



## 2020-21 Oakland Early Learning Symposium Part III: Connecting Families to Resources Useful Resources

This is a list of resources referenced in the February 27 online event. It is ***not an exhaustive list*** of all resources for families but we hope it's helpful.

### General Information:

- [211](#)
- [First 5 Alameda County COVID-19 Resources Microsite](#)
- [Alamedakids.org](#) - First 5 Alameda County General Resources for Providers and Families
- [OUSD Resources for Families](#)

### Food and Meals:

- [Alameda County Community Food Bank](#)
- [List of Oakland Food Distribution Sites](#)
- [Intertribal Friendship House](#)
  - COVID-19- Food/emergency kit delivery to Native elders/families
- [OUSD's Grab and Go Meals and Meal Delivery](#)
  - Food for OUSD families during school building closures
- [Youth UpRising](#)
  - Handing out free groceries every Thursday 12PM-2PM
- [Community Foods Market](#)
  - EBT/Calfresh Discount, Offers free, low- or no-contact deliveries during the COVID-19 crisis to elders of our community in the McClymonds, Clawson, and Hoover-Foster neighborhoods, CallFresh/SNAP Enrollment Assistance
  - Store Hours: Weekly store tours on alternating Tuesdays and Thursdays, teaching participants how to shop healthy on a budget. All participants receive a \$10 gift card to participate in the Healthy Meal Challenge to practice their new skills shopping health on a budget. See calendar for exact dates. [Events Calendar here.](#)
- [Center for Empowering Refugees and Immigrants](#)
  - The CERI COVID-19 Emergency Relief Project provides financial assistance with rent, utilities, food, and groceries for refugee families and elders who are living in poverty and are facing extra hardship due to the COVID-19 crisis. People can also get assistance with back to school supplies and masks.



- [Trybe](#)
  - Trybe serves families across East Oakland, North Oakland, Berkeley and the East Bay annually, coordinating a range of programs and experiences, where youth learn new skills, grow socially and emotionally and engage with their communities in productive ways. They are distributing emergency food, diapers, and basic supplies to those in need. [CLICK HERE.](#)
- [Telegraph Community Ministry Center](#)
  - They provide emergency food, clothing, diapers, formula, and other baby provisions.

### Housing and Rental Assistance:

- Call 211
- [Keep Oakland Housed](#)
- [Causa Justa](#) - Just Cause
- Bay Area Community Services (BACS): M, W, F via phone for housing assessments
  - Call **510-613-0330**
- Center for Reentry Excellence (CORE): via phone/email
  - Call **415-474-7310** (ask for CORE)
  - Email Robyn Miller [rmiller@felton.org](mailto:rmiller@felton.org), Mona Blake [mblake@felton.org](mailto:mblake@felton.org)
  - North County Housing Resource Center: via phone only
  - Call **510-495-0131** for assessments by phone on M, W, F (9am-12pm)
  - Unsheltered adults in North County (Oakland, Berkeley, Albany, Emeryville, Alameda) can call: **510-495-0131**
  - Unsheltered families (with children under 18) can call Family Front Door
    - First time callers: **510-808-7410**
  - Unsheltered families with children under 18 should call Women's Daytime Drop-in Center for an assessment:
    - Please call **510-548-2884** (M-F, 8am-4pm)

### Health Care:

- [Roots Community Health Center](#)
- [Community Foods Market](#)
  - Heart 2 Heart-Free blood pressure clinic. Mondays 11am-1pm Get your BP checked, connect with a counselor and get referrals to local providers

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### Mental Health:

- [Center for Empowering Refugees and Immigrants](#)
  - Population served: Southeast Asian Refugees, survivors of trauma/abuse, children, and LGBTQI
  - Provides Support groups, clinical counseling, medication management clinic,



alternative healing, children's programs, young men's/women's/mother's groups, therapy program for LGBTQI+

- Family Paths Parent Support/Parent Help Line: 800-829-3777, 24 hrs a day, 7 days a week. [Flyers in English, Spanish and Chinese.](#)
- **Youth UpRising:** During the pandemic, YU is offering confidential phone or video counseling for YU ages 13-24. Call or text (510) 863-4119
- California Peer-Run Warm Line: 855-845-7415 (non-emergency number for those seeking emotional support)
- 24 Hour Crisis Support Line: 800-273-8255 (for those struggling with uncomfortable thoughts and emotions)
- BANANAS Warm Line: Non-emergency resource for parents seeking support, contact [warmline@bananasbunch.org](mailto:warmline@bananasbunch.org) or (510) 658-7353 x107

## Legal Services

- Family Violence Law Center: via phone only; 510-267-8880
- Bay Area Legal Aid: via phone only; services line 800-551-5554
- East Bay Community Law Center: 510-548-4040
- Homeless Action Center:
  - 3126 Shattuck Avenue, Berkeley (510) 540-0878
  - 2601 San Pablo Avenue, Oakland (510) 695-2260
  - If you have trouble getting benefits (Medi-Cal, SS, GA, food stamps), contact **Amy Orgain** by email: [aorgain@homelessactioncenter.org](mailto:aorgain@homelessactioncenter.org)
  - Email [info@homelessactioncenter.org](mailto:info@homelessactioncenter.org) for assistance
- Root and Rebound:
  - Services for currently and formerly incarcerated individuals.
  - Call 510-279-4662 or email [info@rootandrebound.org](mailto:info@rootandrebound.org)

## Diapers and Wipes:

- **[First 5 Alameda County](#)**
  - Provides diapers and wipes to nine distribution hubs across the county on a monthly basis. Information about the sites' giveaways (in English, Spanish, and Chinese) [here.](#)
- **[BANANAS Inc.](#)**
  - Gives away free clothing, equipment, toys, and diapers for infants and children of low-income families through their BANANAS Boutique. These items are donated by parents and supporters. Families can take what they need.
- **[Telegraph Community Ministry Center](#)**
  - They provide diapers, formula, and other baby provisions to those in need.



### Family Connection (Play Groups, Parent Support, Story Times):

- Virtual Storytime led by Tandem (ROOTS)
  - <https://zoom.us/meeting/register/tJUucu6pri8jGtVfolsRwGJZoRaUZq9gbi2O>
  - Also from Tandem: [Learning at home: Storytime resources \(tandembayarea.org\)](http://tandembayarea.org)
- Virtual Sisterhood Circle (ROOTS)
  - <https://zoom.us/meeting/register/tJYvcuCtrjMqHtBnz4jjFFRoKOYIPHI9isb->
- Parenting Toolkit Series, focusing on Distance Learning & Pandemic Parenting (ROOTS)
  - <https://zoom.us/meeting/register/tJEsd-2qrDMiG9cgNvOulD7LjsACENg3DLY>
- [Lotus Bloom's Online Learning Library](#): On demand and live playgroup circle times, story times and family activities including dance, drumming, cooking and more.
- [Lotus Bloom Referrals Page](#) : Oakland residents in the *West Oakland, Chinatown, San Antonio and Castlemont neighborhoods* are encouraged to fill out an inquiry form to be connected to a Family Navigator.
- BANANAS Playgroups: Virtual playgroups daily Monday - Friday.
  - Morning playgroups Monday - Thursday
  - Afternoon playgroups Monday, Wednesday, Friday
  - Register at <https://bananasbunch.org/playgroups/>
- [Oakland Public Library](#)
- [Mandela Family Resource Center](#)

### COVID-19 Testing, Health Care and Vaccine Information:

- [Information on how to Quarantine](#)
- [Alameda County Public Health Department COVID 19 Information](#)
- [Sign up for vaccine alerts with Alameda County](#)
- [State of California Vaccination Appointments Information](#)
- For Oakland Coliseum Vaccination Site: Call (833) 422-4255. It has a menu for additional languages to help set up an appointment (you have to wait 30-45 seconds after the English intro to hear the menu for additional languages).
- [Vaccination Site at Allen Temple in East Oakland](#)
- Call Acts Full Gospel Church in Oakland for information on their vaccine site at 510-567-1300
- [Walk-up Testing site \(ROOTS\)](#)
- CVS pharmacies:
  - No-cost, drive-thru COVID-19 testing for ages 18+
  - [cvs.com/minuteclinic/covid-19-testing](https://cvs.com/minuteclinic/covid-19-testing) to schedule an appointment and view locations
- FREE Medi-Cal Call Line: (877) 409-9052
  - 24/7 advice line to speak to a nurse to understand symptoms of COVID-19,



determine if you need to self-isolate and/or see a doctor, connect with a provider to get enrolled with Medi-Cal

- You can call even if you don't have insurance or don't have a regular doctor

### **Resources for those Experiencing Racially Motivated Anti-Asian Abuse, Violence or Hate Speech:**

- Request a free chaperone (or volunteer to be a chaperone) for residents of Oakland's Chinatown from [Compassion in Oakland](#).
- See more volunteer opportunities to do community strolling, clean up efforts and [join the Chinatown Ambassador Program with Oakland's Chinatown Coalition](#).
- Report anti-Asian incidents: <https://stopaapihate.org/>

### **Utilities and Internet Connection Support:**

- [PG&E CARE for assistance with bills](#)
- [Comcast Internet](#)
- [AT&T Affordable](#)