



RealOptions Resource Directory

Central San Jose 408-837-1919
East San Jose 408-837-1717
Union City 510-972-8837
<https://www.realoptions.net>

Title IX and Campus Support for Pregnant & Parenting Students

Title IX of the Education Amendments of 1972 (“Title IX”), 20 U.S.C. §1681 et seq., is a Federal civil rights law that prohibits discrimination on the basis of sex—including pregnancy and parental status—in educational programs and activities.

All public and private schools, school districts, colleges, and universities receiving any Federal funds (“schools”) must comply with Title IX.

Title IX information from the US Department of Education:
<https://www2.ed.gov/about/offices/list/ocr/docs/dcl-know-rights-201306-title-ix.html>

In the event that you need accommodations due to pregnancy, childbirth, or breastfeeding contact RealOptions Campus Outreach Manager at cco@realoptions.net or 408-837-1919x107 for assistance in locating your Title IX officer and support on your campus.



Health Resources

RealOptions

Call 408-978-9310 or Text 408-837-1919

Services

Well Woman Care, STD Testing and Treatment, Pregnancy Testing, Ultrasounds, Abortion Pill Reversal, Prenatal Care, Optimal Health Coaching, Referrals for Support Services

All services available with or without insurance

<https://www.realoptions.net>

Locations

Central San Jose 408-837-1919

East San Jose 408-837-1717

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Hours

Monday - Friday
9:00am - 5:00pm

Central San Jose location also open 2nd Saturday of the month
10:00am - 4:00pm

Obria Direct App

Download “Obria Direct” in the [Apple Store](#) or on [Google Play](#) to locate a nearby clinic, chat with a medical professional, and even schedule an appointment on your smartphone. 100% confidential, free, and HIPAA-compliant.

Insurance

Medi-Cal: <https://www.dhcs.ca.gov/services/medi-cal/eligibility/Pages/SingleStreamApps.aspx>

Nutrition and Lactation

Lactation Support

WIC: (408-792-5101)

WIC website has links to other additional breastfeeding support in the area:
<https://www.sccgov.org/sites/phd/services/Wic/Pages/wic-home.aspx>

Breastfeeding Peer Counseling/Lactation Specialist Line:
408-794-0550

Breast Pumps: Apply with

WIC: 408-792-5101, BFWIC@phd.sccgov.org

Medi-Cal and Mother's Milk Bank of San Jose:

Lourdes Chicas, 408-638-2846, lordes.chicas@mothersmilk.org

Your insurance company may cover the full cost of a breast pump. Call for details. Requests must be made within 30 days of giving birth.

Nutrition Support

CalFresh: <http://www.sjsu.edu/sjsucares/get-assistance/calfresh.php>

WIC: <https://www.sccgov.org/sites/phd/services/Wic/Pages/wic-home.aspx>

RealOptions

Free emergency formula and diapers

Make an appointment at a RealOptions clinic for the clothes and supplies closet:

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Material and Practical Support

RealOptions

Free diapers, baby clothes and supplies, and maternity clothes

Make an appointment at a RealOptions clinic for the clothes and supplies closet

Call to schedule childbirth and parenting classes

Santa Clara County Car Seat program

<https://www.sccgov.org/sites/phd/hi/ChildrensHealth/car-seat/Pages/car-seat-home.aspx>

Call 1-800-310-2332 for child safety seat education and inspections and child safety seats for low-income families.

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Housing Resources

Temporary Respite Care:

Safe Families: <https://sanjose.safe-families.org/>

House Sharing:

Catholic Charities: <https://www.catholiccharitiesscc.org/house-sharing>

Maternity Housing:

Heritage Home: <https://www.cityteam.org/san-jose/programs/heritage-home/>

Shepherd's Gate: <https://shepherdsgate.org/>

Child Care Resources

Santa Clara County Early Childhood Subsidy Pilot

Chief Public Affairs Officer Peter Daniels

Phone: 408-453-6650

<https://www.sccoe.org/resources/families/Pages/Early-Childhood-Subsidy-Pilot.aspx>

4C's of Santa Clara County (Community Child Care Council):

For assistance in finding childcare

<https://www.4c.org/parent/>

Phone: 408-487-0747

Head Start: Early Learning Services Department programs for children from birth to age 5

Early Learning Services Department: <https://www.sccoe.org/depts/students/early-learning-services/Pages/default.aspx>

Head Start: <https://headstart.sccoe.org/Pages/default.aspx>

First 5: Additional early learning resources and support for families

<https://www.first5kids.org/who-we-are/mission-vision/>

Inclusion Support Warmline: Free support, information, and referrals for including students of all ages with disabilities and other needs

<http://www.inclusioncollaborative.org/warmline.aspx>



If you need information or a resource not included in this directory, call RealOptions at 408-837-1919. We will help connect you to the resource you need!

Information has been compiled by RealOptions to support pregnant and parenting students and members of our local community and is subject to change.
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The logo features a stylized human figure with a grey circular head and two teal arms raised in a 'V' shape, positioned above the letter 'o' in the word 'Realoptions'.

Realoptions

OBRIA MEDICAL CLINICS

