

# WIC ... is for Pregnant Women, Parents & Foster Parents, too! Are you Pregnant, Breastfeeding or raising children under 5?

**Get nutrition advice, help with breastfeeding,  
and checks to buy healthy foods!**



**Alameda County  
WIC Program offices  
(510) 595-6400**  
**Hours: Monday,  
Tuesday, Thursday,  
Friday and some  
Saturdays: 8:30-5;  
Weds: 9:30-1, 3:30-6**

**Telegraph**  
3600 Telegraph Avenue  
North Oakland

**Eastmont Mall**  
7200 Bancroft Avenue,  
2nd floor, Room 204  
East Oakland

**Hayward**  
24085 Amador Street,  
Suite 100  
1st floor

**Fremont**  
Call for appointment:  
(510) 795-2456 or  
(510) 595-6400  
Thursdays & Fridays and  
some other days:  
8:30-12; 1-5  
Fremont Resource Center  
39155 Liberty Street,  
Room H840

**Other WIC offices**  
**Alameda Point (Native  
American Health  
Center)**  
1<sup>st</sup> Mon, 3<sup>rd</sup> Weds and  
3<sup>rd</sup> Sat, 9-12, 1-4  
677 West Ranger Ave.  
Alameda, 814-8440

**Axis Community  
Health Center**  
Mon, Weds, Thurs, Fri, and  
1<sup>st</sup> Tues of the month:  
8:30-12, 12:45-4:30,  
Other Tues: 9:30-5:30  
1991 Santa Rita Rd,  
# H - Mission Plaza  
Shopping Center,  
Pleasanton  
(925) 462-2365

**City of Berkeley**  
Mon-Wed: 8:30-12, 1-5,  
Thurs, 9-12, 1-5  
830 University Avenue  
981-5360

**East Oakland  
Health Center**  
Monday-Friday: 9-5  
7450 International  
Boulevard, 613-2255

**La Clinica de la Raza  
- Fruitvale WIC**  
La Clinica de La Raza  
Mon-Fri: 8-5:30  
2716 International  
Boulevard, Oakland,  
535-4110

**- San Antonio WIC**  
Mon, Tue, Weds, Fri:  
8:30 - 5:30  
Thurs: 9 - 5:30  
879 International  
Boulevard, Suite E,  
Oakland, 272-1500

**Native American  
Health Center**  
Mon-Fri: 8:30-5,  
3<sup>rd</sup> Sat: 8:30-12, 1-5  
3124 International Blvd  
1<sup>st</sup> Floor, Room 103  
Oakland, 535-4420  
434-5300

**Tiburcio Vasquez  
Health Center offices**  
(510) 471-5913

**-Fremont**  
Monday-Thursday:  
8:30-5:00  
39138 State Street

**-Hayward**  
Open most Thursdays,  
some Mondays and  
Fridays. Call for  
appointment  
22331 Mission  
Boulevard

**-San Lorenzo High  
School**  
Call for appointments  
50 East Llewelling  
Boulevard, Room S5  
San Lorenzo

**-Union City**  
Monday-Friday,  
8:30-5  
32970 Alvarado Niles  
Rd., Suite 760,  
Union City

**West Oakland  
Health Center**  
Monday-Friday, 9-5  
700 Adeline Street  
(510) 302-3734

This institution is an equal  
opportunity provider.  
April 2009

## Working Families can get WIC!

**A family of two (a pregnant woman, or a parent with  
one child) can earn up to \$2,247 per month before  
taxes, a family of 3 up to \$2,823**

**To apply, bring ID, proof of income and address**

# WIC ...es para mujeres embarazadas, madres, padres y tutores

**¿Está embarazada, dando pecho o criando niños  
menores de 5 años?**

**Recibe consejos y clases sobre la nutrición y la  
lactancia y cheques para comprar comida saludable**



**Alameda County  
WIC Program offices  
(510) 595-6400  
Horas: Lunes, Martes,  
Jueves, Viernes y  
algunos Sabados:  
8:30-5;  
Miércoles: 9:30-1, 3:30-6**

**Telegraph**  
3600 Telegraph Avenue  
North Oakland

**Eastmont Mall**  
7200 Bancroft Avenue,  
2nd piso, sala 204  
East Oakland

**Hayward**  
24085 Amador Street,  
Suite 100  
Planta baja

**Fremont**  
Ilámenos para las citas:  
(510) 795-2456 or  
(510) 595-6400  
Jueves y Viernes y unos  
otros días por mes:  
8:30-12; 1-5  
Fremont Resource Center  
39155 Liberty Street,  
Sala H840

**Other WIC offices  
Alameda Point (Native  
American Health  
Center)**  
1<sup>st</sup> Lunes, 3<sup>rd</sup> Mier y  
3<sup>rd</sup> Sab, 9-12, 1-4  
677 West Ranger Ave.  
Alameda, 814-8440

**Axis Community  
Health Center**  
Lunes, Miér., Juev, Vier., y  
1<sup>st</sup> Martes del mes: 8:30-  
12, 12:45-4:30, otros  
Martes: 9:30a-5:30  
1991 Santa Rita Rd,  
# H - Mission Plaza  
Shopping Center,  
Pleasanton  
(925) 462-2365

**City of Berkeley**  
Lunes a Miércoles:  
8:30-12, 1-5,  
Jueves, 9-12, 1-5  
830 University Avenue  
981-5360

**East Oakland  
WICHealth Center**  
Lunes a Viernes: 9-5  
7450 International  
Boulevard, 613-2255

**La Clinica de la Raza  
- Fruitvale WIC**  
Lunes a Viernes: 8-5:30  
2716 International  
Boulevard,  
Oakland, 535-4110

**- San Antonio WIC**  
Lunes, Martes, Miércoles  
y Viernes:  
8:30 - 5:30  
Jueves: 9 - 5:30  
839 International  
Boulevard, Sala E,  
Oakland, 272-1500

**Native American  
Health Center**  
Lunes a Viernes:  
8:30-5, 3<sup>rd</sup> Sabado:  
8:30-12, 1-5  
3124 International Blvd  
Planta baja, Sala 103  
Oakland, 434-5300

**Tiburcio Vasquez  
Health Center offices  
(510) 471-5913**

**-Fremont**  
Lunes a Jueves:  
8:30-5:00  
39138 State Street

**-Hayward**  
Muchas Jueves y  
algunas Lunes y  
Viernes.  
Ilámenos para las citas  
22331 Mission  
Boulevard

**-San Lorenzo High  
School**  
Ilámenos para las citas  
50 East Llewelling  
Boulevard, Sala S5  
San Lorenzo

**-Union City**  
Lunes a Viernes,  
8:30-5:00  
32970 Alvarado Niles  
Road., Sala 760,  
Union City

**West Oakland  
Health Center**  
Lunes a Viernes, 9-5  
700 Adeline Street  
302-3734

## **¡Familias que trabajan pueden calificar!**

Una familia de dos personas (como una mujer embarazada, o una madre y un niño) puede ganar \$2,247 por mes, antes de los impuestos, una familia de 3 personas \$2,823

Para inscribirse, traiga identificación con prueba de ingresos y domicilio.

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April 2009