

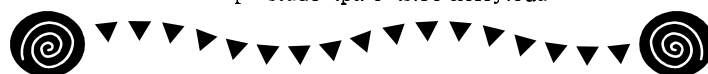
# Once Upon A University



## A Handbook for Student Parents



Student Parent Center  
Centers for Transfer, Re-Entry, and Student Parents  
University of California, Berkeley  
100 Cesar Chavez Student Center  
Berkeley, CA 94720-4260  
(510) 643-9758  
<http://studentparents.berkeley.edu>



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# Housing Options for Student Families



## UC Family Student Housing

Apartment Assignments Office

2610 Channing Way

Berkeley, CA 94720-2272

(510) 642-4109

Office Hours: Monday-Friday, 10am-4pm

[www.housing.berkeley.edu/housing/family](http://www.housing.berkeley.edu/housing/family)

### Information:

UC Berkeley offers two Family Student Housing sites named University Village (including East Village) and Smyth-Fernwald. The apartments range from one to three bedrooms, with one or two bathrooms.

### University Village:

The majority of student families are housed in University Village. The Village, located in the City of Albany, is just 3 miles north of campus, with main entrances off of San Pablo Avenue and Marin Avenue. There is access to public transportation from the Village to campus (via #52 bus line). Also, each apartment is assigned one free parking space.

University Village has various resources available to its residents. There is an Academic Center that houses a quiet and comfortable Study Center and a Computer Center. Residents can also utilize the Family Resource Center (FRC). It offers (free) two-hour slots for children activities while parents use the Academic Center, do laundry in the Village, or study in their apartments. Also, the Village Recreation program offers a wide variety of programs for adults and children. Examples include badminton, volleyball, baseball, and gymnastics. In addition, the Village office publishes a monthly newsletter with information and resources for families. Moreover, there is a teen center that offers specific programs for youth. The University Village Youth Services operates Kids Corner, an after school program for children in 3<sup>rd</sup> through 5<sup>th</sup> grade, as well as activities for youth in 6<sup>th</sup> through 12<sup>th</sup> grade.

Children who live in University Village reside within the Albany Unified School District, which operates both preschool and after school programs located in the Village. You can apply to the school district before you move into the Village, and should do so as soon as you received a housing confirmation letter. Albany School District is located at 904 Talbot Avenue, Albany, CA 94706. Phone: (510) 558-3750.

### Smyth-Fernwald:

This is a smaller complex of apartment units on the southeastern edge of the Berkeley campus. It is within walking distance to the campus, with great Bay Area views. Moving into Smyth-Fernwald usually means a longer wait and many families start out in the Village and then move to Smyth-Fernwald as vacancies occur. Residents of Smyth-Fernwald are given one free parking space and if needed, can purchase a second parking space.

There is a community center at Smyth-Fernwald, which is used for various social and recreational activities. Although there is no Academic Center at the complex, Smyth-Fernwald residents can access the Clark Kerr Campus Academic and Recreation Centers, located near the apartment complex.

Children who live at Smyth-Fernwald reside in the Berkeley Unified School District, which operates preschool and after school programs. Berkeley Unified School District is located at 2134 Martin Luther King, Jr. Way, Berkeley, CA 94704-1180. Also, UC Berkeley Early Childhood Education Program operates three programs – toddlers, preschool, and after school – on the Clark Kerr Campus.

### Rental Rates:

Rents are relatively affordable, given the high Bay Area housing costs, and vary by apartments. The 2002-2003 rates for two bedroom apartments range from \$736 - \$1357.

### How to Apply:

Applications for housing can be obtained via written request, phone call, a hard copy (picked up directly at the

office, or computer download at  
[www.housing.berkeley.edu/housing/family/application.pdf](http://www.housing.berkeley.edu/housing/family/application.pdf).

Married (with or without children) or single-parents are eligible for family student housing. Along with your application, you will need to provide verification of student status (a copy of your registration card or letter of acceptance), a copy of your marriage certificate (if you are married), a copy of your child/children's birth certificate/s, and proof of custody (if you are a single parent).

If you do not have all of these documents, you may still apply for housing. Your application will be **inactive**, but you will be placed on the waiting list. However, you will not be offered an apartment until your application is complete. While on the waiting list, you must **RENEW** your application by writing or calling the office each semester in April and October.

## **Family Housing in the Community**

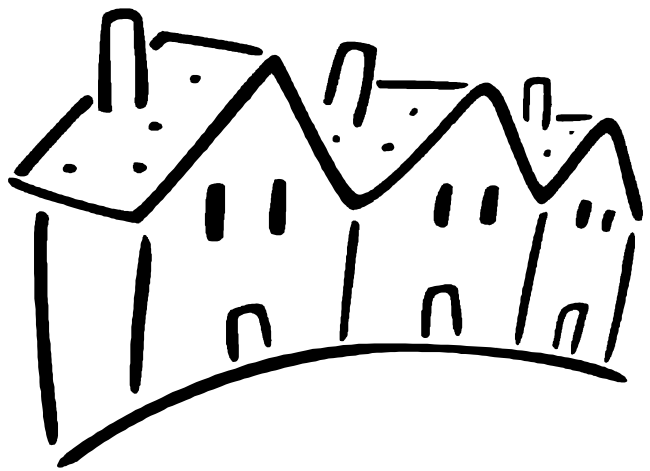
Cal Rentals  
2610 Channing Way  
Berkeley, CA 94720  
(510) 642-3642  
Office Hours: Monday-Friday, 10am-4pm  
[Calrentals.housing.berkeley.edu](http://Calrentals.housing.berkeley.edu)

### **Information:**

Cal Rentals provides housing advising and referrals to non-University housing (shared housing, vacant apartments and houses, and room/work exchanges). Housing lists are updated daily and are available to students by email, online, or custom printout. To begin accessing the services, you can go to the website (listed above) or present your current Cal ID at the office. If you do not have your Cal ID, you can present your letter of acceptance and a photo ID at the office.

If you need to come to campus during the summer to look for housing, Cal Rentals can refer you to guest residence for visitors or other short-term rental options while you search for permanent housing.

Re-Entry students and graduate student families may also access Faculty-Staff housing listing on a fee for service basis. Contact this service at (510) 642-0706



# Child Care

## UC Berkeley

### Early Childhood Education Programs

Office for Student Families

2610 Channing Way

Berkeley, CA 94720

Phone: (510) 642-1827

Office Hours: Monday-Friday 8:00am-5:00pm

[www.housing.berkeley.edu/child/families](http://www.housing.berkeley.edu/child/families)



#### Information:

The University administers a comprehensive Child Development Program, which serves infants, toddlers, pre-schoolers and school age children, at eight sites on or near the campus. You can apply as soon as you are admitted to UC Berkeley. Despite the size of the program, which serves 209 families, the need for child care exceeds the supply. In particular, parents of infants and toddlers may find themselves with very limited child care options.

**A special note for parents seeking UC infant care:** Timing is everything! Parents can only apply for child care if their child will be 3 months old by the start of the Fall semester (late August) or at least 7 months old by the start of the Spring semester (early January). Therefore, if you have a summer baby in June or July (a very good time in terms of school) you will not be eligible for that Fall semester (at age 1-2 months) or the Spring semester (at age 5-6 months). You can only apply for the following Fall semester for the toddler program, since your child will then be over a year old.

#### Hours of Operation:

UC Early Childhood Education programs operate during the academic school year. Also, depending on funding, summer care may be provided for financial aid eligible student parents who attend summer school. During the school year, infant care (ages 3-14 months) is provided for half-day only (either 8am-Noon or 1pm-5pm). Toddler and Preschool

care is provided from 8:15am-5pm and after school care for children in Kindergarten to 2<sup>nd</sup> grade is provided from 1pm-5:30pm

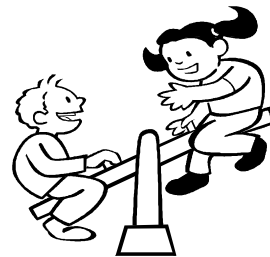
#### Eligibility and Fees:

Fees for child care are determined according to a sliding scale set by the State Department of Education. Fees are based on family size and gross monthly income (most Financial Aid sources do not count as income)

#### How to Apply:

You can apply as soon as you are admitted to UC Berkeley. You can pick up an application at the main office (address listed above), request it be mailed to you or download an application at

[www.housing.berkeley.edu/child/aboutus/application.html](http://www.housing.berkeley.edu/child/aboutus/application.html). You can also pick up an application at the Student Parent Center, 100 Cesar Chavez Student Center. Your place on the eligibility list can change depending on your **priority** status (based on income and family size).



## Other Local Subsidized Child Care

#### Please Note:

The following is a partial listing of local subsidized (lower cost/sliding scale) programs and/or programs close to campus or family housing. For complete listings of all licensed child care programs, you can contact a local Child Care Resource and Referral Agency (e.g. BANANAS for families residing in Northern Alameda County. Refer to page 11 for additional information about BANANAS).

### **Albany Children's Center**

800 Red Oak Ave

Albany, CA

(510) 559-6590

Office Hours: 7:30am-12:30pm & 2:30pm-6pm

Information:

The Albany Children Center serves student families living in the City of Albany. Student families who have been admitted to UC Village housing, but have not yet relocated to the area can apply before they move into UC Village. The Center provides child care services on school grounds for school age children, who attend Marin Elementary and Oceanview Elementary. For children who are not of school age or attend Cornell Elementary school, child care will be provided at the UC Village site.

**Hours of Operation:**

The Center operates year round (includes summer care) by the Albany Unified School District and serves children three years old to 3<sup>rd</sup> grade. Child care services are Monday through Friday, starting as early as 7:30am and ending as late as 6:30pm.

**Eligibility and Fees:**

Fees for care are based on a sliding scale established by the state. Families whose incomes do not fall within the state subsidized eligibility guideline may also be enrolled at full cost.

**How to Apply:**

Apply directly to the Albany Children's Center.

**Albany Kid's Corner**

University Village Community Center  
1125 Jackson Street  
Albany, CA 94706  
(510) 526-2043  
Office Hours: Monday-Friday, 9am-5pm

**Information:**

Albany Kid's Corner offers children creative arts and social activities.

**Hours of Operation:**

Kid's Corner provides after school care for 3rd, 4th and 5th graders from 1:30 to 6:00pm daily, and full day care on school holidays. There is also full day care during the summer, from 8am-6pm.

**Eligibility and Fees:**

For child care five days per week, from 1:30pm to 6:30pm, you can expect to pay approximately \$265 per week. Kid's

Corner does not offer subsidized childcare, but they do offer a small scholarship to defray child care cost.

**How to Apply:**

Apply directly with Albany Kid's Corner.

**Albany Memorial Park Child Care**

Child Care Location

Friendship Club-Memorial Park  
1331 Portland Avenue  
Albany, CA 94706  
(510) 559-7220

**Information:**

The Center provides care for children who are attending Albany elementary schools (1<sup>st</sup> to 5<sup>th</sup> grades only). The program provides a well-supervised environment for children to make friends, enhance self-esteem, and develop social skills.

**Hours of Operation:**

Child care is provided Monday through Friday from 1:30pm to 6pm throughout the school year. During winter, spring, and summer breaks, child care service is available from 8am to 6pm.

**Eligibility and Fees:**

Fees vary based on hours that you need care.

**How to Apply:**

You must apply in person at the Albany Community Center, located at 1249 Marin Ave. Albany, CA 94706. Office hours are between 8:30am-5pm. For additional information you may call the office at (510) 524-9283.

**Albany Preschool**

850 Masonic  
Albany, CA  
(510) 527-6403

**Information:**

This program provides care for children who are age 3 (by 12/2) to age 5.

**Hours of Operation:**

This center operates from 9am to 6pm.

**Eligibility and Fees:**

Some limited partial fee scholarships are available.

**How to Apply:**  
Apply directly at the office.

### **BAHIA INC/Centro Vida Bahia**

1000 Camelia Street  
Berkeley, CA 94710  
(510) 525-1463  
Office Hours: Monday-Friday, 7:30am-5:30pm

**Information:**

This is a year-round bilingual program located at two sites in West Berkeley. It serves children 2 to 10 years of age.

**Hours of Operation:**

For children ages 2-5 years old, the Bilingual preschools operate from 7:30am to 5:30pm. For children ages 5-10, the bilingual after school programs are offered from 1:30-6:30 p.m. Also, in the summer time and on school holidays, care is available for all age groups, from 7:30am to 6:00 pm.

**Eligibility and Fees:**

The center offers subsidized (low or no-fee) service for eligible families.

**How to Apply:**  
Apply directly at the office.

### **Berkeley-Albany Family Day Care Association**

2414 6<sup>th</sup> Street  
Berkeley, CA 94710  
(510) 549-1223  
Office Hours: Monday-Friday, 9am to 5pm



**Information:**

Berkeley/Albany Family Day Care Association members are home-based licensed providers located throughout Berkeley and Albany. The Association administers an alternate payment program that subsidizes child care for low-income families at a family day care home or center selected by the parent.

**Fees:**

To be eligible for services, you must either be enrolled in the CalWORKS program or meet the income requirement set by the state and/or city. Fees will vary based on income and family size.

**How to Apply:**

To apply, call the office at (510) 549-1223 to get on the waiting list.

### **Berkeley-Albany Headstart Programs**

Main Office  
1009 10<sup>th</sup> Street  
Berkeley, CA 94702  
(510) 848-9092



Office Hours: Monday-Friday, 9am-5pm

**Information:**

Headstart programs are open year round and serve eligible low-income families at no cost. Programs include Early Headstart for children age 4 months to 3 years, and also Headstart for children age 3-5 years old.

**Hours of Operation:**

These programs offer care Monday through Friday, for various hours throughout the day (7:30am to 5:30pm). Hours of care will depend on the parent's work and/or school schedule(s).

**Eligibility and Fees:**

Care is provided at no cost for eligible low-income families.

**How to Apply:**  
You need to pick up an application at the main office (listed above).

### **Berkeley-Albany YMCA Kids Club**

Albany YMCA  
921 Kains Ave.  
Albany, CA 94706  
(510) 525-1130



Downtown Berkeley YMCA  
2001 Allston Way  
Berkeley, CA 94704  
(510) 848-9622

**Information:**

Kids Club operates before and after school programs, which are located at ten elementary schools (grades K-5 in Albany and K-6 in Berkeley).

**Hours of Operation:**

Days and hours of operation are Monday-Friday 7:30am-6pm. Also, during the summer time, care is available from 7:30am to 6pm.

**Eligibility and Fees:**

There are both full-cost and subsidized spaces. To receive subsidized care, you must apply for financial assistance with YMCA. Financial assistance will be based on your income and family size. If eligible for financial assistance, you can receive a discount between 10%-50%.

**How to Apply:**

Apply directly at one of the YMCA branches (Albany or Berkeley).

**Berkeley Parent-Nursery Schools**

1460 8<sup>th</sup> Street,  
Berkeley, CA 94710  
(510) 644-6339  
Office Hours: Monday-Friday, 9am-5pm

**Information:**

Berkeley Parent-Nursery Schools, administered by the Berkeley Unified School District, offer half-day care and preschool classes. Children must be between 2.9 and 5 years of age and be potty trained.

**Hours of Operation:**

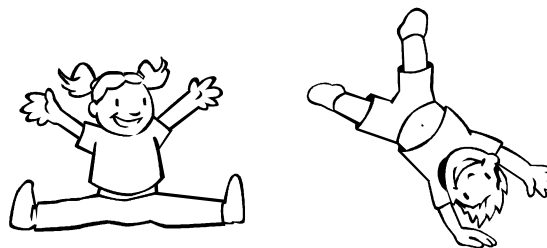
This program operates Monday through Friday and runs for ten months out of the year (end of August through the end of June). Parents choose one session, either 9am-Noon or 12:30-3:30pm. Also, depending on the parent's school and/or work schedule, all day child care (7:30am-5:45pm) may be available.

**Eligibility and Fees:**

Fees will depend on family size and income. Low-income families receive priority. Also, the program does not consider financial aid, student loans, and scholarships as income.

**How to Apply:**

Contact the office directly for an application. Make sure that you bring your child's immunization record, birth certificate, and proof of income (if the only income you have is financial aid, bring your financial aid award letter).

**Berkeley Parks and Recreation**

2016 Center Street  
Berkeley, CA 94704  
Phone: (510) 981-5150  
Email: recreation@ci.berkeley.ca.us  
Office Hours: Monday-Friday, 8am to 5pm

**Information:**

The City of Berkeley's Community Recreation Centers operate various after school programs for school-age children. The centers also operate full day care during school holidays and vacations.

**Hours of Operations:**

Varies by site.

**Eligibility and Fees:**

Varies by site.

**How to Apply:**

To apply and/or for additional information, you will need to contact each of these sites individually:

James Kenney Recreation Center  
1720 8<sup>th</sup> Street  
West Berkeley, CA  
(510) 981-6650

Willard Club House  
2720 Hilegass Street  
Berkeley, CA  
(510) 644-8517

Frances Albrier Recreation Center  
800 Park Street  
Southwest Berkeley, CA  
(510) 644-8515

Young Adult Project  
Martin Luther King Jr. Youth Services Center  
1730 Oregon Street  
Berkeley, CA  
(510) 981-6670





## Berkeley-Richmond Jewish Community Center

1414 Walnut Street  
Berkeley, CA 94709  
(510) 848-0237  
Office Hours: 9am-5pm



### Information:

The Center operates preschool (ages 2-5) and an after school program for grades K-6, year round. Extended Care program and drop in childcare is also available.

### Hours of Operation:

Care begins as early as 8am and ends at 5:30pm.

### Eligibility and Fees:

Fees vary based on the number of days needed for care. Scholarships may be available to cover child care cost.

### How to Apply:

Apply directly at the center.

## Berkeley Unified School District Child Care Programs

1939 Ward Street  
Berkeley, CA  
(510) 644-6405  
Office Hours: Monday-Friday, 9am-5pm.

### Information:

Berkeley Unified School District operates early childhood education programs at various sites.

### Hours of Operation:

Vary by sites.

### Eligibility and Fees:

Subsidized childcare is available.

### How to Apply:

To apply, you must pick up an application from the office (address listed above).

## Montessori Pre Schools

Berkeley Montessori Pre Schools  
Preschool and Kindergarten  
2030 Francisco Street  
Berkeley, CA 94709  
(510) 849-8340

### Information:

Berkeley Montessori School campus is centrally located in North Berkeley near the UC Berkeley campus.

### Hours of Operation:

For preschool programs, you have the option to choose between two sessions, 9am-3pm or 7:30am-6pm.

### Eligibility and Fees:

You can expect to pay \$10,900. However, there is a tuition assistance program that assists low-income families with the cost.

### How to Apply:

Families interested in the preschool program must submit an enrollment application with a \$50 nonrefundable fee. For additional information, you can contact the Admission Director at (510) 849-8340.

### Additional Information:

You may want to contact Nia's House, another Montessori preschool, at (510) 845-6099. They have a few subsidized slots available.

## St. John's Infant Center

2727 College Avenue  
Berkeley, CA 94705  
(510) 549-9342



Office Hours: Monday-Friday, 7:30am-4:30pm

### Information:

St. John's Infant Center, funded by the state of CA, provides infant and toddler programs for ages 3 months to 3 1/2 years of age. Also, the center is located near campus.

### Hours of Operation:

Childcare services are available Monday through Friday, from 7:30am to 6pm.

### Eligibility and Fees:

Eligibility and fees are based on income and family size.

**How to Apply:**

To apply, you must call the center first to make an appointment with Catherine Bail, Director, or her secretary, Nicole Buller.

**Step One Nursery School & Kindergarten**

499 Spruce

Berkeley, CA 94708

(510) 527-9021

Office Hours: Monday-Friday, 8:00am-6:00pm.

**Information:**

This is a year-round program that serves children ages 2 through Kindergarten. Children must be at least 2 years old by September 1<sup>st</sup> in order to be allowed into the program.

The nursery also provides extended care.

**Hours of Operation:**

The Center operates from 8:00am-6:00pm.

**Eligibility and Fees:**

Cost for care varies depending on the age of the child and hours needed. There are partial scholarships available, which can cover 50% of the child's tuition for the nursery school.

**How to Apply:**

You can apply directly with the center.

**Sick Child Care Program**

Wheezles and Sneezles Sick Child Care Program

1108F San Pablo Street

Albany, CA

(510) 526-7425

**Information:**

Wheezles and Sneezles is a state funded program, located in University Village Family Housing. It provides services for children who are mildly ill (recovering from colds/flu), but are excluded from their regular program. For children who are too contagious for the group care program, there is also a home health care worker who can provide care in your home. However, home health care is only provided for families residing in Albany, Berkeley, El Cerrito, Richmond Annex, and part of Oakland.

**Hours of Operation:**

Wheezles and Sneezles is open from 8:00am-5:00pm, Monday-Friday.

**Eligibility and Fees:**

The program is subsidized, based on income. Services in the center range between \$0 to \$7 per hour. In home health care service ranges from \$0 to \$10 per hour.

**How to Apply:**

Parents are encouraged to complete the eligibility process for their children by completing certain documents prior to utilizing the services. For additional information and/or to receive services, call (510) 526-SICK (7425).

**Child Care Related Resources****BANANAS!**

5232 Claremont Avenue

Oakland, CA 94618

[www.bananasinc.org](http://www.bananasinc.org)

General Information

(510) 658-7353

Monday-Thursday, 9:30am-4:30pm

Friday, 9:30am-1pm, Tuesday, 7pm-9pm

Child Care Referral Line

(510) 658-0381

Monday-Thursday, 10am-4pm

Friday, 10am-1pm, Tuesday evening, 7pm-9pm

**Information:**

BANANAS is a non-profit child care referral and support agency serving the diverse families in Northern Alameda County, California. It provides free parenting information, workshops and referrals to family child care, child care centers, preschools, babysitters, in-home caregivers, nannies and playgroups. In addition, Bananas has information in a number of specialized areas including care for children with special needs, subsidized child care programs, parent cooperatives, and arranging in-home child care shares or trades.

**Additional Information:**

If you need information on child care and family services beyond the Albany/Berkeley/Oakland area, you can contact the **California Child Care Resource and Referral Network** at 415/343-3300 for information on other Resource and Referral agencies in California.

**Local Nanny Services:**

Moms Away: (510) 559-9195

Nannies Limited: (925) 803-1040

**Kids Express:**

Kids Express provides transportation for children (to after school programs, doctors appointments, etc.) in Albany, Berkeley, and Oakland. Call (510) 559-9651 for fees and information.

**Trustline:**

Parents throughout California can check prospective babysitters for criminal or child abuse histories. Call 1-800-822-8490 to request a background check or for more information.

**Parents' Press:**

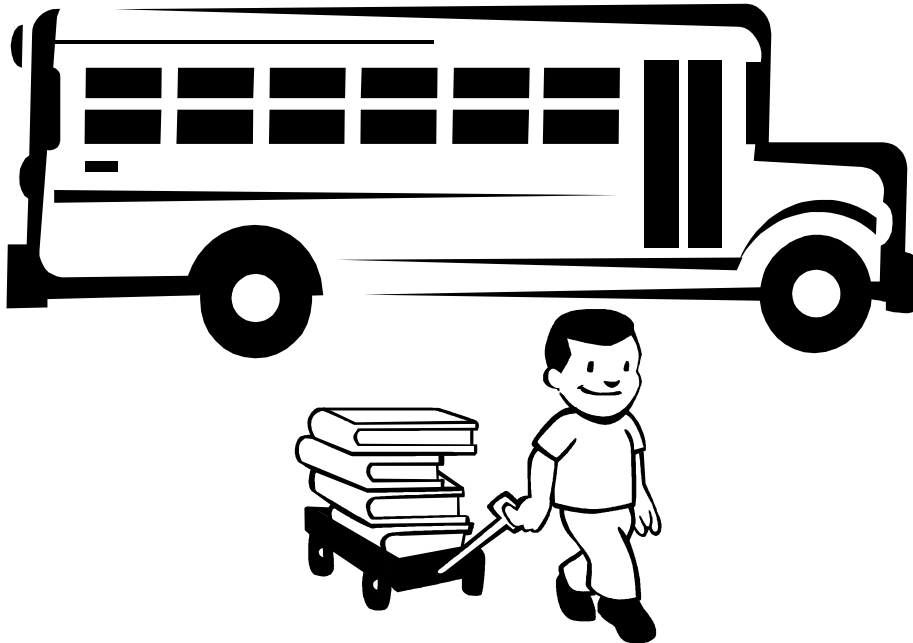
This newspaper contains preschool and private school listings with periodic special sections on summer camps. Call (510) 524-1602 to subscribe or pick up the latest monthly issue at the Student Parent Center. Their websites are [www.parent-teen.com](http://www.parent-teen.com) & [www.parentspress.com](http://www.parentspress.com).

**The Parents' Network**

Parents' Network is run by 5 volunteer moms in their "spare" time, who send out 8-10 newsletters each week to over 5,000 parents. To subscribe to the various newsletters, visit the website at <http://parents.berkeley.edu/mlist.html>



# Local Schools



## Public Schools

Berkeley Unified School District  
2134 Martin Luther King Jr. Way  
Berkeley, CA 94704-1148  
(510) 644-6348  
<http://www.berkeley.k12.ca.us>

Albany Unified School District  
904 Talbot Avenue  
Albany, CA 94706  
(510) 558-3750  
<http://www.albany.k12.ca.us/>

## Private Schools

To search for private school and scholarships,  
please visit the following websites for information:

- ◆ Online guide to Bay Area Private Schools  
[www.baprivateschools.com](http://www.baprivateschools.com)
- ◆ Private School Scholarships [www.independent.org](http://www.independent.org)

# Health Care for Student Families

## University Health Services

Student Health Insurance Office  
University Health Insurance/Tang Center  
2222 Bancroft Way, Room 3200  
Berkeley, CA 94720  
[www.uhs.berkeley.edu/students/insurance/families.html](http://www.uhs.berkeley.edu/students/insurance/families.html)  
(510) 642-5700  
Office Hours: 9am-5pm

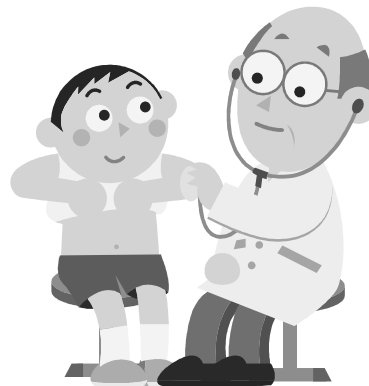
### Information:

University Health Services (UHS), located in the Tang Center, provides medical, health promotion, and counseling services to all UC Berkeley students, and their spouses or domestic partners. Most health services, accessed by UC Berkeley student, are at no cost; spouses and domestic partners must pay additional fees.

### Student Health Insurance Plans (SHIP):

All UC Berkeley students are required to have health insurance coverage. Students are automatically enrolled in SHIP and charged a health insurance fee as part of their registration fees. To waive out of SHIP, you must be covered by another health insurance plan and submit a waiver form to the Student Health Insurance Office by a specific deadline. For additional information about waiving out of SHIP, contact the Student Health Insurance Office at (510) 642-5700 or visit their website listed above.

UHS does not administer dependent health care plans; however, the office offers insurance information and enrollment assistance to student families. UHS published the Health Insurance for Dependents of Students brochure that outlines the various health plans that are available to student families. You can access this brochure by visiting UHS website, pick one up at UHS office or the Student Parent Center.



## No-Cost & Low-Cost Family Health Care

### Medi-Cal

Alameda County Medi-Cal Center  
8477 Enterprise Way  
Oakland, Ca 94621  
(510) 639-1091

Office Hours: 8:30am-Noon, 1pm-5pm  
[www.co.alameda.ca.us/assistance/services/medi\\_cal.shtm](http://www.co.alameda.ca.us/assistance/services/medi_cal.shtm)

### Information:

Medi-Cal will cover most of your family's health care cost, including preventive care, prenatal care, pediatric care, dental care, glasses, prescriptions, immunizations, and emergency services.

Student families may be eligible for Medi-Cal benefits even if they are not receiving any other form of social service assistance. You can apply for all members of your family, your dependent(s) only, or for a specific need (e.g., pregnancy). To be eligible, a household must meet the income and property limit rules. These limits continue to change; you can get updated information at the Student Parent Center or by visiting or calling the Medi-Cal Center of Alameda County.

### How to Apply:

If you reside in Alameda County (in the city of Berkeley or Albany), apply at the Alameda County Medi-Cal Center (contact information listed above). If you reside outside of Alameda County, come to the Student Parent Center and a staff member can refer you to your county's Medi-Cal office.

## Healthy Families

No address available

1-800-880-5305

Office Hours: 8am-9pm, M-F & Saturday from 8am-5pm

[www.healthyfamilies.ca.gov](http://www.healthyfamilies.ca.gov)

### Information:

Healthy Families is a state-funded program strictly for children; health coverage for parents is not yet available. This program is a low cost insurance that provides health, dental and vision coverage to children who do not qualify for no-cost Medi-Cal. Also, enrollees have the option to choose from various health plans (e.g., Kaiser Permanente, Health Net, Blue Cross, and Alameda Alliance for Health)

### Premium:

Family size, family income, and the health plan that enrollees choose determine the monthly premium. The monthly premium ranges from \$4 to \$9 per month and up to a maximum of \$27 for all children in a family enrolled in the Health Families program.

### How to Apply:

You may download an application at the website (listed above) or pick one up at the Student Parent Center.

## Alameda Alliance for Health

### Health Plans

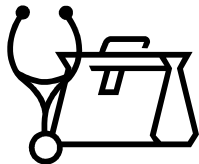
1240 South Loop Road

Alameda, CA 94502

1-877-371-2222

Office Hours: 9am-3pm

[www.alamedaalliance.com/health\\_plans.html](http://www.alamedaalliance.com/health_plans.html)



### *Alliance Family Care (HMO)*

#### Information:

Alliance Family Care is designed to fill in the void for low-income families (250%-300% above the federal poverty guidelines) who do not qualify for Medi-Cal or Healthy Families programs. The plan has both medical and dental coverage and is available for adults and children.

#### Premium:

Monthly rates vary depending on the number of enrollees. It can range from \$10 to \$50 per month, with a co-pay of \$10 for most medical services.

### How to Apply:

To apply, you must call 1-877-371-2222 and speak with a Healthcare Advocate between the hours of 9am-3pm.

### *Alliance First Care (HMO)*

#### Information:

Alameda Alliance First Care provides comprehensive health and dental coverage to working families and individuals who want affordable health care without high deductibles. There are no income restrictions for Alliance First Care.

#### Premium:

Monthly rates depend on the age of a subscriber (e.g., you or your spouse) and the number of children to be covered. For example, if you are purchasing health care for only your child, you can expect to pay approximately \$118/month; for two children, you would pay approximately \$201/month. For a spouse (if under 30 years of age) and a child, you can expect to pay approximately \$201/month. Also, there are \$10 co-payments for specific medical services.

### How to Apply:

To apply, you must call 1-877-371-2222 and speak with a Healthcare Advocate between the hours of 9am-3pm.

## Kaiser Permanente

### *Child Health Care Plan 1*

#### Information:

Kaiser Permanente – Child Health Care Plan 1 provides quality health care for children who are uninsured and are not eligible for Medi-Cal or Healthy Families. Eligibility is based on your family's income. For example, in order to qualify, the income for a family of three must be between \$37,551 and \$45,060.

#### Premium:

Premiums for the health care plan are \$15 per month per child. You pay only up to three children per family. Additional children in your family are covered free of charge. There are also co-payments of \$5 for most health care services such as office visits and prescriptions.

### How to Apply:

To apply for the health plan, you must request an enrollment kit from Kaiser Permanente. You can call 1-800-255-5053 or make an online request at

<http://www.kaiserpermanente.org/locations/california/individuals>

### *Personal Advantage (HMO)*

#### **Information:**

Personal Advantage provides comprehensive medical coverage for individuals. Worldwide emergency care is also included in the health plan.

#### **Premium:**

Monthly rates start at \$123 per month. Enrollees can also expect co-payments for most medical services.

#### **How to Apply:**

To apply or get an instant quote, visit:

<https://ehealthplan.kp.org/ApplyOnline/index.html>  
or you can call 1-800-556-7677.

#### **Additional Information:**

Kaiser Permanente offers other health plans that may meet your family's needs. For further information, you can call Kaiser directly or visit their websites (listed above).

### **Other Health Insurance Information:**

#### **Blue Cross**

##### **Information, Premium, & How to Apply:**

Blue Cross has a variety of health plans available to individuals and families. Each plan carries different coverage, and thus, will vary in cost. You can easily compare the rates of Blue Cross health plans, including dental coverage, by visiting [www.bluecrossca.com](http://www.bluecrossca.com) or by calling 1-800-330-0912

#### **Health Net**

##### **Information, Premium, & How to Apply:**

Health Net has a variety of health plans for individuals and families. To obtain the best comparison quote for Health Net's health plan, visit [www.sales.healthnet.com](http://www.sales.healthnet.com) or call 1-818-676-5000.

#### **E-Health Insurance**

##### **Information, Premium, & How to Apply:**

E-Health Insurance is an online brokerage company that offers information, quotes, and online application for various health plans (e.g., Blue Cross, Health Net). You can begin to access services by visiting [www.ehealthinsurance.com](http://www.ehealthinsurance.com)



### **No Cost & Low Cost Health Insurance for Pregnant Women**

#### **Medi-Cal**

##### **Information, Premium, and How to Apply**

If eligible, Medi-Cal provides coverage for pregnant women at no cost. Please refer to the Medi-Cal section under No-Cost & Low-Cost Health Insurance for further information.

#### **Access for Infants and Mothers (AIM)**

##### **Information:**

AIM, sponsored by the state of California, provides affordable health care to uninsured or underinsured (has health care, but deductible or copay is over \$500) pregnant women and their newborns with moderate income. Participants receive complete health care services that are provided by major medical plans selected by county of residence.

##### **Premium:**

The cost of the program will depend on family size. Usually, it is 2% of gross family income (after deduction). Income for current year or last year can be used to calculate a family's income.

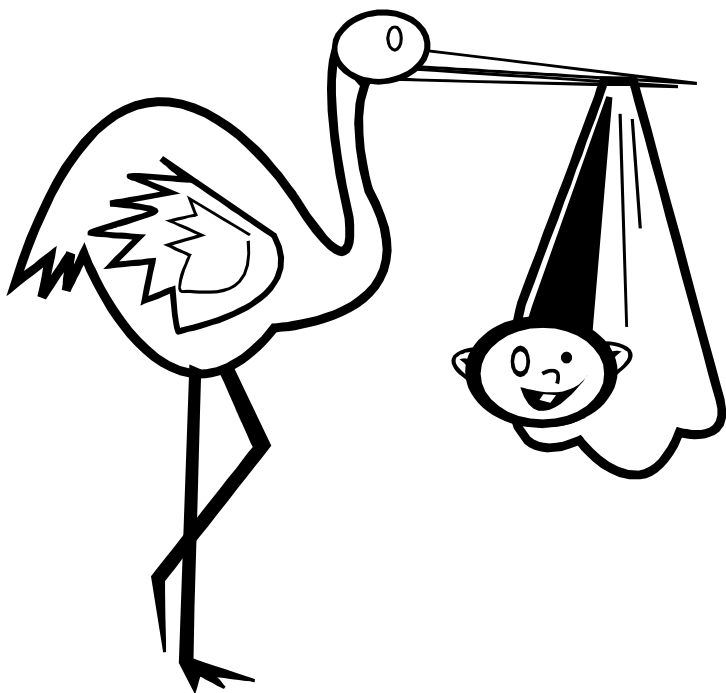
##### **How to Apply:**

To apply, you must call 1-800-300-1031. An AIM representative will assist you.

#### **BabyCal**

##### **Information:**

BabyCal is a statewide public awareness and education campaign aimed at combating low birth-weight and decreasing infant mortality. The program focuses on educating women and their families about prenatal care, practicing healthy behaviors during pregnancy, and increasing availability of state programs that can help pay for prenatal care services. For further information, you can contact BabyCal at 1-800-BABY-999.



### Family Planning Resources

Berkeley Women's Health Clinic  
2908 Ellsworth, Berkeley, CA  
(510) 843-6194

Women's Choice Clinic  
431 30<sup>th</sup> Street, Oakland, CA  
(510) 444-5676

Women's Clinic @ Berkeley Free Clinic  
2339 Durant Avenue, Berkeley, CA  
(510) 548-4811

Family Planning Specialist  
100 Webster, Oakland, CA 94607  
(510) 268-3720

### Birthing Resources

Birth and Bonding Family Center  
1126 Solano Avenue, Albany, CA  
(510) 527-2121

Family Birthing Center  
2107 Dwight Way, Suite 102, Berkeley, Ca 94704  
(510) 832-BABY



# Dental Care

## UC Dental Coverage through SHIP

### Information:

UC Berkeley students enrolled in the Student Health Insurance program have dental coverage (preventive and general restorative dental care). Dental coverage is provided through MetLife's Preferred Dentist Program. For further information, visit [www.uhs.berkeley.edu](http://www.uhs.berkeley.edu).

## Berkeley Free Clinic

2339 Durant Avenue  
Berkeley, CA  
(510) 548-2745

### Information:

The Berkeley Free Clinic offers drop in dental clinics. If you are a first time dental patient, you must go through a lottery in order to receive services. You are advised to arrive at the office a few minutes before the dental clinic opens and sign up for the lottery. If your name is chosen, you will be given an exam. The clinic does not operate on a first-come, first-served basis and does not guarantee that you will be seen.

## Dentist Referral

### Medi-Cal Dentist Referral Information:

If you have dental coverage through Medi-Cal and need to find a dentist in the area that accepts your insurance, call 1-800-322-6384 for referrals.

### General Dentist Referral Information:

If you need to be referred to a dentist, call (510) 865-6334. Also, if you need immediate dental treatment (you or your child), the office can immediately refer you to dentist.



# Optometry

## UC Berkeley Optometry

Meredith W. Morgan University Eye Center

Minor Hall: (510) 642-2020

Tang Center: (510) 643-2020

### Information:

Student Health Insurance Plan does not cover vision services. However, the Meredith W. Morgan University Eye Center at the UC Berkeley School of Optometry offers SHIP members a \$21 discount on comprehensive eye exams and a \$15 discount on prescriptions filled at the Eye Center's optical dispensary. The Center has clinics conveniently located in Minor Hall and the Tang Center. It accepts Vision Service Plan (VSP) and Medi-Cal.



# Social Service Benefits

## General Information:

Low-income student parents who receive Financial Aid may also need to rely on state and federal Social Service benefits in order to meet basic living expenses, including **TANF (Temporary Aid for Needy Families with Dependent Children), Food Stamps, and Medi-Cal**. The rules governing these programs can change due to legislative welfare reform initiatives. Check with the Student Parent Center for updates/changes to the information outlined below. The Student Parent Center can also put you in touch with other parents who have been through the Social Services eligibility process. Talking to other student parents can also help you get through the experience with your sense of self-worth intact!

## How to Apply:

For students living in Berkeley or Albany, the **North Alameda County Office** is located at 4501 Broadway in Oakland, 596-0110. To apply you must go to the office to pick up forms and be prepared if necessary to meet with an eligibility worker or to schedule an intake appointment. When you arrive for your intake appointment you will need to have all of the forms filled out, with all of the verification that is requested. Be prepared to wait. After these initial appointments, further contacts can be done by mail or over the phone between you and an assigned caseworker. If you feel that you are not receiving information or assistance from a caseworker, you can request to speak with a supervisor.

## Emergency Need:

In an urgent/emergency situation, you can apply for an Immediate Need expedited payment, based on apparent eligibility, before going through the complete intake process. These payments are generally processed in 2-3 working days if you meet one or more of the following criteria:

- ◆ you only have three days or less supply of food
- ◆ you need money for essential items like diapers, clothing for cold weather, medicine
- ◆ you have a 48 hours-shut-off notice from PG&E
- ◆ you have received an eviction notice
- ◆ you need money for transportation to and from work or school.

## Temporary Aid to Needy Families (TANF)

### Information:

TANF is a grant for the care of children when one or both parents are absent, disabled, deceased or unemployed (working less than 100 hours per month). It is administered by each county and governed by state and federal rules. CalWORKs or “California Work Opportunity and Responsibility to Kids” is the state's TANF program for families with children. CalWORKs replaced the former AFDC program in January 1998.

CalWORKs provides a cash grant to needy families to pay for rent, food, clothes and other needs. As a condition of eligibility, each adult CalWORKs recipient must participate in 32 hours per week of “work activities” for the entire time he/she receives aid, unless he/she is exempt. The requirement for two parent families is a bit unclear. In general, families must complete 35 hours per week of work activities, however, most counties take the position that the specific SIP requirement of 32 hours per week applies to each parent if both parents are in Student Initiated Program (see below for explanation). During the initial welfare-to-work period, which lasts for a maximum of 24 months, activities can include, domestic violence education or training, mental health or substance abuse counseling or treatment, and other activities that address barriers to employment. After the welfare-to-work period, only paid work and community service count as work activities. Once a family has been on aid for 60 months, the parents are removed from the case, and only the children will receive aid.

### Explanation about Student Initiated Programs (SIP):

Education programs that welfare recipients find and enter on their own are called “self-initiated programs” (SIPs). State law says that during the 18-24 month welfare-to-work period, a SIP must be approved and counted toward the required hours of work activity if it meets certain simple criteria.

**Property Limits:** The net value of non-excluded real and personal property owned by all members of the applying family must not exceed \$2000. If the limit is exceeded, you will be ineligible to receive benefits. However, many

personal items, such as computers, appliances, and television sets are not included in the property limits. They are exempt. There is a property limits on a vehicle you own or is registered in your name. The limit is \$4,650.00 for a car (car may not count if it is used for certain purposes).

### **TANF & Student Financial Aid:**

#### **Information:**

Federal law has exempted most educational grants and loans from the income eligibility limits. This includes SEOG grants, Perkins loans, Cal grants, Pell grants, Stafford loans and Supplemental Loans for Students (SLS). Earned income from state and federal work-study program has been exempt for both eligibility determination and grant level (section 44-111.25 of the Dept. of Social Services regulations), although sometimes Social Services workers are not aware of this. If there is no indication on your paycheck that it is from a work-study job, it will probably be counted as income unless you provide additional documentation. You may also need a letter/certification from the Financial Aid Office if you receive other (non-governmental) need-based grants or scholarships. For example a University-Grant-In-Aid may need to be confirmed as a need-based grant in order to ensure it will not be deducted from your cash grant income.

All CalWORKS participants are entitled to the supportive services (including child-care, transportation, books, tools, fees, and special clothing) they need to participate in welfare-to-work activities. You must report your financial aid/ income to the county on your monthly CA-7 (income eligibility) form, but students may use form WTW 8 to report that financial aid is not available to pay for supportive services. Please seek assistance from the Student Parent Center for clarity on any issues related to CalWORKs participation, forms and financial aid.

Any other educational income is probably not exempt, however your educational expenses will be taken into account as deductions from your income, including fees, equipment, books, transportation, child care and special clothing needs.

If you are receiving child support, that income will be deducted from a cash grant award. Also, all families that do not have both parents living with the children are required to cooperate with the District Attorney's office in obtaining child support from the absent parent unless there is "good cause" .

### **Food Stamps Program**

#### **Information:**

In most cases, Financial Aid grants are counted as income with regard to food stamps. However loans do not count as income. School related expenses will be subtracted from your grant income and the left over amount (if any) will be prorated over the year. If you are eligible for food stamps, these can be used in lieu of money in almost every grocery store.



### **Woman, Infants and Children Program (WIC)**

#### **Information:**

WIC provides monthly food vouchers that can be used to purchase food at most community supermarkets. These vouchers are used for formula, milk, cheese, cereal and other basic foods. WIC also provides Medi-Cal referrals. To be eligible for WIC one must either be pregnant, nursing or have a child under the age of five. You do not need to be eligible for TANF/CalWORKs to qualify, but you need to meet a low-income requirement. For more information contact the local WIC Agency at 830 University Ave. (510) 981-5360.

### **Medi-Cal**

#### **Information:**

For most TANF recipients, each member of your family will also qualify for Medi-Cal. However, many student families can receive Medi-Cal even if you surpass the income and/or property limits for TANF. Medi-Cal will pay for most of your family's health care costs, including pediatric care, dental care prescriptions, and emergency hospitalizations. (See the Health Care section of this Handbook for more information.)

For additional information or assistance with social service benefits/applications, please contact Kimberly Bates, Community-Based Services Coordinator, at the Student Parent Center.

# *Notes*

