

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
(510) 595-6400**

Hours: Monday,
Tuesday, Thursday,
Friday: 8:40-5;
Wednesday:
9:40-1, 3:30-6
Saturdays: 8:40-4:30

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:
795-2457 or
595-6400
Monday, Tuesday,
Thursday, Friday:
8:40-12; 1-5
One Saturday per month:
8:40-12, 1-4:30
Fremont Resource Center
39155 Liberty Street,
Room D-430

Other WIC offices

**Axis Community
Health Center**
Monday, Wednesday,
Thursday, Friday
1st Tuesday: 8:30-12,
12:45-4:30,
Other Tuesdays:
9:30-5:30
1991 Santa Rita Rd,
H - Mission Plaza
Shopping Center,
Pleasanton
(925) 846-5983

City of Berkeley
Monday-Thursday:
8:30-5,
2nd Thursday, 8:30-6:30,
1st Saturday: 11-3
830 University Avenue
(510) 981-5360

**East Oakland
Health Center**
Monday-Friday: 9-5
7450 International
Boulevard
(510) 613-2257, 613-
2216

**La Clinica de la Raza
- Fruitvale WIC**
La Clinica de La Raza
Monday-Friday: 8-5:30
2716 International
Boulevard, Oakland,
(510) 535-4110

- San Antonio WIC
Monday, Wednesday,
Thursday, Friday: 8-5:30,
Tuesday: 8:30- 5:30
1030 International Blvd
Oakland
(510) 272-1500

**Alameda Point
(Native American
Health Center)**
1st Monday, 2nd
Wednesday & 3rd
Saturday, 9-12, 1-4
677 West Ranger Ave.
Alameda, 814-8440,
(510) 814-8440

**Native American
Health Center**
Monday-Friday: 8:30-5,
3rd Saturday:
8:30-12, 1- 5
3124 International Blvd
1st Floor, Room 103
Oakland
(510) 434-5300

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

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

-Fremont
Monday-Thursday: 8:30-5
3845 Beacon Ave.,
Suite A,

- Hayward
Monday-Friday: 8:30-
4:45
22331 Mission Blvd.
(second floor)

- San Leandro
Wednesday, Friday and
some Mondays: 8:30-4:45
15949 E. 14th Street

**West Oakland
Health Center**
Wednesday, Friday
8:30-4:30, Thursday:
phone service only
700 Adeline Street
(510) 302-3734

Legal residence is not
required. Participation in
WIC will not affect your
future application for
citizenship.

This institution is an equal
opportunity provider.

Working Families can get WIC!
A family of two (a pregnant woman, or a parent with
one child) can earn up to \$2,456 per month before
taxes, a family of 3 up to \$3,098

To apply, bring ID, proof of income and address