



## Fremont Family Resource Center (FRC) Agency Hours

The FRC is open Monday - Friday 8 a.m. – 5 p.m. and each agency determines their own office hours. Some agencies accept **Walk-ins**, some require **Appointments**, and some **Prefer Appointments** but will accept walk-ins. When in doubt, call ahead to the agency directly and make an appointment if needed.

**UPDATE 2-2-24:** Hively added two more days they're open. Tues 9-1 and Th-F 8:30-5.

FRC Agency	Services	Suite	Phone	Walk-in, Prefer Appt or Appt Only	Days & Hours
<b>Afghan Coalition</b>	Services for Afghans	D460	510-745-1680	Walk-in but Prefer Appt	M-F 9-5
<b>Alameda County Social Services</b>	CalWORKS, MediCal, CalFresh & General Assistance	C330	510-795-2428 Call Centers 510-263-2420 888-999-4772	Walk-in	M-F 8:30-5
<b>America's Job Center-Fremont/EDD</b>	Employment and Training Services	B200	510-794-3669	Walk-in	M-F 8-12 & 1-5
<b>Behavioral Health Care Services Vocational Program</b>	Counseling & Employment Services	D430	510-795-2300 Call Access for referral 1-800-491-9099	Appt Only	M-F 8-5
<b>CityServe's Compassion Network</b>	Personal Support Services	H840	510-796-SERV (7378)	Walk-in	M-Th 10-12 & 1-4 Friday phone appts
<b>Community Child Care Council (4Cs) of Alameda County</b>	Childcare information, Vouchers & education for childcare providers	D410	510.582.2182 Hayward	Prefer Appt	W-Th 8:30-5
<b>Community Resources for Independent Living (CRIL)</b>	Services for People with Disabilities	A100	510-794-5735	Prefer Appt	M-F 9-5
<b>Deaf, Counseling, Advocacy &amp; Referral Agency (DCARA)</b>	Services for deaf, hard of hearing or hearing loss	D420	510-343-6670	Appt Only	Remote Only
<b>Family Education and Resource Center (FERC)</b>	Mental Health Education, Information, Resources & Caregiver Support	D400	510-459-4506 Warm Line: 1-888-896-3372	Prefer Appt	M-Th 9-5

FRC Agency	Services	Suite	Phone	Walk-in, Prefer Appt or Appt Only	Days & Hours
<b>FRC Administration</b>  <b>Core Team Services:</b> Working Wellness  Family Support Services SparkPoint Financial Services	<b>Main Phone for FRC</b>  - Counseling for CalWORKS Clients -Resources/Advocacy - Financial Coaching, Workshops, Taxes	A110	<b>510-574-2000</b>  510-574-2023  510-574-2021 510-574-2020	Walk-in but Prefer Appt	M-F 8-5
<b>Fremont Fair Housing and Landlord/Tenant Services</b>	Housing Discrimination & Landlord/Tenant Counseling	D440	510-574-2270	Prefer Appt	M-F 11-6
<b>Herald Family Rebuilding Center</b>	Services for Asian Families in Crisis	D450	510-790-3366	Appt Only	Remote
<b>Hively</b>	Child Care Info & Vouchers	D450	510-779-4439 925-417-8733	Prefer Appt	Tues 9-1 Th-F 8:30-5
<b>LaFamilia -Vocational ESL (VESL)</b>	Employment Services for Refugees	F600	510-935-9293	Prefer Appt	M-F 9-5
<b>Lincoln Families Kinship Support</b> <b>Walk-in Wed, By Appt other days</b>	Kinship Support Services	D450	510-583-8026	Walk-in	W 10-4
<b>Pars Equality Center</b>	Legal Immigration Services	F610	510-894-3161	Appt Only	M-Th 9-5 F 9-3
<b>State Department of Rehabilitation</b>	Rehabilitation & Vocational Services	F630	510-794-2458	Walk-in	M-F 8-5
<b>Tri-City Children &amp; Youth Services</b>	Youth Mental Health	G710	510-795-2434 Call Access for referral 1-800-491-9099	Appt Only	M-F 8:30-5
<b>Tri-City Community Support Center</b>	Adult Mental Health	G710	510-795-2434 Call Access for referral 1-800-491-9099	Walk-in & Prefer Appt	M-F 8:30-5
<b>Veteran's Services</b> <b>Walk-ins on Tuesdays 9-4.</b> <b>Call on other days of the week.</b>	Benefit Information Apply for VA benefits at <a href="http://www.va.gov">www.va.gov</a>	F620	Oakland Office 510-577-1926	Walk-in Tuesdays	Tues 9-4
<b>Welcome Center &amp; Info Desk</b> <b>staffed by Fremont Healthy Start</b>	Info & Referral, School Help, Health Insurance & Health Care Referrals	Lobby	510-574-2141	Walk-in	M-F 8:30-5
<b>Women, Infants &amp; Children (WIC)</b>	Food/Nutrition for Pregnant Women & Small Children	D470	510-795-2457	Walk-in & Appts	M-F 8:30-5 1 <sup>st</sup> & 3 <sup>rd</sup> Sat 8:30-4:30
<b>Youth &amp; Family Services</b>	Counseling, Support Groups & Workshops	E500	510-574-2100	Appt Only	M-Th 8am-7pm Friday 8-5