

## **BENEFITS APPLICATIONS**

**General Assistance/Food Stamps/ Cal WORKS** 846-3900  
379 Tomkins, Gilroy

**North County Application Assistance Center** 650-9887-6100  
100 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** 293-4657  
1297 N. 13th Street, San Jose  
*Clothing & household items for those in need  
Call for appointment*

**Sacred Heart Community Services** 278-2160  
1381 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** 683-4118  
16264 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** 277-3700  
125 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** 501-7550  
234 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** 877-363-7238  
General Crisis, call 683-4118.  
*Support and services for sexual assault survivors*

## **EMPLOYMENT**

**Ascent Employment** 257-8302  
490 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** 325-5170  
2625 Zanker Rd, San Jose  
*Job development for immigrants, refugees and low-income individuals*

**Center for Training and Careers** 251-3165  
1600 Plumas Ave. San Jose  
8 am-5 pm Mon-Fri  
*Job training and employment services*

**Day Workers of Mt View** 650-903-4102  
113 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** 730-7232  
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*

**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** 842-6662  
7950 Church Street, Suite A, Gilroy  
*Customized employment strategies, including job preparation and placement and assistance*

**Work to Future- South County On Stop** 846-1480  
7800 Arroyo Circle, Ste A Gilroy  
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** 288-2153  
1174 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** 271-5160  
358 N. Montgomery St., San Jose  
Lunch Mon-Sun 1:00 pm  
Dinner Mon-Sun 6-7 pm

**Inn Vision-Georgia Travis Center** 453-3124

297 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** 293-4505  
2980 Senter Rd., San Jose  
Wed-Fri seniors, singles & couples 4 pm  
Families w/children 4:30 pm

**Martha's Kitchen** 293-6111  
311 Willow St., San Jose  
4 pm-5 pm Tues & Wed

**New Hope Community Church** 842-4857  
8886 Muraoka Drive, Gilroy  
Food Pantry – Open Mon.- Thur. (10 am-4 pm)

**Our Lord's Table**  
**St. Joseph's Family Center** 842-6662  
11 First Street, Gilroy  
Hot meals Tues, Thurs, Sun 5:30 pm

**Salvation Army** 282-1175  
359 N. 4th St., San Jose  
Dinner Mon-Sat 5-6pm

**Salvation Army** 848-5373  
200 West 5<sup>th</sup> Street, Gilroy  
Lunch Mon-Fri 12:00 (**Daily Showers**)  
Food vouchers

**Second Harvest Food Bank** 266-8866  
750 Curtner Avenue, San Jose  
8 am-5 pm Mon-Fri  
*Provides referral to the closest available food program*

**St. Joseph's Family Center** 842-6662  
7950 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 or 1-800-704-0900 (after hours)** 852-2400  
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