### Legal and Immigration

Do you need legal or immigration assistance?

Dial 2-1-1 or visit [www.211bayarea.org](http://www.211bayarea.org) or:
- Bay Area Legal Aid (415) 479-8224
- Canal Alliance (415) 454-2640
- Catholic Charities CYO (415) 406-2360
- Centerforce (incarceration issues) (415) 456-9980
- County Human Rights Commission (415) 499-6189
- Dept of Child Support Services (415) 507-4068
- Fair Housing of Marin (415) 457-5025
- Legal Aid of Marin (415) 492-0230
- Legal Self-Help Center of Marin (415) 492-1111
- Mediation Services (415) 499-7454
- Whistlestop Multi-Cultural Services (415) 456-9062
- Whistlestop Senior Resources (415) 459-6700

### Veteran’s Services

Are you a veteran in need of services?

- Social Security Office (800) 772-1213 or (415) 459-9850
- Veteran’s Service Office (415) 499-6193

### Substance Abuse Services

Do you need substance abuse services?

Dial 2-1-1 or visit [www.211bayarea.org](http://www.211bayarea.org) or:
- Bay Area Community Resources (415) 444-5580
- Center Point Inc. (415) 456-6655
- Helen Vine Detox Center (415) 492-0818
- Marin City Recovery Center (415) 339-2852
- Marin Services for Men (415) 485-6736
- Marin Services for Women (415) 924-5995
- Marin Treatment Center (415) 457-3755
- Ohloff Drug Treatment Programs (415) 451-3411
- West Marin Community Outreach (415) 663-9441

### Food and Shelter

Are you having difficulty paying for food?

Dial 2-1-1 or visit [www.211bayarea.org](http://www.211bayarea.org) or:
- Canal Alliance (415) 454-2640
- Food Stamps (415) 473-3400 or visit 120 N. Redwood Dr. San Rafael, or visit www.snap-step1.usda.gov
- Marin Food Bank (415) 883-1302
- Meals of Marin (lives at risk) (415) 457-4666
- Meals on Wheels (Seniors) (415) 456-9062
- Novato Human Needs (415) 897-4147
- Ritter Center (415) 457-8182
- Salvation Army (415) 459-4520
- San Geronimo Valley Cultural Center (415) 488-9385
- St. Vincent de Paul Society dining room (415) 454-3303
- West Marin Community Resource Cntr (415) 663-8361
- Whistlestop (senior lunch) (415) 456-9062

Are you having difficulty paying for rent or utilities?

Dial 2-1-1 or visit [www.211bayarea.org](http://www.211bayarea.org) or:
- Adopt a Family (415) 456-7805
- Canal Alliance (415) 454-2640
- Community Action Marin (415) 485-1489
- Marin Center for Independent Living (seniors and persons with disabilities) (415) 459-6245
- Marin Family Action (housing) (415) 444-0915
- Marin Housing Assist Line (415) 491-2345
- Novato Human Needs (415) 897-4147
- P G & E Care (800) 743-5000
- Ritter Center (415) 457-8182
- Salvation Army (REACH) (415) 459-4520 x 13
- St. Vincent de Paul Society (415) 454-3303
- Women Helping All People (415) 332-1703

Do you have a child under 18 and need cash assistance?

Dial 2-1-1 or visit [www.211bayarea.org](http://www.211bayarea.org) or (800) 273-3400 or visit 120 N. Redwood Dr. in San Rafael to find out if you qualify for CalWORKs.

If you don’t qualify, dial 2-1-1 or go to [www.211bayarea.org](http://www.211bayarea.org) or (800) 273-6222 or (415) 808-4357.

Do you reside in a place not designed for a person to live (tent, car, or boat) and need shelter?

Dial 2-1-1 or visit [www.211bayarea.org](http://www.211bayarea.org) or:
- Huckleberry Youth Shelter (415) 453-5200
- Homeward Bound of Marin (415) 457-2114
- Family Emergency Center (415) 454-7418

### Senior Services

Are you a senior in need of support services?

Dial 2-1-1 or visit [www.211bayarea.org](http://www.211bayarea.org) or:
- Adult Protective Services (415) 507-2774
- Novato Shuttle (415) 892-7899
- Project Independence (415) 507-2591
- Senior Access Day Health (415) 491-2500
- Senior Employment (415) 897-4147
- Senior Information and Referral (415) 457-4636
- Seniors At Home (415) 507-0564
- West Marin Senior Services (415) 663-8148
- Whistlestop (415) 456-9062
- YWCA 50 Plus Employment (415) 264-7129

### County and community agencies that provide assistance

**United Way 2-1-1**

Free, confidential, information and referrals 24 hours per day seven days per week in over 150 languages. **Dial 2-1-1 for any kind of health or human service needs.**

This brochure is intended to provide a general overview of assistance programs. For detailed program information and eligibility requirements, please visit the specific program or organization.
**Medical and Dental**

Do you need medical insurance or medical care and are unable to pay for it?

Dial 2-1-1 or visit [www.211bayarea.org](http://www.211bayarea.org) or:
- Canal Welcome Center (415) 526-2486
- Coastal Health Alliance (415) 663-8666
- County Medical Services Program (415) 473-3400
- Immunization Clinic (415) 473-6888
- Kaiser Permanent (415) 444-2000
- Marin Health and Wellness Center (415) 339-8813
- Marin Community Clinics (415) 448-1500
- Marin General Hospital (415) 925-7000
- Medi-Cal (415) 473-3400
- Novato Community Hospital (415) 209-1300
- Point Reyes Medical Clinic (415) 663-8666
- Ritter Health Center (415) 457-8182 x111
- RotoCare Clinic (415) 482-6906
- Sexually Transmitted Disease Clinic (415) 473-6944
- St. Vincent de Paul Society (financial aid) (415) 454-3303
- Sutter Health Urgent Care (415) 492-4810
- Tuberculosis Clinic (415) 473-6867
- Women’s Health Services (GYN) (415) 473-4019

Do you or does your child need dental care and are unable to pay for it?

- Marin Community Clinics (415) 448-1500
- Marin County Dental Clinic at (415) 473-5450
- Marin County Dental Society (415) 472-7974
- University of California S.F. (UCSF) (415) 476-5692
- University of the Pacific, S. F. (415) 929-6501

**Are you pregnant, in need of family planning services, or in need of postpartum support?**

Dial 2-1-1 or visit [www.211bayarea.org](http://www.211bayarea.org) or:
- Apple Family Works (415) 492-0720
- Companeras Labor Support (bilingual) (415) 685-2784
- Explorando la Maternalidad Juntas & Grupo de apoyo para mamas (support groups in Sp.) (415) 320-5931
- Huckleberry Teen Health Programs (415) 258-4944
- Planned Parenthood 800 967-7526
- Teen Pregnancy Resource Center (415) 892-0558
- Women’s Health Services (Maternity) (415) 473-4030

**Do you need of HIV testing or services?**

Dial 2-1-1 or visit [www.211bayarea.org](http://www.211bayarea.org) or:
- Marin AIDS Project (415) 457-2487
- HIV Testing 473-7515
- Marin Specialty Clinic (415) 473-7377
- Marin Treatment Center (415) 457-3755

**Medical and Dental Continued**

Does your child need medical insurance or medical care and are unable to pay for it?

Dial 2-1-1 or visit [www.211bayarea.org](http://www.211bayarea.org) or:
- Children’s Health Initiative: AIM (Access for Infants & Mothers), California Children’s Services, California Children’s Services, Healthy Families, Healthy Kids: Kaiser Permanente Child Health, Medi-Cal (415) 473-3434
- Child Health Disability Program (415) 473-7499
- Children’s Medical Services (415) 499-7937

**Parenting Resources**

Do you need information or support on feeding your infant or baby?

- La Leche League (415) 721-4822
- Marin General Lactation Center (415) 925-7522
- WIC: Women, Infants, and Children (415) 499-6889

Do you need to get your child’s birth record?

- If you need a birth certificate and your child was born this year or last year (415) 499-6876
- If your child was born before last year (415) 499-6092

Do you need help finding a preschool or playgroup?

- San Rafael/Canal School Readiness (415) 485-2000 x204
- San Geronimo Valley/Nicacio School Readiness (415) 488-8888 x209
- Novato School Readiness (415) 892-1643 x251
- Marin City/Sausalito School Readiness (415) 339-2836

Are you concerned about lead poisoning?

- Marin County Childhood Lead Poisoning Prevention Program (415) 473-3254

**Violence**

Do you or your child experience verbal or physical abuse in your home?

Dial 2-1-1 or visit [www.211bayarea.org](http://www.211bayarea.org) or:
- Community Violence Solutions 24-hour hotline for sexual assault (800) 670-7273
- Marin Abused Women’s Services
  - Women: (415) 924-6616 (Eng) 924-3416 (Sp)
  - Men: (415) 924-1070
  - Hotline: (800) 799-SAFE

**Employment Services**

Do you need help finding a job?

- Marin Employment Connection (415) 473-3300

**Mental Health**

Do you need counseling or mental health services?

Dial 2-1-1 or visit [www.211bayarea.org](http://www.211bayarea.org) or:
- Apple Family Works (415) 492-0720
- Asian Advocacy Project (415) 259-0178
- Buckelew Employment Survices (mentally ill) (415) 456-9350
- Catholic Charities/CYO (415) 507-4244
- CHADD of Marin (ADD) (415) 789-9464
- Community Mental Health (415) 499-6769
- Enterprise Resource Ctr (peer counseling) (415) 457-4554
- Family Service Agency (415) 491-5700
- Homeless Chaplaincy (spiritual aid) (415) 459-6452
- Hospice by the Bay (grief) (415) 927-2273
- Jewish Family & Children's Services (415) 491-7960
- Marin AIDS Project (415) 457-2487
- Mental Health Patient Rights Advocate (415) 456-7693
- NAMI (National Alliance on Mental Illness) (415) 444-0480
- Older Adult Mental Health (415) 499-6802
- Psychiatric Emergency (415) 499-6666
- Crisis and Suicide Prevention 24 Hr Hotline (415) 499-1100

Do you need child, teen, or family support services?

Dial 2-1-1 or visit [www.211bayarea.org](http://www.211bayarea.org) or:
- Ambassadors of Hope & Opp. (18-25 yrs) (415) 381-7173
- Apple Family Works (415) 492-0720
- Asian Advocacy Project (415) 259-0178
- Bay Area Com. Resource (Teen Center) (415) 444-5580
- Canal Alliance (415) 454-2640
- Centerforce (families of incarcerated) (415) 456-9980 Support group (Sp & Eng) (415) 320-5931
- Child & Family Services (formerly CPS) (415) 499-7153
- Early Start (birth to 3 yrs) (415) 475-2123
- Family Service Agency of Marin (415) 491-5700
- Fatherhood Program (415) 339-2853
- Head Start of Marin (415) 883-3791
- Healthy Teens Marin (415) 492-4786
- Huckleberry Teen Health (415) 258-4944
- Jewish Family & Children’s Services (415) 491-7960
- Marin Advocates/Children (415) 507-9016
- Marin Childcare Council (415) 472-1092
- Marin City Network Services (415) 339-2837
- Matrix Parent Network (415) 884-3535
- MYC (Marin Youth Center) (415) 459-8645
- Novato Teen Center (415) 899-8270
- Novato Youth Center (415) 892-1643
- Planned Parenthood (415) 457-0471
- Women Helping All People (415) 332-1703
- YWCA (415) 456-0782 / YMCA (415) 492-9622