

# Santa Clara Valley Medical Center

## Patient Resource Guide



**Santa Clara County, California 2015**



Better Health for All



## About This Guide

This Patient Resource Guide was created by the Health Empowerment Association. We are an independent patient association of patients of Santa Clara Valley Medical Center who:

- Organize, sign people up for, and run support groups such as the Healthier Living Program.
- Learn about and gain access to health-related community resources and government benefits making us better able to care for ourselves and others.
- Assist patients in accessing their health information and navigating the hospital system.
- Have our say in establishing the policies and making the decisions affecting our healthcare.
- Provide feedback to the hospital on how to improve patient services.

Patients are welcome to join the Health Empowerment Association. It takes as little as 4 hours per week to volunteer.

**Help educate and support yourself and the patient community!** Email us at:

[contacthealthresources@gmail.com](mailto:contacthealthresources@gmail.com) Visit us at:

[www.healthempowerment.info](http://www.healthempowerment.info)

Download the Guide at: <http://healthempowerment.info/downloads/EnglishPatientResourceGuidePublish2015.pdf>

## How to Use This Guide

Start looking for resources in the area of need listed in the table of contents. In some sections of the guide, you will find a list of related sections.

The addresses, phone numbers and websites listed have been checked at the time of printing. Please realize that this information is subject to change. We recommend you confirm phone numbers, business hours and addresses before scheduling appointments or visits. If you need a computer to use the Internet to confirm resource information, visit your local library.

Other resources may be available. Inclusion in this guide does not imply endorsement by Health Empowerment, Santa Clara Valley Medical Center or SCVMC staff. We appreciate your feedback on any inaccuracies or difficulties using this guide so please call 408 885 2486 or email us at [guidehealthresources@gmail.com](mailto:guidehealthresources@gmail.com).

### Acknowledgements

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## FREE Healthier Living Classes

All SCVMC patients with any type of chronic disease are invited to attend our **FREE** chronic disease self-management classes, the Healthier Living Workshop. This is a six-week program designed by Stanford University. Certified patients teach other patients how to deal with chronic conditions. Subjects discussed include nutrition, physical activity, medication management, stress management, and more.

In the workshop you will be given a free book and relaxation CD. It is a great place to meet other people facing the same types of health challenges as you.

Currently, the classes are conducted in English, Hindi, Spanish and Vietnamese. The class locations are Valley Specialty Center, East Valley Clinic and Tully Clinic.

For five years, Stanford Hospital has studied over 1000 people with different chronic diseases - half took classes, half did not. Those who took classes:

- Improved their healthy behaviors like physical activity, symptom management, coping, and communication with their physicians.
- Did not feel as tired as they were before taking classes.
- Felt able to perform their normal activities.
- Had fewer days in the hospital and in the Emergency Department.
- Felt empowered to take care of their conditions.

### To register for classes:

Contact us by phone:

Healthier Living: 408-885-2486

Coordinator's Phone Number: 408-885-6121

Email us at:

[HealthyLiving.Program@hhs.sccgov.org](mailto:HealthyLiving.Program@hhs.sccgov.org)

Stop by our office Mondays through Fridays:

Valley Specialty Center

2nd Floor, Suite 210, Room 2Q203

751 S. Bascom Ave.

San José, CA 95128

## Information and Assistance

### In A Health or Mental Health Emergency Please Call 911

#### Suicide and Crisis Hotline

 855-278-4204 Toll-Free 24 Hours

If you are unable to reach the Suicide Hotline, call 911.


#### United Way Information Line

 211 or 866- 390-6845

 [www.211scc.org](http://www.211scc.org)

Dial 211 if you don't find what you need on this list, have questions or have trouble accessing the services listed here. Available 24 hours a day, seven days a week, for everybody, in any language. Has information on Community Disaster Services and on Health and Human Services.

#### Sourcewise Information and Assistance Line

 408-350-3200

 [www.mysourcewise.com](http://www.mysourcewise.com) or email: [community@mysourcewise.com](mailto:community@mysourcewise.com)

A resource for seniors, the disabled and caregivers, and in different languages. Specialists can answer questions and guide you to resources and service.

#### The CalWORKs Resource Guide

 [www.gavilan.edu/eops/calworks/documents/CalWORKs\\_SCC\\_Resource\\_Guide.pdf](http://www.gavilan.edu/eops/calworks/documents/CalWORKs_SCC_Resource_Guide.pdf)

A 40-page resource guide provided by CalWORKs.

#### The South County Collaborative Resource Guide

 [www.gavilan.edu/counseling/documents/RESOURCE\\_Guide\\_Basic\\_Services\\_9-27-11.pdf](http://www.gavilan.edu/counseling/documents/RESOURCE_Guide_Basic_Services_9-27-11.pdf)

Basic resources for low income families.

## Food, Food Stamps and Meals

### Food Connection ☎ 800-984-3663

🌐 [www.2ndharvest.net](http://www.2ndharvest.net)

Open Monday to Friday from 8:30 a.m. to 4:00 p.m. This hotline is for people who need food. Food is easy to get for anyone who needs it. Just give your name, address, date of birth, and the number of adults and children living in your house. You will be told where and how to get food. This includes grocery bags of free food and free prepared meals for individuals and families. The Food Connection can explain food stamp eligibility income limits to see if you qualify, and take initial food stamp application over the phone.

### Santa Clara County Free Hot Meal Sites

🌐 [www.shfb.org/hotmealsscc](http://www.shfb.org/hotmealsscc)

This resource has a list of free hot meal sites throughout Santa Clara County.

### CalFresh: Food Stamps

☎ 877-96-BENEFITS or 877-962-3633

🌐 [www.sccgov.org/portal/site/ssa](http://www.sccgov.org/portal/site/ssa)

From the website, in left column, click “Dept. of Employment & Benefit Services”, and then click “Food Assistance”. CalFresh is a government program offered through the County Social Services Agency. They offer free food vouchers for qualifying low income people, including working people with low salaries. Apply at 850 S. Bascom in San José or at the County offices listed below. You can also apply for Medi-Cal and CalWORKs (i.e. welfare payments) at these sites. To apply bring rent receipts, social security card, birth certificates, proof of income, photo ID for adults, bank statements, marriage certificate, vehicle registration, and utility bills.

- ☎ 408-758-3800 - 1867 Senter Rd., San José, CA 95112
- ☎ 408-758-3450 - 379 Tompkins Ct., Gilroy, CA 95020
- ☎ 408-278-2402 - 100 Moffett Boulevard, Mountain View, CA 94043

### Meals on Wheels (Sourcewise of Silicon Valley) ☎ 408-350-3200 or 800-510-2020

🌐 [www.mysourcewise.com/community-resources](http://www.mysourcewise.com/community-resources)

Delivers weekly meals to homebound seniors age 60 and over. Cost is \$1.80 per day for seven frozen dinners and seven frozen breakfasts plus bread and snacks, delivered once a week.


### Meals on Wheels (Health Trust)

☎ 408-961-9870

🌐 [www.healthtrust.org/services/mow.php](http://www.healthtrust.org/services/mow.php)

No age or income restrictions. Hot meals delivered to homebound individuals. \$7.75 per day for a hot meals delivered each day Monday through Friday, boxed lunch for weekends. \$5.75 per lunch delivered on Friday. Minimum is ordering three hot meals a week. A sliding pay scale fee may be available.

**Santa Clara County Senior Nutrition and Services**

 **408-975-4860**

 [www.sccgov.org/portal/site/ssa](http://www.sccgov.org/portal/site/ssa)

This website includes addresses of senior meal programs countywide. It is in the right column, click on “Senior Meal Locations”. Provides seniors 60 years or older with a hot meal and a social gathering at noon each day at a local community senior center. A \$2.50 donation is requested per meal, but no senior will be turned away for lack of money.

- **Asian Americans for Community Involvement (AACI)**  **408- 975-2730 ext. 177**  
 2400 Moorpark Avenue, San José, CA 95128  
 Days served: Tues, Wed, Thurs, and Friday      Time: 11:30 am
- **Alma Senior Center**  **408-288-8758**  
 136 W. Alma Avenue, San José, CA 95110  
 Days served: Monday – Friday      Time: 12 noon
- **Almaden Community Center**  
 6445 Camden Avenue, San José, CA 95125  
 Days served: Monday – Friday      Time: 12 noon
- **Alviso Community Center**  **408928-5917**  
 5050 N. First Street, San José, CA 95002  
 Days served: Mon & Wed.      Time: 12 noon
- **Berryessa Community Center**  **408-251-4581**  
 3050 Berryessa Road, San José, CA 95132  
 Days served: Monday – Friday      Time: 12 noon
- **Billy De Frank LGBT Community Center**  **408-293-3040**  
 938 The Alameda, San José, CA 95126  
 Day served: Wed.      Time: 11:30 am
- **Campbell Senior Center**  **408-866-2146**  
 1 W. Campbell Avenue, Campbell, CA 95008  
 Days served: Monday – Friday      Time: 11:45 am
- **Camden Community Center**  **408-559-8553**  
 3369 Union Avenue, San José, CA 95124  
 Days served: Monday – Friday      Time: 12 noon
- **Cubberley Community Center**  **650-329-2418**  
 4000 Middlefield Rd., Palo Alto, CA 94306  
 Day served: Wed.      Time: 11:30 am
- **Cypress Senior Center**  **408-244-1353**  
 403 S. Cypress Avenue, San José, CA, 95117  
 Days served: Monday – Friday      Time: 11:30 am
- **Eastside Neighborhood Center**  **408-251-0215**  
 2150 Alum Rock Avenue, San José, CA 95116  
 Days served: Monday – Friday      Time: 11:15 am
- **Evergreen Community Center**  **408-270-2220**  
 4860 San Felipe Road, San José, CA 95135  
 Days served: Monday – Friday      Time: 12 noon

- **Gardner Community Center** ☎ **408-279-1498**  
 520 W. Virginia Street, San José, CA 95125  
 Days served: Monday – Friday                      Time: 11:30 am
- **Gilroy Community Center** ☎ **408-846-0428**  
 7371 Hanna Street, Gilroy, CA 95020  
 Days served: Monday – Friday                      Time: 11:30 am
- **HOPE Rehabilitation Services** ☎ **408-282-0449**  
 1555 Parkmoor Avenue, San José, CA 95128  
 Days served: Monday – Friday                      Time: 11:45 am
- **India Community Center** ☎ **408-934-1130**  
 525 Los Coches Street, Milpitas, CA 95035  
 Days served: Mon, Tues, Thurs & Friday                      Time: 1:15 pm
- **John XXIII Multi-Service Center** ☎ **408-282-8607**  
 195 E. San Fernando Street, San José, CA 95112  
 Days served: Monday – Friday                      Time: 12 noon
- **Korean-American Community Services** ☎ **408-920-9734**  
 1800-B Fruitdale Avenue, San José, CA 95128  
 Days served: Monday – Friday                      Time: 11:30 am
- **La Comida de California** ☎ **650-322-3742**  
 450 Bryant Street, Palo Alto, CA 94301  
 Days served: Monday – Friday                      Time: 11:30 am
- **Live Oak Senior Nutrition & Service Center** ☎ **408-354-0707**  
 111 Church Street, Los Gatos, CA 95030  
 Days served: Monday – Friday                      Time: 12 noon
- **Mayfair Community Center** ☎ **408-794-1060**  
 2039 Kammerer Avenue, San José, CA 95116  
 Days served: Monday – Friday                      Time: 12 noon
- **Milpitas Senior Center** ☎ **408-586-3400** or TDD: **408-586-3425**  
 40 N. Milpitas Blvd., Milpitas, CA 95035  
 Days served: Monday – Friday                      Time: 12 noon
- **Morgan Hill Senior Café** ☎ **408-762-6020**  
 Centennial Recreation Center, 171 W. Edmundson Avenue, Morgan Hill, CA 95037  
 Days served: Monday – Friday                      Time: 12 noon
- **Mountain View Senior Center** ☎ **650-964-6586**  
 266 Escuela Avenue, Mountain View CA 94040  
 Days served: Monday – Friday                      Time: 11:45 am
- **Northside Community Center** ☎ **408-343-7711**  
 488 N. 6<sup>th</sup> Street, San José, CA 95110  
 Days served: Monday – Friday,                      Time: 12 noon
- **Portuguese Organization for Social Services and Opportunities** ☎ **408-293-0877**  
 1115 E. Santa Clara Street, San José, CA 95116  
 Days served: Monday – Friday                      Time: 12:00 noon



- **Roosevelt Community Center**, 901 E. Santa Clara Street, San José, CA 95116  
Days served: Monday – Friday      Time: 12:00 noon
- **The Salvation Army** ☎ **408-282-1165 x3209**  
359 N. 4<sup>th</sup> Street, San José, CA 95112  
Days served: Monday – Friday      Time: 12:00 noon
- **Santa Clara Senior Center** ☎ **408-615-3170 x3174**  
1303 Fremont Street, Santa Clara, 95050  
Days served: Monday – Friday      Time: 11:30 am
- **Santa Clara Valley Blind Center** ☎ **408-295-4016 x 204**  
101 N. Bascom Avenue, San José, CA 95128  
Days served: Wednesday      Time: 12:00 noon
- **Self Help for Elderly** ☎ **408-873-1183**  
940 S. Stelling Road, Cupertino, CA 95014  
Days served: Monday – Friday      Time: 11:30 am
- **Seven Trees Community Center** ☎ **408-794-1690 x1693**  
3597 Cas Drive, San José, CA 95111  
Days served: Monday – Thursday/Time: 12:00 noon      Friday/Time: 11:45 am
- **Stevenson House** ☎ **650-494-1944 x 19**  
455 E. Charleston Road, Palo Alto, CA 94306  
Days served: Monday – Friday      Time: 11:30 am
- **Southside Senior Center** ☎ **408-629-9606**  
5585 Cottle Road, San José, CA 95123  
Days served: Monday – Friday      Time: 12:00 noon
- **Sunnyvale Senior Center, First United Methodist Church of Sunnyvale** ☎ **408-739- 0833**  
535 Old San Francisco Road, Sunnyvale, CA 94086  
Days served: Monday – Friday      Time: 11:15 am
- **Willow Glen Senior Center** ☎ **408-265-0915**  
2175 Lincoln Avenue, San José, CA 95125  
Days served: Monday – Friday      Time: 12:00 noon
- **Yu Ai Kai** ☎ **408-297-4979**  
588 N. 4<sup>th</sup> Street, San José, CA 95112  
Days served: Monday – Friday      Time: 12:00 noon

**Women, Infants, and Children (WIC)** ☎ **888-942-9675** 🌐 [www.wicworks.ca.gov](http://www.wicworks.ca.gov)  
WIC is a government program for pregnant women, new mothers, infants, and young children. They provide food vouchers and formula. Call for a location near you.

**Santa Clara Public Health Department:** ☎ **408-792-5101**

**South County:** ☎ **408-847-0454** - 1234 First Street, Gilroy, CA 95021

**North County:** ☎ **408-792-5101** - 660 South Fair Oaks Street, Sunnyvale, CA 94086

**Indian Health Center:** ☎ **408-445-3400 ext. 210** 🌐 [www.indianhealthcenter.org](http://www.indianhealthcenter.org)  
1642 E Capitol Expressway, San José, CA 95121

## Grow Your Own Food / Backyard Gardening Resources

### Master Gardeners of Santa Clara County

 <http://mastergardeners.org/scc.html>

The above link offers many resources on food growing


### San José Community Gardens Program

 408-793-4165

 [www.sjcommunitygardens.org](http://www.sjcommunitygardens.org)

A government site that lists community gardens where you can grow your own vegetables.


### La Mesa Verde, Sacred Heart Community Services

 408-278-2160

 [www.sacredheartcs.org/our-programs/self-sufficiency/la-mesa-verde](http://www.sacredheartcs.org/our-programs/self-sufficiency/la-mesa-verde)

Assists low income, working poor, and the long-term unemployed residents of San José to grow organic vegetables in their backyards.

### Veggielution Community Farm


 408-634-3276

 [www.veggielution.org](http://www.veggielution.org)

King Road, San José CA 95116

A 6 acre non-profit community farm dedicated to creating a more sustainable food system in San José.

### Community Alliance with Family Farmers (CAFF)

 408-337-5644

 [www.caff.org](http://www.caff.org)

22 Martin Street, Gilroy, CA 95020

Has the online 40 page Eaters Guide to Local Food, Central Coast Edition:

 [caff.org/wp-content/uploads/2010/07/CCguide.pdf](http://caff.org/wp-content/uploads/2010/07/CCguide.pdf)

Info on local farmers markets, community-sponsored agriculture food baskets, etc.

Food stamps (Cal Fresh) can be used at farmer's markets.

## Income and Money

### General Assistance

 877-96-BENEFITS


 [www.sccgov.org/portal/site/ssa](http://www.sccgov.org/portal/site/ssa)

 408-758-3106 - 1919 Senter Road, San José, CA 95112

 408-758-6450 - 379 Tompkins Court, Gilroy, CA 95020

On website, in left side click on "Dept. of Employment & Adult Services" click "Financial Assistance" and then click "Adults". A government cash loan assistance program for adults who have no income. Loans range between \$147 and \$337 per month to a person, depending on expenses. GA can also loan \$929 per month for a State Licensed Board and Care home. Apply in person at one of the above addresses.

### Cash Assistance Program for Immigrants (CAPI)

 **877-96-BENEFITS**

 [www.sccgov.org/portal/site/ssa](http://www.sccgov.org/portal/site/ssa)

 **408-758-3106** - 1919 Senter Road, San José, CA 95112

 **408-758-3450** - 379 Tompkins Court, Gilroy, CA 95020

On website left side click on “Dept. of Employment & Adult Services”, then click “Financial Assistance”, and then click “Immigrants”. A government cash assistance program of around \$700 per month for certain legal noncitizens age 65 or older, or legal noncitizens of any age that are blind or disabled. Applicants must have been denied Supplemental Security Income/ State Supplementary Payment because of their immigrant status. Apply at an address above.

### CalWORKs (California Work Opportunity & Responsibility to Kids)

 **877-96-BENEFITS**  [www.sccgov.org/portal/site/ssa](http://www.sccgov.org/portal/site/ssa)

Apply at the County Assistance Application Centers:


 408-758-3106 - 1919 Senter Road, San José, CA 95112

 408-758-3450 - 379 Tompkins Court, Gilroy, CA 95020

 650-988-6100 - 100 Moffett Blvd., Mountain View, CA 94043

On website, in left side click on “Dept. of Employment & Adult Services”, then click “Financial Assistance”, and then click “Families”. CalWORKs is California’s version of the federal welfare program TANF: Temporary Aid for Needy Families. This program gives temporary cash assistance and employment services to help families achieve self-sufficiency.

### Unemployment Insurance Payments


 **800-300-5616**

 [www.edd.ca.gov](http://www.edd.ca.gov)

297 W. Hedding Street, San José, CA 95110

A program offered by the State of California that provides monthly check for qualified persons who have been recently unemployed.

### How to Survive an Economic Crisis: A Resource Guide

 **408-255-8033**

 [www.scvlp.com/Resources/How\\_to\\_Survive\\_Economic\\_Crisis\\_FINAL.pdf](http://www.scvlp.com/Resources/How_to_Survive_Economic_Crisis_FINAL.pdf)

A resource provided by West Valley Community Services on doing well while living in a bad economy.

## Disability Benefits, Social Security and Family Leave

### Family Medical Leave Act (FMLA)

 **866-487-9243**

 [www.dol.gov/whd/regs/compliance/whdfs28.htm](http://www.dol.gov/whd/regs/compliance/whdfs28.htm)

View the fact sheet about the Family Medical Leave Act for information about who is covered by FMLA, who is eligible and how the program works. This federal program protects your job while you care for a family member.

### **Paid Family Leave Benefits (PFL)**

**☎ 877-BE-THERE / 877-238-4373)**

**☎ TTY: 800-877-8973 ☎ Spanish: 877-379-3819**

**🌐 [www.edd.ca.gov/Disability/Paid\\_Family\\_Leave.htm](http://www.edd.ca.gov/Disability/Paid_Family_Leave.htm)**

Administered through the California Employment Development Department, provides payment to eligible workers suffering a full or partial loss of wages due to the need to care for a seriously ill family member or to bond with a new child.

### **State Disability Insurance (SDI)**

**☎ 800-480-3287**

**☎ TTY: 800- 877-8973 ☎ Spanish: 866-658-8846 🌐 [www.edd.ca.gov](http://www.edd.ca.gov)**

Offers a monthly check for qualified workers who are disabled for a reason not caused by their job. Applications in English and Spanish can be found on the website.

### **Social Security Benefits, Income, Disability and Retirement, and Medicare**

**☎ 800-772-1213 ☎ TTY: 800-325-0778 🌐 [www.ssa.gov](http://www.ssa.gov)**

**🌐 Multi-language: [www.ssa.gov/multilanguage](http://www.ssa.gov/multilanguage) SSI Application:  
[www.ssa.gov/pgm/links\\_ssi.htm](http://www.ssa.gov/pgm/links_ssi.htm)**

Provides continuing income to workers and their families after retirement, disability or death. Offers Medicare for people 65 or over and some people under 65 who are disabled. Also offers Supplemental Security Income (SSI) to those in financial need who are 65 or over, or those who are blind or disabled. They also issue Social Security cards. Call to apply.

#### **Local Social Security Offices:**

**Campbell:** 770 W. Hamilton Avenue, Campbell, CA 95008

**Downtown San José:** 280 S. 1<sup>st</sup> Street, Room 244, San José, CA 95113

**East San José:** 2500 Fontaine Road, San José, CA 95121

**South San José:** 6140 Cottle Road, San José, CA 95123

**Mountain View:** 700 E. El Camino Real, Mountain View, CA 94040

**Gilroy:** 1059 1st Street, Gilroy, CA 95020

### **Disability Advocates**

**Mel Irvin ☎ 408-247-7538 🌐 [melirvin.com](http://melirvin.com)**

A disability claims advocate who helps people to apply for social security disability/SSI

#### **Social Security Lawyers:**

**Angelina Valle, Esq. ☎ 408-881-0200**

**Cynthia Starkey Esq. ☎ 408-247-3454**

**Terry LaPorte, Esq. ☎ 408-293-8810**

**Dan Qui Do, Esq. ☎ 408-292-5505**

**Nancy McCombs ☎ 800-511-2355**

## **Credit, Debt Services and Bankruptcy**

### **Debtor's Rights Legal Clinics**

**Pro-Bono Project ☎ 408-998-5298 🌐 [www.probonoproject.org](http://www.probonoproject.org)**

**Katherine & George Alexander Community Law Center ☎ 408-288-7030  
[law.scu.edu/kgaclc](http://law.scu.edu/kgaclc)**

### **Annual Credit Report Request Service**

 [www.annualcreditreport.com](http://www.annualcreditreport.com)

PO Box 105283 Atlanta, GA 30348-5283


Obtain your free credit report for free up to three times each year.

### **Credit Karma**

[www.creditkarma.com](http://www.creditkarma.com)

A private company that provides online free credit scores, free credit reports and free credit monitoring.

### **SurePath Financial Solutions**

 **877-615-7873**

 [www.surepath.org](http://www.surepath.org)

1190 S. Bascom Avenue, Suite 208, San José, CA 95128.

Nonprofit agency providing free or low cost credit counseling, credit report reviews, foreclosure solutions, Debt Solver Program, bankruptcy counseling, reverse mortgage counseling, etc.


### **Move Your Money Project**



 [www.moveyourmoneyproject.org](http://www.moveyourmoneyproject.org)

Find local banks and credit unions in your area. Putting your money in local banks and credit unions helps to fund local jobs and housing projects.

## **Transportation**

### **Outreach for Santa Clara Valley**

 **408-436-2865**

 Reservations 408-436-4860  [www.outreach1.org](http://www.outreach1.org)

A paratransit car service for disabled persons. Door-to-door service is provided, taking clients to medical and dental appointments. Cost is \$3.50 one way, \$7.00 round trip.

Once approved for Outreach, you will receive a free VTA transit pass for ongoing use.

### **Senior Transportation**

 [www.outreach1.org/seniors/seniors\\_mainpage.html](http://www.outreach1.org/seniors/seniors_mainpage.html)

A door-to-door paratransit service for low income seniors age 65 and older, operated by Outreach. It provides 40 one-way or 20 roundtrip rides per year. A voluntary donation of \$3.50 per ride is requested. No one who cannot pay will be refused a ride.

Applicants must reapply annually. Also provides fare subsidies for VTA paratransit and public transit service users. For more information download the Senior Mobility Guide:

[www.outreach1.org/public/MobilityGuide\\_SCCSMC\\_Aug2012\\_v2.pdf](http://www.outreach1.org/public/MobilityGuide_SCCSMC_Aug2012_v2.pdf)

## VTA: Santa Clara County Transit District

☎ 408-321-2300

🌐 [www.vta.org](http://www.vta.org)

2 North First Street, San José, CA 95112

The website has VTA's online trip planner. Call VTA for bus routes and to apply for:

**Disabled Discount Transit Card or Senior Discount Transit Card:** If you have serious health issues, or are age 65 and older you may be eligible for this card. This card will allow you to pay, \$1 per ride or \$2.50 for a day pass or \$25 per month for a monthly bus pass. To get your card, go to the VTA Transit Office. The card cost is \$3. Until you are able to do this, you may get the senior discount on any bus by showing a California I.D. card or your passport with your Medicare card.

**Youth Monthly Pass:** \$45 a month for children ages 5-17.

**Adult Monthly Pass:** \$70 a month for all adults who do not qualify for Senior/Disabled passes.

## Transportation by Community Volunteers

### Heart of the Valley, Services for Seniors, Inc.

☎ 408-241-1571

🌐 [www.servicesforseniors.org](http://www.servicesforseniors.org)

Provides escorted transportation to people age 59+ utilizing volunteers, as available. There is a suggested donation of \$2.50, plus \$.25 per mile.

### Love In The Name of Christ (Love INC)

☎ 408-723-9223

🌐 [www.loveinc santaclaracounty.org](http://www.loveinc santaclaracounty.org)

Church volunteers who give rides to doctor's appointments (when volunteers are available). Please submit requests at least 8 days prior appointments.

## Medi-Cal Paid Transportation to Medical Appointments

If you have Medi-Cal you may qualify for free rides to your doctor appointments, your counseling appointments and to Healthy Living classes. To get a free ride call the member services phone number on your Santa Clara Family Health Plan Medi-Cal card or your Blue Cross Medi-Cal card. If you have the Blue and White regular Medi-Cal card, you can call one of the transport providers listed below.

Be sure to ask for a free ride at least one week in advance. Valid reasons to qualify for a free ride include being disabled, being ill or not having other transport. If you are denied a free ride, ask what the appeal process is and appeal the decision. Sometimes you will be required to get a doctor's letter stating what type of health condition you have, other times this will not be required. Ask if there is a form your doctor needs to fill out, or if your doctor can write their own letter.

**Care Trans** ☎ 408-392-9007 🌐 [www.caretransofsanjose.com](http://www.caretransofsanjose.com)

**Boundless Transport** ☎ 408-832-8395 🌐 [www.boundlesscare.org/transportation.html](http://www.boundlesscare.org/transportation.html)

**Ken Transportation** ☎ 408-267-4459 🌐 [www.kentransport.com](http://www.kentransport.com)  
**S & P Medical Transport** ☎ 408-829-8648 🌐 [www.sandpmedtrans.com](http://www.sandpmedtrans.com)  
**V + B Transportation** ☎ 408-937-6135 🌐 [www.vbtransport.com](http://www.vbtransport.com)  
**UBF Transport Services** ☎ 408-263-1234 🌐 <http://www.ubftransport.com/>  
**Outreach Transportation** ☎ 408-436-2865 🌐 [www.outreach1.org](http://www.outreach1.org)  
**Green Cab** ☎ 408-452-8888 🌐 [www.sjgreencab.com](http://www.sjgreencab.com)

## Housing, Shelter, Foreclosure, and Eviction

### Craigslist

🌐 [sfbay.craigslist.org/sby/hhh](http://sfbay.craigslist.org/sby/hhh)

Online listing of rooms, apartments and houses to rent. New rentals daily. Anyone can list housing here for free, or post an ad that you are seeking housing. This internet address is for the South Bay Area, and that once you're at the site you can search other areas as well.

### SCC Housing (Low Income Apartments)

🌐 [www.scchousingsearch.org](http://www.scchousingsearch.org)

Comprehensive online database of low cost (subsidized) apartments in Santa Clara County. The site is searchable by number of bedrooms, rent amount, accessibility for disabled, etc. For best results, get on 5 to 10 wait lists. Do NOT need Section 8 (a federal program for low-cost housing) voucher to apply. Call apartment manager to see if wait list is open to apply, as this is not kept current on the website.

### Mid-Peninsula Housing

☎ 650-356-2900

🌐 [www.midpen-housing.org](http://www.midpen-housing.org)

A searchable database of low income apartments.

### Charities Housing

☎ 408-550-8300

🌐 [www.charitieshousing.org](http://www.charitieshousing.org)

A searchable database of low income apartments.

### Housing Authority

☎ 408-275-8770

🌐 [www.hacsc.org](http://www.hacsc.org)

505 W. Julian Street, San José, CA 95110-2300



A government agency which provides Section 8 rent vouchers for low income families, seniors and persons with disabilities. The Section 8 wait list is usually closed. Has information on low-cost apartment complexes.

### Santa Clara County Shelter Hotline

☎ 800 774-3583

Pre-recorded current information in English and Spanish on shelter availability for single men and women, families, and youth, including cold weather shelters.

### **HomeFirst, Boccardo Reception Center**

 **408-294-2100 or 408-539-2170** 

[www.homefirstscc.org](http://www.homefirstscc.org)

2011 Little Orchard Blvd., San José, CA (located on Bus Line 26)

Formerly called EHC Lifebuilders, HomeFirst provides housing for homeless people through emergency shelters, transitional housing and other programs. A medical shelter for recently discharged hospital patients who are homeless is also available.


### **City of San José Homeless Resource Guide**

 <http://ca-sanjose.civicplus.com/DocumentCenter/View/11171>

Spanish Homeless Resource Guide: <http://www.sanjoseca.gov/DocumentCenter/View/1133>

A pocket sized list of information on shelters, rental assistance, mental health and recovery programs, veteran and youth services, and housing for families and individuals.


### **San Jose Citywide Homeless Outreach and Engagement Services**

 **408-510-7600**

<http://www.sanjoseca.gov/index.aspx?NID=3653>

## **Eviction Resources**

### **Pro Bono Project**

 **408-998-5298**

 <http://www.probonoproject.org/services-provided/other-services>

The Pro Bono Project offers legal services to low income persons.

### **Lawyers in the Library (provided by the Pro Bono Project)**

 **408-808-2382**

 <http://www.sjpl.org/event/lawyers-library>

150 E. San Fernando Street, San José, CA 95112

Free legal consultations are available at local community sites. To ensure a consultation with a volunteer attorney, please call Mondays between 10 am and 11 am to make an appointment.

## **Foreclosure Prevention Resources**

### **Keep Your Home California**

 **888-954-KEEP or 888-954-5337**

 [Keepyourhomecalifornia.org](http://Keepyourhomecalifornia.org)

### **Neighborhood Housing Services of Silicon Valley**

 **408-279-2600 ext.1210**


 [www.nhsnow.org](http://www.nhsnow.org)

### **Foreclosure Help**

 **408-293-6000**

 [www.foreclosurehelpscc.org](http://www.foreclosurehelpscc.org)

### **SurePath Financial Solutions**

 **877-615-7873**

 [www.surepath.org](http://www.surepath.org)


### **Project Sentinel Santa Clara Office**

 **888-324-7468 or 408-720-4888**


 [www.housing.org](http://www.housing.org)



**San José Fair Housing Consortium**

 408-287-4663


**Alliance of Californians for Community Empowerment**

 415-335-7033

 [www.calorganize.org](http://www.calorganize.org)

**Home Buying Resources for Low Income People**

**Neighborhood Housing Services of Silicon Valley**

 408-279-2600


 [www.nhssv.org](http://www.nhssv.org)

**San José Housing**

 [www.sjhousing.org/program/homebuyer.html](http://www.sjhousing.org/program/homebuyer.html)

Offers free home ownership workshops for low income people.

**County of Santa Clara Office of Affordable Housing**

 408-299-5765


 [www.sccgov.org/portal/site/oah/](http://www.sccgov.org/portal/site/oah/)

**Housing Trust of Santa Clara County**

 408-436-3450

 [www.housingtrustscc.org/](http://www.housingtrustscc.org/)

**California Housing Finance Agency**

 877-922-5432


 [www.calhfa.ca.gov/](http://www.calhfa.ca.gov/)

**Licensed Board and Care Homes (Residential Care Facilities)**

 [www.cclد.ca.gov/docs/cclد\\_search/cclد\\_search.aspx](http://www.cclد.ca.gov/docs/cclد_search/cclد_search.aspx)

On their website, under Question 1: “Select the Facility Type to Locate”, select “Adult Residential Facility”. Under Question 2: Select the city or zip code you wish to search in. This website will search for many other types of licensed centers such as residential care for the elderly, residential care for the chronically ill, child care centers, group homes, etc.

**Community Voicemail Service**

 408-437-9165

Community Voicemail provides homeless and at-risk clients access to 24 hour personalized and easy to use voicemail.

**Also see:** Mental Health and Counseling; Credit, Debt Services; and Bankruptcy


# Jobs, Training, and Department of Rehabilitation

## Craigslist

 [sfbay.craigslist.org/sby/jjj](http://sfbay.craigslist.org/sby/jjj)

Job listings are posted every day. You may also post a free ad that you are seeking work. Note that this internet address is for the South Bay Area. Once you are on the site you can search other areas as well.

## California State Department of Rehabilitation

 **408-277-1355**

 [www.dor.ca.gov](http://www.dor.ca.gov)

100 Paseo de San Antonio, Room 324, San José, CA 95113

Offers diagnostic and testing services, job training, placement, and supportive services for vocationally disabled persons with physical, mental, and emotional impairments. To apply at the Paseo de San Antonio office, attend the orientation Wednesday at 10:00 am. Other offices you can phone to apply:

 408-848-1345 - 8060 Santa Teresa Blvd., Suite 200, Gilroy, CA 95020

 408-254-5750 - 1333 Piedmont Road, Suite 106, San José, CA 95132

## Project HIRED

 **408-557-0880**

 [www.projecthired.org](http://www.projecthired.org)

Provides job referrals and guidance to the disabled.

- 1270 Franklin Mall, Santa Clara, CA 95050
- 1401 Parkmoor Avenue, Suite 125, San José, CA 95126

**More Job Resources for Persons with Disabilities:** [www.novaworks.org/JobSeekerServices/ServicesDescription/ServicesforIndividualswithDisabilities.aspx](http://www.novaworks.org/JobSeekerServices/ServicesDescription/ServicesforIndividualswithDisabilities.aspx)

## Job Centers and Information


### Work 2 Future One Stop Career Center

 [www.work2future.biz](http://www.work2future.biz)


Government-operated job centers with representatives from different government, and private job training programs. They provide employment and training resources for all ages. Call or visit to request an individual case manager to help you find a job.

### One-Stop Job Centers:

**San Jose**  **408-794-1100** 1601 Foxworthy Avenue, San José, CA 95125

**North San Jose**  **408-216-6200** 1901 Zanker Road, San Jose, CA 95134


**Youth Training Center**  **408-794-1234** 2072 Lucretia Ave., San Jose, CA 95122

**Gilroy:**  **408-846-1480** - 7800 Arroyo Circle, Suite A, Gilroy, CA 95020

**Morgan Hill**  **408-776-8248** 17666 Crest Ave, Morgan Hill, CA 95037

**Sunnyvale:**  **408-730-7232** - 505 West Olive Avenue, Suite 550, Sunnyvale, CA 94086

### Partner Affiliate: Center for Training and Careers

 **408-213-0961**

749 Story Road. #10, San José, CA 95122

### **Santa Clara County Re-Entry Resource Center**

**☎ 408 535-4236 or 535-4280**

<http://www.sccgov.org/sites/reentry/resourcecenter/Pages/Resource-Center.aspx>

151 West Mission St., San Jose, CA 95110

A center to help formerly incarcerated and incarcerated persons successfully reenter and reintegrate into the community, by receiving referral and wrap around services.

For the Santa Clara County Re-entry Resources Guide, see this website:

<http://www.sccgov.org/sites/reentry/ResourcesDirectory/Pages/Resources-Directory.aspx>

### **Trade Apprenticeships and How to Find Them**

An apprenticeship is learning a trade like plumbing or window-making while earning money at the same time. You get both job training and classroom instruction while getting paid. Find apprenticeships near you by searching the Department of Industrial Services website. They have an up-to-date list of many apprenticeships.

First, go to: [www.dir.ca.gov/databases/das/aigstart.asp](http://www.dir.ca.gov/databases/das/aigstart.asp)

Next, click on “All counties” and select “Santa Clara”

Then, click the [\[search\]](#) button.

### **Ascent Employment Program**

**☎ 408-257-8302 Fax 408-257-4600**

[www.ascent-jobs.org](http://www.ascent-jobs.org)

4911 Moorpark Avenue, San José, CA 95129

Assists adults in Santa Clara County looking for employment. The program provides assistance to those who need meaningful employment, especially those with troubled backgrounds. Volunteers provide practical assistance and training.

### **Employment Connection Center**

**☎ 408-758-3797**

[www.ecstaffing.com](http://www.ecstaffing.com)

1879 Senter Road, San José, CA 95112

The Employment Connection Center provides job searching resources for individuals with dependents under 18 who are receiving cash aid benefits. Requirements: referral by a CalWORKs case worker.

### **Fremont High School District – Adult and Community Education**

**☎ 408-522-2700**

<http://ace.fuhisd.org>

591 W Fremont Avenue, Sunnyvale, CA 94087

### **Institute for Career Development (Goodwill)**

**408-998-5774**

1080 N Seventh Street, San José, CA 95112

### **JobCorps**

**408 254-5627**

[www.sanjose.jobcorps.gov](http://www.sanjose.jobcorps.gov)

3485 East Hills Drive, San José, CA 95127

Provides a no-cost education and career technical training program.

**Joblink Employment Program and Asset Building for Independence** ☎ 408-278-2160  
🌐 [www.sacredheartcs.org/our-programs/self-sufficiency/job-link](http://www.sacredheartcs.org/our-programs/self-sufficiency/job-link)  
1381 South First Street, San José, CA 95110  
This program is run by Sacred Heart Community Service.

**Jobtrain** ☎ 650-330-6429  
🌐 [www.jobtrainworks.org](http://www.jobtrainworks.org)  
1200 O'Brien Drive, Menlo Park, CA 94025

**Metropolitan Education District** ☎ 408-723-6400  
[www.metroed.net](http://www.metroed.net)  
760 Hillsdale Avenue, San José, CA 95136

**Mission College Career Transfer Center** ☎ 408-855-5115  
🌐 [www.missioncollege.org](http://www.missioncollege.org)  
3000 Mission College Room #1-20, Santa Clara, CA 95054

**NOVA Conectó** ☎ 408-730-7232  
🌐 [www.Novaworks.org](http://www.Novaworks.org)  
505 W. Olive Avenue, Suite 550, Sunnyvale, CA 94086

**NOVA Youth Employment Office** ☎ 408-730-7640  
🌐 [www.youthatwork.org](http://www.youthatwork.org)  
505 W. Olive Avenue, Suite 630, Sunnyvale, CA 94086

**San José State University Career Center**  
<http://www.sjsu.edu/careercenter/>  
1 Washington Square, Building F, San José, CA 95192 408-924-6031

**Small Business Assistance** 877-880-1222  
[www.businessownerspace.com](http://www.businessownerspace.com)  
San José/Silicon Valley's most accessible, comprehensive, and useful one-stop resource for launching and growing a business in the greater San José metropolitan area.

**West Valley College Career Programs Center** ☎ 408-741-2098  
🌐 [www.westvalley.edu/careers](http://www.westvalley.edu/careers)  
14000 Fruitvale Ave., AAS 35, Saratoga, CA 95070


**Also see:** Income and Money; Health and Dental Insurance

# Alcohol and Drug Abuse Treatment

## Health Insurance

If you have health insurance, phone them to see what alcohol/substance abuse rehabilitation services are included in your plan.

## Gateway Assessment Center

 **800-488-9919**

 [www.sccgov.org/sites/dads/](http://www.sccgov.org/sites/dads/)

A County Department of Alcohol and Drug Services program giving information and referrals to drug and alcohol detox and treatment programs, including outpatient and residential programs.

## Alcoholics Anonymous (AA)


 **408 374-8511 - 24 Hours**

 <http://aasanjose.org/meetings>

525 West Alma Avenue, San José, CA 95125

A support group for people who would like help with a drinking problem. Contact for local meetings.

## Al-Anon

 **408-379-1051**

 [www.scv-afg.org](http://www.scv-afg.org)

Provides emotional support to relatives and friends of alcoholics. Contact for local meetings.

## Spanish Alcoholics Anonymous (AA)

 **408-295-0920 - 24 Hours**

 [www.aespanolsanjose.org](http://www.aespanolsanjose.org)

A support group for Spanish speaking people who would like help with a drinking problem. Contact for local meetings.

## Narcotics Anonymous

 **408-998-4200 - 24 Hours**

 [www.sjna.org](http://www.sjna.org)

A support group for people who would like help with a drug or substance abuse problem. Contact for local meetings.

## Alcohol and Drug Residential Facilities and Programs

 [http://www.adp.ca.gov/licensing/pdf/Status\\_Report.pdf](http://www.adp.ca.gov/licensing/pdf/Status_Report.pdf)

The Department of Alcohol and Drug Programs (DADS) provides an extensive list of resources for persons in need of assistance with recovery. For a list of residential treatment facilities and certified alcohol and drug programs use the link above.

## Smart Recovery Groups

 **408-850-3595 or 831-462-5470**

 [www.smartrecovery.org](http://www.smartrecovery.org)

Offers non-faith-based self-help meetings as an alternative to 12-step A.A.

## Mental Health and Counseling

### Health Insurance

If you have health insurance, phone them to see what mental health/counseling services are covered in your plan.


### County Mental Health

 **800-704-0900 - 24 Hours**

 [www.sccgov.org/portal/site/mhd/](http://www.sccgov.org/portal/site/mhd/)

Provides referral to community mental health services and direct mental health services to both Medi-Cal insured and uninsured persons.

### County Mental Health Urgent Care Clinic

 **408-885-7855**

871 Enborg Court, San José, CA 95128 (next to Santa Clara Valley Medical Center)

Accepts walk-in patients, seven days a week, regardless of insurance. This is the gateway for Emergency Psychiatric Services (see below).

### Emergency Psychiatric Services (EPS)

 **408-885-6100 - 24 Hours**

871 Enborg Court, San José 95128 (next to Santa Clara Valley Medical Center)

### Community-Based Counseling/Therapy (Sliding Scale Fees)

<http://www.sccgov.org/sites/mhd/Services/Pages/OutpatientSupportServices.aspx>

Lists of community-based counseling and psychotherapy providers, as well as County Mental Health Offices. Many have sliding scale fees for those without health insurance coverage.

### National Alliance on Mental Illness (NAMI)

 **408-453-0400**

 [www.namisantaclara.org](http://www.namisantaclara.org)

1150 S. Bascom Avenue, Suite 24, San José, CA 95128

Offers education and support, including support groups, to persons with a mental illness and their family members.

### Santa Clara County Network of Care for Behavioral Health


 [santaclara.networkofcare.org/mh/home/index.cfm](http://santaclara.networkofcare.org/mh/home/index.cfm)

**Aging resources:**  [santaclara.networkofcare.org/aging](http://santaclara.networkofcare.org/aging)

An online resource for individuals, families and agencies concerned with behavioral health. It provides information about behavioral health services, laws, and related news, as well as communication tools and other features.

### Suicide Hotline

 **855-278-4204 Toll-Free 24 Hours**

- Spanish-Speaking (weekdays only between 1:00PM and 9:00PM)  **800-303-7432**  
If you are unable to reach the Suicide Hotline, call 911.

## Teen and Young Adult Counseling Resources

### EMQ Families First

☎ 408-379-3790

🌐 [www.emqff.org](http://www.emqff.org)

251 Llewellyn Avenue, Campbell, CA 95008

A 24 hour mobile crisis intervention service available to all Santa Clara County children and adolescents under age 18 who are in acute psychological crisis.

### EMQ Child and Adolescent Mobile Crisis Program ☎ 408-379-9085 or 877-41-CRISIS

🌐 [www.emqff.org](http://www.emqff.org)

251 Llewellyn Avenue, Campbell, CA 95008

Offers mental health treatment, foster care, and social services to help families recover from trauma, abuse, and addiction.

### Alum Rock Counseling Center ☎ 408-294-0500 ☎ Crisis Hotline: 408-294-0579

🌐 [alumrockcc.org](http://alumrockcc.org)

1245 East Santa Clara Street, San José, CA 95116

### Billy DeFrank LGBT Community Center

☎ 408-293-2429

🌐 [www.defrank.org](http://www.defrank.org)

Provides HIV testing, support groups and community referrals for LGBT (Lesbian, Gay, Bi-Sexual and Transgender) individuals.

### Bill Wilson Center

☎ 408-243-0222 ☎ Crisis Line: 408-850-6125 🌐

[www.billwilsoncenter.org/services](http://www.billwilsoncenter.org/services)

3490 The Alameda, Santa Clara, CA 95050

### Transition Aged Youth (TAY) Ages 16 – 25 Resources

[www.sccgov.org/sites/mhd/Resources/Pages/TransitionalAgeYouth.aspx](http://www.sccgov.org/sites/mhd/Resources/Pages/TransitionalAgeYouth.aspx) Go to this website, then click under Program Description on "Transitional Aged Youth (TAY) Mental Health Resources in Santa Clara County Handout." Also visit the "TAY Related Links" on the right hand column.

## Death, Bereavement and Funerals

### Hospice Agencies

These agencies serve Santa Clara County terminally ill patients in their homes by supporting the medical, emotional, and spiritual needs of the patient and family. To receive hospice services ask your doctor for an MD order for hospice, or call your health plan.

#### Asian Network Pacific Home Care & Hospice

☎ 408-272-8882

McKee Road, Suite 55, San José, CA 95127

#### Heartland Home Health Care & Hospice

☎ 408-450-7850

2005 De La Cruz Blvd., Suite 271, Santa Clara, CA 95050

#### Hospice of the Valley

☎ 408-559-5600

🌐 [www.hospicevalley.org](http://www.hospicevalley.org) - 850 Union Avenue, San José CA 95124

**Odyssey Health Care & Hospice of Northern California**

1500 Hamilton Avenue, Suite 212, Campbell, CA 95008

☎ 408-626-4868

**Optimal Hospice Care**

3375 Scott Blvd, Suite 310, Santa Clara, CA 95054

☎ 408-207-9222

**Pathways Home Health & Hospice**

201 San Antonio Circle, Suite 135, Mountain View, CA 94040

☎ 650-949-3029

**Vitas Innovative Hospice Care**

🌐 [www.Vitas.com](http://www.Vitas.com) -201 San Antonio Circle, Suite 135, Mountain View, CA 94040

☎ 866-418-4827

Provides end of life care for both children and adults with terminal illnesses.

**Centre for Living with Dying**

☎ 408-243-0222 - 24 Hours



[www.billwilsoncenter.org](http://www.billwilsoncenter.org)

3490 The Alameda, Santa Clara, CA 95050

Provides individual and small group grief support for adults, children and families experiencing life-threatening illness or death of a loved one. Crisis intervention and a broad based educational program on grief and loss are offered.

**Funeral Consumers Alliance**

☎ 650-321-2109



[www.fcapeninsula.org](http://www.fcapeninsula.org)

A nonprofit organization that can help you make dignified, meaningful and affordable death plans. No attachment to the funeral industry or any religious group.

**Muslim Community Association Funerals**

☎ 408-839-9313

🌐 [www.mcabayarea.org/islamic-services/funeral-services](http://www.mcabayarea.org/islamic-services/funeral-services)

Provides 24/7 guidance for Muslim families on funeral arrangements of their loved ones

**Santa Clara County Indigent Cremation Program**

☎ 408-793-1900

850 Thornton Way, San José, California 95128

Anyone wishing to apply should contact the Santa Clara County Medical Examiner-Coroner's Office for information and directions. If the deceased was indigent, there were no prior funeral arrangements, and the next of kin is found to be unable to pay for services, the County will cremate the deceased at County expense and scatter the ashes in a compassionate manner.

## Health and Dental Insurance

**Dental Line**

☎ 408-808-6102

Provides emergency dental services for low income patients and those with Medi-Cal.

Find out where to go in Santa Clara County for Denti-Cal, emergency dental issues, or mobile dental clinics. You can also contact Valley Health at Tully Dental Clinic at (408) 817-1480.



### Denti-Cal

☎ 800-322-6384 ☎ TTY: 800-735-2922

🖥 [www.denti-cal.ca.gov/provreferral/SantaClara.pdf](http://www.denti-cal.ca.gov/provreferral/SantaClara.pdf)

Provides referral for a list of Santa Clara County dentists who accept Medi-Cal.

### Covered California

[www.coveredca.com/](http://www.coveredca.com/)

☎ 800-300-1506

State of California's website to enroll in affordable health insurance.

### SCVMC Health Coverage Office (Patient Access Department: Financial Counselors)

☎ 866-967-4677

🖥 [www.scvmed.org/patients/financial/pages/apply.aspx](http://www.scvmed.org/patients/financial/pages/apply.aspx)

770 S. Bascom Avenue, San José, CA 95128 (across the street from SCVMC & next to Wendy's Restaurant).

This office signs patients up for health coverage through Santa Clara Valley Medical Center, Covered California, etc.

- **To apply in person:** walk in, no appointment necessary, for financial assistance with paying medical bills at SCVMC.
- **To Apply by Phone:** Call the Patient Access Line to schedule attendance for a group session explaining the programs.

### Children's Health Insurance Info

☎ 888-244-5222

🖥 [www.chikids.org](http://www.chikids.org)

Provides application info for Healthy Kids and Medi-Cal for Children.

### Medicare

☎ 800-772-1213

🖥 [www.ssa.gov](http://www.ssa.gov)

A federal health insurance program for persons age 65 and over, for some younger persons with disabilities. Senior should apply three months before their 65<sup>th</sup> birthday at your local Social Security Administration (SSA) office. Make an application appointment online or by phone.

### Medicare Information & Counseling

🖥 [www.cahealthadvocates.org](http://www.cahealthadvocates.org)

California Health Advocates provides complete information on Medicare for Californians. For free local Medicare counseling and help with other healthcare issues. Ask about the Health Insurance Counseling and Advocacy Program (HICAP).

### Centers for Medicare and Medicaid Services

☎ 800-MEDICARE /800-633-4227

☎ TTY: 877-486-2048 🖥 [www.medicare.gov](http://www.medicare.gov)

The official U.S. Government website for people with Medicare. Learn about all aspects of Medicare, including comparing Medicare Part D (prescription drug) plans. Contact them with any questions or issues with your Medicare health coverage.

### **Santa Clara Family Health Plan**

**☎ 408-376-2000**

[www.scfhp.com](http://www.scfhp.com)

A public agency founded by the Santa Clara County Board of Supervisors offers health insurance including Medi-Cal and Healthy Kids.

- Member Services ☎ 800-260-2055
- Family Resource Center ☎ 408-874-1888

### **Medi-Cal Eligibility Bureau at SCVMC**

**☎ 408-758-3000**

650 S. Bascom Avenue, San José, CA 95128.

Will help with your Medi-Cal issues. Bring photo ID and your social security card.

### **SCVMC Medication Assistance Program**

**☎ 408-793-6473**

2400 Moorpark Avenue, Suite 201, San José CA 95128

Patients who do not have prescription drug insurance may qualify for aid from the SCVMC to lower some of the costs of medications.

### **Valley Health Plan (VHP)**

**☎ 408-885-4760 or 888-421-8444**

[www.valleyhealthplan.org](http://www.valleyhealthplan.org) A health plan choice for medical care for County of Santa Clara employees, IHHS workers, and many other employer groups.

### **Medi-Cal County Social Services Assistance Application Center**

**☎ 408-758-3800 or 877-96-BENEFITS / 877-962-3633**

[www.mybenefitscalwin.org](http://www.mybenefitscalwin.org)

To apply for Medi-Cal, fill in an application online or request that an application be mailed to you

#### **Submit completed applications to a County Welfare office:**

- 1867 Senter Road, San José, CA 95112
- 379 Tompkins Court, Gilroy, CA 95020
- 100 Moffett Blvd., Mountain View, CA 94043

**☎ 408-758-3106**

**☎ 408-758-3450**

**☎ 408-278-2402**

\*Call to check the status of your existing Medi-Cal application.

### **Medi-Cal (State of California)**

**☎ 916-445-4171**

[www.dhcs.ca.gov/services/medi-cal/Pages/default.aspx](http://www.dhcs.ca.gov/services/medi-cal/Pages/default.aspx)

This is the California Department of Healthcare Services' comprehensive Medi-Cal site. It has fill-in-and-print mail-in applications available in 11 languages.

# Santa Clara Valley Medical Center

## Santa Clara Valley Medical Center

☎ 408-885-5000

🌐 [www.scvmc.org](http://www.scvmc.org)

751 S. Bascom Avenue, San José, CA 95128

The main phone line is to the SCVMC hospital operator. The website has information about clinic sites, including maps, directions and bus routes.

## Primary Care Access Center (formerly called Valley Connection)

888-334-1000

Use this number to make or cancel doctor's appointments at any Valley Health Center location, apply for special SCVMC health coverage, or talk to an Advice Nurse for free after-hours and weekend medical advice.

## SCVMC Patient Business Services

☎ 408-885-7470

2325 Enborg Lane, Suite 1H-101, San José, CA 95128

Call or walk in for questions about your SCVMC medical bills or to apply for Ability to Pay and other hospital programs.

## County Department of Revenue

☎ 408-282-3200

🌐 [www.sccgov.org/portal/site/dor/](http://www.sccgov.org/portal/site/dor/)

Call for questions about County medical bills and assistance arranging monthly payment plans.

## SCVMC Medical Records Office

☎ 408-885-5125 Fax 408-885-5170

## Healthier Living Classes (Chronic Disease Self-Management Classes)

Healthyliving.Program@hhs.sccgov.org

☎ 408-885-2486

Offered free by Santa Clara Valley Medical Center. You can sign up for a 6-week chronic disease self-management workshop to learn how to manage your chronic condition: diabetes, COPD, cardiovascular disease, Crohn's disease, damaged kidneys, AIDS, depression, and others. Located at a number of Santa Clara County Health & Hospital System clinics.

## SCVMC Patient Access Department (Financial Counselors)

☎ 866-967-4677

🌐 [www.scvmed.org/patients/financial/pages/apply.aspx](http://www.scvmed.org/patients/financial/pages/apply.aspx)

770 S. Bascom Avenue, San José, CA 95128 (across the street from SCVMC & next to Wendy's Restaurant).

**To apply in person:** walk in, no appointment necessary, for financial assistance with paying medical bills at SCVMC. **To Apply by Phone:** Call the Patient Access Line to schedule attendance for a group session explaining the programs.

**To check the status of your application / membership:** Call the number listed above or walk-in.

**SCVMC Customer Service**

**☎ 408-885-4826 or 800-351-1818**

**Email** [customer.service@hhs.sccgov.org](mailto:customer.service@hhs.sccgov.org)

SCVMC Customer Service accepts and works to resolve patient complaints/concerns. The office is located in SCVMC Hospital Old Main building.

- If you have a concern, question, complaint, or a kind word, we would like to hear from you. Your comments help us continue to provide good care and acknowledge the hard work of outstanding staff members. Your feedback is valuable and we may even contact you by phone so that we can get information about the care you received in the hospital or at one of our clinics. Thank you in advance for your honest feedback.

You can also contact one of the following agencies help resolving your concerns:

**California Department of Health Services (San José District Office)**

**☎ 408-277-1784 or 1 800-554-0348**

**🌐** [www.dhs.ca.gov](http://www.dhs.ca.gov)

100 Paseo de San Antonio, Suite 235, San José, CA 95113

**Medical Board of California**

**☎ 800-633-2322**

**🌐** [www.medbd.ca.gov](http://www.medbd.ca.gov)

Central Complaint Unit, 2005 Evergreen Street, Suite 1200, Sacramento, CA 95815

**The Joint Commission (Office of Quality Monitoring)**

**☎ 800-994-6610**

**🌐** [www.jointcommission.org](http://www.jointcommission.org)

One Renaissance Blvd. Oakbrook Terrace, IL 60181

Monday to Friday, 8:30 am to 5 pm, Central Time

## Stop Smoking Resources

**California Smokers' Helpline**

**☎ English 800-NO BUTTS /800-662 8887 ☎ Spanish 800-45 NO FUME / 800-456-6386**

**☎ Vietnamese 800-778 8440 ☎ Mandarin 800-838-8917 ☎ Korean 800-556-5564**

**🌐** [www.californiasmokershelpline.org](http://www.californiasmokershelpline.org)

Connects people with resources to help them quit smoking.

**Nicotine Anonymous**

**☎ 408-236-2196**

**🌐** [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

A 12 step program. Call for meeting locations, schedule and registration.

## Tobacco Prevention and Education Program

☎ 408-793-2740

🌐 [www.sccphd.org/tobacco](http://www.sccphd.org/tobacco)

This free two-session class offered by Santa Clara County Public Health Department will give you a Certificate of Completion that will allow you to request nicotine replacement therapy (medications).

## Seniors, Disabled, Veterans, and Caregivers

### In Home Supportive Services (IHSS) 4899

☎ 408-792-1600 or 408-975-

To request IHSS services by Fax 408-792-1601

🌐 [www.sccgov.org/ssa](http://www.sccgov.org/ssa)

A government program which provides in-home services for low income disabled and elderly, such as housekeeping, cooking, bathing, errands, etc. Applicants must be on Medi-Cal to qualify. Services usually take 3 to 4 months to start, but pay backwards to the date you apply.

**Note:** when you call IHSS, it may take an hour or more for them to answer. At your initial call, you will be told that a case manager will call you within a few days. If you do not receive that call within a few days, call IHSS again to request services.

To become a registered caregiver for IHSS, or for a family member, friend or to be employed by an IHSS recipient, call the IHSS registry at 408-350 3252, or register online at [www.IHSS.pascc.org](http://www.IHSS.pascc.org)

### California Advocates for Nursing Home Reform ☎ 800-474-1116 or 415-974-5171 🌐 [www.canhr.org](http://www.canhr.org)

Helps individuals/families facing long term nursing home care placement. Knowledgeable about Medi-Cal long term care regulations. To search for a nursing home that serves specific needs, consult 🌐 [www.nursinghomeguide.org](http://www.nursinghomeguide.org), click on “start your search”, and in the box where it states “City”, type in the city you live in. Click next to get a complete listing of Skilled Nursing Facilities, addresses, and phone numbers.

### Sourcewise Community Resource Solutions

Helpline: ☎ 408-350-3200

🌐 [www.mysourcewise.com](http://www.mysourcewise.com)

Email: [community@mysourcewise.com](mailto:community@mysourcewise.com)

Formerly called the Silicon Valley Council on Aging, provides care management, in-home services, senior employment, for disabled and for persons age 50+. Programs include the Linkages and MSSP case management programs, as well as volunteer programs, nutrition, recreation, transportation, health education and counseling.

## Department of Motor Vehicles (DMV)

☎ 800-777-0133

☎ TTY 800-368-4327 for hearing impaired 🌐 [www.dmv.ca.gov](http://www.dmv.ca.gov)

Significantly disabled individuals may qualify for a disabled parking placard/license plate. Having a disabled parking placard/permit will allow the individual to park in special (blue) disabled parking spaces. In addition, the DMV schedules visits to bed-confined individuals at their homes or hospitals to complete applications for California Identification cards.

- **To apply for a Disabled Parking Permit** (license plate or placard):

Apply online at 🌐 [www.dmv.ca.gov/pubs/brochures/fast\\_facts/ffvr07.htm](http://www.dmv.ca.gov/pubs/brochures/fast_facts/ffvr07.htm) or call the California DMV at the number listed above to make an appointment.

## Family Caregiver Alliance

☎ 800-445-8106

🌐 [www.caregiver.org](http://www.caregiver.org)

Phone access to information and answers to your questions on disabling conditions including cognitive disorders, advice on care options and community programs, and assistance in easing the emotional stress that caregiving may cause.

## San Andreas Regional Center ☎ 408-374-9960

🌐 [www.sarc.org](http://www.sarc.org)

300 Orchard City Drive, #170, Campbell, CA 95008

A nonprofit corporation funded by the State of California, it coordinates case-management services for infants, adults and seniors with autism, cerebral palsy, epilepsy, Down's syndrome, mental retardation, and developmental disabilities which started before age 18.

## Silicon Valley Independent Living Center

🌐 [www.svilc.org](http://www.svilc.org)

For disabled people, provides benefits information and referrals, and other comprehensive benefits and services.

**San José** ☎ 408-894-9041 ☎ TTY: 408-894-9012

2202 N. First Street, San José, CA 95131

**Gilroy** ☎ 408-846-1480 ☎ TTY: 408-842-2591

7800 Arroyo Circle, Suite A Gilroy, CA

## Public Guardian

☎ 408-577-2500

🌐 [www.sccgov.org/sites/ssa](http://www.sccgov.org/sites/ssa)

333 W Julian Street, 4<sup>th</sup> Floor, San José, CA 95110.

On the website, choose Public Guardian under Department of Aging & Adult Services on the left side.

Ensures the physical and financial well-being of frail individuals who are unable to provide for their own personal needs for physical health, food, clothing, and/or shelter.

### Capacity Declaration-Conservatorship

<http://www.courts.ca.gov/documents/gc335.pdf>

The above resource links to a form which can be used in requesting conservatorship of an individual.

## Medi-Cal paid Adult Day Health/Care Centers

☎ 650-964-1964

### Golden Castle Adult Day Health Center

Offers adult day care including two meals, medical staff, physical and occupational therapists, and activities. Must meet medical necessity criteria. Applicants must be Medi-Cal eligible.

### Grace Adult Day Health Center

☎ 408-731-8686

Offers adult day health with nursing, physical therapy, occupational therapy, psychology, speech therapy. To be eligible you must meet Medi-Cal ADHC eligibility criteria if services are paid by Medi-Cal.

### Prestige Adult Day Health Care Center

☎ 408-586-9000

Health maintenance, rehabilitation services for older adults and persons with disabilities. These services include: skilled nursing, occupational and physical therapy maintenance, social services and dietitian as needed. Transportation provided. Applicants must be Medi-Cal eligible.

## Disability Resources

### Able People Foundation

☎ 408-263-8000

💻 [www.ableproject.org](http://www.ableproject.org)

552A Valley Way, Milpitas, CA 95035

A nonprofit organization granting free wheelchairs and walkers to South Bay residents who cannot afford it. To qualify, the applicant must (1) have a disability, (2) have no sufficient insurances coverage, and (3) have an income of less than \$1700 per month.

### Stumps R Us

💻 [www.stumps.org](http://www.stumps.org)

2109 Skycrest Drive #1, Walnut Creek, CA 94595

A support group for amputees. Contact Dan Sorkin at [DanSorkin@gmail.com](mailto:DanSorkin@gmail.com) for more information on applying.

### Vista Center for the Blind and Visually Impaired

💻 [www.vistacenter.org](http://www.vistacenter.org)

☎ (650) 858-0202 Email: [info@vistacenter.org](mailto:info@vistacenter.org)

2470 El Camino Real, Suite 107, Palo Alto, CA 94306

Comprehensive support to those with visual impairments and blindness. Support includes classes, support groups, and a store selling equipment to the visually impaired. Those within the 408 area code should call the Vista Center toll-free at (800) 660-2009.

### Santa Clara Valley Blind Center

💻 [www.visionbeyondsight.org](http://www.visionbeyondsight.org)

☎ (408) 295-4016

101 N. Bascom Ave., San Jose, CA 95128

Comprehensive services for persons with visual impairments or blindness.

## Veterans Services Office, County of Santa Clara

☎ 408-553 6000

🌐 [www.sccgov.org/portal/site/va](http://www.sccgov.org/portal/site/va)

68 N. Winchester Blvd., Santa Clara, CA 95050.

**Veterans Benefits Information and Assistance** ☎ 800-827-1000

🌐 [www.va.gov](http://www.va.gov)

**Veterans Administration Medical Center** ☎ 650-493-5000

**Veterans Administration Healthcare Access:** ☎ 877-222 8387

Go to [www1.va.gov/health](http://www1.va.gov/health) for help obtaining veterans' health care.

**VA Outpatient Clinic** ☎ 408-363-3000

80 Great Oaks Blvd., San José, CA 95119

**San José Vet Center** (Readjustment Services) ☎ 408-993-0729

278 N. Second Street, San José 95112

## Deaf, Counseling, Advocacy and Referral Agency (DCARA)

☎ 408-899-5088

☎ TTY: 408-260-1973 🌐 [www.dcara.org](http://www.dcara.org)

Located at 650 N. Winchester Blvd, Suite # 3 in San José DCARA provides counseling, advocacy, and resource referrals.

**Also see:** Transportation; Income and Money

# Discrimination, Legal Assistance and Courts

## Free or Low-Cost Legal Clinics

☎ 211

Helps low income people find free or low-cost legal clinics.

## Self-Service Centers and Courtmobile (Superior Court of California - Santa Clara County)

🌐 [www.sccselfservice.org](http://www.sccselfservice.org)

Designed to provide the public with a guide to navigate the court system. Offers assistance in all areas of law including: civil, family, small claims, criminal, restraining orders, traffic, juvenile, guardianships, and probate. It has the forms needed to file for divorce, legal separation, and all court matters. All legal forms are available at their website. The Courtmobile operates at various times and locations in Santa Clara County, including Gilroy and Morgan Hill. For the latest schedule, visit the website.

- **San José:** ☎ 408-882-2900 ext. 2926 - 99 Notre Dame Ave., San José, CA 95113  
Get there early for walk-in appointments.
- **South County:** ☎ 408-695-5000 ext. 2926 - 301 Diana Ave., Morgan Hill, CA 95037  
Walk-in appointments only.
- **Restraining Order Help Center:** ☎ 408-534-5600 - 170 Park Center Plaza, San José, CA 95113  
Also available on the Courtmobile and the South County Self-Service Center.



**Law Foundation of Silicon Valley** ☎ 408-293-4790 🌐 [www.lawfoundation.org](http://www.lawfoundation.org)  
152 North Third Street, 3<sup>rd</sup> Floor, San José, CA 95112

A public interest law firm which has the following projects:

- **Mental Health Advocacy Project** ☎ 408-294-9730
- **AIDS Legal Services** ☎ 408-293-3135
- **Fair Housing Law Project** ☎ 408-280-2435
- **LACYS (Legal Advocates for Children and Youth)** ☎ 408-280-2416
- **Public Interest Law Firm** ☎ 408-293-4790
- **Diabetes Lawyers** ☎ 408-280-2476

**Katherine & George Alexander Community Law Center** ☎ 408-288-7030  
🌐 [www.scu.edu/law/kgaclc](http://www.scu.edu/law/kgaclc)

1030 The Alameda, San José, CA 95126

This free legal clinic is a project of Santa Clara University Law School.

**Legal Aid Society of Santa Clara County** ☎ 408-998-5200 🌐 [www.legalaidsociety.org](http://www.legalaidsociety.org)  
Provides free legal services for low income individuals unable to access the judicial system through other means. Spanish, Vietnamese, and Chinese interpreters are available.

**Senior Adult Legal Assistance (SALA)** ☎ 408-295-5991 🌐 [www.sala.org/](http://www.sala.org/)  
160 E. Virginia Street, #260, San José, CA 95112

- **South County:** (408) 847-7252
- **North County:** (650) 969 8656

**Victim Witness Assistance Center** ☎ 408-295-2656 🌐 [www.victim.org/](http://www.victim.org/)  
777 N. First Street, Suite 220, San José, CA 95112  
Apply here for the State of California Victim Compensation program, which can include money for moving and payment for counseling. You may download the claim form at: 🌐 [www.vcgcb.ca.gov/](http://www.vcgcb.ca.gov/)

**Bay Area Legal Aid** ☎ 408-850-7066 🌐 [www.baylegal.org](http://www.baylegal.org)  
Provides free legal services for low income individuals unable to access the judicial system through other means. Spanish, Vietnamese, and Chinese interpreters are available.

**U.S. Equal Opportunity Housing Commission (San José Local Office)**  
☎ 800-669-4000 🌐 [www.eeoc.gov](http://www.eeoc.gov)  
96 N. Third St., Suite 250, San José, CA 95112  
Please call first for more information or to schedule an appointment.

**Department of Fair Employment and Housing (Bay Area Regional Office)**

☎ 800-884-1684 ☎ 510-789-1085 🖨 [www.dfeh.ca.gov](http://www.dfeh.ca.gov)  
39141 Civic Center Drive, Suite 250, Fremont, CA 94538

## **Domestic Violence and Rape**

**If you are in immediate danger, call 911.**

**National Domestic Violence Hotline**

☎ 800-779-SAFE or 800-779-7233

**Family Violence Center**

☎ 408-277-3700

🖨 [www.sjpd.org/BOI/fvc](http://www.sjpd.org/BOI/fvc)

1671 The Alameda, Suite 100, San José, CA 95126

This San José Police Department program offers assistance to victims of domestic violence. Police detectives specialize in domestic violence and include advocates from Next Door.

**YWCA of Silicon Valley Rape Crisis 24 Hour Hotline** ☎ 408-287-3000 or 650-493-7273

🖨 [ywca-sv.org/programs/rape\\_crisis\\_center.php](http://ywca-sv.org/programs/rape_crisis_center.php)

**Next Door Solutions to Domestic Violence, San José**

☎ 408-279-2962 24 Hours

🖨 [www.nextdoor.org](http://www.nextdoor.org)

A large domestic violence program offering shelter, counseling and legal support. English, Hindi, Korean, Punjabi, Spanish, Tagalog, Vietnamese.

**Asian Americans for Community Involvement (AACI) Domestic Violence Program**

☎ 408-975-2730 🖨 [dv.aaci.org](http://dv.aaci.org)

Offers shelter (Asian Women's Home), counseling and legal support. All Asian languages.

**Community Solutions Domestic Violence Program**

☎ Crisis Line: 408-683-4118

☎ Gilroy 408-842-7138

☎ Morgan Hill 408-779-2113

☎ Hollister 431-637-1094

🖨 [www.communitysolutions.org](http://www.communitysolutions.org)

A South County comprehensive domestic violence program offering shelter (La Isla Pacifica Women's Shelter), counseling and legal support. English and Spanish.

**Maitri**

☎ 888-8-MAITRI /888-862-4874

🖨 [www.maitri.org](http://www.maitri.org)

234 East Gish Road, Suite #200, San José, CA 95112

Domestic violence services for South Asian women. Many South Asian languages are spoken.

**Support Network for Battered Women (Sunnyvale)**

**☎ 800-572-2782 24 Hours**

<http://ywca-sv.org/programs/SN/>

Offers a comprehensive domestic violence program which includes shelter, counseling and legal support. English and Spanish.

**North-American Islamic Shelter for the Abused**

**☎ 888-275-6472**

[www.asknisa.org](http://www.asknisa.org)

Specializes in providing emergency shelters, support services, counseling, and referrals to Muslim women who have been domestically abused. Translation services are available to Arabic, Farsi, Hindi, Pushtu, and Urdu.

## Immigrants

**Center for Employment Training (CET) Immigrant & Citizenship Program**

**☎ 408-534-5451** [www.cetweb.org/immigration/](http://www.cetweb.org/immigration/)

701 Vine Street, Room 112, San José, CA 95110

Provides quality immigration and citizenship services and promotes and strengthens civic involvement among the immigrant population. Also offers employment training and placement, and a 4C's Child Care Center. English, Spanish and Vietnamese.

**Day Worker Center of Mountain View**

**☎ 650-903-4102**

[Dayworkercentermv.org](http://Dayworkercentermv.org)

113 Escuela Avenue, Mountain View, CA 94040, between Crisanto & California Streets.

Connects immigrant day workers and employers in a safe and supportive environment, and empowers workers to improve their socio-economic condition through fair employment, education and job skills training.

**St. Joseph Day Worker Center**

**☎ 408-993-0837**

749 Story Road, San José, CA 95112 (at Remillard Court)

The St. Joseph Day worker Center is a program of the St. Vincent de Paul Society, the purpose of the Day Worker Center is to bring employers and day immigrant laborers together. The Day Worker Center also provides health screening to a population with little access to health care.

**Immigrant Relations and Integration Services**

[www.ImmigrantInfo.org](http://www.ImmigrantInfo.org)

2310 N. First Street, Suite 104, San José, CA 95131

A Santa Clara County Office of Human Relations website with local, state and national resources for immigrants. Includes an interactive database of English as a Second Language (ESL) classes.

## Department of Homeland Security U.S. Citizenship and Immigration Services (CIS)

☎ 800-375- 5283 ☎ TTY: 800-767-1833 🌐 [www.uscis.gov](http://www.uscis.gov)

1450 Coleman Ave., Santa Clara, CA 95050

Offers Immigration and naturalization services; granting citizenship and permanent residency status, admitting aliens, family re-unification, and enforcement of related laws.

## International Rescue Committee (IRC)

☎ 408-277-0255

🌐 [www.rescue.org/us-program/us-northern-california-ca](http://www.rescue.org/us-program/us-northern-california-ca)

1210 S. Bascom Avenue, Suite 227, San José, CA 95112

Provides discounted immigration and citizenship services to immigrants and refugees. Board of Immigration Appeals Accredited. English, Arabic, Bosnian, Farsi, Laotian, Somali, Spanish, and Vietnamese.

## Immigration Legal Groups

### Immigration Legal Services of Catholic Charities

☎ 408-325-5244

☎ Gilroy Citizenship Line\* (408) 914-8337

🌐 [www.catholiccharitiesscc.org/services/immigration\\_refugee/immigration.html](http://www.catholiccharitiesscc.org/services/immigration_refugee/immigration.html)

2625 Zanker Road, Suite 201, San José, CA 95134 (cross street: Trimble)

Fully accredited by the Federal Board of Immigration Appeals to provide professional legal consultations, and a full range of immigration legal services for low income people. A consult costs \$50 to \$75. English, Chinese, Farsi, Italian, Ilocano, Mandarin, Spanish, Tagalog, and Vietnamese. \*Gilroy office: English and Spanish only.

### Asian Law Alliance (ALA)

☎ 408-287-9710

🌐 <http://asianlawalliance.org>

184 E. Jackson Street, San José, CA 95112

Supports the Asian/Pacific Islander community in Santa Clara County. Offers both legal services and a community education program aimed at preventing legal crisis.

### SIREN

☎ 408-453-3003

🌐 <http://www.siren-bayarea.org>

1425 1611 Circle Street, Suite 109, San José, CA 95112

Offers citizenship and immigration legal services to immigrants in Santa Clara County.

Email: [Zelica@Siren-BayArea.org](mailto:Zelica@Siren-BayArea.org)

### Centro de Ayuda Legal para Inmigrantes (CALI)

☎ 650-938-4041

🌐 <http://www.cali-immigration.org>

2286 Mora Drive, Suite # 1, Mountain View, CA 94040

Provides legal advice, education, and other services to all immigrants including victims of crime.

### **Katherine and George Alexander Community Law Center**

**☎ 408-288-7030**

[law.scu.edu/kgaclc/immigration-law.cfm](http://law.scu.edu/kgaclc/immigration-law.cfm)

1030 The Alameda, San José CA 95126

Offers free legal services for low income persons who seek help with many immigration-related issues.

**Also see:** Income and Money

## **Children, Parents and Childcare**

### **Child Care Central Eligibility List (CEL)**

**☎ 877-235-0095**

[www.4c.org/parent/needng\\_help/cel\\_application.html](http://www.4c.org/parent/needng_help/cel_application.html)

2515 N. 1<sup>st</sup> Street, San José, CA 95131

Download the application to connect to over 170 child care locations in Santa Clara County, some of which are listed below:

- **Community Child Care Council (4Cs)** **☎ 408-487-0747** [www.4c.org](http://www.4c.org)  
Offers referrals to child care and subsidies for child care payment.
- **Choices for Children** **☎ 408-297-3295** [www.choices4children.org](http://www.choices4children.org)  
Offers child care subsidies for people who have participated in welfare programs within the last two years.
- **Head Start Preschool** **☎ 800-820-8182** <http://my.headstart.org>  
A free government funded preschool program.
- **San Juan Bautista Sick Child Care** **☎ 408-293-1168**  
701 Vine Street, San José, CA 95110  
Offers child care for mildly ill children.
- **YWCA Child Care Centers** **☎ 408-295 4011 ext. 215**  
[www.ywca-scv.org/programs/childcare\\_centers.php](http://www.ywca-scv.org/programs/childcare_centers.php)

### **Family Resource Center Sites & First 5**

**☎ 408-260-3700** [www.first5kids.org](http://www.first5kids.org)

4000 Moorpark Avenue, Suite 200, San José, CA 95117

First 5 funds and sponsors essential programs and services for young children and their families. First 5 has eleven family resource centers throughout Santa Clara County, listed below:

- **Mexican American Community Services Agency (MACSA)**  
385 I.O.O.F. Avenue, Family Resource Center, Bldg. K-1, Gilroy, CA 95020
- **Captain Jason Dahl Family Resource Center, Bldg. P-1** **☎ 408-361-4281**  
3200 Water Street, San José, CA 95112

- **Sacred Heart Community Service** ☎ 408 278-2176  
1381 South 1<sup>st</sup> Street, San José, CA 95110
- **Somos Mayfair** ☎ 408-251-6900  
370-B South King Road, San José, CA 95116
- **Santee Family Resource Center, Room. 23** ☎ 408-420-1932  
131 Audubon Way, San José, CA 95122
- **Indian Health Center (IHC) Family Resource Center** ☎ 408-445-3400  
25 North 1<sup>4th</sup> Street, Suite 140, San José, CA 95112
- **SJB Northwood Family Resource Center** ☎ 408-684-4785  
2760 East Trimble Road, Bldg. 700, San José, CA 95132
- **The Health Trust Family Resource Center** ☎ 408-380-8600  
46 Race Street, San José, CA 95126
- **Catholic Charities Family Resource Center** ☎ 408-380-8600  
4 Wabash Avenue, San José, CA 95128
- **Mercy St. Family Resource Center** ☎ 650-967-4813  
748 Mercy Street, Mountain View, CA 94041
- **Fairwood Family Resource Center** ☎ 408-684-4785  
1110 Fairwood Avenue, Sunnyvale, CA 94089

## Children with Disabilities/Special Needs

### Parents Helping Parents (at the Sobrato Center for Non-Profits-San José)

☎ 408-727-5775 or 855-727-5775 🌐 [www.php.org](http://www.php.org)

1400 Parkmoor Avenue, Suite 100, San José, CA 95129

Strives to improve the quality of life for any child with any special need of any age, through education, support, and training for their primary caregivers.

### California Children Services (CCS)

☎ 408-793-6200

Provides specialized medical care for children under 21, with an eligible condition.

### Center for Learning & Achievement

☎ 408-793-5959

Provides comprehensive medical, psycho-social, and educational assessments for children under 18 with suspected learning and developmental delays.

### KidScope

☎ 408-793-5959

A multidisciplinary pediatrics center at SCVMC. The center is committed to the identification and early diagnosis of children with developmental variations and delays.

### SCVMC Asthma Disease Management Program

☎ 408-793-2064

🌐 [www.scvmc.org/specialtycenters/childrens\\_health/pediatrics/Documents/PediAsthma-English.pdf](http://www.scvmc.org/specialtycenters/childrens_health/pediatrics/Documents/PediAsthma-English.pdf)

An asthma education program for children and their parents.

**SCVMC Pediatric Healthy Lifestyle Center**

**☎ 408-957-8601**

Specializes in helping patients at risk for developing diabetes improve their lifestyle and stay healthy. Call to schedule an orientation visit.

**Early Start**

**☎ 800-404-5900**

Provides services for infants less than 3 years of age with, or at risk for, developmental disabilities.

## Abuse Reporting and Crisis Hotlines

**If you are in immediate danger, call 911.**

**Adult Protective Services Reporting Line**

**☎ 800-414-2002 24 Hours**

[www.dss.cahwnet.gov/Forms/English/SOC341.pdf](http://www.dss.cahwnet.gov/Forms/English/SOC341.pdf)

The form needed to report elder/dependent adult abuse can be found at the link above.

**Child Abuse Reporting Line**

**San José:**

**☎ 408-299-2071 24 Hours**

**Palo Alto Area:**

**☎ 650-493-1186 24 Hours**

**Gilroy/Morgan Hill:**

**☎ 408-683-0601 24 Hours**

[http://ag.ca.gov/childabuse/pdf/ss\\_8572.pdf](http://ag.ca.gov/childabuse/pdf/ss_8572.pdf)

The form needed to report child abuse can be found at the link above.

**CONTACT Cares**

**Crisis Line:**

**☎ 408-850-6125 24 Hours**

**Anti-Hate Line:**

**☎ 408-279-0111 24 Hours**

**HIV/AIDS Hotline:**

**☎ 408-850-6179 24 Hours**

Offers confidential help lines for people of all ages residing in Santa Clara County. Callers receive supportive listening, counseling, crisis intervention, and referrals.

## Weight Loss and Obesity Prevention

### **The Calorie King – FREE**

 [www.calorieking.com](http://www.calorieking.com)

A website that helps you to gain control of your eating habits as well as nutrition and exercise basics. There is also a paperback book: The Calorie King Calorie, Fat, & Carbohydrate Counter (2013) which can be purchased on Amazon.com for less than \$10.

### **Calorie Lab – FREE**

 [www.CalorieLab.com](http://www.CalorieLab.com)

A free search feature for finding the calorie content in American foods, including complete popular restaurant complete menus with calories.

### **Chose My Plate – FREE**

 [www.choosemyplate.gov](http://www.choosemyplate.gov)

A federal government website dedicated to improving the nutrition and well-being of Americans. It focuses on nutrition education and healthy eating on a budget.

### **American Diabetes Association – FREE**

 [www.diabetes.org/food-and-fitness/?loc=GlobalNavFF](http://www.diabetes.org/food-and-fitness/?loc=GlobalNavFF)

Offers resources for nutrition, planning and cooking meals, and exercise.

### **The Daniel Plan**

 [www.danielplan.com](http://www.danielplan.com)

A Christian based weight loss plan which focuses on six steps to weight loss.

### **Obesity Help**

 [www.obesityhelp.com](http://www.obesityhelp.com)

Dedicated to the education, empowerment, and support of all individuals affected by obesity. Deals with gastric bypass, risk pros and cons; free to connect to support groups; also includes calorie counting, nutrition, and fitness plans.

### **My Fitness Pal – FREE**

 [www.myfitnesspal.com](http://www.myfitnesspal.com)

An online diet and fitness community with a website and phone apps that provide tools and support to achieve your weight loss goals.

### **The Weight of a Nation**

 [theweightofthenation.hbo.com](http://theweightofthenation.hbo.com)

The weight of a nation is a HBO documentary about the problems of weight gain in America. It is free to watch in English online. The DVD is also in Spanish.

### **Weight Watchers**

 **800-651-6000**  [www.weightwatchers.com](http://www.weightwatchers.com)

Weight Watchers is a weight loss program that focuses on good nutrition, eating habits and exercise. Weight Watchers offers meetings in both English and Spanish. Call for meeting times in your area. **Cost:** Monthly Pass: \$42.95 a month or Online only: \$18.95 a month.



### Overeaters Anonymous – FREE

☎ 505-891-2664

🌐 [www.overeatersanonymous.org](http://www.overeatersanonymous.org)

Overeater's Anonymous is a free 12 step based program for weight loss. Some meetings:

- **Holy Family Church**  
4848 Pearl Avenue, San José, CA 95125  
Fridays at 6:30 pm. Language: English. **Contact: Laura ☎ 408-348-4793**
- **Christ the Good Shepherd**  
1550 Meridian Avenue, San José, CA 95125  
Fridays at 10:00 am, Language: English. **Contact: Rick ☎ 408-225-9780**
- **St Leo the Great Church**  
88 Race Street, San José, CA 95126-3126  
Tuesdays at 7:00 pm. Language: Spanish. **Contact: Juan ☎ 408-460-3468**
- **La Trinidad United Methodist Church**  
307 B South King Rd., San José, CA 95116  
Saturdays at 10:00 am. Language: Spanish. **Contact: Martha ☎ 408-729-9086**

### SparkPeople – FREE

🌐 [www.sparkpeople.com](http://www.sparkpeople.com)

An online weight loss program that teaches people to stop dieting and transition to a permanent, healthy lifestyle. Also see [www.SparkTeens.com](http://www.SparkTeens.com) for fitness and nutrition needs for teens.

### Let's Move – FREE

🌐 [www.letsmove.gov](http://www.letsmove.gov)

A program started by First Lady Michelle Obama, which offers resources to help keep children healthy.

### The President's Challenge –FREE

🌐 [www.presidentschallenge.org/challenge/active/index.shtml](http://www.presidentschallenge.org/challenge/active/index.shtml)

A program started by the president of the United States to help adults and children live healthy lifestyles.

### Your Child's Weight


🌐 [www.bcm.edu/cnrc/consumer/archives/childweight1.html](http://www.bcm.edu/cnrc/consumer/archives/childweight1.html)

A website of Baylor College of Medicine USDA/ARS Children's Nutrition Research Center. Hundreds of articles on topics ranging from helping children develop healthy eating habits to nutrition for vegetarian teens. Also has links to nutrition sites for children and parents. English, Spanish.

## Education

### Adult Education Programs

The following provide ESL classes, high school diploma/GED classes, computer classes, job training courses, computer classes, and more, open to everybody for very low cost.

**Immigrant Info (on Education)**  <http://www.immigrantinfo.org>


**English as a Second Language (ESL) providers**  <http://www.immigrantinfo.org/esl/>

**Metropolitan Adult Education Center**


 **408-723-6450**  [www.metroed.net](http://www.metroed.net)

760 Hillsdale Avenue, Room 1, San José, CA 95136

**East Side Adult Education**  <http://adulthoodeducation.esuhd.org/>


1835 Cunningham Ave., San Jose, CA 95122  **408-347-5900**

**Independence Adult Center**

 **408-928-9300**


625 Educational Park Drive, San José, CA 95133

**Andrew Hill High School – Adult Education**

 **408-347-4171**

3200 Senter Road, San José, CA 95111

**Overfelt Adult Center**

 **408-254-8100**

1901 Cunningham Avenue, San José, CA 95122

**Campbell Adult & Community Education**

 **408-626-3402** 

[www.cace.cuhd.org](http://www.cace.cuhd.org)

1224 Del Mar Avenue, San José, CA 95128

**Milpitas Adult Education Programs**

 **408-635-2692**  <https://adulthood.musd.org/>

1331 E. Calaveras Blvd., Milpitas, CA 95035

**Morgan Hill Adult Education**

 **408-201-6520**  <http://www.cas.mhu.k12.ca.us/>

80 West Central Ave., Morgan Hill, CA 95037

**Palo Alto Adult Education**

 **650-329-3752**  [www.paadultschool.org](http://www.paadultschool.org)

50 Embarcadero Road, Tower Building, Room 8, Palo Alto, CA, 94301

**Mountain View/Los Altos Adult Education**

 **650-940-1333**  [www.mvlaae.net](http://www.mvlaae.net)

333 Moffett Blvd., Mountain View, CA 94043

**Santa Clara Adult Education**

 **408-423-3500** 

[www.santaclaradulthood.org](http://www.santaclaradulthood.org)

1840 Benton Street, Santa Clara, CA 95050

**Sunnyvale-Cupertino Adult Education**

 **408-522-2700**  [www.ace.fuhd.org](http://www.ace.fuhd.org)

589 West Fremont Avenue, Sunnyvale, CA 94087

### Local Public Community Colleges

- **San José City College**  **408-298-2181** <http://www.sjcc.edu>  
2100 Moorpark Avenue, San José, CA 95128
- **Evergreen Valley College**  **408-274-7900** <http://www.evc.edu>  
3095 Yerba Buena Road, San José, CA
- **Mission College**  **408-988-2200**  [www.missioncollege.org](http://www.missioncollege.org)  
3000 Mission College Blvd., Santa Clara, CA

- **Foothill College** ☎ **650-949- 7777** 🖥 [www.foothill.edu](http://www.foothill.edu)  
12345 El Monte Road, Los Altos Hills, CA 94002
- **Gavilan College** ☎ **408-848-4800** 🖥  
[www.gavilan.edu/noncredit](http://www.gavilan.edu/noncredit)  
5055 Santa Teresa Blvd., Gilroy, CA 95020
- **West Valley College** ☎ **408-867-2200** 🖥 [www.westvalley.edu](http://www.westvalley.edu)  
14000 Fruitvale Avenue, Saratoga, CA 95070
- **De Anza College** ☎ **408-864-5300** 🖥 [www.deanza.edu](http://www.deanza.edu)  
21250 Stevens Creek Blvd., Cupertino, CA 95014

## Financial Aid for Education

### Federal Student Aid (FAFSA)

☎ **800-433-3243** 🖥 [www.fafsa.ed.gov](http://www.fafsa.ed.gov)

Apply for Federal Student Aid, by filling out the FAFSA: Free Application for Student Aid. If you do not have access to a computer, visit your local junior college financial aid office and get a paper copy of the FAFSA application.

**FAFSA Deadline Dates:** Best to submit before March 2, (for State Aid) and the (Federal State Aid) deadline is June 30<sup>th</sup> of each year. Corrections on submitted applications can be made until September 21.

**Partial List of Requirements:** You must be a U.S. citizen or eligible noncitizen of the U.S., with a valid Social Security Number (SSN). (If you are not, apply for The Dream Act Financial aid). And, You must have a high school diploma or a General Education Development (GED) certificate, complete home-schooling, or pass an approved "ability to benefit" test.

### Board of Governor's Fee Waiver

🖥 [www.cccapply.org/bog\\_waiver](http://www.cccapply.org/bog_waiver)

Application to have community college enrollment fees waived.

## Educational Opportunity Programs and Services (EOP&S)

Offers grants in the form of vouchers for students to buy textbooks (limited numbers available). Students have the option to rent or borrow books through the program. It also offers free academic counseling and support, progress monitoring, tutoring services, educational transition services when going to a 4-year college, computer loan programs, and workshops. Go to your local community college financial aid department for details.

## The Dream Act (Financial Aid for undocumented and non-resident students)

☎ **888-224-7268** 🖥 [www.csac.ca.gov/dream\\_act.asp](http://www.csac.ca.gov/dream_act.asp)

To qualify for California financial aid through The Dream Act students must:

- Have attended a California high school for at least 3 or full years between grades 9 through 12. They do not need to be consecutive years.

- Have graduated from a California high school, attained a G.E.D., received a passing mark on the California High School Proficiency Exam (CHSPE), or be currently progressing toward graduation of a California high school.
- Register or be currently enrolled at an accredited CA institution of higher education
- Not hold a valid non-immigrant visa in these categories: F, J, H, L, A, B, E, etc.
- Demonstrate financial need and meet all other program requirements.

The application to apply for financial aid through The Dream Act at [dream.csac.ca.gov](http://dream.csac.ca.gov)

### **I Can Afford College (College Resource Help Site)**

 [icanaffordcollege.com](http://icanaffordcollege.com)

For more information on getting into college and financial aid, visit this site.

## **General Health and Medical Information**

### **PlaneTree Health Information Center (in the Cupertino Library)**

 **408-446-1677**  [www.planetree-sccl.org](http://www.planetree-sccl.org)

10800 Torre Avenue, Cupertino, CA, 95014-3254

PlaneTree offers in-depth health and medical information services, individualized to the specific needs of each patron. Services offered free of charge and open to the public. PlaneTree librarians and expert volunteers will help you find relevant and reliable health and medical information.

### **For Those in Pain**

 [www.forthoseinpain.org](http://www.forthoseinpain.org)


A nonprofit organization dedicated to providing professional free and low-cost non-medical pain management services.

### **Preguntas (Spanish Only)**

 [www.ahrq.gov/preguntas](http://www.ahrq.gov/preguntas)

Offers helpful resources to encourage Latinos to get more involved in their health care and talk with their doctors. Service provided by the Agency for Healthcare Research and Quality.

### **Prenatal Care Referral Line**

 **800-310-2332**

From the Santa Clara County Public Health Department for help finding care before, during, and after childbirth.

### **Alzheimer's Association**

 **800-272-3900**  [www.alz.org](http://www.alz.org)

Provides information and advice regarding Alzheimer's in over 170 languages, as well as provides referrals to local community programs, services, and ongoing support.

### **American Cancer Society**

 **408-871-1062**  [www.cancer.org](http://www.cancer.org)

Offers support groups for those afflicted with cancer.

**Diabetes Society**

☎ 800-342-2383 🌐 [www.diabetes.org](http://www.diabetes.org)

1165 Lincoln Avenue, San José, CA 95125

Provides counseling support to people with diabetes.

**American Heart Association**

☎ 800-242-8721 🌐 [www.americanheart.org](http://www.americanheart.org)

Heart health information with links to American Stroke Association. English, Spanish.

**Mayo Clinic**

☎ 480-301-8000 🌐 [www.mayoclinic.com](http://www.mayoclinic.com)

Health information and tools such as a Body Mass Index (BMI) Calculator and calorie calculator.

**Centers for Disease Control and Prevention** ☎ 800-232-4636 🌐 [www.cdc.gov](http://www.cdc.gov)

Information about how to treat and prevent diseases.

**National Multiple Sclerosis Society**

☎ 800-344-4867 ☎ 408-988-7557

🌐 [www.nmss.org](http://www.nmss.org)

Silicon Valley Chapter: 2589 Scott Blvd., Santa Clara, CA 95050

In addition to providing employment counseling, family programs, and volunteer opportunities, the program maintains a library of brochures, webcasts, videos, and books

**Positive Connections Program**

☎ 408-792-5080

976 Lenzen Avenue, Suite 1800, San José, CA 95126

Provides case planning and coordination for individuals who have been newly diagnosed with HIV, or are not currently in care within Santa Clara County. Support Groups and counseling are available.

## Utilities and Phone Assistance

### California Alternate Rates for Energy (CARE) 2273

☎ 866-PGE-CARE /866-743-

🌐 [www.pge.com/care](http://www.pge.com/care)

Low income customers can get a 20% discount off the monthly PG&E bill. Ask for the Family Electric Rate Assistance (FERA) Program. PG&E's Energy Partners Program provides free weatherization, refrigerators, and air conditioners. More info is on website, in the left column under "Financial Assistance".

### Low Income Home Energy Assistance Program (LIHEAP)

☎ 408-920-3953

🌐 [www.caasm.org](http://www.caasm.org)

Administered in Santa Clara County by the Community Action Agency, LIHEAP is a federally funded program that assists low income households with paying energy bills and weatherization.

### PG&E Medical Baseline Program

☎ English 800-743-5000

☎ Spanish 800-660-6789 ☎ Chinese 800-893-9555

🌐 [www.pge.com/myhome/customerservice/financialassistance/medicalbaseline](http://www.pge.com/myhome/customerservice/financialassistance/medicalbaseline)

Gives discounts for qualifying customers with certain medical conditions: on life-support, paraplegics, hemiplegics, quadriplegics, multiple sclerosis, scleroderma, and life-threatening illnesses or compromised immune systems, etc.

### REACH (Relief for Energy Assistance through Community Help)

☎ 800-933-9677

🌐 [www.pge.com/reach](http://www.pge.com/reach)

Reach is a one-time energy-assistance program sponsored by PG&E and administered by the Salvation Army. If you have a hardship and a past due PG&E bill, you may receive an energy credit up to \$200.

### SBC/ATT California Universal Lifeline Telephone 6181

☎ 800-288-2020 or 866-999-

☎ Spanish 800-870-5855 ☎ Other languages: 800-203-8600

🌐 [www.att.com/gen/general?pid=10278](http://www.att.com/gen/general?pid=10278)

Gives a 50% discount on unlimited local phone service for low income customers, costing as low as \$11 per month.

### Assurance Wireless (Free Cell Phone Program)

☎ 888- 898-4888

🌐 <http://www.assurancewireless.com/public/MorePrograms.aspx>

A government funded program that gives a free phone to persons with low income and has plans from as low as \$5 a month if you qualify

## Emergency and Urgent Assistance

**In case of emergency, call 911.**

### Services for needy families in Santa Clara County:

- Financial help for short-term emergencies (such as assistance with utilities, move-in costs or eviction costs)
- Extra monthly food assistance
- Financial literacy education
- And other services

Emergency Assistance Network Agency provide services to families living in ZIP codes below:

- **Community Services Agency of Mountain View & Los Altos** ☎ **650-968-0836**  
🌐 [www.csacares.org](http://www.csacares.org)  
Sterling Road, Mountain View, CA 94043  
**ZIP Codes:** 94022, 94024, 94035, 94040, 94041, 94043
- **InnVision Georgia Travis Center** ☎ **408-453-3124**  
297 Commercial Street, San José, CA 95112  
**ZIP Codes:** 95002, 95050, 95051, 95035, 95053, 95054, 95112, 95116, 95131, 95133, 95134
- **InnVision Opportunity Services Center** ☎ **650-853-8672** 🌐 [www.innvision.org](http://www.innvision.org)  
33 Encina Avenue, Palo Alto, CA 94301  
**ZIP Codes:** 94301, 94303, 94304, 94305, 94306
- **Sacred Heart Community Services** ☎ **408-278-2160** 🌐 [www.sacredheartcs.org](http://www.sacredheartcs.org)  
1381 S. First Street, San José, CA 95110  
**ZIP Codes:** 95008, 95110, 95111, 95113, 95117, 95118, 95124, 95125, 95126, 95128, 95136
- **Salvation Army** ☎ **408-282-1165** 🌐 [www.salvationarmysiliconvalley.org](http://www.salvationarmysiliconvalley.org)  
359 N. 4th Street, San José, CA 95112  
**ZIP Codes:** 95013, 95037, 95119, 95120, 95121, 95122, 95123, 95127, 95132, 95135, 95137, 95138, 95139, 95141, 95148, 95192, 95193
- **St. Joseph's Family Center** ☎ **408-842-6662** 🌐 <http://stjosephsgilroy.org>  
7950 A-Church Street, Suite A, Gilroy, CA 95020  
**ZIP Codes:** 95020, 95046
- **Sunnyvale Community Services** ☎ **408-738-4321**  
🌐 [www.svcommunityservices.org](http://www.svcommunityservices.org)  
725 Kifer Rd., Sunnyvale, CA 94086  
**ZIP Codes:** 94085, 94086, 94087, 94089
- **West Valley Community Services** ☎ **408-255-8033**  
🌐 [www.ivsn.org/get-help/santa-clara-county/](http://www.ivsn.org/get-help/santa-clara-county/)  
10104 Vista Drive, Cupertino, CA 95014  
**ZIP Codes:** 95014, 95030, 95032, 95033, 95044, 95070, 95129, 95130

## Community Health Partnership Health Clinics

The clinics listed here offer Primary Care Physicians. (Santa Clara Valley Medical Center also offers Primary Care Physicians). These clinics are part of the Community Health Partnership and are partners with Santa Clara Valley Medical Center (SCVMC). Their doctors can refer patients to see medical specialists at SCVMC.

If you do not have a main doctor, called a Primary Care Physician (PCP), please contact your health plan to find out how to select your PCP. If you do not yet have a health plan, please call the SCVMC Patient Access Department at 1 866 967 4677, or visit them at 770 South Bascom Avenue, San Jose, 95128. To get a PCP at SCVMC, call Valley Connection at 888 334-1000.

### ***Asian Americans for Community Involvement***

2400 Moorpark Avenue, Suite 319, San Jose 95128 (408) 975-2763 Mon-Fri 8:30am-5:30pm  
Spanish, Vietnamese, Japanese, Korean, Mandarin

### **Gardner Family Health Network**

***Alviso Health Center*** 1621 Gold Street, Alviso 95002 (408) 935-3900 Mon-Fri 8:30am-5:00pm  
Spanish, Hindi, Phone Translation Service

***CompreCare Health Center*** 3030 Alum Rock Avenue, San Jose 95127 (408) 272-6300  
*Dental:* (408) 272-6360 Mon-Sat 8:30am-5:30pm; *Dental:* Mon-Fri 8:30am-5:30pm; Sat 8am-4:30pm  
Spanish

***Gardner Health Center*** 195 East Virginia Street, San Jose 95112 (408) 918-5500 Mon-Fri 8:30am-5pm  
Spanish

***Gardner South County Health Center*** 7526 Monterey Street, Gilroy 95020 (408) 848-9400  
*Dental:* 2nd Floor (408) 848-9436 Mon-Sat 8am-5pm  
Spanish, Vietnamese

***St. James Health Center*** 55 East Julian Street, San Jose, 95112 (408) 918-2600 *Dental:* (408) 918-2626 Mon-Fri 8:30am-5:30pm  
Spanish

***Gardner Downtown Health Center*** 725 East Santa Clara Street, San Jose 95112 (408) 794-0500 Mon-Fri 8:30am-5pm  
Spanish, Bulgarian, Phone Translation Service

***Indian Health Center of Santa Clara Valley Indian Health Center - Meridian*** 1333 Meridian Avenue, San Jose 95125 (408) 445-3400 Mon & Fri 8am-5pm; Tue-Thu 8am-7pm; Sat 8am-12pm (Saturday is by appointment only)  
Spanish, Vietnamese, Hindi, Phone Translation Service

***Indian Health Center - O'Connor*** 455 O'Connor Drive, Suite 200, San Jose 95128 (408) 283-7676 Mon-Fri 8:30am-5pm  
Spanish

***Indian Health Center - Silver Creek*** 1642 East Capitol Expressway, San Jose 95121 (408) 445-3431 Mon, Tue, Thu & Fri 8am-5pm; Wed 8am-7pm  
Spanish



**Mar Monte Community Center**

2470 Alvin Avenue, Suite 60, San Jose 95121  
(877) 855-7526 Mon, Tue, Thur & Fri 8:40am-5pm; Wed 8:40am-6pm; Sat 9am-1pm  
Interpreters available in almost all languages

**MayView Community Health Centers**

***MayView - Columbia Neighborhood Center***

785 Morse Avenue, Sunnyvale 94085 (408) 746-0455 Mon, Wed-Fri 8:30am-5pm; Tue 1pm-4pm (Tuesdays- immunizations only)  
Spanish, Hindi, Farsi, Tagalog

***MayView - Mountain View***

900 Miramonte Avenue, 2nd Floor, Mountain View 94040 (650) 965-3323 Mon, Wed, Fri 8:15am - 5pm; Tue & Thu 8:30am-8:30pm; Sat 9am-4pm (Every other week)  
Spanish, Hindi, Farsi, Tagalog

***MayView - Palo Alto***

270 Grant Avenue, Palo Alto 94306 (650) 327-8717 Mon 8:30am-8:30pm; Tue-Fri 8:30am-5pm  
Spanish, Hindi, Farsi, Tagalog

**North East Medical Services**

***San Jose Clinic***

1715 Lundy Avenue, Suite 108-116, San Jose 95131 (408) 573-9686 Mon-Sat 8:30am-5pm  
Vietnamese, Cantonese, Mandarin

***San Jose Clinic***

1870 Lundy Avenue, San Jose 95131 (408) 573-9686 Mon-Fri 8:30am-5pm  
Vietnamese, Cantonese, Mandarin

**Planned Parenthood Mar Monte**

***Blossom Hill***

5440 Thornwood Drive, Suite G, San Jose 95123 (877) 855-7526 Mon-Wed 8:30am-6:30pm; Thu-Fri 8:30am-5pm; Every other Sat 9am-3pm  
Interpreters available in almost all languages

***Eastside***

3131 Alum Rock Avenue, San Jose 95127 (877) 855-7526 Mon & Thu 8:30am-7pm; Tues, Wed, Fri 8:30am-5pm  
Interpreters available in almost all languages

***Foothill College*** (Foothill Students & Staff Only)

12345 El Monte Road, Los Altos 94022 (877) 855-7526 Mon-Fri 8:30am-4:30pm; Closed Every 4th Mon at 3pm; Closed on Fri during summer session; Closed last two weeks of Aug. & Dec.  
Interpreters available in almost all languages

***Gilroy***

760 Renz Lane, Gilroy 95020 (877) 855-7526 Mon&Wed 9:15am-5:30pm; Tues 11am-7pm; Thu&Fri 8:45am-5pm; Sat 8:45am-2pm  
Interpreters available in most languages

***Mountain View***

225 San Antonio Road, Mountain View 94040 (877) 855-7526 Mon, Wed & Fri 8:30am-5pm; Tues&Thurs 8:30am-7pm; 1st Wed of the month-11:30am-5pm  
Interpreters available in almost all languages

**Planned Parenthood Mar Monte (continued) San Jose**

1691 The Alameda, San Jose 95126 (877) 855-7526 Mon&Wed 8:30am-5pm;  
Tue&Thurs 8:30am-7pm, Fri 7:30am- 5pm; Sat - hours vary, call to verify  
Interpreters available in almost all languages

**RotaCare Bay Area, Inc.**

***Gilroy/Morgan Hill Clinic*** (behind South Valley Middle School)  
7861 Murray Avenue, Gilroy 95020 (408) 676-3030 Tue 5pm-8pm  
Spanish

***Mountain View Clinic - El Camino Hospital***  
2400 Grant Road, Park Pavillion Building, Ground Level, Mountain View 94040  
(650) 988-8202 Mon 1pm-9pm; Tue & Fri 9am-5pm; Wed 9am-9pm, Thu 12pm-8pm  
Spanish

***San Jose Clinic-Washington School***  
100 Oak Street, San Jose 95110 (408) 715-3088 Wed 5pm-9pm  
Spanish

**School Health Clinics of Santa Clara County**

***Franklin McKinley Neighborhood Health Clinic***  
645 Wool Creek Drive, San Jose 95112 (408) 283-6051 Mon-Fri 8am-4:30pm  
Spanish

***Gilroy Neighborhood Health Clinic***  
7861 Murray Avenue, Gilroy 95020 (408) 842-1017 Mon-Fri 8am-4pm  
Spanish, Vietnamese, Japanese, Korean, Mandarin

***Overfelt Neighborhood Health Clinic***  
1835 Cunningham Avenue, San Jose 95122 (408) 347-5988 Mon-Fri 8am-4:30pm Spanish,  
Vietnamese, Japanese, Korean, Mandarin

***San Jose High Neighborhood Health Clinic***  
1149 East Julian Street, Building H, San Jose 95116 (408) 535-6001 Mon-Fri 8am-4:30pm  
Spanish, Vietnamese, Japanese, Korean, Mandarin

***Washington Neighborhood Health Clinic***  
100 Oak Street, San Jose 95110 (408) 295-0980 Mon-Fri 8am-4:30pm  
Spanish, Vietnamese, Japanese, Korean, Mandarin

Community Health Partnership, Inc., *A consortium of community health centers.*  
1401 Parkmoor Avenue, Suite 200, San Jose, CA 95126  
(408) 556-6605 | Fax (408) 556-6617 | [info@chpscc.org](mailto:info@chpscc.org) | [www.chpscc.org](http://www.chpscc.org)