

## Workers' Compensation Information and Assistance Offices

The Division of Workers' Compensation (DWC) Information and Assistance Unit provides information and assistance to employees, employers, labor unions, insurance carriers, physicians, attorneys and other interested parties concerning rights, benefits and obligations under California's workers' compensation laws. The unit plays a major role in reducing litigation before the Workers' Compensation Appeals Board and is often the first DWC contact for injured workers.

### Contact the Information & Assistance Unit

- By phone at 1-800-736-7401 - Call during business hours on weekdays to speak to live DWC representative.
- By [attending a workshop](#) for injured workers.
- By calling or going in person to a local [Information & Assistance Unit office](#):

<a href="#">Anaheim</a> 1065 N Link, Ste 170 Anaheim CA 92806-2131 (714) 414-1801	<a href="#">Oxnard</a> 1901 N Rice Ave, Ste 200 Oxnard, CA 93030-7912 (805) 485-3528	<a href="#">San Francisco</a> 455 Golden Gate Ave, 2nd Floor San Francisco, CA 94102-7014 (415) 703-5020
<a href="#">Bakersfield</a> 1800 30th St, Ste 100 Bakersfield, CA 93301-1929 (661) 395-2514	<a href="#">Pomona</a> 732 Corporate Center Dr Pomona, CA 91768-2653 (909) 623-8568	<a href="#">San Jose</a> 224 Airport Parkway, Suite 600 San Jose, CA 95110-3718 (408) 277-1292
<a href="#">Fresno</a> 2550 Mariposa Mall, Room 5005 Fresno, CA 93721-221 (559) 445-5355	<a href="#">Redding</a> 250 Hemsted Dr, 2nd Floor, Ste B Redding, CA 96002- 9040 (530) 225-2047	<a href="#">San Luis Obispo</a> 4740 Allene Way, Ste 100 San Luis Obispo, CA 93401-8736 (805) 596-4159
<a href="#">Lodi</a> 3021 Reynolds Ranch Pkwy, Suite 130 Lodi, CA 95240-6936 209-948-7759	<a href="#">Riverside</a> 3737 Main St, Room 300 Riverside, CA 92501-3337 (951) 782-4347	<a href="#">Santa Ana</a> 2 MacArthur Place, Suite 600 Santa Ana, CA 92707-7704 (714) 942-7576
<a href="#">Long Beach</a> 1500 Hughes Way, Suite C203 Long Beach, CA 90810 (424) 450-2565	<a href="#">Sacramento</a> 160 Promenade Cir, Ste 300 Sacramento, CA 95834-2962 (916) 928-3158	<a href="#">Santa Barbara</a> 130 E Ortega St Santa Barbara, CA 93101-7538 (805) 568-1295
<a href="#">Los Angeles</a> 320 W 4th St, 9th Floor Los Angeles, CA 90013-1954 (213) 576-7389	<a href="#">Salinas</a> 1880 N Main St, Ste 100 Salinas, CA 93906-2037 (831) 443-3058	<a href="#">Santa Rosa</a> 50 "D" St, Room 420 Santa Rosa, CA 95404-4771 (707) 576-2452
<a href="#">Marina del Rey</a> 4720 Lincoln Blvd, 2nd Floor Marina del Rey, CA 90292-6902 (310) 482-3820	<a href="#">San Bernardino</a> 464 W 4th St, Ste 239 San Bernardino, CA 92401-1411 (909) 383-4522	<a href="#">Van Nuys</a> 6150 Van Nuys Blvd, Room 105 Van Nuys, CA 91401-3370 (818) 901-5367
<a href="#">Oakland</a> 1515 Clay St, 6th Floor Oakland, CA 94612-1519 (510) 622-2861	<a href="#">San Diego</a> 7575 Metropolitan Dr, Ste 202 San Diego, CA 92108-4424 (619) 767-2082	