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Welcome!

RESOURCE GUIDE FOR YOUNG ADULTS

Santa Clara County & Surrounding Areas

(click on each bolded statement below to learn more about this guide)

Purpose of this guide

This resource guide was created to support young adults 18+ years old in navigating and accessing community services independently. It includes a collection of community-based resources across Santa Clara County and neighboring counties (Alameda and San Mateo).

The goal of this guide is to make it easier for young adults to quickly find and connect with support related to basic needs, education, health, and identity-specific services.

Who This Guide Is For

This guide is intended for:

- Young adults 18+ years old
- Foster youth or former foster youth
- Young adults experiencing housing instability
- Young adults seeking low-barrier or accessible resource services such as eligibility requirements

Many resources listed are also inclusive of:

- Undocumented individuals
- LGBTQ+ individuals
- Parenting individuals

How This Document Is Organized

This document is divided into tabs based on areas of support:

- Community Resources
- Housing & Food
- Education
- Health Services
- Parenting
- LGBTQ+

Each tab includes a list of resources related to that category.

How to Use Each Tab

Each resource is organized using the following columns:

- **Resource Title:** Name of the organization or program
- **Resource Link:** Website where you can learn more or apply
- **Services provided:** Brief description of services offered
- **Eligibility:** Who can access the service (age, income, location, etc.)
- **Contact Info:** Phone number, email, or main contact method
- **Location:** Where services are provided
- **Notes:** Extra details to help you decide if the resource is a good fit

Resources

Below are different categories of resources. Click on each embedded link under the **Resource Column Below** to explore services and find support that fits your needs.

Resource	Description
Community	General support services that can help connect you to multiple types of

Resource	Description
Resources	resources such as Catholic Charities for case management support, and Community Solutions for Mental Health resources.
Housing & Food	Resources that provide housing support, shelter, and access to food.
Education	Programs that support school, job training, and educational advancement.
Health services	Physical and mental health services, including low-cost and free care.
Parenting	Support for young parents, including childcare, education, and family services.
LGBTQ+	Safe and inclusive resources specifically for LGBTQ+ youth such as LGBTQ+ Youth Spaces for support groups, and Billy DeFrank LGBTQ+ Community Center for HIV testing.

Community Resources

General support services that help connect you to multiple types of resources including housing, food, healthcare, and financial assistance.

Resource	Link	Services Provided	Eligibility	Contact	Location
Catholic Charities of Santa Clara County	https://www.ccscc.org/	Case management, financial assistance, immigration, housing support	Low income	Info@CatholicCharitiesSCC.org 408-468-0100	San Jose
Community Solutions	https://www.communitysolutions.org/	Mental health, substance use treatment, domestic violence/trafficking services	Youth and families	(408) 683-4118 (main line)	Santa Clara & San Benito Counties
211 Bay Area	https://211bayarea.org/	Referrals for housing, food, healthcare, legal help, and more	Anyone	2-1-1 or (800) 273-6222	Bay Area (Santa Clara, Alameda, San Mateo, etc.)
Find Help (Aunt Bertha)	https://www.findhelp.org/	Online search tool for local resources (food, housing, financial help, etc.)	Anyone	Online only- on website	Nationwide

Resource	Link	Services Provided	Eligibility	Contact	Location
Santa Clara County Agency Office	https://www.santaclaracounty.gov/home	CalFresh, Medi-Cal, CalWORKs, General Assistance	Low-income residents	(408) 758-3800	Multiple offices throughout Santa Clara County
West Valley Community Services	https://www.wvcommunityservices.org/	Food pantry, rental assistance, case management	Residents of Cupertino, Sunnyvale, Los Gatos, Saratoga	(408) 255-8033	Cupertino, CA
Samaritan House	https://samaritanhousesanmateo.org/	Food, financial assistance, healthcare navigation	Low-income residents	(650) 347-3648	San Mateo County
Family Supportive Housing	https://family-supportive-housing.org/	Emergency shelter, transitional housing, case management	Families experiencing homelessness	(408) 926-8885	San Jose

Housing & Food

Resources that provide housing support, shelter, rental assistance, and access to free or low-cost food.

Resource	Link	Services Provided	Eligibility	Contact	Location
Bill Wilson Center	https://www.billwilsoncenter.org/	Transitional housing, counseling, education & employment support	16-25 years old homeless /runaway	(408) 243-0222	Santa Clara County
Second Harvest	https://www.shfb.org	Free groceries through food distribution sites and programs	Anyone in need of food (no strict documentation required)	(800) 984-3663	Santa Clara & San Mateo Counties
Office of Supportive Housing	https://osh.santaclaracounty.gov/home	Housing programs, rental assistance, coordinated entry system	Individuals and families experiencing or at risk of homelessness	Access through referral (call 211 for help)	Santa Clara County
LifeMoves	https://lifemoves.org/	Emergency shelter, transitional housing, employment support	Individuals and families experiencing homelessness	650) 685-5880	Santa Clara & San Mateo Counties
Home first	https://www.homefirstscc.org/	Shelter programs, outreach, rapid rehousing services	Individuals experiencing homelessness	408) 539-2100	Santa Clara County

Resource	Link	Services Provided	Eligibility	Contact	Location
CalFresh (foodstamps)	https://www.getcalfresh.org/en/	Monthly food benefits (EBT card)	Low-income individuals (many students and foster youth qualify)	Apply online or call (877) 847-3663	California statewide
City Team San Jose	https://www.cityteam.org/	Free meals, shelter programs, recovery services	Individuals experiencing homelessness	(408) 294-1236	San Jose
Loaves and Fishes Family Kitchen	https://www.loavesfishes.org/	Free hot meals	Anyone in need	(408) 298-3435	San Jose
Sunnyvale Community Services	https://svcommunityservices.org/	Food pantry, rental assistance, financial support	Low-income Sunnyvale residents	(408) 738-4321	Sunnyvale
Project weHOPE	https://wehope.org/	Shelter, meals, hygiene services, case management	Individuals experiencing homelessness	(650) 330-8762	East Palo Alto (San Mateo County)

Education

Programs that support school, job training, financial aid, and educational advancement.

Resource	Link	How do they help?	Eligibility	Contact	Location
SCC Office of Education	https://www.sccoe.org/yhw/Pages/Educator-Resources.aspx	Student support services, wellness resources, school-based programs, basic needs support	Students and families in Santa Clara County	(408) 453-6500	Santa Clara County
Law Foundation of Silicon Valley	https://www.lawfoundation.org/	Education advocacy, legal support for school-related issues (IEPs, school access, rights)	Youth in Santa Clara County	(408) 280-2416	San Jose
Work2Future	https://www.work2future.org/worksops/	Job training, career development, education programs, paid opportunities	Job seekers ages 18+ (priority for low-income individuals)	(408) 794-1100	San Jose
Upward Scholars	https://www.upwardscholars.org/	ESL classes, career coaching, financial support	Adult immigrants	Online application	Bay Area

Health Service

Physical and mental health services, including low-cost, free, and confidential care.

Resource	Link	How do they help?	Eligibility	Contact	Location
Santa Clara County Behavioral Health Services	https://bhs.d.santaclaracounty.gov/	Mental health services, substance use treatment, crisis support	Santa Clara County residents (based on need)	(800) 704-0900	Santa Clara County
Valley Health Foundation	https://valleyhealthfoundation.org/	Access to healthcare services, hospital programs, financial assistance	Santa Clara County residents	(408) 885-5299	San Jose
Crisis Support Services	988 Lifeline	24/7 crisis support (call, text, chat)	Anyone	Call or text 988	Nationwide
RotsCare Free Clinics	https://www.rotacarebayarea.org/	Free medical care for uninsured individuals	Uninsured individuals	Varies by clinic location	Multiple Bay Area locations
Indian Health Center	https://indianhealthcenter.org/	Medical, dental, behavioral health services	Open to all (priority for Native communities)	(408) 445-3400	San Jose

Resource	Link	How do they help?	Eligibility	Contact	Location
Foothill Family Clinic	https://foothillfamilyclinic.com/	Primary care, dental services, preventive care	Low-income and uninsured individuals	(408) 729-9700	San Jose

Parenting

Support for young parents, including childcare, parenting education, financial support, and family services.

Resource	Link	How do they help?	Eligibility	Contact	Location
NAMI SCC National Alliance on Mental Illness Santa Clara County	https://namisantaclara.org/	Mental health education, parenting support groups, family resources	Parents, caregivers, and family	408-453-0400	Santa Clara County
Sacred Heart Community Services	https://www.sacredheartcs.org/	Food, clothing, financial assistance. Family support system	Low-income individuals and families	408-278-2160	San Jose, CA
Parents Helping Parents	https://www.php.com/	Parenting education, support groups, resources for children with special needs	Parents and caregivers	408-727-5775	Santa Clara County
Kidango	https://www.kidango.org/	Childcare, early learning programmers, family support	Low-income families	855-543-2646	Bay Area

Resource	Link	How do they help?	Eligibility	Contact	Location
SCC WIC Santa Clara County Women, Infants, and Children	https://publichealthproviders.santaclearacounty.gov/health-care-providers/programs/women-infants-and-children	Food assistance, nutrition ed., breastfeeding support	Pregnant individuals, new parents, and young children (low income)	sccwic@phd.sccgov.org (408) 792-5101	Santa Clara County

LGBTQ+

Safe and inclusive resources specifically for LGBTQ+ youth and young adults, including mental health, housing, and community support.

Resource	Link	How do they help?	Eligibility	Contact	Location
LGBTQ Youth Spaces	https://www.youthspace.org/	Counseling, support groups, drop-in services, psychiatry	Ages 13-25	408-343-7940	San Jose
Billy DeFrank LGBTQ+ Community Center	https://www.defrankcenter.org/	Support groups, community events, HIV testing, resources	LGBTQ+ individuals and allies	408-293-3040	San Jose
Bill Wilson Center LGBTQ Transitional Living Program	https://www.billwilsoncenter.org/	Transitional housing and supportive services for LGBTQ+ youth	LGBTQ+ young adults (Ages 18-24) experiencing homelessness	408-243-0222	Santa Clara County

Resource	Link	How do they help?	Eligibility	Contact	Location
Adolescent Counseling Services	https://www.acs-teens.org/about/mission/	Support groups, counseling, peer connections	LGBTQ+ YOUTH (AGES 10-25)	650-424-0852	San Mateo County
Lyric	https://lyric.org/	LGBTQ+ Youth education enhancement, career trainings, health promotion, and leadership development	LGBTQ+ Youth	415-703-6150	San Francisco
Trevor Project	https://www.thetrevorproject.org/	LGBTQ+ Youth crisis services, advocacy, peer support, public education, and research	LGBTQ+ Youth	1-866-488-7386	Nationwide