

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:

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