
Free Meals / Food

Breakfast

Tri-City Free Breakfast Program

Irvington Presbyterian Church
4181 Irvington Ave., Fremont, (510) 657.3133
Mon, Wed, & Fri, 7am-9am

Lunch

Tri-City Volunteers

37350 Joseph St., Fremont
Sack lunches—Mon.-Fri., 10am-3pm
(510) 793.4583

Corpus Christi Catholic Church

37891 Second St., Niles
Sack lunches—Mon.-Fri., 11am-12pm
(510) 790.3207

Salvation Army

36700 Newark Blvd., Newark, (510) 793.6319
Food baskets—Tue. & Thu., 9am-11am,
picture ID required for adults; any ID for children.
Also provides PG&E assistance.

Centro de Servicios

33750 Sixth St., Union City, UC residents only
USDA Program Box of Food—Mon.-Fri., 10am-5pm
(510) 489.4100

Dinner

Centerville Free Dining Room

4360 Central Ave., Fremont, (510) 793.9063
Tue. & Thu., 4pm-6pm

Centerville Train Station

37260 Fremont Blvd., Fremont
Wed. 5pm

Our Lady of the Rosary Catholic Church

703 'C' Street, Union City, (510) 471.2609
Fri. 6pm-7pm

Sikh Temple

300 Gudwara Dr., Fremont, (510) 797.0177
Mon.-Sun., 5:30pm-7pm

Other Community Services

Fremont Family Resource Center

39155 Liberty St., Fremont, 94538
Mon.-Fri. 8am-5pm
(510) 574.2021

Cash aid, CalFresh food stamps, mental health services, housing info, parent support, educational programs, case management, etc.
www.fremont.gov (select 'Our Community,' then 'Family Resource Center')

St. Vincent de Paul

675 23rd St., Oakland, 94619 (dining room)
Mon.-Sun. 10:45am-12:45pm
2270 San Pablo Ave., Oakland (community room)
Mon.-Fri. 9am-4pm
(510) 877.9256

Food programs, emergency financial assistance, emergency transportation, disaster relief, counseling information, woman's center, etc.
www.svdp-alameda.org/programs

C.R.I.L. - Community Resources for Independent Living

439 'A' St., Hayward, 94541
Mon.-Fri. 9am-5pm
(510) 881.5743 (voice)
(510) 881.0218 (TTY)

Housing assistance, personal assistance referral, benefits advocacy, peer support, independent living skills training, healthy women project, assistive technology, funding resources.
www.cril-online.org

Abode Services created this brochure to help people find resources in the East Bay. Most programs listed are provided by other community organizations and are not affiliated with Abode Services. While information about these programs was up-to-date at the time of publication, all contents are subject to change; you may want to contact these organizations directly to verify services provided and hours of operation.

Rev. August 26, 2011

East Bay **Resource List**

for

Shelter | Food | Clothing and other Services

Eden Information & Referral Services

Call '211' or (510) 537.2552; outside Alameda County call (888) 886.9660.

Available 24 hours

Provides free information about local shelters, homelessness prevention, rehousing, CalFresh food stamp program, health education, disaster planning, etc.



Suicide / Crisis Hotline: (510) 794.5211

Drug / Alcohol Recovery

C.U.R.A.

L/T residential program for chemical dependency
4510 Peralta Blvd., Fremont
(510) 713.3200
www.curainc.com

Cronin House

Residential primary care program
2595 Depot Rd., Hayward
(510) 784.5874
www.horizonservices.org/cronin.html

Chrysalis

Residential program (women only)
3837-3845 Telegraph Ave., Oakland
(510) 450.1192
www.horizonservices.org/chrysalis.html

Alcoholics Anonymous

(510) 839.8900 24 hour Hotline
7115 Rich Ave., Newark
3833 Peralta #A, Fremont
37320 Mission, Fremont
4500 Thornton, Fremont
www.eastbayaa.org

Second Chance

Substance abuse program (outpatient)
(510) 792.4357, 24 hour hotline, Newark

Other Facilities

Cherry Hill (detox)

2035 Fairmont Dr., San Leandro
(866) 866.7496
www.horizonservices.org/cherry-hill.html

Veteran Services

(510) 795.2686 (Fremont) or
(510) 577.3547 (Oakland)

Emergency Shelter Services

Sunrise Village

(510) 252.0910
Singles call Mon.-Fri. 9am, Sat. & Sun. 11am
Families call Mon.-Fri., 1pm, ext.13
Fremont, www.abodeservices.org

Second Chance

Shelter (Families & singles)
(510) 792.4357, Mon.-Fri. 8:00am
Newark, www.secondchanceinc.com

FESCO

Family Emergency Shelter Coalition
(510) 581.3223, 24 hours
Hayward, www.fescofamilyshelter.org

SAVE

Safe Alternatives to Violent Environments
for women experiencing family violence
(510) 794.6055, 24 hours
Tri-City area, www.save-dv.org

NARIKA

Assistance for women of S. Asian origin
(510) 444.6048, Mon.-Sun. 8am-7pm
Tri-City area, www.narika.org

South County Homeless Project

Mental health disabilities (need referral by medical
provider, psychiatrist, therapist, etc.)
(510) 732.5956, 24 hours (Hayward)

East Oakland Community Project

Families & Singles
(510) 532.3211, 24-Hours, www.eocp.net

Berkeley Shelter

Families & Singles
(866) 960.2132, Mon.-Fri. 12pm-4:30pm & 7pm-
8pm; Sat.-Sun. 2pm-4pm, www.bfhp.org

Clothing

Tri-City Volunteers

37350 Joseph St., Fremont
Mon.-Fri., 8am-12pm & 1pm-4:30pm
(510) 793.4583

Dollie's Closet

Business attire / clothing
37620 Filbert St., Newark
Wed. 4pm-8pm, Sat. 10am-2pm
(510) 745.0521

Centro de Servicios

33750 Sixth St., Union City, for UC residents
Mon.-Fri., 10am-5pm
(510) 489-4100

Tri-City Free Breakfast Program

Irvington Presbyterian Church
4181 Irvington Ave., Fremont
Mon., Wed., & Fri., 7am-9am (see Joe)

HOPE Project Mobile Clinic

Winter only-sleeping bags, blankets, & coats
(510) 366.3633 (call for schedule)

Medical / Mental Healthcare

HOPE Project Mobile Clinic

(510) 366.3633 (call for schedule)

Tiburcio Vasquez Health Center

Medical & Dental Care
332255 Ninth St., Union City
(510) 471.5907, Mon.-Sat. 8am-5pm

Tri-City Health Center

39500 Liberty St., Fremont
(510) 770.8133

Alameda County Healthcare-ACCESS

Referrals for mental health services
(800) 491.9099

Sausal Creek

Outpatient stabilization clinic
2620 26th Ave., Oakland
(510) 437.2363

*All shelters require residents to be drug and alcohol free.