

**BENEFITS APPLICATIONS****General Assistance/Food Stamps/  
Cal WORKS** 846-3900

379 Tomkins, Gilroy

**North County Application  
Assistance Center** 650-9887-6100100 Moffett Blvd, Mt View  
Cal Works, Medi-Cal, Food Stamps and GA**Santa Clara County Social Services** 271-5683

333 West Julian Street, San Jose

**Social Security Administration** 877-452-4198  
1059 First Street, Gilroy**Social Security Administration** 800-772-1213  
700 E El Camino Real Ste. 350, Mt View 800-325-0778

9 am-4:30 pm Mon-Fri

**Social Security Administration** 800-772-1213  
280 S 1<sup>st</sup> Rm 244, San Jose 800-325-0778

9 am-4 pm Mon-Fri

**CLOTHING****City Team Family Services** 293-46571297 N. 13th Street, San Jose  
Clothing & household items for those in need  
Call for appointment**Sacred Heart Community Services** 278-21601381 S. 1st Street, San Jose  
Survival sacks, clothing, education, legal aid  
Mon-Fri, 9 am-4 pm, Tues 9 am-6 pm**DENTAL CARE****SCVHHS Dental Health Van**  
Fridays 10 am-4 pm Monterey Rd at 1<sup>st</sup> Street  
Gilroy**SCCo Toothmobile** 879-0110

Mobile van at various locations

**DOMESTIC VIOLENCE****Community Crisis/Domestic Violence** 683-411816264 Church St Ste. 103 Morgan Hill  
9 am-5 pm Mon-Fri*Provides comprehensive spectrum of prevention,  
intervention, treatment services to south SCCo,  
south San Jose and San Benito County***Community Solutions** 842-7138*Shelter available for battered women and their  
children under 18. Counseling and referrals, legal  
advocacy and temporary restraining orders***Family Violence Center** 277-3700125 E Gish Rd, San Jose  
8 am-5 pm Mon-Fri  
*Staffed by SJPd, investigates domestic violence, child  
and elder abuse, stalking***Next Door Teen Battered Program** 501-7550234 E Gish Ste 200, San Jose  
9 am-8 pm Mon-Thu; 9 am-5 pm Fri  
*For teenage youth exposed to domestic violence***Rape Crisis Hotline/24-Hour** 877-363-7238General Crisis, call 683-4118.  
*Support and services for sexual assault survivors***EMPLOYMENT****Ascent Employment** 257-8302490 Mitty Way, San Jose  
9 am-4 pm Mon-Thu  
*A no-fee community job resource center with special  
emphasis on individuals coming from other  
assistance and referral programs***Catholic Charities Employment Services** 325-51702625 Zanker Rd, San Jose  
Job development for immigrants, refugees and  
low-income individuals**Center for Training and Careers** 251-31651600 Plumas Ave. San Jose  
8 am-5 pm Mon-Fri  
*Job training and employment services***Day Workers of Mt View** 650-903-4102113 Esculea Ave Mt View  
*Connect workers and employers in a safe and  
supportive environment. Empower workers to  
improve their socio-economic condition through fair  
employment***NOVA Administration Offices** 730-7232505 West Olive Ave, Sunnyvale Ste 600  
8 am-5 pm Mon-Fri*Provides one stop centers for job seekers, job  
workshop, pre-layoff assistance and placement  
services***Sobrato CET Center**701 Vine St. San Jose  
8 am-5 pm Mon-Fri  
*Provides job training to farm workers, high school  
drop outs, welfare mothers and immigrants***St. Joseph's Family Center** 842-66627950 Church Street, Suite A, Gilroy  
*Customized employment strategies, including job  
preparation and placement and assistance***Work to Future- South County On Stop**7800 Arroyo Circle, Ste A Gilroy 846-1480  
8 am-5 pm Mon-Fri

1290 Parkmoor Ave San Jose 794-1100

8 am-5 pm Mon, Wed, Fri; 8 am-7:30 pm Tue, Thu  
*Linkages to job training, use of computer lab,  
workshops on job preparation, job placement  
assistance***FOOD & MEALS****Calvary Chapel Gilroy** 848-1218*Frontline feeding and ministry on Mondays at  
3:00 p.m., Church St. & Howson St., Gilroy***City Team Rescue Mission** 288-21531174 Old Bayshore Street, San Jose  
Breakfast Mon-Fri 6:30am, Sat & Sun 6 am.  
Lunch Sun-Fri 12:00 pm, Sat 11:30am-12pm  
Dinner: Mon-Sun 5 pm**Food Connection Hotline** 800-984-3663*Must fill out application card & show proof of  
low income***Inn Vision-Cecil White** 271-5160358 N. Montgomery St., San Jose  
Lunch Mon-Sun 1:00 pm  
Dinner Mon-Sun 6-7 pm**Inn Vision-Georgia Travis Center** 453-3124297 Commercial St., San Jose  
Breakfast Mon-Fri 9-9:45 am  
Lunch Mon-Fri 11:30 am-12:45 pm**Loaves & Fishes/Santa Maria Goretti** 293-45052980 Senter Rd., San Jose  
Wed-Fri seniors, singles & couples 4 pm  
Families w/children 4:30 pm**Martha's Kitchen** 293-6111311 Willow St., San Jose  
4 pm-5 pm Tues & Wed**New Hope Community Church** 842-48578886 Muraoka Drive, Gilroy  
Food Pantry – Open Mon.- Thur. (10 am-4 pm)**Our Lord's Table****St. Joseph's Family Center** 842-666211 First Street, Gilroy  
Hot meals Tues, Thurs, Sun 5:30 pm**Salvation Army** 282-1175359 N. 4th St., San Jose  
Dinner Mon-Sat 5-6pm**Salvation Army** 848-5373200 West 5<sup>th</sup> Street, Gilroy  
Lunch Mon-Fri 12:00 (**Daily Showers**)  
Food vouchers**Second Harvest Food Bank** 266-8866750 Curtner Avenue, San Jose  
8 am-5 pm Mon-Fri  
*Provides referral to the closest available food  
program***St. Joseph's Family Center** 842-66627950 Church Street, Suite A, Gilroy  
Bag Lunch Mon-Fri 9 am-4 pm/Farmer's Mkt M 9  
am-noon  
*Comprehensive services that help establish food  
security, shelter, and gainful employment.***HEALTH CARE****Gardner Family Health Network** 935-3908**Mobile Van (at various locations)** 283-8140**Gilroy Neighborhood Clinic** 842-1017

**Rota Care Tues. 5:00 pm** 676-3030  
**St. Louise Regional Hospital** 848-2000  
9400 No Name Uno, Gilroy

**SCVHHS Homeless Health Care mobile van**  
Thu 1 pm-7 pm Monterey Rd at 1<sup>st</sup> St., Gilroy

**Valley Health Center Gilroy** 888-334-1000

**LEGAL**

**Adult Protective Services** 975-4900  
333 W Julian St San Jose  
24hrs/7 days/wk

*Provides assistance to adults 65+ who are functionally impaired*

**Asian Law Alliance** 287-9710

184 Jackson St, San Jose  
Delivers services in Asian/Pacific Islander languages; provides consultation and legal representation on a free or low-cost basis

**Bay Area Legal Aid** 283-3700

2 West Santa Clara (4<sup>th</sup> Floor) San Jose  
9 am – 5 pm Mon-Fri  
*Legal counseling on benefits, tenants rights & evictions*

**California Rural Legal Assistance** 847-1408

7365 Monterey Road, Suite H, Gilroy

**Department of Fair Employment & Housing** 800-884-1684

**Disability Rights Education & Defense Fund** 510-644-1684

2212 Sixth St, Berkeley  
*Disability rights law*

**Legal Aid Society of SCCo** 283-1535

480 N 1<sup>st</sup> St San Jose  
9:30 am-noon & 1:30-4 pm Mon-Fri  
*Spanish and English eviction clinics and help with housing related issues, family law, immigration*

**Mental Health Advocacy Project** 280-2404

111 W. St. John St, #315, San Jose  
*Legal assistance for persons w/ mental illness*

**Outreach Court** 539-2143

c/o EHC Life Builders Boccardo Reception Ctr.  
2011 Little Orchard Street, San Jose  
*Court specifically for homeless people; one Saturday a month at Boccardo Reception Center. Must call Cathy to get on schedule.*

**Santa Clara County District Attorney** 299-7400

70 W. Hedding Street, San Jose

**Santa Clara County Public Defender, South County** 686-3620

12429 Monterey Hwy, San Martin

**Silicon Valley Independent Living Center** 842-6457

7800 Arroyo Circle, Gilroy  
*Helping people with disabilities achieve greater independence*

**MENTAL HEALTH CARE**

**Alum Rock Counseling Center** 294-0500

**Mobile Crisis Intervention Hotline** 294-0579

1245 E Santa Clara St. San Jose  
*24 hr. youth and family crisis intervention program, adult and family counseling services, mentoring school based counseling*

**Asian Americans for Community Involvement (AACI)** 408-975-2730

2400 Moorpark Ste 308, San Jose

8:30 am-5:30 pm Mon-Fri  
Call for assessment or appointment  
*Provides services to improve the health, mental health and well being of individuals, families and the Asian community*

**Bill Wilson Teen Crisis Line** 294-9730

**Bill Wilson Transition Age Youth (TAY) Mental Health Services**

3490 The Alameda, Santa Clara  
**TAY Crisis phone line (24 hr)** 850-6140  
*Mobile outreach provides 24 hour response for youth ages 16-24 during a mental health crisis; also provides links to vocational and educational training, temporary and longer term housing*

**CalWorks/Catholic Charities** 325-5230

2625 Zanker Rd Ste 101 San Jose  
8:30 am-5 pm Mon-Fri  
*Multicultural mental health and substance abuse programs*

**Downtown Mental Health Center (San Jose)** 800-704-0900

8 am-5 pm Mon- Fri  
*Mental health services; Call for apt; no walk in*

**EMQ Child/Adolescent Mobile Crisis Program** 379-9085

**After hours/weekend emergencies** 877-412-7474

**Mental Health Advocacy Project** 294-9730  
*Free legal help for mental health patients' rights*

**Mental Health Law Enforcement Liaison** 885-8561  
9 am-3:30 pm Mon-Fri

**Mental Health Urgent Care** 885-7855

871 Enborg Ct., San Jose  
Daily 8 am-10 pm

**Mental Health Call Center** 1-800-704-0900  
24 hour on-call staff

**Gilroy Mental Health** 852-2400  
or 1-800-704-0900 (after hours)

7475 Camino Arroyo, Gilroy

**Momentum for Mental Health** 800-704-0900  
*Mental health services; call for intake*

**National Alliance for Mentally Ill (NAMI) Santa Clara County** 453-0400

1150 So Bascom Ave Ste 24, San Jose  
10 am-2 pm Mon-Fri  
*Education and self-help services for individual and families with mental health issues*

Evening Hours:

Bernie Genetti (English) 268-2615

Luisa Perez (Spanish) 378-6988

Atan Hong (Mandarin) 996-1016

Anna Chan (Cantonese) 705-5372

**Re-Entry Resource Center of Santa Clara County** 535-4236

151 W Mission St, San Jose  
8 am-5 pm Mon-Fri  
*Complete wraparound services for offenders who are just released under AB 109 realignment*

**Self-Help Centers for Consumers by Consumers**

**Zephyr Central County Center** 792-2140  
1075 E Santa Clara St, San Jose 1st flr (enter at rear of bldg), San Jose

*Call for days/support group offerings*

**Gilroy South County** 686-2365

1235 1st St, Gilroy  
*Call for days/support group offerings*  
Closed Mon

**Phoenix North County Center** 650-462-2811

231 Grant Ave, Palo Alto  
*Call for support group offerings*

**Suicide and Crisis Services** 855-278-4204

**Contact for Santa Clara County** 279-8228

**California Youth Crisis Line** 800-843-5200

**SUBSTANCE ABUSE**

**Alcoholics' Anonymous** 846-8999

130 3rd Street, Gilroy  
*12-Step Program*

**County of Santa Clara Alcohol & Drug** 792-5670

333 W Julian, San Jose  
8 am-5 pm Mon-Fri  
*Provides assessment, detoxification, information, referrals, and prevention services to adults*

**Gateway Program, Department of Alcohol and Drug Services Referral (DADS) 24 hr hotline** 800-488-9919

*Alcohol and drug screening, information and referral*

**InSight The Foundation for Life** 846-5200

*Must be sober for at least 72hrs. Call for intake.*  
Rent \$550/month.

**Narcotics Anonymous** 998-4200  
c/o Good Shepherd Lutheran Church  
1735 Hecker Pass Road  
Wed-Mon, 8 pm, Tues 6 pm, Sat 9:30 am.

**Pathways Society Inc** 244-1834  
11659 Scott Blvd Ste 31 Santa Clara  
9 am- 5 pm Mon-Fri  
Information and referrals to drug treatment programs

**Support Systems** 800-811-1800  
Must be sober for at least 72hrs. Call for intake.  
Rent \$625/month

**Victory Outreach** 848-6715  
7401 Hanna Street, Gilroy  
Residential drug/alcohol treatment

#### SHELTER

**Catholic Charities Housing & Stabilization** 325-5277 468-0100  
2625 Zanker Rd San Jose Ste 201  
Mon-Fri 8:00 am – 5:00 pm  
Call for application procedure and appointment  
Matching program for single parents w/ children

**City Team Heritage House** 294-1238  
Emergency shelter for homeless or abandoned pregnant women 18+ who are in their last trimester of pregnancy

**City Team Rescue Mission** 288-2153  
1174 Old Bayshore Street, San Jose  
Men's shelter provides hot food, shower, toiletries, clean clothes, and a bed

**Community Solutions** 842-7138  
6980 Chestnut Street, Gilroy  
Prevention, intervention, treatment, residential and housing services to the communities of South Santa Clara County (Adults & Youth)

**EHC Life Builders Boccardo Reception Center**  
13545 Monterey Rd, San Martin 686-1300  
2011 Little Orchard St., San Jose 294-2100

Emergency shelter, transitional housing, or shared apartment living, food, medical services, case management and monthly bus passes

**Family Supportive Housing** 926-8885  
1590 Las Plumas Ave., San Jose  
Call at 10 am for room availability. Shelter, comprehensive day services, monthly bus passes. Parents over 18 and boys up to 17 yrs. Program fee, 90-day limit. Child care, Head Start & tutoring

**The Housing Authority of Santa Clara County** 275-8770  
505 W Julian St, San Jose  
8 am-5 pm Mon-Fri  
Provides rental subsidies and develop affordable housing for low-income families, seniors and persons with disabilities

**Housing Choices Coalition** 284-0990  
30 Las Colinas Ln, San Jose  
9 am-5 pm Mon-Fri  
Provides quality options for people with developmental disabilities, rental, home ownership, cooperative and shared housing

**Inn Vision – Commercial Street Inn** 271-1630  
260 Commercial Street, San Jose  
8:30 am-4:30 pm Mon-Sun  
Shared housing for women & women w/ children  
30 days free/60 days maximum stay

**Inn Vision-Montgomery Street Inn** 271-5160  
358 N. Montgomery St., San Jose  
Single men, Mon-Fri 8 am-5 pm short/long term beds.  
Job development programs

**Inn Vision – Julian Street Inn** 271-0820  
546 West Julian Street  
9:30 am – 4 pm Mon-Sun  
Shelter and day services for mentally ill

**National Guard Armory** 842-3830  
8490 Wren Avenue (Dec. – March)  
Cold weather shelter for singles and families

**Salvation Army Hospitality House** 282-1175  
405 N 4th St, San Jose  
Line up begins at 1:30 pm; intake begins at 3:30 pm  
Emergency shelter  
Lunch begins at 12:15 pm Dinner at 5:15 pm Mon-Sat

**Sunnyvale Armory** 294-2100  
620 East Maude, Sunnyvale  
Open November 30- March 31

#### VETERANS

**County of Santa Clara Veterans Services Office** 553-6000  
68 N Winchester Blvd, San Jose  
8 am-noon & 1 pm-4 pm Mon-Fri  
Provides assistance in filing disability claims, pension, burial benefits and requests for copies of discharges from National Personnel Records

**Goodwill Industries of Santa Clara County Homeless Veterans Reintegration Program** 869-9225  
1080 N 7<sup>th</sup> St, San Jose  
9 am-5 pm Mon-Fri  
Employment, housing, food, clothing and counseling

**San Jose Vet Center** 993-0729  
278 North 2nd Street, San Jose  
8 am- 4:30 pm Mon-Fri  
Provides counseling and referral services to eligible veterans and their families

**VA San Jose Clinic** 363-3000  
80 Great Oaks Blvd., San Jose

**VA Palo Alto Health Care System** 650-493-5000  
3801 Miranda Ave., Palo Alto  
VAPAHCS has 900 beds, including three nursing homes and a 100-bed homeless domiciliary to serve veterans

**Swords to Plowshares** 415-252-4787  
**24-hour Veteran Hotline** 1-800-273-TALK

#### YOUTH SERVICES

**Bill Wilson Center Crisis Hotline (24 hr)** 850-6140  
3490 The Alameda, Santa Clara

**Community Health Awareness Council** 650-9652020  
711 Church St, Mt View  
Services address a variety of emotional problems that affect children and teens, and cause stress within their families

**Eastfield Ming Quong** 379-3796  
After hours crisis line 379-9085  
251 Llewellyn, Campbell  
8:30 am-5 pm Mon-Fri  
Provides intake and referrals, phone screening for families and children up to 17

**EHC Life Builders (24 hr hotline)** 298-2660  
Sobrato House May call collect  
2 pm-8 pm Mon-Fri; 4 pm-8 pm Sat & Sun  
Drop-in services for ages 11-21  
Overnight shelter for ages 11-17 and referral services for homeless or runaway youths

**National Runaway Switchboard** 800-786-2929  
**Teen Runaway Hotline** 800 RUNAWAY  
**San Jose Conservation Corp** 283-7171  
2650-A Senter Road, San Jose  
7:30 am- 4:30 pm Mon-Fri  
Provides services for youths 18-27 who desire job training and completion of high school diploma or GED

**Rebekah Children's Services** 846-2100  
290 loof, Gilroy  
8:30 am-5 pm Mon-Fri  
Provides residential treatment and wraparound services, family linkage, foster care, risk prevention, educational services

**San Jose Conservation Corp** 283-7171  
2650-A Senter Road, San Jose  
7:30 am- 4:30 pm Mon-Fri  
Provides services for youths 18-27 who desire job training and completion of high school diploma or GED

**Teen Helpline** 888-247-7717

**Unity Care** 971-9822  
237 Race Street, San Jose  
8 am-5 pm Mon-Fri  
Provides residential treatment, wraparound services, and mental health services, independent living skill training, employment assistance and transitional housing for youths 11-24

**OTHER SERVICES**

**American Red Cross** 577-1000  
2231 N 1<sup>st</sup> St, San Jose  
8:30 am-5 pm Mon-Fri  
Information and referral services (no rental assistance)

**Asian Americans for Community Involvement** 975-2730  
2400 Moorpark Ave, San Jose  
8:30 am-5:30 pm Mon-Fri  
Call for assessment or appointment  
Multi-lingual services to clients in SCCo; programs for adults, services for children and adults

**Gilroy Compassion Center**  
8425 Monterey St, Gilroy  
8 am-noon Mon-Fri  
Drop-in center, computer use available and gently used clothing

**The Health and Trust AIDS services** 961-9850  
1701 A So Bascom Ave, Campbell  
Provides housing placement, rental subsidies, case management, referral services, emergency financial assistance, and food for people with HIV/ADS in SCCo

**The Housing Authority of Santa Clara County** 275-8770  
505 W Julian St, San Jose  
8 am-5 pm Mon-Fri  
Provides rental subsidies and develop affordable housing for low-income families, seniors and persons with disabilities

**Housing Choices Coalition** 284-0990  
30 Las Colinas Ln, San Jose  
9 am-5 pm Mon-Fri

Provides quality options for people with developmental disabilities, rental, home ownership, cooperative and shared housing

**Mountain View Community Services** (650) 968-0836  
204 Sterlin Rd, Mt. View  
9 am-12 pm & 1:30-4 pm Mon-Fri  
Emergency food services

**Next Door** 501-7550  
234 E Gish Ste 200 24 hr hotline 279-2962  
9 am-8 pm Mon-Thu; 9 am-5 pm Fri  
Provides confidential shelter advocacy, teen and children programs, counseling for women and children, battered women accepted 24 hours a day

**San Jose Furniture Bank** (919) 345-8516  
190 Martha St, San Jose  
By appointment only  
Assists with gently used furniture

**MACSA Services** 928-1123  
130 N Jackson  
8:30 am-noon & 1:30pm-5:30 pm Mon-Fri  
Provides senior family housing, education and youth services

**Public Health Department** 792-5040  
General Information Referral Line 885-3980  
976 Lenzen Ave, San Jose  
8 am-5 pm Mon-Fri  
Case management and other services; many program areas available through home visits and community intervention

**Rental, Rights, & Referral Program** 975-4480  
200 E Santa Clara -City of San Jose-Housing Dept.  
Provides mediation and arbitration services to tenants and landlords

**Santa Clara County Social Service Agency Assistance Application Center** 271-5500  
1919 Senter Rd, San Jose  
8 am-5 pm Mon-Fri

Assistance for homeless families with temporary assistance for needy families, Medi-Cal and food stamps

**Santa Clara County Unified School District** 423-3550  
1840 Bento St, Santa Clara  
Information on school enrollment process, District Food program, school transportation: provides school supplies, backpacks, school uniforms (if available)

**Santa Clara County Social Service Agency Assistance Application Center** 271-5500  
1919 Senter Rd, San Jose  
8 am-5 pm Mon-Fri  
Assistance for homeless families with temporary assistance for needy families, Medi-Cal and food stamps

**Santa Clara County General Assistance** 793-8900  
1888 Senter Rd, San Jose  
7 am-5 pm Mon-Fri  
Financial assistance for single men and women upon qualification; rent and move-in assistance for supplemental SSI recipients

**NOVA Administration Offices** 730-7232  
505 West Olive Ave, Sunnyvale Ste 600  
8 am-5 pm Mon-Fri  
Provides one stop centers for job seekers, job workshop, pre-layoff assistance and placement services

**Sacred Heart Community Services** 278-2160  
1381 S 1<sup>st</sup> St, San Jose  
9 am-4 pm Mon-Fri & 9 am-6 pm Tue  
Job development and placement, clothes, rental assistance, homeless bag lunches

**Salvation Army** 282-1165  
359 N 4<sup>th</sup> St, San Jose  
9 am-noon & 1 pm - 4 pm Mon-Fri  
Information and referrals, clothes, senior meals, rental and move-in assistance,  
Food 1 pm-3 pm Tue-Thu (brown bag)

Meals for seniors only 9 am-1 pm Mon-Fri  
Family services 9:30 am-noon & 1:30-3 pm Mon-Thu  
**Senior Housing Solutions** 416-0271  
512 Valley Way, Milpitas  
8 am - 4:30 pm Mon-Fri  
Call for appointment  
Shared housing for seniors

**Silicon Valley Independent Living Center** 894-9041  
2306 Zanker Rd, San Jose  
9 am-5 pm Mon-Fri  
Provides benefits information and referrals, counseling, housing referrals and placement, independent living skills, individual and systems advocacy, personal assistant services, specialized services, and vocational services for developmentally disabled

**Sunnyvale Community Services** 738-4321  
725 Kirk Rd, Sunnyvale  
9 am-11 am & 1 pm-4:30 pm Mon-Fri  
Assistance with rent deposits, utilities, and move-in needs; English, Spanish Vietnamese spoken. Serves residents in zip code areas of 94086-94089

**West Valley Community Services** 255-8033  
10104 Vista Dr, Cupertino  
8 am-5 pm Mon & Tue, Wed, Fri; 8 am-8 pm Thur;  
closed Daily from noon-1 pm  
Counseling, rental and utility assistance  
Food pantry from 10 am-11:15 am & 1 pm-4:15 pm

**NAMI SANTA CLARA COUNTY SUPPORT GROUPS**

**FOR CONSUMERS**

**Los Gatos**  
Good Samaritan Hospital at Mission Oaks 559-2000  
Every Wed 1 pm-2:30 pm  
Behavioral Health Outpatient/Older Adult (65+) Group Therapy

**Body Image/Eating Disorder Support Group** 559-5593  
Plane Tree Health Library, 15981 Los Gatos-Almaden Rd  
1<sup>st</sup> Wed 6 pm & every 3<sup>rd</sup> Sun 5 pm

### Morgan Hill

#### **Body Image/Eating Disorder Support Group 559-5593**

DePaul Health Center 18550 DePaul Dr  
1<sup>st</sup> Thu 7 pm-9 pm

### Palo Alto

#### **Creative Writing for People with Major Depression and Bi-Polar Disorder**

Contact Beth Shaefer 510-502-7779  
Stanford Psychiatry Dept. 401 Quarry Rd  
Every Mon 1:15- 3 pm

#### **Mood Disorders Support Group**

VA Hospital 3801 Miranda Hospital Bldg 101 Rm A2-200  
Every Wed 1 pm-2:30 pm  
*For consumers with bi-polar, depression or anxiety*

### San Jose

#### **Connection Recovery Support Group**

2010 N 1<sup>st</sup> St Ste 530, San Jose  
Every Sun 3 pm-4:30 pm

#### **Fireside Friendship Club 287-2640**

441 Park Ave  
Every Wed 10 am-1 pm  
*Life skills social club for people with mental disabilities and physical limitations*

#### **Parents Helping Parents**

Sobrato Center for Nonprofits 727-5775  
1400 Parkmoor #100  
*For caregivers of children and teens with bi-polar disorder*

#### **FOR FAMILIES AND FRIENDS**

### Mountain View

#### **Eating Disorders Group 559-5593**

El Camino Hospital Conf. Rm A 2500 Grant Rd  
2<sup>nd</sup> & 4<sup>th</sup> Mon 6 pm-8:30 pm

#### **NAMI Format**

Contact John Jacobs 650-804-2222  
Contact Khalid Kazi 650-823-3270  
Contact Farhana Kazi 650-387-8532  
El Camino Hospital

2500 Grant Rd Con Rm B Main bldg. on ground floor

1<sup>st</sup> Tue 7 pm-8:30 pm

### Palo Alto

#### **Jewish Family and Children's Services**

Contact John Bisenius 650-688-3097  
or Laurel Woodard 650-688-3073  
200 Channing Ave  
4<sup>th</sup> Tue 7 pm-8:30 pm

### San Jose

#### **Mental Illness Overview**

Kaiser Hospital 5755 Cottle Rd Bldg 3 Rm 1  
Call to enroll 559-5593  
Kaiser member free/non-members \$25  
4<sup>th</sup> Mon 6 pm-8:30 pm

#### **NAMI SCCo Office**

2010 N 1<sup>st</sup> St  
3<sup>rd</sup> Tue 7 pm-8:30 pm  
Contact Mike & Lilly Henning 264-0782

#### **FOR CONSUMERS AND FAMILIES**

### Los Altos Hills

#### **Jewish Support Group for Those Coping w/ Mental Illness**

Contact Carol Irwin 408-224-5623  
Congregation Beth Am, Beit Kehilliah  
26790 Ararstradero Rd  
2<sup>nd</sup> Wed 6:15 pm-8: 30 pm

### Los Gatos

Mission Oaks Campus of Good Samaritan Hospital  
15891 Los Gatos-Almaden Rd, Rm 292  
Contact Diane for information 224-5623  
3<sup>rd</sup> Fri 7 pm-8:30 pm

### Morgan Hill

Nueva Vista Activity Room  
18225 Hale Ave  
Contact Diane for information 224-5623  
2<sup>nd</sup> Wed 7 pm-8: 30 pm  
*Consumers, families and friends*

### San Jose

2001 The Alameda (enter at back)  
Contact Mike & Lilly Henning 264-0782

4<sup>th</sup> Thu 7 pm-8:30 pm

*Empowerment for consumers and caregivers*

HELP at Sunrise Valley Baptist

Contact Jerry Gruhn for information 224-8449

1<sup>st</sup> & 3<sup>rd</sup> Thu 7 pm-8:30 pm

*Christian group for consumers, families and friends*

HELP at South Hills Community Church 997-7284

2<sup>nd</sup> Thu 7 pm-8:30 pm

*Christian group for consumers, families and friends*

#### **ASIAN COMMUNITY SUPPORT GROUPS**

### Cupertino (Korean)

Contact Kyo for information 253-9733

4<sup>th</sup> Tue 6:30 pm-8:30 pm

*Family/consumer group*

### Cupertino (Cantonese)

Contact Katherine Fok for information 650-961-2751

Valley Church of Cupertino

10885 Stelling Rd

2<sup>nd</sup> Thu 7 pm-9 pm

*Family (primary) and consumer group*

### Mountain View (Mandarin)

Contact Jen Hong for information 996-1016

Mt View Chinese Christian Church

175 E Dana (Hwy 237/85)

3<sup>rd</sup> Thu 7 pm-9 pm

*Christian group*

### Santa Clara (Mandarin)

Contact Chiao-Wen Chen for information 338-9161

River of Life Church

1177 Laurelwood Rd

4<sup>th</sup> Thu 7 pm-9 pm

### San Jose (Mandarin)

Contact Jill Chen-Kuendig 650-576-9712

Contact Chia-Ling Mao 408-924-3152

2001 The Alameda

1<sup>st</sup> Thu 7 pm-8:30 pm

### San Jose (Vietnamese)

Contact Thong Le for information 792-3919

Asian Pacific Family Resource Center

591 N King Rd #8

Every Mon 6:30 pm-8:30 pm

*Family support group for consumers and families*

### Sunnyvale (English)

Contact Sophia Huang 623-9711

1<sup>st</sup> & 3<sup>rd</sup> Wed

*API (Asian Pacific Islanders) adult and young adult peer support group*

### Se Habla Espanol in San Jose

Contact Luz Santa 347-7892

Grail Community Center

2003 E San Antonio Rd

Every Fri 11:30 am- 1:30 pm

Contact Lisa Perez 378-6988

Dorsa Centro de la Comunidad

1290 Bal Harbor Wy

4<sup>th</sup> Fri 7 pm-9:30 pm

ACT for Mental Health en Espanol

Contact Armenda Sousa Psy.D.D 287-2640

441 Park Ave

