

Local Assistance Resources:

Resource	Entity	Program	Explanation of Program	Office Locations	Phone	Link
Child Care/Housing	Alameda County Social Services	Social Services		Office Locations	North Oakland (510) 891-0700 Eastmont (510) 577-7067 South County (510) 670-6225	www.alamedasocialservices.org
Food	Alameda County Community Food Bank	Food Bank		7900 Edgewater Drive Oakland, CA 94621	1-510-635-3663	https://www.accfb.org/
Food	Food Bank of Contra Costa & Solano	Food Bank		Located at 4010 Nelson Ave, Concord, CA 94520	1-855-309-3663	Link
Food	Oakland Unified School District	Free Meals	Open Monday & Thursdays from 8am-12pm	Various schools. Call number to confirm location.	(510) 879-8200	Link
Housing	Alameda County	Housing and Community Development	The county has several programs to support homeless individuals or individuals at risk of becoming homeless.	224 West Winton Ave, Rm 108, Hayward, CA 94544	510-670-9797	Link
Housin	Contra Costa County	Health, Housing, & Homeless Services	Programs to support homeless individuals or individuals at risk of becoming homeless.	1350 Arnold Dr #202, Martinez, CA 94553	925-608-6700	https://cchealth.org/h3/
Various	Contra Costa Crisis Center	Resource referral service	Provides referrals to various resources		925-939-1916 or Dial 211	https://www.crisis-center.org/
Various	2-1-1 Alameda County	Resource referral service	Provides referrals to various resources		Dial 211 or 888-886-9660	http://211alameda.org/

COVID-19 Information:

Resource	Entity	Program	Explanation of Program	Link	Phone
Information	Department of Labor	OSHA Guidance	OSHA Guidance on Preparing Workplaces for COVID-19	Link	
Information	State of CA	Coronavirus Updates	Updates on COVID-19 and guidance	Link	(916) 558-1784
Information	Centers for Disease Control	Coronavirus Updates	Updates on COVID-19 and guidance	Link	

Statewide Assistance Resources:

Resource	Entity	Program	Explanation of Program	Office Locations	Phone
Financial	State of California	CalWORKs	Provides cash aid and services to eligible families that have a child(ren) in the home.	Locate local office information here, or call phone number's listed.	Contra Costa: 1-(877) 505-4630 Alameda:510.891.0700
Financial	State of California	Cash Assistance Program for Immigrants	CAPI provides cash to legal non-citizens ineligible for Supplemental Social Security Income/State Supplemental Payment (SSI/SSP)	Check listing for nearest office or call phone number listed here.	Alameda: (510) 383-8523 Contra Costa: (925) 706-4980
Financial	State of California	Disability Insurance	Gov Newsom waived one-week waiting period for applying, and allowed for individuals sick with COVID-19 to claim short-term disability insurance.	7677 Oakport Street, Suite 325 Oakland, CA 94621	English: 1-800-480-3287 Spanish: 1-866-658-8846
Financial	State of California	Paid Family Leave	Up to six weeks of benefit payments to eligible workers due to illness or themselves or family	7677 Oakport Street, Suite 325 Oakland, CA 94621	English: 1-877-238-4373 Spanish: 1-877-379-3819
Financial	State of California	Paid Sick Leave	You may be eligible if civil authorities recommend quarantine.	Learn more about your eligibility for Paid Sick Leave	
Financial	State of California	Unemployment Insurance	Gov. Newsom waived the one-week waiting period for applying for unemployment insurance. Can apply online, by phone, or mail.	7677 Oakport Street, Suite 325 Oakland, CA 94621	English 1-800-300-5616 Spanish 1-800-326-8937
Financial	State of California	Worker's Compensation	Benefits if you were expose to Coronavirus on the job	Online	1-800-736-7401
Food Assistance	State of California	CalFRESH	Provides assistance for households to purchase nutritious food.	Locate local office information here, or call phone number's listed.	Contra Costa: 1-(877) 505-4630 Alameda:510.891.0700
Healthcare-	Kaiser	Health Care	Order prescriptions online.		See number on Kaiser membership card
Healthcare	Kaiser	Health Care	Contact Kaiser if you have COVID-19 symptoms. No cost for screening or testing.	See local Kaiser hospital	NorCal: 1-866-454-8855 SoCal: 1-833-574-2273
Housing	State of California	Homeless Assistance	CalWORKs HA can provide payments for temporary shelter	Check listing for nearest office or call phone number listed here.	Alameda: (510) 383-8523 Contra Costa: (925) 706-4980
Housing	State of California	Housing Support	The CalWORKs Housing Support Program (HSP) assists homeless CalWORKs families in obtaining permanent housing	Check listing for nearest office or call phone number listed here.	Alameda: (510) 383-8523 Contra Costa: (925) 706-4980
Phone service	State of California	The California LifeLine Program	The California LifeLine Program provides discounted basic home/cell phone service		1-866-272-0357
Utilities Assistance	State of California	CARE/FERA	Discounts on utilitites for low-income families	https://www.cpuc.ca.gov/General.aspx?id=976	PG&E- 1-866-743-2273