

Social Services and Support Groups Directory

Palo Alto Medical Foundation (PAMF) provides an easy-access link to 2-1-1 online systems as part of our commitment to the community. The 2-1-1 link will assist you in locating social services and community resources including medical services, financial assistance, care for aging parents, family services, legal and many other forms of support.

Local Bay Area 2-1-1 Systems

Dial 2-1-1 in your local area to get help or visit your county's Web site to search for resources. Links to county sites are below (currently, there is no site for patients in Santa Cruz County. Phone numbers are toll free numbers for those calling out of the area.

[Alameda County](#)

888-886-9660

For those in Fremont, see also [Family Resource Center \(FRC\)](#)

[Contra Costa county](#)

800-830-5380

[Santa Clara County](#)

866-896-3587

[San Mateo County](#)

800-273-6222

Community Support Groups

ADHD: CHADD of Northern California, Silicon Valley Chapter

(888) 759-9758

ADHD: Lucille Packard Children's Hospital

Call (650) 723-5511 for information.

Aging: Aging and Adult Services, San Mateo County

Information and Referral Services for San Mateo County. Check web site or call (650) 363-4000.

Aging: Santa Clara County on Aging Network of Care

List of Support groups serving Santa Clara County

Alcohol and Drugs: California Department of Alcohol and Drug Programs

Resource for information and referral

http://www.adp.cahwnet.gov/RC/rc_sub.shtml (opens new window)

Alcohol/Drug Groups: Al-Anon/Alateen

Fremont Tri-City Area. For families and friends of alcoholics. Find a local group meeting on their Web site.

Alcohol/Drug Groups: CODA, Co-dependency groups

co-dependency - or call: 888-444-2359 888-444-2379 (Spanish)

Alcohol/Drug Groups: Women's Recovery Association

Groups for women, children, codependency (650) 348-6603

Alcohol/Drug: AA, Parents of AL-ANON, at Trinity Church in Menlo Park

Located at Trinity Church in Menlo Park. Call 650-326-5530 or visit web site. Hold AA, Mens recovery, Parents of AL-ANON meetings.

Alcohol/Substance Groups: Alcoholics Anonymous

Find a meeting in the East Bay Area on their Web site. 24/hour helpline (510) 839-8900.

ALS: ALS Association

ALS/Lou Gehrigs Disease resources. Check website for local support groups or call 1-800-782-4747

ALS: ALS Association Greater Bay Area Chapter

Check web site for dates and information or call (415) 904-2572.

Alzheimer's Support Group for Caregivers, Fremont Tri-City Area

Washington Hospital call 1-800-963-7070 for information

Newark Senior Center call 510-742-1012 for information

Alzheimer's: Alzheimer's Association (Northern California), Support Groups

Check website for local groups or call: National: 800-660-1993 Northern California: 1-800-272-3900 Local office: 650-962-8111

Alzheimer's: Alzheimer's Caregivers Support Group through Stanford

Located at the VA Hospital in Palo Alto. Offers caregiver group and Mild cognitive impairment group. Check web site or call (650) 493-5000 ext. 66121 for information.

Alzheimer's: Caregivers Support Group at Avenidas

Call 650-289-5400 for information.

Alzheimer's: for Caregivers at El Camino Hospital

Check website or call 1-800-216-5556

Alzheimer's: Mills Peninsula Health Care System

Check website for information or call 1-800-654-9966 or 650-696-4190

Anxiety Disorders: Anxiety Disorders Association of America**Anxiety Disorders: County Resources and Support Groups**

Santa Clara County: 408-885-6100 San Mateo County: 650-573-2662

Anxiety Disorders: NAMI San Mateo County

National Alliance on Mental Illness. Call 650-683-0800

Anxiety Disorders: NAMI Santa Clara County

Check web site or call (408) 453-0400 for information. Alternate Number: (408) 583-0001.

Anxiety: Palo Alto Medical Foundation

Offers therapy group, fee involved. Check web site or call 650-853-4726 for information.

Autism/Asperger's: Autism Society of America

National Number - (800) 328-8476. Local Chapter is the San Francisco Bay Area Autism Society: (650) 637-7772

Autism/Asperger's: Children's Health Council

Offers parent support groups. Check website or call 650-326-5530

Autism/Asperger's: PARCA (Parents of Children with Autism)

Check web site or call (650) 312-0730 for information on support for parents of children with autism.

Autism/Asperger's: Parents Helping Parents

Check web site or call (408) 727-5775. Hold parents and sibling groups and have Spanish resources.

Cerebral Palsy: United Cerebral Palsy Association

Check web site or call 1-800-872-5827 for information. Local: 650-917-6900 or 650-878-8272. Currently no support groups in Santa Clara County, but do offer information

Children's Services/Parent Support: Children's Health Council

Parent support groups, therapy groups. Check web site, or call 650-326-5330 or (866) 242-6789 for information and services available.

Children's Services: Abilities United

Formerly CAR. Programs for developmentally disabled children and adults. Check web site or call for information. 650-494-0550.

Children's Services: Achieve Kids

Special services for youths with complex disabilities. Check website or call for information. 650-494-1200 (Palo Alto) or 408-928-5777 (San Jose)

Children's Services: Big Brothers and Big Sisters of the Bay Area

Check web site or call (415) 503-4050 for information.

Children's Services: CHADD (Parents of Children with ADHD) - Children's Services

Check website or call (888) 759-9758. Silicon Valley Chapter serves San Mateo and Santa Clara County.

Children's Services: Friends of Children with Special Needs

FCSN serves individuals with special needs and their families with comprehensive programs and support groups. Check web site or call 510-739-6900.

Children's Services: Jewish Family & Children's Services, Parents Place

Check web site or call 650-688-3040 for Palo Alto, 650-931-1840 for San Mateo.

Children's Services: Touchstone/Parents Helping Parents

Serves children and families of children with special needs. Check website or call 408-727-5775 for information.

Children's Services: VIA Rehabilitation Services

Serves individuals with disabilities and special needs. Check website or call 408 243-7861 for information.

Deaf Seniors Group

Meets 1st and 3rd Tuesdays, 10:30-3, Fremont Senior Center, 40086 Paseo Padre Parkway, Fremont.

<http://www.ci.fremont.ca.us/Community/Seniors/SeniorCenter.htm#supportgroups> (opens new window)

Depression: Depression and Bipolar Support Alliance

Group meets at VA Palo Alto. Check web site or call 650-326-6313 for information.

Depression: National Alliance on Mental Illness (NAMI), San Mateo County

See web site for information on local support groups. Call 650-638-0800 for information.

Depression: National Alliance on Mental Illness (NAMI), Santa Clara County

Check web site for information on support groups. Or call 408-453-0400.

Depression: Phoenix North County Self Help Center

Sponsored by Santa Clara County's Mental Health Administration Consumer Affairs. Offers multiple groups and programs. Call 650-462-2811 for information.

Domestic Violence: CORA (Community Overcoming Relationship Abuse)

Check website or call 1-800-300-1080 or 650-312-8515 (24 hour hotline).

Domestic Violence: Next Door Solutions to Domestic Violence

Check web site or call (408) 501-7546 for information.

Domestic Violence: SAVE (Safe Alternatives to Violent Environments)

Check website or call 510-794-6055.

Domestic Violence: Support Network for Battered Women

Check website or call 1-800-572-2782 (crisis line) or 408-541-6100 (office line)

Drug Abuse: Palo Alto Medical Foundation

For people with questions about their own or a loved one's alcohol/drug abuse. For information check web site or call 650-853-2904.

Eating Disorders: Eating Disorder Resource Center

Check web site or call (408) 559-5593 for information and support group listing. Web site lists groups located around the Bay Area, free and fee-based.

Eating Disorders: Overeaters Anonymous

Check web site for information on local support groups.

Epilepsy: El Camino Hospital

Check website or call 1-800-216-5556 for information.

Epilepsy: Epilepsy Foundation of Northern California

Check website or call for information. 800-632-3532 415-677-4011

Grief/Bereavement/Loss: Center for Living with Dying (Bill Wilson Center)

Check web site or call 408-243-0222 for information

Grief/Bereavement/Loss: Corstone (formerly Center for Attitudinal Healing)

Group for young people losing their parents. Check web site or call 415-331-6161 for information

Grief/Bereavement/Loss: El Camino Hospital

Check website or call 1-800-216-5556 for information

Grief/Bereavement/Loss: HAND (Helping After Neonatal Death)

Check web site or call for information. National: 800-908-4263 Local: 650-367-6993; 24-hour hotline: 888-220-7575

Grief/Bereavement/Loss: Hospice of the Valley

Check web site or call 408-559-5600 for information.

Grief/Bereavement/Loss: KARA

Check web site or call 650-321-5272 for information and listing of groups.

Grief/Bereavement/Loss: Mills Peninsula Health Care System

Check website or call 1-800-654-9966 or 650-696-5600

Grief/Bereavement/Loss: Mission Hospice, San Mateo

Check website or call 650-544-1000 for information

Grief/Bereavement/Loss: Pathways Home Health and Hospice

Check website or call 888-755-7855 or 650-948-4252 for information on support groups.

Grief/Bereavement/Loss: Seton Hospital

Offer bereavement classes and grief support groups. Check web site or call 650-991-6439 for information.

HelpSCC

Database directory of social and health services in Santa Clara County

Mental Health: Depression and Bipolar Support Alliance

Visit web site or call for information, 650-326-6313

Mental Health: National Alliance of Mental Illness, San Mateo County

Check web site for information on local support groups.

Mental Health: National Alliance on Mental Illness, Santa Clara County

See web site or call (408) 453-0400 for information on local support groups.

Mental Health: Network of Care

Serves San Mateo County. Check website for information and resources.

Mental Health: Network of Care, San Mateo County

Serves San Mateo County. Provides information about mental health services, laws, and related news, as well as communication tools, support and other features. Check web site or call 650-638-0800 for information.

Mental Health: Network of Care, Santa Clara County

Serves Santa Clara County. Provides information about mental health services, laws, and related news, as well as communication tools and other features.

Mental Health: Palo Alto Medical Foundation

Offer a variety of therapy groups, fee involved. Check web site or call 650-853-4726.

Mental Health: Phoenix North County Self Help Center

Sponsored by Santa Clara County Mental Health Administration Consumer Affairs. Offers multiple groups and programs. Call 650-462-2811 for information.

Mind Over Mood: Overcoming Depression and Anxiety

Treatment Group - Check website or call 650-853-4726

<http://www.pamf.org/psychiatry/depression.html>

Mother's Place Postpartum Support for the Fourth Trimester, A

Support Group Overview: Held at the Fremont location. Come and join other new moms during the first three months after giving birth, or "fourth trimester," for support and advice.

Narcotics Anonymous, Alameda County

Find a local meeting on their Web site.

<http://www.naalamedacounty.org> (opens new window)

Narcotics Anonymous: Mills Peninsula Health Care System

Check web site or call 650-696-5400 for information.

Neonatal Death: HAND, Helping After Neonatal Death

Check web sites for information.

[Local group at Mills-Peninsula Health Care System \(opens new window\)](#)

Network of Care - Seniors

Internet-based resource for the elderly, veterans and people with disabilities, as well as their caregivers and service providers.

Obsessive-Compulsive Disorder: NAMI (National Alliance on Mental Illness)

Check web site for information on support groups.

Obsessive-Compulsive Disorder: Obsessive-Compulsive Foundation

Check web site or call 617-973-5801 for information and listing of support groups.

Obsessive-Compulsive Disorder: Palo Alto Medical Foundation

Check web site or call 650-853-4726 for information.

Post-Partum Mood And Anxiety: Post-Partum Support International (PSI)

Check website or call 1-800-944-4773 (Depression hotline) Web site offers online information and support as well as contact information for support groups.

Post-Partum: Bay Area Mothers Groups

Check website or call 510-868-2617 for information on resources.

Post-partum: El Camino Hospital

Check web site or call 650-988-7841 for information. Offers a Maternal Outreach Mood Services group program, therapy group for mothers.

Post-Partum: Parents Place

Check website or call: 650-688-3040 (Palo Alto) or 650-931-1840 (San Mateo)

Traumatic Brain Injury: California Brain Injury Association

Check web site or call 661-872-4903 for information and listings of local support groups.

Traumatic Brain Injury: Independent Living Resource Center

Check web site or call 415-543-6222.

Traumatic Brain Injury: Mid-Peninsula Brain Injury Support Group, Menlo Park

Call 650-851-0925 for information. Group is for survivors and caregivers.

Traumatic Brain Injury: Mild Traumatic Brain Injury Group, San Jose

Check web site or call 408-793-6428 for information.