

# Alpha Community Resource Guide



This is a list of resources for  
Alpha families and the Eastside San José community

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If you see a mistake in any of the sections below please send an email to [georgina.jimenez@alphapublicschools.org](mailto:georgina.jimenez@alphapublicschools.org) so we can fix it. Thank you

# Food

The following section provides a list of various organizations that offer food assistance.

### Alpha Food Bank - FREE Food

We at Alpha host a food bank for our community members and families.

Frequency: Every **second** Saturday of the month

Hours: 8 am - 11 am (or until food runs out)

Location: Alpha Jose Hernandez and Alpha Blanca Alvarado Schools

Address: 1601 Cunningham Ave, San Jose, CA 95122

Details:

- You do not need to have children in our Alpha schools to get food.
- No ID or documents are required.
- This food bank is market-style, so please bring a cart to carry your food.

### Second Harvest of Silicon Valley

Prepared Meals Programs - Santa Clara County [here](#).

Look for food banks, food pantries, and more based on your zip code, [here](#).

### Mobile App

The CA Meals for Kids mobile application helps you find nearby California Afterschool and Summer Meal Programs Sites through your iOS, Android, or Microsoft devices. You can download the mobile app [here](#).

### Food Banks

**Reaching Out Center** | Cathedral Of Faith

2315 Canoas Garden Avenue, San Jose, CA 95125

Frequency: Weekly

Hours: Wed - Thru 9 am - 12 pm

Phone: (408) 267-4691

Web: <https://reachingout.us/#provide>

Services: free groceries and personal hygiene Items

Languages: English and Spanish

Bring the following items:

- Picture Identification (ID or California Licence)

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- Current PG&E bill, telephone, cell, or water bill with correct name and address on it.

### **Hank Lopez Community Center** | Second Harvest of Silicon Valley

1694 Adrian Way, San Jose, CA 95122

Frequency: third Thursday of the month

Hours: 9 am - 1 pm

Website: <https://www.shfb.org/>

Services: free groceries

Set up: walk up only

Languages: English and Spanish

### **Katherine R Smith Elementary School** | Second Harvest of Silicon Valley

2025 Clarice Drive, San Jose, CA 95122

Frequency: second Thursday of the month

Hours: 3 pm - 4:30 pm

Website: <https://www.shfb.org/>

Services: free groceries

Set up: Walk-in

Languages: English and Vietnamese

Bring the following items: no documents needed

### **Santee Elementary School** | Second Harvest of Silicon Valley

1313 Audubon Dr, San Jose, CA 95122

Frequency: every Thursday

Hours: 4 pm - 6 pm

Website: <https://www.shfb.org/>

Services: free groceries

Set up: Walk up only

Language: English, Spanish, and Vietnamese

Eligibility: no documents needed

## Housing

The following section provides a list of various organizations that offer housing assistance.

### Shortcuts

[Family Housing](#)

[Youth Housing](#)

[Senior Housing](#)

[Special Needs Housing](#)

[Organizations Helping Applying for Rent and Utilities Assistance](#)

[Legal Housing Assistance for Rent and Utilities Assistance](#)

### Looking for Affordable Housing

Use this [link](#) to look for affordable housing options in San Jose.

Use this [link](#) to look for affordable housing options for families and seniors.

### Shelter Helplines

- [\(408\) 510-7600](#) - for shelter and services in Santa Clara County, including motel vouchers. In Santa Clara County, they need a referral in order to get into LifeMoves or another local program, which they can get at the above helpline.
  - When a person calls the helpline, they should receive a referral to a local shelter. Once there, they will have a case manager who can help them with access to services.
- [\(408\) 385-2400](#) - Santa Clara County Here4You
- [\(408\) 278-6420](#) - Santa Clara County Shelter Hotline
- [\(408\) 926-8885](#) - San Jose family Supportive Housing

### Affordable Housing

Below are affordable housing options organized based on the targeted population.

#### Families

[Amigos de Guadalupe - Interment Housing Program](#) | San José

1897 Alum Rock Ave #35, San Jose, CA 95116

Call for an appointment: [\(408\) 341-6080](#)

Hours: 9 am - 5 pm

Website: <https://www.amigoscenter.com/interim-housing-program>

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### Services:

- Provides emergency shelter to families experiencing displacement.
- Case Management
- Additional Services

### Vintage Tower | San Jose

235 E Santa Clara Street, San Jose, CA 95133

Hours: Mon - Fri 9 am - 6 pm

Phone: (408) 297-4705

Website: <https://vintagetoweravanath.com/>

### Services:

- Affordable apartments for families
- Pet friendly

### Monte Alban Apartments | San Jose

1324 Santee Dr, San Jose, CA 95122

Phone: (408) 286-1903

Email: [montealban@jsco.net](mailto:montealban@jsco.net)

Website: <https://jsco.net/property/monte-alban-apartments/>

Services: affordable family housing

## Youth

### Unity Care Housing | San Jose

1400 Parkmoor Ave Suite 115, San Jose, CA 95126

Hours: Mon - Fri 8 am - 5 pm

Phone: (408) 971-9822

Website: <https://www.unitycare.org/housing/>

### Services:

- Provide safe, stable and affordable housing for youth and young adults as they age out of foster care and to provide them with the supportive services they need to achieve self-sufficiency
- Ages 16-21

## Seniors

### Giovanni Center | San Jose

85 S 5th St, San Jose, CA 95112

Phone: (408) 288-7436

Website: <https://jsco.net/property/giovanni-center/>

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Services: is an apartment complex which offers affordable housing to low-income seniors (+62yrs) location in the beautiful downtown area

[Town Park Towers](#) | San Jose

60 North Third Street, San Jose, CA 95112-5502

Phone: (408) 288-8750

Hours: Mon - Fri 8 am - 5 pm

Website: <https://www.eahhousing.org/apartments/town-park-towers/>

Services:

- Town Park Towers is a comfortable, culturally diverse, residential living facility for low- to moderate-income seniors, age 62 and older
- Town Park Towers has studios, alcoves, and one-bedroom apartments, each with a private bath, kitchen, and a balcony.

### Special Needs

[Casa Feliz Studios](#) | San Jose

525 S 9th Street, San Jose, CA 95112

Phone: (408) 516-4776

Hours: Wed - Sat 10 am - 6:30 pm and Sun 11 am - 7 pm

Website: <https://jsco.net/property/casa-feliz-studios/>

Services:

- Offers 60 affordable SRO units with private bathrooms and on-site parking.
- Housing Choices Coalition (HCC) provides Resident Services Coordination to Casa Feliz residents with developmental disabilities, and facilitates communication between these residents and property management, providing one point of contact for the purposes of continuity and comprehensive communication.

### Organizations Helping Applying for Rent and Utilities Assistance

The following organizations provide temporary financial assistance (e.g. rent, deposit, or utilities payment) to low-income families or individuals who are struggling to maintain their housing. For more information about what other organizations are providing financial assistance, eligibility, and in what areas those services are being provided in click the following languages: [English](#), [Vietnamese](#) [Español](#)

These agencies can screen for eligibility and provide services:

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### LifeMoves - Georgia Travis House | San Jose

260 Commercial St, San Jose CA 95112

Call for an appointment: (408) 271-1630

Website: [https://www.lifemoves.org/family-services/?q=&in\\_cat=36/](https://www.lifemoves.org/family-services/?q=&in_cat=36/)

Request Help: <https://www.lifemoves.org/contact/>

Services:

- LiveMoves Housing Services Include:
  - Rapid Re-Housing Programs
  - Assistance locating affordable housing
  - Housing benefits and rental applications
- Emergency Services
  - One-time emergency financial assistance
  - Serve the following zip codes: 94301, 94303, 94304, 94305, 94306, 95131, 95133, and 95134
    - Sandra Munoz:
      - (408) 271-0685 ex 642
      - [smunoz@lifemoves.org](mailto:smunoz@lifemoves.org)

### Amigos de Guadalupe - Rental & Deposit Assistance | San José

1897 Alum Rock Ave #35, San Jose, CA 95116

Call for an appointment: (408) 341-6080

Hours: 9 am - 5 pm

Website: <https://www.amigoscenter.com/about-4>

Services: rental and deposit assistance to tenants who reside in Santa Clara County.

How to apply:

- Stop by their offices to pick up an Intake and consent forms so we can learn more about your situation and direct you to the appropriate program offered at Amigos de Guadalupe.

What to bring with you:

- Photo Identification for adults
- Birth Certificate for minors
- Rental agreement and rent notices
- Proof of Income (pay stubs or employment letter)
- Bills to show electricity or water expenses

### Sacred Heart Community Service | San Jose

1381 South 1st St, San Jose, CA 95110

Phone: (408) 278-2160

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Walk-in hours: Mon, Wed, Thru: 9 am - 4 pm; Tue: 9 am - 6 pm; Fri: 9 am - 12 pm  
(No appointment is needed)

Email: [housinginfo@sacredheartcs.org](mailto:housinginfo@sacredheartcs.org)

Website: <https://www.sacredheartcs.org/programs-housing-financial-assistance>

Services:

- Past-Due Rent
- Emergency Security Deposit (to move into a new place)
- Mortgage
- Other financial assistance tied to housing stability

### **The Salvation Army** | San Jose

359 N. 4th St, San Jose CA 95112

Phone: (408) 282-1165

Hours: Mon - Fri 8 am - 4 pm (No appointment is needed)

Website: [https://siliconvalley.salvationarmy.org/silicon\\_valley/family-services](https://siliconvalley.salvationarmy.org/silicon_valley/family-services)

Services:

- Rent & Deposit Assistance
  - Provides assistance to help families pay their rent and/or deposit in response to hardship or unforeseen difficulties.
- Maria Padilla - Family Service Department
  - (408) 282-1165 ext. 3210
  - familyservicessj@usw.salvationarmy.org

### **The Salvation Army Emmanuel House** | San Jose

405 N. 4th St, San Jose, CA 95122

No appointment needed (408) 282-1175

Walk-in hours: Open 24/7

Website: [https://siliconvalley.salvationarmy.org/silicon\\_valley/emmanuel-house](https://siliconvalley.salvationarmy.org/silicon_valley/emmanuel-house)

Services:

- Overnight Shelter Services
  - Homeless men receive 7 free nights per year that can be used consecutively or divided up however they like. Afterwards, there is a fee of \$5 per night.
- Motive Man Program
  - A short-term residency program of up to two years for men who are able to earn a sufficient income. They pay \$100 per week starting at time of intake, and \$20 of the fee is set aside in a personal savings account that participants can use towards a room or apartment when they leave the program.



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### St. Joseph's Family Center | Gilroy

7950 Church Street, Suite A, Gilroy CA 95020

Call for an appointment: (408) 842-6662 x 21

Hours: Mon - Fri 8 am - 2 pm

Website: <https://stjosephsgilroy.org/about/what-we-do/>

Services:

- [Emergency Rental](#) and [Utility assistance](#)
- Homeless Outreach/UPLIFT TAP Transit Pass Program
- Ochoa Center & Gilroy Armory Cold Weather Shelter Program
- Gilroy Place
  - Provides housing for homeless individuals with disabling conditions
- Our New Place
  - Helps families who are experiencing domestic violence issues and are coming for "temporary shelter."

### Catholic Charities | Santa Clara County

2625 Zanker Road, Suite 201, San Jose, CA 95134

Hours: Mon - Fri 9 AM - 5 PM

Phone: (408) 468-0100

Website: <https://www.catholiccharitiesscc.org/housing?locale=en>

Programs Offered:

- [Affordable Housing](#)
  - Charities housing, develops, preserves, and manages high quality, affordable housing for low-income individuals and their families.
- [Neighborhood Landlord Mediation](#)
  - The responsible landlord engagement initiatives (RLEI) works with the community to hold property owners accountable for the up keeping of their properties in order to maintain the wellbeing of the community.
- [Services for the Unhoused](#)
  - Cathedral Social Ministries provides multiple services that include health clinic, mail pick up, snacks, etc.
- [Refugee Foster Care](#)
  - The Refugee Foster Care program resettles Unaccompanied Refugee Minors (URMs) into Resource Homes across eight counties through the Bay Area.

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### Legal Housing Assistance

The following organizations provide **legal** services in relation to housing and evictions. For more organizations go [here](#).

#### For urgent matters, please contact the following legal resources:

- Lion Plaza: 1818 Tully Rd. #102 San Jose, CA 95122
  - Tenant walk in hours: Tue 10 am - 3 pm; Thru 10 am - 2 pm
  - (408) 975-4444
- [Santa Clara County Superior Court's Self-Help Center](#)
  - 201 N. First St, San Jose, CA 95113 (Family Justice Center, 1st Floor)
  - Phone: (408) 882-2926, choose option 3
  - Mon - Thru 8:30 am - 1:30 pm; Fri 8:30 am - 12 pm

#### Other Free Help:

- Asian Law Alliance - (408) 287-9710
- Community Legal Services - (650) 326-6440

For more information on eviction, go [here](#).

#### Bay Area Legal Aid | San Jose

4 North Second Street, Suite 600, San Jose, CA 95113

Hours: Mon - Fri 9 am – 12 pm and 1 pm – 5 pm

Phone: (408) 283-3700

Legal Advice Line: (800) 551-5554

Website: <https://baylegal.org/what-we-do/stability/housing-preservation/>

They provide legal assistance in the following housing law-related areas:

- Fair Housing and Housing Discrimination
- Eviction Defense
- Housing Conditions
- Rent Control

#### Legal Law Foundation | San Jose

4 North Second Street, Suite 1300, San Jose, CA 95113

Walk-in Hours: Closed for walk-in service effectively July 27, 2023 through August 31st, 2023

Phone Intake Hours: Mon 9 am - 11:30 am

Phone: (408) 280-2424

Website: <https://www.lawfoundation.org/housing>

Services:

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- Housing Discrimination
- Defending Eviction Lawsuits
- Enforcing the San Jose Tenant Protection Ordinance... and more

**Project Sentinel** | Santa Clara

1490 El Camino Real, Santa Clara, CA 95050

Phone: (408) 720-9888

Email: info@housing.org

Hours: Mon - Sun 9 am - 5 pm

Website: <https://www.housing.org/>

Services:

- Housing Discrimination
- Tenant Landlord Dispute Resolution
- Housing Counseling

## Immigration

The following section provides a list of organizations that offer Immigration assistance and/or free legal consultations.

### **Asian Law Alliance** | San Jose

991 W Hedding St #202, San Jose, CA

Hours: Mon 1 pm - 3:30 pm, Tue 9 am - 11:30 am; 1 pm - 3:30 pm, Thur - Fri 9am - 11:30 am

Phone: (408) 287-9710

Web: <http://asianlawalliance.org/legal-services/>

Services:

- Assist with applications for citizenship, greens cards, and other immigration remedies.
- Assists with defense for deportation and removal proceedings.
- Offers services in Mandarin, Cantonese, Spanish, Vietnamese, Tagalog, Korean and other languages.

### **SIREN- Services, Immigrant Rights and Education Network** | San Jose

1769 Park Ave., Suite 200, San Jose, CA 95126

Hours: Mon - Thru 9 am - 3 pm

Phone: (408) 453-3003

Email: [Info@sirenimmigrantrights.org](mailto:Info@sirenimmigrantrights.org)

Web: <https://www.sirenimmigrantrights.org/immigration-legal-services>

Services:

- Free Legal Consultations
- Know Your Rights Workshops
- Immigrant Q&A Hotline
  - English/Spanish (408) 453-3003
  - Vietnamese (408) 453-3013

### **Amigos de Guadalupe** | San Jose

1897 Alum Rock Ave #35, San Jose, CA 95116

Hours: Mon - Fri 9 am - 5 PM

Phone: (408) 341-6080

Web: <https://www.amigoscenter.com/immigration>

Services:

- Legal Clinics

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- Family Based Petitions
- DACA renewals
- Citizenship N400
- Know Your Rights Workshops

### Bay Area Legal Aid | San Jose

4 North Second Street, Suite 600, San Jose, CA 95113

Phone: (408) 283-3700

Legal Advice Line: (800) 551-5554

Hours: Mon - Fri 9 am – 12 pm and 1 pm – 5 pm

Website: <https://baylegal.org/what-we-do/stability/immigration/>

They provide legal assistance in the following immigration law-related areas:

- Immigrants remedies including VAWA, SCSCS

### Rapid Response Network

Phone: (408) 341-6080

Email: [info@amigosdeguadalupe.org](mailto:info@amigosdeguadalupe.org)

Services:

- An experienced dispatcher will support members of our community in asserting their rights and will dispatch trained responders to the site.
- If needed, rapid responders will conduct legal observation and documentation that may be used to support the immigration case of the community member.
- If a community member is detained, we connect them to immigration attorneys and activate accompaniment teams to provide moral support to the family.

Please call the 24/7 Hotline if you see ICE activity -> (408) 290-1144

## Non-Profit Legal Service Agencies or Private Immigration Attorneys

### Immigrants Rising

Website: <https://immigrantsrising.org/resource/getting-legal-help>

- To look for for non-profit legal services agencies, use this [link](#)
- To look for for private immigration attorneys, use this [link](#)

### City of San Jose Local Immigration & Community Resources

For more information about immigration resources in the city of San Jose go [here](#)

## Free Internet

The following section provides a list of various organizations that offer free internet and/or technological devices to borrow.

**Borrow Tech Devices & Free Public Wifi** - <https://www.sanjose.gov>

**AT&T Low Cost Internet** - <https://www.att.com/affordable-connectivity-program/>

### AT&T Mobile Wi-Fi Hotspot

Services:

- Available at all library locations.
- Provides high-speed portable internet connection.
- Up to 15 devices can be connected to the hotspot.
- [Filtered or unfiltered](#) hotspots are available.

### Affordable Connectivity Program | San Jose

Website:

<https://www.sanjoseca.gov/residents/digital-inclusion/affordable-connectivity-program>

Services:

- Provides eligible households with up to \$30/month discounted from their internet service.
- Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from certain providers.
- If you qualify and choose to enroll, you will have the discount automatically taken off of your monthly bill.

### San Jose Public Library | San Jose

Services:

- Access to [Free Wifi](#)
- Borrow tech devices:
  - [Wifi Hotspot](#)
  - [Chromebook](#)
  - [iPad](#)
  - [Laptop](#)

## Mental Health

The following section provides a list of various organizations that offer mental health assistance.

For urgent mental health services, please call:

- **Crisis services for adults:** please call 911
- **Crisis services for children and adolescents:** Pacific Clinics Crisis Hotline at (408) 379-9085 or (877) 41-CRISIS (877) 412-7474\*
- **SAMHSA National Helpline:** 1 (800) 662-HELP (4357)
  - SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#)) for individuals and families facing mental and/or substance use disorders.
- **Suicide and Crisis Lifeline:** call or text 988
  - The 988 Lifeline is an easy to remember three-digit number that anyone can call to receive support when experiencing a suicidal, mental health and/or substance use-related crisis. To reach the Lifeline, people can call or text 988 or chat at Lifeline ([988lifeline.org](https://988lifeline.org)).

To receive mental health services and be referred to a mental health organization, you first need to call the:

### Santa Clara County Call Center

Phone: 1 (800) 704-0900

Hours: 24-hours, 7 days a week

Languages Spoken: English, Mandarin, Spanish, Tagalog, and Vietnamese

The primary function is to provide a 24-hr telephone service that:

- Screens for mental health needs
- Direct callers to programs and services that are suitable for meeting their mental health needs including all agencies listed below.
- Authorizes Fee-for-Services Medi-Cal visits.

Below is a list of local mental health organizations, to look for more go here [here](#)

**Pacific Clinics** | San Jose

232 E Gish Rd, San Jose, CA 95112

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Hours: Mon - Fri 8:30 am - 5 pm

Call or text 988, the Suicide & Crisis Lifeline

(Please call [Santa Clara County Call Center](#) to access non-crisis services)

Phone: (408) 876-4284

Web: <https://www.pacificclinics.org/service/>

Services:

- Mental Health Treatment (including evidence-based practices and therapies, counseling, medication support, case management, support groups, peer support, and more)
- They serve:
  - Children and Adolescents
  - Adults
  - Older Adults
  - Families

### **Momentum for Mental Health** | San Jose

438 N White Rd, San Jose, CA 95127 for more locations, go [here](#)

Hours: Mon - Fri 8:30 am - 5 pm

Phone: (408) 254-6828 for questions about services

(Please call [Santa Clara County Call Center](#) to access services)

Web: <https://momentumforhealth.org/>

Services: psychiatric, therapeutic, and case management support services for adults (18+) and Transitional Aged Youth (TAY) ages 16-25

### **Bill Wilson Center** | San Jose

1671 The Alameda #201, San Jose, CA 95126

Hours: Mon - Fri 8 am - 5 pm

Phone: (408) 243-0222

Crisis Hotline: (408) 850-6125

Email: [BWCmail@billwilsoncenter.org](mailto:BWCmail@billwilsoncenter.org)

Web: <https://www.billwilsoncenter.org/about/contact.html>

Services:

- Counseling
- Foster Family Services
- LGBTQ Host Homes, Outreach, Transitional Living Program
- Child Abuse Treatment Program... and more



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### Sliding-Scale Mental Health Services

**What are sliding-scale services?** Services provided based on your reported income that do not require you to have health insurance or Medi-Cal.

Mental Health agencies in San Jose that provide sliding-scale services:

1. YWCA of Silicon Valley (800) 572-2782
2. Bill Wilson Center (408) 243-0222 and ask for an intake counselor
3. Alum Rock Counseling Center (408) 294-0500
4. Gronowski Center (Palo Alto University) (650) 961-9300

### Substance Use Services

Please call Substance Use Services Call Center

Hours: Mon - Fri 8 am - 5 pm

Phone: (800) 488-9919

A key feature of the system is its centralized point of entry through the gateway Call Center, which streamlines service delivery. This call center can be used for:

- Information and Referral Services
- Pre-screenings for Assessment Appointments

**For other community based mental health resources, use the following links:**

- Community Mental Health Resources: [English](#) and [Spanish](#)

## Intimate Partner Violence

The following section provides a list of various organizations that offer Intimate Partner Violence assistance.

For urgent services, please call:

- **Crisis services for adults:** please call 911
- **YWCA:** 24-hour hotline: (800) 572-2782
- **Community Solutions:** 24-Hour Crisis Line: 1-877-END-SADV (1.877.363.7328) (1 800 704-0900)
- **Next Door Solutions:** 24-hour Hotline: (408) 279-2962
- **Asian Americans for Community Involvement:** 24-hour hotline: (408) 975-2739
- **Maitri:** Helpline: (888) 862-4874

Below is a list of local organizations that seek to support people facing intimate partner violence.

### YWCA | San Jose

375 S 3rd St, San Jose, CA 95112 - for more locations go [here](#)

Hours: Mon - Fri 9 am - 5 pm

Phone: (408) 295-4011

Website: <https://ywca-sv.org/>

Services:

- Crisis Intervention
- Confidential Emergency Shelter
- Individual and Group Therapy... and more

### Community Solutions | San Jose

1356 Ridder Park Dr, San Jose, CA 95131

Hours: Mon - Fri 8:30 am - 5 pm

Phone: (408) 225-9291

Web: <https://www.communitysolutions.org/survivors-of-violence/>

Services:

- Domestic Violence/ Intimate Partner Abuse
- Sexual Assault
- Human Trafficking (Adult Sex Trafficking and Labor Trafficking)
- Commercially Sexually Exploited Children

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- La Isla Pacifica Confidential Shelter
- Supportive Housing Program
- South County Family Justice Center ... and more

### Next Door Solutions | San Jose

234 E Gish Rd #200, San Jose, CA 95112

Hours: Mon - Fri 9 am - 5 pm

Phone: (408) 501-7550

Web: <https://www.nextdoorsolutions.org/>

Services:

- Walking Crisis Counseling
- Housing Programming
- Support Groups and Workshops ... and more

### AACI - Asian Americans for Community Involvement | San Jose

749 Story Road, Suite 50 San Jose 95122, visit the website for more locations

Hours: Mon - Fri 8 am - 5:30 pm

Phone: (408) 975-2730

Web: <https://aaci.org/wellness/womens-home/>

Services:

- Individual and Group Counseling
- 24hr Emergency Shelter
- Restraining Orders and Family Order... and more

### Maitri | San Jose

Phone: (408) 436-8398

Email: [maitri@maitri.org](mailto:maitri@maitri.org)

Hours: Mon - Fri 9 am - 5 pm

Live Helping Hours: Mon - Fri 9 am - 3 pm

Website: <https://www.domesticshelters.org/help/ca/santa-clara/95052/maitri>

Services:

- Helpline for crisis intervention, danger assessment, and safety planning.
- Legal advising
- Counseling, economic empowerment, housing, prevention, and policy advocacy.

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**Bay Area Legal Aid** | San Jose

4 North Second Street, Suite 600, San Jose, CA 95113

Phone: (408) 283-3700

Legal Advice Line: 1 (800) 551-5554 (Mon & Thru 9:30 am - 3 pm and Tues & Wed 9:30 am - 1 pm)

Hours: Mon - Fri 9 am – 12 pm and 1 pm – 5 pm

Web: <https://baylegal.org/what-we-do/safety/domestic-violence-prevention/>

They provide legal assistance in the following housing law-related areas:

- Temporary Restraining Orders
- Divorce, Legal Separation or Annulments
- Child or Spousal Support
- Custody and Visitation Orders... and more

## Parenting

The following section provides a list of various organizations that offer parenting assistance.

### **Sacred Heart Community Services** | San Jose

1381 South 1st Street, San Jose, CA 95110

Hours: Mon, Wed, Thurs 9 am - 4 pm, Tues 9 am - 6 pm, Fri 9 am - 12 pm

Phone: (408) 278-2160

Website: <https://www.sacredheartcs.org/programs-education>

Services:

- Preschoolers & Early Childhood Education
  - Parents with young children 1-3 years old meet with volunteers four days per week for nine months to improve English skills, improve parenting skills, and provide a mutual support environment for each other's families.
- Parenting Support:
  - Classes for mothers with Children age 0-3
  - Family social gatherings
  - Promotoras
- After school & summer education programs
  - After school program is for students in grades K-8. Staff and volunteers work closely with children, families, and schools to create individualized work plans for each participant, achieving grade-level or higher performance.
  - Summer academy is for students in grades 3-6. Students attend this full-day summer camp, which focuses on both short and long-term academic, social, and emotional development.

### **ConXion to Community** | San Jose

749 Story Rd #10, San Jose, CA 95122

Hours: Mon - Fri 8 am - 5 pm, Sat - Sun 7 am - 2 pm

Phone: (408) 213-0961

Jeannie Dan: (408) 428-2193

Email: [jdan@conxion.org](mailto:jdan@conxion.org)

Website: <https://www.conxion.org/families#abrazos-por-vida>

Services:

- Abrazos Por Vida

## Alpha Community Resource Guide

- Offering weekly parenting workshops with fun children's activities, dinner provided before the workshop, Circulos (parent support group) and monthly Family Activity Nights.
- The workshops we provide are focused on empowering parents to fully realize their potential as caregivers through building strong relationships with their children. We offer the following workshop in English & Spanish: Motherhood is Sacred / La maternidad es sagrada and the following workshops in English: Triple P - Positive Parenting Program, Opening Doors and Fatherhood is Sacred.

## Childcare

The following section provides a list of various organizations that offer child care assistance.

### **Child Care Resources and Referral Program** | Santa Clara County Office of Education

1290 Ridder Park Dr, San Jose, CA 95131

Hours: Mon - Fri 8 am - 5 pm

Phone: (669) 212-5437

Website: <https://www.childcarescc.org/families/childcare-referrals> (Spanish, Vietnamese)

#### Services Provided:

- Provides every family with the information they need to access high-quality early care and education that meets their specific preference.

## Clothing and Food

The following section provides a list of various organizations that offer clothing and food assistance.

### **City Team** | San Jose

1297 N 13th St, San Jose, CA 95112

Hours: Tues - Fri 10 am - 12 pm and 1 pm - 3 pm, Sat 1 pm - 3 pm

Phone: (408) 293-4657

Website: <https://www.cityteam.org/san-jose/>

Services:

- Free donated Goods: food boxes, clothing, backpacks, school supplies, and more...
- Men's Shelter and Programming
- Women's Programming in relation to addiction, homelessness, and abuse... and more.

### **Salvation Army - Corps Community Center** | San Jose

359 N. 4th Street, San Jose, CA 95112

Phone: (408) 282-1165

Website: [https://westernusa.salvationarmy.org/usw\\_thq/](https://westernusa.salvationarmy.org/usw_thq/)

Services:

- Food and Nutrition
- Community Recreation and Education Programs
- Casework Services... and more

### **Santa Maria Urban Ministry** | San Jose

778 South Almaden Ave. San Jose, CA 95110

Hours: Mon - Fri 9 am - 11:45 am

Phone: (408) 292-3314

Web: <https://www.santamariasj.org/>

Services:

- Clothing
- Food Pantry and Farmer's Market
- Adult Learning Classes... and more



## Public Transportation

The following section provides a list of various organizations that offer public transportation options.

### VTA Bus Service

- Light rails run every 10 minutes weekdays, and every 15 minutes on weekends and holidays, making several stops downtown.
- For more information, go [here](#).

### Caltrain Service

- Connects downtown San Jose to other Bay Area cities, from Gilroy to San Francisco.
- For more information, go [here](#).

### The Altamont Commuter Express service

- Connects San Jose with Fremont, the Pleasanton-Livermore area, and across the Altamont Pass into Manteca and Stockton.
- For more information, go [here](#).

## Community Medical Services

The following section provides a list of various organizations that offer community medical services.

Click [here](#) to go to a list of community medical clinics.

### **Ainak** | San Jose

Phone: 1 (408) 868-9428

Website: <https://myainak.org/>

Requirements:

- Must earn less than or equal to \$45,000/year household income
- Must not have vision insurance

Services:

- Provides free eyecare services:
  - Vision Tests
  - Prescription glasses
  - Currently working on having contact lenses available as well.
- If accepted, clients will have an appointment set-up immediately with an optometrist or optician, based on their availability and special screening.
- If needed, can also assist with getting the client to and from the appointments.

Register [here](#).

### **EduCare California at Silicon Valley** | San Jose

1399 Santee Drive, San Jose, CA 95122

Phone: 1 (408) 573-4800

Website: <https://www.educaresv.org/family-resource-center>

Sona Grover, FMCI Program Manager

- Phone: (408) 573-4805
- Email: [sgrover@catholiccharitesscc.org](mailto:sgrover@catholiccharitesscc.org)

Services:

- Free parenting classes
- Nutrition, health and wellness programs for the whole family
- Health insurance application assistance: eligible parents and caregivers receive assistance with Medi-Cal applications and other affordable health insurance programs for children supportive services, and more!

## Alpha Community Resource Guide

### First 5 Santa Clara County | San Jose

4000 Moorpark Ave #200, San Jose, CA 95117

Phone: 1 (408) 260-3700

Email: info@first5kids.org

Website: <https://first5parents.org/services/health-screenings/>

#### Services:

- Vision Screening
  - Using a high-tech camera, this program screens children for undetected vision issues and assists families with accessing follow-up vision services and treatment.
  - For more information, go [here](#).
- Dental Screening
  - FIRST 5 partners with [The Healthier Kids Foundation](#) to provide oral health education and connect families to dental insurance and dental clinics.
  - [SmileFirst Oral Education](#) provides interactive and informative presentations to all ages about oral health, dental hygiene, and preventing tooth decay in young children as well as the whole family. The program offers free 30-minute informative workshops for parents and caregivers available in English, Spanish, and Vietnamese via Zoom. For more information about SmileFirst or if you're interested in attending an oral health workshop, please email DentalEducation@hkidsf.org, or call 408.600.3588.
  - The [DentalFirst program](#) screens children 6 months to 18 years old for undetected dental issues and assists them with accessing follow-up dental care utilizing licensed dentists. For more information on DentalFirst, please contact DentalFirst@hkidsf.org, or call 408.564.5114 x231.
  - For more information, go [here](#).
- Hearing Screening
  - Using the latest hearing screening devices, this program screens children for undetected hearing issues and connects families to follow-up care.
  - For more information, go [here](#).

## Job Search & Career Development

The following section provides a list of various organizations that offer job search and career development assistance.

### **LifeMoves - Georgia Travis House** | San Jose

260 Commercial St, San Jose CA 95112

Call for an appointment: (408) 271-1630

Website: [https://www.lifemoves.org/family-services/?q=&in\\_cat=36/](https://www.lifemoves.org/family-services/?q=&in_cat=36/)

Services:

- LiveMoves Employment Programs Include:
  - Career Skills Development
  - Resume Workshops
  - Job Search Support

### **Center For Employment Training** | San Jose

701 Vine Street, San Jose, CA 95110

Hours: Mon - Fri 8 am - 5 pm

Phone: (408) 534-5360

Website:

[https://cetweb.edu/location/san-jose-ca/?utm\\_source=sjlocal&utm\\_medium=organic&utm\\_campaign=gmb](https://cetweb.edu/location/san-jose-ca/?utm_source=sjlocal&utm_medium=organic&utm_campaign=gmb)

Services:

- Trade School Training Programs
  - Teach you skills in a hands-on environment for specific careers
- Training Programs include:
  - Automotive Specialist
  - Culinary Arts
  - Early Childhood Care & Education
  - Electrician (Residential & General)
  - IT Support Specialist
  - Medical Assistant

### **Silicon Valley Adult Education** | San Jose

760 Hillsdale Avenue, San Jose, CA 95136

Office Hours: Mon - Thurs 8 am - 8:30 pm, Fri 8 am - 4:30 pm

Phone: (408) 723-6450

Website: <http://www.svaep.org/>

Services: trade school training programs

We hope these resources are helpful to your family and loved ones.



With love and care,

Our Alpha Family