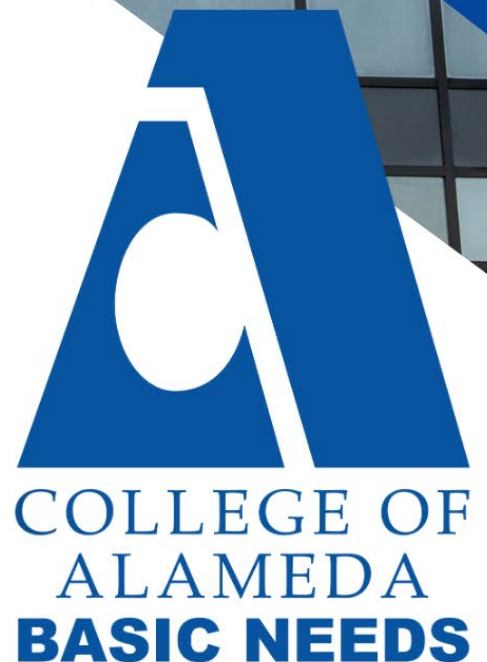


COLLEGE OF
ALAMEDA

FREE & Low-Cost
**CAMPUS &
COMMUNITY**
Resource Guide
2024 - 2025



INTRODUCTION

to this guide

Dear College of Alameda Community,

First, allow us to congratulate you on your success as a CoA scholar! You are here and we are going to make sure that you succeed in reaching your academic goals.

We know that for some, being a scholar comes with many sacrifices and struggles. At College of Alameda, we also understand that life happens and sometimes circumstances change quickly. We understand the increased levels of stress that being a scholar while serving in many different roles in our personal lives entail.

Please use this guide to help you find information on free and low-cost services in an effort to ease your load. Whether you are a student, administrator, faculty member, classified professional, or member of the community, it is our hope that this guide will help you and help you help others.

If you need additional support services, please call the 211 directory. This is a confidential service that connects people with free resources, such as: food, clothing, shelter, counseling, or medical care in your local area. Dial “211” from any phone and let the operator know your location and area of need.

We look forward to partnering with you, providing you with resources, and empowering you to achieve your goals.

Sincerely,

Basic Needs Center

Office of Student Activities and Campus Life

College of Alameda

IMPORTANT NOTICE

At the time of publication, the resources listed in this guide were confirmed to be free or low-cost for persons with low income.

Please call to confirm costs (if any) prior to using any of the services listed in this guide.

The Basic Needs Center and the Office of Student Activities and Campus Life at College of Alameda does not endorse any of the community services in this resource guide. The information is collected for the convenience of the students of College of Alameda and the greater CoA community.

The Mission of College of Alameda is to serve the educational needs of its diverse community by providing comprehensive and flexible programs and resources that empower students to achieve their goals.

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CAMPUS RESOURCES

SUPPORT PROGRAMS & SERVICES

Admissions & Records

Here to provide you one on one service with Residency issues, enrollment problems, adding or dropping classes, student verification, assist you with ordering official or unofficial Transcripts, and helping you submit your documents for your certificate or Degree.

Website: <https://alameda.edu/students/admissions-and-records/>

General Office Phone Number: 510.748.2228

Email: coaadmissions@peralta.edu

Basic Needs

Basic Needs at College of Alameda includes The Market, Tasty Tuesday, and The Boutique. When available, we also distribute Wi-Fi Hot Spots, Emergency Food Grants, Emergency Aid, and we connect you to other Basic Needs resources both within and outside the CoA community.

Website: <https://alameda.edu/campus-life/basic-needs/>

Contact: Jeremy Simmons, Basic Needs Coordinator

Email: jsimmons@peralta.edu

Career and Employment Center

Our Mission: To transform lives by providing Access and Opportunity for our Students and Community.

Website: <https://alameda.edu/students/college-of-alameda-career-and-employment-center/>

General Office Phone Number: 510.748.2208

Email: Coa-ncitiescc@peralta.edu

Career Education (Formerly CTE)

Prepare students to be competitive candidates for today's workforce. The Associate Degree and Certificate programs offered include: Apparel Design and Merchandising, ATLAS, Auto Body and Paint, Automotive Technology, Aviation Maintenance Technology, Business/Accounting, Computer Information Systems, Dental Assisting, Private: Certified Nursing Assistant (CNA), and Diesel Mechanics.

Website: <https://alameda.edu/academics/career-technical-education-programs/>

General Office Phone Number: 510.748.2316

Email: CTE@peralta.edu

EOPS/Care/Calworks

A program designed to provide academic support and above-and-beyond services to help students reach their academic goal. Students enrolled in the EOPS program demonstrate that they have educational, economic, social, cultural, or language problems that interfere with their educational careers.

Website: <http://alameda.peralta.edu/eops-care/>

General Office Phone Number: 510.748.2258

Email: coaeops@peralta.edu

SUPPORT PROGRAMS & SERVICES (continued)

Financial Aid

Financial aid is made available to assist students when family resources are not sufficient to meet college costs. Financial aid is offered to enhance and increase student success in obtaining an education and meeting your educational goals. Financial aid funds come from Federal and State Government.

Website: <https://alameda.edu/services/financial-aid/>

General Office Phone Number: 510.748.2391

Email: coafinancialaid@peralta.edu

Health and Wellness Services

College of Alameda is committed to student success, and we know that physical and mental well-being are essential components of student learning. Our team of nurses, psychotherapists, and paraprofessional healthcare staff are here to provide supportive, friendly, and professional preventive and ongoing care.

Website: <https://alameda.edu/students/health-wellness-services/>

General Office Phone Number: 510.748.2320

Email: ideguzman@peralta.edu

Learning Resource Center

Free Tutoring for College of Alameda Students.

Website: <https://alameda.edu/students/learning-resources-center-lrc/>

Email: aconeal@peralta.edu

Mathematics, Engineering, Science Achievement (MESA)

A peer and professional support community whose aim is to increase access and opportunities of success in STEM (Science, Technology, Engineering, Math)-related fields for first-generation, low-income, and under-represented college students. MESA provides resources for students to develop essential academic and leadership skills to achieve success in school, career, life, and STEM-related disciplines.

Website: <https://alameda.peralta.edu/student-service/math-engineering-science-achievement-mesa/>

Email: coamesa@peralta.edu

NextUp

The NextUp Program, formerly CAFYES, is designed to promote the success of current and former foster youth enrolled at the College of Alameda. The program assists qualified students in balancing their educational needs with financial assistance and additional support services.

Website: <https://alameda.edu/students/eops/>

General Office Phone Number: 510.748.2258

Email: coaeops@peralta.edu

SUPPORT PROGRAMS & SERVICES (continued)

Student Accessibility Services (Formerly DSPS)

Provides services designed to meet the unique educational needs of enrolled CoA students with documented disabilities. Our professional staff works with each student to provide accommodations that ensure equal access to all academic programs, and to promote students' independence so they may realize their academic potential and reach their goals.

Website: <https://alameda.edu/students/student-accessibility-services-sas/>

General Office Phone Number: 510.748.2328

Email: SAS.Alameda@peralta.edu

Veteran's Resource Center (VRC)

Committed to providing quality education to veterans, active duty members, reservists, and their family members (dependents). While providing educational courses to reach your goal, we also offer resources and referral information to succeed in a college setting.

Website: <https://alameda.edu/students/veterans-resource-center/>

General Office Phone Number: 510.748.5284

Contact: LaShawn Brumfield, Veteran Certified Official/Staff Assistant

Email: lbrumfield@peralta.edu

Welcome Center

Monday – Friday, 8 AM – 4:30 PM

If you need help becoming a College of Alameda student, visit the Welcome Center! You can use the Welcome Center to apply to college, register for classes, and apply for financial aid. If you need assistance, our Student Ambassadors are here to help.

Website: <https://alameda.edu/students/welcome-center/>

General Office Phone Number: 510.439.1134 (Call or text)

LEARNING COMMUNITIES

ACCESO - Adelante Con Comunidad, Excelencia, Sabiduria y Oportunidad

ACCESO Serves and supports Latinx students to plan for and attain a certificate, degree, or transfer within three years. While our mission is to expand opportunities and improve the educational attainment of Latinx students, the ACCESO Program is open to all students at College of Alameda.

Website: <https://alameda.edu/students/acceso/>

Email: Johanna Esther Carranza, jcarranza@peralta.edu

Puente

The Puente Project is a national award-winning program that has improved the college-going rate of tens of thousands of California's educationally underrepresented students since 1981

Website: <https://alameda.edu/students/puente/>

Email: Johanna Esther Carranza, jcarranza@peralta.edu

Rising Scholars

The College of Alameda's Rising Scholars Program or Project HOPE provides a safe, supportive, equitable, and empowering educational environment for students impacted by the juvenile justice system. Project HOPE equips students with the tools they need to achieve their highest potential through higher education.

Website: <https://alameda.edu/risingscholars/>

Email: Marvin Thompson, mthompson@peralta.edu

SALAAM

The SALAAM Learning Community is a comfortable and accessible space on campus where South West Asian, North African (SWANA), and Arab-American students and friends gather. They participate in academic tutoring and workshops, attend events offered by community-based organizations on topics such as: legal rights health and wellness, employment, and arts and culture, access academic and community resources; or meet with a counselor, instructor (during office hours scheduled at the SALAAM Center) or peer mentor

Website: <https://alameda.edu/salaam/>

General Office Phone Number: 510.748.2118

Email: coaeops@peralta.edu

UMOJA

The UMOJA Community at the College of Alameda is more than a program; it is an opportunity. We aim to help increase retention, graduation and transfer rates among African/African American and other scholars. College is more than assignments and grades. We aim to help make higher education a personal experience.

Website: <https://alameda.peralta.edu/umoja-coa/>

General Office Phone Number: 510.748.5274

Email: CoaUmoja@peralta.edu

ONLINE RESOURCES

Cashier

No cash or in-person payments are currently being accepted. Pay fees online by credit/debit card (Visa or MasterCard) in the **Student Campus Solutions** system.

Student Campus Solutions: <https://sa.peralta.edu/>

District Website (Paying Fees):

<https://www.peralta.edu/admissions/student-finance/fees-and-payment>

Library Services

Online Library Services:

- Chat online with a librarian
- Access free ebooks and articles 24/7
- Access online data bases
- Access online library courses.

Website: <https://alameda.edu/library/>

New Students Steps to Success

If you're new to college – whether you're a recent high school graduate, you've completed your GED, or you graduated from high school a while ago, start here. You'll need to complete a simple series of steps to apply for admission and enroll in classes. Also, don't forget to apply for financial aid to help pay for college! Find step-by-step guides and tutorials here.

Website: <https://alameda.edu/students/future-students/>

Application Assistance

Welcome Center

Monday - Friday from 8AM – 4PM

Website: <https://alameda.edu/students/welcome-center/>

Virtual Financial Aid Workshop

Every Thursday from 11:30 AM to 1 PM

Get assistance completing your FAFSA or Dream Act Application, and/or completing your financial aid file. Get answers to your financial aid eligibility questions.

Website:

<https://alameda.edu/wp-content/uploads/2022/09/Complete-your-FAFSA-or-Dream-Act-Applications.pdf>

FREE RESOURCES for CoA STUDENTS

Free Chromebook Rental

Do you need a Chromebook for class? Check out a Chromebook at CoA's library:

Phone: 510.748.2120

Email: coalibrary@peralta.edu

Free Internet Hot Spot

Do you need a reliable internet connection for your hybrid/online classes? Students enrolled in a minimum of 3 units of online coursework can apply for a free hot spot.

Complete a Hot Spot Request Form [HERE](#)

AC Transit EasyPass

Peralta Students taking 6 or more units are entitled to an EasyPass which will take them anywhere AC Transit goes, anytime, including AC Transit Transbay Service.

Website: <https://www.peralta.edu/easypass>

Phone: 510.466.7371

Email: easypass@peralta.edu

Tasty Tuesday

Free lunch for students every Tuesday during the Fall and Spring semesters. Available to students currently enrolled at CoA. **Students must present their Student ID with a valid, current semester sticker.**

Time/Place: 11:30am-1:30pm located inside the Student Center / F-Building

The Market at CoA

Free produce and select grocery items are available to students and staff on the 2nd and 4th Tuesday of every month while class is in session at The Market at CoA.

Time/Place: 11:30am-1:30pm located behind the Student Center / F-Building

Free personal care and hygiene items on select Tuesdays. Available to all students enrolled in at least one course at CoA. Students can stop-by our pop-up version of The Market inside F-Bldg.

Time/Place: 11:30am-1:30pm located inside the Student Center / F-Building

The Boutique

The Boutique offers a variety of free, gently used clothing items available to students on a first-come, first-served basis.

Emergency Food Grant

This **one-time** grant of \$300 in grocery gift cards is available to students in-need of financial assistance with buying groceries.

Application and Criteria can be found [HERE](#)

Emergency Aid Grant

This grant of up to \$500 is available to students that have encountered a sudden unforeseen circumstance that will negatively impact their education if not addressed. Students must have CoA as their home campus, be enrolled in 6 units at CoA, and have a 2.0 GPA.

To apply for an Emergency Aid Grant, students should make an appointment with their counselor by calling **510-748-2209**.

HEALTH, WELLNESS & LEGAL SERVICES

Peralta Colleges Medical Services

Laney Wellness Center
900 Fallon St, Oakland, CA 94607
Student Center 4th Floor, Room: SC-410

Monday – Friday 8:30AM – 4:30PM (Walk-ins or Appointments)

Free medical and nursing services for Peralta Students. Appointments available by phone, virtually, or in person! Call for more information and make sure to provide your student ID.

Website: https://laney.edu/health_center/

General Office Phone Number: 510.464.3134

Free Mental Health Counseling

Mental health counselors are available on-campus

Monday – Thursday 9 AM to 5 PM and Fridays 2 PM to 5 PM (Summer Hours May Vary)

Health Services is offering free remote mental health counseling and in-person appointments. Get support with adjusting to college, relationship or family difficulties, coping with crisis, problems at school or work, social isolation, difficulties sleeping, anxiety, depression, covid-19 concerns, stress management, trauma concerns, grief.

****[Mental Health Appointment Request Form Click Here](#)****

Website: <https://alameda.edu/students/health-wellness-services/mental-health-services/>

General Office Phone Number: 510.748.2320

Email: Ismael de Guzman, *Mental Health Counselor* ideguzman@peralta.edu

Immigration Legal Services

In partnership with College of Alameda, East Bay Community Law Center (EBCLC) is offering FREE immigration legal services to College of Alameda students. Schedule an appointment with an immigration attorney or legal advocate to discuss your immigration status and options.

Website: www.ebclc.org

Schedule an appointment online: <https://findyourally.com/>

Email: AlamedaLegal@EBCLC.org

COMMUNITY RESOURCES

(OFF-CAMPUS)

DIAL 211

In Alameda County, a general resource for housing support and other social services, based on city/region. 211 is a confidential service that provides help with Housing, Health, Human Services, and Transportation Services.

Phone: 211

Website: <https://www.211.org/>

ALAMEDA COUNTY PUBLIC HEALTH - Family Health Line

Alameda County Public Health Department's Family Health Line is a toll-free information and referral line that offers assistance with health care services for pregnant women, children and families in Alameda County.

Phone: 888.604.INFO (4636)

Website: <https://www.acgov.org/publicsafety/health.htm>

MEDICAL ADVICE/ASSISTANCE

Medi-Nurse

Uninsured? Have Medi-Cal, but no regular doctor? Medi-Nurse can help. Medi-Nurse is a free, 24/7 nurse advice line. You can speak directly with a health professional about your symptoms, get advice for further treatment in your area, or ask how to apply for health insurance. For California residents.

Phone Number: 877.409.9052

Website:

<https://www.dhcs.ca.gov/Pages/DHCS-COVID%E2%80%91Medi-Nurse-Line.aspx>

FOOD & BASIC NEEDS RESOURCES

Alameda County Community Food Bank

7900 Edgewater Drive, Oakland, CA 94621

Category: Groceries and Food Distribution, Direct and Local Listings, CalFresh Assistance

Monday - Friday, 9:00 AM - 4:00 PM

Website: <https://foodnow.net/food-today/>

Phone Numbers: 1.800.870.FOOD (3663) and 1.510.635.3663

Cesar Chavez Branch Library

3301 E. 12th St. Ste. 271, Oakland, CA 94601

Category: First-come first served Food pick-up

When: Tuesday & Thursday, 12:00 PM

Phone Number: 510.535.5620

81st Ave. Branch Library

1021 81st. Ave, Oakland, CA 94621

Category: First-come, first-served, curbside food pick-up

When: Monday, Wednesday & Friday 12:00 PM- 2:00 PM

Phone Number: 510.615.5812

Fruitvale Transit Village

3301 East 12th St., Oakland, CA 94601

Category: Prepared Meals

When: Every Wednesday at 10AM

Website: <https://unitycouncil.org/program/food-distribution/>

Contact: Kyle Radcliff

Phone Number: 626-372-9128

Email: kradcliff@unitycouncil.org

Homies Empowerment FREEdom Store

7631 MacArthur Blvd., Oakland, CA

Category: Free food and basic needs

When: Every Tuesday from 10:00 AM – 3:00 PM

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

Women's Daytime Drop-in Center

2218 Acton Street, Berkeley, CA 94702

Category: Hot meals, groceries, and hygiene products to women/children through service window.

When: Monday – Friday, 9:00am – 2:00pm (service window hours)

Website: <https://www.womensdropin.org/>

Phone Number: 510.548.2884

Email: staff@womensdropin.org

RENT, UTILITIES & HOUSING

Housing Authority of the City of Alameda

701 Atlantic Avenue, Alameda, CA 94501 (directly across from CoA)
8:30am-12pm on Monday-Thursday

Help with housing resources/advice within the city of Alameda.

Website: <https://www.alamedahsg.org/>

Phone Number: 510.747.4300

Email: hainfo@alamedahsg.org

Village of Love - Alameda

431 Stardust Pl, Alameda, CA 94501 (10-15 minute walk from CoA Campus)
9:00am – 5:00pm on Monday-Friday

Offering a variety of services, including a Drop-in Day Center, Safe Parking, and an Emergency Housing program.

Website: <https://thevillageoflove.org/day-center>

Phone Number: 510.995.8936

Email: info@thevillageoflove.com

Seasons of Sharing

Provides temporary assistance in finding housing for people in select counties using the Chronicle Season of Housing Fund.

Website: <https://www.alamedacountysocialservices.org/our-services/Shelter-and-Housing/Other-Support/season-of-sharing>

Housing & Emergency Lodging Program (HELP)

HELP provides emergency housing for people who are homeless, or at risk of becoming homeless in Alameda County who don't qualify for Seasons of Sharing.

Website: <https://www.alamedacountysocialservices.org/our-services/Shelter-and-Housing/Other-Support/HELP>

Phone Number: 510.663.3830

Email: HoEmLodgP@acgov.org

PG&E – LIHEAP (Low Income Home Energy Assistance Program)

LIHEAP is a federally funded program that provides a one-time payment up to \$1,000 to help pay your unpaid energy bills.

Website: <https://www.pge.com/en/account/billing-and-assistance/financial-assistance/low-income-home-energy-assistance-program.html>

Phone Number: 866.675.6623 (more info on guidelines)

The Unity Council

1900 Fruitvale Avenue, Suite 2A, Oakland, CA 94601

The Mission of The Unity Council is to promote social equity and improve quality of life by building vibrant communities where everyone can work, learn, and thrive.

Complete an intake form to connect with multiple services here:

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

Phone Number: 510.535.6900

RENT, UTILITIES & HOUSING (continued)

Alameda County Housing Secure

3400 E 12th St, Oakland, CA 94601
Monday – Friday, 9 AM – 5 PM

Alameda County Housing Secure was started in 2018 and provides free legal services and emergency financial assistance to low-income tenants and homeowners. ACHS is a collaborative of legal service providers partnering to prevent the displacement of our vital community members throughout Alameda County.

Websites:

<https://www.ac-housingsecure.org/>

Email: achs-erap@centrolegal.org

Legal Services for tenants experiencing a wide range of issues with their landlord.

Phone Number: 510.437.1554

Email: tenantsrights@centrolegal.org

Asian Pacific Environmental Network (APEN)

426 17th Street, Suite 500, Oakland, CA. 94612

APEN is building community-owned renewable energy resources to power our neighborhoods, protecting affordable housing so that our historic cultural communities can stay together, creating a local economy of cooperatives owned and governed by community members, and taking back control of our democracy.

Website: <http://apen4ej.org/>

Phone Number: 510.834.8920

Email: info@apen4ej.org

Catholic Charities East Bay (CCEB)

Website <https://www.cceb.org/>

Phone Number: 510.768.3100

Causa Justa Just Cause

1419 34th Ave. #203 Oakland, CA 94601
Phone Number: 510.763.5877

Centro Legal de La Raza

3022 International Blvd, 4th Floor, Oakland, CA 94601
Housing and workers' rights support during the COVID-19 crisis.

Website: <https://www.centrolegal.org/covid-19/>

Phone Number: 510.437.1554

Email: info@centrolegal.org

Covenant House Oakland

200 Harrison Street Oakland, CA 94607
Phone Number: 510.379.1010

RENT, UTILITIES & HOUSING (continued)

East Bay Community Law Center Housing Services

2921 Adeline St., Berkeley, CA

Monday - Friday: 9:00 AM - 5:00 PM

EBCLC's Housing Program focuses on defending eviction lawsuits brought against low-income tenants.

Website: <https://ebclc.org/get-help/housing-services>

Phone: 510.548.4040

East Bay Housing Organizations

Assists Alameda & Contra Costa residents with rental and legal assistance

Website: <https://ebho.org/>

Phone Number: 510.663.3830



Emergency Rent & Housing Assistance from the Oakland LGBTQ Center

3207 Lakeshore Ave (Entrance on Rand Ave.), Oakland, CA 94610

Monday - Friday: 12:00 PM - 8:00 PM

This fund will allow the Center to provide emergency rental assistance, to low-income individuals and families, living in Oakland and Alameda County

Notice: *The Center's emergency housing assistance program is on hold due to overwhelming demand & lack of funding. You may contact our office to learn about other housing assistance resources from one of our wellness coordinators 510-882-2286.*

Website: <https://www.oaklandlgbtqcenter.org/housing-homeless-resources>

Phone: (510) 882-2286

Email: info@oaklandlgbtqcenter.org

Eviction Defense Center Oakland

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

The Eviction Defense Center ("EDC") provides free and low-cost legal services to tenants facing eviction in Alameda County and the City of Richmond. All services are offered on a sliding scale basis.

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

Phone: (510) 452-4541

Keep Oakland Housed

For emergency financial assistance: Bay Area Community Services (SACS)

Apply online:

<https://www.keeпоaklandhoused.org/>

Phone Number: 510.899.9289 (text or call)

Email: KeepOaklandHoused@bayareacs.org

RENT, UTILITIES & HOUSING (continued)

Lao Family Community Development Care Campus

2325 E. 12th Street, Oakland, CA 94601

While we still work with and are active in the Lao, Mien, and Hmong communities. Our staff speaks 35+ languages and serves clients from around the globe. Our services are open to anyone who needs them, including people born and raised in the US. We welcome walk-ins, self-referrals, and referrals from various partners.

Website: <https://lfcd.org/>

Phone Number: 510.533.8850



Our Trans Home SF

A coalition working to address homelessness and housing instability impacting Transgender and Gender Non-Conforming (TGNC) people in the San Francisco Bay Area and providing COVID-19 support. *On pause until mid-2024 Please keep an eye out*

Website: <http://ourtranshomesf.org/>

Vietnamese Community Center of the East Bay

655 International Blvd., Oakland, CA. 94606

Monday-Friday: 9:00 AM – 3:00 PM

VACCEB provides a variety of support services including access to nutritional meals, senior programs, housing assistance, immigration legal and education services, English as a Second Language (ESL) classes, and employment development.

Website: <https://www.vacceb.net/>

Phone Number: 510.891.9999

Email: info@vacceb.org

TECHNOLOGY NEEDS

Tech Exchange

Families can text Tech Exchange at **510.866.2260** for support with their technology needs. Families can also go to Tech Exchange's website for a list of resources, including options for low-cost internet and computers.

Email: support@techexchange.org

Website: <https://www.techexchange.org/>

Low-Cost Internet

➤ Comcast Internet Essentials

60 days free service - \$9.95/month after 60 days

Website: <https://www.internetessentials.com/>

Phone Number: 855.846.8376

➤ Access from AT&T - Discount Internet Access

60 days free service - \$10/month after 60 days

Website: <https://www.att.com/internet/access/>

Phone Number: 855.220.5211

HEALTH, WELLNESS & MENTAL HEALTH

Asian Health Services

101 8th Street, Suite 100, Oakland, CA 94607

Asian Health Services provides more than primary care services, including mental health, case management, nutrition, and dental care to more than 50,000 patients in English and over 14 Asian languages: Cantonese, Vietnamese, Mandarin, Khmer, Korean, Tagalog, Mien, Lao, Mongolian, Karen, Karenni, Arabic, ASL, and Burmese.

Website: <https://asianhealthservices.org/>

Phone Number: 510.735.3100

Medi-Nurse

Uninsured? Have Medi-Cal, but no regular doctor? Medi-Nurse can help. Medi-Nurse is a free, 24/7 nurse advice line. You can speak directly with a health professional about your symptoms, get advice for further treatment in your area, or ask how to apply for health insurance.

Website: <https://www.dhcs.ca.gov/Pages/DHCS-COVID%E2%80%919119-Medi-Nurse-Line.aspx>

Phone Number: 877.409.9052

Intertribal Friendship House

523 International Blvd., Oakland, CA 94606

The mission of IFH is to promote the ability of Native people to thrive in an urban environment through ceremony, traditions and cultural connection, to provide a safe environment to strengthen cultural identity, promote health, inter-generational healing and support the development of extended family.

Fill out an intake form at <https://www.ifhurbanrez.org/contact-us>

Substance Abuse and Mental Health Services Administration

Free, confidential, 24/7, treatment referral and information service for individuals and families facing mental and/or substance use disorders.

Website: <https://www.samhsa.gov/find-help/national-helpline>

Phone Number: 1.800.662.HELP (4357)

Open Path Provide

Affordable, in-office and online psychotherapy sessions between \$30-\$60

Website: <https://openpathcollective.org/city/oakland/>

Email: INFO@OPENPATHCOLLECTIVE.ORG

National Alliance on Mental Illness (NAMI)

Monday-Friday 10:00 AM- 6:00 PM 24
Hours free crisis counseling

Website: <https://nami.org/home>

ET Call Helpline 800.950.6264

Text "NAMI" to 741741

****NAMI alameda county south (510) 969-6479**

HEALTH, WELLNESS & MENTAL HEALTH (continued)

Psychological Services Center

1440 Broadway, Suite 610, Oakland, CA 94612

Monday-Thursday 9:00 AM- 8:30 PM

Friday 9:00 AM- 4:00 PM

Phone Number: 866.825.5426

Sausal Creek Outpatient Stabilization

2620 26th Ave, Oakland, CA 94601

Tuesday 7:00 AM- 3:30 PM

Wednesday & Friday 11:30 AM - 8:00 PM

Thursday & Saturday 9:00 AM- 5:30 PM

**Must be referred by Alameda County ACCESS*

**Must have Medi-Cal or HealthPAC*

Website: <https://www.telecarecorp.com/sausal>

Phone Number: 510.437.2363

CalHope Emotional Support Hotline: 1.833.317.HOPE

Website: <https://www.calhope.org/> ***Live chat on website available***

Asian Mental Health Collective

Website: Asianmhc.org

Crisis Support Services of Alameda County

24-Hour Crisis Line

Website: <https://www.crisissupport.org/programs/crisis-line/>

Phone Number: 800.309.2131

National Suicide Prevention Lifeline: 800.273.8255

MISSEY – Motivating, Inspiring, Supporting & Serving Sexually Exploited Youth

Website: <https://missey.org/our-work/>

Phone Number: 510.251.2070

National Human Trafficking Hotline: 1.888.373.7888

Email: info@missey.org



LGBTQ+ Community Hotlines

LGBTQ+ Youth Crisis Hotline: 1.866.488.7386

Suicide Prevention Hotline: 1.800.273.825

LGBTQ+ Elder Hotline: 1.888.234.7243

Community United Against Violence

427 South Van Ness, San Francisco, CA 94103

Organization focused on combating hate-crimes and violence by providing support for abuse survivors, training sessions for developing resources for LGBTQ+ community.

Phone Number: 415.777.5500

HEALTH, WELLNESS & MENTAL HEALTH (continued)

Banteay Srei

310 8th St., Suite #102, Oakland, CA. 94607

Banteay Srei is a safe space for young and low-income Southeast Asian women. We promote education, community, and leadership; to foster cultural pride and self-determination for women at-risk of or engaged in sexual exploitation.

Website: <https://www.banteaysrei.org/>

Phone Numbers: 510.318.4438 & 510.318.0909

Email: banteaysrei510@gmail.com

New Breath Foundation

1999 Harrison Street, Suite 1800, Oakland, CA 94612

The New Breath Foundation offers hope, healing, and new beginnings for Asian American & Pacific Islander (AAPI) new immigrants and refugees, people impacted by incarceration and deportation, and survivors of violence.

Website: <https://new-breath.org/>

Phone Number: 415.298.1833

Sunshine Behavioral Health – Mental Health Issues Facing the Asian American Community

Website: <https://www.sunshinebehavioralhealth.com/resources/mental-health-issues-facing-the-asian-american-community/>

Anti-Asian Violence Resources

Website: <https://anti-asianviolenceresources.carrrd.co/>

Hollaback!

Bystander intervention training to stop anti-Asian/American and xenophobic harassment

Website: <https://www.ihollaback.org/bystanderintervention/>



Oakland LGBTQ Resource Center

3207 Lakeshore Ave., Oakland, CA 94610

Monday, Wednesday and Friday: 12:00 PM- 5:00 PM

The Oakland LGBTQ Community Center's model of service delivery is "Wellness First" and includes social, educational, and holistic related programs, services and activities.

Phone Number: 510.882.2286



Oakland/East Bay Chapter of Parents, Families and Friends of Lesbians and Gays (PFLAG)

Oakland, CA 94601

Vision: PFLAG envisions a world where diversity is celebrated and all people are respected, valued, and affirmed inclusive of their sexual orientation, gender identity, and gender expression.

Website: <https://www.oaklandlgbtqcenter.org/>

Phone Number: 510.562.7692

HEALTH, WELLNESS & MENTAL HEALTH (continued)

Family Bridges

168 11th Street, Oakland, CA 94607

Family Bridges' mission is to empower low-income, limited-English proficient immigrant families to lead self-sufficient, independent lives. Programs include the Hong Fook Community-Based Adult Services Centers, Hong Lok Senior Centers, the Friendly Visitors program, the Social Services program, the Lake Merritt Child Care Center, and Community Health Home program.

Website: <https://www.familybridges.org/>

Phone Numbers: 510.839.2022 & 510.239.3884

Lao Family Community Development

2325 E. 12th Street, Suite 226, Oakland, CA 94601

Lao Family Community Development, Inc. (LFCD) assists diverse refugee, immigrant, limited English, and low-income U.S. born community members in achieving long-term financial and social self-sufficiency.

Website: <https://lfcd.org>

Phone Number: 510.533.8850

Friends of Lincoln Square Park

250 10th Street, Oakland, CA 94607

Friends of Lincoln Square Park hosts affordable recreational and enrichment activities for all ages, fun and friendship in after-school and summer camps, senior programs and family events, as well as cultural programming and special events for the entire community.

Website: <https://www.friendsoflincolnsquarepark.org>

Phone Number: 510.238.7738

Noor Islamic and Cultural Community Center

4035 Treat Blvd, Concord, CA 94518

Noor Islamic & Cultural Community Center is a non-profit organization, which strives to serve the religious, educational, and social needs of the growing Muslim community of Contra Costa County surrounding communities regardless of their origin, race or color.

Website: <https://www.noorislamicandculturalcommunitycenter.com/>

Email: mail@noorislamiccenter.org

Roots Community Health Center (Multiple Locations)

7272 MacArthur Blvd, Oakland, CA 94605 (Headquarters)

The mission of Roots Community Health is to uplift those impacted by systemic inequities and poverty. We accomplish this through medical and behavioral health care, health navigation, workforce enterprises, housing, outreach, and advocacy.

Website: <https://rootscommunityhealth.org/>

Email: admin@rootsclinic.org

Phone Number: 510.533.1248

SUBSTANCE ABUSE

Teen Challenge - International (Men)

2221 90th Ave, Oakland, CA 94603

Monday-Friday: 8:30 AM – 5:30 PM

Christian Institution that aims to help young men (18 and older) overcome addiction and homelessness. Programs are usually live-in for 12-18 months and there is a \$500 processing fee but applicants can avoid this by joining the work study program.

Phone Number: 510.562.1141

SAMHSA National Helpline

Free confidential referral and information hotline (available in Spanish and English) for individuals and families facing mental and/or substance abuse disorders; Available 24/7.

Phone Number: 1-800-662-4357

Alameda Health System (Multiple Locations)

1411 E. 31st street, 1st Floor, Oakland, CA 94602 (Headquarters)

Organization that has different support groups to support pregnant and parenting women. Groups include but aren't limited to: relapse prevention, drug & alcohol education, anger management etc.

General Phone Number: 510.437.4800

Latino Commission on Alcohol & Drug Abuse of Alameda County

315 International Blvd, Oakland, CA 94601

Organization that does counseling (individual, group & family), recovery treatments, parenting classes etc. for pregnant or parenting women and their children.

Fees based on sliding scale but students won't be rejected if they are unable to pay

Phone Number: 510.536.4764

West Oakland Health Council

700 Adeline Street, Oakland, CA 94607

Non-profit health center that provides services in mental health and substance abuse for residents of West, North and East Oakland, Emeryville and Southwest Berkeley

Phone Number: 510.835.9610

Website: <https://westoaklandhealth.org/>

LEGAL SERVICES

Family Violence Law Center

470 27th St, Oakland, CA 94612

Monday – Friday: 9:00 AM – 5:00 PM

Organization that aims to provide legal services for free to anyone needing help due to domestic violence. Services include crisis counseling, safety planning, helping clients get restraining orders etc. All cases must have occurred in Alameda County

Phone Number: 510.208.0220

Advancing Justice- Asian Law

55 Columbus Ave. San Francisco, CA 94111

Monday - Friday: 9:00 AM- 5:00 PM

Organization for Asian and Pacific Islander communities that helps in a number of different areas from housing rights to criminal justice reforms and immigrant rights; They also offer programs like Aspire that provides a safe space for undocumented folks to meet and discuss issues and learn about their rights and have people on their side advocating for them.

Phone Number: 415.896.1701

Website <https://www.advancingjustice-alc.org/>

El Centro Legal de La Raza

3400 E. 12th Street, Oakland, CA 94610

Monday - Thursday: 9:00 AM - 5:00 PM

Friday: 9:00 AM - 12:00 PM & 2:00 PM - 4:00 PM

Centro Legal de la Raza is a legal services agency protecting and advancing the rights of low-income, immigrant, Black, and Latinx communities through bilingual legal representation, education, and advocacy.

Phone Number: 510.437.1554

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

Alameda County Bar Association

1000 Broadway # 290, Oakland, CA 94607

Monday- Friday: 8:30 AM - 5:00 PM

Organization that offers free legal advice to low-income communities in areas such as Immigration, Bankruptcy, Family law and Landlord/ Tenant laws; Also assist in giving clients referrals for pro bono lawyers

Phone Number: 510.302.2222

Website <https://www.acbanet.org/>

East Bay Community Law Center

2921 Adeline Street, Berkeley, CA 94703

Monday- Friday: 9:00 AM - 5:00 PM

Organization that works with low-income clientele to ensure they get representation in court cases as well as free legal advice if they need it.

Areas of specialty include: Health and Welfare, Housing and Immigration.

Phone Number: 510.548.4040

Website: <https://ebclc.org/>

LEGAL SERVICES (continued)

Homeless Action Center (HAC)

1432 Franklin St, Oakland, CA 94612 (Oakland Office)

3126 Shattuck Avenue Berkeley, CA 94705 (Berkeley Office)

Monday – Thursday: 1:00 PM- 5:00 PM (Drop-in Welcome)

Organization that offers free legal representation for people that are homeless or at risk of becoming homeless, to ensure they have access to social safety net programs such as Supplemental Security Income, Social Security Disability Insurance, and Cal-Fresh etc.

Website <https://homelessactioncenter.org/>

Helpline 510.775.0035

Oakland Office: 510.836.3260

Berkeley Office 510.540.0878

API Legal Outreach

310 8th St. #308, Oakland, CA. 94607

The mission of API Legal Outreach is to provide culturally competent and linguistically appropriate legal representation, social services, and advocacy for the most marginalized segments of the community including low-income women, seniors, recent immigrants, and youth.

Website: <https://www.apilegaloutreach.org/>

Phone Number: 510.251.2846

Oasis Legal Services

1900 Addison St, Suite 100, Berkeley, CA 94704

Organization that provides quality, holistic and trauma-informed legal and social services to low-income LGBTQ+ community members/ Services include: screening for immigration relief, affirmative asylum, residency, citizenship and family petitions.

Website: <https://www.oasislegalservices.org/>

Phone Number: 510.666.6687

Email: info@oasislegalservices.org



COLLEGE OF ALAMEDA **BASIC NEEDS**

CONTACT US



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alameda.edu/campus-life/basic-needs/