



STAR VISTA

# CHILD AND PARENT SERVICES

## Information Sheet for Parents/Caregivers During the Holidays

The holidays are a difficult time for many. Here is a list of community resources for families.

### CORE Agency:

**Samaritan House:** Offers emergency food, clothing, shelter, deposit assistance, rental assistance, utility assistance, and counseling.

**4031 Pacific Blvd, San Mateo -- 650.341.4081**

### Housing:

**HIP Housing:** Homesharing program that matches people with a home/apartment to share and reducing housing costs for both.

[www.hiphousing.org](http://www.hiphousing.org) -- 650.348.6660

**Mid Pen Housing:** Develops low income housing properties across San Mateo County.

[www.midpen-housing.org](http://www.midpen-housing.org) -- 650.356.2900

**Your House South:** Offers shelter for youth and conflict resolution counseling for youth and family.

Call -- 650.367.9687

### Food:

**Samaritan House:** Food pantry, food dining and resources.

**4031 Pacific Blvd, San Mateo -- 650.341.4081**

**CALL Primrose:** Food bank

**139 Primrose Road, Burlingame -- 650.342. 2255**

**211:** Second Food Harvest locations and referrals

Call -- 211



## **Clothes:**

**Samaritan House:** Children's clothes drive

**4031 Pacific Blvd. San Mateo—650.341.4081**

## **Grief/Loss:**

**Kara:** Grief and loss counseling and support for adults, youth and children.

**457 Kingsley Avenue Palo Alto -- 650.321.5272**

## **Hotlines:**

**StarVista Crisis Hotline -- 650.579.0350**

**Alameda Crisis Hotline -- 800.273.8255**

**San Francisco Crisis Line -- 415.781.0500**

**Send Text MYLIFE to 741741**

## **Relationship Safety/Domestic Violence:**

**CORA:** Community Overcoming Relational Abuse offers hotline support, counseling, and emergency shelter.

**Call 800.300.1080**

## **StarVista:**

**Differential Response Resource Line:** Resource line for families to get information on local referrals.

**Call 650.489.2097**

## **Website Mental Health Resources:**

[www.onyourmind.net](http://www.onyourmind.net)

<https://childmind.org/audience/for-families/>

<https://healthychildren.org/English/Pages/default.aspx>

<https://www.healthline.com/health/parenting/ways-to-embrace-the-holidays-during-the-pandemic#Celebrate-anything-whenever-you-can>

