

# Tri-City Resources: for the Homeless and Hungry

## General Assistance

### 211 Eden I & R

Call 211 to be connected local resources and services including transportation. Available 24 hours

**Peer Support Line: 415-421-1880**

Sunday-Thursday 1pm-9pm; Wednesdays 12pm-6pm

### Fremont Family Resource Center (FRC)

39155 Liberty Street, Fremont

510-574-2000

“One-stop”, welcoming center with 24 service agencies, including

**Suite A110: Family Support Services: 510-574-2021**

Employment & housing assistance, childcare referrals, health/mental health services, case management, CalFresh

**Suite C330: Alameda County Social Services:**

510-795-2428

GA, CalFresh, CalWorks and MediCal Assistance

### Bay Area Community Services (BACS)

#### Wellness Center

40963 Grimmer Blvd, Fremont

510-657-7425

Sunday - Saturday 8:00am—8:00pm

employment specialists, support groups, peer counseling, housing education program, creativity workshops

 Shuttle FRC to BACS Monday - Thursday @ 12pm  
BACS to BART Monday - Thursday @ 4pm

### Social Security Administration

3100 Mowry Ave., Fremont

800-772-1213

Retirement Benefits and SSI (Supplemented Security Income)

### Human Services Department - City of Fremont

3300 Capitol Ave, Building B

510-574-2050

Resource referrals and benefit application assistance

**Senior Helpline: 510-574-2041**

## Veteran Services

### US Department of Veteran Affairs

3801 Miranda Avenue, Palo Alto, CA 94304

650-493-5000

Medical and Benefits

### Fremont Out-Patient Clinic— no walk-ins

39199 Liberty Street, Fremont

HealthCare and HUD-VASH

510-791-4000 or Advice Nurse 800-455-0057 (#4)

Housing Resource Group - Wednesdays 11:30am – 12:30pm

 Inter-facility Shuttle Available

### VA Customer Service Line: 800-827-1000

### Homeless Veterans Hotline 877-424-3838

### Operation Dignity 800-686-9036 or 510-287-8465

## Health and Mental Health Services

### Tri City Health Center, 40910 Fremont Blvd,

510-770-8040 (Main Office /Dental /Primary Care)

Monday – Thursday 8am - 7pm;

Friday & Saturday 8am - 5pm

39500 Liberty St. Primary Care / Vision Care

MediCal accepted / Limited appointments

### Tiburcio Vasquez Health Clinic

33255 9<sup>th</sup> St., Union City

510-471-5907 Monday – Saturday 8am – 5pm

Primary Care & Dental

### Community Health Education

3845 Beacon Ave, Ste. A, Fremont

510-471-5913 - Monday – Thursday 8:30am – 5pm

### Newark Health Center

6066 Civic Terrace Ave. Newark, CA 94560

510-505-1600

### ACCESS: 1-800-491-9099

Alameda County referral to mental health services

510-869-7200 (Mandarin/Cantonese/Vietnamese)

### National Crisis Line: 800-273-TALK (8255)

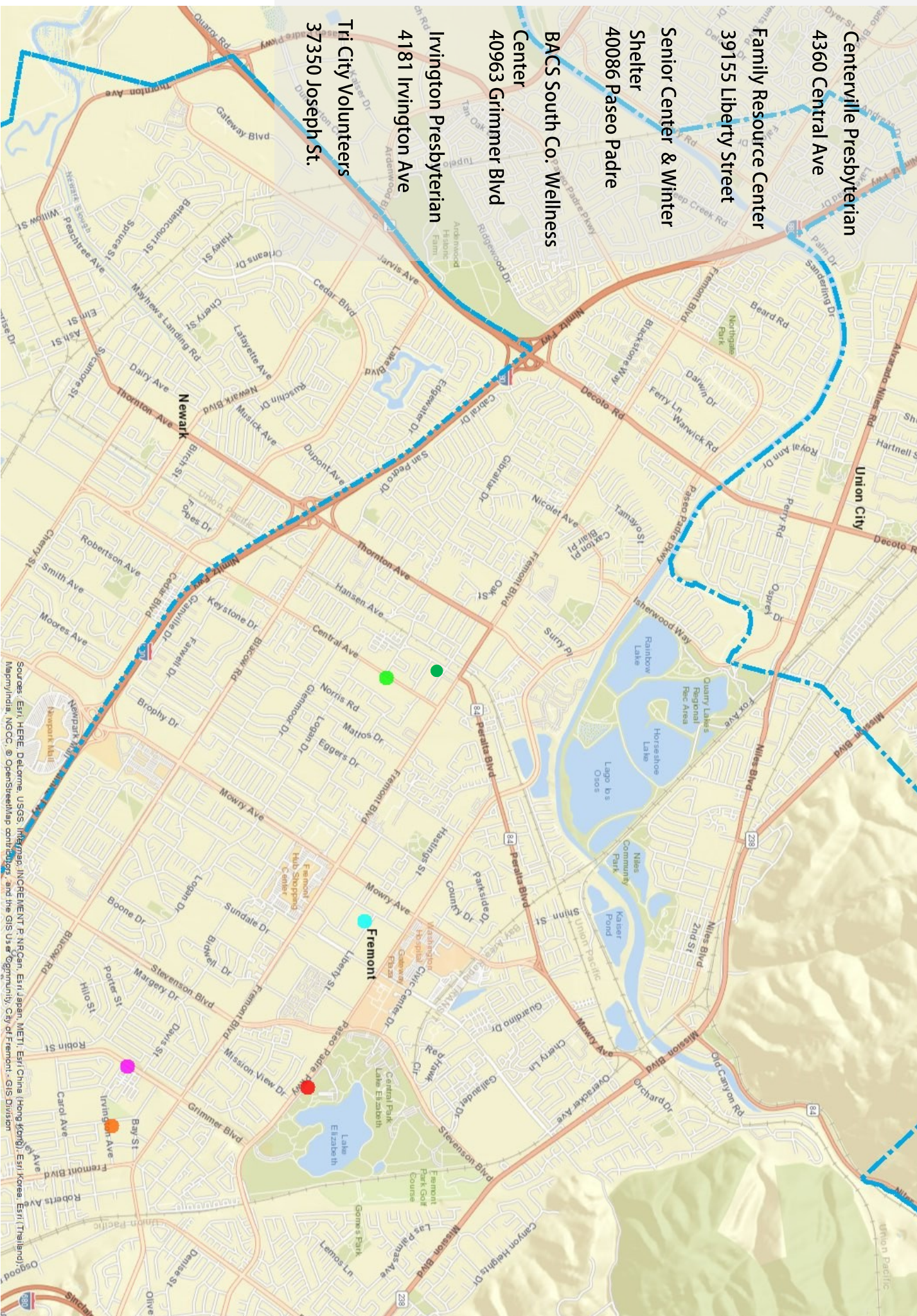
**More Resources: Shelter, Domestic Violence, Recovery, Daily Amenity Services, Prevention**

## Alameda County's Coordinated Entry System

Call 211 for a Housing Assessment appointment.

You will be connected to a local Housing Resource Center, where you can be assessed for available shelter and housing opportunities.

Resource Locations



## Shelter

Dial 2-1-1 for housing assessments and shelter referrals

### Second Chance

6330 Thornton Ave., Newark, 510-792-4357  
Emergency shelter for individuals and families.

### CAREvan Program – City of Union City

Registration Required: 510-675-5482  
Safe overnight parking at rotating locations.

### Safe Parking Program – Alameda County

Registration Required: 510-593-4660  
Single Adults eligible

### Fremont Winter Shelter

Activation Line 510-574-2222

November 15 – March 15

Sleeping bags & cots provided, dinner, breakfast, and shower available.

Homefirst Helpline 408-510-7600



## Mobile Health Care

### WOW – Washington on Wheels:

Call 510-818-7803 for weekly schedule

### HOPE Mobile Health Clinic (Abode):

Centerville Presbyterian Church  
Tuesday & Thursday 3:30pm – 6:00pm,  
shower available & dinner served

### Irvington Presbyterian Church

Wednesday 8:00am – 10:00am, breakfast served

### HealthCare Express (TriCity Health Center):

#### Sunrise Village: 588 Brown Rd, Fremont

Monday 10:00am – 2:00pm

#### Fremont Main Library, 2400 Stevenson Blvd

Friday 11:00am – 2:30pm

## Survivors of Abuse & Domestic Violence

### SAVE Hotline 510-794-6055

1900 Mowry Ave. # 201 Fremont

Emergency Housing for battered women and children,  
anonymous location

Assistance with restraining orders and counseling

### NISA Hotline 888-275-6472

Providing emergency shelter referrals for abused women and children.

### NARIKA Hotline 800-215-7308

Provides support and referrals to women in abusive situations

### Sex Trafficking Crisis Line: 800-884-8119



## Showers

### Second Chance:

6519 Central Ave, Newark, 510-792-4357

Monday-Saturday 10:00am - 2pm, laundry, & lunch



### (55 and older) Fremont Senior Center:

40086 Paseo Padre, Fremont, 510-790-6600

Monday, Wednesday & Friday 10:00am – 2:00pm



### Centerville Presbyterian Church:

4360 Central Ave, Fremont

Tuesday & Thursday 3:30pm – 6:00pm, shower & dinner



### BACS So. County Wellness Center:

40963 Grimmer Blvd, Fremont, 510-657-7425

Monday – Friday 8:30am-8:00pm



Saturday & Sunday 10:00am – 5:00pm

### Clean Start – Mobile Hygiene Unit:

Call 510-574-2222 for weekly schedule



Mon/Wed/Fri – Irvington Free Breakfast 7:30am-10:30am

Tuesday – Newark Salvation Army 9am – 12pm



Tues/Thurs – Centerville Free Dining 4pm-7pm

Wed/Fri – Niles Discovery Church 1pm-4pm

## Meals



### Tzu Chi Free Breakfast Program:

FRC Parking Lot, 39155 Liberty St, Fremont

Sunday 7:30am – 9:00am



### Friends & Fellowship Meal:

St. Edward's Parish Hall, 5788 Thornton Ave, Newark

Lunch and haircuts available

2<sup>nd</sup> & 4<sup>th</sup> Sundays of the month



### Free Breakfast Program:

Irvington Presbyterian, 4181 Irvington Ave, Fremont

Monday, Wednesday & Friday 7:00am – 9:00am



### Free Dining:

Centerville Presbyterian, 4360 Central Ave, Fremont

Dinner and shower

Tuesday & Thursday 3:30pm – 6:00pm



### BACS So. County Wellness Center:

40963 Grimmer Blvd, Fremont, 510-657-7425

Breakfast, lunch, dinner, showers, and wardrobe pantry

Monday – Friday 8:30am-8:00pm

Saturday & Sunday 10:00am – 5:00pm



### Sunday Rice Bowl – St. Vincent De Paul

3777 Decoto Rd, Fremont, CA 94555

Sundays 12pm – 2pm, Lunch & clothing vouchers

## Food/Clothing Distribution & Support Services



### Centro de Servicios: 525 H St., Union City, 510-489-4100

Monday - Friday 9am - 5pm, closed 12pm - 1pm;

Provides food distribution, thrift store, immigration & translation services, legal aid, job assistance

### League of Volunteers (LOV): 8440 Central Ave., Suite A/B, Newark, 510-793-5683,

Monday – Friday 8am - 5pm



### TCV Food Bank and Thrift Store: 37350 Joseph St., Fremont, 510-793-4583

Food Pantry, Mobile Pantry and Clothing, **must register**

Monday -Thursday 10am-3.30pm;

Clothing: Friday 9:30am-12:30pm



Bag Lunch: Monday -Thursday 12:00pm-4:00pm; Friday 9:30am-12:30pm

### Salvation Army: 36700 Newark Blvd., Newark, 510-793-6319

Food basket distribution Wednesday & Friday 9:00am – 11:00am



### Salam Food Pantry: 4039 Irvington Ave., Fremont, 415-860-2409

Jan-Oct. - 4th Saturday of month 10am – 1pm

Nov./Dec. - 3rd Saturday of month 10am – 1pm



### Compassion Network: 39155 Liberty St., Suite H480, Fremont, 510-796-7378

Clothing, food, amenities & support groups

Monday -Thursday 10am – 12pm; 1pm -4pm & Fridays 10am – 2pm



### Viola Blythe: 37365 Ash St., Newark

Food, baby formula & clothing distribution, **must show proof of income & address to register**

Monday & Wednesday 11:00am – 3:00pm; Tuesday 9:00am – 1:00pm

## Prevention

### SparkPoint

FRC, 39155 Liberty St. #A110, Fremont, 510-574-2020

Financial Coaching & Education, Peer Lending Circles, Tax Prep Assistance

### BACS Housing Education & Counseling Sessions

Friday @ 10:30am – Wellness Center, 40963 Grimmer Blvd

Friday @ 2pm – FRC, 39155 Liberty St. Enterprise Room #C320

How to fill out applications, available housing, adjusting to permanent housing  
& building relationships with landlords

### Fremont Fair Housing & Landlord/Tenant Services

FRC, 39155 Liberty, St. #D440 Fremont, 510-574-2270

### Rent Review Program – City of Fremont Human Services

3300 Capitol Ave, Building B, Fremont, 510-733-4945

Conflict resolution regarding rent increases

### HomeMatch – Covia

510-574-2173, [covia.org/services/home-match](http://covia.org/services/home-match)

Shared housing for those seeking a home or for those wanting to rent a room

### Legal Assistance for Seniors

For Appointment: 510-832-3040. Monday – Friday, 9am – 5pm

### Bay Area Legal Aid

Legal Advice Line: 800-551-5554; For Appt @ FRC Call 510-574-2026

### TriCity Workforce Training Resource

[sites.google.com/view/tri-cityworkforce-training/home](https://sites.google.com/view/tri-cityworkforce-training/home), 510-574-2009

## Rehabilitation and Recovery Support

### ACCESS Addiction 1-844-682-7215

Alameda County referral line for drug and alcohol addiction services

### National Helpline 1-800-662-HELP (4357)

Referrals to local treatment facilities, support groups, & community organizations.

### Second Chance

6330 Thornton Ave., Newark, 510-792-4357

Drug and alcohol programs available for a fee

### CURA, Inc.

37437 Glenmoor Dr., Fremont, 510-713-3200

Residential treatment, MediCal accepted, men and women's facility

### Solidarity Fellowship Inc. Alameda House

34401 & 34413 Blackstone Way, Fremont, 510-796-7120

State licensed, residential treatment, Men's substance use program, self-payment

### Salvation Army Adult Rehabilitation Center

702 W. Taylor Street, San Jose, 408-298-7600

Legend: Breakfast Health Services Lunch



Shower



Dinner



Food