Medical Services:
- **San Mateo Medical Center Clinics**: www.sanmateomedicalcenter.org
  - **Coastside Clinic**: 650-573-3941, 225 South Cabrillo Highway, Suite 100A, Half Moon Bay
  - **Daly City Clinic**: 650-301-8600, 380 - 90th Street, Daly City
  - **Daly City Youth Health Center**: 650-985-7000, 2780 Junipero Serra Boulevard, Daly City
  - **Fair Oaks Health Center**: 650-364-6010, 2710 Middleton Road, Redwood City
  - **Main Campus Pediatric Clinics**: 650-573-3434, 222 West 39th Avenue, San Mateo
  - **Mobile Health Clinic**: 650-573-2786, Call for day and time of scheduled stops.
  - **Sequoia Teen Wellness Center**: 650-366-2927, 200 James Avenue, Redwood City
  - **South San Francisco Pediatric Clinic**: 650-877-7027, 306 Spruce Avenue, South San Francisco

Other Clinics:
- **Arbor Free Clinic**: 650-493-5000, Free medical care for adults who lack health insurance.
- **Belle Haven**: Comprehensive primary health care services for all ages.
- **Coastside Clinic**, 225 South Cabrillo Highway, Suite 100A, Half Moon Bay (Wednesdays, 5:00-7:30 pm)
- **Seton Medical Center**, 1900 Sullivan Avenue, Daly City (Mondays, 5:00-7:00 pm)

RotoCare Clinics: www.rotocarebayarea.org
Free primary, quality healthcare services to uninsured families and individuals with limited ability to pay for medical care.

Dental Services:
- **Denti-Cal**: www.denti-cal.ca.gov, 800-322-6384, Dental coverage for Medi-Cal recipients only.
- **Ravenswood Family Dentistry**: 650-289-7700, 1807 Bay Road, East Palo Alto
- **San Mateo Medical Center**: www.smchealth.org/aflp
  - **Coastside**: 650-573-7000, 1900 Sullivan Avenue, Daly City
  - **Fair Oaks Health Center**: 650-364-6010, 2710 Middleton Road, Redwood City
  - **Main Campus Pediatric Clinics**: 650-573-3434, 222 West 39th Avenue, San Mateo
  - **Mobile Health Clinic**: 650-573-2786, Call for day and time of scheduled stops.
  - **Sequoia Teen Wellness Center**: 650-366-2927, 200 James Avenue, Redwood City

Special Medical Services:
- **California Children's Services**: www.smchealth.org/ccs
  - Funding and case management for diagnosis and treatment of persons under age 21 with potentially chronic, disabling physical conditions.

Child Health and Disability Prevention Program: www.smchealth.org/chdp
Referral to medical and dental providers for Medi-Cal eligible persons under age 21 and persons age 18 or younger from low-income families.

Planned Parenthood Mar Monte: www.plannedparenthood.org/mar-monte
Primary medical care for persons ages 14 or over and family planning services for ages 12 or over.

Home Visiting Programs:
- **Adolescent Family Life Program**: www.smchealth.org/aflp
  - Services for pregnant and parenting teens. 650-573-2501
- **Early Head Start/IHSD**: www.ihsdinc.org
  - Child and family development program for low-income families with children ages 0-3. 650-871-5613
- **Early Head Start/Peninsula Family Service**: www.peninsulafamilyservice.org
  - Child and family development program for low-income families with children ages 0-5. 650-403-4300
- **General Field Nursing**: Assessment, teaching, counseling, advice and referrals for children, teens, adults. 650-573-2501
- **Nurse Family Partnership**: www.smchealth.org/nfp
  - Evidence-based nurse home visits for first time low-income teen mothers. 650-573-2501

**Prenatal Advantage/Black Infant Health Project**: www.smchealth.org/bih
Prenatal care outreach, case management, health education and prenatal/postpartum group support for pregnant African American women.

**Prenatal to Three Initiative**: www.smchealth.org/pr3
Accepts referrals of pregnant women and children on Medi-Cal. Offers home visits and parent groups to support development of children. Provides mental health and behavioral health services. Refers clients to other programs.

Insurance:
- **AIM (Access for Infants and Mothers) program**: www.aim.ca.gov
  - Low-cost health coverage for middle income pregnant women and their newborns. 800-433-2611
- **Health Coverage Unit**: www.smcmh.org
  - Provides health coverage enrollment assistance for Medi-Cal, Healthy Kids and ACE. 650-616-2002
- **Health Plan of San Mateo**: www.bsfp.org
  - Provides health care benefits to San Mateo County's underserved residents. 800-750-4776

**Medi-Cal / Health Insurance Telecenter**: www.medi-cal.ca.gov
- **Central County residents**: 400 Harbor Boulevard, Bldg B, Belmont 650-802-6470
- **North County residents**: 271 - 92nd Street, Daly City 650-301-8720
- **South County residents**: 2415 University Avenue, East Palo Alto 650-363-4175
  - 2500 Middlefield Road, Redwood City 650-599-3811
Child Abuse, Domestic Violence and Sexual Violence:

Children and Family Services 800-632-4615
Services for children age 17 or under in danger of abuse, neglect, or exploitation.

Community Overcoming Relationship Abuse (CORA) www.corasupport.org 650-312-8515
Services for victims and witnesses of domestic violence including 24-hour hotline, crisis response, support groups, legal services, emergency shelter, transitional housing and support services for children and teens.

Healthy Homes www.star-vista.org 650-579-0361
Counseling and services for families with children under the age of 5 years affected by family violence.

Keller Center Medical evaluations and crisis intervention. (Provider referrals only) 650-573-2623
Rape Trauma Services www.reptraumaservices.org 650-692-RAPE
Victims Center Legal advice, referrals, exams, therapy and general assistance for victims of rape.

650-599-7479

Hotlines:

Alcohol and Drug Helpline www.star-vista.org 650-573-3950
CAHPP (Child & Adolescent Hotline & Prevention Program) www.star-vista.org 650-567-KIDS
CCAT 24-hour Parent Support Line www.star-vista.org 888-220-7875
Children and Family Services A 24-hour line for reports of abuse, abandonment or exploitation.
Community Overcoming Relationship Abuse (CORA) / Domestic Violence Crisis Hotline www.corasupport.org 650-312-8515
Services for victims and witnesses of domestic violence including 24-hour hotline, crisis response, support groups, legal services, emergency shelter, transitional housing and teen support services.

Crisis intervention & Suicide Prevention A 24-hour phone service for people seeking help in dealing with a crisis.

or

Belmont through Palo Alto 650-368-6655
San Mateo through Daly City 650-692-6655
Coastside 650-726-6655

Psychiatric Emergency Services 650-573-2662

Emergency Food, Shelter and Clothing:

Coastside Hope (El Granada) 650-726-9071 (TANF, General Assistance, Food Stamps)
Daly City Community Service Center 650-991-8007 Central region
Emergency Services Partnership (EPA, MP) 650-330-7432 400 Harbor Boulevard, Bldg. B, Belmont 650-802-6470
Fair Oaks Community Center (Redwood City) 650-780-7500 North region
Pacifica Resource Center 650-738-7470 271 – 92nd Street, Daly City 650-301-8720
Puente De La Costa Sur (Pescadero) 650-879-1691 1487 Huntington Avenue, South San Francisco 650-877-5663
Samaritan House (San Mateo) 650-347-3648 South region
YMCA Community Resource Center 650-276-4101 2415 University Avenue, East Palo Alto 650-363-4175
(Brisbane, San Bruno, South San Francisco) 2500 Middlefield Road, Redwood City 650-599-3811

Temporary Financial Assistance:

Coastside Hope (El Granada) 650-726-9071 (TANF, General Assistance, Food Stamps)
Daly City Community Service Center 650-991-8007 Central region
Emergency Services Partnership (EPA, MP) 650-330-7432 400 Harbor Boulevard, Bldg. B, Belmont 650-802-6470
Fair Oaks Community Center (Redwood City) 650-780-7500 North region
Pacifica Resource Center 650-738-7470 271 – 92nd Street, Daly City 650-301-8720
Puente De La Costa Sur (Pescadero) 650-879-1691 1487 Huntington Avenue, South San Francisco 650-877-5663
Samaritan House (San Mateo) 650-347-3648 South region
YMCA Community Resource Center 650-276-4101 2415 University Avenue, East Palo Alto 650-363-4175
(Brisbane, San Bruno, South San Francisco) 2500 Middlefield Road, Redwood City 650-599-3811

Health Information:

March of Dimes Birth Defects Foundation www.marchofdimes.com

MotherToBaby California (previously "Teratogen Information Service") www.motheretobaby.ca.org

Information about pregnancy planning, prenatal care and the prevention of birth defects.

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Information about pregnancy planning, prenatal care and the prevention of birth defects.

Other Children's Services:

Child Care Coordinating Council www.sannmateo4cs.org 650-517-1400
Referrals for licensed child care, infant care, preschools, extended day care, summer camps.
330 Twin Dolphin Drive, Suite 119, Redwood City
Head Start www.ihsdinc.org 650-871-5613
Child and family development preschool program for low-income families with children ages 3-5.

Disability Services:

Abilities United www.abilitiesunited.org

Champions people with developmental and physical challenges and provides the training, education, and support they need to lead the lives they choose.

Center for Independence of Individuals with Disabilities www.cidssanmateo.org 650-645-1780

Early childhood development services for children age 3 or under, vocational training and placement services, and adult day services for persons with disabilities.

Golden Gate Regional Center www.ggrc.org

Diagnosis, counseling and assistance in paying for services required by developmentally disabled individuals.

Parca www.parca.org

Advocates for persons with developmental disabilities; provides a range of services including activity groups and after school recreation, support groups and respite care.


Legal Services:

Family Law Facilitators www.sannmateocourt.org

Free assistance with filling out family law forms.

Family Law Services www.sannmateocourt.org

Family law assistance for men, women and families.

Legal Aid Society www.lawaidsmc.org

Legal aid and counsel on civil matters for low-income individuals.

San Mateo County Bar Association www.smcba.org

Lawyer referral service.

San Mateo County Department of Child Support Services www.smcdcss.com 866-901-3121

Answers to questions about the collection of child support from a non-custodial parent.

555 County Center, 2nd Floor, Redwood City

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