

# SAN MATEO COUNTY RESOURCES

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## COUNSELING SERVICES & SUPPORT GROUPS

<b>Adolescent Counseling Services</b>	Palo Alto: 650-329-9410	
<b>Catholic Charities</b>	Mountain View: 650-965-2020 San Mateo: 650-295-2160	Child, Adult & Family Counseling. Immigration advocacy (295-2160). Sliding scale fees.
<b>Children's Consulting Center</b>	650-312-7530	Individual and small group counseling. Parent training and consultations. Adult mentoring relationships.
<b>Children's Place</b>	650 Main St., Redwood City 94063 650-216-7211	Individual and group counseling for children aged 5-13 whose family members have addiction problems.
<b>Family &amp; Children's Services</b> (Formerly Family Service Mid-Peninsula)	Palo Alto: 650-326-6576 Campbell: 408-374-9220 San Jose: 408-292-9353	Center for changing families. Co-parent, individual & family counseling. Six-week child/parent workshop. Mediation, parenting, single parenting and stepparenting support groups.
<b>Family Resources</b>	Phone: 650-403-4300	Offers referrals to many different services, including childcare, emergency services, counseling, health care, education, and more.
<b>Family Service Agency</b>	<a href="http://www.familyserviceagency.org">www.familyserviceagency.org</a> 24 Second Ave., San Mateo, 94401 650-403-4300	FSA offers counseling for children/adults/families, Kids in the Middle (1 day workshop for parents experiencing separation/divorce), support groups (anger management, parenting), a family visitation center, a family loan program, child care programs and senior services.
<b>JFCS (Jewish Family &amp; Children's Services)/Parent's Place</b>	<a href="http://www.parentsplaceonline.org">www.parentsplaceonline.org</a> 2001 Winward Way, San Mateo, 94404 650-931-1840	Non-Denominational (non-religious) services, including child/adult/family counseling, parenting workshops, parent coaching and consultation, parent/child activity groups, single parent program, youth mentoring and senior services.
<b>KARA</b>	457 Kingsley Avenue, Palo Alto, 94301 650-321-5859	Grief counseling and support groups for children and adolescents.
<b>North Peninsula Family Alternatives</b> (A program run by the YMCA)	1486 Huntington Avenue South San Francisco, 94080 650-877-8642	Youth and family counseling and referrals. Some services available in Spanish. Sliding scale fee.
<b>Pacifica Youth Service Bureau</b>	411 Oceana Boulevard, Pacifica, 94044 650-355-3900	Youth and family counseling and referral services.
<b>Parental Stress</b>	800-829-3777 (24-Hour Bay Area Hotline) <a href="http://www.psshelphelp.org">www.psshelphelp.org</a>	Counseling and respite services, parenting classes, support groups. Cal Works counseling & resources. Families in transition services. Offices in Fremont, Hayward, Oakland.
<b>Parents Place</b>	650-688-3030 <a href="http://www.parentsplace.com">www.parentsplace.com</a>	Offers parent education, group, family, and individual counseling.
<b>Protecting Children from Conflict</b>	PO Box 2483, Menlo Park, 94026	An Affiliate of the Judith Wallerstein Center for the Family in

For resources in other Bay Area Counties, please contact Kids' Turn at 415-777-9977; [jennifer@kidsturn.org](mailto:jennifer@kidsturn.org)

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	650-366-3234	Transition. Offers training and consultation to professionals on groups for children who have experienced high-conflict divorce or traumas.
<b>Psychiatric Services Hotline (Mental Health Emergencies)</b>	650-573-2662	
<b>Pyramid Alternative</b>	Pacifica and San Bruno: 650-355-8787	Domestic violence victim and batterer counseling. Family counseling, substance abuse counseling, etc.
<b>San Mateo County Alcohol &amp; Drug Helpline</b>	650-573-3950, 24 hrs/day	Offers information and referrals to AA, recovery programs, and counseling for youth and adults.
<b>San Mateo County Mental Health Access Team</b>	3080 La Selva, San Mateo, 94403 800-686-0101	Mental health referrals to county and community agencies.
<b>Women's Therapy Services</b>	Palo Alto: 650-324-0336/533-3429	
<b>Youth &amp; Family Enrichment Services</b>	610 Elm St. #212 San Carlos 650 591 9623 <a href="http://www.yfes.com">www.yfes.com</a>	Youth and family counseling and referrals. Other programs include: <b>SOAR</b> (Successfully Overcoming Abuse in Relationships), domestic non-violence and anger management groups, individual counseling for domestic violence offenders; <b>Insights</b> , alcohol/drug related counseling for adolescents: 650-366-8408; <b>First Offender Programs</b> , individual/group counseling for those convicted of drug/alcohol offenses (in English/Spanish).
<b>Youth &amp; Family Assistance Crisis Center (Burlingame)</b>	North County Crisis Line: 650-692-6655 South County Crisis Line: 650-368-6655 Coast Side Crisis Line: 650-726-6655 Alcohol & Drug Helpline: 650-573-3950 Child Abuse Warning Line: 888-220-7575	Suicide crisis counseling, including a special youth intervention team and ongoing support groups. Information and referrals for those affected by drugs/alcohol. Support to parents to prevent child abuse, including information and referral resources.

## DOMESTIC VIOLENCE RESOURCES

<b>ARCHWAY</b>	1860 El Camino Real, #400, Burlingame, 94010 609 Price Street, #202, Redwood City, 94063 650-366-8433	Counseling services for batterers.
<b>Center for Domestic Violence Prevention</b>	PO Box 5090, San Mateo, 94402 650-312-8515 (Hotline) 650-652-0815, Ext. 309	24-Hour Domestic Violence Hotline. Counseling services for victims of domestic violence, shelter, legal assistance. Also offers teen program and a 52-week treatment program for men.
<b>CPS</b>	415-595-7922 1-800-632-4615	<a href="http://www.capsac.org/crisisnumbers/cps.html">http://www.capsac.org/crisisnumbers/cps.html</a>

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<b>Pyramid Alternative</b>	Pacifica and San Bruno: 650-355-8787	Domestic violence victim and batterer counseling.
<b>Youth &amp; Family Enrichment Services</b>	610 Elm St. #212 San Carlos 650 591 9623 <a href="http://www.yfes.com">www.yfes.com</a>	Youth and family counseling and referrals. Other programs include: SOAR (Successfully Overcoming Abuse in Relationships), domestic non-violence and anger management groups, individual counseling for domestic violence offenders; Insights, alcohol/drug related counseling for adolescents: 650-366-8408; First Offender Programs, individual/group counseling for those convicted of drug/alcohol offenses (in English/Spanish).

## LEGAL RESOURCES

<b>Divorce Mediation Group</b>	PO Box 1145, San Mateo, 94403 650-350-2000 <a href="http://www.divorcemediationgroup.com">www.divorcemediationgroup.com</a>	Confidential and complete mediation services to help with legal, financial, parenting & communication issues.
<b>Bay Area Legal Aid</b>	2287 El Camino Real, San Mateo 94403 650-358-0745; 800-551-5554 <a href="http://www.baylegal.org">www.baylegal.org</a>	Works to offer free legal services, especially in priority areas of divorce, public benefits, housing, and health access. English, Spanish, Chinese.
<b>Family Law Services</b>	609 Price Street, #207, Redwood City, 94063 650-366-8401, Ext. 311	Legal Services.
<b>La Raza Centro Legal</b>	474 Valencia Street, San Francisco, 94110 415-575-3500	Legal assistance. Spanish-speaking staff.
<b>Legal Aid Society of San Mateo</b>	298 Fuller Street, Redwood City, 94063 800-381-8898	Legal advice, representation, and education. Sliding fee scale. Offers legal assistance with family law situations, citizenship applications, and teen parent concerns – and many other situations.
<b>Mountain View Mediation Services</b>	1055 Sunnyvale Saratoga Road, Suite 3 Sunnyvale, CA 94087 650-960-0495	
<b>Pairs &amp; Palo Alto Mediation Services</b>	430 Sherman Avenue, Suite 308 Palo Alto, CA 94306 650-856-4062	Mediation.
<b>Peninsula Conflict Resolution Center</b>	250 S. El Camino Real, Ste. 640 San Mateo, CA 94402 650-5130335 <a href="http://www.pcrweb.org">www.pcrweb.org</a>	Mediation and facilitation services for businesses, neighbors, and families. English and Spanish. Free or low cost.
<b>Pyramid Alternative</b>	Pacifica and San Bruno: 650-355-8787	Domestic violence victim and batterer counseling.
<b>Sor Juana Ines Services for Abused</b>	650-269-1335	Bilingual English/Spanish Domestic Violence Hotline.

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<b>Women</b>		
<b>Victim Witness Assistance Program</b>	650-559-7479	Provides assistance to victims and witnesses of violent crimes.

## PARENTING CLASSES & RESOURCES

<b>Child Care Coordinating Council</b>	700 S. Claremont Street, Suite 107 San Mateo, 94402 650-696-8780 phone 650-696-8779 fax <a href="http://www.thecouncil.net">www.thecouncil.net</a>	Offers referrals to all types of childcare, support for parents, case management services, and information about public assistance (Cal-Works, children's health insurance, etc.)
<b>Children &amp; Family Services (CPS)</b>	800-832-4815 (24-Hours); 650-595-7922	Receives referrals and investigates child abuse cases in San Mateo County.
<b>Children's Health Council</b>	Palo Alto: 650-326-5530	
<b>CONTACT</b>	408-279-8228	Hotline for teens and parents.
<b>Daly City Community Service Center</b>	134 Hillside Boulevard Daly City, 94014 650-991-8007	Counseling, information/referral, general/emergency social services, emergency food assistance.
<b>JFCS (Jewish Family &amp; Children's Services)/Parent's Place</b>	<a href="http://www.parentsplaceonline.org">www.parentsplaceonline.org</a> 2001 Winward Way, San Mateo, 94404 650-931-1840	Non-Denominational (non-religious) services, including child/adult/family counseling, parenting workshops, parent coaching and consultation, parent/child activity groups, single parent program, youth mentoring and senior services.
<b>Pacifica Resource Center</b>	1809 Palmetto, Pacifica, 94044 650-359-0250	Information/referral, emergency assistance, crisis services.
<b>Parental Stress</b>	800-829-3777 (24-Hour Bay Area Hotline) <a href="http://www.psshelphelp.org">www.psshelphelp.org</a>	Counseling and respite services, parenting classes, support groups. Cal Works counseling & resources. Families in transition services. Offices in Fremont, Hayward, Oakland.
<b>Project FOCYS (Peninsula Family YMCA)</b>	1710 S. Amphlette Boulevard, Suite 216 San Mateo, 94402 650-349-7969	Parenting education in San Mateo and Redwood City, with simultaneous youth programs (ages 5-18). Youth, group, and family counseling and referrals. Gay and Lesbian teen intervention program. Many services available in Spanish. Sliding scale fee.
<b>Stepfamily Association of America</b>	510 853-6344	Information and referrals for stepfamilies. The local chapter of a national organization.

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## YOUTH RESOURCES

<b>California Youth Crisis Line</b>	800-843-52000	Hotline
<b>COLAGE (Children of Lesbians and Gays Everywhere)</b>	3543 18 <sup>th</sup> Street, #1, San Francisco, 94110 415-861-5437 <a href="http://www.colage.org">www.colage.org</a>	Support groups for children of lesbian, gay, bisexual and transgender parents. Pen pal program. Electronic chat list and newsletter written by youth. Community referral resources and book list. Based in SF but offers some services in San Mateo County.
<b>CONTACT</b>	408-279-8228	Hotline for teens and parents.
<b>JFCS (Jewish Family &amp; Children's Services)/Parent's Place</b>	<a href="http://www.parentsplaceonline.org">www.parentsplaceonline.org</a> 2001 Winward Way, San Mateo, 94404 650-931-1840	Non-Denominational (non-religious) services, including child/adult/family counseling, parenting workshops, parent coaching and consultation, parent/child activity groups, single parent program, youth mentoring and senior services.
<b>KIDPOWER</b>	800-467-6997 <a href="http://www.fullpower.org">www.fullpower.org</a>	Offers workshops to help kids learn "people safety" rules. Empowers kids to take care of themselves.
<b>Project FOCYS (Peninsula Family YMCA)</b>	1710 S. Amphlette Boulevard, Suite 216 San Mateo, 94402 650-349-7969	Parenting education in San Mateo and Redwood City, with simultaneous youth programs (ages 5-18). Youth, group, and family counseling and referrals. Gay and Lesbian teen intervention program. Many services available in Spanish. Sliding scale fee.