

EAST CONTRA COSTA QUICK RESOURCE GUIDE

Abuse

CHILDREN

Child Abuse Prevention Council . 925-798-0546
Children's Protective Services 877-881-1116
Crisis Nursery (Children 0-5) 925-685-8052
Dahlstrom House (Children 6-12).... 925-685-3695

ADULTS

Adult Protective Services..... 877-839-4347
Ombudsman of CCC..... 925-685-2070
 (For patients in long-term care facilities)

FAMILIES

STAND! Against Dom. Violence... 888-215-5555
Victim Witness Assistance 925-646-2474

AIDS/HIV

AIDS Info 800-448-0440
Contra Costa AIDS Line 800-287-0200
Contra Costa AIDS Program 925-313-6771
HIV/AIDS Services 925-439-7111
 (New Connections)

Alcohol & Drug Abuse

Al-Anon 888-425-2666
Alcohol & Other Drugs ACCESS . 800-846-1652
Alcoholics Anonymous 925-939-4155
Narcotics Anonymous 925-685-4357

DETOX TREATMENT CENTERS

BAART—California Detox Pgm.... 925-522-0124
East Cty Community Women's Ctr 925-427-1384
Pueblos del Sol (Men) 925-676-2580
The Center for Recovery 925-674-4100

TREATMENT / COUNSELING

REACH Project—Antioch 925-754-3673
 Brentwood 925-809-7920
Substance Abuse Treatment Program
 (New Connections) 925-439-7111
Ujima East Intensive Day Treatment Ctr
 (Pregnant/parenting women) 925-427-9100

Animals

Antioch Animal Services 925-779-6989
ARF—Animal Rescue Foundation 800-567-1273
Contra Costa Humane Society 925-279-2247

Child Care

CC Child Care Council—Antioch... 925-778-5437
 Brentwood 925-513-7900

Death & Dying

Grief Counseling 800-837-1818
 (Contra Costa Crisis Center)
Hospice of East Bay..... 925-887-5678

Dental Care

Denti-Cal/Medi-Cal Dental Pgm.... 800-322-6384
Dental Services 800-495-8885
 (Pittsburg Dental Clinic, Bay Point Health Center)
La Clínica Pittsburg Dental Clinic. 925-431-1250

Disability Services

Area Developmental Disabilities Board 5
 510-286-0439
California Children's Services 925-313-6100
CA Dept. of Rehabilitation 925-754-7700
Contra Costa ARC 925-370-1818
Developmental Disabilities Council . 925-313-6836
Futures Explored 925-284-3240
Hawkins Center of Legal & Support Services
 (Rubicon Programs) 510-235-1516
Independent Living Resource..... 925-754-0539
Life Skills (Dev. disabled) 925-685-7340
 (Mt. Diablo Adult Education) Ext. 2785

On Track (Traumatic brain injuries)....925-685-7340
 (Mt. Diablo Adult Education)Ext. 2747
Regional Center of the East Bay .925-798-3001
We Care Children's Center.....925-671-0777

Education & Literacy

CCC Regional Occupational Program (ROP)
925-942-5315
Diablo Valley Literacy Council.....925-685-3881
Project Second Chance925-754-8317
 (Contra Costa Library)

ESL/GED/ADULT EDUCATION

Antioch Adult Education925-706-5365
Liberty Adult Education925-634-2565
Mt. Diablo Adult Education925-685-7340
Pittsburg Adult Education925-473-4460

Emergency Services

American Red Cross.....866-272-2237
California Poison Control Center .800-222-1222
CCC Office Emergency Services..925-646-4461
Emergency Broadcast SystemKCBS740AM
Hazardous Materials Incident Response
925-646-1112
Public Health Emergency Line888-959-9911

Employment

Bay Point Works.....925-427-8392
CalJOBS—Internet..... www.caljobs.ca.gov
CareerOneStop—Internet.www.careeronestop.org
Child Care Job Bank.....925-676-5442
 (Child Care Council)
Experience Unlimited925-602-0166
One-Stop Center - Brentwood925-634-2195
One-Stop Center - Pittsburg925-439-4875

Eviction Notice/Rental Assistance

EVICION NOTICE ASSISTANCE

Housing Rights, Inc.800-261-2298
Pacific Community Services925-439-1056

EVICION COURT SUMMONS ASSISTANCE

Bay Area Legal Aid.....800-551-5554
Eviction Defense Center.....510-452-4541

FORECLOSURE ASSISTANCE

Concord Family Service Center925-825-3099
 (Catholic Charities of East Bay) Spanish Assistance
Consumer Credit Counseling of the East Bay
866-889-9347
Foreclosure Assistance – HUD.....800-569-4287
Home Equity Loss Prevention888-409-3557
National Foreclosure Hotline888-995-4673
Pacific Community Services925-439-1056

RENTAL ASSISTANCE

Brentwood Family Service Center
 (Catholic Charities of East Bay)925-308-7775
Shelter, Inc......925-778-0298

Financial Assistance

CalWORKs (Families)925-706-4980
Consumer Credit Counseling of the East Bay
866-889-9347
Critical Family Needs.....925-308-7775
 (Catholic Charities of East Bay)
General Assistance (Individuals)....925-706-4980
Season of Sharing.....925-335-2195

Food

Food Bank of Contra Costa & Solano
 Groceries, pantries, meals800-870-FOOD
Food Assistance Program.
 (Groceries).....800-870-FOOD
Food for Children (Groceries).....800-870-FOOD
Food Stamps925-706-4980

Loaves & Fishes Soup Kitchen

Antioch925-519-0394
Oakley925-345-0108
Pittsburg925-432-7355
WIC Program800-414-4942
 (Pregnant women breastfeeding or with children 0-5)
More Resources for Food211

Gay & Lesbian

Gay & Lesbian National Hotline....888-843-4564
Empowerment Program925-687-8844
 (Center for Human Development)
Rainbow Community Center.....925-692-0090

Health Care

Appointment Line (for county health centers below)
 Information877-905-4545
 Appointments800-495-8885
**Antioch Health Center, Bay Point Family
 Health Center, Brentwood Health Center
 Pittsburg Health Center**
Family Health Toll-Free Line800-696-9644
 (Health service referrals to county services)
In-Home Support Services (IHSS) .800-510-2020
 (Personal care for Medi-Cal eligible individuals)

COMMUNITY CLINICS

La Clínica Pittsburg925-431-1230
Planned Parenthood—Antioch.....800-230-PLAN

Health Insurance

Child Health & Disability Prevention (CHDP)
800-696-9644
Health Access Line877-503-9350
 (Information on County health insurance programs)
HICAP800-510-2020
 (Health Insurance Counseling & Advocacy)
Medi-Cal— (New applicants).....800-709-8348
Medi-Cal/Food Stamp Service Center
 (Current clients)866-663-3225

Homeless

Bay Area Rescue Mission
Men's Shelter.....510-215-4868
Woman & Family Shelter510-215-4860
Brookside Shelter (San Pablo), Concord Shelter
 (singles only)800-799-6599
Calli House—Richmond (Youth, 14-21) 800-610-9400
FERST MultiService Center.....925-778-3750
 (Anka Behavioral Health)
GRIP Resource Center510-233-2141
Homeless Hotline800-808-6444
 (Contra Costa Crisis Center)
Love-A-Child Shelter—Bay Point ...925-458-5663
Transitional and Interim Housing.925-778-0298
 (Shelter, Inc.)
SAFE Place—Martinez (Youth, 9-17) ...800-718-4357
 (Northern California Family Center)

East Contra Costa Quick Resource Guide August 22, 2008



**CONTRA COSTA
 CRISIS CENTER**

Information excerpted from the 211 Database,
 a partnership of First 5 Contra Costa and the
 Contra Costa County Employment &
 Human Services Department

www.211database.org
 800-830-5380

EAST CONTRA COSTA QUICK RESOURCE GUIDE

Hospitals/Urgent Care

Contra Costa Regional Medical Center
..... 925-370-5000
John Muir Brentwood (Urgent Care). 925-308-8100
John Muir San Ramon (Urgent Care) 925-308-8100
Kaiser Medical Center - Antioch. 925-813-3100
Kaiser Delta Fair (Urgent Care)..... 925-779-5000
Sutter Delta Medical Center 925-779-7200

Housing

Housing Authority of Contra Costa County
(Administration) 925-957-8000
Housing Authority Public Housing Wait List
(Except Richmond and Pittsburg) 925-957-8084
Housing Authority—Pittsburg 925-252-4830
Housing Workshop/Shared Housing
(Independent Living Resources) 925-363-7293
Permanent Housing for Special Needs/Low-Income,
Permanent Supportive Housing, Transitional &
Interim Housing (Shelter, Inc)..... 925-778-0298
Senior & Adults w/ Disabilities Housing
..... 800-510-2020

LANDLORD/TENANT

Housing Counseling 925-825-3099
(Catholic Charities of the East Bay)
Pacific Community Services 925-439-1056
Tenant/Landlord Counseling 800-261-2298
(Housing Rights, Inc.)
Tenant Rights & Fair Housing..... 866-452-7292
(La Raza Centro Legal, Inc.)

Immigrant & Refugee Services

Asian Family Resource Center 510-970-9750
Cash Assistance Program for Immigrants
..... 800-648-0954
Citizenship Class (Antioch Adult Ed).... 925-706-5365
Immigration & Naturalization Services
(Catholic Charities of the East Bay) 925-308-7775
Lao Family Community Development
San Pablo 510-215-1220
Multilingual Health Navigation Services for
Seniors & Families 925-927-2000
Refugee & Immigrant Services 925-927-2000
Refugee Health Program 925-313-6893
U.S. Citizenship and Immigration Services
..... 800-375-5283

Information & Referral

2-1-1 Contra Costa 211
(Contra Costa Crisis Center)
Information & Assistance for Seniors &
Dependent Adults 800-510-2020

Legal & Mediation Services

Bay Area Legal Aid 800-551-5554
Conflict Resolution Program 925-687-8844
(Center for Human Development)
CCC Bar Association 925-686-6900
CCC District Attorney 925-957-2200
CC Senior Legal Services..... 925-706-4852
Family Law Facilitator..... 925-957-7887
(Divorce, Child Custody, Support, Paternity issues help)
Immigrant Legal Services..... 510-451-2846
Victim Witness Assistance..... 925-646-2474

Mental Health

Access Mental Health Appointment Line
(For CCC mental health centers below) 888-678-7277
East County Children & Adolescent Mental
Health Services, East County Mental Health
Adult Services, Mental Health Crisis Service
Adolescent, Adult and Children's Psychiatric
Programs 800-680-6555
(John Muir Health Behavioral Health Center)

Asian Pacific Psychological Services

Brentwood925-634-4445
Brentwood Family Service Center925-308-7775
(Catholic Charities of the East Bay)
Community Counseling Center - Pittsburg
(John F. Kennedy University)925-473-9907
Family Stress Center925-706-8477
Familias Unidas Counseling925-755-7775
Medi-Cal Mental Health Ombudsman
.....800-896-4042
Mental Health Consumer Concerns
.....925-473-0204

National Alliance for the Mentally Ill (NAMI)

.....925-465-3864
Power Program (Dual Diagnosis).....925-778-3750
(Anka Behavioral Health)
Youth Homes Counseling Center .925-934-8925

MultiService Centers

Bay Point Family Service Center .925-252-2301
Pittsburg Pre-School & Community Council
.....925-439-2061
Village Community Resource Center
.....925-513-3107

Parenting

Antioch Adult Education925-706-5365
Parenting Education Classes925-706-8477
Family Stress Center
Liberty Adult Education925-634-2565
Multilingual, Multicultural Family Program
.....925-927-2000
Pittsburg Adult Education925-478-4460
Pittsburg Pre-School & Community Council
.....925-439-2061
Surviving Parenthood (folleto de recursos)
(Child Abuse Prevention Council)925-798.0546
Village Community Resource Center
.....925-513-3107

Pregnancy

Black Infant Health877-427-7134
Breastfeeding Support Warmline .866-878-7767
Brighter Beginnings877-427-7134
Healthy Start925-431-2345
Newborn Connections925-798-0546
(Child Abuse Prevention Council)
Planned Parenthood (See Health Care Centers)
Prenatal Care Guidance925-431-2421
Safely Surrendered Baby800-833-2900

SUBSTANCE ABUSE & PREGNANCY

Born Free Program925-431-2440
Perinatal Outpatient Substance Abuse
(New Connections)925-363-5000
Ujima East.....925-427-9100

Rape

Community Violence Solutions800-670-7273

Senior Services

Adult Day Services Network925-682-1000
Alzheimer's Assoc. of East Bay ...800-272-3900
Bay Area Caregiver Resource Center
(Family Caregiver Alliance)800-445-8106
Brown Bag Programs (Food Bank) Bay Point,
Antioch, Brentwood, Oakley, Pittsburg.800-870-FOOD
CC Café (Hot lunch program)
Antioch925-757-7325
Bay Point925-458-2662
Brentwood925-634-5040
Pittsburg925-439-2136
Eldercare Locator.....800-677-1116
Friendly Visitors/Home Chore Registry/Jobs
Seniors (Senior Outreach Services)925-937-8311

Information & Assistance for Seniors &

Dependent Adults800-510-2020
Meals-on-Wheels.....866-669-6697
Medicare Hotline800-633-4227
Older Adult Services.....925-927-2000
(Diablo Valley Foundation for the Aging)
Reassurance Program.....925-284-6161
(Senior Helpline Services)
Senior Peer Counseling925-335-8741
Senior Services (John Muir Health) ...925-947-3300
Social Security800-772-1213

Smoking Cessation

California Smokers Helpline 800-NO-BUTTS
..... 800-844-CHEW
Nicotine Anonymous Hotline.....408-236-2196

Suicide

Contra Costa Crisis Center800-833-2900
National Suicide Hotline800-SUICIDE
National Suicide Prevention Lifeline
.....800-273-TALK

Teen Services

Alateen888-425-2666
California Youth Crisis Line.....800-843-5200
Club Live/Friday Night Live.....925-687-8844
(Alcohol/drug free program)
Teen Services/SAFE Place.....800-718-4357
(Northern California Family Center)
TAP Teenage Health Clinic866-282-8336
Teenage Health Resource Line888-711-8336
Youth Violence Prevention Education
(Contra Costa Crisis Center)925-939-1916

Transportation

Bay Area Travel Information511
BART925-676-2278
Tri-Delta925-754-4040

Utilities

California Alternate Rates for Energy (CARE)
Program800-743-2273
Low-Income Home Energy Assistance
Program (LIHEAP).....866-675-6623
Medical Baseline Program Relief for Energy
.....800-743-5000
Asst. Through Community Help (REACH)
.....800-933-9677
Utility Shut-off Assistance800-743-5000

Veterans

Contra Costa County Veterans Services
.....925-313-1481
Concord Veterans Center.....925-680-4526
Hire VetsFirst—Internet..... www.hirevetsfirst.gov
Martinez VA Outpatient Clinic.....800-382-8387
Veterans Employment Network.....510-655-3552
Veterans Suicide Hotline.....800-273-TALK

Volunteers

Caring Hands (John Muir Health) 925-952-2999
(Volunteer caregiving services)
Volunteer Center of the East Bay ..925-778-0165

Information excerpted from the 211 Database, a partnership of First 5 Contra Costa & Contra Costa County Employment & Human Services Department

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WEST CONTRA COSTA QUICK RESOURCE GUIDE

Abuse

CHILDREN

Child Abuse Prevention Council . 925-798-0546
Children's Protective Services 877-881-1116
Crisis Nursery (Children 0-5) 925-685-8052
Dahlstrom House (Children 6-12).... 925-685-3695

ADULTS

Adult Protective Services..... 877-839-4347
Ombudsman of CCC..... 925-685-2070
 (For patients in long-term care facilities)

FAMILIES

STAND! Against Dom. Violence... 888-215-5555
Victim Witness Assistance..... 510-374-3272

AIDS/HIV

AIDS Info 800-448-0440
Contra Costa AIDS Line..... 800-287-0200
Contra Costa AIDS Program 925-313-6771

Alcohol & Drug Abuse

Al-Anon..... 888-425-2666
Alcohol & Other Drugs ACCESS . 800-846-1652
Alcoholics Anonymous 925-939-4155
Narcotics Anonymous 925-685-4357

DETOX TREATMENT CENTERS

BAART—California Detox Pgm.... 510-232-0874
East Cty Community Women's Ctr 925-427-1384
Pueblos del Sol (Men) 925-676-2580
The Center for Recovery 925-674-4100

TREATMENT / COUNSELING

Bridge 2000 800-785-2400
Tri-Cities Discovery Center 510-374-7011
Ujima West Intensive Day Treatment Center
 510-215-2280

Animals

ARF—Animal Rescue Foundation 800-567-1273
CCC Animal Shelter 510-374-3966
Contra Costa Humane Society 925-279-2247

Child Care

CC Child Care Council 510-758-5439

Death & Dying

Grief Counseling 800-837-1818
 (Contra Costa Crisis Center)
Hospice of the East Bay 925-887-5678

Dental Care

Brookside Community Health Ctr. 510-215-9092
Denti-Cal/Medi-Cal Dental Program 800-322-6384
Richmond Dental Clinic 800-495-8885

Disability Services

Area Developmental Disabilities Board 5
 510-286-0439
California Children's Services 925-313-6100
CA Dept. of Rehabilitation 510-232-7062
Contra Costa ARC 925-370-1818
Developmental Disabilities Council 925-313-6836
Disabled Persons Rec. Center 925-363-7293
Hawkins Center of Legal & Support Services
 (Rubicon Programs) 510-235-1516
Independent Living Resource..... 510-232-4942
Life Skills (Dev. disabled) 925-685-7340
 (Mt. Diablo Adult Education) Ext. 2785
On Track (Traumatic brain injuries)... 925-685-7340
 (Mt. Diablo Adult Education) Ext. 2747
Regional Center of the East Bay.. 925-798-3001
We Care Children's Center 925-671-0777

Education & Literacy

CCC Regional Occupational Program (ROP)

..... 510-758-4782
Diablo Valley Literacy Council..... 925-685-3881
Family Literacy Program 510-236-3900
 (Catholic Charities of the East Bay)
Literacy for Every Adult 510-307-8084
 (Richmond Public Library)
Project Second Chance 510-527-7558
 (Contra Costa Library)

ESL/GED/ADULT EDUCATION

Albany Adult Education 510-559-6580
Lao Family Community Services.. 510-215-1220
West Contra Costa Adult Ed. 510-215-4666

Emergency Services

American Red Cross..... 866-272-2237
California Poison Control Center . 800-222-1222
CCC Office Emergency Services . 925-646-4461
Emergency Broadcast System KCBS740AM
Hazardous Materials Incident Response
 925-646-1112
Public Health Emergency Line 888-959-9911

Employment

CalJOBS— Internet..... www.caljobs.ca.gov
CareerOneStop— Internet.. www.careeronestop.org
Child Care Job Bank..... 925-676-5442
 (Child Care Council)
Experience Unlimited 925-602-0166
North Cities One Stop Center 510-982-7128
One-Stop Center – San Pablo 510-374-7440
Richmond Works—Richmond 510-307-8014

Eviction Notice/Rental Assistance

EVICTION NOTICE ASSISTANCE

Housing Rights, Inc...... 800-261-2298
Pacific Community Services..... 925-439-1056

EVICTION COURT SUMMONS ASSISTANCE

Bay Area Legal Aid..... 800-551-5554
Eviction Defense Center..... 510-452-4541

FORECLOSURE ASSISTANCE

Community Housing Dev of NR 510-412-9290
Concord Family Service Center ... 925-825-3099
 (Catholic Charities of East Bay) Spanish Assistance
Consumer Credit Counseling of the East Bay
 866-889-9347
Foreclosure Assistance – HUD..... 800-569-4287
Home Equity Loss Prevention 888-409-3557
National Foreclosure Hotline 888-995-4673
Neighborhood Housing Service.... 510-237-6459

RENTAL ASSISTANCE

Shelter, Inc...... 510-215-0636

Financial Assistance

CalWORKs (Families) 510-412-3000
Community Housing Dev. Corp.... 510-412-9290
Consumer Credit Counseling of the East Bay
 866-889-9347
General Assistance (Individuals) ... 510-412-1900
Season of Sharing..... 925-335-2195

For more resources, call 211

Food

Food Bank of Contra Costa & Solano
 Groceries, pantries, meals 800-870-FOOD
Food Assistance Program.
 (Groceries)..... 800-870-FOOD
Food for Children (Groceries)..... 800-870-FOOD
Food Stamps North Richmond 510-412-3280
 Richmond 510-231-8450,

GRIP Souper Center 510-233-2141
WIC Program 800-414-4942
 (Pregnant women breastfeeding or with children 0-5)
For more resources, call 211

Gay & Lesbian

Empowerment Program 925-687-8844
 (Center for Human Development)
Gay & Lesbian National Hotline... 888-843-4564
Rainbow Community Center..... 925-692-0090

Health Care

Appointment Line (for county health centers below)
 Information 877-905-4545
 Appointments 800-495-8885
**North Richmond Center for Health,
 Richmond Health Center**
Family Health Toll-Free Line 800-696-9644
 (Health service referrals to county services)
In-Home Support Services (IHSS)... 800-510-2020
 (Personal care for Medi-Cal eligible individuals)

COMMUNITY CLINICS

Brookside Community Health Center/Dental
 510-215-5001
Planned Parenthood—Richmond.... 800-230-PLAN

Health Insurance

Child Health & Disability Prevention (CHDP)
 800-696-9644
Health Access Line 877-503-9350
 (Information on County health insurance programs)
HICAP 800-510-2020
 (Health Insurance Counseling & Advocacy)
Medi-Cal— (New applicants)..... 800-709-8348
Medi-Cal/Food Stamp Service Center
 (Current clients) 866-663-3225

Homeless

Bay Area Rescue Mission
 Men's shelter 510-215-4868
 Women & Families 510-215-4860
Brookside Shelter (San Pablo), Concord Shelter
 (singles only) 800-799-6599
Calli House—Richmond (Youth, 14-21) 800-610-9400
FERST MultiService Center..... 510-232-7571
 (Anka Behavioral Health)
GRIP Resource Center 510-233-2141
Homeless Hotline..... 800-808-6444
 (Contra Costa Crisis Center)
Love-A-Child Shelter—Bay Point ... 925-458-5663
SAFE Place—Martinez (Youth, 9-17) ... 800-718-4357
 (Northern California Family Center)

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**CONTRA COSTA
 CRISIS CENTER**

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 800-830-5380

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Hospitals/Urgent Care

Alta Bates Medical Center 510-204-4444
Contra Costa Regional Medical Center
 925-370-5000
Doctor's Medical Center, San Pablo
 510-970-5000
Kaiser Medical Center—Richmond 510-307-1500

Housing

Housing Authority Public Housing Wait List
 (except Richmond / Pittsburg)..... 925-957-8084
Housing Authority of Contra Costa County
 (Administration) 925-957-8000
Housing Authority Richmond 510-621-1300
Permanent Housing for Special Needs/Low-Income,
Permanent Supportive Housing, Transitional &
Interim Housing (Shelter, Inc)..... 510-215-0636
Permanent & Transitional Housing
 (Rubicon Programs) 510-235-1516
Senior & Adults w/ Disabilities Housing
 800-510-2020

LANDLORD/TENANT

Pacific Community Services 925-439-1056
Tenant/Landlord Counseling 800-261-2298
 (Housing Rights, Inc.)
Tenant Rights & Fair Housing..... 866-452-7292
 (La Raza Centro Legal, Inc.)

Immigrant & Refugee Services

Asian Family Resource Center 510-970-9750
Cash Assistance Program for Immigrants
 800-648-0954
Citizenship Class (WCC Adult Ed.) .. 510-215-4666
Immigration & Naturalization Services
 (Catholic Charities of the East Bay) 925-825-3099
Lao Family Community Development
 510-215-1220
Multilingual Health Navigation Services for
Seniors & Families 925-927-2000
Refugee & Immigrant Services 925-927-2000
Refugee Health Program 925-313-6893
U.S. Citizenship and Immigration Services
 800-375-5283

Information & Referral

2-1-1 Contra Costa 211
 (Contra Costa Crisis Center)
Information & Assistance for Seniors &
Dependent Adults 800-510-2020

Legal & Mediation Services

Bay Area Legal Aid 800-551-5554
CCC Bar Association 925-686-6900
CCC District Attorney 925-957-2200
CC Senior Legal Services..... 510-374-3712
Family Law Facilitator..... 925-957-7887
 (Divorce, Child Custody, Support, Paternity issues help)
Immigrant Legal Services..... 510-451-2846
Victim Witness Assistance..... 510-374-3272

Mental Health

Access Mental Health Appointment Line
 (For CCC mental health centers)..... 888-678-7277
Richmond Mental Health Crisis Unit
West County Mental Health Services for
Youth & Families
West County Mental Health Adult Services
Adolescent, Adult and Children's Psychiatric
Programs 800-680-6555
 (John Muir Health Behavioral Health Center)
Asian Pacific Psychological Services
 510-233-7555

Familias Unidas Counseling510-412-5930
Family Institute of Pinole 510-741-7286
Kinship Support Services 510-215-4674
Medi-Cal Mental Health Ombudsman
 800-896-4042
Mental Health Crisis Services..... 888-678-7277
Mental Health Consumer Concerns
 510-374-3604
National Alliance for the Mentally Ill (NAMI)
 925-465-3864
Power Program (Dual Diagnosis).....510-232-7571
 (Anka Behavioral Health)

MultiService Centers

Neighborhood House.....510-235-9780
North Richmond Family Service Center
 510-231-8377
Rubicon Programs 510-235-1516

Parenting

Adolescent Parent Program.....510-237-9565
Even Start Family Literacy 510-867-0481
 (Catholic Charities of the East Bay)
Lao Family Community Development
 510-215-1220
Parenting Education Group.....510-412-5930
 (Familias Unidas)
Surviving Parenthood (Resource Booklet)
 (Child Abuse Prevention Council).....925-798.0546
West Contra Costa Adult Education
 510-215-4666

Pregnancy

Black Infant Health877-427-7130
Breastfeeding Support Warmline .866-878-7767
Brighter Beginnings 877-427-7130
Healthy Start..... 510-231-1340
Newborn Connections 925-946-9961
 (Child Abuse Prevention Council)
Planned Parenthood (See Health Care Centers)
Prenatal Care Guidance 510-231-8506
Safely Surrendered Baby 800-833-2900

SUBSTANCE ABUSE & PREGNANCY

Perinatal Outpatient Substance Abuse
 (New Connections) 925-363-5000
Ujima Family Recovery Services .. 510-236-3134
Ujima West 510-215-2280

Rape

Community Violence Solutions 800-670-7273

Senior Services

Adult Day Services Network 925-682-1000
Alzheimer's Assoc. of East Bay ... 800-272-3900
Bay Area Caregiver Resource Center
 (Family Caregiver Alliance) 800-445-8106
Brown Bag Programs El Sobrante, Richmond,
 No. Richmond, Rodeo (Food Bank) 800-870-FOOD
CC Café (Hot lunch program)
 Crockett 510-787-1341
 El Cerrito 510-215-4340
 Hercules 510-799-8219
 No. Richmond 510-232-3511
 Richmond 510-620-9619
 San Pablo 510-215-3098
 Rodeo 510-799-2706
Eldercare Locator..... 800-677-1116
Friendly Visitors/Home Chore Registry/Jobs
for Seniors (Senior Outreach Services) .925-937-8311
Information & Assistance for Seniors &
Dependent Adults 800-510-2020
Meals-on-Wheels 866-669-6697
Medicare Hotline 800-633-4227

Older Adult Services..... 925-927-2000
 (Diablo Valley Foundation for the Aging)
Reassurance Program..... 925-284-6161
 (Senior Helpline Services)
Senior Peer Counseling 925-335-8741
Senior Services (John Muir Health) ... 925-947-3300
Social Security 800-772-1213

Smoking Cessation

California Smokers Helpline 800-NO-BUTTS
 800-844-CHEW
Nicotine Anonymous Hotline..... 408-236-2196

Suicide

Contra Costa Crisis Center 800-833-2900
National Suicide Hotline..... 800-SUICIDE
National Suicide Prevention Lifeline
 800-273-TALK

Teen Services

Alateen 888-425-2666
California Youth Crisis Line..... 800-843-5200
Club Live/Friday Night Live..... 925-687-8844
 (Alcohol/drug free program)
Teen Services/SAFE Place..... 800-718-4357
 (Northern California Family Center)
TAP Teenage Health Clinic 866-282-8336
Teenage Health Resource Line 888-711-8336
Youth Violence Prevention Education
 (Contra Costa Crisis Center) 925-939-1916

Transportation

Bay Area Travel Information 511
BART 510-236-2278
AC Transit..... 510-817-1717
Richmond Paratransit..... 500-307-8026
WestCAT/Martinez Link 510-724-7993

Utility Assistance

California Alternate Rates for Energy (CARE)
Program 800-743-2273
Low-Income Home Energy Assistance
Program (LIHEAP)..... 866-675-6623
Medical Baseline Program Relief for Energy
 800-743-5000
Relief for Energy Asst. Through Community
Help (REACH) 800-933-9677
Utility Shut-off Assistance..... 800-743-5000

Veterans

Contra Costa County Veterans Services
 510-374-3241
Concord Veterans Center..... 925-680-4526
Hire VetsFirst—Internet..... www.hirevetsfirst.gov
Martinez VA Outpatient Clinic..... 925-372-2000
Veterans Employment Network..... 510-655-3552
Veterans Suicide Hotline..... 800-273-TALK

Volunteers

Volunteer Center of the East Bay .510-232-0163

Information excerpted from the 211 Database, a partnership of First 5 Contra Costa and the CCC Employment and Human Services Department

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CENTRAL CONTRA COSTA QUICK RESOURCE GUIDE

Abuse

CHILDREN

Child Abuse Prevention Council . 925-798-0546
Children's Protective Services 877-881-1116
Crisis Nursery (Children 0-5) 925-685-8052
Dahlstrom House (Children 6-12).... 925-685-3695

ADULTS

Adult Protective Services..... 877-839-4347
Ombudsman of CCC..... 925-685-2070
 (For patients in long-term care facilities)

FAMILIES

STAND! Against Dom. Violence... 888-215-5555
Victim Witness Assistance 925-646-2474

AIDS/HIV

AIDS Info 800-448-0440
Contra Costa AIDS Line..... 800-287-0200
Contra Costa AIDS Program 925-313-6771
HIV/AIDS Services 925-363-5000
 (New Connections)

Alcohol & Drug Abuse

Al-Anon..... 888-425-2666
Alcohol & Other Drugs ACCESS . 800-846-1652
Alcoholics Anonymous 925-939-4155
Narcotics Anonymous 925-685-4357

DETOX TREATMENT CENTERS

BAART—California Detox Pgm.... 925-522-0124
East Cty Community Women's Ctr 925-427-1384
Pueblos del Sol (Men) 925-676-2580
The Center for Recovery 925-674-4100

TREATMENT / COUNSELING

A Chance for Freedom (Bi-Bett) 925-685-9550
Born Free (Pregnant women) 925-646-1165
Crossroads Recovery Center..... 925-682-5704
Substance Abuse Treatment Program
 (New Connections) 925-363-5000

Animals

ARF—Animal Rescue Foundation 800-567-1273
CCC Animal Shelter 925-335-8300
Contra Costa Humane Society 925-279-2247

Child Care

CC Child Care Council 925-676-5437

Death & Dying

Grief Counseling 800-837-1818
 (Contra Costa Crisis Center)
Hospice of the East Bay 925-887-5678

Dental Care

Denti-Cal/Medi-Cal Dental Pgm..... 800-322-6384
Dental Services Martinez Dental Cl... 800-495-8885
 (Martinez Dental Clinic)
La Clínica Monument..... 925-363-1256

Disability Services

Area Developmental Disabilities Board 5
 510-286-0439
California Children's Services 925-313-6100
CA Dept. of Rehabilitation 925-602-3953
Contra Costa ARC 925-370-1818
Developmental Disabilities Council . 925-313-6836
Hawkins Center of Legal & Support Services
 (Rubicon Program) 510-235-1516
Futures Explored 925-284-3240
 Antioch, Brentwood, Concord, Lafayette
Independent Living Resource 925-363-7293
Life Skills (Dev. disabled) 925-685-7340
 (Mt. Diablo Adult Education) Ext. 2785

On Track (Traumatic brain injuries)....925-685-7340
 (Mt. Diablo Adult Education)Ext. 2747
Regional Center of the East Bay ..925-798-3001
We Care Children's Center.....925-671-0777

Education & Literacy

CCC Regional Occupational Program (ROP)
 925-942-3436
Diablo Valley Literacy Council..... 925-685-3881
Project Second Chance 925-927-3250
 (Contra Costa Library)

ESL/GED/ADULT EDUCATION

Acalanes Adult Education 925-935-3980
Martinez Adult Education 925-228-3276
Mt. Diablo Adult Education 925-685-7340

Emergency Services

American Red Cross 866-272-2237
California Poison Control Center .800-222-1222
CCC Office Emergency Services .925-646-4461
Emergency Broadcast System KCBS740AM
Hazardous Materials Incident Response
 925-646-1112
Public Health Emergency Line 888-959-9911

Employment

CalJOBS—Internet..... www.caljobs.ca.gov
Career Development Center 925-969-3540
 (John F. Kennedy University)
CareerOneStop—Internet... www.careeronestop.org
Child Care Job Bank 925-676-5442
 (Child Care Council)
Experience Unlimited 925-602-0166
One-Stop Center, Concord 925-671-4500

Evictions/Rent Assist./Foreclosures

EVICION NOTICE ASSISTANCE
Housing Rights, Inc. 800-261-2298
Pacific Community Services 925-439-1056

EVICION COURT NOTICE ASSISTANCE

Bay Area Legal Aid..... 800-551-5554
Eviction Defense Center..... 510-452-4541

FORECLOSURE ASSISTANCE

Concord Family Service Center ...925-825-3099
 (Catholic Charities of East Bay) Spanish Assistance
Consumer Credit Counseling of the East Bay
 866-889-9347
Foreclosure Assistance – HUD..... 800-569-4287
Home Equity Loss Prevention 888-409-3557
National Foreclosure Hotline 888-995-4673
Pacific Community Services 925-439-1056

RENTAL ASSISTANCE

Concord Family Service Center
 (Catholic Charities of East Bay) 925-825-3099
Shelter, Inc...... 925-335-0698

Financial Assistance

CalWORKs (Families) 925-313-7987
Consumer Credit Counseling of the East Bay
 866-889-9347
Critical Family Needs 925-825-3099
 (Catholic Charities of East Bay)
General Assistance (Individuals) 925-313-1827
Season of Sharing..... 925-335-2195

Food

Food Bank of Contra Costa & Solano
 Groceries, pantries, meals 800-870-FOOD
Food Assistance Program
 (Groceries) 925-676-6180
Food for Children (Groceries)..... 925-676-7543
Food Stamps 925-313-7987
Monument Crisis Center 925-825-7751

Loaves & Fishes Soup Kitchen

Concord 925-785-5719
 Martinez 925-324-2368
WIC Program 800-414-4942
 (Pregnant women breastfeeding or with children 0-5)
More Resources for Food 211

Gay & Lesbian

Empowerment Program 925-687-8844
 (Center for Human Development)
Gay & Lesbian National Hotline... 888-843-4564
Rainbow Community Center 925-692-0090

Health Care

Appointment Line (for county health centers below)
 Information 877-905-4545
 Appointments 800-495-8885
**Concord Health Center, Martinez Family
 Practice Center, Martinez Specialty Center**
Family Health Toll-Free Line 800-696-9644
 (Health service referrals to county services)
In-Home Support Services (IHSS) .800-510-2020
 (Personal care for Medi-Cal eligible individuals)

COMMUNITY CLINICS

La Clínica Monument..... 925-363-2000
Planned Parenthood 800-230-PLAN
 Concord, San Ramon, Walnut Creek

Health Insurance

Child Health & Disability Prevention (CHDP)
 800-696-9644
Health Access Line 877-503-9350
 (Information on County health insurance programs)
HICAP 800-510-2020
 (Health Insurance Counseling & Advocacy)
Medi-Cal— (New applicants)..... 800-709-8348
Medi-Cal/Food Stamp Service Center
 (Current clients) 866-663-3225

Homeless

Bay Area Rescue Mission
 Men's shelter 510-215-4868
 Women & Families 510-215-4860
Brookside Shelter (San Pablo), Concord Shelter
 (singles only) 800-799-6599
Calli House—Richmond (Youth, 14-21) 800-610-9400
FERST MultiService Center..... 925-685-7613
 (Anka Behavioral Health)
GRIP Resource Center 510-233-2141
Homeless Hotline 800-808-6444
 (Contra Costa Crisis Center)
Love-A-Child Shelter—Bay Point ...925-458-5663
Transitional and Interim Housing 925-335-0698
 (Shelter, Inc.)
SAFE Place—Martinez (Youth, 9-17) ...800-718-4357
 (Northern California Family Center)

Central Contra Costa Quick Resource Guide August 22, 2008



**CONTRA COSTA
 CRISIS CENTER**

Information excerpted from the 211 Database,
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800-830-5380

CENTRAL CONTRA COSTA QUICK RESOURCE GUIDE

Hospitals/Urgent Care

Contra Costa Regional Medical Center	925-370-5000
John Muir Health, Walnut Creek	925-939-3000
John Muir Health, Concord	925-682-8200
Kaiser Martinez (Urgent Care)	925-295-4000
Kaiser Medical Ctr-Walnut Creek	925-295-4000
San Ramon Regional Medical Center	925-275-9200

Housing

Housing Authority of Contra Costa County (Administration)	925-957-8000
Housing Authority Public Housing Wait List (Except Richmond and Pittsburg)	925-957-8084
Housing Workshop/Shared Housing (Independent Living Resources)	925-363-7293
Permanent Housing for Special Needs/Low-Income, Permanent Supportive Housing, Transitional & Interim Housing (Shelter, Inc.)	925-335-0698
Senior & Adults w/ Disabilities Housing	800-510-2020

LANDLORD/TENANT

Housing Counseling (Catholic Charities of the East Bay)	925-825-3099
Pacific Community Services	925-439-1056
Tenant/Landlord Counseling (Housing Rights, Inc.)	800-261-2298
Tenant Rights & Fair Housing (La Raza Centro Legal, Inc.)	866-452-7292

Immigrant & Refugee Services

Asian Family Resource Center	510-970-9750
Cash Assistance Program for Immigrants	800-648-0954
Citizenship Class (Mt. Diablo Adult Education)	925-685-7340
Immigration & Naturalization Services (Catholic Charities of the East Bay)	925-825-3099
Lao Family Community Development San Pablo	510-215-1220
Mary Mahoney Case Management Services (Catholic Charities of the East Bay)	925-825-3099
Multicultural Senior Support Network (Concord Senior Center)	925-671-3320
Refugee & Immigrant Services	925-927-2000
Refugee Health Program	925-313-6893
U.S. Citizenship and Immigration Services	800-375-5283

Information & Referral

2-1-1 Contra Costa (Contra Costa Crisis Center)	211
Information & Assistance for Seniors & Dependent Adults	800-510-2020

Legal & Mediation Services

Bay Area Legal Aid	800-551-5554
Conflict Resolution Panels (Center for Human Development)	925-687-8844
CCC Bar Association	925-686-6900
CCC District Attorney	925-957-2200
CC Senior Legal Services	925-706-4852
Family Law Facilitator	925-957-7887
Victim Witness Assistance	925-646-2474

Mental Health

Access Mental Health Apt. Line	888-678-7277
Central County Mental Health Services for Youth & Families; MH Crisis Services	
Central County Mental Health Adult Services	

Adolescent, Adult & Children's Psychiatric Programs	800-680-6555
Asian Pacific Psychological Services	
Brentwood	925-634-4445
Community Counseling Center (John F. Kennedy University)	925-798-9240
Concord Family Services Center (Catholic Charities of the East Bay)	925-825-3099
Family Stress Center	925-827-0212
Medi-Cal Mental Health Ombudsman	800-896-4042

Mental Health Consumer Concerns	925-646-5788
National Alliance for the Mentally Ill (NAMI)	925-465-3864
Power Program (Dual Diagnosis) (Anka Behavioral Health)	925-685-7613
Youth Homes Counseling Center	925-934-8925

MultiService Centers

Monument Crisis Center	925-825-7751
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Parenting

Acalanes Adult Education	925-935-0170
Strengthening Family Ties (Center for Human Development)	925-687-8844
Parenting Education Classes (Family Stress Center)	925-827-0212
Mt. Diablo Adult Education	925-685-7340
Martinez Adult Education	925-228-3276
Multilingual, Multicultural Family Program	925-927-2000
Surviving Parenthood (Resource Booklet) (Child Abuse Prevention Council)	925-798.0546

Pregnancy

Black Infant Health	877-427-7134
Breastfeeding Support Warmline	866-878-7767
Brighter Beginnings	877-427-7134
Healthy Start	925-370-5495
Newborn Connections (Child Abuse Prevention Council)	925-798-0546
Planned Parenthood (See Health Care Centers)	
Pregnancy Care Clinic	925-827-0100
Prenatal Care Guidance	925-313-6261
Safely Surrendered Baby	800-833-2900

SUBSTANCE ABUSE & PREGNANCY

Born Free Program	925-646-1165
Perinatal Outpatient Substance Abuse (New Connections)	925-363-5000
Ujima Family Recovery Services	925-229-0230

Rape

Community Violence Solutions	800-670-7273
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Senior Services

Adult Day Services Network	925-682-1000
Alzheimer's Assoc. of East Bay	800-272-3900
Bay Area Caregiver Resource Center (Family Caregiver Alliance)	800-445-8106
Brown Bag Programs (Concord, Martinez, Walnut Creek (Food Bank))	800-870-FOOD
CC Café (Hot lunch program)	
Concord	925-825-1488
Martinez	925-646-2598
Pleasant Hill	925-798-8788
Rossmoor	925-988-7703
San Ramon	925-973-3250
Walnut Creek	925-938-7800
Walnut Creek	925-280-7310
Eldercare Locator	800-677-1116
Friendly Visitors/Home Chore Registry/Jobs Seniors (Senior Outreach Services)	925-937-8311

Information & Assistance for Seniors & Dependent Adults	800-510-2020
Medicare Hotline	800-633-4227
Meals-on-Wheels	866-669-6697
Older Adult Services (Diablo Valley Foundation for the Aging)	925-927-2000
Reassurance Program (Senior Helpline Services)	925-284-6161
Senior Peer Counseling	925-335-8741
Senior Services (John Muir Health)	925-947-3300
Social Security	800-772-1213

Smoking Cessation

California Smokers Helpline	800-NO-BUTTS
	800-844-CHEW
Nicotine Anonymous Hotline	408-236-2196

Suicide

Contra Costa Crisis Center	800-833-2900
National Suicide Hotline	800-SUICIDE
National Suicide Prevention Lifeline	800-273-TALK

Teen Services

Alateen	888-425-2666
California Youth Crisis Line	800-843-5200
Club Live/Friday Night Live (Alcohol/drug free program)	925-687-8844
TAP Teenage Health Clinic	866-282-8336
Teen Services/SAFE Place (Northern California Family Center)	800-718-4357
Teenage Health Resource Line	888-711-8336
Youth Violence Prevention Education (Contra Costa Crisis Center)	925-939-1916

Transportation

Bay Area Travel Information	511
BART	925-676-2278
County Connection/County Link	925-676-7500

Utility Assistance

California Alternate Rates for Energy (CARE) Program	800-743-2273
Low-Income Home Energy Assistance Program (LIHEAP)	866-675-6623
Medical Baseline Program Relief for Energy	800-743-5000
Relief for Energy Asst. Through Community Help (REACH)	800-933-9677
Utility Shut-off Assistance	800-743-5000

Veterans

Contra Costa County Veterans Services	925-313-1481
Concord Veterans Center	925-680-4526
Hire VetsFirst—Internet	www.hirevetsfirst.gov
Martinez VA Outpatient Clinic	800-382-8387
Veterans Employment Network	510-655-3552
Veterans Suicide Hotline	800-273-TALK

Volunteers

Caring Hands (John Muir Health)	925-952-2999
Volunteer care giving services	
Volunteer Center of the East Bay	925-472-5760

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