

Berkeley Free Clinic Homeless Survival Guide

Berkeley Free Clinic
2339 Durant Ave., Berkeley, CA 94704
510/548-2570 or 1-800/6-CLINIC

Meals

Revised January 2002

For general info and weekend meals
info call Berkeley Emergency Food
Project at 649-4965

City Team Ministry 452-3758
722 Washington St. (at 7th), Oakland
Coffee 9:30am daily except Wed, Sun
Dinner daily except Wed, 8:30 pm

Dorothy Day Workers 466-5553
M-Su, breakfast at VA shelter, 6:00am
M-Sa, breakfast at University
Lutheran Chapel, 2425 College (at
Haste), 8:00am

Food Not Bombs Lunch
M-F, People's Park, 2:30pm
Sun, 14th & Jefferson, 2:30pm

Emergency Food Project 649-4965
2362 Bancroft (at Dana), Berkeley
M-F, 4:00pm, (25¢ or volunteer time)

McGee Ave. Baptist Church 843-1774
1640 Stuart (at McGee), Berkeley
MWF, hot lunch, 12:00-1:00pm

Open Door Mission 451-7924
92 7th St. (at Oak), Oakland
M-F,Su, breakfast, 7:00am, dinner 6:25
pm (except Su, which is at 3:00 pm).

South Berkeley Community Church
654-0119, 1802 Fairview (at Ellis)
Thurs ONLY, lunch, 12:00 noon

St. Paul AME Church 848-2050
2024 Ashby Ave. (at Adeline)
Tues ONLY, lunch, 11:30-12:30pm

St Vincent De Paul 451-7676
475 23rd St (at San Pablo), Oakland
M-Su, lunch, 10:45-12:45pm

St. Andrews Soup Kitchen 653-7411
3320 San Pablo Ave. (at Brockhurst)
Oakland, M-F, lunch, 1-2:00pm

Foodstuffs & Vouchers

Revised April 2000

Alameda Co. Food Bank 568-3663
Call to find out closest location of food

Berkeley Food Pantry 525-2280
Friends Church @ 1600 Sacramento

MWF 2-4. Up to 3x in 6 mos. Need
Berk/Albany photo ID and referral
letter.

Harbor House 534-0165
1811 11th Ave., Oakland
M-F 9-12; 1-4:30pm. Emergency food
by appt. Thrift store for clothing.

Salvation Army 549-3426
1535 University Ave. (at Sacramento)
MWF 9-12 noon, food bags. Bring proof
of Berkeley residency, picture ID

Drop-Ins

Revised May 1999

MASC (BOSS) 843-3700
1931 Center St., Berkeley
MTuTh 8-4pm, W 8-12 noon, F 8-1pm
Advocacy, referrals, showers, lots of
case management, etc.

Berkeley Drop-In Center 653-3808
Alternatives in Mental Health
3234 Adeline St., Berkeley

Youth Drop-In Center 548-0551
2345 Channing (at Dana), Berkeley
TuWTh 10-4pm, Drop-in for ages 13-
25, breakfast and lunch, counseling

Women's Daytime Drop-In Center
548-6933, 2218 Acton St., Berkeley
M-Sa 9-4 pm, Drop-in for women &
their children, serve free breakfasts
and lunches, case management.

Women's Friendly Manor 451-8923
2298 San Pablo Ave., Oakland
M-F 8:30-3:00pm, snacks, showers,
washer/dryer, phone, etc.

Casa Segura, The Safe House 437-8899
3410 E. 12th St., Oakland (across the
street from the Fruitvale BART)
M-F 1-5:00pm

St. Vincent de Paul 451-7676, ext. 16
2280 San Pablo Ave., Oakland
M-F 10-1:00, shelter, clothing,
medical referrals, showers, washers

Oakland Independent Support Center
465-2904, 580 18th St., Oakland

Multi Service Resource Center
2362 Bancroft Way
M-F 10am-12 and 2-6pm

Clothing

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Free Boxes - People's Park
Haste St. between
Bowditch/Telegraph 24 hr

Ann Carter Free Clothes 548-0551
2339C Durant (near the Free Clinic)

Tu-Sa 9-12, 1-3pm

Salvation Army Thrift 549-3426
1382 Solano (at Romano), Albany
M-Sa 9:30-6:00pm

Bananas 658-7101
5232 Claremont Ave, Oakland
For children

See Harbor House under **Food**.

Blankets

Revised October 1998

Salvation Army 451-5547
810 Clay St., Oakland
(get voucher at the City Team
Ministry on 722 Washington St.)

Benefits

Revised October 1998

Temporary Assistance for Needy
Families (TANF), Aid to Families w/
Dependent Children (AFDC) 596-0110
Food stamps, MediCal
4501 Broadway, Oakland

Welfare Dept. 268-2002
401 Broadway, Oakland
(Go early, at 8:00 am)
General Assistance, Food stamps

SSI/SSA (Social Security)
Social Security Admin. 800/772-1213
1950 University Ave., Berkeley

Alameda County WIC 208-1620
Food vouchers for low-income,
pregnant or breast-feeding women.

Showers

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MASC (BOSS) 843-3700
1931 Center St., Berkeley
MTuTh 8am-3pm, W 8-11am, F 8am-12
SaSun 8:30-11:30am

711 Harrison St., at 4th 848-3378
M-F 7-10pm, 50¢. Call first in the day

Oakland Independence Support Center
580 18th St., Oakland 465-2904
M-F 9-1:30pm, 3-5pm. Referral
preferred, no one turned away.

Shelters

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For shelter availability call
Eden I&R 537-2552 or
Helpline 1-800-273-6222

Harrison House
711 Harrison (at 4th), Berkeley
(continued on other side)
Call 843-3700 or go to 2100 MLK Jr
Way at 9 am to sign up. (Also assist
with housing, support, referrals, etc.)

Salvation Army Shelter. 2794 Garden Street, near the corner of E. 27th & Fruitvale, Oakland. Families only. 437-9437.

Richmond Rescue Mission 215-4888
200 Macdonald Ave., Richmond
Be there by 7:30 pm

Men's Shelters

Veteran's Building
1931 Center St., Berkeley
(between MLK Jr. Way & Milvia)
Call 649-4976 or stop by 2362 Bancroft first at 10 am

St. Vincent de Paul 451-7698
675 23rd St (at San Pablo), Oakland
Sign up 1:00-1:15 pm

City Team Ministry 452-3758
722 Washington St., Oakland
Drop by 9:30-5:00pm for bed ticket.
Also accept agency referrals.

Women's Shelters

Women's Shelter 649-4965
2140 Dwight Way, Berkeley
Call 649-4976 first at 10 am
Info or drop-in 7-9 pm, shelters open at 10 pm. Also provide assistance with mail, storage, benefits, referrals, etc

Women's Refuge 547-4663
Berkeley, Call first at 9:00 am
For battered women, women in crisis with children; also assist with housing, jobs.

A Safe Place 536-SAFE (7233)
Women and children; 24-hour crisis line, 7 days/wk.

Youth Shelters

Alameda County Youth Shelter
Call Norma at 522-8363, ext. 133 to secure space, or pgr. 636-5656.
Shelter, showers, dinner & breakfast for youth ages 14-17.

Legal/Advocacy

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Briefcase Clinic
First Presbyterian Church
2407 Dana (at Hearst), Berkeley
Tues 7-9 pm, SSI apps and appeals

Legal Aid 465-3833
1440 Broadway, Suite 700, Oakland.

Berkeley Tenant Action Center
843-6601, 2022 Blake, Berkeley
TuThF 11-3 (phone)
Tu 7:30 pm (drop-in)

Berkeley Community Law Center
548-4040, 3130 Shattuck Ave.,

Berkeley, M-F 9-5 SSI/SSA for HIV⁺ people only; Food stamps, AFDC

Homeless Action Center 540-0878
2500 Martin Luther King, Jr., Suite 1
Free legal advice for homeless persons filing for SSI, public benefits.

Oakland Homeless Project 465-0881
1820 Jefferson, Oakland
(Also run a 32-bed shelter for verifiable mentally disabled)

Employment

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California State Employment Development Department
1375 University, Berkeley 540-2833
1225 4th Ave., Oakland 286-1259
Lots of services for job-seekers, apply here for unemployment benefits.

Jobs for the Homeless Consortium
2807 Telegraph, Berkeley 549-8820

Women's Employment Resources Corp.
3362 Adeline St., Berkeley 652-5484
M-F 9-5:00pm

Medical

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Berkeley Free Clinic 548-2570
1-800-625-4642
2339 Durant Ave., Berkeley
Free medical, dental, HIV and STD testing, I&R, peer counseling

Suitcase Clinic 643-6786
First Presbyterian Church
Haste & Dana, Berkeley
Tues 7-9pm, primary care, optometry, chiropractic. Arrive early

Berkeley Primary Care 204-4666
2001 Dwight Way, Berkeley
Extensive medical. Satellite clinic called Lifelong available Thurs 6-9 pm (call the same phone number).

West Berkeley Family Practice
704-6000, 2031 6th St., Berkeley
Medical, dental, children

West Oakland Health Center
835-9610, 700 Adeline, Oakland
Medical, dental, children, optometry

Highland Hospital 437-4800
1411 E. 31st St., Oakland
Emergency, all medical, dental

Alcohol/Drug Programs

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Berkeley Primary Care 204-4666

Acupuncture Detox, M-F 8-11:30 am
2001 Dwight Way, Berkeley

East Oakland Recovery 568-2432
9702 E. 14th St., Oakland

14th Street Clinic 533-0800
1124 International Blvd., Oakland
M-Th 5:30am-1:30pm, Fri 5:30am-12:30pm, Methadone clinic

West Oakland Health Center
Substance Abuse Services 433-1500
Residential, long-term program

Second Chance 792-4357
Outpatient treatment, counseling and support services, also has shelter
6330 Thorton Ave. , Newark

Veterans

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Veterans Assistance Center
1403 Addison, Berkeley
649-4850

Other Important Numbers

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Affordable Housing Assoc.	649-8500
Alameda County Housing Authority	538-8876
AIDS Hotline	800/342-2437
Alcohol/Drug Hotline	586-2432
Alcoholics Anonymous	839-8900
Bay Area Women Against Rape	845-7273
Berkeley Cares Voucher Program	845-4629
Berkeley City Public Health Advice Nurse	644-6500
Berkeley Homeless Outreach	644-6509
Berkeley Information Network	540-4666
Berkeley Mental Health	644-8562
CHAIN (Community Housing And Information Network)	537-2552
Copwatch	548-0425
Crisis Support Services	849-2212
Emergency Services Network	451-3138
Food not Bombs	644-4187
Health Care for Homeless	532-1930
Info shop at the Long Haul	540-0751
Narcotics Anonymous	444-4673
Berkeley Needle Exchange	678-8563
Oakland Homeless Union	763-2295
STD Hotline	800/227-8922