“PATHWAYS TO RECOVERY,” compiled by Community Recovery Coalition (CRC/ San Mateo County) members, is a resource guide to services and activities available to mental health clients residing in San Mateo County.

The CRC is a coalition of public and private agencies that serve mental health clients. Their mission is to support and empower persons with psychiatric disabilities to develop and attain personal, educational and vocational goals.

To obtain further information or additional copies of this booklet, please call (650) 372-6120.
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ACCESS LINE

Contact the ACCESS Team for information, referral, and assessment for mental health services. For consumers having HPSM Medi-Cal (including Healthy Families, Healthy Kids, and Toolworks) or Care Advantage Medicare.

1-800-686-0101

Hours of operation for ACCESS: Mondays through Fridays 8:00 AM to 5:00 PM
Asistencia en Español. Language lines including California Relay also available.

Psychiatric Emergency Services

(650) 573-2662

Sam Trans bus routes 250, 251, 292, 294, 295 (weekdays only), 390, 391 Stop within six blocks of the San Mateo Medical Center
Call 1-800-660-4Bus for schedules

Suicide Prevention

1-800-784-2433 or 1-800-273-8255 (1-800-273-TALK)

Para informacion en Español durante las 24 horas, llame al 1-888-628-9454
California State Department of Rehabilitation

LOCATIONS

San Bruno Office  
801 Traeger Avenue  
Suite 105  
San Bruno, CA 94066  
(650) 737-2606

San Mateo Office  
1065 E. Hillsdale Blvd.  
Suite 403  
Foster City, CA 94404  
(650) 358-4180

Menlo Park Office  
800 Menlo Avenue  
Suite 122  
Menlo Park, CA 94025  
(650) 688-6380

PURPOSE

A state agency that assists people with disabilities to enter the work force or to return to work and live independently in their communities. Department services are designed to help formulate and achieve a career goal. Working together as a team, you and your counselor will develop a plan to determine the steps necessary for you to reach your goal.

SERVICES

- Counseling and Evaluation
- College/University Tuition, Fees and Books
- Resume Development
- Interview Techniques
- Job Placement Services
- Post-employment Services
- Assistive Devices and Adaptive Equipment

HOW TO PARTICIPATE

Referral or contact the closest Department of Rehabilitation office.

DAY AND TIME

Monday - Friday (except holidays), 8:00 am to 5:00 pm by appointment.

DIRECTIONS

Contact your local office at the number listed above and they will provide directions.

WEBSITE

www.dor.ca.gov
Supported Education Program at
College of San Mateo
Administered by Caminar

LOCATION
Transition To College/ College of San Mateo
Building 15/ Room 111
1700 W. Hillsdale Blvd.
San Mateo, CA  94402

PURPOSE
The Supported Education Program offers an opportunity for students with psychiatric
disabilities to successfully assume the role of student in pursuing their academic and life
goals. Whether you’re interested in peer mentoring classes, personal growth or want a
degree, the Transitions To College program at CSM has the support and educational case
management services to help you succeed.

SERVICES
- Assistance with registration and applications for financial aid and related programs.
- Academic and career counseling; accommodations (like extended time for exams
  and/ or classes).
- Disability-related counseling and assistance with symptom management.
- Drop-in support group, educational case management services and academic support
  services.
- Liaison with instructors, college staff and community service providers.
- Specialized courses in peer counseling and job readiness, wellness skills development
  and career growth, college orientation and successful goal setting.

HOW TO PARTICIPATE
Contact the Supported Education Office:
(650) 574-6487, Walter McVeigh, Assistant Case manager
(650) 574-6472, Chris Robinson, Program Director
(650) 574-6634, Jonay Grant, TAY Coordinator

DAY AND TIME
Office is staffed Monday through Friday, 9 am - 5 pm

DIRECTIONS
By car from Hwy 92, 101 or El Camino Real take W. Hillsdale Blvd. towards
College of San Mateo and follow the signs to the campus.
SamTrans bus routes 250, 260
Call 1-800-660-4BUS for schedules

FOR FURTHER INFORMATION CALL:
Chris Robinson, Director   (650) 574-6472
Human Services Certificate

LOCATION

Cañada College
4200 Farm Hill Blvd.
Redwood City, CA  94061

PURPOSE

This certificate prepares students for various social service positions, such as mental health case manager, job coach/employment specialist, community health worker, and various other jobs in human service agencies. The Human Services Programs at College of San Mateo and Cañada College were developed in cooperation with State and County Departments of Mental Health, Rehabilitation, Vocational Rehabilitation and Human Services.

COURSE

- Courses are offered at Cañada College
- 26.5 Units are required, 12 are electives.
- 9 units transferable from Peer Support Services Certificate possible

HOW TO PARTICIPATE

Register for any of the courses; you can attend classes at Cañada and at CSM during the same semester.

DAY AND TIME

At the course time and location as scheduled

DIRECTIONS

Cañada College - By car from 101 or El Camino Real, take Woodside Road to 280 north, exit Farm Hill Blvd. By car from 280, exit Farm Hill Road.
SamTrans route 274. Call 1-800-660-4BUS for schedules

WEBSITE

Caminarinc.org
Collegeofsanmateo.edu/ ttc/ home.asp

FOR FURTHER INFORMATION CALL:

Chris Robinson, Program Director  650-574-6472
Peer Support Services Certificate

LOCATION
TTC/College of San Mateo
Building 10/ Room 120
1700 W. Hillsdale Blvd.
San Mateo, CA 94402

PURPOSE
The curriculum of the Peer Support Services Certificate of Completion (PSSC) is designed to prepare students to provide empowerment focused and strength based peer support and mentoring to persons recovering from mental illness.

CAREER OPPORTUNITIES:
The PSSC prepares students for entry-level peer positions in public and private non-profit agencies serving persons recovering from mental illness. Job titles include Peer Counselor, Recovery Mentor, Peer Recovery Educator, Activities Coordinator, Peer Support Group Leader, and Consumer Advocate. Typical job duties include: Counseling and mentoring peers, facilitating peer recovery groups, conducting home visits, planning and coordinating activities for peer-drop-in centers, connecting peer clients to resources and services and advocating on their behalf, accompanying peers to medical appointments or social activities, and assisting peers to complete housing, employment or educational responsibilities. Current indications are that the number of peer positions in mental health agencies is increasing and that the need for trained peer service providers will increase.

CERTIFICATE of Completion
The PSSC consists of 6 units in counseling or human service. The 6 units required are:

Fall Only Unit
CRER 140 Peer Counseling or 3
HMSV 110 Introduction to counseling and Interviewing
(classes substitute for each other)

Spring Only
CRER 142 Advanced Peer Counseling or 3
CRER 150 Rehabilitation and Recovery

All units completed by students in the PSSC also apply toward completion of the Human Services Certificate and/ or Degree at College of San Mateo.

FOR FURTHER INFORMATION CALL:
Chris Robinson, Director (650) 574-6472
Workability III – Skyline College

LOCATION
SKYLNE COLLEGE
Building 2
3300 College Drive
San Bruno, CA 94066

DESCRIPTION
Workability III provides a variety of career planning and placement services for people with disabilities. Services are offered as open entry/open exit classes. The program also provides for flexible, individualized support for each program participant.

PURPOSE
• Vocational and career assessments
• Disability related pre-employment counseling
• Job search preparation
• Job developing
• Job coaching
• Academic counseling

HOW TO PARTICIPATE
Department of Rehabilitation referral or direct contact with Program Director

DAY AND TIME
Monday through Friday (except holidays and school breaks)
9 am to 5 pm - some evening hours by appointment

DIRECTIONS
Take Skyline Blvd. to College Drive

SamTrans bus routes 121, 123, 140
Call 1-800-660-4BUS for schedules

FOR FURTHER INFORMATION CALL:
Janet Webber 650-738-4234
Jobs Plus

LOCATION
JOBS PLUS
2600 S. El Camino Real suite 200
San Mateo, CA 94401

DESCRIPTION
Jobs Plus is a service of Caminar/CLC and is a vendor used by the State Department of Rehabilitation to provide direct job development and placement services. We provide services to people with all disabilities; we specialize in services for people with psychiatric disabilities.

PURPOSE
- Vocational and employment assessments
- One-on-one job development
- Informational interviews with private companies
- Long standing business contacts
- Job coaching services
- Commitment for the life of the job
- Provide youth vocational services (18-24 years)
- Provide bi-lingual vocational services for Spanish-speaking persons.

HOW TO PARTICIPATE
Direct physician referral or Department of Rehabilitation referral

DAY AND TIME
Monday to Friday (except holidays) 8:20 am to 5:00 pm, by appointment

DIRECTIONS
From 92: turn south on El Camino, destination will be approximately ½ a mile on your right
SamTrans bus routes 390, 391
Call 1-800-660-4BUS for schedules

WEBSITE
Caminarinc.org

FOR FURTHER INFORMATION CALL:
Marci Pollack 650-373-0720
Job Train Employment Services

LOCATION
Job Train
1200 O’Brien Drive
Menlo Park, CA  94025

PURPOSE
Condensed Individualized Training Plans tailored to the student’s needs with on-site, supportive counseling services for private rehabilitation students.

SERVICES
- Open entry, open exit
- Private Vocational Rehabilitation Coordinator
- Free job training
- On-going job placement assistance
- Programs:
  - Office Skills/ Medical Office Skills
  - Project Build/ Solar Training
  - Culinary Arts
  - Certified Nursing/ Professional Healthcare Worker
  - CST/ Telecommunications Tech
  - Computer Service Technology A+
  - GED Preparation/ Computer Literacy/ ESL

HOW TO PARTICIPATE
Walk-in
Registration and tours arranged with the Private Rehabilitation Counselor

DAY AND TIME
Monday thru Thursday 8:30 AM to 9:00 PM
Friday 8:30 AM to 5:00 PM

DIRECTIONS
SamTrans bus route 281
Call 1-800-660-4BUS for schedules

WEBSITE
www.jobtrainworks.org

FOR FURTHER INFORMATION CALL:
Receptionist  (650) 330-6429
Vocational Rehabilitation Services - VRS

LOCATION
County of San Mateo - Human Services Agency, VRS
550 Quarry Road
San Carlos, CA  94070

PURPOSE
To assist people with barriers to employment attain their maximum employment potential through counseling, work experience, education, and vocational testing.

SERVICES
- Assessment Lab (vocational testing)
- Individual and group counseling
- Referral for skill training/ academic advancement
- Supported Education referral
- Social Security Work Incentives counseling
- Referral to Cooperative Program with State Department of Rehabilitation for additional services
- Supportive services after job placement, including job coaching
- Long term follow along services
- WorkCenter placement for Situational Assessment, Work Adjustment, Work Services

HOW TO PARTICIPATE
By referral from a Mental Health treatment professional, State Department of Rehabilitation Counselor, Work First/ HSA staff or another sponsoring agency.

DAY AND TIME
Drop-in hours: First Wednesday of the month 2 PM-3 PM

DIRECTIONS
SamTrans bus routes 390, 391 or KX to El Camino & Harbor in Belmont, cross the railroad tracks and go right 2 blocks on Old County Road, turn left on Quarry Road. Call 1-800-660-4BUS for schedules.

FOR FURTHER INFORMATION CALL:
Wendy Jordan  650-802-6482
Ready, Set, Work! – Daly City
(formerly JobZone)

LOCATION
County of San Mateo – Human Services Agency/ Peninsula Works building
271 92nd Street - 2nd Floor
Daly City, CA 94015

PURPOSE
- To assist Supported Employment participants (VRS clients) with learning skills to enable them to conduct a successful and organized job search.
- To provide a supportive peer group and an opportunity to network with other job searchers.
- To help develop interviewing skills through direct practice and role-playing activities.
- To outline supports available at VRS - peer support, job development, job coaching, ADA information, etc.
- To check-in with Job Developers and other Vocational Rehabilitation Services staff.

HOW TO PARTICIPATE
Meet in the waiting area of the 2nd floor, a Job Developer will come and get participants.

DAY AND TIME
1st and 2nd Wednesdays of each month, 3:00 pm to 4:00 pm (except holidays)

AVERAGE NUMBER OF PARTICIPANTS
5-10

DIRECTIONS
Exit Eastmoor/ Pacifica, follow Eastmoor/ Mission signs, turn left on Junipero Serra, turn left again on Washington, turn right on Bryant to 92nd Street. The government center where the RSW workshop is located is directly behind the D.M.V.
SamTrans bus routes 121, 122
Call 1-800-660-4BUS for schedules

FOR FURTHER INFORMATION CALL:
Victoria Yeh 650-802-6484
Office of Consumer and Family Affairs

LOCATION
1950 Alameda de las Pulgas, Suite 155
San Mateo, CA 94403

PURPOSE
Provides support to San Mateo County Mental Health consumers and their families.

SERVICES
- Provides outreach and information to all consumers and their families
- Insures the active participation of consumers and family members in the design, monitoring and implementation of public mental health services.
- Assists consumers and family members with problem resolution
- Assists consumers and family members in filing a grievance, appeal or State Fair Hearing and guides them through the process
- Languages spoken – English, Spanish

HOW TO PARTICIPATE
Call the toll-free number 1-800-388-5189. Se habla Español. English and Spanish speaking family liaisons are available.

DAY AND TIME
Monday to Friday (except holidays) 8:00 am to 5:00 pm

DIRECTIONS
From 280 (North and South), Take 92 East, Take the Alameda de las Pulgas Exit, At the end of the Exit turn right, At first signal (20th Ave) turn right into parking driveway

From 101 (North and South), Take 92 West, Take the Alameda de las Pulgas Exit, At the end of the Exit turn left, At second signal (20th Ave) turn right into parking driveway

SamTrans bus routes 250, 295 (weekdays only)
Call 1-800-660-4BUS for schedules

FOR FURTHER INFORMATION CALL:
1-800-388-5189
Heart and Soul

LOCATION

  See pages 30, 31, 32, 33

DESCRIPTION

  Heart and Soul is the San Mateo County consumer-run self-help program. It is a non-profit corporation providing recreational, social, support and educational activities for mental health consumers. It is staffed entirely by peer support workers.

PURPOSE

  To provide social, recreational and recovery activities and to develop consumer leadership.

  See pages 30, 31, 32, 33 for locations, times and activities.

HOW TO PARTICIPATE

  Most activities are drop in and no cost.

DAY AND TIME

  See pages 30, 31, 32, 33 for information.

FOR FURTHER INFORMATION CONTACT:

  Greg Wild  650-343-8760
Patients’ Rights Advocacy

LOCATION
Patients’ Rights Advocacy Services
900 Veterans Blvd. Suite 330 Room 2
Redwood City, CA  94063

PURPOSE
Responsible for providing patients’ rights advocacy pursuant to Welfare and Institutions Code Section 5520, and for providing assistance with complaint resolution for clients receiving mental health services in San Mateo County. They will also go to private hospitals such as Mills and Sequoia.

SERVICES
• Individual Advocacy: Investigation and resolution of individual complaints regarding the denial of statutory rights or the delivery of mental health services, and the representation of clients at certification and capacity hearings.
• Systems Advocacy: Involved in improving the mental health system by:
  ➢ Monitoring mental health facilities and services
  ➢ Assisting in the development of policies and procedures
  ➢ Training for mental health providers
  ➢ Education and outreach to mental health clients to increase awareness of services and of their legal rights

HOW TO PARTICIPATE
Call the toll-free number 1-800-497-1889

DAY AND TIME
Monday to Friday 9:00 am to 5:00 pm

DIRECTIONS
From 101 South, take Exit 409 toward Whipple Ave, turn slight right onto Veterans Blvd

SamTrans bus routes 390, 391, KX, 270
Call 1-800-660-4BUS for schedules

FOR FURTHER INFORMATION CALL:
1-800-497-1889
Mental Health & Substance Abuse Recovery Commission

LOCATION
The Mental Health and Substance Abuse Recovery Commission (MHSARC) meets on the first Wednesday of the month at 3:00 p.m. Public comments are solicited and welcomed. Meetings are usually held at the Health Administration Building, 225 West 37th Avenue, Room 100, San Mateo. Occasionally meetings are held at other sites.

PURPOSE
San Mateo County has an active MHSARC consisting of family members, consumers, professionals and interested citizens whose functions are set by California statutes. The MHSARC reviews and evaluates the mental health and substance abuse, which are recognized as often co-occurring, needs and issues of consumers and their families. It advises the Board of Supervisors and the local Mental Health Director concerning local mental health programs. It ensures that citizens and professionals are involved at all stages of the planning process. It reviews the Mental Health and substance abuse service budget and makes an annual report to the Board of Supervisors.

HOW TO PARTICIPATE
Mental health consumers and family members are encouraged to attend these meetings and to apply for positions on the board when openings are available. Call 650-573-2544 for information about upcoming meeting dates and locations. Minutes of previous meetings are available on the San Mateo County website:

www.co.sanmateo.ca.us/portal/site/SMC

FOR FURTHER INFORMATION CALL:
Chantae Rochester at 650-573-2544
LOCATION
1650 Borel Place, Suite 130
San Mateo, CA 94402

DESCRIPTION
NAMI San Mateo County is a nonprofit, self-help organization of families of persons with brain disorders; mental health services consumers; professionals and supportive members of the community. These illnesses include schizophrenia, bipolar disorder, major depression, anxiety and panic disorders, personality disorders and obsessive-compulsive disorder.

PURPOSE & SERVICES
Our purpose is to help improve the quality of life for persons with brain disorders and their families. NAMI distributes material about brain disorders, publishes a monthly newsletter, maintains a lending library of materials on mental illnesses, has staff with experience dealing with a loved one's mental illness and sponsors free support groups and education classes for families and consumers.

HOW TO PARTICIPATE
For information on mental illnesses, referrals to agencies that provide services for mental health consumers and their families, dates/times and locations of support groups and dates/times and locations of our free 12-week Family to Family Education Program, free 9-week Peer to Peer Education Program, free In Our Own Voice presentations, free Provider Education classes call the NAMI office @ 650-638-0800.

DAY AND TIME
Monday-Friday (except holidays) 9 am to 1 pm
SamTrans bus routes 390, 391
Call 1-800-660-4BUS for schedules

FOR FURTHER INFORMATION CONTACT
650-638-0800
namismc@sbcglobal.net
namisanmateo.org
SAN MATEO COUNTY
NETWORK OF CARE WEBSITE

LOCATION
http://sanmateo.networkofcare.org/mh/

PURPOSE
Provides information about mental health and substance use providers, resources, tools, laws and related news. Includes message boards, links to government program websites, a list of support and advocacy organizations, a personal health record, Wellness Recovery Action Plan (WRAP), and a link to low-cost insurance services.

HOW TO PARTICIPATE
Go to http://sanmateo.networkofcare.org/mh/

DAY AND TIME
24 hours a day, 7 days a week
Social Security Benefits Counseling Services
The Financial Empowerment Program (FEP)

LOCATION
Peninsula Works - 550 Quarry Road, San Carlos, CA 94070
FEP staff also located at BHRS clinics and other community sites

DESCRIPTION
Education, counseling and advocacy is provided to individuals receiving Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), Medi-Cal, Medicare, and other public assistance programs. Help & referral to apply for benefits’ programs is available.

SERVICES
- **Education** about current benefits including assistance understanding Social Security letters and learning your responsibilities and rights.
- Each benefit program (SSDI, SSI) has “work incentive” rules. Benefit Counseling can help an individual understand the impact of working on his/her benefits. **FEP also offers assistance reporting wages.**
- Assistance & education about money management and financial planning

YOU CAN:
- Request an individual benefits counseling/planning consultation
- Receive ongoing benefits’ management support
- Get advocacy/support with Social Security, Medi-Cal and Medicare Issues
- Schedule a Benefits’ workshops for consumers, family, and staff

CONTACT INFORMATION:
Call for an appointment: Judy Downing, (650) 802-6486; John Bloomstine, (650) 802-6485; Nancy Broman, (650) 802-6475; Joe Hennen, (650) 802-6578 or Samuel Wang, (650) 802-5183

Speak with a FEP - Resource Advocate at one of the BHRS clinics OR leave a message at (650) 802-3366, and a Resource Advocate will contact you.

OTHER **FREE** BENEFITS’ COUNSELING SERVICES:
- Center for Independence of the Disabled (CID), San Mateo, CA (650) 645-1780
- HICAP, the Medicare Counseling Program 1-800-434-0222
- Mental Health Social Security Project through Legal Aid of San Mateo County, San Mateo, CA (650) 558-0915
- SMC - Human Services Agency Disability Advocacy Unit
  For help applying for SSI/SSDI contact Paula Guyden - (650) 802-6406
- www.disabilitybenefits101.org (excellent resource for benefits information)

DIRECTIONS
Call for directions (See following page for a list of San Mateo County Social Security offices)
County of San Mateo
Social Security Administration (SSA) Offices

**Daly City SSA Office**
355 Gellert Blvd., Suite 201
Daly City, CA 94105
Hours: Mon., Tues., Thur., Fri. 9:00 a.m. - 3:00 p.m. Wed. 9am-12 p.m.
SamTrans bus route: 122

**San Mateo SSA Office**
800 South Claremont, Suite 101
San Mateo, CA 94402
Hours: Mon., Tues., Thur., Fri. 9:00 a.m. - 3:00 p.m. Wed. 9am-12 p.m
SamTrans bus routes: 390, 391

**Redwood City SSA Office**
601 Allerton St., 2nd Floor
Redwood City, CA 94016
Hours: 9:00 a.m. - 4:00 p.m
SamTrans bus route: 391

Call 1-800-660-4BUS for SamTrans bus routes

SSA Toll Free Information Line: 1-800-772-1213
*(Available 7 AM to 7 PM)*

SSA Website: www.socialsecurity.gov

SMC Medi-Cal and Food Stamps: 1-800-223-8383
Dual Recovery Anonymous – Redwood City

LOCATION
500 Allerton Street, 2nd & 3rd Floor
Redwood City, CA 94062

PURPOSE
A self-help support program for our common recovery from two no-fault illnesses: an emotional or psychiatric illness and an addiction. Based on:
- Principles of the twelve steps
- Personal experience with dual recovery
- Principles of freedom and choice

HOW TO PARTICIPATE
Make an appointment
Se habla español

DAY AND TIME
Monday-Thursday 8:00 am to 7:00 pm
Friday, 8:00 am to 4:00 pm

DIRECTIONS
South on 101 turn off on Whipple, merge onto Veteran’s Avenue, right on Brewster, then left on Allerton.
Call 1-800-660-4BUS for schedules

WEBSITE
www.elcentrodelibertad.org

FOR FURTHER INFORMATION CALL:
El Centro de Libertad 650-599-9955
FIRST CHANCE PROGRAM
Administered by StarVista

LOCATION
First Chance
826 Mahler Road
Burlingame, CA 94010

PURPOSE
Outpatient program:
• To take that first step to recover for first-time offenders as an alternative to jail
• Provide substance abuse treatment for non-violent simple drug possession
• Learn about anger management, domestic violence, mental health, and parenting
• Receive case management, individual and group counseling and referrals to other resources

First Chance Sobering station:
• An alternative to jail for people with a DUI and public intoxication.

HOW TO PARTICIPATE
Court appointed referrals or law enforcement referral for sobering station
Se habla español

DAY AND TIME
Open 24 hours a day

DIRECTIONS
North on 101, exit on Broadway, keep right to Airport Blvd., left on Old Bayshore HWY, then
left on Mahler, destination will be on your right
Call 1-800-660-4BUS for schedules

WEBSITE
www.star-vista.org

FOR FURTHER INFORMATION CALL:
Julie Kinloch, Sr. Program Manager       650-689-5597
Community Friends

LOCATION
Arranged with each participant individually

DESCRIPTION
A program sponsored by the Mental Health Association that utilizes clients as Community Friends to meet with their peers in the community for individualized outings and activities. Most outings and activities are free of charge to participants.

ACTIVITIES (Included but not limited to)

- Visit museums
- Shop in malls
- Going to the movies
- Dancing
- Visit San Francisco
- Attend concerts
- Attend poetry readings
- Pool/Billiards
- Visit San Jose
- Going to art festivals
- Playing BINGO
- Bowling
- Go to the beach
- Dine out
- Sporting events
- Swimming
- Doing crafts/hobbies
- Get a manicure
- Celebrate birthdays
- Going to the park
- Exercising
- Utilize public transportation
- Attend the County Fair
- Going to the library
- Getting a haircut
- Go to holiday events
- Playing chess
- Gardening

HOW TO PARTICIPATE
Call 650-343-5228

DAY AND TIME
Scheduled individually

FOR FURTHER INFORMATION CONTACT:
Tina LePerie, Director of Community Friends (650) 343-5228
Compeer Program

LOCATION
868 Montezuma Drive
Pacifica, CA  94044

DESCRIPTION
A program that matches caring, trained volunteer friends from the community-at-large with people receiving mental health treatment who need the support a friend can offer. Volunteers and mental health consumers spend one hour per week together.

ACTIVITIES
Activities to be decided by the volunteer and mental health consumer.

HOW TO PARTICIPATE
Contact the Compeer Program of San Mateo County
www.compeersanmateo.org
650-355-8083

DAY AND TIME
A mental health professional must refer

FOR FURTHER INFORMATION CONTACT:
Inge Greenwood, Program Director  650-355-8083
Friendship Center – Belmont

LOCATION
Good Shepherd Episcopal Church
Church Hall (next to the church)
5th Avenue and O’Neill Avenue
Belmont, CA 94002

DESCRIPTION
A program sponsored by the Mental Health Association that provides a safe, friendly place for clients to socialize.

ACTIVITIES (Include but not limited to)
- BINGO
- Card Games
- Arts and Crafts
- Board Games
- Dominos
- Story Club
- Wendy’s Outings
- Game Day
- Summer Picnics
- Group discussions
- Mini field trips
- Coffee, breakfast snack and hot lunch are provided at each meeting

HOW TO PARTICIPATE
Drop in

DAY AND TIME
Wednesdays, 9:30 am to 12:30 pm (Consult monthly calendar for closings due to holidays or scheduled outings)

DIRECTIONS
O’Neill crosses El Camino four blocks south of Ralston, turn west to 5th Avenue. The Center is located in the hall next to the church; enter through the red doors.

SamTrans bus routes 390, 391, KX
Call 1-800-660-4BUS for schedules

FOR FURTHER INFORMATION CONTACT:
Angela Bruno-Castro 650-368-3345 ext.102
Friendship Center – Daly City

LOCATION
North County Behavioral Health and Recovery Services
Community Room
375 89th Street
Daly City, CA  94015

DESCRIPTION
A program sponsored by the Mental Health Association that provides a safe, friendly place for clients to socialize.

ACTIVITIES (Include but not limited to)
- BINGO
- Card games
- Arts & Crafts
- Board Games
- Billiards
- In & Out outings
- Game Day
- Exercise
- Dominos
- Group discussions
- Mini Field Trips
- Coffee, breakfast snack, and hot lunch are provided at each meeting

HOW TO PARTICIPATE
Drop in

DAY AND TIME
Mondays and Fridays, 12:00 noon to 3:00 pm (Consult monthly calendar for closings due to holidays or scheduled outings.)

DIRECTIONS
Located on 89th Street, three blocks west of MacDonald’s.
SamTrans bus routes 121, 122
Call 1-800-660-4BUS for schedules

FOR FURTHER INFORMATION CONTACT:
Angela Bruno-Castro       650-368-3345 ext.102
Friendship Center – East Palo Alto

LOCATION

FRIENDSHIP CENTER
Community Church of East Palo Alto
2201 University Avenue at Bell Street
East Palo Alto, CA 94303

DESCRIPTION

A program sponsored by the Mental Health Association that provides a safe, friendly place for clients to socialize.

ACTIVITIES (Include but not limited to)*

BINGO  Card Games  Arts & Crafts
Board Games  Dominos  Summer Concert lunches
McDonalds outings  In & Out outings  Game Day
Group discussions  Mini Field Trips

* Coffee, breakfast snack, and hot lunch are provided at each meeting

HOW TO PARTICIPATE

Drop in

DAY AND TIME

Tuesdays, Wednesdays and Thursdays, 9:30 am to 12:30 pm (Consult the monthly calendar for closings due to holidays or scheduled outings.)

DIRECTIONS

From the 101 Freeway, take the University Avenue exit - East. The cross street is Bell. SamTrans bus route 281. Call 1-800-660-4BUS for schedules

FOR FURTHER INFORMATION CONTACT:

Angela Bruno-Castro  650-368-3345 ext.102
Friendship Center – Redwood City

LOCATION
South County BHRS
802 Brewster Ave
Redwood City, CA

DESCRIPTION
A program sponsored by the Mental Health Association that provides a safe, friendly place for clients to socialize.

ACTIVITIES (Include but not limited to)
- BINGO
- Card Games
- Arts and Crafts
- Board Games
- Dominos
- Game Day
- Summer Picnics
- Group discussions
- Mini field trips
- Coffee, breakfast snack and hot lunch are provided at each meeting
- Annual Parties and Fieldtrips

HOW TO PARTICIPATE
Drop in

DAY AND TIME
Thursdays, 9:30 am to 12:30 pm (Consult monthly calendar for closings due to holidays or scheduled outings)

DIRECTIONS
El Camino and Brewster, one block east on the left. The Center meets in the community room.

SamTrans bus routes 390, 391,
Call 1-800-660-4BUS for schedules

FOR FURTHER INFORMATION CONTACT:
Angela Bruno-Castro 650-368-3345 ext.102
Friendship Center – San Carlos

LOCATION
Community United Church of Christ
1336 Arroyo Avenue (at Elm Street)
San Carlos, CA  94070

DESCRIPTION
A program sponsored by the Mental Health Association that provides a safe, friendly place for clients to socialize.

ACTIVITIES (Include but not limited to)
- BINGO
- Card Games
- Arts & Crafts
- Board Games
- Croquet
- Summer picnics
- Special luncheon
- Seasonal Parties
- Group discussions
- Mini Field Trips
- Coffee, breakfast snack, and hot lunch are provided at each meeting

HOW TO PARTICIPATE
Drop in

DAY AND TIME
Thursdays and Fridays, 9:30 am to 12:30 pm (Consult monthly calendar for closings due to holidays or scheduled outings.)

DIRECTIONS
Arroyo crosses El Camino four blocks south of Holly, turn west (at the Union 76 station). The church is 1½ blocks up the street on the right.

SamTrans bus routes 390, 391, KX
Call 1-800-660-4BUS for schedules

FOR FURTHER INFORMATION CONTACT:
Angela Bruno-Castro 650-368-3345 ext.102
Friendship Center – San Mateo

LOCATION
St. Andrew’s Lutheran Church
15th & El Camino
San Mateo, CA  94402

DESCRIPTION
A program sponsored by the Mental Health Association that provides a safe, friendly place for clients to socialize.

ACTIVITIES (Include but not limited to)
- BINGO
- Card Games
- Arts & Crafts
- Board Games
- Walking Tours
- Movies & Concerts
- Monthly Special luncheon
- Group discussions
- Mini field Trips
- Coffee, breakfast snack, and hot lunch are provided at each meeting

HOW TO PARTICIPATE
Drop in

DAY AND TIME
Mondays, 9:30 am to 12:30 pm (Consult monthly calendar for closings due to holidays or scheduled outings.)

DIRECTIONS
On the corner of 15th and El Camino in San Mateo. Enter through the doors near the parking lot.

SamTrans bus routes 390, 391
Call 1-800-660-4BUS for schedules

FOR FURTHER INFORMATION CONTACT
Angela Bruno-Castro       650-368-3345 ext.102
Coastside Social Center

LOCATION
Coastside Behavioral Health and Recovery Services
225 S. Cabrillo Highway - Multi-purpose Room
Half Moon Bay, CA  94019

DESCRIPTION
A consumer-run program for clients to drop-in for services and scheduled programs sponsored by Heart & Soul.

SERVICES -
Mondays: Walking Group at 1:00 PM
Wednesdays (except holidays) from 1:00 pm to 4:00 pm
- Arts and Crafts
- Coloring
- Dominos
- Cards
- Staffed completely by peer support workers

Friday Movies - 1:00 PM to 4:00 PM

HOW TO PARTICIPATE
Just drop in

DAY AND TIME
Monday (except holidays) 1:00 PM to 3:00 PM
Wednesdays (except holidays) 1:00 PM to 4:00 PM
Fridays (except holidays) 1:00 PM to 4:00 PM

DIRECTIONS
Take 92 West toward Half Moon Bay, Turn left onto Cabrillo Hwy S/ CA-1N, Make a U-Turn at Kelly Ave onto Cabrillo Hwy S/ CA- 1N

SamTrans bus routes 17, 294
Call 1-800-660-4BUS for schedules

FOR FURTHER INFORMATION CALL:
650-343-8760
True Hope Social Center

LOCATION
North County Behavioral Health and Recovery Services
375 89th Street - Multi-purpose room
Daly City, CA  94015

DESCRIPTION
A consumer-run program for clients to drop-in for services and scheduled programs sponsored by Heart & Soul.

SERVICES - Wednesdays (except holidays) from 11:00 am to 3:00 pm
- Rap and support groups
- Pool Table
- Lunch
- Frequent field trips
- Games
- Speakers
- Fellowship
- Staffed completely by peer support workers
- Hot Meals on Wednesdays and Fridays

Friday night Movie Night - 4:00 pm to 8:30 pm.

HOW TO PARTICIPATE
Just drop in

DAY AND TIME
Wednesdays (except holidays) 11:00 am to 3:00 pm
Fridays (except holidays) 4:00pm to 8:30 pm

DIRECTIONS
Exit 280 at Mission, turn north on Junipero Serra to 89th Street, turn west.

SamTrans bus routes 121, 122
Call 1-800-660-4BUS for schedules

FOR FURTHER INFORMATION CALL:
650-343-8760
Friends of Hope

LOCATION
Central County Behavioral Health and Recovery Services
1950 Alameda de las Pulgas, Multi-purpose room
San Mateo, CA  94403

DESCRIPTION
A consumer-run program for clients to drop-in for social and scheduled activities, sponsored by Heart & Soul.

SERVICES
- Rap and support groups
- Bingo
- Speakers
- Fellowship
- Skills Groups
- Canteen
- Lite Lunch served Fridays
- Hot Lunch served Wednesdays
- Staffed by peer support workers

HOW TO PARTICIPATE
Drop in

DAY AND TIME
Wednesdays and Fridays (except holidays) 10:30 am to 3:00 pm

DIRECTIONS
From 280 (North and South), Take 92 East, Take the Alameda de las Pulgas Exit, At the end of the Exit turn right, At first signal (20th Ave) turn right into parking driveway.

From 101 (North and South), Take 92 West, Take the Alameda de las Pulgas Exit, At the end of the Exit turn left, At second signal (20th Ave) turn right into parking driveway.

SamTrans bus routes 250, 295 (weekdays only)
Call 1-800-660-4BUS for schedules

FOR FURTHER INFORMATION CALL:
(650) 343-8760
The Source Social Center
Administered by Heart and Soul

LOCATION
Heart and Soul
500 A 2nd Ave
San Mateo, CA  94401

DESCRIPTION
A consumer-run program for clients to drop-in for services and scheduled programs sponsored by Heart & Soul.

SERVICES – Mondays, Tuesdays, Thursdays, Fridays, and Saturdays
• Game Club
• Bingo
• Rap and Support Groups
• Clubs
• Karaoke
• Games
• Speakers
• Fellowship
• Staffed completely by peer support workers

Saturday Movies - 12:30 PM to 4:00 PM

HOW TO PARTICIPATE
Just drop in

DAY AND TIME
• Mondays (except holidays) 11:00 AM to 3:30 PM
• Tuesdays (except holidays) 11:00 AM to 4:30 PM
• Wednesdays---CLOSED
• Thursdays (except holidays) 11:00 AM to 2:00 PM
• Fridays (except holidays)---Special Groups
• Saturdays (except holidays) 12:30 PM to 4:00 PM

DIRECTIONS
Take E 3rd Ave, Turn right onto S Claremont St.

SamTrans bus routes:  250, 295 (weekdays only)
Call 1-800-660-4BUS for schedules

San Mateo Cal Train station three blocks from site
Call 1-800-660-4BUS for schedules

FOR FURTHER INFORMATION CALL:
650-343-8760
Barbara Mouton Multicultural Wellness Center
Administered by One East Palo Alto

LOCATION
The Barbara A. Mouton Multicultural Wellness Center
East Palo Alto Sanitary District 2nd Floor
901 Weeks Street, East Palo Alto, CA 94303

DESCRIPTION
A place where consumers and their family members can go to receive support, information, be in the community with each other, and can pursue leisure activities if they so desire.

ACTIVITIES (Include but not limited to)*

Indoor Recreation  Card Games  Arts & Crafts
Board Games  Dominos  Health Exercise and Nutrition
Resource Services  Cooking with culture classes  Arts in Culture
Support Groups  Family Nights  Young adult social activities
Movie Sessions  Informational Workshops  Folk Medicine & Cultural/Spiritual Healing

*Snacks or a meal will be provided each day of operation

HOW TO PARTICIPATE
Drop in

DAY AND TIME
Tuesdays and Thursdays, 3:00 PM - 8:00 PM; Wednesdays, 10:00 AM - 1:00 PM (referred individuals only);

DIRECTIONS
From the 101 Freeway, take the University Avenue exit - East; turn right at Bay Rd; turn right at Clark Ave; turn Left at Weeks St. East Palo Alto Sanitary district is on the corner of Clark Ave. and Weeks St.
Call 1-800 -660-4BUS for schedules

FOR FURTHER INFORMATION CONTACT:
Chester McCall, Lead Consumer/ Family Member Program Facilitator

cmccall@1epa.org
(560) 330-1040
The Legal Aid Society of San Mateo County
Clients’ Rights Advocate Program

LOCATION

Sobrato Center
330 Twin Dolphin Dr, Suite 123
Redwood City, CA 94065

DESCRIPTION
Provide assistance in the areas of public benefits, family law, housing, consumer law and
health care. In addition, we help with the legal problems faced by domestic violence
survivors, teen parents, seniors, children and adults with disabilities. Many of the staff are
bilingual in English and Spanish. Legal Aid also uses Language Line Services, which allows
the staff to communicate in a variety of languages.

ACTIVITIES
The Clients Rights Advocate program provides counseling and advocacy for persons with
disabilities. We focus primarily on issues of eligibility, due process rights, and access to
public services and benefits. We can help with problems related to the Americans with
Disabilities Act, transit and paratransit, the Golden Gate Regional Center, San Mateo County
Behavioral Health and Recovery Services, Medi-Cal, Medicare, General Assistance, Food
Stamps, and the Social Security Administration

HOURS OF OPERATION

9:00am to Noon and 1:00pm to 5:00pm
Monday through Friday

FOR ADDITIONAL INFORMATION CALL:
General: (650) 558-0915 or (800) 381-8898
Fax: (650) 558-0673
TTD: (650) 558-0786
www.legalaidsmc.org