

Hayward Community Resources

Our communities are often rich in services we don't know exist, so we have to be proactive about asking for what we need and keep asking many different ways until we find someone who understands our need and can help us or refer us for help. If you ask for help and you don't get what you need, TRY AGAIN! No one is an all knowing "THEY", not even the computer. The internet is also a sea of amazing resources to aid you as you seek information to empower yourself. As you gather information to change your situation, be sure to share the resources you find with others who may also need this information. Withholding information is one of the greatest tragedies; it is free to share and has the power to change lives! We only become what we know exists! This is only a partial listing of resources out there. Check here for more.

<http://www.211alamedacounty.org/>

HEALTH

MEDICAL

- <https://www.coveredca.com/>
- <https://www.c4yourself.com/>
- <http://freeclinicdirectory.org>
- http://www.alamedasocialservices.org/public/services/medical_and_health/index.cfm
- <https://afmconline.org/>
- <http://davisstreet.org/index.php/healthclinic/>
- <https://www.tvhc.org/>
- <http://www.svdp-alameda.org/program-detail.html>
-

DENTAL

- <https://afmconline.org/>
- <http://davisstreet.org/index.php/healthclinic/dental/>
- <https://www.tvhc.org/programs-services/dental/>

DRUG AND ALCOHOL TREATMENT/ COUNSELING

- <http://secondchanceinc.com/>
- <https://eastbayaa.org/>
- https://www.lafamiliacounseling.org/recovery_wellness

COUNSELING

- <http://davisstreet.org/index.php/healthclinic/behavioralhealth/>
- <http://fescofamilyshelter.org/services/>
- <http://www.csueastbay.edu/ccf/index.html>
- <https://www.cceb.org/mental-health-first-aid/>

HOUSING

HOMELESS RESOURCES/ EMERGENCY SHELTER

- www.shelterlistings.org
- www.homelessinamerica.com
- <https://www.ihnapiilshowers.org/warming-shelter.html>
- https://www.arielom.org/untitled-sitepage_5
- <http://www.centrodeservicios.org/aboutprograms.html>
- <https://www.alamedacountyilp.org/services/housing/> (ages 18-24)
- http://www.alamedasocialservices.org/public/services/housing_and_homeless/housing_and_homeless.cfm
- <http://fescofamilyshelter.org/services/>
- <http://www.svdp-alameda.org/program-detail.html>

AFFORDABLE HOUSING PROGRAMS/ RENT ASSISTANCE

- <https://www.edenhousing.org/>
- <https://dublin.ca.gov/115/Housing>
- <https://www.humangood.org/housing-options/affordable-housing>
- <https://bridgehousing.com/>
- <https://www.cceb.org/housing-services-in-the-county-of-alameda/>

- <http://www.alamedahsg.org/>

WORK EXCHANGE HOUSING PROGRAMS

- <https://www.workaway.info/>
- <https://www.helpx.net/>
- <https://www.woofinternational.org/>
- <https://www.volunteer.gov/>

CHILD CARE

- http://www.alamedasocialservices.org/public/services/employment_and_training/supportive_services/child_care.cfm
- <http://davisstreet.org/index.php/childcare/childcare-development-centers/>

FREE AND LOW COST LEGAL HELP

- <http://www.centrodeservicios.org/aboutprograms.html>
- <https://baylegal.org/get-help/find-an-office/alameda-county/>
- <https://www.apilegaloutreach.org>
- <https://www.cceb.org/our-services/immigration-legal-services/>
- <https://www.hayward-ca.gov/public-library/services/Lawyer>

BILL PAYING ASSISTANCE/ UTILITY DISCOUNT PROGRAMS

- <http://www.needhelppayingbills.com>
- <https://www.cceb.org/housing-services-in-the-county-of-alameda/>

FINANCES

STUDENT LOAN CONSOLIDATION

- <http://www.loanconsolidation.ed.gov/>

FINANCIAL LITERACY PROGRAMS

- <http://www.csueastbay.edu/cbe/about/centers/financial-literacy-center.html>
- alamedacountyilp.org/event/financial-literacy-workshop/

FREE/ LOW COST TECHNOLOGY

CELL PHONES

- <https://www.lifewireless.com/>
- <https://www.accesswireless.com/lifeline>
- <https://www.safelinkwireless.com>

LAND LINES

- <http://www.cpuc.ca.gov/lifeline/>

INTERNET

- <https://www.cox.com/aboutus/connect2compete.html>
- <https://www.spectrum.com/browse/content/spectrum-internet-assist.html>

FREE CLOTHING AND HOUSEHOLD SUPPLIES

- <https://www.ihn aprilshowers.org>
- <http://www.centrodeservicios.org/aboutprograms.html>
- <http://hhministries.org/our-programs/economic-development/>
- <http://davisstreet.org/index.php/family-services/food-clothing/>
- <https://www.wardrobe.org/>
- <http://www.svdp-alameda.org/program-detail.html>

FOOD

- <https://www.accfb.org/get-food/>
- <http://southhaywardparish.org/area-service-directory/>
- <https://www.allen-temple.org/ministries/non-profits-2/food4life-congregate-meals>
- <https://www.ihn aprilshowers.org/>
- <http://www.centrodeservicios.org/aboutprograms.html>
- http://www.alamedasocialservices.org/public/services/food_assistance/index.cfm
- <http://edenucc.com/how-to-get-involved/comida-para-cherryland/>
- <http://hhministries.org/our-programs/economic-development/>
- <http://davisstreet.org/index.php/family-services/food-clothing/>
- <https://www.tvhc.org/programs-services/wic/>

- <http://www.svdp-alameda.org/program-detail.html>

DISABILITIES

Department of Rehabilitation services will train you if you have a disability or retrain you if you can no longer do your normal job due to an injury or new medical condition that impacts your work.

- <http://www.dor.ca.gov/>

Some high schools and colleges have a program called Workability. These programs are operated through Department of Rehabilitation and people who have been injured or hurt and can no longer perform their previous profession can often get money, resources, and accommodations to “retrain”.

- <https://www.cde.ca.gov/sp/se/sr/wrkabtyl.asp>

Most colleges have a student service office for students with disabilities. Those offices can help students with the entire college process, testing, accommodations, financial aid, etc. Below are some examples at local colleges.

- <http://www.csueastbay.edu/accessibility/>
- <http://www.chabotcollege.edu/dsrc/>

Provides assistive technology rentals to make navigating technology easier and to provide accommodations for work and school. Also provides educational workshops, independent living, housing assistance, benefit explanations, travel assistance, in home support, and so much more.

- <http://www.crilhayward.org/our-services/>

Job training assistance

- <http://www.eastbayworks.com/job-seekers/>
- <https://www.has.edu/mochacafe>
- <https://arcamedia.org/services/>

VETERANS

VETERANS CENTER

- http://www.alamedasocialservices.org/public/services/veterans_services/index.cfm

JOB ASSISTANCE

- <http://www.showyourstripes.org/>
- Military.com
- <http://www.acp?usa.or>
- <http://www.eastbayworks.com/job-seekers/>

POST INCARCERATION RESOURCES

- <https://www.benefits.va.gov/persona/veteran-incarcerated.asp>

ELDERLY VETERAN BENEFITS

- <https://www.benefits.va.gov/persona/veteran-elderly.asp>

EDUCATION PROGRAMS

- <http://catalog.csueastbay.edu/content.php?catoid=19&navoid=12577#veterans-enroll>
- <http://www.chabotcollege.edu/veterans/>

TEENS/ YOUNG ADULT RESOURCES (housing, education, job training, foster youth, employment, etc.)

- <https://www.acwdb.org/youth.page?>
- <https://www.alamedacountyilp.org/>
- http://www.alamedasocialservices.org/public/services/children_and_family/preparing.cfm
- www.chafee.csac.ca.gov
- <https://www.dor.ca.gov/Home/StudentServices>
- <https://www.cvcorps.org/>
- <http://www.eastbayworks.com/youth/>
- https://www.lafamiliacounseling.org/education_employment_service
- <https://girlsinc-alameda.org/programs/>

RE-ENTRY PROGRAMS/ CRIMINAL BACKGROUNDS

Tattoo removal

- <https://www.laclinica.org/services-tattooremoval.html>
- <http://www.acphd.org/project-new-start.aspx>

Employment

- <http://www.eastbayworks.com/job-seekers/>
- <https://www.oaklandpic.org/copy-of-the-wioa-connection>
- <https://www.acdsal.org/ddf-programs>
- <https://helpforfelons.org/jobs-for-felons-california/>
- https://www.lafamiliacounseling.org/diversion_re_entry_department
- <https://exoffenders.net/reentry-programs-assistance/california/>

SENIOR RESOURCES

- http://www.alamedasocialservices.org/public/services/elders_and_disabled_adults/index.cfm

CERTIFICATIONS

FOOD HANDLING

- <https://www.acgov.org/aceh/food/>

CPR/ FIRST AID/ BABYSITTING/ WATER SAFETY

- <https://www.redcross.org/take-a-class>
- <https://www.cprcpr.com/cpr-classes-in/hayward-cpr-classes/>
- <https://www.adamssafety.com/>
- <http://eastbaycpronline.com/courses/>

ESL/ LITERACY PROGRAMS

- <http://hhministries.org/our-programs/economic-development/>
- https://www.lafamiliacounseling.org/education_employment_service
- <https://www.chabotcollege.edu/academics/language-arts/esl/index.php>
- <https://www.chabotcollege.edu/academics/learning-connection/esl-language-center/index.php>
- <https://www.has.edu/esl>
- <https://www.hayward-ca.gov/public-library/services/adult-literacy-tutoring>
- <https://www.hayward-ca.gov/public-library/services/ECC>
- <https://www.hayward-ca.gov/public-library/learning-express>
- <http://www.cvadult.org/for-students/programs/learn-english>
- <https://www.alameda-adult-school.org/>
- <https://www.sanleandro.k12.ca.us/domain/2323>

IMMIGRATION/ CITIZENSHIP CLASSES

- <http://www.centrodeservicios.org/aboutprograms.html>
- <https://www.has.edu/esl>
- <https://www.hayward-ca.gov/public-library/learning-express>
- <http://www.cvadult.org/for-students/programs/learn-english>
- <https://www.sanleandro.k12.ca.us/domain/2323>

GED/ HIGH SCHOOL EQUIVALENCY

If you need your GED, check several programs as costs vary widely but you should be able to find help preparing for it and taking it for free or very low cost. Also the library has resources for free test prep and online high school.

- <https://www.hayward-ca.gov/public-library/services/COHS>
- <https://www.hayward-ca.gov/public-library/learning-express>
- <https://www.cvcorps.org/>
- <http://www.eastbayworks.com/youth/>
- <https://www.has.edu/ged>
- <https://www.has.edu/gedtesting>
- <http://www.cvadult.org/for-students/programs/high-school-diploma-ged-preparation>
- <https://www.alameda-adult-school.org/>

TEST PREP PRACTICE

Prep for tests of all types including civil service exams, WorkKeys, GED, SAT, ACT, CBEST, and much more. Free and online with your library card in the library or at home.

- <https://www.hayward-ca.gov/public-library/learning-express>

COMPUTER CLASSES

- <https://www.oaklandpic.org/training-and-classes>

- <http://edenucc.com/how-to-get-involved/cherryland-computer-cafe/>
- https://www.has.edu/pf4/cms2/view_page?d=x&group_id=1537515699023&vdid=i13g1zuqppu
- <http://www.cvadult.org/for-students/programs/career-education>

COLLEGE/ FINANCIAL AID/ FEE WAIVERS

College does not have to be expensive. You have to find the right program and the right person, and the right application and you should be able to achieve your goals. Everyone should apply for the FASA through this website if they plan to access training via an educational institution. There are many scam sites out there, be sure you only access the one ending in gov.

- <https://fafsa.ed.gov/>

Be sure to apply for all of the scholarships on campus and sign up for programs like EOPS, EOP, SAIL, CALWORKS, Guardian Scholars, etc. which offer additional support and aid for low-income first-generation students. Here are some local examples of these programs. Check with various programs on campus that also cater to adult re-entry students, women, students with disabilities, foster care youth, students with children, etc. as there are additional financial programs and support systems for these populations

- <http://www.chabotcollege.edu/specialprograms/>
- <http://www.csueastbay.edu/academics/support-programs.html>

At some colleges if you are over 60, you can obtain a fee waiver to attend school. You can also get fee waivers if your parents died in the line of service, if you are a victim of a terrorist attack or human trafficking, etc. Check with financial aid for a fee waiver list to see if you qualify.

Many employers offer tuition reimbursement including places like colleges and universities themselves. At colleges and universities, you can often even transfer your tuition reimbursement to family members. Some employers will only offer tuition reimbursement if you agree to sign a contract that you will stay with them for a certain length of time; otherwise you repay the loan.

FREE ONLINE LEARNING

- <https://www.coursera.org/>
- <https://www.edx.org>
- <https://www.canvas.net/>
- [www.openculture.com](http://www.khanacademy.org)
- <http://www.khanacademy.org>
- <http://www.gcflearnfree.org/>
- <https://www.udacity.com>
- <https://www.instructables.com/>
- <https://www.hayward-ca.gov/public-library/lynda> (free with your library card)
- www.skilshare.com

APPRENTICE PROGRAMS

pay you while you learn. They have cosmetology, construction, plumbing, welding, social media, and so much more. Check out all their programs so you can start working and getting paid right away and learn as you go! Many apprentices join the union after and have a long and stable career. Compare and contrast this option with your local community college programs and technical schools and decide what is best for you.

- <https://www.dir.ca.gov/databases/das/aigstart.asp>
- <https://www.has.edu/apprenticeships>
- <http://www.cvadult.org/for-students/programs/career-education>

EMPLOYMENT RESOURCES/ JOB SEARCH/ RESUME/ INTERVIEW ASSISTANCE

- <http://www.eastbayworks.com/job-seekers/>
- <https://www.oaklandpic.org/employment-services>
- <https://www.acwdb.org/jobseekers.page?>
- <https://www.cceb.org/better-employment-together/>
- <https://www.wardrobe.org/>
- <http://www.svdp-alameda.org/program-detail.html>
- <https://www.courageouswomen.org/LearnMore/services.html> (for women)
- <https://www.allen-temple.org/information/job-info-center>
- https://www.arielom.org/untitled-sitepage_5
- <https://www.cvcops.org/what-we-do/job-training/>

- <https://www.oaklandpic.org/training-and-classes>
- <http://eastbaygoodwill.org/goodwill-academy/>
- <http://eastbaygoodwill.org/employment-services/>
- <http://www.centrodeservicios.org/aboutprograms.html>
- http://www.alamedasocialservices.org/public/services/employment_and_training/employment_and_training.cfm
- http://www.alamedasocialservices.org/public/services/employment_and_training/EmploymentResources.cfm
- <https://www.alamedacountyilp.org/services/employment/>
- http://www.alamedasocialservices.org/public/services/employment_and_training/career_centers.cfm
- https://www.lafamiliacounseling.org/education_employment_service

INTEREST SPECIFIC ONLINE JOB SEARCH SITES

- idealist.org NON PROFITS
- edjoin.org CALIFORNIA PUBLIC EDUCATION
- hercjobs.org CALIFORNIA COLLEGES AND UNIVERSITIES
- cccregistry.org CALIFORNIA COMMUNITY COLLEGES
- dice.com TECHNOLOGY BASED COMPANIES
- hcareers.com HOSPITALITY
- workinsports.com SPORTS

SPEAKING PRACTICE

- www.toastmasters.org

SELF EMPLOYMENT RESOURCES/ ENTREPRENEUR TRAINING AND ASSISTANCE

- <https://www.acsbdc.org/>
- <https://www.rencenter.org/>
- <https://www.chabotcollege.edu/academics/applied-technology-business/entrepreneurship/>
- http://catalog.csueastbay.edu/preview_program.php?catoid=19&pooid=7806&returnto=12550
- <https://www.hayward-ca.gov/business/starting-business>
- <https://www.hayward-ca.gov/services/city-services/nonprofit-resource-center>
- <http://trainingcenter.acgov.org/>

GIG/ FLEXIBLE/ WORK FROM HOME / TELECOMMUTE/ EXTRA INCOME

Find 100s of places like uber, lyft, Instacart, fivver, thumbtack, etc. on this website. Something for everyone to make some extra money on the side.

- <https://www.hurdlr.com/blog/on-demand-economy-gigs>

These are all real companies that hire you to work from home doing telecommute work like customer service , data entry, sales, computer programming, etc.

- <https://www.forbes.com/sites/alexandratalty/2019/01/15/work-from-home-2019-the-top-100-companies-for-remote-jobs/#68087e9d1544>

Make products to sell online to teachers and homeschool families. Simple things you even make at school can be sold and used by teachers all over the US while earning you cash.

- www.teacherspayteacher.com

If you enjoy learning about other cultures, check with your local universities and private high schools to see if you can host an exchange student, monthly stipends can be up to \$1500 per student.

Most all cities offer classes through parks and recreation and colleges offer them through extended learning or community education. You don't have to be a professional or credentialed, just skilled in what you are teaching to the population you are serving. Look on their websites for details on being an instructor. They provide insurance and space for a percentage of the fees charged. Remember to get proposals in months in advance as they print the catalogues early for preregistration.

- <https://www.haywardrec.org/1860/Instructor-Opportunities>

Join Facebook page CAREER VISION MINUTE for more resources