



Student Parent RESOURCE GUIDE



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Insurance

<p>UC Berkeley SHIP: https://uhs.berkeley.edu/ship 510-642-5700</p>	<p>All eligible registered undergraduate and graduate students at UC Berkeley, including registered international students are automatically enrolled in the Berkeley Student Health Insurance Plan (SHIP), and charged a health insurance fee on their CalCentral account. Students have the option to waive SHIP Insurance every year.</p> <p>Voluntary Dependent Plan for UC Berkeley Students: SHIP offers a dependent health insurance plan for spouses, partners and children of UC Berkeley students enrolled in Berkeley SHIP. This plan is a comprehensive major medical insurance plan, providing medical, counseling, and prescription through Anthem Blue Cross, vision through VSP and dental services through MetLife.</p> <p>Insurance for Dependents: https://uhs.berkeley.edu/insurance/insurance-dependents</p>
<p>Covered California: http://www.coveredca.com</p>	<p>Private Health Insurance: http://www.coveredca.com/individuals-and-families/getting-covered/private-health-insurance-through-covered-california/</p> <hr/> <p>Medi-Cal: http://www.coveredca.com/medi-cal/</p> <p>Medi-Cal is a public health insurance program which provides needed health care services for low-income individuals including families with children, seniors, persons with disabilities, foster care, pregnant women, and low income people with specific diseases such as tuberculosis, breast cancer or HIV/AIDS.</p> <hr/> <p>Pregnancy Health Coverage Information: http://www.coveredca.com/individuals-and-families/getting-covered/pregnant-women/</p>

Hospitals & Urgent Care

<p>Oakland Children's Hospital 747 52nd Street Oakland, CA 94609 (510) 428-3000 Emergency: (510) 428-3240 http://www.childrenshospitaloakland.org/</p>	<p>University Student Health Center Tang Center 2222 Bancroft Way Berkeley, CA 94720 (510) 642-2000 http://uhs.berkeley.edu/</p>
<p>Alta Bates Summit Medical Centers http://www.altabatesummit.org/</p> <p>Alta Bates Campus 2450 Ashby Avenue Berkeley, CA 94705 (510) 204-4444</p> <p>Herrick Campus 2001 Dwight Way at Shattuck Berkeley, CA 94704 (510) 204-4444</p> <p>Summit Campus-Merritt Pavilion 350 Hawthorne Avenue Oakland, CA 94609 (510) 655-400</p>	<p>Direct Urgent Care 3095 Telegraph Avenue Berkeley, CA, 94705 (510)686-3621</p> <p>Open Daily 10:00am - 8:00pm http://www.directurgentcare.com/</p> <p>LifeLong Medical Center Health Services for All Ages</p> <p>LifeLong West Berkeley 2031 Sixth Street Berkeley, CA 94710 510.981.4200 http://www.lifelongmedical.org/ <i>(Multiple Locations Listed online)</i></p>
<p>UCSF Medical Center https://www.ucsfhealth.org/</p> <p>Parnassus Campus 505 Parnassus Ave. San Francisco, CA 94143 (415) 476-1000</p> <p>Mission Bay Campus 1825, 1855 and 1975 Fourth St. San Francisco, CA 94158 (415) 353-3000</p> <p>Mount Zion Campus 1600 Divisadero St. San Francisco, CA 94115 (415) 567-6600</p>	<p>Kaiser Permanente https://healthy.kaiserpermanente.org/</p> <p>Oakland Medical Center 3600 Broadway Oakland, CA 94611 (510) 752-1000</p> <p>Richmond Medical Center 901 Nevin Ave Richmond, CA 94801 (510) 307-1500</p>

Mental Health

<p>Psychiatry University Health Services Tang Center</p>	<p>For SHIP coverage: https://uhs.berkeley.edu/counseling/psychiatry UC Berkeley students are referred to psychiatrists by counselors at Counseling & Psychological Services or Social Services. If you are interested in medication, please make an appointment to speak with a counselor.</p> <hr/> <p>For Non-SHIP: UC Berkeley students are referred to psychiatrists by counselors at Counseling & Psychological Services or Social Services. If you are interested in medication, please make an appointment to talk with a counselor. CAPS counselors will then help you find a community provider.</p>
<p>Counseling and Psychological Services (CaPS) University Health Services Tang Center</p>	<p>General Counseling Information</p> <p>CaPS supports the emotional, psychological, educational, social and cultural development of all UC Berkeley students through a wide range of multiculturally based counseling, psychiatric, career, consultation, training and educational services.</p> <p><i>*Students can request to receive a referral for community providers in private practice or low-fee agencies for long-term counseling.</i></p> <hr/> <p>Urgent Drop-In** Counseling</p> <p>Monday-Friday, 10am-5pm, CaPS (Tang Center 3rd floor, no appointment needed)</p> <p><i>**These sessions do not count against your 5 free sessions with Counseling & Psychological Services</i></p> <hr/> <p>Career Counseling</p> <ul style="list-style-type: none"> • <u>Individual Career Counseling</u>: These appointments count towards your annual 5 free appointments. • <u>Career Assessments</u>: CPS offers a full component of skills, interests and personality assessment instruments that can help clarify academic and career direction. • <u>Drop In Career Counseling</u>: Monday-Fridays 12-5pm

<p>Social Services University Health Services Tang Center</p> <p>Social Services: (510) 642-6074</p>	<p>General Information:</p> <p>Social Services (SoS) offers brief counseling for the following specialty areas:</p> <ul style="list-style-type: none"> • Alcohol & Other Drugs • Chronic Medical Condition or New Diagnosis • Disordered Eating and Body Image Counseling • Nutrition • Pregnancy Support • Relationship Violence, Stalking or Other Violence • Sexual Health • Sexual Violence • Transgender/Gender Identity Counseling <p>*Initial appointments can be made online through the eTang portal</p> <p>**Students can receive a referral for community providers in private practice or low-fee agencies for long-term counseling.</p> <p>Social Services at the Student Parent Center & University Village</p> <p>Counseling & Wellness Services are available for student parents at both the Student Parent Center & University Village by two Social Services employees who directly serve the Student Parent community at Cal. For more information contact the Student Parent Center or the Social Services Main Office to get connected with one of these providers.</p>
<p>City Of Berkeley Mental Health Crisis Team</p>	<p>Delivering crisis intervention services (suicide, homicide, drug abuse) at locations throughout the community in Berkeley and Albany.</p> <p>Hours of Operation: Everyday, 11:30 a.m. to 1:00 a.m.</p> <p>Contact Information: (510) 981-5900 (Police Non-emergency 24 hrs.) (510) 981-5254 (Voice message)</p>

<p>WestCoast Children's Clinic</p> <p>http://www.westcoastcc.org/</p> <p>3301 E. 12th Street, Suite 259 Oakland, CA 94601 (510) 269-9030</p>	<p>WestCoast Children's Clinic is committed to providing psychological services to vulnerable children, youth, and their families regardless of their ability to pay and to expanding the reach of psychological services through practice and research. To ensure the ongoing availability of these services, WestCoast is dedicated to training the next generation of mental health professionals.</p> <p>Provide individual therapy, group and family therapy from a variety of perspectives with a common commitment to being long term. As well as foster youth development and transition age support groups. Services are clinic based, school based, or home based. In short, community based.</p>
<p>Albany Unified School District – School Counseling</p>	<p>For information about counseling available for you child through the Albany Unified School District, please contact to inquire about availability at your child's school:</p> <p>**Contact your local school for the contact information for your child's school counselor coordinator.</p>

Pregnancy & Post-Partum Resources

OB/GYN	<p>For <u>SHIP</u> Members: To find a provider through SHIP visit: www.anthem.com/ca/ucberkeley, select resources & tools, select find a doctor.</p> <p>For <u>Non-SHIP</u> Members: Reach out to your respective insurance provider in order to identify OB/GYNs covered by your plan in your area.</p>
Midwives	<p>For <u>SHIP</u> Members: Below is a list of the current midwives covered by SHIP.</p> <p>Sutter Health Alta Bates Summit Medical Center Alison Roberts, NMW00001288</p> <p>Alta Bates Summit Perinatal Center Lynn Chiarello, NMW00001331 Ursula Crane, NMW00001457 Mary Diogo, NMW00001359 Maura Ghizzoni, NMW00001240 Melanie Hartman, NMW00001764 Gwendolyn Haynes, NMW00001736 Sallie Hill, NMW00000960 Andrea Pfeffer, NMW00001599</p> <p>East Bay Perinatal Medical Associates Deborah Coleman, NMW00006463 Maura Ghizzoni, NMW00001240</p> <p>Sutter East Bay Medical Foundation Lynn Chiarello, NMW00001331 Mary Diogo, NMW00001359 Sallie Hill, NMW00000960 Lauren Galaty, NMW00000903 Mary Canavan, NMW00001440 Natalie Martina, NMW00001712 Caitlin Miller, NMW00001965 Kathleen Coco, NMW00002046 Ilana Pealman, NMW00235767</p> <p>For a list of midwives currently available through SHIP coverage, please view this link: https://uhs.berkeley.edu/sites/default/files/midwives.pdf</p> <p><i>**For questions regarding coverage of current midwives, or difficulties finding a midwife provider, please contact the SHIP Insurance Office directly.</i></p>

Midwives Cont.	<p>Golden Oak Midwives*</p> <p>(510) 775-BABY hello@gomidwives.com 3010 Colby Ave. Suite #210, Berkeley, CA 94705</p> <p>https://www.gomidwives.com/</p> <p><i>* Golden Oak Midwives is currently not covered through SHIP</i></p>
Doulas	<p>Hatch: Young Parents Creating Community</p> <p>The Hatch Community is an organization for and by young parents; a space to connect with other young mothers, fathers, and friends- and an opportunity for you to receive caring doula support from pregnancy through early parenting. Hatch can provide FREE peer to peer support during and after pregnancy.</p> <p>For more information contact or visit The Hatch website.</p> <p>(510) 250-2883 INFO@THEHATCHCOMMUNITY.ORG http://www.thehatchcommunity.org/</p>
	<p>Birthways - Meet the Doula Night</p> <p>http://birthways.org/meet-the-doula-night/</p> <p>Join us at this facilitated event where you will get the chance to learn about the roles and Scope of Practice of Labor and Postpartum Doulas, get your questions answered, and meet some of the local doulas! For local doulas interested in joining, please email Michelle Puckett (puckett.michelle@gmail.com) to inquire how to sign up and get on the rotation. FREE!</p> <p>1600 Shattuck Avenue, Suite 122, Berkeley, CA 94709</p>
Prenatal Care	<p>Medi-Cal Access Program (MCAP)</p> <p>http://mcap.dhcs.ca.gov/Home/default.aspx</p> <p>The State of California wants to help you get good health care during your pregnancy. If you don't have insurance to cover your pregnancy and you are not receiving no-cost Medi-Cal or Medicare Part A and Part B, the Medi-Cal Access Program (MCAP) may be the helping hand you and your baby need. MCAP can also help if you have other health insurance that doesn't cover maternity services or with a maternity-only deductible or copayment greater than \$500. Check with your other health insurance plan to see if your deductible or copayment is for maternity-only services.</p>

Pregnancy/ Parenting Classes

Alta Bates Summit Medical Center

Alta Bates offers a number of classes address different topics for new and expectant parents. Below is a list of some of the types of classes available:

- Baby Care & Breastfeeding - One Day Class or Series
- Big Brother, Big Sister
- Breastfeeding Class
- Breastfeeding Support Group
- Childbirth Preparation - One Day Class or Series
- Childbirth Refresher - One Day Class
- Lactation Consult
- New Parent Group (6-12 months)
VBAC (Vaginal Birth After Cesarean) / TOLAC(Trial of Labor After Cesarean) Class

To view or register for upcoming classes visit:

<http://www.altabatesummit.org/ClassesSearch/view?sid=14&sortkey=alpha&selTopic=&selType=&txtStartDate=&txtEndDate=&topictext=All&Nao=10>

Birthways

Birthways offers a variety of classes and groups including:

- Childbirth Preparation
- New Moms Group
- Breastfeeding
- Newborn Care & Parenting
- Infant & Child CPR

To view available classes visit: <http://birthways.org/classes/>

1600 Shattuck Avenue, Suite 122
Berkeley, CA 94709
contact@birthways.org

Then Comes Baby

Offers a variety of classes and support groups for prenatal, new parents, and preschool & toddler education and preparation.

To view all of the available classes visit: <http://then-comes-baby.com/classes/>

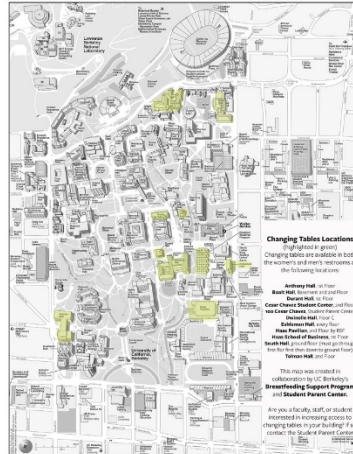
3657 Grand Ave, Oakland, CA 94610
510.817.2229 (BABY)
<http://then-comes-baby.com/>

Breastfeeding & Lactation

On Campus Changing Areas & Lactation Locations

<https://uhs.berkeley.edu/facstaff/wellness/breastfeeding-support>

Changing Tables at UC Berkeley



New!
Changing Table Map
for UC Berkeley
now available!

uhs.berkeley.edu/breastfeeding

Equity, Inclusion, and Diversity
University of California, Berkeley

Be Well at Work
Faculty/Staff Wellness

La Leche League

<http://www.llli.org/>

Our Mission is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

Alameda: <http://lllnorcal.org/groups/AlamedaCA.html>

- La Leche League of Alameda offers:
 - Monthly mother-to-mother support meetings
 - A large lending library
 - Free telephone counseling from accredited Leaders
 - The latest breastfeeding information
 - 51 years of helping Alameda families
- **Meeting Times:**
 - **When:** Third Wednesday of each month at 10:30 A.M.
** Meetings in December are held on the second Wednesday
 - **Where:** Please contact Virginia at 510.521.4867 for location information.

	<p><u>Berkeley/ Oakland:</u> http://llnocal.org/groups/OaklandBerkeleyCA.html</p> <ul style="list-style-type: none"> • The La Leche League of Oakland/Berkeley includes two meetings each month in the East Bay. For specific meeting and leader information please click on a name below. • Meeting Times: <ul style="list-style-type: none"> ○ <u>Berkeley:</u> <ul style="list-style-type: none"> ▪ When: 7 - 8 p.m. on the third Friday of each month ▪ Where: Pacifica Family Maternity Center - 3101 Telegraph Ave, Berkeley ○ <u>Oakland:</u> <ul style="list-style-type: none"> ▪ When: 10:30 a.m. to noon on the last Saturday of the month. ▪ Where: New location! Bay Area Midwifery - 2800 Park Blvd, Oakland <p>Oakland Helpline: (510) 545-3840 (Julia or Tonya will return your call within 24 hours) Please note: Our helpline does not accept texts. la.leche.league.oakland@gmail.com.</p>
<p>University Village Bear Pantry – Diaper Assistance</p> <p>http://www.thebearpantryatberkeley.org/getdiapers/</p> <p>Contact: Elissa Sato or Koko Mulder</p> <p>Email: thebearpantry@berkeley.edu</p> <p>Phone: (510) 316-1469</p>	<p>Need Diaper Assistance?</p> <p>The Bear Pantry started as a pilot need-based diaper bank program in the Village in November 2017. The pilot diaper bank program is in partnership with Help a Mother Out, an SF-based non-profit that runs the San Francisco Diaper Bank, the nation's first and only diaper public assistance program.</p> <p>The pilot program allows us to provide 50 free diapers per month to eligible families. To be eligible, you must:</p> <ul style="list-style-type: none"> • <i>Be a Village resident living with a dependent child between the age of 0 and 3</i> • <i>Have an income below emergency food assistance program income guidelines.</i> <p>If you believe you are eligible, please apply. Early applications will be prioritized.</p>

Wellness Resources For Pregnancy	<p>Women, Infants, & Children (510) 595-6400 https://www.fns.usda.gov/wic/women-infants-and-children-wic</p> <p>WIC (Women, Infants & Children) is a national nutrition education program that promotes healthy eating. Clients get nutrition advice, help with breastfeeding, referrals to other community services. They also get special checks to buy healthy food items such as fruits and vegetables, milk, cheese, whole grains, cereals, pure juice, and eggs. Studies show that clients who get WIC have healthier pregnancies and healthier children.</p>
	<p>Namaste Yoga</p> <p>Rockridge (510) 547-9642 (YOGA) Berkeley (510) 665-4300 http://ilovenamaste.com/ http://ilovenamaste.com/offerings/prenatalandpostnatalyoga-programs/</p> <p>Namaste is the perfect place to prepare for and bond with your new baby. We offer the largest prenatal and postnatal programming in the East bay with expert teachers to guide you safely and gently in your practice. Our goal is to support you and provide a community of other new Mothers for you to take this journey with. Offers both Prenatal Yoga & Massage & Postnatal Yoga classes.</p>
	<p>Yoga Tree</p> <p>Classes and workshops are designed to meet the ever-changing needs of women in all stages of pregnancy and beyond. The classes are appropriate for all experience levels. These gentle classes are designed to reducing the aches and pains which accompany pregnancy, in a nurturing and supportive environment. We focus on special breathing techniques, opening the hips, and preparing the body for birth.</p> <p>For a current list of prenatal and Mommy & Baby classes visit: http://www.yogatreesf.com/classes/prenatal-yoga-classes-san-francisco.html</p> <p>2807 Telegraph Avenue Berkeley, CA 94705 (510) 486-1989</p>
	<p>Barefoot Movement Prenatal Yoga</p> <p>Barefoot Movement is a yoga studio for students of all levels conveniently located in a beautiful, light-filled space in Downtown Oakland. Offers classes for prenatal and postnatal yoga.</p> <p>For a list of classes and more information visit: http://www.barefootmovement.com/class-schedule</p> <p>1635 Broadway, Downtown Oakland, (510) 550-5257</p>

Campus & Community Support

<p>Disabled Students' Program http://dsp.berkeley.edu</p>	<p>DSP's mandate to provide academic accommodations for students with disabilities includes students with temporary or unexpected conditions (<i>pregnant students with functional limitations</i>) that limit their ability to fully participate in academic programming.</p> <p>To apply for accommodations or services: http://dsp.berkeley.edu/students/new-students</p>
<p>Student Parent Association for Recruitment and Retention (SPARR) http://studentparents.berkeley.edu/about/ Find them on Facebook!</p>	<p>The Student Parent Association for Recruitment and Retention (SPARR) is an organization of UC Berkeley student parents, supported by staff and faculty, who are dedicated to providing access to higher education for underserved, nontraditional and underrepresented students. The purpose of the SPARR is:</p> <ul style="list-style-type: none"> • To provide a forum for student parents to discuss issues they are currently experiencing, • To build a supportive, inclusive student parent community and • To create an organizational vehicle for collective action. <p>SPARR members are dedicated to providing outreach services aimed at increasing the numbers of student parents from community colleges and high schools that apply to and attend UC Berkeley. By providing a positive and supportive outlook and campus environment for both prospective and current UC Berkeley students, we contribute to the academic success of student families at Cal.</p> <p>SPARR along with other Student Organizations works hard to provide any assistance needed for student families. One of our closest allies is the Student Parent Center. Visit the Student Parent Center at 100 Cesar Chavez Center on Campus where you can network with other student families and the Student Parent Center staff!</p>

<p>Student Parent Center http://studentparents.berkeley.edu/ (510) 643-5729</p> <p><i>100 Cesar Chavez Student Center</i> Located in the Transfer Center</p> <p>Student Parent Center cont.</p>	<p>The Student Parent Center is committed to the holistic support and success of a highly motivated population of undergraduate and graduate students who are engaged scholars, as well as devoted parents at UC Berkeley.</p> <p>The center is a centralized multi-purpose campus resource, where students can seek informed advice, develop leadership skills, engage in informal study groups, nurse babies, change diapers, celebrate achievements, recover from setback, and form lasting friendships.</p> <p>Resources available through the Student Parent Center include:</p> <ul style="list-style-type: none"> • Advising • Counseling • Assistance with Financial Aid • Internships & Volunteering • Transition Courses • Advocacy & Support
<p>Berkeley Parent Network https://www.berkeleyparentsnetwork.org/</p>	<p>Berkeley Parents Network is a non-profit parent-to-parent network for the San Francisco Bay Area. BPN's mission is to help local parents support each other. Founded in 1993 as a mailing list for student parents at UC Berkeley, BPN has grown to include more than 20,000 subscribers from all over the Bay Area who use BPN to find childcare and schools, classes and camps, recommendations for local services, and to seek advice from other parents.</p>
<p>Title IX</p>	<p>Know your rights as a pregnant student and/ or student parent! http://www.thepregnantscholar.org/</p>
<p>Self-Care Resources: Student Environmental Resource Center UC Berkeley https://serc.berkeley.edu/self-care/</p>	<p>Resources for self-care across different campus departments for various areas of support, including:</p> <ul style="list-style-type: none"> • Food • Clothing and Readers • Transportation • Wellness • Finances • Additional Campus Resources

Student Parents In Graduate School

Graduate Student Parent Policies

As many as one in ten of Berkeley's graduate students is a parent of a young child or children. Recognizing the special challenges involved in balancing advanced degree programs and family responsibilities, the University is committed to supporting policies, programs, and services to help graduate student parents meet their family care obligations while they pursue their academic goals.

Since 1998, the Graduate Council has approved policies regarding academic accommodation of student parents, designed to encourage academic departments and programs to be as generous as possible in accommodating student parents. These policies have served as models for legislation adopted by the State of California in 2014, applying to all institutions of higher education.

To view the current policies for Graduate Students regarding edibility, accommodations, and leaves & re-enrollment, visit:
<http://grad.berkeley.edu/policy/degrees-policy/#f6-student-parent-policies>

Financial Aid Information

To view all available options for financial aid and/ or support visit:
<http://grad.berkeley.edu/financial/families/>

Here are some Quick Links that can be found on the above page:

- **Student Parent Grant Application**
Instructions: <http://grad.berkeley.edu/wp-content/uploads/Parent-Grant-Application-Instructions-2017-2018-1.pdf>
- **International Student Financial Aid Support**
Information: <http://internationaloffice.berkeley.edu/need-based-aid>
- **Childbirth Accommodation Funding for Women Doctoral Students:** http://grad.berkeley.edu/wp-content/uploads/childbirth_accommodation_form.pdf

University Village Programs

University Health Services Social Services @ UVA

UHS Social Services has two counselors available at UVA providing individual counseling and other programming to support students and their families. Below are the following services and program available at UVA through Social Services:

Counseling:

Short-term counseling is available for a range of topics or concerns, including: advocacy, adjustment, anxiety, academics, basic needs, career, depression, family, relationships, self-care, stress, time management, transitions, trauma, and more...

For individual or couples counseling for students and adult residents of UVA, please contact:

- UVA Social Worker, (510) 520-7031
- Social Work Fellow, (510) 561-8199

Support Groups:

Tea & Talk

A community space where residents can come to connect and build community. **

New & Expecting Parents Circle

A community space for any expecting or new parents to learn and support on another. **

*****Check the flyers in Laundry Rooms or on the Village Facebook Page for the most up to date information about the weekly group meeting time and location.***

Positive Parenting Program (Triple P)

Positive Parenting Program (Triple P) is designed to give parents the skills they need to raise confident, healthy children and teenagers and to build stronger family relationships. Triple P doesn't tell people how to parent. Rather, it gives parents simple and practical strategies they can adapt to suit their own values, beliefs and needs. The benefits can be dramatic and long-lasting.

Open to University Village Residents and UC Berkeley students with children ages 0-12 years.

For information about our next Triple P group, contact the UVA Social Worker at (510) 520-7031.

<p>INSPIRE</p> <p>Website: http://www.inspire-partners.org/</p> <p>Facebook: https://www.facebook.com/InspireRelocatedPartners/</p> <p>Instagram: https://www.instagram.com/inspire_relocated_partners/</p>	<p>INSPIRE is a network for accompanying/relocated partners to inspire, support, and motivate each other. We share good vibes and tips to ease the bumps in your relocation or journey abroad.</p> <p>If you're in the East Bay area, we organize events and activities to help you meet people, support one another, face the challenges together of living in different country or state, develop your personal and professional life, and discover what the San Francisco Bay Area has to offer. Some of the fun things we do are hiking, cooking international cuisines, art and crafts, sports and fitness (yoga, NIA), book club, tea social, movie/game nights, photography, gardening, and many more. Join an open and lively international community and enjoy something new every week.</p> <p>To participate in our FREE and FUN events, sign-up for our newsletters and get the latest updates! You can also find us on Facebook and Instagram.</p> <p>Contact us if you would like to be a SPEAKER or SHARE your hobbies and interests with others.</p>
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Child Care

<p>UC Berkeley Early Education http://ece.berkeley.edu/</p>	<p>The Early Childhood Education Program (ECEP) provides early childhood services to infants, toddlers, and preschoolers at five centers in Berkeley and Albany.</p> <p>Provides early child care services to over 200 children (infants to pre-school) of University faculty, staff and students at multiple centers close to campus in Berkeley and Albany.</p> <p>Enrollment for this program begins in April/May, and children must be at least 3 months old prior to the UC Berkeley academic school year begins in August.</p> <p>Both Full-fee and subsidized placements are available, applications indicate which type of placement you are applying for.</p>
<p>HeadStart Berkeley-Albany Programs Main Office 2009 10th St. Berkeley, CA 94702 (510) 848-9092</p> <p>To Apply Please contact: Meuy Saephan 510-833-2357 msaephan@ymca-cba.org</p>	<p>The YMCA of the East Bay provides comprehensive early child care and education programs that promote school success and family involvement. Head Start and Early Head Start services are available for children from birth to age 5, pregnant women and their families. We also welcome all children with mild to severe disabilities.</p> <p>Early Head Start is designed to benefit pregnant women and children from birth to age 3 who may need assistance. The program is designed to effectively respond to the unique needs of each child and family and to ensure that children who are qualified receive services. We work together with families to enhance children's physical, social, emotional and cognitive development. We help parents meet their personal goals and enable them to be better caregivers and teachers to their children.</p> <p>Head Start provides children ages 3 to 5 years old with high quality services designed to foster healthy development. Serving low-income children and their families in Alameda and Contra Costa Counties, this comprehensive child development program provides health, nutrition, educational, social and emotional support. We work closely with children and their families to promote school-readiness and self-sufficiency.</p> <ul style="list-style-type: none"> • Apply by filling out the application and dropping it off at one of the Berkeley or Emeryville locations OR email to Meuy directly (for a faster process time) • Eligibility can be determined on the website: https://ymcaeastbay.org/programs/children-and-teens/child-care/early-childhood-education

<p>Back-Up Care: http://backupchildcare.berkeley.edu/faqs/</p>	<p>UC Berkeley has partnered with Bright Horizons to offer students with Back-Up Child Care for a subsidized fee. After successfully registering for Back-Up Child Care, you will be able to schedule:</p> <ul style="list-style-type: none"> • In-home child care for your well or mildly ill child (up to three of your children at home). • Center-based child care at Bright Horizons centers nationwide, including the Bright Horizons Child Care Center at Bayer located in west Berkeley, two miles from campus.
<p>Bananas https://bananasbunch.org/ 510-658-7353 (Main) 510-658-0381 (Child Care Referrals)</p>	<p>If you have had difficulty securing childcare through the Early Childhood Education Program (ECEP) with UC Berkeley, we encourage you to contact the BANANAS Childcare Referral Agency, a non-UCB/community-based resource that will assist you in finding safe and affordable care for you child. Please contact them directly to inquire about childcare options</p> <p>BANANAS is a non-profit child care referral and support agency serving the diverse families in northern Alameda County. They provide:</p> <ul style="list-style-type: none"> • Free parenting information, workshops and referrals to family child care, child care centers, preschools, babysitters, in-home caregivers, nannies and playgroups. • Subsidized child care for parents in need. • Trainings, workshops, classes and technical support to caregivers and child care programs to assure parents a wide selection of quality care.
<p>Afterschool University</p> <p>For more information, and info about cost and registration:</p> <p>Website: https://universityvillage.berkeley.edu/recreation/afterschooluniversity</p> <p>Email: uvrec@berkeley.edu</p>	<p>Afterschool University is a project-based S.T.E.A.M. (Science, Technology, Engineering, Arts and Math) enrichment program serving K to 5th graders.</p> <p>Our program is a combination of Project-Based Learning, Homework Tutoring, Recreation Programs, Community Building & More..</p> <p>We are fully integrated with University Village Recreation programs: Gymnastics, Basketball, Aerial, Circus Arts, Skate, & More!</p> <p>Our University of California, Berkeley-developed Curriculum Uses: Performing Arts, Community Exploration, Service Learning, Global Literature & Arts, Hands-on Science Experiments, Engineering and Math Challenges, Field Trips & Outdoor Time!</p> <p>Location: University Village Community Center</p> <p>Schedule: Based on 180-day school calendar, Mon-Fri until 6pm</p> <p>Transportation: Walking bus form Albany school. Transportation to ABSC, ABGSL, Albany Little League, ABWL also available!</p>

<p>4C's of Alameda County</p> <p>510-582-2182 http://www.4c-alameda.org/</p> <p><i>Serving Southern Alameda County, Castro Valley, Fremont, Hayward, Newark, San Leandro, San Lorenzo, Union City, Ashland</i></p>	<p>Community Child Care Council</p> <p>4Cs is dedicated to finding a match for each family's specific needs for child care from among the more than 1,300 licensed family and center-based child care providers in southern Alameda County. Our Resource and Referral specialists are available free of charge Monday-Friday, by telephone or in person, to discuss your needs – from infant care to before- and after-school programs.</p> <p>Child Care Payment/ Reimbursement Programs:</p> <p>The child care payment programs (CAPP, CalWORKs Stage 1, 2, 3 and Foster Care) are designed to provide full or partial reimbursement of child care services on behalf of eligible families. The goal of these programs are to assist and promote the health, growth, care, development and education of children in Alameda County by providing child care, while the children's parents continue their employment, education, welfare-to-work activities, or other need for services such as seeking employment, seeking permanent housing, incapacitation or child protective services.</p> <p>Parent eligibility is based on income and need. The current available programs are CalWORKs Stage 1, 2, and 3 and Alternative Payment. The state and Alameda County contract with 4Cs to administer these programs in our community.</p>
<p>Albany Children's Center 720 Jackson St. Albany, CA 94706 (510) 559-6590 http://acc.ausdk12.org/</p>	<p>The Albany Children's Center is a much-loved, year round, multicultural early childhood education program of the Albany Unified School District. The Children's Center offers a full-day preschool program for children potty trained ages 3-5 years old. We are open from 7:30 am - to 6:00 pm, 5 days a week and we operate year round. The Albany Children's Center has been in Albany for over 65 years serving children and families.</p>
<p>Albany Preschool http://albanypreschool.org/</p>	<p>Albany Preschool is a parent cooperative. A Board of Directors composed of current parents, along with the Executive Director and teachers, administers the school. The Board hires the professional staff to develop and supervise the preschool programs, to be in charge of the daily operation of the school, and to supervise the ongoing training of parents in early childhood development.</p>
<p>Friendship Club (Albany Recreation Department)</p> <p>900 Buchanan St. Albany, CA 94706 (510) 559-7220 http://www.albanysca.org/index.aspx?page=210</p>	<p>The "Friendship Club" is an after-school recreation program for children in grades 1-5 attending Albany elementary schools (Marin, Cornell, and Ocean View).</p> <p>The program provides a well-supervised environment for children to make friends, enhance self-esteem and develop social skills. Friendship Club offers a variety of activities from indoor/outdoor games, afternoon snack as well as a supervised homework period daily from 4:00-5:00 p.m.. Our program fosters an atmosphere that allows children to be entertained in a safe after-school setting</p>

<p>Y-Kid's Club (Albany YMCA) 921 Kains Ave. Albany, CA 94706 (510) 525-1130 http://www.ymca-cba.org/</p>	<p>Y-Kid's Club is a safe, well-supervised, licensed before and after-school program for children. While at Y-Kid's Club, children have opportunities to engage in group activities which benefit them socially, emotionally, and physically. The program is planned and conducted by staff specially selected and trained to meet the needs of school-age children and to serve as positive role models. Children are encouraged to participate in activities which will assist in their individual growth. Y-Kid's Club is ideally geared to supplement and support each child's experience at home and in school.</p> <p>Y-Kid's Club serves children in Kindergarten through 5th grade (other YMCA programs serve 6th-8th grades).</p>
<p>Berkeley School District Early Childhood Education/ Franklin Prescool 1460 8th Street Berkeley, CA 94710 (510) 644-6339 http://www.berkeleyschools.net/schools/early-childhood-education/</p>	<p>There are three pre-school campuses in the Berkeley Unified system: Franklin (on 8th north of Cedar), King (near Derby and Milvia), and Hopkins (near Hopkins and Josephine). Admission to the programs is determined by income eligibility according to the guidelines of the funder (either state or federal governments). Unlike BUSD's K-12 schools, students are not required to be Berkeley residents or have an interdistrict transfer.</p>
<p>Berkeley-Albany Family Day Care Association 2414 6th Street Berkeley, CA 94710 (510) 549-1223 http://alameda.networkofcare.org/aging/resource/agencydetail.cfm?pid=BerkeleyAlbanyLicensedDayCareOperatorsAssociationBALDCOA_2_1_0</p>	<p>Berkeley/Albany Family Day Care Association members are home-based licensed providers located throughout Berkeley and Albany. The Association administers an alternate payment program that subsidizes child care for low-income families at a family day care home or center selected by the parent.</p> <p>To be eligible for services, you must either be enrolled in the CalWORKS program or meet the income requirement set by the state and/or city.</p> <p>Fees will vary based on income and family size. To apply, please call the office to get on the waiting list. BANANAS also maintains one centralized waiting list. Contact BANANAS at (510) 658-0381 to get on their waiting list.</p>
<p>Financial Aid for Your Child's Education For private & independent schools https://sssbynais.org/parents</p>	<p>The parents' financial statement is your gateway to financial aid from the nation's leading private and independent schools.</p> <p>We estimate the amount you can contribute to school expenses and forward that estimate to the schools where you're applying. It's one form, for one fee, for any number of siblings, for any number of schools.</p>

Nutrition & Food Assistance Programs

Nutrition Services @ University Health Services

University Health Services
Tang Center

Contact:

Social Services
(510) 642-6074

Website:

<https://uhs.berkeley.edu/counseling/social-services/counseling/nutrition>

Health Promotion

(510) 642-7202
hpromo@berkeley.edu

Make an Appointment through
your eTang portal

Website:

<https://uhs.berkeley.edu/healthcoaching>

Nutrition services are available at University Health Services:

Medical nutrition therapy** is offered for students with nutrition-related health concerns or conditions, including:

- Eating disorders and disordered eating
- Underweight, overweight, and obesity
- Elevated cholesterol and blood pressure
- Gastrointestinal problems
- Diabetes or pre-diabetes

**** These appointments are made with the Social Services office at 510-642-200 or through your eTang portal.**

Drop-In Nutrition Education: Meet with a registered dietitian to get general guidance on healthy eating. Bring food-related questions with you!

Drop-ins take place on Wednesdays from 2:30-4:45pm (Last appointment time of the day is at 4:30). Nutrition sessions are 15 minutes long. Check in at the Social Services office (room 2280) on the 2nd floor of Tang during drop-in times. This service is FREE of cost for students, and students are seen on a first come, first served basis.

Health Coaching through the Health Promotion Office:

Health coaches support you through the process of defining and achieving your health and wellness goals by creating a sustainable and achievable action plan. *Please be advised that coaching sessions are not a substitute for medical appointments. Coaches cannot diagnose or treat medical issues, or authorize medical tests.*

Wellness Health Coaching with professional health educator:

This 45-minute coaching session will help you make simple changes in your lifestyle that support your overall health, as well as your personal and academic success. Topics include:

- Eating for wellness
- Physical movement and exercise
- Procrastination and time management
- Resilience and stress management

CALFresh

Alameda County Social Services

CalFresh Benefits Helpline:

1-877-847-3663

<http://www.cdss.ca.gov/food-nutrition/calfresh>

CalFresh is for low-income people who meet federal income eligibility rules and want to add to their budget to put healthy and nutritious food on the table.

The CalFresh Program, federally known as the Supplemental Nutrition Assistance Program (SNAP), issues monthly electronic benefits that can be used to buy most foods at many markets and food stores. The CalFresh Program helps to improve the health and well-being of qualified households and individuals by providing them a means to meet their nutritional needs.

Eligibility for Students:

- Applies to any person 18-49 years old
- Enrolled at least half time in higher education institution
- Physically & mentally fit
- Meets one or more of below requirements:
 - Must be a recipient of CalWORKS
 - Must be employed or self-employed and be paid for a minimum of 20 hours per week
 - Be exerting parental control of a child under 6 or a child under 12 years old when adequate child care is not available
- For information about eligibility and household eligibility see: <http://www.cdss.ca.gov/inforesources/CDSS-Programs/CalFresh/Eligibility-and-Issuance-Requirements>

Apply online: <http://www.benefitscal.com/> **or to find out how to apply for benefits in your county, please call the toll free number 1-877-847-3663 (FOOD.)**

Women, Infants, & Children (WIC)

To schedule a WIC appointment:

Call (510) 595-6400

(Alameda County)

<https://www.fns.usda.gov/wic/women-infants-and-children-wic>

WIC (Women, Infants & Children) is a national nutrition education program that promotes healthy eating. Clients get nutrition advice, help with breastfeeding, referrals to other community services. They also get special checks to buy healthy food items such as fruits and vegetables, milk, cheese, whole grains, cereals, pure juice, and eggs. Studies show that clients who get WIC have healthier pregnancies and healthier children.

Eligibility: WIC serves pregnant and breastfeeding women and parents raising infants or children under the age of 5 years. Foster parents, guardians and single fathers who have custody of their children can also get WIC.

You must be low income to get WIC. WIC looks at your family income before taxes, and your family size. Working families may be eligible for WIC.

	<p>WIC provides:</p> <ul style="list-style-type: none"> • Individual nutrition counseling and group classes • Breastfeeding help, including a Helpline, peer counselors and breast pumps • Help getting health insurance and finding a doctor or dentist • Dental health classes and dental exams • Reminders about immunizations and other important health information • Referrals to other community programs that help families • Checks to buy healthy foods at local grocery stores. • Download the current Shopping Guide in English Spanish • Summer checks to buy fresh fruits and vegetables at the Farmers Market
<p>Bear Pantry @ the Village</p> <p>http://thebearpantryatberkeley.org/index.html</p> <p>Contact: Koko Mulder at thebearpantry@berkeley.edu</p>	<p>The Bear Pantry was founded in 2009 and is a donor-driven program that provides emergency food assistance to low-income UC Berkeley student families with dependent children.</p> <p>A Bear Pantry food bin contains non-perishable food staples and a food gift card to a local supermarket for purchasing fresh produce, meat, or dairy.</p> <p>Open to students with dependents residing in University Village demonstrating an expected family contribution of \$1000 or below. Each eligible household may receive emergency food assistance once per semester in the form of non-perishable food staples and a grocery gift card.</p>
<p>UC Berkeley Food Pantry Located in Stiles Hall (Currently in Basement of MLK)</p> <p>Basic Needs Security: www.basicneeds.berkeley.edu</p>	<p>The UC Berkeley Food Pantry is a direct response to the need among the student population for more resources to fight food insecurity—the lack of nutritious food.</p> <p>The Food Pantry has been established to provide emergency relief to help students continue on to successfully complete and obtain their degrees from the University of California.</p> <p>Open to all students, postdocs, and visiting scholars. Located on campus in the basement of MLK Student Union, you or your family member can come with your Cal ID to get five pantry items</p>

<p>Student Parent Association (SPARR) Food Donations Program</p> <p>Contact Email: SPARRFood@gmail.com</p>	<p>SPARR Food Donations Program provides free fresh produce and food, 5 times per week, to registered UC Berkeley undergraduate and graduate student parents.</p> <p><u>Food Distribution Times:</u></p> <p>Monday, Wednesday, Saturday, and Sunday: Approximately 10:30 am at the UC Village Community Center</p> <p>Tuesdays: Approximately at 8:30 am at the UC Village Community Center</p> <p>To receive 1+ bags of fresh food at the following distribution times, you must be registered with SPARR Food Donations Program. To learn how to register email: SPARRFood@gmail.com</p> <p>For more details see: https://www.facebook.com/SPARRFood/</p>
<p>Berkeley Food Pantry</p> <p>(510) 636-2280</p> <p>info@berkeleyfoodpantry.org</p> <p>fb.me/berkeleyfoodpantry</p> <p>www.berkeleyfoodpantry.org</p>	<p>Need Food?</p> <ul style="list-style-type: none"> • All Albany/Berkeley residents in need of emergency groceries are welcome once a month • What: Produce, dairy, meat, and staples of your choice • When: 2-4pm, Mondays, Wednesdays & Fridays* • Where: 16000 Sacramento St (at Sacramento and Cedar) <ul style="list-style-type: none"> ○ Public transportation: Bus #52 stops right outside; North Berkeley BART station is just 3 blocks away ○ Parking: A small parking lot and nearby street parking available <p><i>*If you cannot make the designated times, you can designate an alternative person to pick up for you.</i></p> <p>What to Bring:</p> <ul style="list-style-type: none"> • 2-4 Bags • Photo ID • Proof of Residence <ul style="list-style-type: none"> ○ On your first visit, you will need something to confirm your address: <ul style="list-style-type: none"> ▪ Mail with your current address ▪ Rental/lease agreement ▪ Utility bill ▪ Or a second documents with your current address

<p>Alameda County Community Food Bank http://www.accfb.org/</p> <p>Need food today? (800) 870-FOOD (3663) or (510) 635-3663 http://www.foodnow.net</p> <p><i>Hours of operation: Monday – Friday, 9 a.m. – 4 p.m.</i></p>	<p>Emergency Food Services The Alameda County Community Food Bank operates a toll-free Food Helpline that connects callers to emergency food providers in their neighborhoods for same-day free hot meals or bags of food. The Food Bank also offers referrals and application assistance toward food programs, such as CalFresh, School Meals, and WIC</p> <p>Summer Lunch Program: The Summer Food Program provides children with free nutritious meals and snacks they need to learn, play, and grow, throughout the summer months when they are out of school. Meal sites are located at schools and community centers near you.</p> <p>Call the Food Bank at 510-635-3663 to find out more about the Summer Lunch Program and the site closest to you. http://www.accfb.org/get_food/summerlunch/</p> <p>Holiday Food Assistance: <i>Alameda County Community Food Bank's Holiday Food Helpline is available from November 1 to December 25.</i></p> <p><i>To find holiday food in your area, please call (510) 635-3663 and follow the prompts for Holiday Food.</i></p> <p><i>After you enter your Zip code and household size, a prerecorded message will inform you of locations near you.</i></p>
<p>HeadStart</p>	<p>HeadStart is a child and adult care food program that provides nutritious, well-balanced meals (breakfast and/or lunch) and snacks to 0-5 year-old children. HeadStart helps to link children to needed services, provide school readiness and supports parental education</p> <p>Contact the HeadStart program near you for more information.</p>
<p>School Meals</p> <p>To Apply: Meal applications must be filled out completely. Pick up and turn in applications into the district food service office or school site.</p>	<p>The School Meals Program provides nutritious well-balanced meals (breakfast, lunch and snack) to children enrolled in K-12 schools during the school day. The program provides free reduced price, or paid meals to student based on eligibility information.</p> <p>Eligibility for No Cost meals:</p> <ul style="list-style-type: none"> • Homeless Students • Foster Children • Students receiving CalFresh, FDPIR, CalWORKS, or KinGap • Students enrolled in migrant education programs

Community Activities for Families

510 Families www.510Families.com	A resource guide and blog for activities, classes, events, child care and more for fun in the East Bay for you and your family.
Lawrence Hall of Science UC Berkeley's Public Science Center 1 Centennial Drive (510) 642-5132	The Hall features interactive science exhibits, engineering activities, a planetarium, animal discovery room, 3-D science theater, special events. <ul style="list-style-type: none"> • Admission is free with your Cal 1 Card • Mon-Sun 10am-5pm • Accessible by Campus Shuttle and AC Transit buses, personal transport with parking lots for a small fee
UC Berkeley Art Museum and Pacific Film Archive (BAM/PFA) 2626 Bancroft Way 510/642-0808	BAM/PFA presents approximately 15 exhibitions and about 380 film screenings each year. The museum's 1960's Modernist building has 10 galleries and houses a collection that spans 3000 years of Eastern and Western art, and a film archive with over 14,000 films. <ul style="list-style-type: none"> • Admission is always free for Cal students; • Wed-Sun, 11am-5pm • L@TE Fridays, open until 9pm;
The Museum of Paleontology 1101A Valley Life Sciences Building (510) 642-1821)	<p>The collections are only open to the public for one day a year (during Cal Day)</p> <p><u>BUT</u> you can see a full-sized T-Rex and other fossils on display in the VLSB foyer year-round</p>
Adventure Playground	Recognized as a "Top Ten" playground by National Geographic. Climb on the many unusual kid-designed and built forts, boats, and towers. Ride the zip line or hammer, saw and paint. (Parks, Recreation & Waterfront).
Aquatic Park	Provides opportunities for bird watching, boating, hiking trails and biking trails around the lake. A Frisbee Golf Course plays through in the meadows. There is also a fitness exercise course, "Dream Land for Kids," a playground featuring extensive wooden castles, walkways and other structures, as well as a habitat for avian and aquatic life. <i>*Limited parking is available on the east side of the park.</i>
Berkeley Ironworks	One of the largest Touchstone gyms and boasts incredible climbing terrain along with a varied assortment of additional offerings.
Berkeley Playhouse	A theater for all ages presenting a year-round season of musicals, as well as a music conservatory offering a range of educational instructional classes in music performance skills. Situated in the Elmwood District, with many restaurants and shops nearby. Visit our website for schedules, information and tickets.

Campus & Community Support Contacts

Campus Services Resources	
Social Services	510-642-6074
Counseling/Psychiatry	510-642-9494
After Hours Counseling Line	855-817-5667
CARE for Post Docs & Visiting Scholars & Families	510-643-7754
Urgent Care Clinic	510-642-3188
Medical Services (by appt)	510-642-2000
Women's Resource Center	510-642-1786
UC Berkeley Police	510-642-6760
Psychological Clinic (Tolman Hall)	510-642-2055

Community Resources 24 Hours Crisis Line	
Berkeley Mental Health	510-642-8712
Suicide Prevention	510-849-2212
Alta Bates Hospital	510-204-4444
Children's Hospital	510-428-3000
Family Violence Law Center	510-540-7233
A Safe Place (shelter for women)	510-536-7233

Health Advice & Education Resources

The BabyCenter: https://www.babycenter.com/	California Poison Control 24-hour Hotline (800)-222-1222	Alameda Social Services North County Multi-Service Center 2000 San Pablo Ave Oakland CA 94612 (510) 891-0700 https://www.alamedasocialservices.org/public/index.cfm Our mission is to promote the economic and social well being of individuals, families, neighborhoods and communities.
Safe Kids Car Seats Checks (800) 441-1888	International Cesarean Awareness Network: http://www.ican-online.org/ 500-686-ICAN	Child Abuse: 510-259-1800 Elder Abuse: 510-577-3500/ 1-866-CALL-APS/ 1-866-225-5277
California Teratogen Information Service – Every Woman in California http://everywoman-california.org/content_display.cfm?contentID=479	Greater Good Magazine Parenting & Family Articles and More https://greatergood.berkeley.edu/parenting_family	Health, Housing & Human Services Information (Free Accessible, Multi-lingual Helpline): 211
The Rookie Moms Parenting Blog https://www.rookiemoms.com/categories/030/	The Bump Pregnancy & Parenting Blog https://www.thebump.com/	CalWORKS, CalFresh, General Assistance, Medi-Cal: 510-263-2420/ 1-888-999-4772 https://alamedasocialservices.org/public/services/CarsVru/CARsWeb.htm Medi-Cal Center 510-777-2300 1-800-698-1118

Family Support Services

Bay Area Women Against Rape 24-hour Emergency Hotline (510) 845-7273 Non-Emergency: (510) 430-1298	Children's Protective Service Alameda County Emergency Response Unit 24-hour Hotline (510) 259-1800	A Safe Place 24-hour Hotline (510) 536-7233 Offers shelter, crisis counseling, and information and referrals for battered women and their children.
National Domestic Violence Hotline (800)-799-7233	Child Abuse Council of Alameda County Council Line: (510) 670-9764 Child Abuse Reporting Hotline: (510) 259-1800	Oakland Men's Project (510) 835-2433
Parental Stress Service 24-Hour Hotline (510) 893-5444	Child Assault Prevention (510) 893-0413 (800)-479-7233	Family Violence Law Center 24 Hour Crisis Hotline (800) 947-8301
Narika (800)-215-7308 Helpline for South Asian women.	Victims of Crime Resource Center (800)-842-8467	Alameda County Victim Assistance (510) 272-6180
Berkeley Women's Refuge 24-Hour Hotline (510) 547-4663 Offers emergency shelter and support groups for homeless women and their children.	Social Services @ Tang (510) 642-6074 Provides confidential counseling and support services to survivors of sexual violence, partner violence and students working to making changes to their substance use. Pregnant women/couples may be seen for planning and to explore the impact of pregnancy on their lives/relationship.	PATH to Care Center UC Berkeley For appointment with an advocate: (510) 642-1988. The PATH to Care Center provides affirming, empowering, and confidential support for survivors and those who have experienced gendered violence, including: sexual harassment, dating and intimate partner violence, sexual assault, stalking, and sexual exploitation. Confidential advocates bring a non-judgmental, caring approach to exploring all options, rights, and resources.