

# ZSFG Health Advocates Quick Resource Sheet

(415) 206-3484

HealthAdvocates@ucsf.edu



## **FOOD RESOURCES**

### **CalFresh**

CalFresh is an entitlement program that provides monthly benefits to assist low-income households in purchasing food. Apply online through [SF Marin Food Bank](#) or call

Food Assistance Center: (415)558-1001 or 1(877)366-3076  
SF County CalFresh: (855) 355-5757

### **Women, Infants, & Children's Program**

Food assistance for women who are pregnant or have children under the age of 5.  
Phone: (415) 575-5788  
30 Van Ness Ave #20 San Francisco CA

### **San Francisco Free Eats and Free Pantry Chart**

For various locations and their respective phone numbers, please visit [http://www.freeprintshop.org/download/pantry\\_english.pdf](http://www.freeprintshop.org/download/pantry_english.pdf) Charts are updated on a tri-monthly basis.

### **Heart of the City Farmers Markets**

Market match offers an extra \$5 when they spend at \$10 on their CalFresh (EBT) cards at Pacific Coast Farmers' markets.  
Hours: Wednesday: 7AM – 5:30PM  
Sunday: 7:00AM – 5:00PM  
United Nations Plaza (above Civic Center Bart), San Francisco, CA 94102

### **Imperfect Produce**

Fruits and vegetables available to anyone in the community.  
Monday, Wednesday, and Friday  
Hours: 11:00 AM – 4:00 PM  
1625 Carroll Avenue,, San Francisco, CA, 94124

### **Free Farm Stand**

Provides locally grown, fresh and nutritious organic produce to all, especially families and individuals on low-incomes and tight budgets.  
Phone: (415) 684-8493  
Hours: Sundays 12:00PM – 3:00PM

Parque Niños Unidos 3090 23rd St, San Francisco, CA 94110

### **SF Rescue Mission**

Must live in 94102 zip code, bring proof of address and photo ID. Sign up 12:00-12:30PM Wednesdays to pick up food Thursday between 12:00-12:30PM  
140 Turk St, San Francisco, CA 94102

### **Bayview TLC Family Resource Center**

One time only, emergency food box of non-perishable goods meant to last 3 days for a family of 4 for any SF resident.  
Phone: (415) 822-7728  
Hours: Food pantry for fresh produce every Thursday 9:00AM- 4:00PM  
1601 Lane St, San Francisco, CA 94124

### **School Meal Applications**

<https://schoolmealapp.sfusd.edu/Register.aspx>

### **Season of Sharing**

Provide one-time support for housing and critical needs in the form of grants that are paid directly to the supplier of services, such as a landlord or medical equipment provider. Focus on low-to-moderate income families with children, seniors, pregnant women, foster youth, victims of domestic violence, disabled individuals, and veterans.  
Phone: 415-557-6484

## **CHILDCARE**

### **Early Head Start Programs - Wu Yee**

Wu Yee Children's Services serves infants and toddlers under the age of 3, and pregnant women. Provides early, continuous, intensive and comprehensive child development and family support services to low-income infants, toddlers, and their families.  
Phone: (415) 230-7500  
Hours: 9:00AM – 4:30PM

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## **The Children's Council of San Francisco**

Apply for subsidized child care and developmental programs at San Francisco Child Care Connection  
Phone: (415) 276-2900  
Hours: Mon – Thurs: 8:30AM-4:00PM Friday: 8:30AM - 12PM  
445 Church St, San Francisco

## **Kai Ming Head Start Programs (ages 3-5)**

Free preschool services to children ages 3-5 for eligible families living in San Francisco. Once enrolled, your family will have access to many services at no cost, including parental education, family support services, and services to children with special needs. Multiple locations in SF.  
Hours: Mon – Fri 8:00AM – 5:00PM  
Phone: (415) 982-4777  
900 Kearny Street, Suite 600, San Francisco, CA 94133

## **FACES SF Child Development Programs**

Provides affordable childcare to low-income San Francisco residents.  
Phone: (415) 567-2357 Ext. 116 to contact Margaret Charnas

## **SF Kids**

Provides afterschool and summer programs for children and teens. Also provide parents with family resource centers and childcare referrals. Scholarships and financial aid are available.  
Dept. of Children, Youth and their Families Phone: (415) 554-8990

## **HELP WITH UTILITY BILLS**

### **PG&E: CARE/FERA**

May qualify for a 20% discount on monthly rates.  
Phone: 1(800)743-5000

### **PG&E Energy Savings Assistance Program**

PG&E will assess the home and make improvements that may include: replacing old appliances, installing insulation, weatherproofing, installing energy efficient light bulbs etc. at no charge.  
Phone: 1-800-989-9744

### **Home or Cell Phone**

California Lifeline Program for those on many types of public assistance. Provides a free cell phone and phone plans.  
Phone: 1(866) 272-0349 – English  
1(866) 272-0350 – Spanish

### **Internet Essentials**

If at least one child in the home receives a free lunch in a SF public school, home may be eligible for high speed internet for 9.95/month  
Phone: 1-855-846-8376 – English  
1-855-765-6995 – Spanish

### **Salvation Army REACH (PG&E)**

Helps qualifying customers pay for energy during a crisis by providing an energy credit for up to \$300 based on the past due bill amount.  
Note: REACH is available only once within an 18-month period except, in some cases, for the elderly, physically challenged and terminally ill.  
Phone: 1-800-933-9677

### **Community Assistance Program (CAP)**

Family can request application for Water bill discount.  
Phone: (415) 551-3000

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## San Francisco Peninsula Energy Services

One time/temporary energy or phone bill support to eligible customers. Bring proof of income & the most recent utility bill.

Phone: (415) 749-5600

Hours: Monday – Friday 8:30 AM – 5:00 PM

1426 Fillmore St, Suite #318, San Francisco, CA

## Healthy San Francisco

Health care services available to uninsured San Francisco residents.

Phone: (415) 615-4555

Hours: Mon – Fri 8:30AM – 5:00PM

San Francisco General Hospital, 1001 Potrero Ave.  
Building 10, 5<sup>th</sup> floor, Rm. 1523

## NEW-PARENT RESOURCES

### Homeless Prenatal Program

Family resource center that offers housing workshops, job training, parenting classes, etc. Must register as a client first.

Phone: (415) 546-6756

2500 18th St San Francisco, CA 94110

### SF Diaper Bank

You may receive up to 6 packages of Free Diapers per month! You'll need to bring your EBT card and a valid government issued ID card to a participating family resource center. Visit <http://www.sfdiaperbank.org/> for the list of locations.

Phone: (415) 557-5100 (CalWorks Service Center)

### Bay Area Women and Children's Center

Services for assistance with food and clothing, but also provide educational stepping-stones such as literacy/reading support, access to technology and recreational programs.

Phone: (415) 474-2400

Hours: Tuesdays and Thursdays 8:30AM-12:30PM

318 Leavenworth St. San Francisco, CA 34102

## HEALTH COVERAGE

### No Health Insurance

Contact Jose Murillo, Hospital Eligibility Worker who will assist in the application process for MediCal.

Phone: (415) 206-8389

## WORK CONCERNS

### State Disability Insurance (SDI)

May file online through UI Online portal or request assistance over the phone

Phone: 8:00 AM – 12:00 PM

English- 1-800-300-5616

Español- 1-800-326-8937

广东话- 1-800-547-3506

普通话- 1-866-303-0706

UI Online (for unemployment):

[https://www.edd.ca.gov/Unemployment/UI\\_Online.htm](https://www.edd.ca.gov/Unemployment/UI_Online.htm)

Benefits Program Online (for disability and paid family leave):

[https://www.edd.ca.gov/Benefit\\_Programs\\_Online.htm](https://www.edd.ca.gov/Benefit_Programs_Online.htm)

Phone: 1-877-238-4373

## LEGAL ASSISTANCE SERVICES

### Legal Advice Line

The Legal Advice Line (LAL) is a free legal hotline available to qualified low-income residents living in the Bay Area. Provide immediate counsel and advice in all languages on a range of civil legal issues.

Phone: (415) 354-4636

Hours: Mon & Thurs 9:30AM-3:00PM

Tues & Weds 9:30AM-1:00PM

### Legal Aid at Work

Hosts free Workers' Right Clinics in the Bay Area  
Phone: (415) 864-8848 to make an appointment (required).

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## **IMMIGRATION SERVICES**

### **CARECEN**

Attorneys and paralegal team provide high quality, low-cost and pro-bono immigration legal services to low-income Latino immigrants and their families; \$25 which might be waived depending on case. Hours: 9:00AM – 12:00PM. First come, first served for drop-in legal consultations

### **Good Samaritan Family Resource Center**

Provides general help for Spanish speaking immigrant families, both documented and undocumented.

Phone: (415) 401-4253

### **La Raza Community Resource Center**

Housing information and legal advice.

Phone: (415) 863-0764

### **SF Bar Lawyer Referral and Information Services**

Provides free or minimal fee legal referrals.

Phone: (415) 989-1616

### **Immigrant Legal Resource Center**

**(ILRC)** Attorney of the Day: (415)255-9499 ext. 626 (415)255-9792

1663 Mission Street Suite 602 SF CA 94103

### **Center for Domestic Peace**

Offer services for victims of domestic violence including emergency and transitional shelter, hotlines, and legal advocacy.

Phone: (415) 924-6616

734 A St, San Rafael, CA 94901

### **La Casa de las Madres**

Provides services to domestic violence victims. Services for women and youth including: counseling, support groups, confidential emergency housing, and restraining order assistance.

Phone: 24-hour Crisis Line: 1-877-503-1850

Teen Crisis Line: 1-877-923-0700

Hours: Mon – Fri 9:00AM – 5:00PM (drop-in)

1633 Mission St. Suite 225 (between 13<sup>th</sup> St. and S. Van Ness), San Francisco, CA 94103

## **EMERGENCY SHELTER**

### **Project Homelessness Connect**

Call Aliison B. (415) 503-2123 to register for housing workshops that are every Friday from 10:00AM-12:00 PM.

### **Raphael House**

Residential program for homeless families.

Phone: (415) 474-4621

### **Hamilton Family Center**

Services for families who are currently homeless or at risk of becoming homeless

Phone: (415) 409-2100

1631 Hayes St. San Francisco, CA 94117

### **Larkin Street Youth Services**

LSYS provides wide range of services for youth up to age 24, including emergency shelter, finding employment, medical care, and help finding permanent housing.

Phone: (415) 673-0911

Alternate Phone: 800-669-6196

134 Golden Gate Ave., San Francisco, CA 94102

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## **Project Homeless Connect**

Homeless outreach program providing access to dental care, reading/prescription glasses, and vouchers to obtain identification card

Phone: (855) 588-7968

Hours: Mon or Wed 8:30 AM – 1:00 PM (to be seen the same day please arrive by 10 AM)

25 Van Ness Ave. Suite 340 (between Oak St and Hickory St across from the Walgreen's near Market St), San Francisco, CA 94102

## **Providence Foundation of San Francisco**

Offer emergency shelter at 6 different locations and homeless shelter at 3 different locations. Other services include workshops and support programs.

Phone: (415) 642-0234

1218 Mendell Street San Francisco, CA 94124

## **A Woman's Place**

Services include: primary care, case management, residential substance abuse and HIV transitional housing and care. Primarily serve women, transgender females and families. Services are 24 hour for drop in

Phone: (415) 293-7360

11 13<sup>th</sup> Street (at Mission St) San Francisco, CA

## **HOUSING**

### **Compass Connecting Point**

Assist San Francisco families facing homelessness secure stable housing and attain economic stability.

Compass-sf.org/get-help

Phone: 1-855-234-2667

37 Grove Street, San Francisco, CA, 94102

### **Mercy Housing**

Assist families, seniors, and people with special needs who lack economic resources to access quality, safe housing opportunities.

Phone: (415) 355-7100

1360 Mission St, Suite 300, SF, CA, 94103

## **Dept. of Housing and Urban Development: San Francisco Regional Office**

Assists families to purchase a home, find affordable renting, avoiding foreclosure, and filing complaints against housing discrimination

Phone: (415) 489-6400

Hours: Mon - Fri 8:15am – 4:45pm

One Sansome Street, Suite 1200

San Francisco, CA 94104

### *Housing Concerns: Unhealthy Housing*

#### **Children's Environmental Health Promotion Program**

Assists families that have children under 6 or pregnant women to ensure they have hazard-free living spaces.

Contact Cynthia Melgoza for more information

Phone: (415) 252-3932

Email: [Cynthia.melgoza@sfdph.org](mailto:Cynthia.melgoza@sfdph.org)

## **EVICTION**

### **Eviction Defense Collaborative: Tenants Together**

Provide specialized legal assistance, financial help, and education about tenants' rights when facing eviction. Call for eligibility.

Phone: (415) 947-0797

Hours: Monday-Friday 9:30 AM – 11:30 AM and 1:00 PM – 3:00 PM (Closed every first Tuesday of the month in the afternoon and all court holidays)

### **Causa Justa**

Contact if you are uncomfortable sending a landlord letter or are concerned with ramifications from landlord.

Phone: (415) 487-9203

## **MENTAL HEALTH AND DENTAL CARE**

### **Bayview Child Health Center**

Mental health, medical, nutritional, and dental assistance for youth up to age 18.

3450 3rd St. Building 2, Suite 2A San Francisco CA

Mental Health Phone: 1-(415) 600-1990

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## San Francisco Free Mental Health Chart

For various locations and their respective phone numbers, please visit [http://www.freeprintshop.org/download/mental\\_english.pdf](http://www.freeprintshop.org/download/mental_english.pdf) Charts are updated every 3 months.

## Access Line (Behavioral Health Services)

SF residents can call anytime for an initial phone screening to determine financial and clinical eligibility. Phone: 888-246-3333

## La Clinica Instituto Familiar de la Raza

Provides therapy and case management and is a comprehensive outpatient mental clinic which addresses social, emotional, and spiritual needs of patients.  
Phone: (415) 229-0500  
2919 Mission St San Francisco CA

## DISCOUNTED PUBLIC TRANSPORTATION

### Muni Lifeline Pass

Monthly pass for low income qualified customers. Pass is offered at a 50% discount. Must fill out application to apply. Please visit <https://www.sfmta.com/getting-around/transit/fares-passes/low-income-lifeline-pass> for more details and instructions.

### Free Muni for Youth and Seniors

Please visit <https://www.sfmta.com/getting-around/transit/fares-passes/youthseniordisability-discounts> for details and instructions.

## FINANCIAL SECURITY AND WELLNESS

### Free Financial Coaching, Credit Counseling, and Debt Management

#### SparkPoint Centers

Help families create step-by-step plans to tackle their unique financial needs; services include

financial coaching, credit and debt counseling, benefits screening, and tax preparation.

Phone: 211 or visit [www.uwba.org/sparkpoint](http://www.uwba.org/sparkpoint)

#### BALANCE

Offers free financial guidance and services, including financial counseling, debt management, bankruptcy and student loan counseling, homeownership services, and more.

Phone: 1-800-777-7526 or visit [www.balancepro.org](http://www.balancepro.org)

#### Consumer Credit Counseling Service of San Francisco

Offer services for budgeting, debt management, affording housing, and bankruptcy.

Phone: 800-777-7526

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

#### Mission Economic Development Agency (MEDA)

MEDA's Financial Education & Coaching Program is based on an individual or family's long-term financial goals, as well as their short-term financial needs. Services in Spanish and English.

Phone: (415) 282-3334 or visit [www.medasf.org](http://www.medasf.org)

#### Orientation Workshop

English: Every Wednesday, 5:45pm-8pm, Room 211  
Spanish: Every Wednesday, 5:45pm-8pm, Room 301E  
2301 Mission St. Suite 301, San Francisco, CA

#### SF Housing Development Corporation (SFHDC)

SFHDC's Financial Empowerment Center is based in the Bayview-Hunters Point neighborhood of Southeast San Francisco. Provides free and low-cost financial and housing counseling; clients can participate in monthly homeownership, rental, and credit workshops with follow-up 1:1 counseling.

4439 Third St. San Francisco, CA

(415) 822-1022 or visit [www.sfhdc.org](http://www.sfhdc.org)

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## ***Safe, Affordable Bank Accounts***

### **Bank On San Francisco**

Helps you find a safe, affordable checking account. It doesn't matter how much money you have, if you are a U.S. citizen, or whether you have had trouble banking in the past.

Phone: 311 or visit [www.bankonsf.org](http://www.bankonsf.org)

## ***EMPLOYMENT/CAREER CENTERS***

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

Helps find jobs in career paths of healthcare, financial services, technology & service.

Phone: (415) 391-3600

225 Bush St. Suite 400, San Francisco, CA

### **The Unity Council (East Bay)**

Provide community with tools, knowledge and resources including job training.

Phone: (510) 535-6900

1900 Fruitvale Ave. Suite 2A San Francisco, CA

### **San Francisco Day Labor Program**

Visit office during orientation hours (Wednesday and Thursday at 10:30 AM in Spanish and 11:00 AM in English). Please bring identification.

3358 Cesar Chavez Street, San Francisco, CA, 94110