juvenile probation, school mental health, county mental health; eligible San Mateo county residents								
For what cost?	Free								
In what areas?	County-wide								

FAIR OAKS COMMUNITY CENTER

2600 Middlefield Road, Redwood City, CA 94063
 (650) 780-7500

www.redwoodcity.org/departments/parks-recreation-and-community-services/facilities/community-centers

This center provides food, housing, and other emergency assistance, childcare, immigration and citizenship classes, ESL classes, legal services, crisis intervention, information and referrals. They partner with Peninsula Family Services for services for older adults.

	X			X					
Services offered:	Basic needs (food, clothing, shelter, transportation) Legal assistance								
In what languages?	English and Spanish								
For what ages?	All ages								
Who is eligible?	Resident of local area for core services; some programs are offered to residents outside of core area								
For what cost?	Free								
In what areas?	Redwood City, North Fair Oaks, Portola Valley, Woodside, and Atherton								

FAMILY ASSERTIVE SUPPORT TEAM (FAST)

(650) 368-3178

www.smchealth.org/general-information/family-assertive-support-team-fast

FAST is an in-home outreach service that offers assessment, consultation, and support services to adults and their close family members experiencing a severe mental health problem.

		X			X	X			
Services offered:	Family counseling Mental health counseling for parents Mental health counseling for youth & TAY								
In what languages?	English, Spanish, Mandarin, and other languages available upon request								
For what ages?	Age 18+ and their families								
Who is eligible?	Resident of San Mateo County								
For what cost?	Free								
In what areas?	County-wide								

FAMILY RESOURCE CENTERS

(650) 877-5628

www.hsa.smcgov.org/family-resource-centers

Locations in Daly City, East Menlo Park, East Palo Alto, La Honda, Pacifica, Pescadero, Redwood City, and San Mateo/Foster City:

Bayshore Elementary School District
155 Oriente Street, Daly City, CA 94014
(415) 467-5443
www.thebayshoreschool.org

John F. Kennedy Elementary
785 Price Street, Daly City, CA 94014
(650) 991-1239
www.jsd.k12.ca.us/JFKennedy

Woodrow Wilson Elementary
43 Miriam Street, Daly City, CA 94014
(650) 991-1255
www.jsd.k12.ca.us/Wwilson

Belle Haven School
415 Ivy Drive, Menlo Park, CA 94303
(650) 329-2898
www.bellehaven.ravenswoodschools.org

Brentwood Elementary
2086 Clarke Avenue, East Palo Alto, CA 94303
(650) 329-2881
www.brentwood.ravenswoodschools.org

La Honda Elementary
450 Sears Ranch Rd, La Honda, CA 94020
(650) 747-0051
www.lhpusd.com/Domain/62

Sunset Ridge Elementary
340 Inverness Drive, Pacifica, CA 94044
(650) 738-6687
www.pacificasd.org/SRE

Pescadero Elementary
620 North St, Pescadero, CA 94060
(650) 879-0332
www.lhpusd.com/Domain/103

Pescadero Middle/High School
360 Butano Cutoff, Pescadero, CA 94060
(650) 879-0332
<https://www.lhpusd.com/Domain/150>

Fair Oaks Elementary
2950 Fair Oaks Avenue, Redwood City, CA 94063
(650) 482-2403

Hoover Community School
701 Charter Street, Redwood City, CA 94063
(650) 482-2408
www.rcsdk8.net/hoover

Kennedy Middle School
2521 Goodwin Avenue, Redwood City, CA 94061
(650) 482-2409
www.rcsdk8.net/kennedy

Sequoia High School
1201 Brewster Avenue, Redwood City, CA 94062
(650) 367-9780
www.sequoiahs.org

Taft Community School
903 10th Avenue, Redwood City, CA 94063
(650) 482-2847
www.rcsdk8.net/taft

Lead Elementary
 949 Ocean View Avenue, San Mateo, CA 94401
 (650) 312-7550
www.lead.smfcsd.net

These centers provide parent support and education groups, crisis intervention, mental health counseling for children and their families, and provide referrals to food, medical, housing, and cash-aid services. FRCs can be found at the school sites listed above in San Mateo County.

		X				X	X		
Services offered:	Family counseling Mental health counseling for youth & TAY Parent support & classes								
In what languages?	English and Spanish (in Redwood City schools)								
For what ages?	Children of all ages, families, and adults								
Who is eligible?	No criteria								
For what cost?	Free								
In what areas?	County-wide								

FREE AT LAST

1796 Bay Road, East Palo Alto, CA 94303
 (650) 462-6999
info@freetatlast.org
www.freetatlast.org

This program provides prevention and intervention services for substance use issues, structured treatment, transitional housing, women’s and men’s residential substance abuse treatment program, and provides referrals for mental health counseling as well as basic needs (food, clothing, shelter, transportation) and emergency assistance.

								X	
Services offered:	Substance use treatment & prevention for youth & TAY								
In what languages?	English and Spanish								
For what ages?									
Who is eligible?	Individuals with alcohol and/or drug addiction								

For what cost?	Fees vary; Medi-Cal accepted
In what areas?	County-wide

FREEDOM CENTER (EL CENTRO DE LIBERTAD)

500 Allerton Street, Redwood City, CA 94063
 Shoreline Station, Suite 114-B, Half Moon Bay, CA 94019
 (650) 599-9955/ (650) 560-9995
www.elcentrodelibertad.org

This center provides one-on-one counseling as well as group counseling in outpatient substance use treatment services. In addition, they offer school-based prevention education, anger management, parenting education, and community and family outreach programs. Freedom Center provides a court-mandated, 12-52-week course that focuses on recognizing unhealthy parenting patterns and developing a plan to enhance parenting skills.

							X	X	
Services offered:	Parent support & classes Substance use treatment & prevention for youth & TAY								
In what languages?	English and Spanish								
For what ages?	Ages 13-19 and adults								
Who is eligible?	No criteria								
For what cost?	Sliding scale; Medi-Cal accepted								
In what areas?	County-wide								

FRESH LIFELINES FOR YOUTH (FLY)

330 Twin Dolphin Drive, Suite 109, Redwood City, CA 94065
 (408) 263-2630
info@flyprogram.org
www.flyprogram.org

FLY provides legal education, one-on-one mentoring and leadership training to prevent juvenile crime and incarceration. Mentors meet with at-risk or incarcerated youth once a week.

									X
Services offered:	Tutoring & mentoring								
In what languages?	English and Spanish								

For what ages?	Ages 14-19
Who is eligible?	FLY Law: 14-19-year olds in San Mateo County. FLY Leadership Training Program: 14-18-year olds involved in juvenile justice or at-risk of involvement; completed Law program, on Probation, or at an expulsion school. FLY Reentry: youth and young adults serving or exiting long-term incarceration in a juvenile justice facility.
For what cost?	Free
In what areas?	County-wide plus Santa Clara, and Alameda Counties

FRIENDS FOR YOUTH

1741 Broadway, Redwood City, CA 94063
 (650) 368-4444
info@friendsforyouth.org
www.friendsforyouth.org

This program pairs mentors with at-risk youth in a one-year mentoring program that includes 3 hours of mentorship per week. Life skills training and support groups are also offered. Recreational, educational, community service, and cultural experiences are available at free or low cost.

									X
Services offered:	Tutoring & mentoring								
In what languages?	English and Spanish								
For what ages?	Ages 8-17								
Who is eligible?	Referred by probation, school, counselor								
For what cost?	Free								
In what areas?	County-wide and Santa Clara County								

GATEPATH

350 Twin Dolphin Drive, Suite 123, Redwood City, CA 94065
 (650) 259-8500
info@abilitypath.org
www.gatepath.org

GatePath provides vocational training, career planning, skills development, support and counseling for families, and works with a job developer for group or individual placement for both youth and adults who are developmentally disabled or have special needs. There is also

a Parent Mentor program which connects newcomer parents to parents of children with similar needs.

	X					X			
Services offered:	Job & vocational training/employment Parenting support & classes								
In what languages?	English and Spanish								
For what ages?	All ages								
Who is eligible?	Families of special needs children								
For what cost?	Free								
In what areas?	County-wide and Santa Clara County								

HEART AND SOUL, INC

210 Industrial Rd, Suite 205, San Carlos, CA 94070
(650) 232-7426

ineedsupport@heartandsoulinc.org
www.heartandsoulinc.org

This program provides mental health peer support and self-help services via peer-to-peer counseling, self-help groups, life skills classes, art, mindfulness activities, social engagement opportunities, advocacy support, and support to family members. They also offer links to community resources such as housing, food, employment, and support groups. This program gives opportunities to enter or return to paid employment.

	X	X		X	X		X		
Services offered:	Family counseling Job & vocational training/employment Mental health counseling for parents Mental health counseling for youth & TAY Substance use treatment & prevention for youth & TAY								
In what languages?	English, Spanish, Mandarin, and Tagalog								
For what ages?	Age 18+ and their families								
Who is eligible?	Age 18+ receiving Medi-Cal and/or a member of the Health Plan of San Mateo, discharge from the San Mateo Medical Center (ward 3AB), meeting Whole Person Care Criteria, identified for HOPE services by San Mateo Medical Center staff, OR any community members needing mental health peer support								

For what cost?	Free
In what areas?	County-wide

HILLCREST CHAPLAIN AND MINISTERIES

222 Paul Scannell Drive, San Mateo, CA 94402
 (650) 312-8808
evbenton@hcrestmin.org
www.hcrestmin.org

This program provides spiritual support and counseling to youth in San Mateo Juvenile Hall and continues to support them after their release.

						X			
Services offered:	Mental health counseling for youth & TAY								
In what languages?									
For what ages?	Youth and transitional age youth								
Who is eligible?	Youth incarcerated in San Mateo County Juvenile Hall								
For what cost?	Free								
In what areas?	County-wide								

HUMAN SERVICES AGENCY – SERVICE CONNECT

550 Quarry Road, San Carlos, CA 94070
 (650) 508-6745
<https://hsa.smcgov.org/service-connect>

This program provides social services to former inmates who are at moderate or high risk of re-entry. Following a needs assessment, clients are provided short-term housing, clothing and transportation vouchers, phone cards, and food. Clients are connected to mental health and substance abuse services, peer mentoring services, and public assistance benefits in collaboration with county probation, HSA, health and non-profit partners. Clients are also placed in employment opportunities or provided services to develop soft skills and improve their marketability on the job market.

		X		X					
Services offered:	Basic needs (food, clothing, shelter, transportation) Job & vocational training/employment								
In what languages?									

For what ages?	Age 18+
Who is eligible?	Former inmates at moderate or high at-risk of re-entry
For what cost?	
In what areas?	County-wide

HUMAN SERVICES AGENCY – VOCATIONAL REHABILITATION SERVICES (VRS)

550 Quarry Road, San Carlos, CA 94070
(650) 802-6482

<https://hsa.smcgov.org/vocational-rehabilitation-services>

This program provides job training, placement, or employment for any employable county resident collecting General Assistance or undergoing psychiatric treatment. The program improves employment outcomes for individuals with disabilities and/or barriers to employment.

	X							
Services offered:	Job & vocational training/employment							
In what languages?	Translators available if needed							
For what ages?	Age 18+							
Who is eligible?	Referrals accepted from county agencies, State Department of Rehabilitation, probation officers, and private treatment providers. San Mateo County resident who have a psychiatric disability can be referred by their therapist.							
For what cost?	Free							
In what areas?	County-wide							

IMMIGRATION INSTITUTE OF BAY AREA

2600 Middlefield Road, Redwood City, CA 94063
(650) 780-7530

redwoodcity@iibayarea.org
www.iibayarea.org

This program offers citizenship classes, DACA renewals, family reunification, humanitarian, and deportation defense services.

				X					
Services offered:	Legal assistance								
In what languages?	English, Spanish, Farsi, Chinese, German, Urdu, and translators are available for other languages								
For what ages?	All ages								
Who is eligible?	Depends on the individual case								
For what cost?	First time consultation fee is typically \$30; sliding scale after consultation (free to low cost)								
In what areas?	County-wide plus San Francisco, Alameda, Napa, and Sonoma Counties								

JEWISH FAMILY AND CHILDREN'S SERVICES – PARENTS PLACE

2001 Winward Way, Suite 200, San Mateo, CA 94404
 (650) 931-1840

www.parentsplace.jfcs.org

This program provides parent coaching, workshops, support groups, and individual/family/group counseling for children, parents, and their families.

		X			X	X	X		
Services offered:	Family counseling Mental health counseling for parents Mental health counseling for youth & TAY Parent support & classes								
In what languages?	English, Hebrew, and Russian								
For what ages?	Children of all ages, families, and adults								
Who is eligible?	Depends on the individual case								
For what cost?	Depends on service (some scholarships are available); insurance is not accepted								
In what areas?	County-wide plus Marin, San Francisco, and Santa Clara Counties								

JOBS FOR YOUTH

455 County Center, 5th Floor, Redwood City, CA 94063
 (650) 599-7215

jobsforyouth@smcgov.org
www.jobsforyouth.org

This program helps youth find employment services regardless of SES or risk-level. The program provides job seeking skills, interviewing skills, and youth receive support with writing resume, cover letters, and thank you letters/emails.

	X							
Services offered:	Job & vocational training/employment							
In what languages?	English							
For what ages?	Ages 14-21							
Who is eligible?	Youth between the ages of 14-21 and reside or attend school in San Mateo County							
For what cost?	Free							
In what areas?	County-wide							

JOBTRAIN

1200 O'Brien Drive, Menlo Park, CA 94025
 (650) 330-6429

info@jobtrainworks.org
www.jobtrainworks.org

JobTrain provides job training to unemployed and economically disadvantaged youths and adults. They offer training in clerical skills, electronics, trades, culinary skills, medical skills, resume development, interviewing skills, etc., and educational support in basic subjects like math, science, and English. They also provide access to legal advice.

	X	X						
Services offered:	Job & vocational training/employment Legal assistance							
In what languages?	English, Spanish, Tagalog, and Tongan							
For what ages?	All ages							
Who is eligible?	Low-income, unemployed and underemployed people, at-risk high school youth; residence in one of the counties below is not required							

For what cost?	Free
In what areas?	County-wide plus Alameda, San Francisco, and Santa Clara Counties

KARA

457 Kingsley Ave., Palo Alto, CA 94301
 (650) 321-5272
www.kara-grief.org

KARA provides emotional support and information to parents, teens, and children who are grieving a death or coping with a terminal illness. Services include peer counseling and support groups, grief-related therapy, outreach, education, consultations and referrals.

		X			X	X			
Services offered:	Family counseling Mental health counseling for parents Mental health counseling for youth & TAY								
In what languages?	English, Spanish, Chinese, and Mandarin								
For what ages?	Age 5+ and their families								
Who is eligible?	Experienced the death of a related person (exclusively); also work with clients at the end of their life who need counseling services								
For what cost?	Fees for therapy services; sliding scale								
In what areas?	County-wide plus Santa Clara County, and East Bay								

LATINO COMMISSION ON ALCOHOL AND DRUG SERVICES

1001 Sneath Lane Ste. 307, San Bruno, CA 94066
 (650) 244-1444
info@thelatinocommission.org
www.thelatinocommission.org

This program provides services to help with substance use problems and offers residential treatment to youth and adult men and women.

								X	
Services offered:	Substance use treatment & prevention for youth & TAY								
In what languages?	English and Spanish								
For what ages?	Residential program is for age 18+; prevention program is for ages 12-16								

Who is eligible?	Resident of San Mateo County resident; Medi-Cal accepted
For what cost?	Sliding scale
In what areas?	County-wide plus San Francisco and Tulare Counties

MENTAL HEALTH ASSOCIATION OF SAN MATEO COUNTY

2686 Spring Street, Redwood City, CA 94063

(650) 368-3345

info@mhasmc.org

www.mhasmc.org

The Support and Advocacy for Young Adults in Transition (SAYAT) program provides mental health counseling to youth leaving foster care or the juvenile justice system. They offer intensive case management and support services to assist with independent living.

						X			
Services offered:	Mental health counseling for youth & TAY								
In what languages?	English and Spanish								
For what ages?	Ages 18-25								
Who is eligible?	Youth between the ages of 18 and 25 leaving foster care or juvenile justice system; be considered homeless as defined by HUD; reside in San Mateo County; have an identified disability								
For what cost?	Free								
In what areas?	County-wide								

MID-PENINSULA BOYS AND GIRLS CLUB

200 North Quebec Street, San Mateo, CA 94401

(650) 347-9891

info@midpenbgc.org

www.midpenbgc.org

This club provides a wide range of educational, recreational, social activities in a safe and structured environment during afterschool hours. Middle-schoolers and high schoolers are provided with leadership skills, scholarship opportunities, workforce training, tutoring and homework help. In addition, every Friday in Daly City, in collaboration with Second Harvest Food Bank, they distribute 100-150 bags of food.

X	X		X						X
Services offered:	Afterschool activities & programs Basic needs (food, clothing, shelter, transportation) Job & vocational training/employment Tutoring & mentoring								
In what languages?	English, Spanish, Tagalog, Cantonese, Mandarin, and Ilocano								
For what ages?	Grades K-12								
Who is eligible?	Need to be a student for school-site services and in K-12								
For what cost?	\$50/year membership fee; sliding scale and services on school sites are free; scholarships are also offered								
In what areas?	County-wide								

MILLS-PENINSULA MEDICAL CENTER – MENTAL & BEHAVIORAL HEALTH SERVICES

100 South San Mateo Drive, San Mateo, CA 94401
(650) 696-4666

www.sutterhealth.org/mills/services/behavioral-health

This program provides both inpatient and outpatient mental health services to teenagers, adults, and seniors.

					X	X			
Services offered:	Mental health counseling for parents Mental health counseling for youth & TAY								
In what languages?	English and interpreter services are available								
For what ages?	Age 13+								
Who is eligible?									
For what cost?	Fees vary by service; health insurance accepted								
In what areas?	County-wide plus San Francisco, and Santa Clara Counties								

MORRISSEY – COMPTON EDUCATIONAL CENTER

595 Price Avenue, Redwood City, CA 94063
 (650) 322-5910

info@morrcomp.org

www.morrissey-compton.org

This program provides psychological and educational assessments and evaluations, and individual/group/family counseling. They also provide free parent education classes and free topic-specific talks by staff to the community and school groups.

		X			X	X	X		
Services offered:	Family counseling Mental health counseling for parents Mental health counseling for youth & TAY Parent support & classes								
In what languages?									
For what ages?	Children, adolescents, adults, and their families								
Who is eligible?									
For what cost?	Parent workshops are free; for other services, fees vary based on number, depth, and length of services; financial aid is available to families								
In what areas?	County-wide								

MULTICULTURAL INSTITUTE

533 Warrington Avenue, Redwood City, CA 94063
 (650) 339-2794

info@mionline.org

www.mionline.org

This program provides vocational skill-building services and courses in business planning and computer basics to adults, mentoring for academic success to youth, and parent workshops to increase engagement with their children. In addition, naturalization courses are offered and free legal clinics are available to obtain legal advice.

			X			X			X
Services offered:	Legal assistance Parent support & classes Tutoring & mentoring								
In what languages?	English and Spanish								
For what ages?	Academic success program is for students in 3th grade - high school, and adults								

Who is eligible?	Low-income day laborers and domestic workers
For what cost?	Free
In what areas?	County-wide plus Alameda, and Contra Costa Counties

NAMI SAN MATEO

1650 Borel Place, Suite 130, San Mateo, CA 94402

(650) 638-0800

peerpals@namisanmateo.org

www.namisanmateo.org

Affiliated with NAMI California and NAMI National. NAMI San Mateo offers a Peer PALS program that matches individuals with mental illness who are in recovery with a trained Peer PAL who has had success or is recovering from mental illness. NAMI San Mateo also offers support groups for parents of youth and young adults aged 6-26 who have received a mental health diagnosis.

						X			
Services offered:	Mental health counseling for youth & TAY								
In what languages?	Peer programs available in English. Spanish is available for family support groups, NAMI Family-to-Family, and NAMI Basics.								
For what ages?	Age 18+								
Who is eligible?	Adults with mental illness and are in recovery								
For what cost?	Free								
In what areas?	County-wide but people who change counties can join NAMI Connections								

NEW PERSPECTIVES CENTER FOR COUNSELING

5026 Geary Blvd., San Francisco, CA 94118

(415) 752-5275

www.sfnewperspectives.org

This program provides outpatient psychotherapy to adults, couples, children (ages 4+) and families. Services include trauma-informed, general, conjoint, and family counseling, as well as counseling for children.

		X			X	X			
Services offered:	Family counseling Mental health counseling for parents Mental health counseling for youth & TAY								
In what languages?									
For what ages?	Children (age 4+), adults, and their families								
Who is eligible?	No criteria								
For what cost?	\$120 is full fee but offers sliding scale with \$40 as the lowest fee								
In what areas?	County-wide and San Francisco County								

NORTH PENINSULA FOOD PANTRY AND DINING CENTER – DALY CITY

31 Bepler Street, Daly City, CA 94014-1002
 (650) 994-5150
www.fooddc.org

This program provides three-day supply of food to men, women, and children.

	X								
Services offered:	Basic needs (food, clothing, shelter, transportation)								
In what languages?									
For what ages?	All ages								
Who is eligible?	Residents of San Mateo County								
For what cost?	Hot meals for \$6.41 per person (dining center); food pantry is free								
In what areas?	Northern San Mateo County								

NOVA YOUNG ADULT PROGRAM

505 West Olive Avenue, Suite 630, Sunnyvale, CA 94086
 (408) 568-7776
youngadults@novaworks.org
www.youthatwork.org

This program provides comprehensive employment services for jobseekers, youth, and employers. They teach young people how to search for jobs, explore careers, find volunteer opportunities, and it offers academic tutoring.

	X							X
Services offered:	Job & vocational training/employment Tutoring & mentoring							
In what languages?	English and Spanish							
For what ages?	Ages 17-24							
Who is eligible?	Meet all these criteria: not currently enrolled in a high school or college, between ages 17-24, live in San Mateo County or select cities in Santa Clara County; AND, meet one of the following criteria: high-school dropout or risk of dropping out, pursuing GED or HiSET or receiving vocational training, juvenile or adult offender, pregnant or parenting, disabled, foster youth, homeless, or low-income/economically disadvantaged							
For what cost?	Free for eligible participants							
In what areas?	County-wide and Northern Santa Clara County							

OAK TREE BEREAVEMENT CENTER

1500 Perez Dr, Pacifica, CA 94044
(415) 806-7169

OakTreeBC@sbcglobal.net

www.opencounseling.com/pacifica/counseling-agency/oak-tree-bereavement-center

This program provides a place to grieve death, a life-threatening illness, and personal loss. They also offer individual counseling, grief-support groups, on-site grief intervention, information and referral, and community education.

			X	X				
Services offered:	Mental health counseling for parents Mental health counseling for youth & TAY							
In what languages?								
For what ages?	Teens and adults							
Who is eligible?	Related to grieving the death of a loved one, a life-threatening illness, and personal loss							
For what cost?	Sliding scale							
In what areas?	County-wide plus Alameda, San Francisco, Santa Clara, Napa, Sonoma, Solano, Contra Costa, and Marin Counties							

ONE EAST PALO ALTO (OEPA)

1195 Hamilton Court, Menlo Park, CA 94025

(650) 980-1809

www.1epa.org

This program provides youth-focused services including substance use prevention in youth, trauma-specific interventions, crime prevention, community outreach and engagement services, mental health services for youth and parents, summer employment (SEP) opportunities with mentoring and community connectedness opportunities, behavioral health for youth and their parents, and weekly food distributions at mental health services site every Thursday.

	X		X		X	X	X	X	X
Services offered:	Basic needs (food, clothing, shelter, transportation) Job & vocational training/employment Mental health counseling for parents Mental health counseling for youth & TAY Parent support & classes Substance use treatment & prevention for youth & TAY Tutoring & mentoring								
In what languages?	English, Spanish, Tongan, and Samoan								
For what ages?	Youth ages 14-24 (SEP); substance abuse prevention is for high-school youth; mental health drop-in center is for all ages								
Who is eligible?	East Palo Alto youth at highest risk ages 14-24 (SEP); resident of EPA & Belle Haven								
For what cost?	Free								
In what areas?	County-wide								

ONE LIFE COUNSELING CENTER

1303 San Carlos Ave, San Carlos, CA 94070

(650) 394-5155

info@onelifecounselingservices.com

www.onelifecounselingcenter.com

This program provides individual, group and family counseling that is affordable and accessible for everyone. They offer individuals with financial education, life skills, assets, art therapy, and mindfulness resources in the school classroom. They also provide parent education via seminars about parenting in the digital age, surviving the teenage years, etc., as well as referrals to legal support, food, and clothing.

		X			X	X	X		
Services offered:	Family counseling Mental health counseling for parents Mental health counseling for youth & TAY Parent support & classes								
In what languages?	English, Spanish, Tagalog, Cantonese, Hindi, and Punjabi								
For what ages?	Children of all ages, families, and adults								
Who is eligible?	No criteria								
For what cost?	Sliding scale (no one is refused services)								
In what areas?	County-wide and San Francisco County								

OUR COMMON GROUND

631 Woodside Road, Redwood City, CA 94061
 (650) 367-9030, ext. 26
sbaker@ocgworks.org
www.ocgworks.org

This program provides a residential and outpatient treatment program for individuals and their family members with substance abuse and mental health problems. They offer psychological, vocational, individual, and group counseling and other recreational activities.

		X	X		X	X		X	
Services offered:	Family counseling Job & vocational training/employment Mental health counseling for parents Mental health counseling for youth & TAY Substance use treatment & prevention for youth & TAY								
In what languages?	English and Spanish								
For what ages?	Age 18+ and their families								
Who is eligible?	Age 18+ with substance abuse issues and mental health problems and their family members								
For what cost?	Medi-Cal accepted								
In what areas?	County-wide and Greater San Francisco Bay Area								

PACIFIC CENTER FOR HUMAN GROWTH

2712 Telegraph Avenue, Berkeley, CA 94705
(510) 548-8283

info@pacificcenter.org
www.pacificcenter.org

This center provides mental health counseling and is a support center for LGBTQ+ youth. Services include individual, family and couples counseling, peer support groups, educational outreach, social events, volunteer opportunities, youth programs, and family services. They also provide afterschool programs for LGBTQ+ youth that focus on empowerment, mental health and peer support.

	X		X			X	X			
Services offered:	Afterschool activities & programs Family counseling Mental health counseling for parents Mental health counseling for youth & TAY									
In what languages?	English and Spanish									
For what ages?	Children of all ages, families, and adults; ages 12-17 for afterschool program									
Who is eligible?	No criteria									
For what cost?	Sliding scale									
In what areas?	County-wide plus Alameda, Contra Costa, Marin, San Francisco, and Santa Clara Counties									

PACIFICA RESOURCE CENTER

1809 Palmetto Avenue, Pacifica, CA 94044
(650) 738-7470

www.pacresourcecenter.org

This center provides services to families in Pacifica by providing food, housing assistance, school supplies, coaching, advocacy, referrals to partners and information, and transportation service.

		X								
Services offered:	Basic needs (food, clothing, shelter, transportation)									
In what languages?	English and Spanish									
For what ages?	All ages									
Who is eligible?	Residents of Pacifica									

For what cost?	Free
In what areas?	Pacifica

PARENTS HELPING PARENTS

1400 Parkmoor Avenue, Suite 100, San Jose, CA 95126
 (408) 727-5775
info@php.com
www.php.com

This program provides parent education and support services to parents of children with special needs including parent-to-parent mentors, phone and hospital counseling, information about community resources to fit needs, assistance with technology, and parent training classes. Parents Helping Parents provides information on resources and referrals specific to the child's or family's needs.

							X		
Services offered:	Parent support & classes								
In what languages?	English, Spanish, Vietnamese, Arabic, French, Gujrati, Hindi, Italian, and Japanese								
For what ages?	Parents/families who have children of any age with special needs								
Who is eligible?	Families of children with a need for specialized services including health, education, emotional, legal or social, and the professionals who serve them								
For what cost?	Annual \$75 membership fee								
In what areas?	County-wide and Santa Clara County								

PENINSULA BRIDGE

177 Bovet Rd Ste 120, San Mateo, CA 94402
 (650) 473-9461
info@peninsulabridge.org
www.peninsulabridge.org

This program provides academic and personal support to students from low-income families from middle school to college. Offers afterschool programs to enhance academic skills including critical thinking, problem-solving, note taking, independent work, reading and math comprehension. Students are also provided one-on-one academic support, college and career readiness skills, and tutoring.

X									X
Services offered:	Afterschool programs/activities Tutoring & mentoring								
In what languages?	English								
For what ages?	Grades 5 - college								
Who is eligible?	Students from low-income families								
For what cost?									
In what areas?	County-wide								

PENINSULA CONFLICT RESOLUTION CENTER

1670 S Amphlett Blvd #115, San Mateo, CA 94402
 (650) 513-0330
www.pcrweb.org

This program provides services to parents to improve family engagement and increase parent involvement in school such as: workshops on leadership development and capacity building, one-on-one coaching, and trainings to help parents navigate the school system and other local resources. They also partner with San Mateo County Juvenile Probation facility, and incarcerated youth and their families to reduce reentry back into the system.

						X			
Services offered:	Parent support & classes								
In what languages?	English and Spanish								
For what ages?	Youth, transitional age youth, and their parents								
Who is eligible?	Resident of San Mateo County; out of area residents charged more for services								
For what cost?									
In what areas?	County-wide								

PROJECT READ

1044 Middlefield Road, Redwood City, CA 94063
 (650) 780-7077

rclread@redwoodcity.org

www.projectreadredwoodcity.org

This project provides a free, volunteer-based literacy program serving adults, children, and families. Tutoring lessons are provided to adults, youth, and families. The adult literacy program offers one-on-one and small group tutoring to Redwood City residents who read and/or write below the 7th grade reading level, as well as home or library-based programs for parents whose literacy goals include reading to their children. The youth literacy program includes tutoring services for children in low-income families or who are learning-challenged. Children are paired one-on-one with trained tutors.

							X		X
Services offered:	Parent support & classes Tutoring & mentoring								
In what languages?									
For what ages?	Children in grades K-12, families, and adults								
Who is eligible?	Children in low-income families and who are learning-challenged in grades K-12								
For what cost?	Free								
In what areas?	Unincorporated areas of Redwood City and North Fair Oaks								

PUENTE DE LA COSTA SUR

620 North Street, Pescadero, CA 94060
 8865 La Honda Road, Suite 4, La Honda, CA 94020
 (650) 879-1691/ (650) 747-0248

outreach@mypuente.org

www.mypuente.org

This program serves the south coast of San Mateo county and provides a number of services including health and wellness classes, economic support services (clothing, food, rent), academic support, job/life readiness sessions, education services, and free counseling services for children/adults/families/couples. The youth program is for ages 14-21 and provides career training/vocational support. This program also offers substance use prevention educational classes, financial assistance with rent, and referrals for other legal assistance. There is also a childcare co-op for children ages 0-5 years.

	X	X	X		X	X	X	X	X
Services offered:	Basic needs (food, clothing, shelter, transportation) Family counseling Job & vocational training/employment Mental health counseling for parents Mental health counseling for youth & TAY Parent support & classes Substance use treatment & prevention for youth & TAY Tutoring & mentoring								
In what languages?	English and Spanish								
For what ages?	Children of all ages, families, and adults								
Who is eligible?	Resident or working in south coast of San Mateo County; also varies based on the program								
For what cost?	Free								
In what areas?	South coast of San Mateo County (San Gregoria, Pescadero, Loma Mar, La Honda)								

PUENTE PROJECT

Hearst Field Annex, Building C, Berkeley, CA 94720

(510) 642-7677

info@thepuenteproject.org

www.thepuenteproject.org

This program provides mentoring, counseling, and writing instruction for middle-school, high-school and community college students who are academically disadvantaged. Graduates of the program can become leaders and mentors. They offer regular parent workshops throughout the school year to help parents become empowered advocates for students' educations. The PUENTE counselor provides academic, personal, and career counseling to prepare students to transfer to a four-year college or university.

						X		X
Services offered:	Parent support & classes Tutoring & mentoring							
In what languages?	English and Spanish							
For what ages?	Students enrolled in middle-school, high school, or community college, and adults							
Who is eligible?	Educationally disadvantaged students enrolled in middle-school, high school, or community college served by Puente Project							
For what cost?								
In what areas?	County-wide plus Alameda, Contra Costa, Marin, San Francisco, and Santa Clara Counties							

RAVENSWOOD FAMILY HEALTH CENTER

John & Susan Sobrato Campus, 1885 Bay Road, East Palo Alto, CA 94303
(650) 330-7441

www.ravenswoodfhc.org

This center provides individual counseling, parenting support, and is a bridge to the County of San Mateo's mental health services. They also offer referrals to other services.

					X	X	X		
Services offered:	Mental health counseling for parents Mental health counseling for youth & TAY Parent support & classes								
In what languages?	English and Spanish								
For what ages?	All ages								
Who is eligible?	Self-referral or referral from primary care provider; underserved individuals and children in low-income families								
For what cost?									
In what areas?	County-wide and Santa Clara County								

RED MORTON YOUTH CENTER

545 Cassia Street, Redwood City, CA 94063
(650) 780-7342

www.redwoodcity.org/youthcenter

This program provides youth a space to relax or participate in activities. They also offer homework assistance during the school year.

	X								X
Services offered:	Afterschool activities & programs Tutoring & mentoring								
In what languages?	English and Spanish								
For what ages?	Ages 10-17								
Who is eligible?	Youth residing in Redwood City								
For what cost?	\$15/year (age 10-15); \$40/year (age 16-17)								
In what areas?	Redwood City								

REDWOOD CITY CATHOLIC WORKER

545 Cassia Street, Redwood City, CA 94063
(650) 366-4415

susanscrane@gmail.com
www.rwdcw.wordpress.com

This program provides tutoring classes to children, food assistance to families, and a home for teens who need a safe space to stay while working out family problems. They also teach English to Spanish-speaking individuals.

	X							X
Services offered:	Basic needs (food, clothing, shelter, transportation) Tutoring & mentoring							
In what languages?	English and Spanish							
For what ages?	Ages 17-20 for short-term alternative residence, otherwise all ages							
Who is eligible?	No criteria							
For what cost?	Free							
In what areas?	County-wide							

SAMARITAN HOUSE OF SAN MATEO/ SAMARITAN HOUSE SOUTH

4031 Pacific Boulevard, San Mateo, CA 94403
1852 Bay Road, East Palo Alto, CA 94303
(650) 347-3648/ (650) 294-4312

info@samaritanhousesanmateo.org
www.samaritanhousesanmateo.org

This program provides food services, food to afterschool programs, free clothing, financial empowerment, school supplies, books, day laborer's program, a safe space from where workers can seek work, volunteering opportunities for youth, access to healthcare, and referrals. There are medical clinics for age 18+ for people with no medical insurance in Redwood City and City of San Mateo.

	X		X					
Services offered:	Basic needs (food, clothing, shelter, transportation) Job & vocational training/employment							
In what languages?	English, Spanish, Russian, Cantonese, Mandarin, Tagalog, and translation services are available for other languages							
For what ages?	All ages							
Who is eligible?	Residents of San Mateo County but also depends on the service (can refer to other resources)							

For what cost?	Free
In what areas?	Redwood City and City of San Mateo

SAN CARLOS BELMONT PARENTS CLUB

1025 Alameda de las Pulgas, #114, Belmont, California 94002
 (650) 354-8020
info@scbpc.org
www.scbpc.org

This program is primarily geared towards parents of children from 0-5 years, but many events are also for parents of children up to age 10 and beyond. They provide a place for support, discussion, playgroups, events, and meals. Parents can connect with other parents and find resources, referrals, etc.

							X		
Services offered:	Parent support & classes								
In what languages?	English								
For what ages?	Parents of children 18 or younger								
Who is eligible?	Members should reside in San Carlos, Belmont or the surrounding communities; must be the legal parent or guardian of at least one child 18 years or younger or currently expecting								
For what cost?	Memberships range from \$20-\$55/annually								
In what areas?	San Carlos, Belmont, and surrounding communities								

SAN CARLOS YOUTH CENTER DROP-IN

1001 Chestnut St., San Carlos, CA 94070
 (650) 802-4471
www.cityofsancarlos.org/government/departments/parks-and-recreation/youth/youth-center-drop-in

This center provides a supervised afterschool program featuring a full-size gym, game room, homework assistance, tutoring, and staff-led activities. They also provide a safe space for middle-school youth to meditate.

	X								X
Services offered:	Afterschool activities & programs Tutoring & mentoring								
In what languages?	English and Spanish								

For what ages?	Ages 10-17; age 18 is acceptable if a senior in high school
Who is eligible?	All students between ages of 10-17 and some who are age 18
For what cost?	Free
In what areas?	County-wide

SAN MATEO ADULT SCHOOL

789 East Poplar Avenue, San Mateo, CA 94401
 (650) 558-2100
SMAS_info@smuhsd.org
www.smuhsd.org/smas

This school provides a variety of educational (reading, mathematics, science, and writing), vocational training, business and computer skills, arts and craft, music, languages, social science, parent education, and ESL classes for adults.

			X				X		
Services offered:	Job & vocational training/employment Parent support & classes								
In what languages?	English and Spanish								
For what ages?	Age 18+								
Who is eligible?	Adults only; referral necessary for application to the diploma or GED program if still attending high school								
For what cost?	Varies according to class; ESL, GED, and high school diploma classes are free								
In what areas?	County-wide								

SAN MATEO COUNTY HEALTH – FAMILY HEALTH SERVICES

2000 Alameda de las Pulgas, Suite 200, San Mateo, CA 94403
www.smchealth.org/division-family-health-services

This center provides parenting classes which focuses on the health and well-being of parents and their children.

							X		
Services offered:	Parent support & classes								
In what languages?									

For what ages?	All ages
Who is eligible?	
For what cost?	
In what areas?	County-wide

SAN MATEO COUNTY SHERIFF'S ACTIVITIES LEAGUE (SAL)

3151 Edison Way, Redwood City, CA 94063
650-257-3400

sheriffs_sal@smcgov.org

www.sheriffsactivitiesleague.com/programs

The SAL program provides services that build bonds between deputies, youth and communities by supporting youth academic achievement, health and wellness, and leadership development. Programs and services include: art, fitness, literacy, and leadership classes; school workshops; Baile de folkorico; Empowering Young Women program; mentoring; San Mateo County Football Club; SAL Healthy Kids (including wellness day events for children and their families); and juvenile justice diversion.

X									X
Services offered:	Afterschool activities & programs Tutoring & mentoring								
In what languages?	English, Spanish, and Tongan								
For what ages?	Grades K - High school								
Who is eligible?	No criteria								
For what cost?	Free								
In what areas?	North Fair Oaks, Coastside (Pescadero, Half Moon Bay), San Carlos, Millbrae, Portola Valley, Woodside, Redwood City, and City of San Mateo								

SAN MATEO MEDICAL CENTER - SEQUOIA TEEN WELLNESS CENTER

200 James Avenue, Redwood City, CA 94062
(650) 366-2927

www.smchealth.org/location/sequoia-teen-wellness-center

This Sequoia Teen Wellness center provides mental health services to teens with and without health insurance.

						X			
Services offered:	Mental health counseling for youth & TAY								
In what languages?	Interpreter services available for all languages								
For what ages?	Ages 12-25								
Who is eligible?									
For what cost?	There may be a fee for patients 19 and older								
In what areas?	County-wide								

SAN MATEO POLICE ACTIVITIES LEAGUE (PAL)

San Mateo Police Department - 2nd Floor, 200 Franklin Parkway, San Mateo, CA 94403
 (650) 522-7725
smpal@cityofsanmateo.org
www.sanmateopal.org

PAL provides free and supervised recreational, social, and educational activities for children ages 5-18 in San Mateo and in the surrounding community.

X									X
Services offered:	Afterschool activities & programs Tutoring & mentoring								
In what languages?									
For what ages?	Ages 5-18								
Who is eligible?	Youth residing in San Mateo County and surrounding areas								
For what cost?	Free								
In what areas?	City of San Mateo and surrounding areas								

SECOND HARVEST OF SILICON VALLEY

1051 Bing Street, San Carlos, CA 94070
 (650) 610-0800
foodconnection@shfb.org
www.shfb.org

This program provides free groceries to low-income families and other non-profit agencies, and free and reduced-price school meals.

	X								
Services offered:	Basic needs (food, clothing, shelter, transportation)								
In what languages?	English, Spanish Vietnamese, Chinese, and have access to a language bank								
For what ages?	All ages								
Who is eligible?	Individuals in low-income families								
For what cost?	Free								
In what areas?	County-wide and Santa Clara County								

SITIKE COUNSELING CENTER

306 Spruce Avenue, South San Francisco, CA 94080
 (650) 589-9305
www.sitike.org

This center provides community-based counseling and education, substance use treatment programs for individuals, and treatment for anger management and domestic violence. In addition, drug education is provided to adolescents and their families in a three- or four-hour program to promote an understanding of the continuum of drug and alcohol use, impulse management, acquisition of refusal skills as well as a balanced and informed decision-making process.

							X		
Services offered:	Substance use treatment & prevention for youth & TAY								
In what languages?	English and Spanish								
For what ages?	Age 18+								
Who is eligible?									
For what cost?									
In what areas?	County-wide								

ST. FRANCIS CENTER (SIENA YOUTH CENTER, HOLY FAMILY SCHOOL)

151 Buckingham Avenue, Redwood City, CA 94063

(650) 365-7829

schristina@stfrancisrwc.org

www.stfrancisrwc.org

This center provides education and tutoring to children in various subjects (math, science, geography, social studies, etc.) and their parents (GED, ESL, and computer classes). They also have an afterschool program. In addition, they offer support for basic needs such as: clothes, food, housing assistance, as well as immigration counseling.

	X	X		X			X		X
Services offered:	Afterschool activities & programs Basic needs (food, clothing, shelter, transportation) Legal assistance Parent support & classes Tutoring & mentoring								
In what languages?	English								
For what ages?	Education program through 8th grade; afterschool for youth ages 9-18; adults								
Who is eligible?	Low-income families residing in San Mateo county								
For what cost?	Free								
In what areas?	County-wide								

STARVISTA

610 Elm Street, Suite 212, San Carlos, CA 94070

(650) 591-9623

info@star-vista.org

www.star-vista.org

StarVista offers free/low-cost bilingual social services, youth programs to develop youth's assets, 24-hour crisis/alcohol/drug support hotline, substance abuse assessment and treatment, residential services, diversion counseling services, services for children who witnessed family violence, parenting education, school-based counseling, family/child/adult therapy, and services for youth who are runaways or currently experiencing homelessness.

	X	X			X	X	X	X	X
Services offered:	Basic needs (food, clothing, shelter, transportation) Family counseling Mental health counseling for parents Mental health counseling for youth & TAY Parent support & classes Substance use treatment & prevention for youth & TAY Tutoring & mentoring								
In what languages?	English, Spanish, Mandarin, and Tagalog								
For what ages?	Children of all ages, families, and adults								
Who is eligible?									
For what cost?	Sliding scale; Medi-Cal accepted through the county ACCESS program								
In what areas?	County-wide								

STARVISTA – ARCHWAY (ADULT DRUG AND ALCOHOL TREATMENT PROGRAM)

609 Price Avenue, Suite 101, Redwood City, CA 94063
(650) 366-8433

martha.greene@star-vista.org

www.star-vista.org/programs/archway/?highlight=archway

This is an adult outpatient program for alcohol and drug treatment, anger management, and domestic violence intervention.

					X		X	
Services offered:	Mental health counseling for youth & TAY Substance use treatment & prevention for youth & TAY							
In what languages?	English and Spanish							
For what ages?	Age 18+							
Who is eligible?	Accepts referrals from service providers, schools, parents, and law enforcement agencies; youth self-referrals are also encouraged							
For what cost?								
In what areas?	County-wide							

STARVISTA – CHILDREN’S PLACE PROGRAM

610 Elm Street, Suite 212, San Carlos, CA 94070
 (650) 591-9623

merle.saber@star-vista.org
www.star-vista.org

This program provides alcohol/drug prevention education and therapeutic support services to children living in substance-abusing families.

								X	
Services offered:	Substance use treatment & prevention for youth & TAY								
In what languages?	English and Spanish								
For what ages?	Ages 5-13								
Who is eligible?	Child ages 5-13, whose life has been impacted by family addiction								
For what cost?	\$300 per 10-week session; sliding scale available on a case-by-case basis								
In what areas?	County-wide								

STARVISTA – DAYBREAK

610 Elm Street, Suite 212, San Carlos, CA 94070
 (650) 364-4633

michelle.mayes@star-vista.org
www.star-vista.org/programs/daybreak

This program offers housing and independent living skills training program for youth ages 16-21 who are experiencing homelessness.

	X		X						
Services offered:	Basic needs (food, clothing, shelter, transportation) Job & vocational training/employment								
In what languages?									
For what ages?	Ages 16-21								
Who is eligible?	Youth 16-21 experiencing homelessness								
For what cost?	Free								
In what areas?	County-wide								

STARVISTA – INSIGHTS

609 Price Avenue, Suite 101, Redwood City, CA 94063
 333 Gellert Blvd., Suite 206, Daly City, CA 94015
 (650) 366-8436
www.star-vista.org

Insights offers a structured 22-week drug and alcohol recovery program for youth.

		X				X	X	X	
Services offered:	Family counseling Mental health counseling for youth & TAY Parent support & classes Substance use treatment & prevention for youth & TAY								
In what languages?	English and Spanish								
For what ages?	Ages 13-18 and their families, and adults								
Who is eligible?	No criteria								
For what cost?	Sliding scale; Medi-Cal accepted								
In what areas?	County-wide								

STARVISTA – ON YOUR MIND

610 Elm Street, Suite 212, San Carlos, CA 94070
 650-591-9623
onyourmind@star-vista.org
www.onyourmind.net

This is an online peer counseling program. Staffed by trained high school students as part of StarVista Crisis Intervention and Suicide Prevention Center. Safe and anonymous chat service to talk, find support, and learn about resources.

						X			
Services offered:	Mental health counseling for youth & TAY								
In what languages?									
For what ages?	Teens and youth								
Who is eligible?	No criteria								
For what cost?	Free								
In what areas?	Nation-wide								

STARVISTA – YOUR HOUSE SOUTH

StarVista/Your House South, Confidential, Redwood City, CA 94061-3444
(650) 367-9687

www.star-vista.org/programs/your-house-south

This is a respite/therapeutic program that provides extended emergency housing for up to 21 days and counseling services to youth who are having family problems or who run away from home, and offers a neutral place for families and youth to solve conflict. Some of the services include short-term crisis intervention, 24-hour emergency overnight shelter, family, individual, and group counseling, and a 24-hour crisis support line that can do assessments over the phone.

	X	X				X			
Services offered:	Basic needs (food, clothing, shelter, transportation) Family counseling Mental health counseling for youth & TAY								
In what languages?	English and Spanish								
For what ages?	Ages 10-17 and their families; cannot take 18-year-olds								
Who is eligible?	Ages 10-17; youth who are chemically addicted or with severe emotional problems are not eligible. Police/parent/school counselor/social worker/any provider/youth can refer								
For what cost?	Free; can take clients from out of state, out of county								
In what areas?	County-wide								

SUCCESS CENTERS

156 South Spruce Avenue, Suite 146, South San Francisco, CA 94080
(415) 549-7000

careercenter@successcenters.org

www.successcenters.org

Success Centers provides services to youth and marginalized community members. Services include an education program that helps youth attain their GED, enroll in college, and transition into the workforce. Youth employment program helps with job training and placement.

	X								
Services offered:	Job & vocational training/employment								
In what languages?	English, Spanish, Translation services for other languages								
For what ages?	Ages 16-24								

Who is eligible?	Re-Entry & Non-Re-Entry individuals
For what cost?	Free
In what areas?	County-wide plus San Francisco, Sonoma, and Alameda Counties

THE LEGAL AID SOCIETY OF SAN MATEO COUNTY

330 Twin Dolphin Drive, Suite 123, Redwood City, CA 94065

(650) 558-0915

www.legalaidsmc.org

This program helps with health care, housing, and immigration status, and provides referrals to mental health care, education, and escape from violence and abuse.

				X					
Services offered:	Legal assistance								
In what languages?	English and Spanish								
For what ages?									
Who is eligible?	Low-income residents of San Mateo county								
For what cost?	Free								
In what areas?	County-wide								

TODAY'S YOUTH MATTER

469 Valley Way, Milpitas, CA 95035

(408) 719-9125

info@tymkids.org

www.tymkids.org

This program provides recreational outdoor activities for youth such as camping, backpacking, rock climbing, etc., as well as mentoring and tutoring. This is a summer program, but youth can continue year around. Also, this program offers an afterschool program that includes interaction with mentors, peers and community partners.

	X								X
Services offered:	Afterschool activities & programs Tutoring & mentoring								
In what languages?	English and Spanish								

For what ages?	Ages 8-18
Who is eligible?	Ages 8-18 youth who are at-risk and/or come from disadvantaged backgrounds
For what cost?	Free
In what areas?	County-wide plus Alameda, Contra Costa, and Santa Clara Counties

UNITED INDIAN NATIONS

1122 Davis Street, San Leandro, CA 94577
 (510) 352-4510
info@uininc.org
www.uininc.org

This program provides employment counseling, job placement, and training primarily for unemployed, underemployed, or low-income American Indian or Alaskan Native adults.

			X						
Services offered:	Job/vocational training/employment								
In what languages?	English								
For what ages?	Ages 18-26 and older adults								
Who is eligible?	Native American or Alaskan Native; unemployed for at least 7 days before determining eligibility								
For what cost?	Free								
In what areas?	County-wide plus Alameda, Contra Costa, Marin, San Francisco, and Santa Clara Counties								

UPWARD SCHOLARS BAY AREA

3481 Janice Way, Palo Alto, CA 94303
 (650) 383-8449
Info@UpwardScholars.org
www.upwardscholars.org

This program provides academic support via tutoring and mentoring, as well as financial support via transportation services and food vouchers. With Upward Scholars' support, students can attend community college for about \$40 a semester.

	X								X
Services offered:	Basic needs (food, clothing, shelter, transportation) Tutoring & mentoring								
In what languages?	English and Spanish								
For what ages?									
Who is eligible?	Low-income families; must have completed an ESL program at a local school and completed a high school equivalency exam at a local adult school								
For what cost?									
In what areas?	Bay Area								

VIETNAMESE VOLUNTARY FOUNDATION (VIVO)

2072 Lucretia Avenue, San Jose, CA 95122

(408) 532-7755

www.vivousa.org

This program provides counseling services to youth and families dealing with mental health issues and substance abuse. They raise cultural awareness and offer interpreter services, referrals to community resources, job skills training and placement, ESL classes, tutoring, wellness and health classes, legal assistance with in-house counseling or outsource if they cannot help, and case management services.

	X	X	X	X	X		X	X	
Services offered:	Family counseling Job & vocational training/employment Legal assistance Mental health counseling for parents Mental health counseling for youth & TAY Substance use treatment & prevention for youth & TAY Tutoring & mentoring								
In what languages?	English and Vietnamese								
For what ages?	Age 12+ and their families								
Who is eligible?	Low-income families, seniors, and immigrants								
For what cost?	Free, except for state fees for substance abuse program								
In what areas?	County-wide plus other surrounding counties								

YMCA COMMUNITY RESOURCE CENTER

1486 Huntington Avenue, Suite 100, South San Francisco, CA 94080
(650) 276-4101

crc@ymcasf.org

www.ymcasf.org/community-resource-center-ymca

This program helps with rent, utilities, emergency needs like food, shelter placements, enrollment in health care plans. The program also provides referrals for mental health services for low- and moderate-income families at the Youth Service Bureau (YSB) and at schools via individual and family counseling, case management, and linkage to services. This center works heavily with justice-involved or at-risk youth.

	X							
Services offered:								
In what languages?								
For what ages?								
Who is eligible?								
For what cost?								
In what areas?								

YOUTH SERVICE BUREAU (YSB) OF PACIFICA

435 Edgemar Ave, Pacifica, CA 94044

(650) 877-8642, ext. 6561 (general), ext. 6526 (English intake), ext. 6586 (Spanish intake), ext. 6520 (JSRP intake)

www.ymcasf.org/locations/urban-services-ymca/affiliate-locations/youth-service-bureau---pacific

YSB offers counseling programs to youth, families, and couples. It also acts as a diversion program for youth referred from probation, police departments, sheriff's offices, and other agencies. Counseling is also offered on school sites.

		X				X		
Services offered:								
In what languages?								
For what ages?								
Who is eligible?								

For what cost?	Sliding scale; Medi-Cal accepted
In what areas?	Daly City, El Granada, Half Moon Bay, Miramar, Montara, Moss Beach, Pacifica, and San Bruno

YOUTH SERVICE BUREAU (YSB) OF SAN MATEO

1650 So. Amphlett Blvd., Suite 113, San Mateo, CA 94402

(650) 877-8642, ext. 6561 (general), ext. 6526 (English intake), ext. 6586 (Spanish intake), ext. 6520 (JSRP intake)

www.ymcasf.org/programs/urban-services-youth-service-bureaus-and-mental-health#field-collection-548

This center provides mental health counseling to youth, adults, couples, and families. Other programs also include diversion program counseling, drug/alcohol groups, group counseling, and case management. YSB runs school-based programs such as on-campus counseling in San Mateo Union High School and school districts.

		X				X			
Services offered:	Family counseling Mental health counseling for youth & TAY								
In what languages?	English and Spanish								
For what ages?	Youth, adults, and families								
Who is eligible?	Resident of area served; school-based services referred by school personnel or police department								
For what cost?	Sliding scale; Medi-Cal accepted and Victims of Crime Assistance								
In what areas?	County-wide								

YOUTH SERVICE BUREAU (YSB) OF SOUTH SAN FRANCISCO

1486 Huntington Avenue, Suite 100, South San Francisco, CA 94080

(650) 877-8642, ext. 6561 (general), ext. 6526 (English intake), ext. 6586 (Spanish intake), ext. 6520 (JSRP intake)

<https://www.ymcasf.org/locations/urban-services-ymca/affiliate-locations/youth-service-bureau--south-san-francisco>

They offer individual and family counseling to divert juveniles from criminal activity. Offers short term school-based counseling (fewer than 10 sessions) and counseling to first-time offenders referred by law enforcement agencies.

		X				X			
Services offered:	Family counseling Mental health counseling for youth & TAY								

In what languages?	English and Spanish
For what ages?	Age 18 or under and their families
Who is eligible?	Age 18 or under, living or attending school in area served
For what cost?	Sliding scale; Medi-Cal accepted
In what areas?	Brisbane, Millbrae, San Bruno, and South San Francisco

Appendix A: Programs by Service Category

Directions: Click on a program name listed below to go directly to the program page.

AFTERSCHOOL ACTIVITIES AND PROGRAMS

[AMERICAN INDIAN CHILD RESOURCE CENTER](#)
[BOYS AND GIRLS CLUB OF THE COASTSIDE](#)
[BOYS AND GIRLS CLUB OF THE PENINSULA](#)
[COMMUNITY HEALTH AWARENESS COUNCIL](#)
[COMMUNITY OVERCOMING RELATIONSHIP ABUSE \(CORA\)](#)
[EDGEWOOD CENTER FOR CHILDREN AND FAMILIES](#)
[MID-PENINSULA BOYS AND GIRLS CLUB](#)
[PACIFIC CENTER FOR HUMAN GROWTH](#)
[PENINSULA BRIDGE](#)
[RED MORTON YOUTH CENTER](#)
[SAN CARLOS YOUTH CENTER DROP-IN](#)
[SAN MATEO COUNTY SHERIFF'S ACTIVITIES LEAGUE \(SAL\)](#)
[SAN MATEO COUNTY POLICE ACTIVITIES LEAGUE \(PAL\)](#)
[ST. FRANCIS CENTER](#)
[TODAY'S YOUTH MATTER](#)

BASIC NEEDS (FOOD, CLOTHING, SHELTER, TRANSPORTATION)

[AMERICAN INDIAN CHILD RESOURCE CENTER](#)
[CALL PRIMROSE](#)
[COASTSIDE HOPE](#)
[COMMUNITY OVERCOMING RELATIONSHIP ABUSE \(CORA\)](#)
[ECUMENICAL HUNGER PROGRAM](#)
[EDGEWOOD CENTER FOR CHILDREN AND FAMILIES](#)
[FAIR OAKS COMMUNITY CENTER](#)
[MID-PENINSULA BOYS AND GIRLS CLUB](#)
[NORTH PENINSULA FOOD AND DINING CENTER - DALY CITY](#)
[ONE EAST PALO ALTO](#)
[PACIFICA RESOURCE CENTER](#)
[PUENTE DE LA COSTA SUR](#)
[REDWOOD CITY CATHOLIC WORKER](#)
[SAMARITAN HOUSE OF SAN MATEO/SAMARITAN HOUSE SOUTH](#)
[SECOND HARVEST OF SILICON VALLEY](#)
[ST. FRANCIS CENTER](#)
[STARVISTA](#)
[STARVISTA – DAYBREAK](#)
[STARVISTA – YOUR HOUSE SOUTH](#)

[UPWARD SCHOLARS BAY AREA](#)
[YMCA COMMUNITY RESOURCE CENTER](#)

FAMILY COUNSELING

[ADOLESCENT COUNSELING SERVICES](#)
[AMERICAN INDIAN CHILD RESOURCE CENTER](#)
[ANGER MANAGEMENT & DOMESTIC ABUSE THERAPY CENTER](#)
[BHRS – MENTAL HEALTH/ALCOHOL & DRUG SERVICES](#)
[CHILDREN'S HEALTH COUNCIL](#)
[CHRISTIAN COUNSELING CENTERS, INC](#)
[COMMUNITY HEALTH AWARENESS COUNCIL](#)
[COMMUNITY OVERCOMING DOMESTIC ABUSE \(CORA\)](#)
[DALY CITY PARTNERSHIP](#)
[DALY CITY YOUTH HEALTH CENTER](#)
[EDGEWOOD CENTER FOR CHILDREN AND FAMILIES](#)
[FAMILY ASSERTIVE SUPPORT TEAM](#)
[FAMILY RESOURCE CENTERS](#)
[HEART AND SOUL, INC](#)
[JEWISH FAMILY AND CHILDREN'S SERVICES – PARENTS PLACE](#)
[KARA](#)
[MORRISSEY-COMPTON EDUCATIONAL CENTER](#)
[NEW PERSPECTIVE CENTER FOR COUNSELING](#)
[ONE LIFE COUNSELING CENTER](#)
[OUR COMMON GROUND](#)
[PACIFIC CENTER FOR HUMAN GROWTH](#)
[PUENTE DE LA COSTA SUR](#)
[STARVISTA](#)
[STARVISTA – INSIGHTS](#)
[STARVISTA – YOUR HOUSE SOUTH](#)
[VIETNAMESE VOLUNTARY FOUNDATION](#)
[YOUTH SERVICE BUREAU OF PACIFICA](#)
[YOUTH SERVICE BUREAU OF SAN MATEO](#)
[YOUTH SERVICE BUREAU OF SOUTH SAN FRANCISCO](#)

JOB AND VOCATIONAL TRAINING/EMPLOYMENT

[BOYS AND GIRLS CLUB OF NORTH SAN MATEO COUNTY](#)
[BOYS AND GIRLS CLUB OF THE COASTSIDE](#)
[BOYS AND GIRLS CLUB OF THE PENINSULA](#)
[CAMINAR](#)
[DALY CITY YOUTH HEALTH CENTER](#)
[EACH ONE REACH ONE](#)

[ECUMENICAL HUNGER PROGRAM](#)
[GATEPATH](#)
[HEART AND SOUL, INC](#)
[HUMAN SERVICES AGENCY – VOCATIONAL REHABILITATION SERVICES](#)
[JOBS FOR YOUTH](#)
[JOBTRAIN](#)
[MID-PENINSULA BOYS AND GIRLS CLUB](#)
[NOVA YOUNG ADULT PROGRAM](#)
[ONE EAST PALO ALTO](#)
[OUR COMMON GROUND](#)
[PUENTE DE LA COSTA SUR](#)
[SAMARITAN HOUSE OF SAN MATEO/SAMARITAN HOUSE SOUTH](#)
[SAN MATEO ADULT SCHOOL](#)
[STARVISTA – DAYBREAK](#)
[SUCCESS CENTERS](#)
[UNITED INDIAN NATIONS](#)
[VIETNAMESE VOLUNTARY FOUNDATION](#)

LEGAL ASSISTANCE

[BAY AREA LEGAL AID](#)
[CENTRO LEGAL DE LA RAZA](#)
[COASTSIDE HOPE](#)
[COMMUNITY LEGAL SERVICES IN EAST PALO ALTO](#)
[COMMUNITY OVERCOMING RELATIONSHIP ABUSE](#)
[FAIR OAKS COMMUNITY CENTER](#)
[IMMIGRATION INSTITUTE OF BAY AREA](#)
[JOBTRAIN](#)
[MULTICULTURAL INSTITUTE](#)
[ST. FRANCIS CENTER](#)
[THE LEGAL AID SOCIETY OF SAN MATEO COUNTY](#)
[VIETNAMESE VOLUNTARY FOUNDATION](#)

MENTAL HEALTH COUNSELING FOR PARENTS

[ANGER MANAGEMENT AND DOMESTIC ABUSE THERAPY CENTER](#)
[BHRS – MENTAL HEALTH/ALCOHOL & DRUG SERVICES](#)
[CAMINAR](#)
[CHRISTIAN COUNSELING CENTERS, INC](#)
[COMMUNITY HEALTH AWARENESS COUNCIL](#)
[COMMUNITY OVERCOMING RELATIONSHIP ABUSE](#)
[DALY CITY PARTNERSHIP](#)

[FAMILY ASSERTIVE SUPPORT TEAM](#)
[HEART AND SOUL, INC](#)
[JEWISH FAMILY AND CHILDREN'S SERVICES – PARENTS PLACE](#)
[KARA](#)
[MILLS-PENINSULA MEDICAL CENTER – MENTAL & BEHAVIORAL HEALTH SERVICES](#)
[MORRISSEY-COMPTON EDUCATIONAL CENTER](#)
[NEW PERSPECTIVE CENTER FOR COUNSELING](#)
[OAK TREE BEREAVEMENT CENTER](#)
[ONE EAST PALO ALTO](#)
[ONE LIFE COUNSELING CENTER](#)
[OUR COMMON GROUND](#)
[PACIFIC CENTER FOR HUMAN GROWTH](#)
[PUENTE DE LA COSTA SUR](#)
[RAVENSWOOD FAMILY HEALTH CENTER](#)
[STARVISTA](#)
[VIETNAMESE VOLUNTARY FOUNDATION](#)

MENTAL HEALTH COUNSELING FOR YOUTH AND TAY

[ACKNOWLEDGE ALLIANCE](#)
[ADOLESCENT COUNSELING SERVICES](#)
[AMERICAN INDIAN CHILD RESOUCCE CENTER](#)
[ANGER MANAGEMENT AND DOMESTIC ABUSE THERAPY CENTER](#)
[BHRS – MENTAL HEALTH/ALCOHOL & DRUG SERVICES](#)
[CAMINAR](#)
[CHILDREN'S HEALTH COUNCIL](#)
[CHRISTIAN COUNSELING CENTERS, INC](#)
[COMMUNITY HEALTH AWARENESS COUNCIL](#)
[COMMUNITY OVERCOMING RELATIONSHIP ABUSE](#)
[DALY CITY PARTNERSHIP](#)
[DALY CITY YOUTH HEALTH CENTER](#)
[EDGEWOOD CENTER FOR CHILDREN AND FAMILIES](#)
[FAMILY ASSERTIVE SUPPORT TEAM](#)
[FAMILY RESOURCE CENTERS](#)
[HEART AND SOUL, INC](#)
[HILLCREST CHAPLAIN AND MINISTERIES](#)
[JEWISH FAMILY AND CHILDREN'S SERVICES – PARENTS PLACE](#)
[KARA](#)
[MENTAL HEALTH ASSOCIATION OF SAN MATEO COUNTY](#)
[MILLS-PENINSULA MEDICAL CENTER – MENTAL & BEHAVIORAL SERVICES](#)
[MORRISSEY-COMPTON EDUCATIONAL CENTER](#)
[NAMI SAN MATEO](#)
[NEW PERSPECTIVE CENTER FOR COUNSELING](#)
[OAK TREE BEREAVEMENT CENTER](#)

[ONE EAST PALO ALTO](#)
[ONE LIFE COUNSELING CENTER](#)
[OUR COMMON GROUND](#)
[PACIFIC CENTER FOR HUMAN GROWTH](#)
[PUENTE DE LA COSTA SUR](#)
[RAVENSWOOD FAMILY HEALTH CENTER](#)
[SAN MATEO MEDICAL CENTER - SEQUOIA TEEN WELLNESS CENTER](#)
[STARVISTA](#)
[STARVISTA – ARCHWAY \(ADULT DRUG & ALCOHOL TREATMENT PROGRAM\)](#)
[STARVISTA – INSIGHTS](#)
[STARVISTA – ON YOUR MIND](#)
[STARVISTA – YOUR HOUSE SOUTH](#)
[VIETNAMESE VOLUNTARY FOUNDATION](#)
[YOUTH SERVICE BUREAU OF PACIFICA](#)
[YOUTH SERVICE BUREAU OF SAN MATEO](#)
[YOUTH SERVICE BUREAU OF SOUTH SAN FRANCISCO](#)

PARENT SUPPORT AND CLASSES

[ANGER MANAGEMENT AND DOMESTIC ABUSE THERAPY CENTER](#)
[CHILDREN'S HEALTH COUNCIL](#)
[COMMUNITY HEALTH AWARENESS COUNCIL](#)
[DALY CITY PARTNERSHIP](#)
[ECUMENICAL HUNGER PROGRAM](#)
[EDGEWOOD CENTER FOR CHILDREN AND FAMILIES](#)
[FAMILY RESOURCE CENTERS](#)
[FREEDOM CENTER \(EL CENTRO DE LIBERTAD\)](#)
[GATEPATH](#)
[JEWISH FAMILY AND CHILDREN'S SERVICES – PARENTS PLACE](#)
[MORRISSEY-COMPTON EDUCATIONAL CENTER](#)
[MULTICULTURAL INSTITUTE](#)
[ONE EAST PALO ALTO](#)
[ONE LIFE COUNSELING CENTER](#)
[PARENTS HELPING PARENTS](#)
[PENINSULA CONFLICT RESOLUTION CENTER](#)
[PROJECT READ](#)
[PUENTE DE LA COSTA SUR](#)
[PUENTE PROJECT](#)
[RAVENSWOOD FAMILY HEALTH CENTER](#)
[SAN CARLOS BELMONT PARENTS CLUB](#)
[SAN MATEO ADULT SCHOOL](#)
[SAN MATEO COUNTY HEALTH – FAMILY HEALTH SERVICES](#)
[ST. FRANCIS CENTER](#)
[STARVISTA](#)

[STARVISTA – INSIGHTS](#)

SUBSTANCE USE TREATMENT AND PREVENTION FOR YOUTH AND TAY

[ADOLESCENT COUNSELING SERVICES](#)

[BHRS – MENTAL HEALTH & ALCOHOL/DRUG SERVICES](#)

[CAMINAR](#)

[CHRISTIAN COUNSELING CENTERS, INC](#)

[COMMUNITY HEALTH AWARENESS COUNCIL](#)

[DALY CITY YOUTH HEALTH CENTER](#)

[FREE AT LAST](#)

[FREEDOM CENTER \(EL CENTRO DE LIBERTAD\)](#)

[HEART AND SOUL, INC](#)

[LATINO COMMISSION ON ALCOHOL AND DRUG ABUSE SERVICES](#)

[ONE EAST PALO ALTO](#)

[OUR COMMON GROUND](#)

[PUENTE DE LA COSTA SUR](#)

[SITIKE COUNSELING CENTER](#)

[STARVISTA](#)

[STARVISTA – ARCHWAY \(ADULT DRUG & ALCOHOL TREATMENT PROGRAM\)](#)

[STARVISTA – CHILDREN’S PLACE PROGRAM](#)

[STARVISTA – INSIGHTS](#)

[VIETNAMESE VOLUNTARY FOUNDATION](#)

TUTORING AND MENTORING

[AMERICAN INDIAN CHILD RESOURCE CENTER](#)

[BIG BROTHERS – BIG SISTERS OF THE BAY AREA](#)

[BOYS AND GIRLS CLUB OF NORTH SAN MATEO COUNTY](#)

[BOYS AND GIRLS CLUB OF THE COASTSIDE](#)

[BOYS AND GIRLS CLUB OF THE PENINSULA](#)

[DALY CITY PARTNERSHIP](#)

[EACH ONE REACH ONE](#)

[ECUMENICAL HUNGER PROGRAM](#)

[EDGEWOOD CENTER FOR CHILDREN AND FAMILIES](#)

[FRESH LIFELINES FOR YOUTH](#)

[FRIENDS FOR YOUTH](#)

[MID-PENINSULA BOYS AND GIRLS CLUB](#)

[MULTICULTURAL INSTITUTE](#)

[NOVA YOUNG ADULT PROGRAM](#)

[ONE EAST PALO ALTO](#)

[PENINSULA BRIDGE](#)

[PROJECT READ](#)
[PUENTE DE LA COSTA SUR](#)
[PUENTE PROJECT](#)
[RED MORTON YOUTH CENTER](#)
[REDWOOD CITY CATHOLIC WORKER](#)
[SAN CARLOS YOUTH CENTER DROP-IN](#)
[SAN MATEO COUNTY SHERIFF'S ACTIVITIES LEAGUE \(SAL\)](#)
[SAN MATEO POLICE ACTIVITIES LEAGUE \(PAL\)](#)
[ST. FRANCIS CENTER](#)
[STARVISTA](#)
[TODAY'S YOUTH MATTER](#)
[UPWARD SCHOLARS BAY AREA](#)
[VIETNAMESE VOLUNTARY FOUNDATION](#)