



ALAMEDA HEALTH
CONSORTIUM



COMMUNITY HEALTH
CENTER NETWORK

CHCN SOCIAL NEEDS RESOURCE GUIDE
UPDATED MAY 26, 2020

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This is a live document. CHCN staff will be updating resources as frequently as possible.

HEALTH CARE COVERAGE

Organization	Website	Customer Care/ Member Service Phone Number
Community Health Center Network	https://chcnetwork.org/	(510)297-0242
Alameda Alliance for Health	https://alamedaalliance.org/	Member Services: (510) 747-4567 Toll Free:1(877)932-2738 People with hearing and speaking and impairments (CRS/TTY): 711/ 1(800)735-2929
Anthem Blue Cross - Alameda County	https://www11.anthem.com/ca/alameda/	
Alameda County Social Services	https://www.alamedasocialservices.org/public/index.cfm	Apply for Medi-Cal, CalFresh, CAPI, IHSS, General Assistance and CalWorks (currently by phone or internet only)

FOOD INSECURITY

<u>Resource</u>	<u>Website</u>
List of Alameda County food	https://www.needhelppayingbills.com/html/alameda_county_food_banks.html

banks	Phone: 510-635-3663
Emergency Meals & Groceries around Berkeley	https://bancroft.berkeley-public.org/documents/uploads/emergency_meals.pdf

Resource	Description
La Santa Torta Food Truck	Free Hot Meals (12-2PM) 333 Broadway, Oakland, CA. 94607
Expensify.org	Matching \$50 towards SNAP grocery purchases. Limited to one reimbursement per family.
Berkeley Food Network	On-Site Pantry currently open during COVID-19 containment period. Hours of Operation: Monday-Thursday (10am-2pm) Monday and Wednesday (5pm-7pm) First and third Saturdays (10am-12pm) *** Hours May change. *** For more information: (510)616-5383
Discounted meals from MIXIT	MIXT, a healthy dining option, is offering sliding scale discount codes for pick-up orders. Codes: wegotyou25 for 25% off, wegotyou50 for 50% off, wegotyou100 for a free meal. Use codes at mixt.com or on MIXT app for pick up orders.
Best times to grocery shop for vulnerable populations.	Safeway, Wholefoods, Target and several other markets and retail stores are setting aside hours just for “at-risk” shoppers, including senior citizens, pregnant people and other people with vulnerable immune systems. Safeway invites “at-risk” shoppers from 7-9 a.m. Tuesday and Thursday; Whole Foods invites customers 60 and older to stores one hour before opening to the public; Target reserves the first hour on Wednesdays to “vulnerable guests;” Dollar General reserves the first hour of every business day to senior shoppers.
UberEats Free Delivery	As of 3/16/2020, Uber is waiving delivery fees for over 100K restaurants.
Free Lunches in Bay Area	Overview of free lunch distribution centers in the Bay Area.

Berkeley Students (CAL)	The Basic Needs Center is currently open through Wednesday (M-W 12PM-5PM), due to an MLK Student Union leadership request. We will keep days/tiems and location up to date. Visit the website for more information. It is now located at 103 Sproul Hall.
HelpBerkeley.org	For Berkeley residents –2 restaurant meals for \$10.00 delivered to their home. You must register online and request food delivery during registration to receive meals. Can be delivered daily!
50% OFF groceries for EBT users	Mandela Grocery Cooperative; 1430 7th St, Oakland, CA 94607 (across West Oakland Bart) Call (510)452-1133 with any questions.
Culinary Angels	Providing nutrient-rich meals to people going through a serious health challenge. In response to the COVID-19 mandates, Culinary Angels has suspended their regular meals and is delivering organic produce bags to their recipients in partnership with Sunflower Hill and Fertile Groundworks Gardens.

Farmers Market Open (accepts SNAP):

Location	Hours of Operation
SF Ferry Plaza	Tues & Thursday (10am-2pm) Saturday (8am-2pm)
Heart of the city at UN Civic Center Plaza	Wed, Fri, Sun (7am-4:30/5PM)
South Berkeley (Adeline & 63rd)	Tuesdays: (2pm-6:30pm)
North Berkeley (Shattuck & Vine)	Thursdays (3pm-7pm)
Downtown Berkeley (MLK & Center)	Saturdays (10am-3pm)
Montclair Village	Sundays (9am-1pm)

Food Resources for the Elderly (65+)

Resource	Description
The East Oakland Collective	Offering supplies and food for seniors, unhoused folks, people with compromised immune systems. Please contact EOC for availability of supplies and food at (510)990-0775 or info@eastoaklandcollective.com
Project Open Hand	Continuing to serve medically tailored meals to economically disadvantaged patients. https://www.openhand.org/
Meals on Wheels	Will still be serving meals and continuing operation. San Francisco: https://www.mowsf.org/coronavirus Alameda County: https://www.feedingseniors.org/get-meals-1

FINANCIAL INSTABILITY

Resources	Description
Unemployment via Legal Aid at Work	According to Legal Aid at Work, people can collect unemployment for having hours reduced as a result of the crisis. File for unemployment: https://www.edd.ca.gov/Unemployment/. Information from EDD on Coronavirus: https://www.edd.ca.gov/about_edd/coronavirus-2019.htm
Disability Insurance (SDI)	Find out more information regarding disability or paid family leave benefits.
Eviction Moratoriums	People in San Francisco and other places might be able to delay their rent payments.
A list of relief funds for undocumented workers in California	To assist undocumented workers who have lost their jobs or income as a result of the Coronavirus outbreak, Legal Aid at Work has compiled a list of known relief funds for undocumented workers.
A Guide to COVID-19 Replacement Income and Job-Protected Leave Programs for California Workers	This guide provides an overview of the replacement income and job-protected leave programs available to California's workers, and can help orient workers to the programs that may be right for them.

CHILDREN AND SCHOOL BASED SERVICES

Resource	Description
Internet Essentials	Many schools are offering curriculum and other online resources. Internet Essentials is offering 2 free months of internet service.
OUSD food pickup sites	Free meals during COVID-19 closures. The Nutrition Services Department will continue to operate 12 pick-up locations throughout the city where "Grab and Go" breakfast and lunch meals will be available for all OUSD students or families and any Oakland child under 18.
East Oakland DREAMer emergency fund	Up to \$250, applicants must be migrant youth 15-30 years old or migrant guardian of youth aged 0-20. https://tinyurl.com/COVIDMigrantYouthRelief
Dream Youth Clinic 583 5th St, Oakland, CA 94607	Clinic open during shelter in place. Services are for youth ages 12-24 and include medical evaluations, HIV/STD testing, birth control, and immunizations. Call 510-839-0929 ext.3 to make an appointment. Walk-ins welcome. Hours: Mon and Wed 1-5pm, Thurs 2-6pm
Lil Libros	Free printable worksheets for children sent directly to your email. Available in English and Spanish.
PBS Educational Daytime Programming	Starting Monday, March 16, students in Pre-K through 12th grade will have the opportunity to access free, educational PBS daytime programming designated for each grade level weekdays.
Math lessons from MIND Research Institute	MIND Research Institute is offering no cost access to a free math instructional program for students in grades K-8
Scholastic Online	Scholastic offers free, online learning experiences for kids of all ages
Parent Support via Family Paths	Family Paths Parent Stress Hotline 1-800-829-3777

INTIMATE PARTNER ABUSE/ DOMESTIC VIOLENCE

Resources	Description
Alameda County Family Justice Center	Limited Telephonic appointments and emergency support: (510)267-8800 Family Violence Law Center 24hr Crisis Line: 1-800-947-8301
Futures Without Violence	Resources and Information for Survivors, communities and DV/SA programs
WOMAN, Inc.	WOMAN, Inc. is a community-based, multi-service agency that serves survivors of domestic violence. It can be reached 24 hours per day at (877) 384-3578.

Safe Alternatives to Violence Environments (SAVE)	Provides shelter, support, and educational opportunities for individuals and families so they may end the cycle of abuse, heal, and have the freedom to reach their potential.
	Call the 24-hotline at 510-794-6055

CRISIS SUPPORT SERVICES

Resources	Description
24 hour crisis Line	1-800-273-8255
Friendship Line (Seniors)	1-800-971-0016
ACCESS (Alameda County Behavioral Health)	Crisis Support and Facilities Quick Links
Crisis Connect (mobile crisis service line for providers to call)	1-800-491-9099
Trans Lifeline	Trans Lifeline provides direct emotional and financial support to trans people in crisis. It can be reached at (877) 565-8860.
Deaf Hotline	The Deaf Hotline has advocates available to provide 24-hour crisis intervention, education, information, and referral for deaf, deafblind, and deafdisabled survivors of domestic violence and sexual assault through video phone at (855) 812-1001, (800) 787-3224 (TTY), chat, and email at nationaldeafhotline@adwas.org

Legal Services - Housing

Resources	Description
Centro Legal de la Raza	Immigrants' Rights, Tenants' Rights, Workers' Rights, Litigation, Youth Law Academy
City of Oakland Housing Advocacy resource list	Contact Local Housing Advocacy Organizations
Keep Oakland Housed	Comitted to preventing Oakland residents from losing their housing by providing legal representation, emergency financial assistance, and supportive services.

Breakdown of Local Housing Resources	A list of housing resources in Alameda County.
Tenant Protections During the COVID-19 Pandemic	The Federal Government, California's Governor and Judicial Council (sets policy for state courts) have passed some protections for tenants. This one-pager highlights some of these protections.

Pet Care

<u>Resources</u>	<u>Description</u>
East Bay SPCA	All adoption and animal services suspended through April 7th.
Oakland Animal Services	Services by appointment only. Call (510)535-5602 between 11am and 4pm 7 days a week.

Mutual Aid Resources to give or ask for help

Oakland At Risk	At Risk? Sign up to get assistance. A healthy young adult with low-risk factors? Sign up to be matched with an elder or immunocompromised member of our community who could use your help over the next several weeks. (510)306-4973 (Phone lines active)
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April Showers	<p>Open on the first, third and fifth Sunday of every month at CREEKSIDE COMMUNITY CHURCH, SAN LEANDRO (951 MacArthur Blvd., San Leandro 94577 -- between Dutton Ave. and Dowling Blvd.</p> <p>Some of the services offered:</p> <ul style="list-style-type: none"> • A welcoming, safe place • Caring volunteers • Showers and new underwear and socks • Hot lunch, coffee and pastries • Men's and women's clothing • Bag lunch and bottled water • Haircuts • Referrals and information for health care, social services, housing, jobs and transportation
Regional Center Resources During Pandemic	<p>This webpage outlines resources provided by the regional center during the COVID 19 pandemic.</p>
California Disaster Relief Assistance for Immigrants (DRAI)	<p>The State of California will provide one-time disaster relief assistance to adult undocumented immigrants impacted by the COVID-19 pandemic.</p> <p>This is only for adults who are ineligible for other forms of federal unemployment or pandemic related assistance, such as the CARES act or unemployment benefits.</p> <p>Please be patient and continue to call 1-415-324-1011 to apply for the Disaster Relief Assistance for Immigrants (DRAI) program. Call volume is extremely high, and yet, with persistence, callers are getting through. It is the only way to apply for this help.</p>
League of Volunteers	<p>League of Volunteers is an organization providing emergency food, clothing, and more to the tri-city area. Call (510) 793-5683 to be connected to services.</p>
Berkeley Mutual Aid	<p>Berkeley Mutual Aid matches lower-risk volunteers with the most pressing needs. This includes pairing lower-risk neighbors with higher-risk neighbors who need essential supplies (e.g., food, toiletries, and prescriptions), help navigating social services, or connecting to overcome social isolation.</p>

Miscellaneous

Resources	Description
#PashFam Free Community Resource Bank	A collection of free online courses and entertainment options for keeping busy and productive while at home.
Virtual Sangha Links	A list of weekly meditation and yoga groups hosted via Zoom. Some groups are specifically for marginalized groups (LGBTQ+, people with disabilities, PoC, etc).
Pelaton App 90-day Free Trial	Free trial of Pelaton fitness app with archive of online fitness courses for all levels of expertise and access to equipment.
Kanopy	Stream thousands of films for free, thanks to the generous support of your public library. Berkeley and Oakland Public Libraries are participating. Will need Library card to access films.
Hoopla	Hoopla is a media service offered by your local public library that allows you to borrow movies, music, audiobooks, ebooks, comics and TV shows to enjoy on your computer, tablet, or phone – and even your TV!