

## Contact the information and Assistance Unit

- By phone at [1-800-736-7401](tel:1-800-736-7401) -- For recorded information that helps injured workers, employers and others understand California's workers' compensation system, and their rights and responsibilities under the law.
- By [attending a workshop](#) for injured workers  
[Asista a un seminario](#) para trabajadores lesionados
- By calling or going in person to a local Information & Assistance Unit office:

<p><b>Anaheim</b> 1065 N. PacificCenter Drive Anaheim 92806-2141 (714) 414-1801</p>	<p><b>Oxnard</b> 1901 N. Rice Ave., Ste. 200 Oxnard, CA 93030-7912 (805) 485-3528</p>	<p><b>San Francisco</b> 455 Golden Gate Avenue, 2nd floor San Francisco, CA 94102-7014 (415) 703-5020</p>
<p><b>Bakersfield</b> 1800 30th Street, Suite 100 Bakersfield, CA 93301-1929 (661) 395-2514</p>	<p><b>Pomona</b> 732 Corporate Center Drive Pomona, CA 91768-2653 (909) 623-8568</p>	<p><b>San Jose</b> 100 Paseo de San Antonio, Room 241 San Jose, CA 95113-1402 (408) 277-1292</p>
<p><b>Eureka</b> * Satellite office 100 "H" Street, Room 202 Eureka, CA 95501-0481 (707) 441-5723</p>	<p><b>Redding</b> 2115 Civic Center Drive Room 15 Redding, CA 96001-2740 (530) 225-2047</p>	<p><b>San Luis Obispo</b> 4740 Allene Way, Suite 100 San Luis Obispo, CA 93401-8736 (805) 596-4159</p>
<p><b>Fresno</b> 2550 Mariposa Mall, Room 2035 Fresno, CA 93721-2219 (559) 445-5355</p>	<p><b>Riverside</b> 3737 Main Street, Room 300 Riverside, CA 92501-3337 (951) 782-4347</p>	<p><b>Santa Ana</b> 605 W Santa Ana Blvd, Bldg 28 Room 451 Santa Ana, CA 92701-4070 (714) 558-4597</p>
<p><b>Long Beach</b> 300 OceanGate Street, Suite 200 Long Beach, CA 90802-4304 (562) 590-5240</p>	<p><b>Sacramento</b> 160 Promenade Circle, Suite 300 Sacramento, CA 95834-2962 (916) 928-3158</p>	<p><b>Santa Barbara</b> * Satellite office 411 E Canon Perdido Street, Suite 2 Santa Barbara, CA 93101 (805) 884-1988</p>
<p><b>Los Angeles</b> 320 W. 4th Street, 9th floor Los Angeles, CA 90013-1954 (213) 576-7389</p>	<p><b>Salinas</b> 1880 North Main Street, Suite 100 Salinas, CA 93906-2037 (831) 443-3058</p>	<p><b>Santa Rosa</b> 50 "D" Street, Room 420 Santa Rosa, CA 95404-4771 (707) 576-2452</p>
<p><b>Marina del Rey</b> 4720 Lincoln Blvd 2nd floor Marina del Rey, CA 90292-6902 (310) 482-3820</p>	<p><b>San Bernardino</b> 464 W. Fourth Street, Suite 239 San Bernardino, CA 92401-1411 (909) 383-4522</p>	<p><b>Stockton</b> 31 East Channel Street, Room 344 Stockton, CA 95202-2314 (209) 948-7980</p>
<p><b>Oakland</b> 1515 Clay Street, 6th floor Oakland, CA 94612-1519 (510) 622-2861</p>	<p><b>San Diego</b> 7575 Metropolitan Drive, Suite 202 San Diego, CA 92108-4424 (619) 767-2082</p>	<p><b>Van Nuys</b> 6150 Van Nuys Blvd., Room 105 Van Nuys, CA 91401-3370 (818) 901-5367</p>