

Help for Teens in Trouble

East Bay Community Law Center Free legal services for eligible East Bay clients	510-548-4040
Family Support Services of the Bay Area Short-term child care, parenting programs. Mentoring for children 4-14 whose parents are incarcerated.	510-834-2443
Crisis Support Services of Alameda County 24-Hour crisis line offers free support. Suicide prevention and support during times of hopelessness.	800-309-2131
Parental Stress Hotline 24-Hour family hotline offers supportive counseling when you need to be heard.	510-893-9230
California Youth Crisis Line Free 24-hour confidential crisis intervention counseling for young people between 12 and 24.	800-843-5200
National Runaway Switchboard Call if you care about a youth and want info on how to help prevent running away, 24 hours a day.	800-RUNAWAY

Mental Health / Counseling

Highland Hospital Anger Management	510-437-4688
Alameda Family Services	510-522-8362
Family Paths (Parental Stress)	510-893-5444
Attitudinal Healing Connection	510-652-5530
Mental Health Advocates	510-835-5010
Allen Temple Men's Program	510-567-1490
City of Berkeley Mental Health	510-981-5290
Crisis Support Services of Alameda County	800-309-2131
Center for Family Counseling	510-562-3731
Narcotics Anonymous	510-444-4673
East Oakland Recovery Center	510-568-2432
Access	800-491-9099



Men's Resource Guide

Let's Get It Started!

Health. Jobs. Education. Legal. Family Support.



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 Alameda County Urban Male Health Initiative
 Healthy Oakland Urban Male Health Center
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Urban Male Health Initiative

A collaboration between:

Men Helping Men	510-331-1438
Alameda County Public Health Department (ACPHD)	510-267-8000
ACPHD Urban Male Health Initiative	510-268-2282
ACPHD Black Infant Health	510-618-1983
ACPHD Improving Pregnancy Outcomes and Parenting	510-618-2086
ACPHD Male Involvement Program	510-618-1925
Alameda County Probation Department	510-268-7958
Healthy Oakland Urban Male Health Center	510-444-9655
Be a Mentor, Inc.	510-795-6488
The National T.R.U.S.T. for the Development of African American Men	510-893-2404

Drug & Alcohol Treatment & Recovery (cont'd)

Mandana Community Recovery Center 3989 Howe St., Oakland, CA 94611	510-595-9690
Mandela Family Center 3408 Andover, Oakland, CA 94609	510-272-0241
Maudelle Shirek Recovery Village 471 34th St., Oakland, CA 94609	510-450-0881
New Bridge Foundation, Inc. 368 12th St., Oakland, CA 94607	510-451-9675
Orchid Women's Recovery Center 1342 E. 27th St., Oakland, CA 94606	510-535-0611
Peers Envisioning & Engaging in Recovery 1825 San Pablo Ave., #201, Oakland, CA 94612	510-832-7337
Recovery 55 635 22nd St., Oakland, CA 94612	510-893-4723
St. Mary's Center 635 22nd St., Oakland, CA 94612	510-893-4723
Thunder Road 390 40th St., Oakland, CA	510-653-5040 ext. 341
West Oakland Health Council, Inc. 700 Adeline Ave., Oakland, CA 94607	510-835-9610
West Oakland Health Council / Outpatient 3007 Telegraph Ave., Oakland, CA 94609	510-433-1500 ext. 45

Drug & Alcohol Treatment & Recovery

Bonita-Creative Living Center 6333 Telegraph Ave., #102, Oakland, CA 94609	510-548-2269
Casa de la Vida—Berkeley Place 421 Fairmont Ave., Oakland, CA 94611	510-839-3769
Chrysalis 3845 Telegraph Ave., Oakland, CA 94609	510-450-1190
CURA-Oakland 531 24th St., Oakland, CA 94606	510-839-2525
East Bay Community Recovery Project 2351 San Pablo, Oakland, CA 94621	510-446-7100
East Bay Recovery for Men	510-446-7120
East Bay Teen Challenge 2221 90th Ave., Oakland, CA 94621	510-562-1141
Highland Hospital Substance Abuse Program 1411 E. 31st. St., Oakland, CA 94608	510-437-5192
Howie HARP Multiple Service Center 580 14th St., Oakland, CA 94612	510-834-8771
Keller House 353 Athol Ave., Oakland, CA 94606	510-251-2001
La Cheim Adult Behavioral Health Services 1000 42nd St., Oakland, CA 94611	510-596-8125

Employment, Job Training, and Vocational Services

America Works	510-891-9100
Chabot College 25555 Hesperian Boulevard, Hayward, California 94545	510-723-6600
Cypress Mandela Training Program 2229 Poplar St. Oakland, CA	510-208-7355
Building California—Construction Careers	510-755-5864
East Bay Conservation Corp. 1021 3rd. St., Oakland, CA 94607	510-992-7800
East Bay Works—One Stop Career Center 1212 Broadway, Suite 300, Oakland, CA 94612	866-EBWORKS
Eden Area Muni Services Center	510-670-5700
Employment Development Department	800-300-5616
Immigration Services	800-375-5283
Laney College 900 Fallon Ave., Oakland, CA	510-834-5740
Mayor's Summer Job Program Oakland	510-768-4405
Samuel Merritt College 370 Hawthorne Ave., Oakland, CA	510-869-6511
Oakland Private Industry Council Career Center 1212 Broadway, Oakland, CA 94612	510-768-4473 510-768-4494
Spanish Speaking Unity Council	510-535-6101
Allied Fellowship	510-534-1986
Allen Temple Baptist Church	510-567-1490

Legal Services

Alameda County Bar Association	510- 302-2222
Bay AREA Legal Aid 405 14th. St., 11th Floor, Oakland, CA 94612	800-551-5554 510-663-4744
Law Center for Families	510-451-9261
Record Sealing for Juveniles	510-618-1918
Alameda County Youth Probation	510-618-1918
Alameda County Adult Probation	510-268-7050
Alameda County Public Defender	510-272-6600
East Bay Community Law	510-548-4040

Domestic Violence Offender Treatment Programs

Alameda Family Services (formerly Xanthos)	510-522-8363
Terra Firma (Diversion/Educational Services) In Spanish and English	510-675-9362
City of Castro Valley (Peace Creations)	510-834-7088
City of Fremont/Newark (Second Chance)	510-792-4357
City of Hayward (Dorn and Associates)	510-889-6091

Specialty Clinics

AIDS Project of the East Bay	510-663-7979
Cal Pep (HIV & AIDS Education & Testing)	510-874-7850
The Brothers Project (HIV & AIDS Education & Testing)	510-903-7501 510-779-3194
Alameda County Office of AIDS	510-873-6500
Bay Area Urology Medical Group (Prostate, kidney, bladder, testicular, and penile exams)	650-348-7770
Alameda County Tattoo Removal Program	510-208-5926
Volunteers of America (Many Men, Many Voices)	510-844-1040

More Resources

Men's Health Information	www.menshealth.com
Men's Health Network	www.menshealthnetwork.org
Blue Cross Insurance	510-986-2400
Alameda Alliance for Health	877-371-2222
Healthy Families	800-255-5053
WebMD Health Information	www.WebMD.com

Health Clinics

East Oakland Health Center 7450 International Blvd, Oakland, CA 94621	510-430-9401
La Clinica de la Raza 1515 Fruitvale Ave., Oakland, CA 94601	510-535-4000
Native American Health Clinic 3124 International Blvd, 2nd Flr, Oakland, 94601	510-535-4400
Healthy Oakland Clinic & Resource Center Oakland	510-444-9155 510-444-9655
The Suitcase Clinic Berkeley	510-643-6786
Tiburcio Vasquez Health Clinic 33255 9th St., Union City, CA 94587	510-471-5880
West Oakland Health Clinic 700 Adeline St., Oakland, CA 94607	510-835-9610
Winton Wellness Center 24100 Amador St 2nd Flr., Hayward, CA 94544	510-266-1700
Asian Health Clinic 818 Webster St, Oakland, CA 94607	510-986-6800
Axis Community Health Clinic & Mental Health Clinic 4361 Railroad Ave., Pleasanton, CA 94566	925-201-6200
Alameda Family Services 2325 Clement Ave., Alameda, CA 94501	510-522-8363
Tri-City Health Center 2299 Mowry Ave # 3B, Fremont, CA 94538	510-770-8048
Second Chance / Ashland Center 1403 164th Ave., San Leandro, CA	510-792-4357 510-481-8645

Youth Services

Be a Mentor, Inc. 4588 Peralta Blvd., Fremont, CA 94536	510-795-6488
Mentoring Center	510-891-0427
Project Re-Connect	510-482-1738
Alameda County Youth Development/ Scotland Center	510-832-4544
Center for Family Counseling	510-562-3731
Oakland Unified School District (Academic tutoring & educational advocacy) Dept. of Student, Family & Community Services	510-879-4643
Berkeley Youth Alternatives 1255 Allston Way, Berkeley, CA 94702	510-845-9010
City of Fremont Youth and Family Services	510-574-2100
East Bay Asia Youth Center	510-533-1092
Boys & Girls Clubs of Oakland 920 24th St., Oakland, CA 94607	510-444-8211
Covenant House of Oakland 2781 Telegraph Ave., Oakland, CA 94608	510-625-7800
Destiny Arts Center (Performing Arts) 1000 42nd St., Oakland, CA 94608	510-597-1619
Students Run Oakland (Athletics) PO Box 10696, Oakland, CA 94610	510-644-4232
Alameda County Independent Living Skills Program	510-434-3333
Youth Uprising	510-777-9909
YMCA of the East Bay	510-451-8039

Fatherhood Services & Support

Parental Stress Hotline	510-893-5444
Black Infant Health Role Of Men Program Fatherhood Support and Parenting Groups	510-618-1967
Improving Pregnancy Outcomes Program (Daddy Boot Camp and Support Services)	510-618-2080
Bananas, Inc. Child Care Resource Network (Fatherhood Groups and Counseling)	510-658-7353
DNA Testing Center of California	888-875-7574
DNA Diagnostic Center	800-362-2368
Genetic Testing Laboratories Inc.	866-833-6895
Planned Parenthood / Golden Gate Health Centers 482 West MacArthur Blvd., Oakland, CA 94609	800-967-7526
Project Reconnect (for Family of at-Risk Youth) 3350 MacArthur Blvd., Oakland, CA 94602	510-482-1738
Promoting Responsible Fatherhood Federal Resources	fatherhood.hhs.gov
Fathers Rights	themenscenter.com
Paternity Laws	www.paternityinfo.com
Child Support Liberation	childsupportliberation.com

Family Support & Information

Eden Information and Referrals	510-537-2552
Travelers Aid	510-444-6834
Alameda County Community Food Bank 7900 Edgewater Dr., Oakland, CA 94612	800-870-FOOD or 510-635-3663
PG&E (Reach Program)	800-933-9677 or 510-439-9437
Universal Lifeline Telephone Service	800-310-2355
Catholic Charities of the East Bay	510-768-3100
Spanish Speaking Unity Council	510-535-6900
Healthy Oakland Resource Center	510-444-9655
Davis Street Community Center	510-347-4620
Mother Wright Foundation (Food) 1112 26th St., Oakland, CA 94607	510-601-8119
Alameda County Social Services Agency 2000 San Pablo Ave., Oakland, CA 94612	510-891-0700