

Health Care

Don't let your children go without health care coverage. Low cost or free care, immunizations and support are available to San Francisco children.

- Health Families offers medical, dental, and vision coverage for low-income children in California. Department of Human Services Medi-Cal office at (415) 863-9892, or the Department of Public Health, Health Referral Line at (800) 300-9950
- San Francisco Healthy Kids (415) 206-7743
- Pediatric Asthma Clinic (415) 206-3844
- Healthy San Francisco
www.healthysanfrancisco.org..... (415) 615-4500
- High Risk Interagency Council of San Francisco (HRIIC): Children with special health care needs, ages birth through five, who have or are at increased risk for chronic physical, developmental, behavioral, or emotional conditions and who also require health and related services of a type or amount beyond that required by children generally. www.hriic.org (415) 206-7742
- San Francisco Free Clinics: provides free medical care to the uninsured.
www.sffc.org..... (415) 750-9894
- San Francisco Community Clinic Consortium: ten partner clinics serve low-income, uninsured, and medically underserved people in primary care, pediatric, dental, prenatal and mental health.
www.sfccc.org/sfcccclinics/index.htm.... (415) 355-2222
- San Francisco Immunization Coalition
www.sfimmunize.org (415) 554-2567

Parenting

Discover the joys of parenting through support groups, connecting with other parents and/or meeting others going through the same thing you are.

- SF Family Support Network (415) 437-4654
- The Family Ambassador Bayview Project
www.edgewoodcenter.org (415) 682-3276
- Day One: A Center for New and Expectant Parents
www.dayonecenter.org (415) 440-3291
- Mamas & Papas (LGBT)..... (415) 981-1960
- Parents Place: A comprehensive family support service that offers workshops, play groups, development groups, and more..... (415) 359-2454
- Natural Resources
www.naturalresourcesonline.com (415) 550-2611
- Parents of Multiples (415) 440-8946
- Family Connections
www.familyconnectionsportola.org (415) 715-6746
- Parents' Support Network (PSAN) (415) 307-9526
- Golden Gate Mothers Group www.ggmg.org
- Childhood Matters radio show
Sundays 9-10am 98.1 KISS-FM
www.childhoodmatters.org
- Nuestros Ninos radio show in Spanish-
Sundays 8-9am KLOK 1170AM
www.nuestrosninos.com

Play Time

There are many opportunities for parents and their child. Programs include music, story time, yoga, art, water play and movement. Many programs are free or low cost. Playgrounds are a great place to meet other new parents and share parenting tips.

- SF Recreation and Parks offers a multitude of programs. The Tiny Tots program offers activities for children, ages 9 months to 5 years. Check with your local park or call (415) 666-7079. Many programs are free or low cost. www.sfreonline.org
- Randall Museum Tree House Toddler Exploration Zone
www.randallmuseum.org (415) 554-9600
- YMCA of San Francisco:
offer parent/child programs (415) 777-9622
- Noe Strolls- find local playgroups www.noestrolls.com
- San Francisco Public Libraries offer baby-Toddler lapsits and story times. Simple stories, songs and fingerplays are a great way to introduce your baby, toddler, or preschooler to the building blocks of reading. All programs are free..... www.sfpl.org
- Parents Place (415) 359-2454

Safety/Injury Prevention

California State law (January 1, 2002) requires children must be secured in an appropriate safety seat until they are 6 years old or weigh at least 60 pounds. Infant seats must be rear facing, preferably in the middle of the back seat and never in the front seat of a vehicle.

- San Francisco Child Passenger Safety Seat Program (SFPD)..... (415) 575-6363
- California Highway Patrol..... (415) 577-1094
- AAA of Northern California: car seat inspections
www.csa.com (415) 565-2305

Special Needs

Find diagnostic evaluations and screenings, counseling, treatment services, case management, referrals, transportation and support for families.

- San Francisco Department of Public Health, Women and Children Health Referral Line at 1-800-300-9950
- Family Services Agency of San Francisco
www.fsasf.org (415) 474-7310
- Hearing and Speech Center of Northern California
www.hearingspeech.org (415) 921-7658
- LightHouse for the Blind and Visually Impaired
www.lighthouse-sf.org/index.php..... (415) 431-1481
- Support for Families of Children with Disabilities
www.supportforfamilies.org (415) 920-5040
- High Risk Infant Interagency Council (HRIIC)
www.hriic.org (415) 206-7743
- UCSF/SFGH – Multidisciplinary Developmental Assessment Center..... (415) 206-4444
- Child Care Inclusion Challenge Project (415) 920-5040
- Open Gate..... (415) 469-4518
- San Francisco Unified School District Special Education Services..... (415) 355-7735

Welcome to Parenthood in San Francisco

A Resource Guide for Families with Children Zero to Three



Becoming a new parent can be joyful, stressful and full of new opportunities for you and your child. Parenting isn't an easy job so there are resources to help you along the way. Many services are free and low-cost in San Francisco. Don't hesitate to call or attend a support group geared towards learning about the different stages of development, sharing your joys and frustrations of being a new parent or taking an opportunity to get out of the house. It's important to remember that a little bit of stress and anxiety is completely normal when you're a new parent. When you ask for help and take care of your own needs, you'll be able to better care for and enjoy your growing family.

Developed by: First 5 San Francisco and GoKid.org

Resource Information 24 Hours a day/ 7 days a week

- HELPLINE 2-1-1www.211.org
- San Francisco City Information Line 3-1-1
- TALK LINE: family support center (415) 441-5437
- Birthright San Francisco:
a pregnancy and support hotline..... (415) 664-9909
- Bay Area Crisis Nursery Hotline (925) 685-8052
- Child Abuse Reporting (800) 856-5553
- www.SFKids.org a website dedicated to San Francisco families. SFkids.org offers a comprehensive list of museums, parks, classes, lessons, programs and parent resources as well as an extensive calendar of events.
- www.yahogroups.com offers many discussion groups created for groups with similar interest. San Francisco has many parenting groups by neighborhood or interest categories. This is a free service to join.
- San Francisco Free Help Chart: a list of services (free eats, pantry, shelter, medical) for all ages in English and Spanish.....www.freeprintshop.org

Breastfeeding/ Maternal Care

Ask for support, questions or referrals

- California Pacific Medical Center's
Newborn Connections (415) 600-2229
- Nursing Mothers Counsel (415) 386-2229
- Bay Area La Leche League Referrals (650) 363-1470
- Women Infant Children (WIC) (415) 575-5788
- St. Luke's Hospital..... (415) 626-2229
- Black Infant Health Improvement Project:
African American pregnant and parenting women
w/children to one year. They also offer social support groups
and parenting classes..... (415) 776-4457
- DayOne Center..... (415) 440-3291

Child Abuse & Family Violence

Information, support, reporting & referrals

- Child Abuse Hotline (800) 856-5553
- La Casa de las Madres www.lacasa.org (877) 503-1850
- SafeStart Support Line (415) 565-SAVE
- San Francisco Child Abuse
Prevention Center (415) 668-0494

Child Development

Developmental/physical/hearing/speech assessments & referrals

- City College of San Francisco Department of Child
Development and Family Studies Child Observation classes:
offering free developmental classes for parents, infants
through preschool (415) 561-1921
www.ccsf.edu/Departments/Child_Development
- Golden Gate Regional Center: Infants and toddlers who are
high risk of experiencing development delay or with a delay
in at least one area of development. (415) 546-9222
- San Francisco Head Start and Early Head Start: Programs to
help education parents on healthy development of children
and needs. www.sfheadstart.org (415) 405-0500
- UCSF/SFGH – Multidisciplinary Developmental Assessment
Center: Provides comprehensive developmental assessments
to children under five and ensure they receive appropriate
services and early intervention.
http://psych.ucsf.edu/sfgh.aspx?id=468..... (415) 206-4444

Childcare/ Early Education

There are a variety of child care options available to families in San Francisco. You can find care by a zip code, program, in home care or a child care facility. Be sure to interview the child care providers, visit the day care center and ask questions even if they seem ridiculous. Some centers offer financial assistance.

- Children's Council Resource & Referral
www.childrenscouncil.org (415) 343-3300
- Wu Yee Referral Child Care Service
www.wuyee.org (415) 391-4956
- Florence Crittenton Services (FCS)
www.fcs-sf.org (415) 567-2357
- San Francisco Unified School District
Child Development Program: Children
must three years old to be enrolled (415) 750-8500
- Community Care Facilities Licensing Division of the
Department of Social Services (DSS): licenses both day care
centers and family day care homes (650) 266-8843
- San Francisco Head Start/Early Start provides early
childhood education and other services to low income
children and families in San Francisco through its center-
based and home-based programs as well as through the
delegate and partner agencies with which it works.
..... (415) 405-0500

Community Support:

San Francisco Family Resource Centers

San Francisco is fortunate to have created a strong, neighborhood-based network of family resource centers (FRC) that meet the every day needs of parents/caregivers for "community" and are also hubs of a wide range of resources. First 5 San Francisco funds FRCs as key vehicles to reduce parents' isolation, strengthen their parenting skills, and facilitate constructive relationships between parents and their young children. Each FRC is unique but offers similar menu of services including parent education and support, information and referral, parent-child play groups, early literacy programming, and community social events.

- Asian Women's Resource Center
(mainly for Chinese speaking families) (415) 788-1008
- Compass Community Services (providing services for
homeless or at risk families) (415) 644-0504
- Edgewood Center for Children
and Families (415) 865-3000
- Good Samaritan Family Resource Center
(mainly for Spanish speaking families) (415) 824-9475
- Instituto Familiar de la Raza
(mainly for Spanish speaking families) (415) 229-0500
- Portola Family Connections..... (415) 715-6746
- San Francisco Child Abuse
Prevention Center (415) 668-0494
- South of Market Family Resource Center... (415) 820-3508
- Visitation Valley Community Center..... (415) 586-6998
- Wu Yee Joy Lok Family Resource Center
(mainly for Chinese speaking families) (415) 391-4890
- YMCA Urban Services -
OMI Family Resource Center..... (415) 406-1370
- YMCA Urban Services-Western Addition (415) 202-9770

Counseling & Mental Health

Support, evaluations and referrals are available for free or low cost for all children and families.

- Maternal & Child Health: promotes the health and well being of women of childbearing age, infants, children and adolescents who are at increased risk of adverse health outcomes by virtue of financial, language or cultural barriers, or mental or physical disabilities by assuring access to health promotion and health care services (800) 300-9950
- Community Behavioral Health Services
24-hour Helpline (415) 255-3737
- Comprehensive Child Crisis Service: evaluates children and youth in crisis situations to determine physical and mental health needs..... (415) 970-3800

Dental/ Vision/ Hearing

Evaluation, referrals and preventive services available

- San Francisco Healthy Kids: a complete medical, dental, and vision insurance to children and young adults at a very affordable cost - regardless of immigration status.
www.sfhph.org..... (888) 288-5858
- San Francisco Department of Public Health Services:
San Francisco residents who do not qualify for any health care coverage programs can get free or low-cost health care services at more than 25 clinic sites across the City. Services vary by clinic site, and may include medical, dental, and vision care. Individuals with incomes below 500% of the federal poverty level (approximately \$73,000 for a family of 3) are eligible for services on a sliding fee scale or for free care.
www.sfdph.org

Emergency Planning

- Bay Area Red Cross: emergency services, first aid and cpr, babysitting classes.
www.bayarea-redcross.org (415) 427-8000
- California Poison Action Line
www.calpoison.org..... (800) 876-4766
..... (800) 222-1222
..... TTY (800) 972-3323
- 72hours.org offers information on how you can prepare yourself and your family for an emergency.

Family Financial Support

- The San Francisco Working Families Credit (WFC) gives money and benefits to qualified low-income working families in San Francisco. www.workingfamiliescredit.org

Food Assistance & Nutrition

There are many programs to help low-income families and individuals improve their health by providing access to a nutritious diet. Programs may have eligibility requirements.

- Food Stamp Outreach: Income limits and financial resource levels establish eligibility for food stamp benefits. (415) 558-4186
- Mayor's Summer Lunch Program: free lunch available during the summer at various locations for youth under 17..... (800) 273-6222
- Women Infant Children (WIC)
Supplemental Nutrition Program (415) 575-5788