



很多移民家庭的孩子及青少年都經歷到一般青少年所感受的正常壓力，除了適應新的文化及社會環境，很多移民家庭並且需要於上班或受訓期間安排幼兒護理。

以下是居住於聖他克拉縣的移民父母一般有的、關於幼兒護理計劃及服務的問題和答案。



我到哪裡可以找到我經濟能力負擔得起的幼兒護理？

找到可以負擔得起的幼兒護理計劃極不容易。很多父母都是倚賴家人及親友的幫忙，然而，也有些托兒中心，學校設有課後補習，教會，和其他私營或社區團體及機構致力於兒童及青少年之護理。這些計劃收費不一，在一些情況下，低收入的家庭可以得到經濟資助以支付托兒的收費。你也應經常查詢申請援助的資格。

我十四歲的孩子下課後可往哪裡？我那時還未下班可以照顧他！

聖他克拉縣到處都有不同的青少年計劃以備移民孩童可以善用他們的課餘時間

。這些計劃著重幫助青少年建立歸屬感，藉著參與而提高他們生活的質素。你可以藉著各類現有的課後計劃找到這些資料。一些地點並設有青年中心，體育計劃，功課補習及社區中心。大部份的青少年計劃都是免費的，然而，通常最好是先問清楚。一般由市政府或私人機構主辦的體育計劃都有收費，然而，他們可能設有獎學金以補助低收入之家庭繳付該費用。

我的孩子可以在哪裡得到課後補習嗎？

圖書館，學校及社區中心都可能有學童補習及協助功課的服務，雖然那未必屬於青少年護理計劃的一部份；但是對於父母而言，那是幫助子女善用課餘時間的有效資源。

我有興趣在家看顧小孩，應該如何開始？

移民可以開辦“家庭式”的托兒中心，但必須先領取一個牌照，顯示已獲批准營業。由於聖他克拉縣缺乏這方面的服務，縣政府是鼓勵有興趣開辦托兒中心的移民進入這行業，好讓移民兒童有適合他們文化背景的地方。有意開辦“家庭式”托兒中心的人士可致電 1-800-616-2242 查詢詳情，另社區大學，成人教育中心及一些職業訓練計劃都有提供這方面的預備課程。

有沒有適合五歲以下兒童的教育計劃？

聖他克拉縣之 Head Start 計劃設有半日至全日的幼兒班給低收入家庭的邊緣兒童。Head Start 是由州政府撥款設立，因此是免費的。參與這項計劃不會影響你的移民申請，幼兒班是幼稚園的



要往那裡去嗎？請電 (VTA) 巴士查詢熱線 (408) 321-2300，告訴他們你想到訪的機構名稱、出發地點及目的地址。

預備班，對於很多家庭而言，也是替代托兒的一個選擇。



4'C's Council: Community Coordinated Child care Development Council of Santa Clara County

111 Gish Rd., San Jose, CA 95110

電：(408) 487-0747

轉介：(408) 487-0749

網址：www.4c.org

語言：西班牙語、越南語、粵語、國語、波斯語、印度語、英語、蘇聯語、菲律賓語

服務：全縣性嬰孩日間托兒服務、護理生病小孩、幼兒及學童

Achieve Intake

3860 Middlefield Road, Palo Alto, CA 94303-4716

電：(650) 494-1200

Palo Alto: (650) 494-1200

聖荷西：(408) 928-5777

網址：www.achievekids.org

語言：美式手語、粵語、Tagalog, Finnish, French, Polish, Russian and Spanish.

服務：提供精神健康治療和特殊教育予七歲至廿二歲、有情緒或成長發展障礙的兒童及青少年

Albert L. Schulz Jewish Community Center

655 Arastradero Road, Palo Alto, CA 94306

電：(650) 493-9400 x249

網址：www.paloaltojcc.org

語言：Russian and Hebrew

服務：Childcare for children 5 years through 13 years. Bus transportation from school to center. Recreational program until 6 p.m. Variety of educational and cultural programs.

Child Care Information Line for Santa Clara County (聖他克拉縣托兒資料線)

電：(408) 928-3542

語言：Spanish, Vietnamese and English

服務：People on CalWORKS who are working full time and receiving some part of cash assistance are eligible for childcare services.

Choices for Children

111 N. Market Street, Suite 100, San Jose, CA 95113

電：(408) 297-3295

網址：www.choices4children.org

語言：Spanish, Vietnamese and English

服務：Company Contracted Referrals; Resource provides referrals for parents employed by companies contracted for child-care referral services; Alternative Payment Program provides financial assistance for childcare of income-eligible parents.

Choices for Children

- PTRAC (服務、訓練及資訊中心)

1197 Lick Avenue, San Jose, CA 95113

網址：www.choices4children.org

服務：協助和支持提供托兒服務的機構或個人

Community Association for Rehabilitation

525 East Charleston Road, Palo Alto, CA 94306

電：(650) 494-0550

網址：www.C-A-R.org

語言：American Sign Language, Spanish and English.

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服務：For children and adults that are developmentally disabled. Other locations include Palo Alto, Menlo Park, Watsonville and Campbell.

Community Family Service Inc.

480 N. First St., Suite 210, San Jose, CA 95112

電：(408) 275-0810

語言：Spanish, Portuguese

服務：Provides child-care services at over 20 home-based settings in San Jose, for infants to age 13.



Community Solutions, Family & Children Mental Health

Concord Circle, #B Morgan Hill, CA 95037
電：(408) 779-2113

語言：Spanish and English

服務：Counseling, case management and support services.

Economic and Social Opportunities

Gilroy

7365 Monterey St., Gilroy, CA 95020
電：(408) 848-1265

語言：Spanish and Vietnamese

服務：Tutoring, high school recreation, Cultural, computer, craft and summer program.

聖荷西

1445 Oakland Rd., San Jose, CA 95112
電：(408) 971-0888

語言：Spanish and Vietnamese.

服務：Tutoring, employment training, computer education.

Go Kids, Inc. (formerly Growth and Opportunity Inc.)

355 Woodview Ave., Suite #600
Morgan Hill, CA 95037
電：(408) 842-2201

網址：www.gokids.org

語言：Spanish and English

服務：Center Based Childcare, preschool, school age care, and special seasonal childcare for migrant workers.

MACSA – South County

Mexican American Community Services Agency

網址：www.macsa.org

語言：Spanish and English

服務：After-school and tutoring program for children K-6th grade, offering computer skills, sports and recreation to low-income youth from Gilroy. Monday-Friday 3:30-7 p.m.

La Familia Sana

7400 Railroad St., Gilroy, CA 95020
電：(408) 847-4686

El Toro Youth Center

17620 Crest Ave., Morgan Hill, CA 95037
電：(408)-779-6002

MACSA Youth Center

Mexican American Community Services Agency
660 Sinclair Dr., San Jose, CA 95116
電：(408) 929-1080
網址：www.macsa.org

語言：Spanish and English

服務：Zero Dropout Initiative Tutorial Assistance Program: Service for 3rd - 5th grade students, Monday – Friday 2:30-5:30 p.m.

Latchkey Daycare Program: for ages 6-12 Monday-Friday 2:30 - 5:30 p.m.

SCORE program includes sports, computers, recreation and educational tutoring.

Nuestra Casa Family Resource Center

1998 Alum Rock Avenue, San Jose, CA 95116
電：(408) 251-7663
網址：www.familyresourcecenters.net

語言：Spanish and English

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服務：ESL, citizenship, childcare, women's support, domestic violence, childcare counseling, Parenting without violence, Grandparents Support Group, Youth Leadership Program, Child Therapy Program, Al-Anon, School Success Program for Middle School youth, Homework Club, Self-Esteem class for Men and Women. Childcare provided for participants of programs.

P.E.A.R.L.S. Program, City of San Jose

4 North Second Street, Ste. 600, San Jose, CA 95112
電：(408) 277-3155

語言：Spanish.

服務：Information and referral services for the city, county and community; resources for parents.



**Catholic Charities of Santa Clara-
Youth Empowered for Success (YES)**
645 Wool Creek Drive, San Jose, CA 95112
電：(408) 283-6150
網址：www.ccsj.org

語言：Spanish, Vietnamese and English

服務：Provides a structured after-school program to support students and their families. Activities include homework assistance, leadership and cultural awareness training, sports & arts activities, parent workshops, family activities and individual and family support.

YMCA of Santa Clara Valley (Metropolitan Office)
1922 The Alameda, San Jose, CA 95126
電：(408) 298-3888
傳真：(408) 298-0143
網址：www.scvymca.org

致電下列西青會地點索取托兒服務和青少年計劃的資料：

Central Branch 電：(408) 298-1717
1717 The Alameda, San Jose, CA 95126
East Valley Branch 電：(408) 258-4419
1975 S. White Rd., San Jose, CA 95148

Mt. Madonna Branch 電：(408) 762-6000
17666 Crest Avenue, Morgan Hill, CA 95037
Northwest Branch 電：(408) 257-7160
20803 Alves Dr., Cupertino, CA 95014
Southwest Branch 電：(408) 370-1877
13500 Quito Rd., Saratoga, CA 95070
YWCA Child Care Centers

網址：www.ywca-scv.org

語言：Spanish, English and others
服務：Provides child care for infants, toddlers, preschool and school age children.

聖荷西 Downtown

YWCA Villa Nueva
(六月至六歲孩童)

375 South Third St, San Jose
電：408-295-4011 ext. 237

東聖荷西

YWCA Christopher, Christopher Elementary School (幼稚園至五年班)
565 Coyote Rd, San Jose
電：408-578-1733

南聖荷西

YWCA Almaden, Almaden Elementary School
(幼稚園至六年班)
1295 Dentwood Dr, San Jose
電：408-448-1280

YWCA Canoas, Canoas Elementary School
(幼稚園至五年班)
800 Wren Dr, San Jose
電：408-265-0965

YWCA Eden Palms
(六月至六歲)
5398 Monterey Rd, San Jose
電：408-227-9858

YWCA Frost, Frost Elementary School
(幼稚園至五年班)
530 Gettysburg Dr, San Jose
電：408-578-4535

YWCA Hammer, Hammer Elementary School
(幼兒班至六年班)
1325 Bouret Dr, San Jose
電：408-267-2092

西聖荷西

YWCA Trace, Trace Elementary School
(幼稚園至五年班)
651 Dana Ave, San Jose
電：408-924-0880

YWCA West Valley
(二歲至十二歲)
43433 Leigh Ave, San Jose
電：408-269-7534

YWCA Lynhaven, Lynhaven Elementary School
(幼稚園至五年班)



幼兒及青少年護理

881 South Cypress Ave, San Jose
電：408-247-1693

Gardner Community Center

520 West Virginia Street, San Jose, CA 95125

電：(408) 279-1498

語言：Spanish.

服務：Nutrition and recreational program.



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告訴他們你想到訪的機構名稱、出發地點及目的地址。