

# RESOURCE GUIDE



MyMoney Moves

## OAKLAND

### MENTAL HEALTH RESOURCES

#### Crisis Lines

#### Need to talk to someone? Alameda County Crisis Support Line

- ☎ (800) 309-2131 (24-Hour crisis line)  
[www.crisissupport.org/programs/crisis-line/](http://www.crisissupport.org/programs/crisis-line/)
- ☎ Text "SAFE" to 20121 (4pm to 11pm text line)  
[www.crisissupport.org/programs/text-line/](http://www.crisissupport.org/programs/text-line/)

#### The Warm Line 24-Hour non-crisis emotional support phone line and live chat for CA residents

- ☎ (855) 845-7415  
[www.mentalhealthsf.org/peer-run-warmline/](http://www.mentalhealthsf.org/peer-run-warmline/)

#### The TALK Line: 24-hour crisis line for parents

- ☎ (415) 441-5437  
<https://safeandsound.org/for-parents/>

#### Mobile Crisis Unit For outreach and home visits during a mental health crisis

- ☎ (510) 891-5600 (ask for the ON-DUTY clinician)
- ☎ Or call 911 and request CATT (the Community Assessment & Transport Team)

#### Drop-in/Therapy Services

#### Roots Community Health Center (East Oakland)

Main Clinic: 9925 International Blvd, Oakland, CA 94603

- ☎ (510) 777-1177
- ✓ Provides primary care services to patients including mental health services:  
<https://rootsclinic.org/our-work/health-wellness-services/medical-services/primary-care/>

#### Berkeley Free Clinic (Berkeley)

<https://www.berkeleyfreeclinic.org/>  
2339 Durant Ave, Berkeley, CA 94704

- ☎ (510) 548-2570
- ✓ Offers free peer counseling

#### La Clínica Health Center: Clínica Alta Vista (Fruitvale)

<https://laclinica.org/location/clinica-alta-vista/>  
1515 Fruitvale Avenue, Oakland, CA 94601-2322

- ☎ 510-535-6300
- Takes Medi-Cal and offers sliding fee scale discounts for services:
- ✓ Behavioral health care
- ✓ Brief counseling, crisis intervention, case referrals, counseling support/education groups

#### Alameda County Behavioral Health Care Services

☎ (800) 491-9099

<https://www.acbhcs.org/mental-health/child-youth-services-0-24-years/>

### **Transition Age Youth (TAY) Services** (18-24 years)

*Offer a number of behavioral health programs including crisis residential programs, residential treatment programs, case management, and more*

**Therapeutic Behavioral Services (TBS)** (under 21 years) *Intensive, individualized, one to one behavioral mental health*

**LifeLong Medical Care Health Center** Offers services to people of all ages regardless of ability to pay, including counseling, psychiatry, and recovery services.

#### **Downtown Oakland**

616 16th Street, Oakland CA 94612

☎ (510) 981-4100

<https://lifelongmedical.org/locations/downtown-oakland-health-center/>

#### **East Oakland**

10700 MacArthur Boulevard, Oakland CA 94605

☎ (510) 981-4100

<https://lifelongmedical.org/locations/east-oakland-health-center/>

### **Highland Hospital (East Oakland)**

1411 E 31st St, Oakland, CA 94602

☎ (510) 437-4800

Takes Medi-Cal and offers low-cost medical services including behavioral health care services

### **Covenant House**

200 Harrison Street, Oakland, CA 94607

☎ 510-379-1010

<https://www.covenanthouse.org/homeless-shelters/oakland-california>

- ✓ Drop-in crisis center: Mon-Thurs, 12:30pm – 4pm
- ✓ Long-term mental health care
- ✓ One-on-one and group talk therapy

### **A Home Within**

195 41st St, #11172, Oakland, CA 94611

☎ (888) 898-2249

Offers free, long-term, individual psychotherapy to current and former foster youth

<https://www.ahomewithin.org/request-therapy/>

### **Mental Health Association of San Francisco**

870 Market St, Suite 928, San Francisco CA 94102

☎ (855) 845-7415

[peersupportservices@mentalhealthsf.org](mailto:peersupportservices@mentalhealthsf.org)

Free weekly support groups that meet remotely, incl. the BLADE support group for African Americans

<https://www.mentalhealthsf.org/support-groups/>

## **Therapy funds**

### **The Loveland Foundation**

Provides financial assistance to Black women and girls seeking therapy

- ✓ Recipients are eligible for 12 vouchers
- ✓ Each voucher covers up to \$120 of service costs

<https://thelovelandfoundation.org/therapy-fund/>

### **Black Girls Smile Therapy Assistance Program**

Provides financial support to Black women (incl. those who use she/her/hers and they/their/theirs pronouns)

- ✓ 2-6 months of therapy sessions
- ✓ Connect with culturally, racially, and gender-competent & sensitive providers

<https://www.blackgirlssmile.org/therapy-scholarship>

### **Therapy for Black Girls**

Provides a referral tool to find a Black therapist in your area

<https://providers.therapyforblackgirls.com/>

### **100 Black men of the Bay area**

1807 Martin Luther King, Jr. Way, Oakland, CA 94612

☎ (510) 763-3661

Provides financial support for mental health care and therapy for Black men

- ✓ Short-term (6 months)
- ✓ 2 mental health sessions per month
- ✓ Virtual or in-person
- ✓ Up to \$200 per session, up to \$400 per month per participant

<https://100blackmenba.org/mental-health-support/>

### **Therapy for Black Men**

- ✓ Offers financial assistance for individual therapy sessions for Black men

- ✓ Provides a therapist directory for Black men seeking therapy

<https://therapyforblackmen.org/financial-assistance-application/>  
<https://therapyforblackmen.org/therapists/>

## Telehealth

### Open Path Psychotherapy Collective

☎ (800) 268-2833

*Affordable psychotherapy for individuals in financial need (if you are uninsured or underinsured)*

- ✓ \$30-\$70 per-session fee
- ✓ In-office and online
- ✓ Can match based on location, gender, ethnicity and language spoken

<https://openpathcollective.org/client/registration/>

### Zocdoc

*Directory of in-network therapists in your area who take your insurance (incl. MediCal)*

[service@zocdoc.com](mailto:service@zocdoc.com)

- ✓ Schedule in-person and online appointments
- ✓ Can match based on location, gender, ethnicity and language spoken

<https://www.zocdoc.com/>

### Better Help

*Provides accessible and affordable therapy online*

[contact@betterhelp.com](mailto:contact@betterhelp.com)

- ✓ \$60-\$90 per week
- ✓ Can match based on location, gender, ethnicity and language spoken
- ✓ Generally not covered by health insurance or Medicaid

<https://www.betterhelp.com/get-started/>

## SUBSTANCE USE RESOURCES

### Roots Community Health Center (East Oakland)

Main Clinic: 9925 International Blvd, Oakland, CA 94603

☎ (510) 777-1177 <https://rootsclinic.org/>

Provides primary care services to patients including substance abuse resources

### Alameda County Behavioral Health Care Services

☎ (844) 682-7215

<https://www.acbhcs.org/substance-use-treatment/>

Services include:

- ✓ Medication Assisted Treatment
- ✓ Withdrawal Management
- ✓ Residential and Sober Living Homes
- ✓ Outpatient & Intensive Outpatient
- ✓ Opioid Treatment Programs
- ✓ Recovery Support Services
- ✓ Drug and Alcohol Prevention Services

### LifeLong Medical Care Health Center

Offers services to people of all ages regardless of ability to pay, including addiction medicine and recovery services.

#### Downtown Oakland

616 16th Street, Oakland CA 94612

☎ (510) 981-4100

<https://lifelongmedical.org/locations/downtown-oakland-health-center/>

#### East Oakland

10700 MacArthur Boulevard, Oakland CA 94605

☎ (510) 981-4100

<https://lifelongmedical.org/locations/east-oakland-health-center/>

### Recovery Support - Find Alcoholics and Narcotics

Anonymous meetings:

#### East Bay Intergroup, Inc. (AA meetings) –

<https://eastbayaa.org/meetings>

**LifeRing Secular Recovery:** provides safe meeting space with non-judgmental recovery conversation with your peers

<https://lifering.org/f2f-meetings/>

#### Find Recovery (AA and NA meetings)

[https://findrecovery.com/aa\\_meetings/ca/oakland/](https://findrecovery.com/aa_meetings/ca/oakland/)

#### San Francisco Area of Narcotics Anonymous

<https://sfna.org/meeting-search/>

## SEXUAL/REPRODUCTIVE HEALTH RESOURCES

### Planned Parenthood - East Oakland/Coliseum Health Center

8480 Enterprise Way, Oakland, CA 94621

☎ 510-746-4700

<https://www.plannedparenthood.org/health-center/california/oakland/94621/east-oakland-coliseum-health-center-4188-90130>

Services provided include:

- ✓ Birth control
- ✓ Emergency contraception
- ✓ Pregnancy testing
- ✓ Abortion
- ✓ HIV testing, education, referrals
- ✓ STD testing, treatment, vaccines
- ✓ Transgender hormone therapy
- ✓ Men and Women's health care

### **La Clínica Health Center: Clínica Alta Vista (Fruitvale)**

<https://laclinica.org/location/clinica-alta-vista/>

1515 Fruitvale Avenue, Oakland, CA 94601-2322

☎ 510-535-6300

Takes Medi-Cal and offers sliding fee scale discounts for services.

- ✓ Pap smears
- ✓ Family planning services
- ✓ STI diagnosis and treatment, HIV testing (including rapid HIV tests)
- ✓ Prenatal care
- ✓ Sonograms, nutritional counseling, childbirth preparation classes, breastfeeding education and support
- ✓ Pediatric health care for children of adolescents and young adults

### **Roots Community Health Center (East Oakland)**

Main Clinic: 9925 International Blvd, Oakland, CA 94603

☎ (510) 777-1177

Provides [primary care](#) services to patients including:

- ✓ Pregnancy testing
- ✓ STI, Hepatitis C & HIV testing

### **Berkeley Free Clinic (Berkeley)**

<https://www.berkeleyfreeclinic.org/>

2339 Durant Ave, Berkeley, CA 94704

☎ (510) 548-2570

- ✓ STI screenings and treatment
- ✓ UTI testing and treatment
- ✓ Hepatitis, HIV, and TB counseling and screenings

### **Perinatal Services and Family Planning**

(Alameda County Public Health Department):

<https://acphd.org/perinatal-services/>

**Family Planning** and other services including:

- ✓ Pregnancy tests
- ✓ Emergency contraception (including Plan B)
- ✓ Abortions

### **Comprehensive Perinatal Services Program**

(CPSP) (if eligible for Medi-Cal) provides:

- ✓ Perinatal care
- ✓ Health education
- ✓ Nutrition education
- ✓ Support for jobs, emotions, housing, relationships, etc.

<https://acphd.org/cpsp-providers/>

### **BElovedBIRTH Black Centering program**

Eastmont Wellness Clinic, 6955 Foothill Blvd Ste 200, Oakland, CA

☎ (510) 497-4246: For questions about the program and getting enrolled

- ✓ Private session with midwife who will check in on you and your baby
- ✓ Support group of Black moms/parents
- ✓ Meets once a month for the first two sessions then every two weeks for the remainder of your pregnancy as well as after birth

<https://www.alamedahealthsystem.org/family-birthing-center/enrolling-in-black-centering/>

### **Order of Malta Oakland Clinic (Downtown Oakland)**

<https://www.orderofmaltaclinic.com/>

2121 Harrison Street #120, Oakland, CA 94612

☎ (510) 267-3250

Medical clinic providing free, on-site preventative health care services and treatment to uninsured and low-income patients. Includes:

- ✓ Gynecology
- ✓ Pap smear

### **Highland Hospital (East Oakland)**

1411 E 31st St, Oakland, CA 94602

☎ (510) 437-4800

Takes Medi-Cal and offers low-cost medical services including:

- ✓ Gynecology
- ✓ HIV care

### **LifeLong Medical Care Health Center**

#### **Downtown Oakland**

616 16th Street, Oakland CA 94612

☎ (510) 981-4100

### **East Oakland**

10700 MacArthur Boulevard, Oakland CA 94605  
☎ (510) 981-4100

Offers services to people of all ages regardless of ability to pay including HIV treatment and prevention

### **Don't Think, Know**

Free STD home tests for vaginal chlamydia and gonorrhea: <https://alameda.dontthinkknow.org/>  
☎ (510) 268-2110

### **TakeMeHome**

Free HIV/STI, PrEP panel & Hepatitis C home test kits based on eligibility (only some test kits available, depending on your zip code):  
<https://takemehome.org/>

## **SEX WORK RESOURCES**

### **St. James Infirmary**

230 Golden Gate Ave, San Francisco, CA 94102  
☎ (415) 554-8494

Provides free caring and compassionate therapy, case management, support groups and peer counseling to current and former sex workers.

## **GENERAL HEALTH RESOURCES**

### **Highland Hospital (East Oakland)**

1411 E 31st St, Oakland, CA 94602  
☎ (510) 437-4800

Takes Medi-Cal and offers low-cost medical services including:

- ✓ Behavioral health
- ✓ Gynecology
- ✓ HIV care
- ✓ Urgent care
- ✓ Homeless Health Center
- ✓ Wound and infection treatment
- ✓ Flu shots, cold and virus treatment

### **Saint Vincent de Paul – Health Care for the Homeless (West Oakland)**

2272 San Pablo Ave, Oakland, CA 94612  
☎ (510) 877-9256

<https://alameda.networkofcare.org/mh/services/>

Drop-in clinic offering **free** community health programs and health care services for homeless persons. Confidential primary care services include:

- ✓ Urgent care
- ✓ Primary care referrals
- ✓ General health education
- ✓ Blood pressure and blood glucose monitoring

### **Roots Community Health Center (East Oakland)**

Main Clinic: 9925 International Blvd, Oakland, CA 94603

☎ (510) 777-1177

Provides [primary care](#) services to patients including:

- ✓ Pregnancy testing
- ✓ STI, Hepatitis C & HIV testing
- ✓ Immunizations/Vaccinations
- ✓ Substance Abuse resources
- ✓ Mental health services

### **La Clínica Health Center: Clínica Alta Vista (Fruitvale)**

1515 Fruitvale Avenue, Oakland, CA 94601-2322  
☎ 510-535-6300

<https://laclinica.org/location/clinica-alta-vista/>

Takes Medi-Cal and offers sliding fee scale discounts for services depending upon family size and income.

Services include:

- ✓ Primary care (ages 12-23, or up to age 25 if currently a registered patient)
- ✓ Physical exams, nutrition and fitness promotion, immunizations, laboratory testing, pap smears, management of chronic illnesses, prescriptions
- ✓ Urgent care
- ✓ Family planning services and safe sex education
- ✓ STI diagnosis and treatment, HIV testing
- ✓ Prenatal care
- ✓ Sonograms, nutritional counseling, childbirth preparation classes, breastfeeding education and support
- ✓ Pediatric health care for children of adolescents and young adults
- ✓ Behavioral health care
- ✓ Brief counseling, crisis intervention, case referrals, counseling support/education groups
- ✓ Specialty care

### **Order of Malta Oakland Clinic (Downtown Oakland)**

2121 Harrison Street #120, Oakland, CA 94612  
☎ Phone number: (510) 267-3250

<https://www.orderofmaltaclinic.com/>

Medical clinic providing free, on-site preventative health care services and treatment to uninsured and low-income patients. Includes:

- ✓ Primary care
- ✓ Gynecology
- ✓ Pap smear

## RESOURCES FOR PARENTS

**The TALK Line:** 24-hour crisis line for parents

☎ (415) 441-5437

<https://safeandsound.org/for-parents/>

**La Clínica Health Center: Clínica Alta Vista**  
(Fruitvale)

<https://laclinica.org/location/clinica-alta-vista/>

1515 Fruitvale Avenue, Oakland, CA 94601-2322

☎ 510-535-6300

Pediatric health care for children of adolescents and young adults

**Homies Empowerment FREEdom Store**  
(Eastmont)

7631 MacArthur Blvd, Oakland

- ✓ Tuesdays, 10am – 3pm

<https://www.homiesempowerment.com/freedom-store.html>

Offers free produce, canned goods, diapers, and toiletries.

## SEXUAL EXPLOITATION RESOURCES

### MISSEY

☎ (510) 251-2070

<https://misssey.org/>

Provides crisis intervention and longer-term community and care, so girls and gender-expansive youth are safe from sexual exploitation.

### National Human Trafficking Hotline

☎ (888) 373-7888

☎ Text **HELP** to 233733 (BEFREE)

Online chat: [www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)

**Roots Community Health Center** (East Oakland)

Main Clinic: 9925 International Blvd, Oakland, CA 94603

☎ (510) 777-1177

Provides Youth Programs & Services to ages 12-24 experiencing homelessness, affected by sex trafficking, and those involved in the juvenile justice system. Visit <https://rootsclinic.org/our-work/health-wellness-services/youth-services/>

## RELATIONSHIP VIOLENCE RESOURCES

**Alameda County Mobile Response Team**  
**24-hour crisis line for victims of domestic violence**

☎ (510) 757-5123 or (800) 947-8301

**National Domestic Violence Hotline**

☎ (800) 799-7233 (24 hours)

**Love is Respect:** <https://www.loveisrespect.org/>

☎ (866) 331-9474

☎ Text **LOVEIS** to 22252

**BAWAR (Bay Area Women Against Rape)**

☎ (510) 800-4247

## CHILD AND ELDER ABUSE RESOURCES

**Alameda County Children and Family Services**

☎ (510) 259-1800 (24 hours)

**Alameda County Adult Protective Services**

☎ (510) 577-3500 or (866) 225-5277 (24 hours)

## HOUSING AND EVICTION DEFENCE

**Alameda County Coordinated Entry Access Points**

**Covenant House** (Wellness Center)

200 Harrison Street, Oakland, CA 94607

☎ 510-379-1010

<https://www.covenanthouse.org/homeless-shelters/oakland-california>

✓ Drop-in crisis center: Mon-Thurs, 12:30pm – 4pm

✓ Short-term emergency care and long-term support through transitional housing program Right of Passage, and supportive apartment program

**Bay Area Community Services (BACS)**

**Coordinated Entry** (Downtown Oakland)

629 Oakland Ave, Oakland, CA 94611  
Hours: 12-3pm Mon, Tues, Wed, Thur, Fri

☎ 510-658-9480

<https://www.bayareacs.org/housing-solutions/>

- ✓ Crisis residential treatment: short-term place for people in crisis from 2 weeks to 6 months
- ✓ Temporary housing through Housing Fast programs
- ✓ Recuperative care

### **Building Opportunities for Self-Sufficiency (BOSS) Coordinated Entry (West Oakland)**

2811 Adeline St, Oakland, CA 94608

Hours: 10am-2pm Mon, Tues, Thur, Fri

☎ 510-844-8580

<https://www.self-sufficiency.org/housing>

- ✓ Emergency shelter
- ✓ Supported independent living
- ✓ Housing navigation

### **East Oakland Community Project (EOCP) Coordinated Entry (East Oakland)**

7515 International Blvd., Oakland, CA 94621

Hours: 10am-3pm Thur, Fri

☎ 510-463-4601

<https://www.eocp.net/residential-services/>

- ✓ Emergency shelter
- ✓ Short-term private residential units for single parent/caregiver families
- ✓ 10-bed program for youth

### **BACS Keep People Housed – Oakland Homelessness Prevention Program**

☎ 510-658-9480

<https://oak.keeppeoplehoused.org/en-US/>

Provide assistance to Oakland residents who have past-due rent or need help with moving costs

- ✓ Emergency financial assistance
- ✓ Legal representation
- ✓ Support services to prevent homelessness

### **St. Vincent de Paul of Alameda County**

675 – 23<sup>rd</sup> St., Oakland, CA 94612

☎ 510-638-7600

<https://www.svdp-alameda.org/get-help1.html>

- ✓ Emergency shelter doors open at 6pm; provide snacks, dinner and breakfast
- ✓ Move-in deposit assistance for Alameda County residents

### **The Youth Employment Partnership (YEP)**

2300 International Blvd., Oakland, CA 94601

☎ 510-533-3447

<https://www.yep.org/what-we-do/housing/>

- ✓ 30-unit workforce training dormitory for homeless and housing insecure youth aged 18-25
- ✓ Support residents in credential-building, gaining a high school diploma, entering community college, gaining work credentials, and gaining career skillsets and experience

### **City of Oakland Suggestions to Finding Affordable Housing**

<https://www.oaklandca.gov/services/find-affordable-housing>

### **Stay Housed Bay Area**

<https://www.1degree.org/stayhousedbayarea>

Online tool to finding nearby resources for community members in Alameda County to get help paying their rent, responding to eviction notices, or asserting their rights as tenants.

### **Beyond Emancipation**

675 Hegenberger Road, Suite 100, Oakland, CA 94621

☎ (510) 667-7696

[info@beyondemancipation.org](mailto:info@beyondemancipation.org)

<https://beyondemancipation.org/programs-services/>

Provides housing support and mental health and social services for current and former foster youth.

### **East Bay Community Law Center**

2921 Adeline St., Berkeley, CA

<https://ebclc.org/need-services/housing-services/>

For Housing Law Assistance:

☎ (510) 548-4040 ext. 201

\*Leave a message with your Name, Phone Number, City, and a brief description of your problem or question.

Free housing services include eviction defense, Section 8/Housing Authority termination hearings, rent board hearings, rental assistance program consultations and referrals

General Line

☎ (510) 548-4040

Additional free legal services include clean slate services, legal advice and brief services on debt-collection activities, student loans, identity theft, storage unit disputes, tows and repossession

### **Eviction Defense Center**

350 Frank Ogawa Plaza, Suite 703, Oakland, CA 94612

☎ (510) 452-4541

<https://www.evictiondefensecenteroakland.org/>

Free and low-cost (sliding scale) legal services to tenants facing eviction in Alameda County and the City of Richmond.

Office Hours: Mon/Tues/Thurs 9am-12pm and 2pm-5pm; and Wed/Fri 9am-12pm and 2pm-4pm

### **Centro Legal de la Raza**

3400 E. 12<sup>th</sup> St., Oakland, CA 94601

☎ (510) 437-1554

info@centrolegal.org

<https://www.centrolegal.org/>

Tenant's rights, worker's rights, and immigrant rights services

## **JOB TRAINING RESOURCES**

### **The Unity Council**

1900 Fruitvale Ave #2a, Oakland, CA 94601

☎ (510) 535-6900

Fill out intake form at:

<https://unitycouncil.org/universal-intake-form/>

For Career Services Call 510-535-6101 or email [careercenter@unitycouncil.org](mailto:careercenter@unitycouncil.org)

Services include:

- ✓ Job search assistance, job application assistance, and cover Letter and Resume Writing Workshops
- ✓ Job Readiness and Computer Skills Workshops
- ✓ Free access to Computer Lab, printer, and fax for career-related activities
- ✓ One-on-One employment counseling (for qualified job-seekers)
- ✓ Financial coaching for improved credit/savings
- ✓ Public benefits enrollment
- ✓ Connection to community resources

### **Civicorps**

101 Myrtle Street, Oakland, CA 94607

☎ (510) 992-7800

info@cvcorps.org

Fill out an interest form at:

<https://corpsnet.cvcorps.org/SignUp/ApplyCivicorps.aspx>

Services include:

**Paid job training programs in Environmental Management and Recycling**, including training in:

- ✓ Leadership
- ✓ Interview skills
- ✓ Tool use and safety
- ✓ English as a Second Language
- ✓ Certifications (Chainsaw, CPR/First Aid, Drivers' Licenses (Class B and Class C), Chipper, Forklift)

**Education Opportunities**, including support with earning a high school diploma, and college prep

### **New Door – Oakland**

1629 Telegraph Ave, Suite 200, Oakland, CA 94612

☎ (415) 920-9200

[tbantidagne@newdoor.org](mailto:tbantidagne@newdoor.org)

<https://www.newdoor.org/apply>

Opportunities for paid work, skill training, and education, and individualized support through a case manager

### **The Youth Employment Partnership**

2300 International Boulevard, Oakland, CA 94601

☎ (510) 533-3447

Fill out application form for Young adult jobs program at: <https://www.yep.org/how-you-join/young-adult-application/>

- ✓ Pathways in construction, culinary arts, warehousing and logistics, and healthcare
- ✓ Training includes on-the-job vocational training, leadership development, comprehensive support services, educational programming, and college enrollment

### **West Oakland Job Resource Center**

1801 Adeline Street, 2nd Fl, Oakland, CA 94607

☎ 510-419-0509

admin@wojrc.org

<https://crm.wojrc.org/>

Services include:

- ✓ Transportation, distribution, logistics pre-apprenticeship training
- ✓ Construction job application navigation, union trade enrollment, job referral and placement assistance
- ✓ Financial Coaching to build credit score, reduce debt, and build savings

### **Cypress Mandela**

977 66<sup>th</sup> Avenue, Oakland, CA 94621

☎ (510) 208-7350

info@cypressmandela.org

<https://www.cypressmandela.org/programs>

Free 16-week apprenticeship program, including:

- ✓ Environmental training
- ✓ Introduction to cement work
- ✓ Introduction to framing, form and foundation work
- ✓ Introduction to structural steel and ironwork
- ✓ Job safety
- ✓ Orientation to the construction industry and the apprentice structure
- ✓ Tool and material identification
- ✓ Site surveying
- ✓ Blueprint reading
- ✓ Electrical fundamentals
- ✓ Plumbing fundamentals
- ✓ Introduction to operating engineers
- ✓ Fundamentals of Solar

### **UCSF Workforce Development Programs**

<https://learning.ucsf.edu/content/workforce-development-programs>

Work-based training and externship opportunities with job placement support for in-demand healthcare, research, and administrative fields.

### **JVS (Jewish Vocational Services)**

548 Market Street, PMB 37733, San Francisco, CA 94104

☎ 415-391-3600

info@jvs.org

<https://www.jvs.org/apply-today/>

Job and skills training and search services for healthcare, financial services, utilities, and technology industry jobs. Has some paid internship components.

### **UCSF CIRCLE Program**

<https://epibiostat.ucsf.edu/clinical-research-coordinators-learners-equity-circle#What-is-a-Clinical-Research-Coordinator>

Training and shadowing experience for people who are interested in becoming a clinical research coordinator (people who support, facilitate, organize the daily activities of a clinic study). Program is free, and includes a stipend.

### **Youth Uprising**

8711 Macarthur Boulevard, Oakland, CA 94605

☎ (510) 777-9909

Sign up to become a member at:

<https://www.youthuprising.org/membership>

Membership is free, and members have access to services including

- ✓ Career & Education (Job readiness and placement, education support, Youth Uprising fellowship program)
- ✓ Health & Wellness (Peer groups, mental health counseling, physical health, sports)
- ✓ Arts (Music, video production, visual arts programs)
- ✓ Leadership development and civic engagement

### **Move Oakland Youth Forward (MOYF) Employment Program**

2325 East 12<sup>th</sup> St, Oakland, CA. 94601

☎ (510) 694-0076

[gvaquezduenas@LFCD.org](mailto:gvaquezduenas@LFCD.org)

Enroll into MOYF employment program [here](#)

Members have access to services including

- ✓ Job-Readiness Training
- ✓ Paid Environmental Science Internship with UC Berkeley and other partners
- ✓ Other supportive services

## **FOOD RESOURCES**

### **Alameda County Food Bank**

<https://www.accfb.org/get-food/>

☎ (510) 635-3663

- ✓ Food Pantry Locator by address: <https://foodnow.net/find-a-food-pantry/>
- ✓ Assistance with CalFresh applications

### **Homies Empowerment FREEdom Store (Eastmont)**

7631 MacArthur Blvd, Oakland

- ✓ Tuesdays, 10am – 3pm

<https://www.homiesempowerment.com/freedom-store.html>

Offers free produce, canned goods, diapers, and toiletries.

### **Roots Community Health Center Food Pop Up Market**

<https://rootscommunityhealth.org/>

9925 International Blvd, Oakland

- ✓ Wednesdays, 1pm-3pm

Visit the pop-up market and receive free groceries, CalFresh enrollment support, and access to the free health clinic. Must be an Oakland resident.

### **Too Good to Go Food Recovery App**

<https://www.toogoodtogo.com/en-us>

Purchase surprise bags (\$4-\$10/bag) of surplus fresh bread and freshly cooked meals from restaurants, buffets, and groceries.

- ✓ Download the app to see all the restaurants/stores around you who are part of the movement. The app is free.

### **Whole Foods Enjoy Today Program**

230 Bay Pl, Oakland, CA 94612

- ✓ Tuesdays, 10am – 3pm

<https://www.homiesempowerment.com/freedom-store.html>

50% off on expiring items for THAT day, including fresh produce and in house main items. Look for stickers marked “Enjoy Today” at the Bay Place location.

## **PET FOOD RESOURCES**

### **Oakland Animal Services**

Visit this website for information on pet food pantries, and other support services for pet owners

<https://www.oaklandanimalservices.org/resources/financial-resources-for-pet-owners/>

### **East Bay SPCA Pet Food Pantry**

Check website for drive-thru pet food pantry days/times:

<https://eastbayspca.org/resources/pet-food-pantry>

## **LEGAL AID RESOURCES**

### **Bay Area Legal Aid**

1735 Telegraph Ave, Oakland, CA 94612

- ☎ Alameda Legal Advice Line: (510) 250-5270
- ☎ Toll-free Legal Advice Line: (800) 551-5554

<https://baylegal.org/get-help/>

Provides free legal assistance for qualified low-income residents living in the Bay Area, dealing with a legal problem involving housing, public benefits or consumer law.

### **East Bay Community Law Center**

2921 Adeline St, Berkeley, CA 94703

- ☎ (510) 548-4040

<https://ebclc.org/get-help/>

Provides free legal services to eligible East Bay residents.

### **Oakland Public Library: Lawyers in the Library program**

1800 Market St, 3<sup>rd</sup> floor, San Francisco, CA 94102

- ☎ (510) 238-3134

<https://oaklandlibrary.org/lawyers-in-the-library/>

Provides one-on-one appointments with a lawyer who can answer questions on most legal topics:

<https://oaklandlibrary.libcal.com/appointments/lawyers>

### **FormsPal**

<https://formspal.com/>

Provides free legal forms to create, download, and use.