



San Mateo

General and Sexual Health

San Mateo County Health

Free services provided to community members of San Mateo County.

<https://www.lgbtqconnection.org/>

LGBTQ+ Community and Mental Health Services

Avenidas: Re-Inventing Again

To help older adults in the community be as active, engaged, and healthy as possible throughout their lives by providing relevant services and programs. Services are offered Palo Alto and Mountain View.

Chinese Community Center
4000 Middlefield Rd, Bldg. H5 Palo Alto, CA
94303
650-289-5409

<https://www.avenidas.org/>

Peninsula Family Service

You Talk, We Listen: Short-term confidential counseling program in English or Spanish San Mateo County residents who are at least 55 years old.

24 Second Ave San Mateo, CA 94401
(650) 403-4300

<https://www.peninsulafamilyservice.org/>

Peninsula Family Service - Resource Hotline

Community resource hotline for older adults.
(650) 780-7542

Monday - Friday, 7:30am-4pm