



Community Resource Guide

Alameda County v.0_2026

April Parker Foundation

 Headquarters: 245 E. 3rd Street, Long Beach, CA 90802

 Website: www.aprilparker.org

 Email: APHealth@aprilparker.org



Welcome

This Resource Guide is designed to help individuals, families, and community members access the support and services they need. Whether you are seeking assistance with housing, health care, education, employment, wellness, or basic needs, this guide brings trusted resources together in one place so you can navigate your next steps with confidence.

Across every program at the April Parker Foundation, our goal remains the same: **to strengthen communities by improving access to opportunities, reducing barriers, and supporting wellbeing.**

How to Use This Guide

Resources in this guide are organized by category and typically include:

- Organization or program name
- Description of services provided
- Contact information
- Eligibility notes, when available

You may use this guide independently or with the support of a **CARE Mentor, Case Manager, Navigator, or Program Staff**, who can assist you in connecting to the services that best meet your needs.

If You Need Immediate Help

If you are experiencing a crisis—emotional, medical, or safety-related—please contact the appropriate emergency support in your area, such as:

- Local Crisis Line or Access Line
- Domestic Violence Hotline
- Emergency Services (9-1-1)

These services can provide immediate assistance, safety planning, and connection to urgent resources.



Important Notes

- Information in this guide may change over time. Contact organizations directly for the most up-to-date details.
- Inclusion in this guide does not represent an endorsement; it is intended as a navigation tool for individuals seeking support.
- This guide may include services designed for specific populations (youth, adults, families, veterans, LGBTQIA2S+, individuals with disabilities, justice-involved individuals, etc.). Always ask about eligibility when reaching out.

About the April Parker Foundation

The April Parker Foundation is a community-based nonprofit organization committed to transforming communities by empowering sustainable futures. We work alongside individuals, families, and partners to expand access to resources, remove systemic barriers, and support long-term health, stability, and economic opportunity.

Through our programs and partnerships, APF provides navigation, case management, workforce development, housing support, youth development, and community-based services designed to meet people where they are and walk with them toward where they want to go.

Our work is grounded in equity, dignity, accountability, and compassion, and guided by the belief that everyone deserves access to the tools and support needed to thrive.

How We Can Support You

APF staff may be able to assist with:

- Resource navigation and referrals
- Care coordination and case management
- Program enrollment and eligibility guidance
- Follow-up support and service connections

If you are working with an APF CARE Mentor, Case Manager, or Program Staff, they can help you use this guide and connect to services.



Alameda— Adult Resources

Housing & Homeless Services

Organization	Services Provided	Phone	Website
Alameda County Coordinated Entry System	Housing assessments, shelter referrals, housing navigation	Access via 2-1-1	www.everyonehome.org
EveryOne Home	Countywide homelessness coordination and system navigation	(510) 891-0707	www.everyonehome.org
Abode Services	Interim housing, rapid rehousing, permanent supportive housing	(510) 657-7400	www.abodeservices.org
Building Opportunities for Self-Sufficiency (BOSS)	Emergency shelter, housing navigation, case management	(510) 613-0330	www.self-sufficiency.org
Operation Dignity	Veteran-focused housing and outreach services	(510) 613-0330	www.operationdignity.org

Mental Health & Ongoing Behavioral Health Support (Non-emergency, ongoing care coordination)

Organization	Services Provided	Phone	Website
Alameda County Behavioral Health CARE Line	24/7 crisis response, mental health and SUD referrals	1-800-309-2131	www.acbhcs.org
Crisis Support Services of Alameda County	Suicide prevention and emotional support	(800) 309-2131	www.crisissupport.org
Roots Community Health Center (Behavioral Health)	Culturally responsive counseling and psychiatry	(510) 992-4000	www.rootsclinic.org
La Clínica Behavioral Health	Outpatient mental health services	(510) 535-4000	www.laclinica.org

Substance Use Treatment

Organization	Services Provided	Phone	Website
Alameda County Substance Use Access Line	Detox, outpatient and residential SUD treatment referrals	1-800-491-9099	www.acbhcs.org
BAART Programs (East Bay)	Medication-assisted treatment and counseling	(510) 533-1099	www.baartprograms.com
Project Eden	Residential and outpatient substance use treatment	(510) 582-0090	www.projecteden.org
Options Recovery Services	Outpatient recovery and counseling	(510) 666-9550	www.optionsrecovery.org

Medical & Primary Care

Organization	Services Provided	Phone	Website
Alameda Health System	Public hospitals, primary care clinics, specialty services	(510) 437-8500	www.alamedahealthsystem.org
La Clínica de la Raza	Primary care, dental, behavioral health	(510) 535-4000	www.laclinica.org
Roots Community Health Center	Primary care and chronic disease management	(510) 992-4000	www.rootsclinic.org
Asian Health Services	Multilingual medical and behavioral health care	(510) 735-9400	www.asianhealthservices.org

Food & Basic Needs

Organization	Services Provided	Phone	Website
Alameda County Community Food Bank	Food distribution and pantry referrals	(510) 635-3663	www.accfb.org
211 East Bay	Food, CalFresh, utility, and emergency assistance referrals	2-1-1	www.211eastbay.org
St. Vincent de Paul of Alameda County	Food pantries and emergency assistance	(510) 638-7600	www.svdap-alameda.org
Salvation Army – Alameda County	Food, utility assistance, and basic needs	(510) 451-9266	www.salvationarmy.org

Legal, Domestic Violence & Advocacy

Organization	Services Provided	Phone	Website
Bay Area Legal Aid (Alameda County)	Housing rights, benefits advocacy, DV legal services	(800) 551-5554	www.baylegal.org
Alameda County Family Justice Center	Domestic violence support and legal advocacy	(510) 267-8800	www.acfjc.org
Building Futures with Women and Children	DV shelter, advocacy, housing support	(866) 292-9688	www.bfwc.org
211 East Bay	Legal aid and advocacy referrals	2-1-1	www.211eastbay.org

Employment & Workforce

Organization	Services Provided	Phone	Website
Alameda County Workforce Development Board	Job training, employment services	(510) 259-3800	www.acwd.org
Center for Employment Opportunities (CEO)	Employment services for justice-impacted individuals	(510) 251-9880	www.ceoworks.org
Goodwill of the San Francisco Bay	Job readiness and training programs	(415) 241-9000	www.sfgoodwill.org

Veteran Services

Organization	Services Provided	Phone	Website
Alameda County Veterans Services Office	Benefits counseling and claims assistance	(510) 577-1926	www.acgov.org/vets
VA Palo Alto Health Care System (East Bay Clinics)	Medical, mental health, SUD services	(650) 493-5000	www.va.gov/palo-alto-health-care
Swords to Plowshares (East Bay)	Veteran housing, legal, employment support	(415) 252-4788	www.swords-to-plowshares.org
Abode Services – Veteran Housing	Housing and supportive services for veterans	(510) 657-7400	www.abodeservices.org

Disability & Adult Protective Services

Organization	Services Provided	Phone	Website
Adult Protective Services – Alameda County	Abuse, neglect, exploitation reporting	1-866-225-5277	www.alamedasocialservices.org
Disability Rights California	Disability legal advocacy	(800) 776-5746	www.disabilityrightsca.org
IHSS Alameda County	In-home supportive services	(510) 577-1800	www.alamedasocialservices.org

Transportation Assistance

Organization	Services Provided	Phone	Website
AC Transit	Public bus transportation services	(510) 891-4700	www.actransit.org
Medi-Cal Transportation	Non-emergency medical transportation	Contact health plan	www.dhcs.ca.gov
211 East Bay	Transportation assistance referrals	2-1-1	www.211eastbay.org

You Are Not Alone

Accessing services can feel overwhelming, and it's okay to need support along the way. This Resource Guide is intended to help you take the next step at your own pace and connect with services that support your health, stability, and wellbeing.

If you encounter barriers, long waitlists, or are unsure where to start, help is available.

How We Can Help

We provide navigation, care coordination, and community-based support to help individuals and families move forward. Our CARE Mentors and Case Managers can assist with referrals, applications, follow-up, and problem-solving when systems feel difficult to navigate.