

# Medical Services Community Wellness & Outreach

- Fitness Program
- Health Education
- Diabetes Education
- Diabetes Prevention Program
- Case Management and Referrals
- Injury Prevention Program
- Health Screenings
- Elder Care Program
- Transportation
- Home Visits
- Cultural Classes and Activities
- Farmers' Market

Languages available:
Spanish, Vietnamese, Mandarin, and Farsi

- Podiatry
- Enrollment assistance with Medi-Cal and Covered California

• Diabetes Case Management and

• General Medical Care

Prenatal Care

Geriatrics

Treatment

Pediatrics

Women's Health

**Immunizations** 

Chronic Disease Care

Languages available:
Spanish, Vietnamese, Hindi, Punjabi,
Mandarin and Tagalog

#### Clinic Hours:

Monday through Friday 8am-5pm Evening and Saturday hours available. Please call for more information.

Center Hours: Monday through Thursday 9am-5pm Friday 9am-1pm

## **Dental Services**

- Examinations
- Cleanings
- Fluoride Treatments
- Sealants
- Counseling
- Fillings and Crowns
- Full and Partial Dentures and Bridgework
- Extractions
- Minor Dental Surgery
- Root Canal Treatment

Languages available:
Spanish, Vietnamese, Hindi,
Punjabi, Mandarin, Telugu
and Russian

#### Clinic Hours:

Monday and Wednesday 8am-6pm Tuesday and Thursday 8am-6:30pm Friday 8am-5pm Saturday by appointment only 8am-2pm

## **Counseling Services**

- Mental Health Counseling
- Outpatient Alcohol/Substance Abuse Treatment
- CalWORKs Outreach
- Case Management
- Psychiatry
- Traditional Healing

#### Preventative Services

- Powwow Dance Classes
- Cultural Classes and Activities
- Native Youth Program

#### **FIRST 5 Family Resource Center**

- Parent Workshops
- Family Support
- Arts Enrichment



Language available: Spanish

Center Hours: Monday through Friday 9am-5pm



## WIC Program & Nutrition Services

- Checks to buy Healthy Foods
- Nutrition and Health Education
- Nutrition and Health Counseling
- Breastfeeding Education and Support
- Electric Breast Pump Loan
- Farmers' Market Food Checks
- Referrals to Community Services
- Comprehensive Perinatal Services
- Medical Nutrition Therapy
- Car Seat and Booster Seat Program



Languages available:
Spanish and
Vietnamese

Center Hours:
Monday through Friday
8am-5pm
Thursday 8am-7pm

This institution is an equal opportunity provider.

## Welcome

Our mission is to help ensure the survival and healing of American Indians and our community by providing high quality, comprehensive health care and wellness services.

We provide a full range of primary care and illness prevention services. We focus on holistic services, health education, and American Indian values such as healing the whole family.

We welcome everyone to our health centers regardless of age, race, ethnicity, gender or sexual orientation. We take pride in serving our diverse patients and clients!

#### **Locations & Contacts**

#### **Medical Services**

1333 Meridian Ave. San Jose 95125 408-445-3400 ext 250 or 334

455 O'Connor Dr. Suite 200, San Jose 95128 408-283-7676 or 408-960-7150

1642 E. Capitol Expwy, San Jose 95121 408-445-3431 or 408-445-3400 ext 395 or 390

#### **Community Wellness and Outreach**

602 E. Santa Clara St Suite 130, SJ 95112 408-445-3400 ext 266

#### **Dental Services**

1333 Meridian Ave. San Jose 95125 408-445-3400 ext 230 or 280

#### **Counseling Services**

602 E. Santa Clara St Suite 230, SJ 95112 408-445-3400 ext 240

#### FIRST 5 Family Resource Center

25 North 14th St Suite 140, San Jose 95112 408-445-3400 ext 330

#### **St. Phillips Counseling Office**

5038 Hyland Ave. San Jose 95127 408-254-2894

#### **WIC Program and Nutrition Services**

408-445-3400 ext 210 or 325

1685 Westwood Dr. Suite 4, San Jose, 95125

327 Moffett Blvd. Suite F, Mt. View, 94043

1642 E. Capitol Expwy, SJ, 95121

#### **Business Offices**

1211 Meridian Ave. San Jose, 95125 408-445-3400 ext 200 www.indianhealthcenter.org

## of Santa Clara Valley

Where everyone is welcome



Serving our community since 1977