



COMMUNITY GRANTS PROGRAM RESOURCE GUIDE

2025 GRANTEES



On behalf of PHCD Board of Directors, we acknowledge and celebrate the vital contributions of 2025 Grantees in support of achieving optimal health and wellness for our residents.

This Resource Guide offers an introduction to the impactful work of our grantees and showcases an expanding network of community partners dedicated to driving positive change.

By working together, we can amplify impact and build a healthier community in the District.



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 [@peninsulahealthcaredistrict](https://www.instagram.com/peninsulahealthcaredistrict)

 www.peninsulahealthcaredistrict.org

2025 GRANTEES

The District is proud to recognize 28 organizations for their dedication to providing essential community health services in three grant areas: (1) Healthy Aging Across the Life Course, (2) Mental & Behavioral Health, and (3) Preventive Health.

MENTAL & BEHAVIORAL HEALTH GRANTS

✦ **Burlingame RiteCare Childhood Language Center – Expansion**

Burlingame RiteCare Childhood Language Center Expansion (BRCLCE) serves children with Speech, Language and Literacy disorders by providing cost-free, life-changing therapy that will improve the children's communication skills so they can thrive in school, at home their peers, and life. Helping children with speech difficulties can reduce stress with the children and their families. The help that is provided by the Language Center will improve the children and their family's mental & behavioral health. The BRCLCE strives to touch on holistic health by providing cost-free speech therapy, as well as occupational therapy when needed.

Phone: (714) 547-7325
www.CASRF.org/burlingame

✦ **CASA of San Mateo County - Cultivating Mental Health and Wellness for Youth in the Foster Care and Juvenile Justice System**

CASA of San Mateo County will expand its capacity to support growing mental health and wellness needs for youth as part of our Beyond an Advocate programming. This program trains volunteers to provide holistic mental and emotional support to youth outside of their courtroom advocacy duties. It also provides direct support to youth in the form of positive childhood experiences (PCEs), material supplies, and programming to build community with other youth in the foster care and juvenile justice system.

Phone: (650) 517-5840
<https://www.casaofsanmateo.org/>
<https://www.facebook.com/CASAofSanMateo/>
<https://www.instagram.com/casa.sanmateo/>

✦ **Changing Perspectives - Youth Mental Health Support through School-based Social-Emotional Learning**

Changing Perspectives provides comprehensive social-emotional learning and mental well-being resources for educators, school leaders, and caregivers. The school-based program is designed to benefit learners of all abilities, backgrounds, and communities. To support youth in developing pathways to improving mental health through social-emotional development, Changing Perspectives provides: TK - Grade 12 Curriculum Resources; Professional Development; Site Visits; and Family Workshops.

Phone: (888) 870-2210
<https://changingperspectivesnow.org/>
<https://www.facebook.com/ChangingPerspectivesNow>

✦ **Child Mind Institute, Inc. - Empowering School Communities in Mental Health: Transforming Student Well-Being in the PHCD Geographic Service Area**

The Child Mind Institute's Professional Training Program empowers educators and school mental health professionals in the Peninsula Health Care District with evidence-based mental health strategies. By equipping schools with the necessary tools to support student mental health, the program addresses a critical gap in early mental health intervention. Through workshops and the Mental Health Skill-Building Training for school staff, students will gain essential coping skills grounded in Cognitive Behavioral Therapy, promoting emotional resilience.

Phone: (650) 931-6565
<https://childmind.org/>

✦ **CORA - Family Centered Mental Health Program (FCMH)**

CORA's FCMH Program provides free, trauma-informed, evidence-based individual, family, and group counseling in English and Spanish for domestic violence survivors and their children. The program's overall goal is to support clients in the process of learning how to cope with trauma and in securing safety for themselves and their children. The FCMH Program helps survivors decrease negative symptoms and heal from DV-related trauma, reduce the likelihood of re-victimization, and encourage self-sufficiency for future success.

Business Line: (650) 6520800
24 Hour Hotline: 8003001080
www.corasupport.org

✦ **Foster City Village, Inc. - Inspired Aging**

The Buddy Connection Program provides services to those senior individuals who feel isolated, vulnerable, lonely, or depressed and have requested our help. Foster City Village, Inc., offers a "partner" (buddy) for each individual. The buddy offers friendship, a consistent friendly contact (2 times per week), promotes outings, accompanies them to FCV events, and eventually outside events within the community. They offer access - free rides and motivation - for participants to attend health appointments.

Phone: (650) 378-8541
<https://www.fostercityvillage.org>

✦ **Heart & Soul, Inc. - Total Wellness Powered by Peers**

H.O.P.E. is the first peer program in San Mateo County to facilitate support services during hospitalization and post-hospitalization via mental health and substance use recovery and family support. The program provides immediate wellness tools through alternative approaches to mental health recovery and evidence-based practices. These include: Peer Mentors & Family Support, self-care modeling and community resource information. The goal of this support is to develop a self-directed plan and pattern of mental health and/or substance use recovery and subsequent wellness maintenance. Support is also provided through: From Hospitalization to Healthy Community Integration and Supportive Employment Coordination.

Phone: (650) 232-7426
<https://www.heartandsoulinc.org>
<https://www.facebook.com/HeartandSoulOrg/>
<https://www.instagram.com/poweredbypeers/>

✦ **Izzi Early Education - Early Childhood Mental Health Consultation Program**

The Early Childhood Mental Health Consultation Program offers mental health support to Izzi Early Education (formerly IHSD) staff, children, and families. It aims to reduce disparities in mental healthcare by providing culturally sensitive and linguistically appropriate mental health consultations focused on addressing behavioral challenges and developmental delays in the District's most vulnerable young children. Activities include mental health meetings in center-based, family childcare, and home-based settings, classroom observations with parent permission, emotional support, training, and referrals to additional services. PHCD funding will help sustain the program at Izzi's Lakewood and San Bruno preschool locations.

Phone: (650) 578-3440

www.izziearlyed.org

<https://www.facebook.com/izziearlyed>

<https://www.instagram.com/izziearlyed/>

✦ **Kara - Bereavement Support, Grief Education, and Crisis Response**

Kara offers an array of bereavement support services, providing grieving youth, adults, families and organizations with the healing space, connections, and tools they need to move along their unique journey of loss toward renewed hope and meaning. Comprehensive grief support services are aimed at both intervention and prevention for individuals and organizations facing loss. Kara's services promote mental, emotional and physical health, restoring healthy functioning and wellbeing for those in the throes of grief through compassionate bereavement support. Peer-based support services are offered at no cost in English and Spanish, and via telehealth, as needed.

Phone: (650) 321-5272

kara-grief.org

<https://www.facebook.com/KaraGrief>

<https://www.instagram.com/kara.grief>

✦ **MELP/ AbleCloset - Free Durable Medical Equipment For All**

The MELP (Medical Equipment Loan Program) provides standard mobility and safety equipment—such as walkers, wheelchairs, and shower chairs—primarily for adults, while AbleCloset focuses on offering specialized equipment for children with moderate to severe disabilities. Both programs receive donated durable medical equipment (DME), which is carefully cleaned and repaired as needed, then made available at no cost to those in need, ensuring that individuals have access to the equipment they require to improve their quality of life. To meet a growing demand, MELP/AbleCloset works with dedicated volunteers who support their mission with enthusiasm and commitment.

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

<https://ablecloset.com/>

<https://www.facebook.com/AbleCloset>

✦ **One Life Counseling Center - Training Providers and Serving Children Ages 0-12 with Mental Health Care and Supportive Services**

This program uses three strategies to respond to the community need for pediatric mental and behavioral health services: (1) learning each client's cultural and linguistic needs, schedules, income, and specific mental health needs at intake and connecting them with an appropriate therapist and low-fee payment plan; (2) providing culturally and linguistically competent individual counseling services to children and their families who are in mental health crises and cannot afford therapy; and (3) connecting clients to additional services to provide a continuum of care for basic needs.

Phone: (650) 394-5155

<http://www.onelifecounselingcenter.com>

<https://www.facebook.com/onelifecounselingcenter>

<https://www.instagram.com/onelifecounselingcenter/>

HEALTHY AGING ACROSS THE LIFE COURSE GRANTS

✦ **Ability Path - Adult Day Program - Pathways Health & Wellness**

AbilityPath's Pathways Program serves individuals from ages 18 to 80+ who have intellectual or developmental disabilities, some of whom have a secondary disability or mental health diagnosis. Pathways has developed a Health and Wellness curriculum to meet the evolving needs of adults with intellectual and developmental disabilities (IDD) that promotes healthy aging, disease prevention, health education, dental health, physical activity, and mental health. Program components include hands-on classes and instruction, education and community engagement, psychological support, and senior-specific programming which are designed to promote, educate, and support healthy living for individuals with intellectual and developmental disabilities (I/DD).

Phone: (650) 259-8500

www.abilitypath.org

<https://www.facebook.com/abilitypath>

https://www.instagram.com/ability_path/

✦ **AnewVista Community Services - Leveling the Tech Playing Field: Ensuring Seniors Have Equal Access to Information and Resources**

AnewVista Community Services (ANVCS.org) empowers seniors to thrive in the digital age, offering practical technology training to lead seniors on a journey from frustration to competence to confidence; ultimately, becoming tech evangelists within their communities. Delivering over 200 online and in-person technology sessions covering 150 topics, weekly blogs and reels, and office hours. ANVCS.org covers essential skills like internet access, online health portals, digital connection tools, and cybersecurity, plus emerging technologies like AI. By improving digital literacy, they reduce health disparities, improve social connectedness and empower seniors to make informed decisions while aging in place.

Phone: (650) 300-0688

www.anvcs.org

<https://www.facebook.com/AnewVista/>

<https://www.instagram.com/anewvistacs/>

✦ **Burlingame Parks and Recreation - *Let the Sunshine In***

Let the Sunshine In is an initiative designed to enhance the physical and mental well-being of seniors by reconnecting them with nature and offering engaging recreational activities. The program has provided opportunities for seniors to explore the outdoors, participate in light physical activities, and build lasting memories with friends at a subsidized cost, making these trips more financially inclusive. We aim to provide outdoor activities tailored to participants' interests and physical abilities. Some activities may include nature walks, picnics, animal-watching excursions, gentle hikes/walks, and guided tours. The program aims to promote health equity for all patrons.

Phone: (650) 558-7330

<https://www.burlingame.org/1076/Parks-Recreation>

<https://www.facebook.com/BurlingameParksandRec>

https://www.instagram.com/burlingame_parksandrec/

✦ **CALL Primrose - *Community Pantry***

CALL Primrose provides free, healthy groceries to low-income households in San Mateo County. Services are offered weekdays from 9:30 am to 2:45 pm on a drop-in basis; anyone in need is welcome. Through community partnerships, CALL Primrose has access to a wide variety of grocery items, placing an emphasis on obtaining those that are nutritious and most beneficial to clients. The current distribution model is client-choice based, with a goal that is two-fold; empowering clients with the ability to choose and waste reduction. CALL Primrose customizes each bag of groceries to client specifications, ensuring only those items each household wants or can use.

Phone: (650) 342-CALL (2255)

www.callprimrose.org

<https://www.facebook.com/callprimrose>

<https://www.instagram.com/callprimroseburlingame/>

✦ **Peninsula Family YMCA - *Parkinson's Wellness Program***

Parkinson's Wellness Program is a specialized initiative designed to provide comprehensive support for individuals living with Parkinson's disease, as well as their caregivers. The program educates participants and caregivers on managing Parkinson's through movement classes, wellness education, and mental health support, empowering individuals to take charge of their health. While Parkinson's cannot be prevented, the program helps prevent physical decline by focusing on exercise and therapies to reduce falls, stiffness, and loss of independence. It advocates for patients and caregivers by offering support groups and resources, ensuring their needs are heard. Through support groups and community-building activities, participants can combat isolation, depression, and anxiety, which are common with chronic illness.

Phone: (650) 286-9622

<https://www.ymcasf.org/locations/peninsula-family-ymca>

✦ **Villages of San Mateo County - A Village Experience: Reimagining Aging through Connection, Purpose, and Mutual Support**

The Village program offers a volunteer-driven, cost-effective solution to improve the health and wellness of aging adults and allows them to age securely in their own homes and the communities they love. Villagers are part of a supportive community focused on connection, purpose, and mutual assistance. Volunteers provide transportation, help with errands, home safety evaluations, maintenance, technology support, and friendly visits. The program also hosts social events, health education, outings, and more to foster engagement. Additionally, the program assists with life transitions, making referrals and involving social workers when necessary.

Phone: (650) 260-4569

<https://www.villagesofsmc.org>

✦ **Vista Center for the Blind and Visually Impaired - Vision Loss Rehabilitation Program**

The Vision Loss Rehabilitation Program teaches necessary skills to an adult/senior who is losing or has lost their vision to maintain or regain independence. The strategy is to optimize remaining vision by learning technology, tools and techniques like contrast, magnification, voiceover, digital assistants, and new skills for activities of daily living. Certified Rehabilitation Specialists meet with individuals to assess needs and develop their "customized service plan" including low vision Exams, 1:1 / Group counseling /support groups, rehabilitation instruction in daily living skills (meal preparation, safely take medication) and/or orientation and mobility (white cane training and fall prevention), assistive technology for effective communication. Services are provided at home, community, and Vista's office /Clinic in Palo Alto.

Phone: (650) 858-0202

www.vistacenter.org

<https://www.facebook.com/vistacenterfortheblind/>

PREVENTIVE HEALTH GRANTS

✦ **Bay Area Community Health Advisory Council (BACHAC): Community Mammogram Program and Breast Cancer Prevention Education**

For over 25 years, the Community Mammogram and Breast Cancer Prevention Program has provided education and free mammograms to individuals in San Mateo County who cannot access regular screenings due to lack of insurance or other barriers. Many are homeless, low-income, or lack the ability or knowledge of how to access screenings. Specific program activities include: (1) Outreach and engagement with the community via a trusted member and organization through Community Health Village "pop-up" clinics, (2) Bilingual education and outreach through community health outreach professionals, culturally relevant services, referrals, and follow-up, (3) Health education, including how to conduct self-examinations, promotion of breast health, and symptoms of breast cancer, (4) Partner with a healthcare organization to provide mammograms and medical follow-up, and (5) Medi-Cal education and re-enrollment to access health insurance.

Phone: (650) 204-1611

www.bachac.org

<https://www.facebook.com/TheBACHAC/>

<https://www.instagram.com/thebachac/>

✦ **Breathe California of the Bay Area, Golden Gate, and Central Coast: Seniors Breathe Easy**

Seniors Breathe Easy delivers health and wellness programs at senior centers, seniors' homes, and community locations in target PHCD areas, focusing on populations with health inequities and including emerging health threats such as extreme heat and air quality, wildfires, RSV, and COVID. Services include health education presentations; health screenings; smoking cessation assistance; breathing exercise programs; home visits for assessment/education of environmental lung health risks and fall prevention; and provision of respiratory therapy equipment for needy seniors.

Phone: (408) 998-5865

www.lungsrus.org

<https://www.facebook.com/BreatheCaliforniaBA/>

<https://www.instagram.com/breathebayarea/>

✦ **Chinese Hospital - Health Education and Wellness Screening**

Chinese Hospital's Health Education and Wellness Screening program, in collaboration with various community partners, will hold eight community health fairs in the District. They will offer free health screenings and tests (for diabetes, osteoporosis, blood pressure, BMI) and health education in English and Chinese in support of preventive care, chronic disease management, mental health, and healthy aging. Planned locations include the Millbrae Recreation Center and Burlingame Community Center.

Phone: (415) 982-2400

<https://chinesehospital-sf.org>

<https://www.facebook.com/chinesehospitalsf>

<https://www.instagram.com/chinesehospitalsf/#>

✦ **Each Green Corner - Living Campus**

Each Green Corner's (EGC) Living Campus Program partners with local school districts and community centers to design, install, and maintain agriculture-centered outdoor educational settings and food gardens. Produce is harvested by families and school staff and donated to local food distribution partners or directly given to community members facing food insecurity. To support educators, families, and children at school sites, EGC offers the Food Explorers Program, an interactive curriculum aligned with Common Core and California Health Education standards. This program aims to foster lifelong food connections by engaging children in culturally inclusive food systems education.

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

<https://www.facebook.com/EachGreenCorner>

<https://www.instagram.com/eachgreencorner/>

✦ **El Concilio of San Mateo County - Health and Wellness Case Management Program**

El Concilio of San Mateo County's Health and Wellness Case Management program offers culturally tailored support to immigrant and low-income families in the District who face barriers in accessing available services and resources. Clients are connected to the program through promotores, who conduct outreach and canvassing in hard-to-reach communities, sharing information about services and resources. For clients needing additional assistance, promotores refer them for in-depth 1:1 case management sessions with a caseworker. These sessions provide advocacy, education, and referrals to preventive health services such as mental health support, vaccinations, and basic needs like food, shelter, and financial aid. The program also offers translation, enrollment, and assistance with medical coverage applications and screening appointments.

Phone: (650) 373-1080

www.el-concilio.org

<https://www.facebook.com/ElConcilioofSanMateoCounty>

<https://www.instagram.com/elconciliosmc/>

✦ **First 5 San Mateo County - Help Me Grow San Mateo County**

Help Me Grow (HMG) is a national model that connects families to resources supporting child development. It includes four core components: Child Health Provider Outreach, which helps pediatricians promote development and early detection; Family and Community Outreach, which facilitates provider networking and supports families; Centralized Access Point (CAP), a call center and virtual hub for information and referrals; and Data Collection/Analysis to improve the system. Grant funds will support the implementation of HMG in PHCD, ensuring a targeted, holistic approach for families and providers, with parity to other HMG systems.

<https://first5sanmateo.org/>

<https://www.facebook.com/F5SMC>

<https://www.instagram.com/first5sanmateo/>

✦ **Fresh Approach - From Knowledge to Nourishment: Bridging Nutrition and Food Access**

Fresh Approach (FA) will offer online VeggieRx nutrition and cooking workshops in English and Spanish, covering nutrition, cooking basics, and food access strategies, with participants receiving vouchers for local farmers' markets. They will also host in-person cooking demonstrations at San Mateo farmers' markets, featuring culturally relevant recipes using seasonal produce to promote healthy eating. Additionally, Fresh Approach will collaborate with local food banks and pantries to conduct food-as-medicine cooking demos, educating clients on the benefits of fresh produce and utilizing food benefits at farmers' markets. These efforts aim to encourage healthier eating habits and improve food access in the community.

Phone: (925) 771-2990

www.freshapproach.org

<https://www.facebook.com/freshapproach/>

◆ **Healthier Kids Foundation – HearingFirst**

Healthier Kids Foundation's HearingFirst program will screen over 1,000 children in preschool through 8th grade at six San Bruno Park School District schools during the 2024-2025 school year. The initiative focuses on early detection and prevention of hearing issues using OAE screening devices and Audiometers. For children requiring further care, Parent Advocates will assist families in navigating insurance, connecting them with pediatricians and audiologists to ensure children receive the necessary care.

Phone: (408) 564-5114

<https://hkidsf.org>

<https://www.facebook.com/HealthierKidsFoundation/>

◆ **The HEAL Project (THP) - Farm Field Trip Program for San Mateo County Students**

The HEAL Project's Farm Field Trip Program serves over 3,500 school-aged children from across San Mateo County each year, providing lessons designed to grow students' Health, Environmental & Agricultural Literacy. The program takes a unique approach to delivering nutrition education, where kids get to try fresh produce, they pick themselves and learn about the hard work that goes into growing food. Every student who visits the Farm plants a seed, harvests fresh produce directly from the field, and prepares their own healthy snack with seasonal produce. THP's programs emphasize empowering kids with the knowledge and skills to prepare food for themselves and be brave about trying new things.

Phone: (650) 918-2422

<https://www.thehealproject.org>

<https://www.facebook.com/theHEALprojectUSA/>

<https://www.instagram.com/thehealprojectusa/>

◆ **ViaHeart Project - HeartSafe Community - Rescue Ready AEDs in the Community
Locations in Need**

This enhanced AED program will expand the HeartSafe Community Program in PHCD by increasing access to automated external defibrillators (AEDs) for sudden cardiac arrest victims. New AEDs will be placed in key community locations, supported by two years of management services, including replacement supplies and an online tracking system to ensure they remain rescue-ready. The program will also replace aging AEDs at risk of failure, providing two years of maintenance to keep them in optimal condition. Additionally, recipients will receive demonstrations on AED usage and hands-only CPR to ensure effective response in emergencies.

Phone: (800) 284-0125

www.viaheartproject.org

<https://www.facebook.com/viaheartproject>

*We are deeply thankful for boosting well-being and improving
quality of life for residents within our community.*