

Referral Sheet for Alameda County

Your guide for where to apply for benefits, and how to connect with organizations that are here to help you.

1. Benefits you should apply for as soon as possible, in your county:



- ✓ **Social Security** (most important ID card, plus government retirement benefits)
- ✓ **CalWORKS** (cash assistance for families with children under 19, for 48 months)
- ✓ **Refugee Cash Assistance** (cash assistance if ineligible for CalWORKS, for 8 months)
- ✓ **CalFRESH** (food stamps)
- ✓ **Medi-Cal** (health insurance)
- ✓ **Refugee Health Assessment** (medical appointment with doctor)
- ✓ **State ID card** (photo ID and proof of residence)

To apply for each benefit, visit the office that is closest to you.

Benefit	Office Locations	Phone	Hours
Social Security	Berkeley Social Security Office 2045 Allston Way, Berkeley	1-800-772-1213	Drop in to apply on Mondays, Tuesdays, Thursdays, Fridays: 9am-4pm Wednesdays: 9am-12pm
	Fremont Social Security Office 3100 Mowry Ave, Fremont	However, it is best to visit the office in person. You can Google "Social Security Office Locator "	
	Hayward Social Security Office 24301 Southland Drive, Hayward		
	Oakland Social Security Office 360 22 nd St, suite 400, Oakland		
	Oakland Social Security Office Eastmont Town Center 7200 Bancroft Avenue, Oakland		
	San Leandro Social Security Office 320 Davis Street, San Leandro		
CalWORKS, CalFresh, Medi-Cal, Refugee Cash Assistance	North County Office North Oakland Self-Sufficiency Center 2000 San Pablo Avenue, Oakland	510-891-0700	Drop in to apply Mondays through Fridays, 8:30am-5pm (closed for lunch 12pm-1pm) Drop in to apply Mondays, Tuesdays, Thurs: 8:30am –5pm (closed 12-1pm) Wednesdays: 8:30am-7pm Fridays: 8:30am-12:30pm Drop in to apply Mondays through Fridays, 8am-5pm (closed 12-1pm) Drop in to apply Mondays through Fridays, 8am-5pm (closed 12-1pm) Drop in to apply Mondays through Fridays, 8:30am-5pm (closed for 12pm-1pm)
	South County Office Eden Multi-Service Center 24100 Amador Street, Hayward	510-670-6000	
	Fremont Family Resource Center 39155 Liberty Street, Suite C330, Fremont	510-795-2428	
	Livermore Outstation 3311 Pacific Avenue, Livermore	925-455-0747	
	Eastmont Self-Sufficiency Center 6955 Foothill Boulevard, Suite #100 Oakland, CA 94605	510-383-5300	
Refugee Health Assessment	Refugee Health Program the Eastmont Wellness Center 6955 Foothill Blvd, Suite 400 Oakland	510 895-7355	Call to make an appointment, Mondays through Fridays, 8:30-5pm
CA State ID or Driver's License	Department of Motor Vehicles 6300 W Las Positas Blvd, Pleasanton	1-800-777-0133 Interpretation available.	Call to make an appointment, Mondays through Fridays, 9-5pm. (Card costs about \$30. State ID valid for 6 years, license valid for 5 years.)
	150 Jackson Street, Hayward		
	501 85th Ave, Oakland		
	4287 Central Ave, Fremont		

2. Employment Assistance

Organization	Services	Office Location	Phone
EASTBAYWorks	<p>Training and assistance to land your first job, re-enter the workforce or transition into a new career.</p> <p>1-on-1 career counseling, job training, job placement, workshops, networking, skills certifications.</p> <p>www.eastbayworks.com</p>	<i>This is a network of job centers, employers, schools, and service providers. Visit one of the America's Jobs Centers of California (AJCC):</i>	
		Oakland One-Stop Career Center 1212 Broadway, Suite #100, Oakland	510-768-4400
		Oakland Private Industry Council 7200 Bancroft Avenue, Suite 140, Oakland	510-568-8349
		Unity Council AJCC 1900 Fruitvale Avenue, Oakland	510- 535-6101
		Tri-Valley One-Stop Career Center 6300 Village Parkway, Dublin	925-560-9431
		Tri-Cities One-Stop Career Center 39399 Cherry St, Room 1211 Newark	510-742-2323
		Alameda One-Stop Career Center 555 Appezzato Memorial Parkway, Room L215 (Library), Alameda	510-748-2208
		Eden Area Multi-Service Center 24100 Amador Street, Hayward	510-670-5700
International Rescue Committee	Matching Grant program – enroll within 31 days of asylum date, for 4 months of cash assistance & employment services. (Instead of CalWORKS/ RCA.)	440 Grand Ave., Suite 500, Oakland	510-452-8222
Lao Fam. Comm. Development	Job training and placement, vocational training, job readiness training	2325 E. 12th Street, Oakland	510-533-8850
The Bread Project	Job training for food industry.	1615 University Avenue, Berkeley	510-594-1702

3. English Language Classes

Organization	Services	Office Location	Phone
Refugee Transitions	Free Home-based English tutoring, as well as other essential life skills. Also provide access to jobs, health care, social services, educational opportunities, counseling, and community events. Serves SF, the East Bay, and South Bay.	870 Market Street, Suite 718 San Francisco	415-989-2151
		1520 E 15th Street, Oakland	510-834-6000
		1922 The Alameda, Suite 324 San Jose	510-210-3624
Lao Family Community Development	CalWorks recipients: Free English as a Second Language (ESL) classes, and coaching for finances, marriage, employment, housing, etc.	2325 East 12th Street, Oakland	510-533-8850
Berkeley Adult School	ESL classes, in person and from home. \$45 per semester	1701 San Pablo Avenue, Berkeley	510-644-6130
Castro Valley Adult School	ESL classes \$35 per quarter	4430 Alma Avenue, Castro Valley	510-886-1000
Alameda Adult School	ESL classes \$50 for 9 weeks	2250 Central Avenue, Alameda	510-522-3858
San Lorenzo Adult School	ESL classes \$30 per semester	820 Bockman Road, San Lorenzo	510-317-4200
Hayward Adult School	ESL classes \$45 per semester	22101 Princeton Street, Hayward	510-293-8595
San Leandro Adult School	ESL classes \$30 per semester	2255 Bancroft Avenue, San Leandro	510-667-6287

4. Mental Health Support

Organization	Services	Office Location	Phone
Behavioral Health Care Services	Therapy for psychological distress, for children and adults in Alameda County. Interpretation available.	Call to find the office that is closest to you. The mobile crisis unit can also visit you.	1-800-491-9099
National Suicide Prevention	24-hour hotline to address depression. Interpretation available.	(Phone)	1-800-273-8255
Crisis Support Services of Alameda County	Trained crisis intervention counselors are available to give supportive counseling 24 hours/day. Interpretation available.	(Phone)	1-800-309-2131
Catholic Charities of the East Bay	Treatment focus for Victims of Crime (child abuse, community or domestic violence). Crisis response unit available countywide. Home visit capability.	433 Jefferson Street, Oakland	510-768-3112
La Clínica de la Raza Mental Health Services (Casa del Sol)	Crisis intervention, counseling for youth with severe emotional or behavioral problems, domestic violence. Group counseling for parents, those experiencing depression, trauma, grief.	1501 Fruitvale Ave. Oakland	510-535-6200
La Familia Counseling	Range of wellness and social services. Call to find out how La Familia can help!	26081 Mocine Avenue, Hayward	510-881-5921
Family Service Counseling Center	Low-cost counseling for the East Bay. Individual, couple, family, group therapy.	2208 San Leandro Blvd. San Leandro	510-483-6715

6. Legal Assistance from Accredited Representatives

Organization	Services	Office Location	Phone
East Bay Sanctuary Covenant	Low-cost or free legal services, including help renewing work permits, applying for travel documents, and adjusting status (from asylee, to resident, to citizen). Also provides educational workshops, and referrals for housing, jobs, and education.	2362 Bancroft Way, Berkeley	510-540-5296
USCIS	Official government information for all immigration matters. Visit: https://www.uscis.gov	444 Washington Street San Francisco	1-800-375-5283
Bay Area Legal Aid	Legal advice, referrals, and representation. Get help through the Legal Advice Line, a free legal hotline.	1735 Telegraph Ave, Oakland	510-250-5270
East Bay Community Law Center	Free legal services for immigration, housing, welfare, fair employment, and more.	2921 Adeline Street, Berkeley	510-548-4040
Catholic Charities of the East Bay	Low-cost immigration legal services. \$40 initial consultation fee.	433 Jefferson Street Oakland, CA 94607	510-768-3100
International Institute of the Bay Area	Low-cost immigration legal services. \$30 consultation fee.	405 14th Street, Suite 500 Oakland (Only open on Thursdays)	510-451-2846
		39155 Liberty Street, D450 Fremont (Only open on Mondays)	510-894-3639
Jewish Family & Children's Services	Low-cost immigration legal services. Assists with application processes, follow-up, and advocacy. \$40 consultation fee.	1855 Olympic Blvd., Ste. 200, Walnut Creek	925-927-2000
Centro Legal de la Raza	Free or low-cost legal services.	3400 E 12th St, Oakland	510-437-1554
Alameda County Bar Association	Referrals to attorneys: www.acbanet.org	(Phone)	510-302-2222

7. Housing Resources

Organization	Services	Office Location	Phone
Housing CHOICES	Searchable database with a range of different types of affordable housing opportunities in Alameda County:	Website only: http://www.achousingchoices.org/	211 or 510-537-2710
ECHO Housing	Rental assistance, housing assistance, tenant/landlord counseling, mortgage and home purchase counseling	770 A Street, Hayward	510-581-9380 or 855-ASK-ECHO
		141 N. Livermore Avenue	925-583-5992
		1305 Franklin Street #305, Oakland	510-496-0496
Lao Family Community Development	Housing counseling to help access affordable housing.	2325 East 12th Street, Oakland	510-533-8850
Season of Sharing	One-time emergency rent assistance for Alameda County residents.	(Phone)	510-272-3700

8. LGBTQ Resources

Organization	Services	Office Location	Phone
Jewish Family & Community Services	Leading organization for resettling LGBT individuals persecuted for their sexual orientation or gender identity.	2484 Shattuck Ave #210, Berkeley	510-704-7475
Trevor Project	A 24-hour, toll free confidential suicide hotline for gay and questioning youth.	(Phone)	1-866-488-7386
Pacific Center	A lesbian, gay, bisexual, and transgender (LGBT) community center that offers a range of human and health services.	2712 Telegraph Avenue, Berkeley	510-548-8283
Somos Familia	Support groups and social activities for Latina(o) lesbian, gay, bisexual, transgender, or queer youth and families.	(Call to learn about activities throughout East Bay and Bay Area.)	510-725-7764

9. Support for Children

Organization	Services	Office Location	Phone
Oakland Unified School District Refugee & Asylee Program	Assistance for elementary, middle, and high-school students in Oakland: School enrollment, school supplies, parent workshops, free summer school enrollment, free after-school program placement, referrals to free tutoring and other services.	Transitional Students & Families Unit OUSD Family, Schools, and Community Partnerships Dept. 746 Grand Ave, Portables 2 & 3, Oakland	510-273-1661
Youth Uprising	Tutoring, academic planning, assistance applying to college and securing financial aid, job training, internship placements.	8711 MacArthur Blvd, Oakland	510-777-9909
Refugee Transitions	After-school tutoring, fun fieldtrips, homework assistance, summer camps.	870 Market Street, Suite #718, San Francisco	415-989-2151
		1520 E 15th Street, Oakland	510-834-6000
		1922 The Alameda, #324, San Jose	510-210-3624
Oakland Technology Exchange West	Provides free computers to Oakland schools students in grades 6-12 after a 3-hour computer course.	1680 14th Street, Oakland	510-893-4822

To speak with a caseworker for general support, contact:

International Rescue Committee • 510-452-8222 • 440 Grand Ave., Suite 500, Oakland

To find additional community resources, visit the East Bay Refugee Forum website: www.ebrf.org