

## **San Mateo County Resources**

Help Me Grow San Mateo County  Your first stop for information to help you support your learning and development		(650) 762-6930
AbilityPath's Family Resource Center Provides parent-to-parent support to families of childrent special needs and disabilities		(650) 259-0189
Behavioral Health & Recovery Service Evaluation, referral, and services to low-income individual with mental health or substance abuse concerns (all age	als ACCESS Call Center	(650) 579-0350 (800) 686-0101 (650) 802-6400
California Children's Services Specialized medical care for children with eligible condit		(650) 616-2500
Child Care Coordinating Council (4Cs) Listings of child care and preschool programs, as well as		(650) 655-6770
Child Health & Disability Prevention Free health checkups and immunizations for low-income 21 if Medi-Cal)	<b>'</b>	(650) 573-2877
Community Overcoming Relationship Services to provide safety, support, and healing for those		(800) 300-1080
<b>Dental Care (Denti-Cal)</b> Referrals to dental services for Medi-Cal eligible individu		(800) 322-6384
Early Head Start  Educational, health & social services to low-income children, including children with special needs	IHSD Peninsula Family Services	(650) 578-3440 (650) 403-4300
Family Crisis Counseling and resource information		(888) 220-7575 (650) 591-9623
Golden Gate Regional Center Services and case management for those with developm including Early Intervention Services.	(650) 574-9232	
Health Plan of San Mateo (Medi-Cal) County operated health system providing health care to low-income individuals	•	(650) 616-0050 (650) 616-2133 (800) 424-4134
Human Services Agency Financial, housing, and Cal-Fresh services for families	Cal-Fresh	(800) 223-8383 (650) 802-3300
Legal Aid Society of San Mateo Counsel and advice on a variety of legal topics	ty (	(650) 558-0915
Special Education Local Plan Area (SE Special Education services through local public schools for special needs (ages 3 up to 22 years)	-	(650) 802-5464
Supplemental Security Income (SSI) Cash assistance and Medi-Cal to low-income individuals		(800) 772-1213
Women, Infants and Children (WIC)  Nutrition and breastfeeding counseling, food vouchers, pump loans to low-income pregnant or nursing women, infants, and children (ages 0 up to 5 years)	•	(650) 573-2168







