

Anger Management Classes

C.O.P.E. Family Support Center ..925-689-5811
Crockett Counseling Center925-370-6544
Mt. Diablo Adult Education925-685-7340
Saving Our Sons and Daughters...925-432-4200
Second Nature Behavioral Health 510-610-4799
STAND! For Families Free of Violence
.....1-888-215-5555
West Contra Costa Adult Education Center
.....510-215-4666

Child Abuse

Children's Protective Services ..1-877-881-1116
Human Trafficking Prevention...1-800-670-7273
(Community Violence Solutions)
National Child Abuse Hotline.....1-800-422-4453
A Step Forward925-685-9670

Child Abuse Prevention

Child Abuse Prevention Council. 925-798-0546
Children & Family Services
Central925-602-9300
East.....925-522-7400
West510-231-8100

Child Care/Child Care Subsidies

Coco Kids – Central925-676-5437
East.....925-778-5437
West510-758-5439
**Head Start Programs (CCC Community Services
Bureau)**925-681-6300

CRISIS CHILD CARE
Bay Area Crisis Nursery (Ages 0-5) ..925-685-8052
Dahlstrom House (Ages 6-11)925-685-3695
Safe Refuge for Families (Ages 0-18)
.....925-566-8050

Child Custody

Bay Area Legal Aid West.....510-250-5270
East/Central925-219-3325
CCC Dept. of Child Support.....1-866-901-3212
Family Law Facilitator925-608-1000

Child/Family Counseling

**Access Mental Health Appointment Line for
Contra Costa County: Mental Health Crisis Unit,
Central/East/West; Youth/Families/Adult Services**
.....1-888-678-7277
Bay Area Psychotherapy Institute.....925-284-2298
Center for Human Development...925-687-8844
Community Health for Asian Americans
East.....925-778-1667
West.....510-233-7555
Conflict Resolution/Mediation
(Center for Human Development).....925-349-7344
Early Childhood Mental Health...510-837-6902
(Children ages 0-6)
Familias Unidas Counseling & Information
.....510-412-5930
Family Advocate Mental Health (CCHS)
.....925-957-5139
First Hope (CCHS)925-681-4450
**John Muir at Village Community Resource
Center**925-941-7940
Second Nature Behavioral Health 510-610-4799
The Hume Center Central925-825-1793
East925-432-4118
West510-778-2816

YWCA Mental Health Program ...925-372-4213

Crisis and Suicide Intervention

Contra Costa Crisis Center2-1-1
Provides 24-hour crisis/warm line support.
National Suicide Hotlines.....1-800-273-8255
Trevor Helpline1-866-488-7386

Dental

Contra Costa Health Services Dental Clinics
.....1-877-905-4545
Bay Point Children's Dental.....925-427-8302
Martinez925-370-5300
Pittsburg925-431-2501
San Pablo510-231-9540
Dental Hygiene Clinic925-969-2692
(Diablo Valley College)
Respite Dental Care Concord925-608-5016
Denti-Cal/Medi-Cal Dental Program
.....1-800-322-6384
La Clinica Monument925-363-2005
La Clinica Pittsburg Dental Clinic 925-431-1251
Lifelong Medical Care - Brookside
San Pablo.....510-215-9092
Pinole510-981-3255

Expectant/New Parent

BREASTFEEDING
Contra Costa Breastfeeding Advice Line
.....1-866-878-7767
La Leche League1-800-525-3243
NEW PARENT
Birthright800-550-4900
Black Infant Health925-313-6254
(CCHS)
Child Abuse Prevention Council...925-798-0546
Healthy Families America (CCHS)925-313-6254
Medical Legal Partnership (FMCH)...800-880-8047
Prenatal Care Guidance.....925-313-6254
(CC Health/First 5)
Welcome Home Baby (ASPIRAnet)...925-753-2156

Eye Exam/Glasses/Hearing Aids

Hear NOW1-800-648-4327
Lions Center for the Visually Impaired
.....925-432-3013
The Hearing Foundation1-800-327-8077
**University California Berkeley
Eye Care Center**.....510-642-2020

Financial Assistance

CalWORKS (Families).....1-877-505-4630
**Cash Assistance Program for Immigrant
Families (CAPI)**.....1-877-505-4630
CCC Dept. of Child Support.....1-866-901-3212
General Assistance (Individuals) 1-877-505-4630

First 5 Centers

Antioch First 5 Center925-301-4052
Bay Point First 5 Center.....925-301-4040
Delta First 5 Center.....925-516-3880
Monument Community First 5 Center 925-849-8861
West County First 5 Richmond Center 510-233-5890
West County First 5 San Pablo Center 510-232-5650

Food

CalFresh (food stamps)1-877-505-4630
(Contra Costa Employment and Human Services)
EBT Card Services1-877-328-9677

Food Bank of Contra Costa & Solano
Groceries, pantries, meals1-855-309-3663
**Food Pantries/Soup Kitchens/Food Resource
Programs**2-1-1
Loaves & Fishes Dining Rooms .925-293-4792
Antioch, Martinez, Oakley
WIC Program.....1-800-414-4942
(Pregnant women breastfeeding or with children 0-5)

Health Insurance

Patient Financial Counselors.....1-800-771-4270
Child Health & Disability Prevention (CHDP)
.....925-313-6150
Covered California1-800-300-1506
.....www.coveredca.com
Kaiser Child Health Plan1-800-464-4000

Homeless Families

Bay Area Rescue Mission Shelters
Men.....510-215-4868
Women/families.....510-215-4860
**Coordinated Outreach Referral and
Engagement (CORE)**2-1-1
Homeless outreach to encampments and referrals to
Concord and Brookside Shelters.
GRIP Family Emergency Shelter CARE Center
.....510-233-2141
Monument Crisis Center CARE
Capable.....925-825-7751
**Multi-Service Center (CARE Center) (Anka
Behavioral Health) Central**.....925-685-7613
SHELTER, Inc......925-338-1038
Trinity Center CARE Center.....925-949-8712
Winter Nights925-435-2074

Housing

Housing Authority of Contra Costa County
(Administration)925-957-8000
Pittsburg Housing Authority.....925-252-4830
Richmond Housing Authority....510-621-1300
LANDLORD/TENANT
Conflict Resolution/Mediation
(Center for Human Development).....925-349-7344
Housing and Economic Advocates (HERA)
.....510-271-8443
Pacific Community Services.....925-439-1056
RENTAL ASSISTANCE
Concord Family Service Center ..925-825-3099
(Catholic Charities)
Season of Sharing.....925-521-5065
SHELTER, Inc.925-338-1038

Kinship Support Services

Kinship Support Services (EMQ FamiliesFirst)
Central925-602-1750
East.....925-222-2129
West510-215-4671

LGBTQ Parenting

LGBT National Help Center.....1-888-843-4564
**Parents, Families & Friends of Lesbians & Gays
(PFLAG)—Internet to find local group** ...www.pflag.org
Rainbow Community Center.....925-692-0090

Medical Care

Advice Nurse1-877-661-6230
Brighter Beginnings - Family Health Clinic
Antioch.....925-303-4780
Richmond510-213-6681

Contra Costa Health Services Health Centers

.....	1-800-495-8885
Antioch, Bay Point, Brentwood, Concord, Martinez, Pittsburg, San Pablo	
Health Care for the Homeless Mobile Van	
(CCHS) Call for locations/hours	925-608-5300
La Clínica Monument	925-363-2005
La Clínica Oakley	925-776-8240
La Clínica Pittsburg	925-431-1251
Lifelong Medical Care - Brookside	
Richmond	510-215-5001
San Pablo (urgent care)	510-215-9092
Mobile Health Clinic John Muir	925-941-7940
Planned Parenthood	1-800-230-7526
Respite Health Care Concord	925-646-5311
RotaCare Clinic Concord	925-429-6409
RotaCare Clinic Pittsburg	925-439-2009
RotaCare Clinic Richmond	510-213-6678

Parenting Classes

Bay Point First 5 Center	925-301-4040
Child Abuse Prevention Council	925-798-0546
Crockett Counseling Center	925-370-6544
C.O.P.E. Family Support Center	925-689-5811
Liberty Adult Education	925-634-2565
Mt. Diablo Adult Education	925-685-7340
Primeros Nuestros Niños	510-233-8595
(The Latina Center)	
Second Nature Behavioral Health	510-610-4799
West Contra Costa Adult Education Center	
.....	510-215-4666

Parenting Education

Autism Family Support Project ...	925-671-0777
(We Care Services for Children)	
C.O.P.E. Family Support Center	925-689-5811
Crockett Counseling Center	925-370-6544
Liberty Adult Education	925-634-2565
Mt. Diablo Adult Education	925-685-7340
Parent Support Groups & Edu.	510-837-6902
(Early Childhood Mental Health Program)	
Prenatal Care Guidance (CCHS)	925-313-6254
Primeros Nuestros Niños (Latina Center)	510-233-8595
West County First 5 Richmond	510-233-5890
YWCA of Contra Costa	925-372-4213

Parent/Child Activity Groups

All Abilities Playgroups	800-984-4636
Antioch First 5 Center	925-301-4052
Bay Point First 5 Center	925-301-4040
Contra Costa County Library	800-984-4636
Delta First 5 Center	925-516-3880
Family Literacy Program	510-236-3900
(Catholic Charities of the East Bay)	
Monument Community First 5 Center	925-849-8861
Mt. Diablo Adult Education	925-685-7340
We Care Developmental Playgroups	
.....	925-671-0777
West County First 5 Richmond	510-233-5890
West County First 5 San Pablo	510-232-5650

Postpartum Depression

Parent Support Groups & Edu.	510-412-9200
(Early Childhood Mental Health Program)	
Postpartum Depression (PPD) Helpline	
.....	1-800-944-4773
Welcome Home Baby	925-753-2156
(ASPIRAnet)	

Pregnancy/Prenatal Care

Black Infant Health(CCHS)	925-313-6254
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Brighter Beginnings

Antioch	925-303-4780
Richmond	510-213-6681
Healthy Families America (CCHS)	925-313-6254
Healthy Start (CCHS) Central	925-370-5495
East	925-431-2345
West	510-231-9469
Lifelong Medical Care - Brookside	
Richmond	510-215-5001
San Pablo (urgent care)	510-215-9092
Planned Parenthood Antioch	1-800-230-7526
Concord, Richmond, San Ramon, Walnut Creek	
Prenatal Care Guidance (CCHS)	925-313-6254
Safely Surrendered Baby	2-1-1
SUBSTANCE ABUSE & PREGNANCY	
BAART-East	925-522-0124
West	510-232-0874
Healthy Start (CCHS) - Central	925-370-5495
East	925-431-2345
West	510-231-9469
La Casa Ujima Residential	925-229-0230
La Casa Central Mothers' Program Ujima	
.....	925-691-5083
The Rectory Women's Recovery Center	
.....	510-236-3134
Ujima Outpatient East	925-427-9100
Ujima Outpatient West	510-215-2280
Wollam House	925-427-1384

School Districts

Acalanes Union High School District	925-280-3900
Antioch Unified School District	925-779-7500
Brentwood Union School District	925-513-6300
Byron Union School District	925-809-7500
Canyon School District	925-376-4671
Contra Costa County Office of Education	
.....	925-942-3388
John Swett Unified School District	
.....	510-245-4300
Knightsen School District	925-625-0073
Lafayette School District	925-927-3500
Liberty Union High School District	925-634-2166
Martinez Unified School District	925-335-5800
Moraga School District	925-376-5943
Mt. Diablo Unified School District	925-682-8000
Oakley Union Elementary School District	
.....	925-625-0700
Orinda Union School District	925-254-4901
Pittsburg Unified School District	925-473-2300
San Ramon Valley Unified School District	
.....	925-552-5500
Walnut Creek School District	925-944-6850
West Contra Costa Unified School District	
.....	510-231-1100

Special Needs Services

Ability Tools	1-800-390-2699
State Council on Developmental Disabilities	
Bay Area	510-286-0439
Asian Community Mental Health	510-970-9750
Bay Respite Care	707-644-4491
California Children's Services	925-313-6400
Care Parent Network	925-313-0999
Center for Accessible Technology	510-841-3224
Center for Early Intervention on Deafness	
.....	510-848-4800
Contra Costa ARC	925-370-1818
Contra Costa Office of Education	925-942-3389
Deaf Counseling, Advocacy & Referral	
(DCARA)	510-343-6670
Developmental Disabilities Council	925-313-6836

Down Syndrome Connection	925-362-8660
Early Childhood Mental Health	510-837-6902
Early Intervention Services (Easter Seals Bay Area) East/Central	925-849-8999
West	510-457-5800
Help Me Grow	2-1-1
Lighthouse for the Blind and Visually Impaired	1-888-400-8933
Lynn Center Early Intervention Services	
Children 0-6	925-439-9628
National CA Fragile X Association	
.....	1-800-688-8765
National Resource Center on ADHD	
.....	1-800-233-4050
Regional Center of the East Bay	925-691-2300
Respite Care Program	510-834-2443
(Family Support Services of the Bay Area)	
Respite Program	510-527-2550
(Ala Costa Center)	
Special Needs Child Care Project	925-676-5442
(Coco Kids)	
Through The Looking Glass	1-800-644-2666
United Cerebral Palsy of the Golden Gate	
.....	510-832-7430
We Care Services for Children	925-671-0777

Teen Parents

CA Youth Crisis Line	1-800-843-5200
Through The Looking Glass	1-800-644-2666

Wraparound Services

Care Parent Network	925-313-0999
Community Health for Asian Americans	
East	925-778-1667
West	510-233-7555
Contra Costa Family Justice Center	
Central	925-521-6366
West	510-974-7200
Early Childhood Mental Health Program	
Wraparound Support	510-412-9200
Early Intervention- (George Miller)	
Central	925-646-5710
West	510-374-3981
Familias Unidas	510-412-5930
Fred Finch Therapeutic Behavioral Services	510-482-2244
Lynn Center Early Intervention Services	
Children 0-6	925-439-9628
Wraparound Services	925-671-0777
(We Care Services for Children)	

Need help and don't know where to go?
 Call 2-1-1 or
 Text "HOPE" to 20121
 24/7 Spanish & English

Or visit:
www.211cc.org

This resource guide is a collaborative effort of the Contra Costa Crisis Center and First 5 Contra Costa



Abuse

CHILDREN

Children's Protective Services .. 1-877-881-1116

ADULTS

Adult Protective Services 1-877-839-4347

Human Trafficking Prevention ... 1-800-670-7273

(Community Violence Solutions)

Ombudsman of CCC 925-685-2070

(For patients in long-term care facilities)

FAMILIES

STAND! For Families Free of Violence

..... 1-888-215-5555

AIDS/HIV

AIDS Info 1-800-448-0440

Contra Costa AIDS/HIV Program.. 925-313-6771

Alcohol & Drug Abuse

Al-Anon 925-932-6770

Alcohol & Other Drugs ACCESS 1-800-846-1652

Alcoholics Anonymous..... 925-939-4155

DUI Programs..... 925-932-8100

(Alcohol & Drug Abuse Council of Contra Costa, Inc.)

Narcotics Anonymous..... 925-685-4357

DETOX TREATMENT CENTERS

BAARX - Detoxification Program.. 925-522-0124

Frederick Ozanam Center 925-676-4840

Pueblos del Sol (Men)..... 925-676-2580

Thunder Road Adolescent Treatment Center

..... 510-653-5040

TREATMENT / COUNSELING

A Chance for Freedom (BI-Bett) 925-685-7418

Crossroads Program Services 925-682-5704

La Casa Ujima Residential..... 925-229-0230

Power Program 925-685-7613

Ujima Central Mothers' Program .. 925-691-5083

SMOKING CESSATION

California Smokers Helpline..... 1-800-662-8887

Animals

ARF-Animal Rescue Foundation .. 925-256-1273

CCC Animal Services..... 925-608-8400

Contra Costa Humane Society 925-279-2247

Food Bank of Contra Costa & Solano

Pet Food Assistance Program 925-676-7543

Child Care/Crisis Child Care

Coco Kids 925-676-5437

Head Start Programs/Child Care Services

(CCC Community Services Bureau)..... 925-681-6300

CRISIS CHILD CARE

Bay Area Crisis Nursery (Ages 0-5) .. 925-685-8052

Dahlstrom House (Ages 6-11) 925-685-3695

Safe Refuge for Families (Ages 0-18)

..... 925-566-8050

Crisis and Suicide Intervention

Contra Costa Crisis Center 2-1-1

Provides 24-hour crisis/warm line support.

National Suicide Hotlines..... 1-800-273-8255

Death & Dying

Grief Counseling 2-1-1

(Contra Costa Crisis Center)

Hospice of the East Bay..... 925-887-5678

Dental Care

Berkeley Free Clinic 1-800-625-4642

Contra Costa Health Services Dental Clinics

Bay Point Children's Dental!..... 925-427-8302

Martinez 925-370-5300

Dental Hygiene Clinic 925-969-2692

(Diablo Valley College)

Denti-Cal/Medi-Cal Dental Pgm . 1-800-322-6384

La Clínica Monument 925-363-2005

Respite Dental Care Concord..... 925-608-5016

Disability Services

Adaptive Learning Center..... 925-827-3863

Adults with Disabilities Services

(Mt. Diablo Adult Ed.) 925-685-7340

California Children's Services..... 925-313-6400

CA Dept. of Rehabilitation 925-602-3953

Contra Costa ARC 925-370-1818

Developmental Disabilities Council . 925-313-6836

Futures Explored 925-825-0263

Hearing Loss Association of America - Diablo

Valley & East Bay Chapter 925-264-1199

Independent Living Resource ... 925-363-7293

In Home Supportive Services 925-229-8434

Regional Center of the East Bay .. 925-691-2300

Social Security..... 1-800-772-1213

State Council on Developmental Disabilities

Bay Area 510-286-0439

We Care Services for Children . 925-671-0777

Education & Literacy

CCC Regional Occupational Program (ROP)

..... 925-942-3368

Contra Costa County Library 1-800-984-4636

Contra Costa County Office of Education

..... 925-942-3388

Project Second Chance..... 925-927-3250

(Contra Costa Library)

ESL/GED/ADULT EDUCATION

Acalanes Adult Education 925-280-3980

Diablo Valley Literacy Council 925-685-3881

Martinez Adult Education..... 925-228-3276

Mt. Diablo Adult Education 925-685-7340

Emergency Services

American Red Cross 1-800-733-2767

California Poison Control System. 1-800-222-1222

CA Office Emergency Services..... 925-953-1402

Community Warning System 925-313-9622

Hazardous Materials Incident Response

..... 925-335-3232

Health Emergency Hotline 1-888-959-9911

Employment/Job Training

CaJOBS-Internet..... www.caljobs.ca.gov

Child Care Job Bank 925-676-5442

(Coco Kids)

EASTBAY Works, America's Job Center of CA

Concord 925-671-4500

Experience Unlimited..... 925-602-0166

Monument Impact 925-682-8248

Unemployment Insurance, CA... 1-800-300-5616

Internet www.edd.ca.gov/Unemployment

Evictions/Rent Assist./Foreclosures

EVICTION NOTICE/LANDLORD TENANT

ASSISTANCE

Bay Area Legal Aid 510-250-5270

ECHO Fair Housing 1-855-275-3246

(except Concord and Pittsburg)

FORECLOSURE ASSISTANCE

Foreclosure Assistance - HUD.... 415-489-6400

Housing & Economic Rights Advocates

(HERA) 510-271-8443

National Foreclosure Hotline 1-888-995-4673

RENTAL ASSISTANCE

Concord Family Service Center

(Catholic Charities of East Bay) 925-825-3099

Season of Sharing..... 925-521-5065

SHELTER, Inc. 925-338-1038

Financial Assistance

CalWORKs (Families)..... 1-877-505-4630

General Assistance (Individuals) . 1-877-505-4630

Food

CalFresh (Food Stamps) 1-877-505-4630

EBT Card Services 1-877-328-9677

Food Bank of Contra Costa & Solano

(Groceries, pantries, meals) 925-676-7543

Food Pantries/Soup Kitchens 2-1-1

Loaves & Fishes Dining Martinez..... 925-293-4792

WIC Program..... 925-646-5370

(Pregnant women, breastfeeding, or with children 0-5)

Gay, Lesbian, Bisexual, Transgender

LGBT National Help Center..... 1-888-843-4564

Rainbow Community Center 925-692-0090

Health Care

Advice Nurse 1-877-661-6230

Contra Costa Health Services Health Centers

Concord, Martinez 1-800-495-8885

Health Care for the Homeless Mobile Van

(CCHS) Call for locations/hours 925-608-5300

COMMUNITY CLINICS

La Clínica Monument 925-363-2005

Planned Parenthood..... 1-800-230-7526

Concord, San Ramon, Walnut Creek

Homeless Ambulatory Clinics..... 925-608-5300

RotaCare - Concord..... 925-429-6409

HOSPITALS

Contra Costa Regional Medical Center

..... 925-370-5000

John Muir Health Walnut Creek..... 925-939-3000

John Muir Health Concord 925-682-8200

Kaiser Medical Ctr Walnut Creek... 925-295-4000

San Ramon Regional Medical Center

..... 925-275-9200

Health Insurance

Covered California 1-800-300-1506

Child Health & Disability Prevention (CHDP)

..... 925-313-6150

HICAP 1-800-510-2020

(Health Insurance Counseling & Advocacy)

Kaiser Child Health Plan 1-800-464-4000

Medi-Cal Applications 1-800-709-8348

Patient Financial Counseling..... 1-800-771-4270

(Information on County health coverage programs)

Homeless

Bay Area Rescue Mission

Men's shelter..... 510-215-4868

Women & Families 510-215-4860

Calli House-Richmond (Youth, 18-24) 1-800-610-9400

Coordinated Outreach Referral and

Engagement (CORE) 2-1-1

Homeless outreach to encampments and referrals to

Concord and Brookside Shelters.



GRIP Family Emergency Shelter/CARE Center 510-233-2141
Monument Crisis Center CARE Capable Center 925-825-7751
Multi-Service Center CARE Center 925-685-7613
 (Anka Behavioral Health)
SHELTER, Inc. 925-338-1038
Shepherd's Gate Brentwood 925-308-7507
Trinity Center CARE Center 925-949-8712
Winter Nights 925-435-2074

Housing

CC Housing Authority Public Housing Wait List (Except Richmond and Pittsburg). 925-957-8000
Housing Workshop/Shared Housing
 (Independent Living Resources) 925-363-7293
Seniors & Adults w/ Disabilities... 1-800-510-2020
SHELTER, Inc. 925-338-1038

Immigrant & Refugee Services

Cash Assistance Program for Immigrants 1-877-505-4630
Citizenship Education
 Acalanes Adult Education 925-280-3980
 Martinez Adult Education 925-228-3276
 Mt. Diablo Adult Education 925-685-7340
Immigration & Naturalization Services
 (Catholic Charities of the East Bay) 925-825-3099
Refugee & Immigrant Services ... 925-927-2000
 (Jewish Family & Community Services of the East Bay)
Refugee Health Program 925-313-6893
Stand Together Contra Costa 925-900-5151
 Rapid response and immigration legal services in
 Contra Costa County.
U.S. Citizenship and Immigration Services
 1-800-375-5283

Information & Referral

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

Legal & Mediation Services

Bay Area Legal Aid 510-250-5270
Lawyer Referral Service 925-825-5700
 (Contra Costa County Bar Association)
CCC Dept. of Child Support 1-866-901-3212
CC Senior Legal Services 925-609-7900
Conflict Resolution/Mediation
 (Center for Human Development) 925-349-7344
Family Law Facilitator www.cc-courts.ca.gov
 (Divorce, child custody, support, paternity issues, help)
Medical Legal Partnership (FMCH)... 800-880-8047
Victim Witness Assistance 925-957-8650

Low Cost Internet

Access from AT&T 1-855-220-5211
Comcast Internet Essentials 1-855-846-8376

Mental Health

**Access Mental Health Appointment Line for
 Contra Costa County** 1-888-678-7277
Bay Area Psychotherapy Institute 925-284-2298
Center for Human Development... 925-687-8844
Outpatient Psychiatric Programs 925-674-4265
 (John Muir Health Behavioral Health Center)
Contra Costa Crisis Center 2-1-1
Concord Wellness City 925-363-7290
Crockett Counseling Center 925-370-6544

Family Advocate Mental Health (CCHS) 925-957-5139
First Hope- (CCHS) 925-681-4450
George & Cynthia Miller Center ... 925-313-7940
George Miller Center 925-646-5710
National Alliance for the Mentally Ill (NAMI)
 925-942-0767
Northern CA Family Center 925-370-1990
Power Program (Dual Diagnosis) ... 925-685-7613
 (Anka Behavioral Health)
Putnam Clubhouse 925-691-4276
Second Nature Behavioral Health 510-610-4799
The Hume Center 925-825-1793
YWCA Mental Health Program ... 925-372-4213

Multi-Service Centers

Monument Crisis Center 925-825-7751
Multi-Service Center 925-685-7613
 (Anka Behavioral Health)
Trinity Center 925-949-8712

Parenting Classes

C.O.P.E. Family Support Center .. 925-689-5811
Crockett Counseling Center 925-370-6544
Martinez Adult Education 925-228-3276
Monument First 5 Center 925-849-8861
Mt. Diablo Adult Education 925-685-7340
Second Nature Behavioral Health 510-610-4799

Pregnancy

Birthright 925-798-7227
Black Infant Health (CCHS) 925-313-6254
Healthy Families America (CCHS) ... 925-313-6254
Healthy Start (CCHS) 925-370-5495
Independent Adoption Center ... 925-827-2229
Medical Legal Partnership (FMCH)... 800-880-8047
Options for Women 925-827-0100
Planned Parenthood 1-800-230-7526
Prenatal Care Guidance 925-313-6254
 (CC Health/First 5)
Safely Surrendered Baby 2-1-1

SUBSTANCE ABUSE & PREGNANCY

La Casa Ujima 925-229-0230
Ujima Central Mothers' Program .. 925-691-5083

Rape/Victims of Crime

Central Family Justice Center 925-521-6366
Community Violence Solutions 1-800-670-7273
Crockett Counseling Center 925-370-6544
Discovery Counseling Center 925-837-0505
Rape, Abuse & Incest National Network
 1-800-656-4673
Second Nature Behavioral Health 510-610-4799
Victim Witness Assistance Program
 925-957-8650

Senior Services

Adult Day Services Network 925-682-1000
Alzheimer's Association 1-800-272-3900
An Elderly Wish Foundation 925-978-1883
Caring Hands (John Muir) 925-952-2999
CC Café (Hot lunch program)
 Concord 925-825-1488
 Martinez 925-646-2598
 Pleasant Hill 925-771-7641
 Rossmoor 925-988-7703
 San Ramon 925-973-3250
 Walnut Creek 925-280-7310
Covia 925-956-7400
Eldercare Locator 1-800-677-1116
Family Caregiver Alliance 1-800-445-8106

In Home Personal Assistance 925-945-8040
 (Diablo Valley Foundation for the Aging)
**Information & Assistance for Seniors &
 Dependent Adults** 1-800-510-2020
**Jewish Family & Community Services of the
 East Bay** 925-927-2000
Meals-on-Wheels 925-937-8311
Medicare Hotline 1-800-633-4227
Mobility Matters 925-284-6161
**Senior Food Program - Concord, Martinez,
 Walnut Creek (Food Bank)** 925-676-7543
Senior Outreach Services 925-937-8311
Senior Peer Counseling 925-521-5636
Social Security 1-800-772-1213

Teen Services

Alateen 925-932-6770
California Youth Crisis Line 1-800-843-5200
New Leaf Treatment Center 925-284-5200
 (Substance Abuse Treatment)
Teen Services/SAFE Place 1-800-718-4357
 (Northern California Family Center)

Transportation

511 Contra Costa Bay Area Travel Information... 5-1-1
BART 925-676-2278
County Connection/County Link .. 925-676-7500
Mobility Matters 925-284-6161
Monument Community Shuttle 925-682-8248

Utility Assistance

**California Alternate Rates for Energy (CARE)
 Program** 1-866-743-2273
**Low-Income Home Energy Assistance
 Program (LIHEAP)** 925-681-6380
Medical Baseline Program Relief for Energy
 1-800-743-5000
Utility Shut-off Assistance 1-800-743-5000

Veterans

Contra Costa County Veterans Services
 925-313-1481
Concord Veterans Center 925-680-4526
Martinez VA Outpatient Clinic 925-372-2000
Homeless Veteran Reintegration (HVRP)
 Shelter Inc. 925-957-7573
Veterans Suicide Hotline 1-800-273-8255

Volunteer Opportunities

Caring Hands (John Muir) 925-952-2999
Contra Costa Crisis Center 2-1-1
**Contra Costa Society for the Prevention of
 Cruelty to Animals** 925-825-5156
Covia 925-956-7396
Food Bank of Contra Costa & Solano
 925-676-7543
Meals on Wheels 925-937-8607
Mobility Matters 925-284-4831
Volunteer Opportunities 2-1-1

Need help and don't know where to go?
 Call 2-1-1 text HOPE to 20121

Abuse

CHILDREN
Children's Protective Services .. 1-877-881-1116

ADULTS
Adult Protective Services 1-877-839-4347
Human Trafficking Prevention... 1-800-670-7273
(Community Violence Solutions)
Ombudsman of CCC..... 925-685-2070
(For patients in long-term care facilities)

FAMILIES
STAND! For Families Free of Violence
..... 1-888-215-5555

AIDS/HIV

AIDS Info 1-800-448-0440
Contra Costa AIDS Line 925-313-6771

Alcohol & Drug Abuse

Al-Anon..... 925-932-6770
Alcohol & Other Drugs ACCESS 1-800-846-1652
Alcoholics Anonymous 925-939-4155
DUI Programs 925-932-8100
(Alcohol & Drug Abuse Council of Contra Costa, Inc.)
Narcotics Anonymous 925-685-4357
Pueblos del Sol DUI Prgm(BI-Bett)... 925-240-7213

DETOX TREATMENT CENTERS

BAART—California Detox Pgm. 925-522-0124
East County Wollam House 925-427-1384
Pueblos del Sol (Men) 925-676-2580
Thunder Road Adolescent Treatment Center
..... 510-653-5040

TREATMENT / COUNSELING

REACH Project - Antioch 925-754-3673
Brentwood 925-666-8460
Oakley 925-679-2504
Ujima East 925-427-9100

SMOKING CESSATION

California Smokers Helpline ... 1-800-662-8887

Animals

Antioch Animal Services..... 925-779-6989
Contra Costa Humane Society .. 925-279-2247
Food Bank of Contra Costa & Solano
Pet food assistance 925-676-7543

Child Care/Crisis Child Care

Coco Kids 925-778-5437
Head Start Programs/Child Care Services
(CCC Community Services Bureau)..... 925-681-6300

CRISIS CHILD CARE

Bay Area Crisis Nursery (Ages 0-5) .. 925-685-8052
Dahlstrom House (Ages 6-11) 925-685-3695
Safe Refuge For Families (Ages 0-18)
..... 925-566-8050

Crisis and Suicide Intervention

Contra Costa Crisis Center 2-1-1
Provides 24-hour crisis/warm line support.
National Suicide Hotlines..... 1-800-273-8255

Death & Dying

Grief Counseling 2-1-1
(Contra Costa Crisis Center)
Hospice of the East Bay 925-887-5678

Dental Care

Berkeley Free Clinic 1-800-625-4642
Contra Costa Health Services Dental Clinics
Bay Point Children's Dental 925-427-8302
Pittsburg 925-431-2501
Denti-Cal/Medi-Cal Dental Pgm . 1-800-322-6384
La Clínica Pittsburg Dental Clinic. 925-431-1251

Disability Services

California Children's Services..... 925-313-6400
CA Dept. of Rehabilitation 925-754-7700
Contra Costa ARC 925-370-1818
Developmental Disabilities Council. 925-313-6836
Futures Explored 925-825-0263
Hearing Loss Association of America - Diablo
Valley & East Bay Chapter 925-264-1199
Independent Living Resource... .. 925-363-7293
In Home Supportive Services 925-229-8434
Regional Center of the East Bay .. 925-691-2300
Social Security..... 1-800-772-1213
State Council on Developmental Disabilities
Bay Area 510-286-0439
We Care Services for Children . . 925-671-0777

Education & Literacy

CCC Regional Occupational Program (ROP)
..... 925-942-3368
Contra Costa County Library 1-800-984-4636
Contra Costa County Office of Education
..... 925-942-3388
Opportunity Junction 925-776-1133
Project Second Chance..... 925-754-8317
(Contra Costa Library)
ESL/GED/ADULT EDUCATION
Antioch Adult Education..... 925-779-7490
Liberty Adult Education..... 925-634-2565
Pittsburg Adult Education..... 925-473-2400

Emergency Services

American Red Cross 1-800-272-2237
California Poison Control System 1-800-222-1222
CA Office Emergency Services..... 925-953-1402
Community Warning System 925-313-9622
Hazardous Materials Incident Response
..... 925-335-3232
Health Emergency Hotline..... 1-800-959-9911

Employment/Job Training

CalJOBS - Internet www.caljobs.ca.gov
Child Care Job Bank 925-676-5442
(Coco Kids)
Experience Unlimited 925-602-0166
Opportunity Junction..... 925-776-1133
Rubicon..... 925-399-8990
SparkPoint Contra Costa East... .. 925-252-2300
Unemployment Insurance, CA... 1-800-300-5616
..... www.edd.ca.gov/Unemployment

Evictions/Rent Assist./Foreclosures

**EVICTIION NOTICE ASSISTANCE/ LANDLORD
TENANT ASSISTANCE**
Bay Area Legal Aid 510-250-5270
ECHO Fair Housing 1-855-275-3246
(except Concord and Pittsburg)
Pacific Community Services..... 925-439-1056
(Antioch, Pittsburg and Bay Point residents only)

FORECLOSURE ASSISTANCE

Foreclosure Assistance – HUD 415-489-6400
Housing & Economic Rights Advocates
(HERA) 510-271-8443
National Foreclosure Hotline..... 1-888-995-4673
Pacific Community Services 925-439-1056

RENTAL ASSISTANCE

Concord Family Services Center.. 925-825-3099
(Catholic Charities of the East Bay)
Season of Sharing..... 925-521-5065
SHELTER, Inc. 925-338-1038

Financial Assistance

CalWORKs (families) 1-877-505-4630
General Assistance (Individuals)... 1-877-505-4630

Food

CalFresh (Food Stamps)..... 1-877-505-4630
EBT Card Services 1-877-328-9677
Food Bank of Contra Costa & Solano
Groceries, pantries, meals 925-676-7543
Food Pantries/Soup Kitchens..... 2-1-1
Loaves & Fishes Dining Rooms .. 925-293-4792
WIC Program – Brentwood 925-513-6880
WIC Program – Pittsburg 925-431-2460

Gay, Lesbian, Bisexual, Transgender

LGBT National Help Center..... 1-888-843-4564
Rainbow Community Center..... 925-692-0090

Health Care

Advice Nurse 1-877-661-6230
Contra Costa Health Services Health Centers
Antioch, Bay Point, Brentwood 1-800-495-8885
Health Care for the Homeless Mobile Van
(CCHS) Call for locations/hours 925-608-5300

COMMUNITY CLINICS

Brighter Beginnings - Family Health Clinic
Antioch..... 925-303-4780
La Clínica Oakley 925-776-8240
La Clínica Pittsburg 925-431-1251
Mobile Health Clinic (John Muir)..... 925-363-7588
Planned Parenthood – Antioch, Pittsburg
..... 1-800-230-7526
RotaCare Clinic - Pittsburg 925-439-2009

HOSPITALS

Contra Costa Regional Medical Center
..... 925-370-5000
Kaiser Medical Center 925-813-6500
Sutter Delta Medical Center 925-779-7200

Health Insurance

Covered California 1-800-300-1506
..... www.coveredca.com
Child Health & Disability Prevention (CHDP)
..... 925-313-6150
HICAP 1-800-510-2020
(Health Insurance Counseling & Advocacy)
Kaiser Child Health Plan 1-800-464-4000
Medi-Cal/CalFresh Applications 1-800-709-8348
Patient Financial Counseling 1-800-771-4270
(Information on County health insurance programs)

Homeless

Bay Area Rescue Mission
Men's Shelter 510-215-4868
Women & Family Shelter 510-215-4860
Calli House-Richmond (Youth, 18-24) 1-800-610-9400

Coordinated Outreach Referral and Engagement (CORE) 2-1-1
 Homeless outreach to encampments and referrals to Concord and Brookside Shelters.
GRIP Resource Center CARE Center 510-233-2141
Monument Crisis Center CARE Capable Center 925-825-7751
SHELTER, Inc. 925-338-1038
Shepherd's Gate - Brentwood 925-308-7507
Trinity Center CARE Center 925-949-8712
Winter Nights 925-435-2074

Housing

Housing Authority Public Housing Wait List (Except Richmond and Pittsburg) 925-957-8000
Housing Authority - Pittsburg 925-252-4830
Housing Workshop/Shared Housing (Independent Living Resources) 925-363-7293
Senior & Adults w/ Disabilities .. 1-800-510-2020
SHELTER, Inc. 925-338-1038

Immigrant & Refugee Services

Cash Assistance Program for Immigrants 1-877-505-4630
Citizenship Education
 Antioch Adult Education 925-779-7490
 Liberty Adult Education 925-634-2565
 Pittsburg Adult Education 925-473-2400
Immigration & Naturalization Services (Catholic Charities of the East Bay) 925-825-3099
Immigration & Citizenship Program (International Institute of the Bay Area) 925-237-8581
Refugee & Immigrant Services 925-927-2000 (Jewish Family & Community Services of the East Bay)
Refugee Health Program 925-313-6893
Stand Together Contra Costa 925-900-5151
 Rapid response and immigration legal services in Contra Costa County.
U.S. Citizenship and Immigration Services 1-800-375-5283

Information & Referral

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

Legal & Mediation Services

Bay Area Legal Aid 510-250-5270
Lawyer Referral Service 925-825-5700 (Contra Costa County Bar Association)
CCC Dept. of Child Support 1-866-901-3212
CC Senior Legal Services 925-609-7900
Conflict Resolution/Mediation (Center for Human Development) 925-349-7344
Family Law Facilitator www.cc-courts.ca.gov (Divorce, child custody, support, paternity issues, help)
Medical Legal Partnership (FMCH) 800-880-8047
Victim Witness Assistance 925-957-8650

Low Cost Internet

Access from AT&T 1-855-220-3211
Comcast Internet Essentials 1-855-846-8376

Mental Health

Access Mental Health Appointment Line for Contra Costa County 1-888-678-7277
Outpatient Psychiatric Programs 925-674-4265

(John Muir Health Behavioral Health Center)
Antioch Wellness City 925-732-7930
Bay Area Psychotherapy Institute 925-284-2298
Community Health for Asian Americans 925-778-1667
Contra Costa Crisis Center 2-1-1
Counseling at Village Community Center (John Muir Health Behavioral Health Center) 925-941-7940
Family Advocate Mental Health (CCHS) 925-957-5139
First Hope- (CCHS) 925-681-4450
National Alliance for the Mentally Ill (NAMI) 925-942-0767
The Hume Center 925-432-4118

Multi-Service Centers

SparkPoint Contra Costa East 925-252-2300
Village Community Center 925-626-7892

Parenting Classes

Antioch First 5 Center 925-301-4052
Brentwood First 5 Center 925-516-3880 (Aspiranet)
East County First 5 Center (Bay Point) 925-301-4040
C.O.P.E. Family Support Center 925-689-5811
Liberty Adult Education 925-634-2565
Pittsburg Adult Education 925-473-2400

Pregnancy

Birthright 925-634-1586
Black Infant Health (CCHS) 925-313-6254
Healthy Families America (CCHS) 925-313-6254
Healthy Start (CCHS) 925-431-2345
Independent Adoption Center 925-827-2229
Medical Legal Partnership (FMCH) 800-880-8047
Planned Parenthood 1-800-230-7526
Prenatal Care Guidance 925-313-6254 (CC Health/First 5)
Safely Surrendered Baby 1-800-833-2900

SUBSTANCE ABUSE & PREGNANCY

Ujima East 925-427-9100
Wollam House 925-427-1384

Rape/Victims of Crime

Community Violence Solutions 1-800-670-7273
Rape, Abuse & Incest National Network 1-800-656-4673
Victim Witness Assistance Program 925-957-8650

Senior Services

Adult Day Services Network 925-682-1000
Alzheimer's Association 1-800-272-3900
An Elderly Wish Foundation 925-978-1883
Caring Hands (John Muir) 925-952-2999
CC Café (Hot lunch program)
 Antioch 925-757-7325
 Bay Point 925-458-2662
 Brentwood 925-634-5040
 Pittsburg 925-439-2136
 Covia 925-956-7400
Eldercare Locator 1-800-677-1116
Family Caregiver Alliance 1-800-445-8106
Information & Assistance for Seniors & Dependent Adults 1-800-510-2020
In-Home Personal Assistance 925-945-8040 (Diablo Valley Foundation for the Aging)
Meals-on-Wheels 925-937-8311

Medicare Hotline 1-800-633-4227
Mobility Matters 925-284-6161
Senior Food Program (Food Bank) Bay Point, Antioch, Brentwood, Oakley, Pittsburg. 925-676-7543
Senior Outreach Services 925-937-8311
Senior Peer Counseling 925-521-5636
Social Security 1-800-772-1213

Teen Services

Alateen 925-932-6770
California Youth Crisis Line 1-800-843-5200
New Leaf Treatment Center 925-284-5200 (Substance abuse treatment)
REACH Project, Inc Antioch 925-754-3673
REACH Project, Inc Oakley 925-679-2504
Teen Parenting Classes 925-634-2565 (Liberty Adult Education)
Teen Services/SAFE Place 1-800-718-4357 (Northern California Family Center)

Transportation

511 Contra Costa Bay Area Travel Information 5-1-1
BART 925-676-2278
Dial-A-Ride 925-754-3060
Mobility Matters 925-284-6161
Tri-Delta Route Info 925-754-4040

Utility Assistance

California Alternate Rates for Energy (CARE) Program 1-866-743-2273
Low-Income Home Energy Assistance Program (LIHEAP) 925-681-6380
Medical Baseline Program Relief for Energy 1-800-743-5000
Utility Shut-off Assistance 1-800-743-5000

Veterans

Contra Costa County Veterans Services 925-313-1481
Concord Veterans Center 925-680-4526
Martinez VA Outpatient Clinic 925-372-2000
Homeless Veteran Reintegration (HVRP)
SHELTER, Inc. 925-957-7573
Veterans Suicide Hotline 1-800-273-8255

Volunteer Opportunities

Caring Hands (John Muir) 925-952-2999
Contra Costa Crisis Center 925-939-1916
Contra Costa Society for the Prevention of Cruelty to Animals 925-825-5156
Covia 925-956-7396
Food Bank of Contra Costa & Solano 925-676-7543
Meals on Wheels 925-937-8607
Mobility Matters 925-284-4831
Volunteer Opportunities 2-1-1

Need help and don't know where to go?
 Call 2-1-1 or Text HOPE to 20121

Abuse

CHILDREN

Children's Protective Services... 1-877-881-1116

ADULTS

Adult Protective Services 1-877-839-4347
 Human Trafficking Prevention... 1-800-670-7273
 (Community Violence Solutions)
 Ombudsman of CCC 925-685-2070
 (For patients in long-term care facilities)

FAMILIES

STAND! For Families Free of Violence
 1-888-215-5555

AIDS/HIV

AIDS Info 1-800-448-0440
 Contra Costa AIDS Line 925-313-6771

Alcohol & Drug Abuse

Al-Anon 510-528-4379
 Alcohol & Other Drugs ACCESS 1-800-846-1652
 Alcoholics Anonymous 925-939-4155
 DUI Programs 925-932-8100
 (Alcohol & Drug Abuse Council of Contra Costa, Inc.)
 Narcotics Anonymous 925-685-4357

DETOX TREATMENT CENTERS

BAART - Detoxification Pgm..... 510-232-0874
 Bay Area Rescue Mission 510-215-4868
 Thunder Road Adolescent Treatment Center
 510-653-5040

TREATMENT / COUNSELING

Gateway AOD Services (BACR) 510-235-2887
 Power Program 510-232-7571
 Ujima West 510-215-2280

SMOKING CESSATION

California Smokers Helpline 1-800-662-8887

Animals

CCC Animal Services - Pinole ... 925-608-8400
 Contra Costa Humane Society ... 925-279-2247
 Pet Food Assistance Program ... 925-676-7543

Child Care/Crisis Child Care

Coco Kids 510-758-5439
 Head Start Programs/Child Care Services
 (CCC Community Services Bureau) 681-6300

CRISIS CHILD CARE

Bay Area Crisis Nursery (Ages 0-5) .. 925-685-8052
 Dahlstrom House (Ages 6-11) 925-685-3695
 Safe Refuge for Families (Ages 0-18)
 925-566-8050

Crisis and Suicide Intervention

Contra Costa Crisis Center 2-1-1
 Provides 24-hour crisis/warm line support.
 National Suicide Hotlines 1-800-273-8255

Death & Dying

Grief Counseling 2-1-1
 (Contra Costa Crisis Center)
 Hospice of the East Bay 925-887-5678

Dental Care

Berkeley Free Clinic 1-800-625-4642
 Contra Costa Health Services Dental Clinics
 West County Health Center 510-231-9540
 Denti-Cal/Medi-Cal Dental Pgm.... 1-800-322-6384

Life Long Medical

San Pablo 510-215-9092
 Pinole 510-981-3255

Disability Services

California Children's Services ... 925-313-6400
 CA Dept. of Rehabilitation 510-232-7062
 Contra Costa ARC 925-370-1818
 Developmental Disabilities Council 925-313-6836
 Hawkins Center 510-232-6611
 Hearing Loss Association of America - Diablo
 Valley & East Bay Chapter 925-264-1199
 Independent Living Resource 925-363-7293
 In Home Supportive Services 925-229-8434
 Regional Center of the East Bay 925-691-2300
 Social Security 1-800-772-1213
 State Council on Developmental Disabilities
 Bay Area 510-286-0439
 We Care Services for Children ... 925-671-0777

Education & Literacy

CCC Regional Occupational Program (ROP)
 925-942-3368
 Richmond Public Library 510-620-6561
 Contra Costa County Office of Education
 925-942-3388
 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 510-307-9937
 Stride Center 510-234-1300

ESL/GED/ADULT EDUCATION

Lao Family Community Services .. 510-215-1220
 West Contra Costa Adult Ed. 510-215-4666
 510-231-1453

Emergency Services

American Red Cross 1-800-733-2767
 California Poison Control Center . 1-800-222-1222
 CA Office Emergency Services 925-953-1402
 Community Warning System 925-313-9622
 Hazardous Materials Incident Response
 925-335-3232
 Health Emergency Hotline
 1-888-959-9911

Employment/Job Training

Asian Family Resource Center ... 510-869-6000
 CalJOBS - Internet www.caljobs.ca.gov
 Child Care Job Bank 925-676-5442
 (Coco Kids)
 Lao Family Community Development, Inc.
 Job placement (One-Stop Affiliate) 510-215-1220
 Rubicon 510-412-1725
 RichmondWORKS 510-307-8014
 Sparkpoint Contra Costa West ... 510-779-3200
 The Stride Center - San Pablo 510-234-1300
 Unemployment Insurance, CA ... 1-800-300-5616
 www.edd.ca.gov/Unemployment

Evictions/Rent Assist./Foreclosures

**EVICTION COURT SUMMONS ASSISTANCE/
 LANDLORD/TENANT ASSISTANCE**
 Bay Area Legal Aid 510-250-5270
FORECLOSURE ASSISTANCE
 Community Housing Dev. Corp. . 510-412-9290
 Foreclosure Assistance - HUD... 415-489-6400

Housing & Economic Rights Advocates

(HERA) 510-271-8443
 National Foreclosure Hotline..... 1-888-995-4673

RENTAL ASSISTANCE

Season of Sharing 925-521-5065
 SHELTER, Inc. 925-338-1038

Financial Assistance

CalWORKs (Families) 1-877-505-4630
 General Assistance (Individuals) . 1-877-505-4630

Food

CalFresh (Food Stamps) 1-877-505-4630
 EBT Card Services 1-877-328-9677
 Food Bank of Contra Costa & Solano
 Groceries, pantries, meals 1-855-309-3663
 Food Pantries / Soup Kitchens 2-1-1
 GRIP Souper Center 510-233-2141
 WIC Program 510-231-8600
 (Parents with children 0-5, pregnant women or
 breastfeeding)

Gay, Lesbian, Bisexual, Transgender

LGBT National Help Center 1-888-843-4564
 Rainbow Community Center 925-692-0090

Health Care

Advice Nurse 1-877-661-6230
 Contra Costa Health Services Health Centers
 North Richmond, San Pablo 1-800-495-8885
 Health Care for the Homeless Mobile Van
 (CCHS) Call for locations/hours 925-608-5300

COMMUNITY CLINICS

Brighter Beginnings - Family Health Clinic
 Richmond 510-213-6681
 Life Long Medical-Brookside
 Richmond 510-215-5001
 San Pablo (urgent care) 510-215-9092
 Pinole 510-981-3255
 Planned Parenthood - Richmond . 1-800-230-7526
 RotaCare - Richmond 510-213-6678
 (free urgent care)

HOSPITALS

Alta Bates Medical Center 510-204-4444
 Contra Costa Regional Medical Center
 925-370-5000
 Kaiser Medical Center 510-307-1500

Health Insurance

Covered California 1-800-300-1506
 www.coveredca.com
 Child Health & Disability Prevention (CHDP)
 925-313-6150
 HICAP 1-800-510-2020
 (Health Insurance Counseling & Advocacy)
 Kaiser Child Health Plan 1-800-464-4000
 Medi-Cal Applications 1-800-709-8348
 Patient Financial Counseling 1-800-771-4270
 (Information on county health insurance programs)

Homeless

Bay Area Rescue Mission
 Men's shelter 510-215-4868
 Women & Families 510-215-4860
 Calli House-Richmond (Youth, 18-24) 1-800-610-9400
 Coordinated Outreach Referral and
 Engagement (CORE) 2-1-1
 Homeless outreach to encampments and referrals to
 Concord and Brookside Shelters.

GRIP Resource Center CARE Center 510-233-2141
Monument Crisis Center CARE Capable Center 925-825-7751
SHELTER, Inc...... 925-338-1038
Shepherd's Gate - Brentwood 925-308-7507
Trinity Center CARE Center..... 925-949-8712
Winter Nights 925-435-2074

Housing

CC Housing Authority Public Housing Wait List(except Richmond/Pittsburg) 925-957-8000
Housing Authority Richmond 510-621-1300
Neighborhood Housing Service 510-237-6459
Senior & Adults w/ Disabilities .. 1-800-510-2020
SHELTER, Inc...... 925-338-1038

Immigrant & Refugee Services

Asian Family Resource Center ... 510-869-7200
Cash Assistance Program for Immigrants 1-877-505-4630
Citizenship Education (WCC Adult Ed.) 510-215-4666
Immigrant Legal Services 510-451-2846
 (International Institute of the Bay Area)
Immigration & Naturalization Services
 (Catholic Charities of the East Bay) 510-234-5110
Lao Family Community Development 510-215-1220
Refugee & Immigrant Services ... 925-927-2000
 (Jewish Family & Community Services of the East Bay)
Refugee Health Program 925-313-6893
Stand Together Contra Costa 925-900-5151
 Rapid response and immigration legal services in
 Contra Costa County.
U.S. Citizenship and Immigration Services 1-800-375-5283

Information & Referral

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

Legal & Mediation Services

Bay Area Legal Aid..... 510-250-5270
Lawyer Referral Service 925-825-5700
 (Contra Costa County Bar Association)
CCC Dept. of Child Support..... 1-866-901-3212
CC Senior Legal Services 510-374-3712
Family Law Facilitator..... www.cc-courts.ca.gov
 (Divorce, child custody, support, paternity issues, help)
Medical Legal Partnership (FMCH)... 800-880-8047
Victim Witness Assistance 925-957-8650

Low Cost Internet

Access from AT&T 1-855-220-5211
Comcast Internet Essentials 1-855-846-8376

Mental Health

Access Mental Health Appointment Line for Contra Costa County 1-888-678-7277
Bay Area Psychotherapy Institute ... 925-284-2298
Center for Recovery & Empowerment (CORE) 510-215-6009
Community Health for Asian Americans 510-233-7555
Contra Costa Crisis Center 2-1-1
Early Childhood Mental Health ... 510-837-6902
 (Children ages 0-6)

Familias Unidas Counseling 510-412-5930
Family Advocate Mental Health (CCHS) 925-957-5139
First Hope (CCHS) 925-681-4450
George Miller Center 510-374-3981
National Alliance for the Mentally Ill (NAMI) 925-942-0767
Native American Health Center 510-232-7020
Power Program..... 510-232-7571
 (Anka Behavioral Health)
San Pablo Wellness City 510-236-3020
Second Nature Behavioral Health 510-610-4799
The Hume Center 510-778-2816

Multi-Service Centers

GRIP CARE Center..... 510-233-2141
SparkPoint Contra Costa West... 510-779-3200

Parenting Classes

C.O.P.E. Family Support Center 925-689-5811
Primeros Nuestros Niños 510-233-8595
 (The Latina Center)
Second Nature Behavioral Health 510-610-4799
West Contra Costa Adult Education ... 510-215-4666
West Contra Costa YMCA 510-412-5647
West County First 5 San Pablo 510-232-5650
West County First 5 Richmond 510-233-5890

Pregnancy

Black Infant Health(CCHS) 925-313-6254
Healthy Families America (CCHS) 925-313-6254
Healthy Start (CCHS)..... 510-231-9469
Medical Legal Partnership (FMCH)... 800-880-8047
Planned Parenthood..... 1-800-230-7526
Prenatal Care Guidance 925-313-6254
 (CC Health/First 5)
Safely Surrendered Baby 2-1-1

SUBSTANCE ABUSE & PREGNANCY

Ujima West..... 510-215-2280

Rape/Victims of Crime

Human Trafficking Hotline 1-800-670-7273
 (Community Violence Solutions)
Lao Family Community Development, Inc. 510-215-1220
Rape, Abuse & Incest National Network 1-800-656-4673
Second Nature Behavioral Health 510-610-4799
Victim Witness Assistance Program 925-957-8650
West Family Justice Center 510-974-7200

Senior Services

Adult Day Services Network 925-682-1000
Alzheimer's Association 1-800-272-3900
An Elderly Wish Foundation 925-978-1883
CC Café (Hot lunch program)
Crockett..... 510-787-1341
El Cerrito 510-559-7677
Hercules 510-799-8219
No. Richmond..... 510-232-3511
Richmond 510-307-8087
San Pablo 510-215-3098
Rodeo..... 510-799-2706
Covia..... 925-956-7400
Eldercare Locator..... 1-800-677-1116
Family Caregiver Alliance 1-800-445-8106
Information & Assistance for Seniors & Dependent Adults 1-800-510-2020

In-Home Personal Assistance ... 925-945-8040
 (Diablo Valley Foundation for the Aging)
Meals-on-Wheels 510-412-0166
Medicare Hotline..... 1-800-633-4227
Mobility Matters 925-284-6161
Senior Food Program El Sobrante, Richmond, No. Richmond, Rodeo (Food Bank)..... 1-855-309-3663
Senior Outreach Services 925-937-8311
Senior Peer Counseling 925-521-5636
Social Security..... 1-800-772-1213

Teen Services

Alateen 925-510-528-4379
California Youth Crisis Line..... 1-800-843-5200
RYSE Youth Center..... 510-374-3401
Teen Services/SAFE Place..... 1-800-718-4357
 (Northern California Family Center)
Thunder Roads Adolescent Treatment Center (Substance Abuse Treatment) 510-653-5040

Transportation

AC Transit..... 510-891-4777
511 Contra Costa Bay Area Travel Information... 5-1-1
BART 510-236-2278
Dial-a-Ride/WestCAT 510-724-7993
East Bay Paratransit 1-800-555-8085
Easy Ride Service for El Cerrito Residents 510-559-7677
Mobility Matters 925-284-6161
R-Transit 510-307-8026
WestCAT Lynx 510-724-7993

Utility Assistance

California Alternate Rates for Energy (CARE) Program 1-866-743-2273
Customer Assistance Program (EBMUD)
 (Discount on utility bill) 1-866-403-2683
Low-Income Home Energy Assistance Program (LIHEAP)..... 925-681-6380
Medical Baseline Program Relief for Energy 1-800-743-5000
Utility Shut-off Assistance 1-800-743-5000

Veterans

Contra Costa County Veterans Services 925-313-1481
Homeless Veteran Reintegration (HVRP)
 Shelter Inc. 925-957-7573
Martinez VA Outpatient Clinic... 1-800-382-8387
Oakland Veterans Center 510-763-3904
Veterans Suicide Hotline 1-800-273-8255

Volunteer Opportunities

City of Richmond Volunteer Opportunities 510-620-6511
Contra Costa Crisis Center 925-939-1916
Covia 925-956-7400
Food Bank of Contra Costa & Solano 925-676-7543
Meals on Wheels 510-412-0166
Mobility Matters 925-284-4831
Volunteer Opportunities..... 2-1-1

Need help and don't know where to go?
 Call 211 or Text HOPE to 20121

Anger Management Classes

C.O.P.E. Family Support Center ..925-689-5811
Crockett Counseling Center925-370-6544
Mt. Diablo Adult Education925-685-7340
Saving Our Sons and Daughters...925-432-4200
Second Nature Behavioral Health 510-610-4799
STAND! For Families Free of Violence
.....1-888-215-5555
West Contra Costa Adult Education Center
.....510-215-4666

Child Abuse

Children's Protective Services ..1-877-881-1116
Human Trafficking Prevention...1-800-670-7273
(Community Violence Solutions)
National Child Abuse Hotline.....1-800-422-4453
A Step Forward925-685-9670

Child Abuse Prevention

Child Abuse Prevention Council. 925-798-0546
Children & Family Services
Central925-602-9300
East.....925-522-7400
West510-231-8100

Child Care/Child Care Subsidies

Coco Kids -- Central925-676-5437
East.....925-778-5437
West510-758-5439
Head Start Programs (CCC Community Services
Bureau)925-681-6300

CRISIS CHILD CARE
Bay Area Crisis Nursery (Ages 0-5) ..925-685-8052
Dahlstrom House (Ages 6-11)925-685-3695
Safe Refuge for Families (Ages 0-18)
.....925-566-8050

Child Custody

Bay Area Legal Aid West.....510-250-5270
East/Central925-219-3325
CCC Dept. of Child Support.....1-866-901-3212
Family Law Facilitator925-608-1000

Child/Family Counseling

Access Mental Health Appointment Line for
Contra Costa County: Mental Health Crisis Unit,
Central/East/West; Youth/Families/Adult Services
.....1-888-678-7277
Bay Area Psychotherapy Institute.....925-284-2298
Center for Human Development...925-687-8844
Community Health for Asian Americans
East.....925-778-1667
West.....510-233-7555
Conflict Resolution/Mediation
(Center for Human Development).....925-349-7344
Early Childhood Mental Health...510-837-6902
(Children ages 0-6)
Familias Unidas Counseling & Information
.....510-412-5930
Family Advocate Mental Health (CCHS)
.....925-957-5139
First Hope (CCHS)925-681-4450
John Muir at Village Community Resource
Center925-941-7940
Second Nature Behavioral Health 510-610-4799
The Hume Center Central925-825-1793
East925-432-4118
West510-778-2816

YWCA Mental Health Program...925-372-4213

Crisis and Suicide Intervention

Contra Costa Crisis Center2-1-1
Provides 24-hour crisis/warm line support.
National Suicide Hotlines.....1-800-273-8255
Trevor Helpline1-866-488-7386

Dental

Contra Costa Health Services Dental Clinics
.....1-877-905-4545
Bay Point Children's Dental.....925-427-8302
Martinez925-370-5300
Pittsburg925-431-2501
San Pablo510-231-9540
Dental Hygiene Clinic925-969-2692
(Diablo Valley College)
Respite Dental Care Concord.....925-608-5016
Denti-Cal/Medi-Cal Dental Program
.....1-800-322-6384
La Clínica Monument925-363-2005
La Clínica Pittsburg Dental Clinic 925-431-1251
Lifelong Medical Care - Brookside
San Pablo.....510-215-9092
Pinole510-981-3255

Expectant/New Parent

BREASTFEEDING
Contra Costa Breastfeeding Advice Line
.....1-866-878-7767
La Leche League1-800-525-3243
NEW PARENT
Birthright800-550-4900
Black Infant Health925-313-6254
(CCHS)
Child Abuse Prevention Council...925-798-0546
Healthy Families America (CCHS)925-313-6254
Medical Legal Partnership (FMCH)...800-880-8047
Prenatal Care Guidance.....925-313-6254
(CC Health/First 5)
Welcome Home Baby (ASPIRAnet)...925-753-2156

Eye Exam/Glasses/Hearing Aids

Hear NOW1-800-648-4327
Lions Center for the Visually Impaired
.....925-432-3013
The Hearing Foundation1-800-327-8077
University California Berkeley
Eye Care Center.....510-642-2020

Financial Assistance

CalWORKs (Families).....1-877-505-4630
Cash Assistance Program for Immigrant
Families (CAPI).....1-877-505-4630
CCC Dept. of Child Support.....1-866-901-3212
General Assistance (Individuals) 1-877-505-4630

First 5 Centers

Antioch First 5 Center925-301-4052
Bay Point First 5 Center925-301-4040
Delta First 5 Center.....925-516-3880
Monument Community First 5 Center 925-849-8861
West County First 5 Richmond Center 510-233-5890
West County First 5 San Pablo Center.510-232-5650

Food

CalFresh (food stamps)1-877-505-4630
(Contra Costa Employment and Human Services)
EBT Card Services1-877-328-9677

Food Bank of Contra Costa & Solano
Groceries, pantries, meals1-855-309-3663
Food Pantries/Soup Kitchens/Food Resource
Programs2-1-1
Loaves & Fishes Dining Rooms ..925-293-4792
Antioch, Martinez, Oakley
WIC Program.....1-800-414-4942
(Pregnant women breastfeeding or with children 0-5)

Health Insurance

Patient Financial Counselors.....1-800-771-4270
Child Health & Disability Prevention (CHDP)
.....925-313-6150
Covered California1-800-300-1506
.....www.coveredca.com
Kaiser Child Health Plan1-800-464-4000

Homeless Families

Bay Area Rescue Mission Shelters
Men.....510-215-4868
Women/families.....510-215-4860
Coordinated Outreach Referral and
Engagement (CORE)2-1-1
Homeless outreach to encampments and referrals to
Concord and Brookside Shelters.
GRIP Family Emergency Shelter CARE Center
.....510-233-2141
Monument Crisis Center CARE
Capable.....925-825-7751
Multi-Service Center (CARE Center) (Anka
Behavioral Health) Central.....925-685-7613
SHELTER, Inc.....925-338-1038
Trinity Center CARE Center.....925-949-8712
Winter Nights925-435-2074

Housing

Housing Authority of Contra Costa County
(Administration)925-957-8000
Pittsburg Housing Authority.....925-252-4830
Richmond Housing Authority510-621-1300
LANDLORD/TENANT
Conflict Resolution/Mediation
(Center for Human Development).....925-349-7344
Housing and Economic Advocates (HERA)
.....510-271-8443
Pacific Community Services925-439-1056
RENTAL ASSISTANCE
Concord Family Service Center. 925-825-3099
(Catholic Charities)
Season of Sharing.....925-521-5065
SHELTER, Inc.925-338-1038

Kinship Support Services

Kinship Support Services (EMQ FamiliesFirst)
Central925-602-1750
East.....925-222-2129
West510-215-4671

LGBTQ Parenting

LGBT National Help Center.....1-888-843-4564
Parents, Families & Friends of Lesbians & Gays
(PFLAG)—Internet to find local group ...www.pflag.org
Rainbow Community Center.....925-692-0090

Medical Care

Advice Nurse1-877-661-6230
Brighter Beginnings - Family Health Clinic
Antioch.....925-303-4780
Richmond510-213-6681

Contra Costa Health Services Health Centers

.....	1-800-495-8885
Antioch, Bay Point, Brentwood, Concord, Martinez, Pittsburg, San Pablo	
Health Care for the Homeless Mobile Van	
(CCHS) Call for locations/hours	925-608-5300
La Clínica Monument	925-363-2005
La Clínica Oakley	925-776-8240
La Clínica Pittsburg	925-431-1251
Lifelong Medical Care - Brookside	
Richmond	510-215-5001
San Pablo (urgent care)	510-215-9092
Mobile Health Clinic John Muir	925-941-7940
Planned Parenthood	1-800-230-7526
Respite Health Care Concord	925-646-5311
RotaCare Clinic Concord	925-429-6409
RotaCare Clinic Pittsburg	925-439-2009
RotaCare Clinic Richmond	510-213-6678

Parenting Classes

Bay Point First 5 Center	925-301-4040
Child Abuse Prevention Council	925-798-0546
Crockett Counseling Center	925-370-6544
C.O.P.E. Family Support Center	925-689-5811
Liberty Adult Education	925-634-2565
Mt. Diablo Adult Education	925-685-7340
Primeros Nuestros Niños	510-233-8595
(The Latina Center)	
Second Nature Behavioral Health	510-610-4799
West Contra Costa Adult Education Center	
.....	510-215-4666

Parenting Education

Autism Family Support Project	925-671-0777
(We Care Services for Children)	
C.O.P.E. Family Support Center	925-689-5811
Crockett Counseling Center	925-370-6544
Liberty Adult Education	925-634-2565
Mt. Diablo Adult Education	925-685-7340
Parent Support Groups & Edu.	510-837-6902
(Early Childhood Mental Health Program)	
Prenatal Care Guidance (CCHS)	925-313-6254
Primeros Nuestros Niños (Latina Center)	510-233-8595
West County First 5 Richmond	510-233-5890
YWCA of Contra Costa	925-372-4213

Parent/Child Activity Groups

All Abilities Playgroups	800-984-4636
Antioch First 5 Center	925-301-4052
Bay Point First 5 Center	925-301-4040
Contra Costa County Library	800-984-4636
Delta First 5 Center	925-516-3880
Family Literacy Program	510-236-3900
(Catholic Charities of the East Bay)	
Monument Community First 5 Center	925-849-8861
Mt. Diablo Adult Education	925-685-7340
We Care Developmental Playgroups	
.....	925-671-0777
West County First 5 Richmond	510-233-5890
West County First 5 San Pablo	510-232-5650

Postpartum Depression

Parent Support Groups & Edu.	510-412-9200
(Early Childhood Mental Health Program)	
Postpartum Depression (PPD) Helpline	
.....	1-800-944-4773
Welcome Home Baby	925-753-2156
(ASPIRAnet)	

Pregnancy/Prenatal Care

Black Infant Health(CCHS)	925-313-6254
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Brighter Beginnings

Antioch	925-303-4780
Richmond	510-213-6681
Healthy Families America (CCHS)	925-313-6254
Healthy Start (CCHS) Central	925-370-5495
East	925-431-2345
West	510-231-9469
Lifelong Medical Care - Brookside	
Richmond	510-215-5001
San Pablo (urgent care)	510-215-9092
Planned Parenthood Antioch	1-800-230-7526
Concord, Richmond, San Ramon, Walnut Creek	
Prenatal Care Guidance (CCHS)	925-313-6254
Safely Surrendered Baby	2-1-1
SUBSTANCE ABUSE & PREGNANCY	
BAART-East	925-522-0124
West	510-232-0874
Healthy Start (CCHS) - Central	925-370-5495
East	925-431-2345
West	510-231-9469
La Casa Ujima Residential	925-229-0230
La Casa Central Mothers' Program Ujima	
.....	925-691-5083
The Rectory Women's Recovery Center	
.....	510-236-3134
Ujima Outpatient East	925-427-9100
Ujima Outpatient West	510-215-2280
Wollam House	925-427-1384

School Districts

Acalanes Union High School District	925-280-3900
Antioch Unified School District	925-779-7500
Brentwood Union School District	925-513-6300
Byron Union School District	925-809-7500
Canyon School District	925-376-4671
Contra Costa County Office of Education	
.....	925-942-3388
John Swett Unified School District	
.....	510-245-4300
Knightesen School District	925-625-0073
Lafayette School District	925-927-3500
Liberty Union High School District	925-634-2166
Martinez Unified School District	925-335-5800
Moraga School District	925-376-5943
Mt. Diablo Unified School District	925-682-8000
Oakley Union Elementary School District	
.....	925-625-0700
Orinda Union School District	925-254-4901
Pittsburg Unified School District	925-473-2300
San Ramon Valley Unified School District	
.....	925-552-5500
Walnut Creek School District	925-944-6850
West Contra Costa Unified School District	
.....	510-231-1100

Special Needs Services

Ability Tools	1-800-390-2699
State Council on Developmental Disabilities Bay Area	510-286-0439
Asian Community Mental Health	510-970-9750
Bay Respite Care	707-644-4491
California Children's Services	925-313-6400
Care Parent Network	925-313-0999
Center for Accessible Technology	510-841-3224
Center for Early Intervention on Deafness	
.....	510-848-4800
Contra Costa ARC	925-370-1818
Contra Costa Office of Education	925-942-3389
Deaf Counseling, Advocacy & Referral (DCARA)	510-343-6670
Developmental Disabilities Council	925-313-6836

Down Syndrome Connection	925-362-8660
Early Childhood Mental Health	510-837-6902
Early Intervention Services (Easter Seals Bay Area) East/Central	925-849-8999
West	510-457-5800
Help Me Grow	2-1-1
LightHouse for the Blind and Visually Impaired	1-888-400-8933
Lynn Center Early Intervention Services Children 0-6	925-439-9628
National CA Fragile X Association	
.....	1-800-688-8765
National Resource Center on ADHD	
.....	1-800-233-4050
Regional Center of the East Bay	925-691-2300
Respite Care Program	510-834-2443
(Family Support Services of the Bay Area)	
Respite Program	510-527-2550
(Ala Costa Center)	
Special Needs Child Care Project	925-676-5442
(Coco Kids)	
Through The Looking Glass	1-800-644-2666
United Cerebral Palsy of the Golden Gate	
.....	510-832-7430
We Care Services for Children	925-671-0777

Teen Parents

CA Youth Crisis Line	1-800-843-5200
Through The Looking Glass	1-800-644-2666

Wraparound Services

Care Parent Network	925-313-0999
Community Health for Asian Americans	
East	925-778-1667
West	510-233-7555
Contra Costa Family Justice Center	
Central	925-521-6366
West	510-974-7200
Early Childhood Mental Health Program	
Wraparound Support	510-412-9200
Early Intervention- (George Miller)	
Central	925-646-5710
West	510-374-3981
Familias Unidas	510-412-5930
Fred Finch Therapeutic Behavioral Services	510-482-2244
Lynn Center Early Intervention Services Children 0-6	925-439-9628
Wraparound Services	925-671-0777
(We Care Services for Children)	

Need help and don't know where to go?
Call 2-1-1 or
Text "HOPE" to 20121
24/7 Spanish & English
Or visit:
www.211cc.org

This resource guide is a collaborative effort of the Contra Costa Crisis Center and First 5 Contra Costa



Abuse

CHILDREN

Children's Protective Services .. 1-877-881-1116

ADULTS

Adult Protective Services 1-877-839-4347
Human Trafficking Prevention ... 1-800-670-7273
(Community Violence Solutions)
Ombudsman of CCC 925-685-2070
(For patients in long-term care facilities)

FAMILIES

STAND! For Families Free of Violence
..... 1-888-215-5555

AIDS/HIV

AIDS Info 1-800-448-0440
Contra Costa AIDS/HIV Program.. 925-313-6771

Alcohol & Drug Abuse

Al-Anon 925-932-6770
Alcohol & Other Drugs ACCESS 1-800-846-1652
Alcoholics Anonymous 925-939-4155
DUI Programs 925-932-8100
(Alcohol & Drug Abuse Council of Contra Costa, Inc.)
Narcotics Anonymous 925-685-4357

DETOX TREATMENT CENTERS

BAART - Detoxification Program.. 925-522-0124
Frederick Ozanam Center 925-676-4840
Pueblos del Sol (Men) 925-676-2580
Thunder Road Adolescent Treatment Center
..... 510-653-5040

TREATMENT / COUNSELING

A Chance for Freedom (Bi-Bett) 925-685-7418
Crossroads Program Services 925-682-5704
La Casa Ujima Residential 925-229-0230
Power Program 925-685-7613
Ujima Central Mothers' Program .. 925-691-5083

SMOKING CESSATION

California Smokers Helpline 1-800-662-8887

Animals

ARF-Animal Rescue Foundation .. 925-256-1273
CCC Animal Services 925-608-8400
Contra Costa Humane Society 925-279-2247
Food Bank of Contra Costa & Solano
Pet Food Assistance Program 925-676-7543

Child Care/Crisis Child Care

Coco Kids 925-676-5437
Head Start Programs/Child Care Services
(CCC Community Services Bureau)..... 925-681-6300

CRISIS CHILD CARE

Bay Area Crisis Nursery (Ages 0-5) .. 925-685-8052
Dahlstrom House (Ages 6-11) 925-685-3695
Safe Refuge for Families (Ages 0-18)
..... 925-566-8050

Crisis and Suicide Intervention

Contra Costa Crisis Center 2-1-1
Provides 24-hour crisis/warm line support.
National Suicide Hotlines 1-800-273-8255

Death & Dying

Grief Counseling 2-1-1
(Contra Costa Crisis Center)
Hospice of the East Bay 925-887-5678

Dental Care

Berkeley Free Clinic 1-800-625-4642
Contra Costa Health Services Dental Clinics
Bay Point Children's Dental 925-427-8302
Martinez 925-370-5300
Dental Hygiene Clinic 925-969-2692
(Diablo Valley College)
Denti-Cal/Medi-Cal Dental Pgm . 1-800-322-6384
La Clínica Monument 925-363-2005
Respite Dental Care Concord 925-608-5016

Disability Services

Adaptive Learning Center 925-827-3863
Adults with Disabilities Services
(Mt. Diablo Adult Ed.) 925-685-7340
California Children's Services 925-313-6400
CA Dept. of Rehabilitation 925-602-3953
Contra Costa ARC 925-370-1818
Developmental Disabilities Council. 925-313-6836
Futures Explored 925-825-0263
Hearing Loss Association of America - Diablo
Valley & East Bay Chapter 925-264-1199
Independent Living Resource ... 925-363-7293
In Home Supportive Services 925-229-8434
Regional Center of the East Bay 925-691-2300
Social Security 1-800-772-1213
State Council on Developmental Disabilities
Bay Area 510-286-0439
We Care Services for Children . 925-671-0777

Education & Literacy

CCC Regional Occupational Program (ROP)
..... 925-942-3368
Contra Costa County Library 1-800-984-4636
Contra Costa County Office of Education
..... 925-942-3388
Project Second Chance 925-927-3250
(Contra Costa Library)

ESL/GED/ADULT EDUCATION

Acalanes Adult Education 925-280-3980
Diablo Valley Literacy Council 925-685-3881
Martinez Adult Education 925-228-3276
Mt. Diablo Adult Education 925-685-7340

Emergency Services

American Red Cross 1-800-733-2767
California Poison Control System 1-800-222-1222
CA Office Emergency Services 925-953-1402
Community Warning System 925-313-9622
Hazardous Materials Incident Response
..... 925-335-3232
Health Emergency Hotline 1-888-959-9911

Employment/Job Training

CalJOBS-Internet www.caljobs.ca.gov
Child Care Job Bank 925-676-5442
(Coco Kids)
EASTBAY Works, America's Job Center of CA
Concord 925-671-4500
Experience Unlimited 925-602-0166
Monument Impact 925-682-8248
Unemployment Insurance, CA... 1-800-300-5616
Internet www.edd.ca.gov/Unemployment

Evictions/Rent Assist./Foreclosures

EVICTION NOTICE/LANDLORD TENANT ASSISTANCE
Bay Area Legal Aid 510-250-5270
ECHO Fair Housing 1-855-275-3246
(except Concord and Pittsburg)

FORECLOSURE ASSISTANCE

Foreclosure Assistance - HUD ... 415-489-6400
Housing & Economic Rights Advocates
(HERA) 510-271-8443
National Foreclosure Hotline 1-888-995-4673

RENTAL ASSISTANCE

Concord Family Service Center
(Catholic Charities of East Bay) 925-825-3099
Season of Sharing 925-521-5065
SHELTER, Inc. 925-338-1038

Financial Assistance

CalWORKs (Families) 1-877-505-4630
General Assistance (Individuals) . 1-877-505-4630

Food

CalFresh (Food Stamps) 1-877-505-4630
EBT Card Services 1-877-328-9677
Food Bank of Contra Costa & Solano
(Groceries, pantries, meals) 925-676-7543
Food Pantries/Soup Kitchens 2-1-1
Loaves & Fishes Dining Martinez... 925-293-4792
WIC Program 925-646-5370
(Pregnant women, breastfeeding, or with children 0-5)

Gay, Lesbian, Bisexual, Transgender

LGBT National Help Center 1-888-843-4564
Rainbow Community Center 925-692-0090

Health Care

Advice Nurse 1-877-661-6230
Contra Costa Health Services Health Centers
Concord, Martinez 1-800-495-8885
Health Care for the Homeless Mobile Van
(CCHS) Call for locations/hours 925-608-5300

COMMUNITY CLINICS

La Clínica Monument 925-363-2005
Planned Parenthood 1-800-230-7526
Concord, San Ramon, Walnut Creek
Homeless Ambulatory Clinics 925-608-5300
RotaCare - Concord 925-429-6409

HOSPITALS

Contra Costa Regional Medical Center
..... 925-370-5000
John Muir Health Walnut Creek 925-939-3000
John Muir Health Concord 925-682-8200
Kaiser Medical Ctr Walnut Creek... 925-295-4000
San Ramon Regional Medical Center
..... 925-275-9200

Health Insurance

Covered California 1-800-300-1506
Child Health & Disability Prevention (CHDP)
..... 925-313-6150
HICAP 1-800-510-2020
(Health Insurance Counseling & Advocacy)
Kaiser Child Health Plan 1-800-464-4000
Medi-Cal Applications 1-800-709-8348
Patient Financial Counseling 1-800-771-4270
(Information on County health coverage programs)

Homeless

Bay Area Rescue Mission
Men's shelter 510-215-4868
Women & Families 510-215-4860
Calli House-Richmond (Youth, 18-24) 1-800-610-9400
Coordinated Outreach Referral and
Engagement (CORE) 2-1-1
Homeless outreach to encampments and referrals to
Concord and Brookside Shelters.

GRIP Family Emergency Shelter/CARE Center 510-233-2141
Monument Crisis Center CARE Capable Center 925-825-7751
Multi-Service Center CARE Center 925-685-7613
 (Anka Behavioral Health)
SHELTER, Inc. 925-338-1038
Shepherd's Gate Brentwood 925-308-7507
Trinity Center CARE Center 925-949-8712
Winter Nights 925-435-2074

Housing

CC Housing Authority Public Housing Wait List (Except Richmond and Pittsburg) 925-957-8000
Housing Workshop/Shared Housing (Independent Living Resources) 925-363-7293
Seniors & Adults w/ Disabilities...1-800-510-2020
SHELTER, Inc. 925-338-1038

Immigrant & Refugee Services

Cash Assistance Program for Immigrants 1-877-505-4630
Citizenship Education
 Acalanes Adult Education 925-280-3980
 Martinez Adult Education 925-228-3276
 Mt. Diablo Adult Education 925-685-7340
Immigration & Naturalization Services (Catholic Charities of the East Bay) 925-825-3099
Refugee & Immigrant Services ... 925-927-2000 (Jewish Family & Community Services of the East Bay)
Refugee Health Program 925-313-6893
Stand Together Contra Costa 925-900-5151
 Rapid response and immigration legal services in Contra Costa County.
U.S. Citizenship and Immigration Services 1-800-375-5283

Information & Referral

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

Legal & Mediation Services

Bay Area Legal Aid 510-250-5270
Lawyer Referral Service 925-825-5700 (Contra Costa County Bar Association)
CCC Dept. of Child Support 1-866-901-3212
CC Senior Legal Services 925-609-7900
Conflict Resolution/Mediation (Center for Human Development) 925-349-7344
Family Law Facilitator www.cc-courts.ca.gov (Divorce, child custody, support, paternity issues, help)
Medical Legal Partnership (FMCH)... 800-880-8047
Victim Witness Assistance 925-957-8650

Low Cost Internet

Access from AT&T 1-855-220-3211
Comcast Internet Essentials 1-855-846-8376

Mental Health

Access Mental Health Appointment Line for Contra Costa County 1-888-678-7277
Bay Area Psychotherapy Institute 925-284-2298
Center for Human Development 925-687-8844
Outpatient Psychiatric Programs 925-674-4265 (John Muir Health Behavioral Health Center)
Contra Costa Crisis Center 2-1-1
Concord Wellness City 925-363-7290
Crockett Counseling Center 925-370-6544

Family Advocate Mental Health (CCHS) 925-957-5139
First Hope- (CCHS) 925-681-4450
George & Cynthia Miller Center ... 925-313-7940
George Miller Center 925-646-5710
National Alliance for the Mentally Ill (NAMI) 925-942-0767
Northern CA Family Center 925-370-1990
Power Program (Dual Diagnosis) ... 925-685-7613 (Anka Behavioral Health)
Putnam Clubhouse 925-691-4276
Second Nature Behavioral Health 510-610-4799
The Hume Center 925-825-1793
YWCA Mental Health Program ... 925-372-4213

Multi-Service Centers

Monument Crisis Center 925-825-7751
Multi-Service Center 925-685-7613 (Anka Behavioral Health)
Trinity Center 925-949-8712

Parenting Classes

C.O.P.E. Family Support Center ..925-689-5811
Crockett Counseling Center 925-370-6544
Martinez Adult Education 925-228-3276
Monument First 5 Center 925-849-8861
Mt. Diablo Adult Education 925-685-7340
Second Nature Behavioral Health 510-610-4799

Pregnancy

Birthright 925-798-7227
Black Infant Health (CCHS) 925-313-6254
Healthy Families America (CCHS) ... 925-313-6254
Healthy Start (CCHS) 925-370-5495
Independent Adoption Center 925-827-2229
Medical Legal Partnership (FMCH)... 800-880-8047
Options for Women 925-827-0100
Planned Parenthood 1-800-230-7526
Prenatal Care Guidance 925-313-6254 (CC Health/First 5)
Safely Surrendered Baby 2-1-1

SUBSTANCE ABUSE & PREGNANCY

La Casa Ujima 925-229-0230
Ujima Central Mothers' Program ..925-691-5083

Rape/Victims of Crime

Central Family Justice Center 925-521-6366
Community Violence Solutions 1-800-670-7273
Crockett Counseling Center 925-370-6544
Discovery Counseling Center 925-837-0505
Rape, Abuse & Incest National Network 1-800-656-4673
Second Nature Behavioral Health 510-610-4799
Victim Witness Assistance Program 925-957-8650

Senior Services

Adult Day Services Network 925-682-1000
Alzheimer's Association 1-800-272-3900
An Elderly Wish Foundation 925-978-1883
Caring Hands (John Muir) 925-952-2999
CC Café (Hot lunch program)
 Concord 925-825-1488
 Martinez 925-646-2598
 Pleasant Hill 925-771-7641
 Rossmoor 925-988-7703
 San Ramon 925-973-3250
 Walnut Creek 925-280-7310
Covia 925-956-7400
Eldercare Locator 1-800-677-1116
Family Caregiver Alliance 1-800-445-8106

In Home Personal Assistance 925-945-8040 (Diablo Valley Foundation for the Aging)
Information & Assistance for Seniors & Dependent Adults 1-800-510-2020
Jewish Family & Community Services of the East Bay 925-927-2000
Meals-on-Wheels 925-937-8311
Medicare Hotline 1-800-633-4227
Mobility Matters 925-284-6161
Senior Food Program - Concord, Martinez, Walnut Creek (Food Bank) 925-676-7543
Senior Outreach Services 925-937-8311
Senior Peer Counseling 925-521-5636
Social Security 1-800-772-1213

Teen Services

Alateen 925-932-6770
California Youth Crisis Line 1-800-843-5200
New Leaf Treatment Center 925-284-5200 (Substance Abuse Treatment)
Teen Services/SAFE Place 1-800-718-4357 (Northern California Family Center)

Transportation

511 Contra Costa Bay Area Travel Information ... 5-1-1
BART 925-676-2278
County Connection/County Link ..925-676-7500
Mobility Matters 925-284-6161
Monument Community Shuttle ... 925-682-8248

Utility Assistance

California Alternate Rates for Energy (CARE) Program 1-866-743-2273
Low-Income Home Energy Assistance Program (LIHEAP) 925-681-6380
Medical Baseline Program Relief for Energy 1-800-743-5000
Utility Shut-off Assistance 1-800-743-5000

Veterans

Contra Costa County Veterans Services 925-313-1481
Concord Veterans Center 925-680-4526
Martinez VA Outpatient Clinic 925-372-2000
Homeless Veteran Reintegration (HVRP)
 Shelter Inc. 925-957-7573
Veterans Suicide Hotline 1-800-273-8255

Volunteer Opportunities

Caring Hands (John Muir) 925-952-2999
Contra Costa Crisis Center 2-1-1
Contra Costa Society for the Prevention of Cruelty to Animals 925-825-5156
Covia 925-956-7396
Food Bank of Contra Costa & Solano 925-676-7543
Meals on Wheels 925-937-8607
Mobility Matters 925-284-4831
Volunteer Opportunities 2-1-1

Need help and don't know where to go?
Call 2-1-1 text HOPE to 20121

Abuse

CHILDREN

Children's Protective Services .. 1-877-881-1116

ADULTS

Adult Protective Services 1-877-839-4347

Human Trafficking Prevention ... 1-800-670-7273

(Community Violence Solutions)

Ombudsman of CCC 925-685-2070

(For patients in long-term care facilities)

FAMILIES

STAND! For Families Free of Violence

AIDS/HIV

AIDS Info 1-800-448-0440

Contra Costa AIDS Line 925-313-6771

Alcohol & Drug Abuse

Al-Anon 925-932-6770

Alcohol & Other Drugs ACCESS 1-800-846-1652

Alcoholics Anonymous 925-939-4155

DUI Programs 925-932-8100

(Alcohol & Drug Abuse Council of Contra Costa, Inc.)

Narcotics Anonymous 925-685-4357

Pueblos del Sol DUI Prgm (Bi-Bett) ... 925-240-7213

DETOX TREATMENT CENTERS

BAART—California Detox Pgm. 925-522-0124

East County Wollam House 925-427-1384

Pueblos del Sol (Men) 925-676-2580

Thunder Road Adolescent Treatment Center

..... 510-653-5040

TREATMENT / COUNSELING

REACH Project - Antioch 925-754-3673

Brentwood 925-666-8460

Oakley 925-679-2504

Ujima East 925-427-9100

SMOKING CESSATION

California Smokers Helpline ... 1-800-662-8887

Animals

Antioch Animal Services 925-779-6989

Contra Costa Humane Society .. 925-279-2247

Food Bank of Contra Costa & Solano

Pet food assistance 925-676-7543

Child Care/Crisis Child Care

Coco Kids 925-778-5437

Head Start Programs/Child Care Services

(CCC Community Services Bureau) 925-681-6300

CRISIS CHILD CARE

Bay Area Crisis Nursery (Ages 0-5) .. 925-685-8052

Dahlstrom House (Ages 6-11) 925-685-3695

Safe Refuge For Families (Ages 0-18)

..... 925-566-8050

Crisis and Suicide Intervention

Contra Costa Crisis Center 2-1-1

Provides 24-hour crisis/warm line support.

National Suicide Hotlines 1-800-273-8255

Death & Dying

Grief Counseling 2-1-1

(Contra Costa Crisis Center)

Hospice of the East Bay 925-887-5678

Dental Care

Berkeley Free Clinic 1-800-625-4642

Contra Costa Health Services Dental Clinics

Bay Point Children's Dental 925-427-8302

Pittsburg 925-431-2501

Denti-Cal/Medi-Cal Dental Pgm . 1-800-322-6384

La Clínica Pittsburg Dental Clinic. 925-431-1251

Disability Services

California Children's Services 925-313-6400

CA Dept. of Rehabilitation 925-754-7700

Contra Costa ARC 925-370-1818

Developmental Disabilities Council. 925-313-6836

Futures Explored 925-825-0263

Hearing Loss Association of America - Diablo

Valley & East Bay Chapter 925-264-1199

Independent Living Resource... 925-363-7293

In Home Supportive Services 925-229-8434

Regional Center of the East Bay .. 925-691-2300

Social Security 1-800-772-1213

State Council on Developmental Disabilities

Bay Area 510-286-0439

We Care Services for Children .. 925-671-0777

Education & Literacy

CCC Regional Occupational Program (ROP)

..... 925-942-3368

Contra Costa County Library 1-800-984-4636

Contra Costa County Office of Education

..... 925-942-3388

Opportunity Junction 925-776-1133

Project Second Chance 925-754-8317

(Contra Costa Library)

ESL/GED/ADULT EDUCATION

Antioch Adult Education 925-779-7490

Liberty Adult Education 925-634-2565

Pittsburg Adult Education 925-473-2400

Emergency Services

American Red Cross 1-800-272-2237

California Poison Control System 1-800-222-1222

CA Office Emergency Services... 925-953-1402

Community Warning System 925-313-9622

Hazardous Materials Incident Response

..... 925-335-3232

Health Emergency Hotline 1-800-959-9911

Employment/Job Training

CalJOBS - Internet www.caljobs.ca.gov

Child Care Job Bank 925-676-5442

(Coco Kids)

Experience Unlimited 925-602-0166

Opportunity Junction 925-776-1133

Rubicon 925-399-8990

SparkPoint Contra Costa East... 925-252-2300

Unemployment Insurance, CA ... 1-800-300-5616

..... www.edd.ca.gov/Unemployment

Evictions/Rent Assist./Foreclosures

EVICTION NOTICE ASSISTANCE/ LANDLORD

TENANT ASSISTANCE

Bay Area Legal Aid 510-250-5270

ECHO Fair Housing 1-855-275-3246

(except Concord and Pittsburg)

Pacific Community Services 925-439-1056

(Antioch, Pittsburg and Bay Point residents only)

FORECLOSURE ASSISTANCE

Foreclosure Assistance – HUD 415-489-6400

Housing & Economic Rights Advocates

(HERA) 510-271-8443

National Foreclosure Hotline 1-888-995-4673

Pacific Community Services 925-439-1056

RENTAL ASSISTANCE

Concord Family Services Center. 925-825-3099

(Catholic Charities of the East Bay)

Season of Sharing 925-521-5065

SHELTER, Inc. 925-338-1038

Financial Assistance

CalWORKs (families) 1-877-505-4630

General Assistance (Individuals) .. 1-877-505-4630

Food

CalFresh (Food Stamps) 1-877-505-4630

EBT Card Services 1-877-328-9677

Food Bank of Contra Costa & Solano

Groceries, pantries, meals 925-676-7543

Food Pantries/Soup Kitchens 2-1-1

Loaves & Fishes Dining Rooms .. 925-293-4792

WIC Program – Brentwood 925-513-6880

WIC Program – Pittsburg 925-431-2460

Gay, Lesbian, Bisexual, Transgender

LGBT National Help Center 1-888-843-4564

Rainbow Community Center 925-692-0090

Health Care

Advice Nurse 1-877-661-6230

Contra Costa Health Services Health Centers

Antioch, Bay Point, Brentwood 1-800-495-8885

Health Care for the Homeless Mobile Van

(CCHS) Call for locations/hours 925-608-5300

COMMUNITY CLINICS

Brighter Beginnings - Family Health Clinic

Antioch 925-303-4780

La Clínica Oakley 925-776-8240

La Clínica Pittsburg 925-431-1251

Mobile Health Clinic (John Muir) 925-363-7588

Planned Parenthood – Antioch, Pittsburg

..... 1-800-230-7526

RotaCare Clinic - Pittsburg 925-439-2009

HOSPITALS

Contra Costa Regional Medical Center

..... 925-370-5000

Kaiser Medical Center 925-813-6500

Sutter Delta Medical Center 925-779-7200

Health Insurance

Covered California 1-800-300-1506

..... www.coveredca.com

Child Health & Disability Prevention (CHDP)

..... 925-313-6150

HICAP 1-800-510-2020

(Health Insurance Counseling & Advocacy)

Kaiser Child Health Plan 1-800-464-4000

Medi-Cal/CalFresh Applications 1-800-709-8348

Patient Financial Counseling 1-800-771-4270

(Information on County health insurance programs)

Homeless

Bay Area Rescue Mission

Men's Shelter 510-215-4868

Women & Family Shelter 510-215-4860

Calli House-Richmond (Youth, 18-24) 1-800-610-9400

Coordinated Outreach Referral and Engagement (CORE) 2-1-1
Homeless outreach to encampments and referrals to Concord and Brookside Shelters.
GRIP Resource Center CARE Center 510-233-2141
Monument Crisis Center CARE Capable Center 925-825-7751
SHELTER, Inc. 925-338-1038
Shepherd's Gate - Brentwood 925-308-7507
Trinity Center CARE Center 925-949-8712
Winter Nights 925-435-2074

Housing

Housing Authority Public Housing Wait List (Except Richmond and Pittsburg) 925-957-8000
Housing Authority - Pittsburg 925-252-4830
Housing Workshop/Shared Housing (Independent Living Resources) 925-363-7293
Senior & Adults w/ Disabilities .. 1-800-510-2020
SHELTER, Inc. 925-338-1038

Immigrant & Refugee Services

Cash Assistance Program for Immigrants 1-877-505-4630
Citizenship Education
Antioch Adult Education 925-779-7490
Liberty Adult Education 925-634-2565
Pittsburg Adult Education 925-473-2400
Immigration & Naturalization Services (Catholic Charities of the East Bay) 925-825-3099
Immigration & Citizenship Program (International Institute of the Bay Area) 925-237-8581
Refugee & Immigrant Services 925-927-2000 (Jewish Family & Community Services of the East Bay)
Refugee Health Program 925-313-6893
Stand Together Contra Costa 925-900-5151
Rapid response and immigration legal services in Contra Costa County.
U.S. Citizenship and Immigration Services 1-800-375-5283

Information & Referral

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

Legal & Mediation Services

Bay Area Legal Aid 510-250-5270
Lawyer Referral Service 925-825-5700 (Contra Costa County Bar Association)
CCC Dept. of Child Support 1-866-901-3212
CC Senior Legal Services 925-609-7900
Conflict Resolution/Mediation (Center for Human Development) 925-349-7344
Family Law Facilitator www.cc-courts.ca.gov (Divorce, child custody, support, paternity issues, help)
Medical Legal Partnership (FMCH) 800-880-8047
Victim Witness Assistance 925-957-8650

Low Cost Internet

Access from AT&T 1-855-220-5211
Comcast Internet Essentials 1-855-846-8376

Mental Health

Access Mental Health Appointment Line for Contra Costa County 1-888-678-7277
Outpatient Psychiatric Programs 925-674-4265

(John Muir Health Behavioral Health Center)
Antioch Wellness City 925-732-7930
Bay Area Psychotherapy Institute 925-284-2298
Community Health for Asian Americans 925-778-1667
Contra Costa Crisis Center 2-1-1
Counseling at Village Community Center (John Muir Health Behavioral Health Center) 925-941-7940
Family Advocate Mental Health (CCHS) 925-957-5139
First Hope- (CCHS) 925-681-4450
National Alliance for the Mentally Ill (NAMI) 925-942-0767
The Hume Center 925-432-4118

Multi-Service Centers

SparkPoint Contra Costa East 925-252-2300
Village Community Center 925-626-7892

Parenting Classes

Antioch First 5 Center 925-301-4052
Brentwood First 5 Center 925-516-3880 (Aspiranet)
East County First 5 Center (Bay Point) 925-301-4040
C.O.P.E. Family Support Center 925-689-5811
Liberty Adult Education 925-634-2565
Pittsburg Adult Education 925-473-2400

Pregnancy

Birthright 925-634-1586
Black Infant Health (CCHS) 925-313-6254
Healthy Families America (CCHS) 925-313-6254
Healthy Start (CCHS) 925-431-2345
Independent Adoption Center 925-827-2229
Medical Legal Partnership (FMCH) 800-880-8047
Planned Parenthood 1-800-230-7526
Prenatal Care Guidance 925-313-6254 (CC Health/First 5)
Safely Surrendered Baby 1-800-833-2900

SUBSTANCE ABUSE & PREGNANCY

Ujima East 925-427-9100
Wollam House 925-427-1384

Rape/Victims of Crime

Community Violence Solutions 1-800-670-7273
Rape, Abuse & Incest National Network 1-800-656-4673
Victim Witness Assistance Program 925-957-8650

Senior Services

Adult Day Services Network 925-682-1000
Alzheimer's Association 1-800-272-3900
An Elderly Wish Foundation 925-978-1883
Caring Hands (John Muir) 925-952-2999
CC Café (Hot lunch program)
Antioch 925-757-7325
Bay Point 925-458-2662
Brentwood 925-634-5040
Pittsburg 925-439-2136
Covia 925-956-7400
Eldercare Locator 1-800-677-1116
Family Caregiver Alliance 1-800-445-8106
Information & Assistance for Seniors & Dependent Adults 1-800-510-2020
In-Home Personal Assistance 925-945-8040 (Diablo Valley Foundation for the Aging)
Meals-on-Wheels 925-937-8311

Medicare Hotline 1-800-633-4227
Mobility Matters 925-284-6161
Senior Food Program (Food Bank) Bay Point, Antioch, Brentwood, Oakley, Pittsburg 925-676-7543
Senior Outreach Services 925-937-8311
Senior Peer Counseling 925-521-5636
Social Security 1-800-772-1213

Teen Services

Alateen 925-932-6770
California Youth Crisis Line 1-800-843-5200
New Leaf Treatment Center 925-284-5200 (Substance abuse treatment)
REACH Project, Inc Antioch 925-754-3673
REACH Project, Inc Oakley 925-679-2504
Teen Parenting Classes 925-634-2565 (Liberty Adult Education)
Teen Services/SAFE Place 1-800-718-4357 (Northern California Family Center).

Transportation

511 Contra Costa Bay Area Travel Information 5-1-1
BART 925-676-2278
Dial-A-Ride 925-754-3060
Mobility Matters 925-284-6161
Tri-Delta Route Info 925-754-4040

Utility Assistance

California Alternate Rates for Energy (CARE) Program 1-866-743-2273
Low-Income Home Energy Assistance Program (LIHEAP) 925-681-6380
Medical Baseline Program Relief for Energy 1-800-743-5000
Utility Shut-off Assistance 1-800-743-5000

Veterans

Contra Costa County Veterans Services 925-313-1481
Concord Veterans Center 925-680-4526
Martinez VA Outpatient Clinic 925-372-2000
Homeless Veteran Reintegration (HVRP)
SHELTER, Inc. 925-957-7573
Veterans Suicide Hotline 1-800-273-8255

Volunteer Opportunities

Caring Hands (John Muir) 925-952-2999
Contra Costa Crisis Center 925-939-1916
Contra Costa Society for the Prevention of Cruelty to Animals 925-825-5156
Covia 925-956-7396
Food Bank of Contra Costa & Solano 925-676-7543
Meals on Wheels 925-937-8607
Mobility Matters 925-284-4831
Volunteer Opportunities 2-1-1

Need help and don't know where to go?
Call 2-1-1 or Text HOPE to 20121

Abuse

CHILDREN

Children's Protective Services .. 1-877-881-1116

ADULTS

Adult Protective Services 1-877-839-4347
Human Trafficking Prevention... 1-800-670-7273
(Community Violence Solutions)
Ombudsman of CCC..... 925-685-2070
(For patients in long-term care facilities)

FAMILIES

STAND! For Families Free of Violence
..... 1-888-215-5555

AIDS/HIV

AIDS Info 1-800-448-0440
Contra Costa AIDS Line 925-313-6771

Alcohol & Drug Abuse

Al-Anon..... 510-528-4379
Alcohol & Other Drugs ACCESS 1-800-846-1652
Alcoholics Anonymous 925-939-4155
DUI Programs 925-932-8100
(Alcohol & Drug Abuse Council of Contra Costa, Inc.)
Narcotics Anonymous 925-685-4357

DETOX TREATMENT CENTERS

BAART - Detoxification Pgm..... 510-232-0874
Bay Area Rescue Mission 510-215-4868
Thunder Road Adolescent Treatment Center
..... 510-653-5040

TREATMENT / COUNSELING

Gateway AOD Services (BACR) 510-235-2887
Power Program 510-232-7571
Ujima West 510-215-2280

SMOKING CESSATION

California Smokers Helpline 1-800-662-8887

Animals

CCC Animal Services - Pinole ... 925-608-8400
Contra Costa Humane Society ... 925-279-2247
Pet Food Assistance Program .. 925-676-7543

Child Care/Crisis Child Care

Coco Kids 510-758-5439
Head Start Programs/Child Care Services
(CCC Community Services Bureau) 681-6300

CRISIS CHILD CARE

Bay Area Crisis Nursery (Ages 0-5) .. 925-685-8052
Dahlstrom House (Ages 6-11)..... 925-685-3695
Safe Refuge for Families (Ages 0-18)
..... 925-566-8050

Crisis and Suicide Intervention

Contra Costa Crisis Center 2-1-1
Provides 24-hour crisis/warm line support.
National Suicide Hotlines 1-800-273-8255

Death & Dying

Grief Counseling 2-1-1
(Contra Costa Crisis Center)
Hospice of the East Bay 925-887-5678

Dental Care

Berkeley Free Clinic 1-800-625-4642
Contra Costa Health Services Dental Clinics
West County Health Center 510-231-9540
Denti-Cal/Medi-Cal Dental Pgm. 1-800-322-6384

Life Long Medical

San Pablo 510-215-9092
Pinole 510-981-3255

Disability Services

California Children's Services ... 925-313-6400
CA Dept. of Rehabilitation 510-232-7062
Contra Costa ARC 925-370-1818
Developmental Disabilities Council 925-313-6836
Hawkins Center 510-232-6611
Hearing Loss Association of America - Diablo
Valley & East Bay Chapter 925-264-1199
Independent Living Resource..... 925-363-7293
In Home Supportive Services 925-229-8434
Regional Center of the East Bay .. 925-691-2300
Social Security..... 1-800-772-1213
State Council on Developmental Disabilities
Bay Area..... 510-286-0439
We Care Services for Children . . 925-671-0777

Education & Literacy

CCC Regional Occupational Program (ROP)
..... 925-942-3368
Richmond Public Library 510-620-6561
Contra Costa County Office of Education
..... 925-942-3388
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 510-307-9937
Stride Center..... 510-234-1300

ESL/GED/ADULT EDUCATION

Lao Family Community Services .. 510-215-1220
West Contra Costa Adult Ed. 510-215-4666
..... 510-231-1453

Emergency Services

American Red Cross 1-800-733-2767
California Poison Control Center . 1-800-222-1222
CA Office Emergency Services..... 925-953-1402
Community Warning System 925-313-9622
Hazardous Materials Incident Response
..... 925-335-3232
Health Emergency Hotline
..... 1-888-959-9911

Employment/Job Training

Asian Family Resource Center ... 510-869-6000
CalJOBS - Internet www.caljobs.ca.gov
Child Care Job Bank 925-676-5442
(Coco Kids)
Lao Family Community Development, Inc.
Job placement (One-Stop Affiliate) 510-215-1220
Rubicon..... 510-412-1725
RichmondWORKS 510-307-8014
Sparkpoint Contra Costa West ... 510-779-3200
The Stride Center - San Pablo..... 510-234-1300
Unemployment Insurance, CA... 1-800-300-5616
..... www.edd.ca.gov/Unemployment

Evictions/Rent Assist./Foreclosures

**EVICTIION COURT SUMMONS ASSISTANCE/
LANDLORD/TENANT ASSISTANCE**
Bay Area Legal Aid 510-250-5270

FORECLOSURE ASSISTANCE

Community Housing Dev. Corp. . 510-412-9290
Foreclosure Assistance - HUD .. 415-489-6400

Housing & Economic Rights Advocates

(HERA) 510-271-8443
National Foreclosure Hotline..... 1-888-995-4673

RENTAL ASSISTANCE

Season of Sharing..... 925-521-5065
SHELTER, Inc. 925-338-1038

Financial Assistance

CalWORKs (Families) 1-877-505-4630
General Assistance (Individuals) . 1-877-505-4630

Food

CalFresh (Food Stamps)..... 1-877-505-4630
EBT Card Services 1-877-328-9677
Food Bank of Contra Costa & Solano
Groceries, pantries, meals 1-855-309-3663
Food Pantries / Soup Kitchens .. 2-1-1
GRIP Souper Center 510-233-2141
WIC Program 510-231-8600
(Parents with children 0-5, pregnant women or
breastfeeding)

Gay, Lesbian, Bisexual, Transgender

LGBT National Help Center..... 1-888-843-4564
Rainbow Community Center 925-692-0090

Health Care

Advice Nurse 1-877-661-6230
Contra Costa Health Services Health Centers
North Richmond, San Pablo 1-800-495-8885
Health Care for the Homeless Mobile Van
(CCHS) Call for locations/hours 925-608-5300

COMMUNITY CLINICS

Brighter Beginnings - Family Health Clinic
Richmond 510-213-6681
Life Long Medical-Brookside

Richmond..... 510-215-5001
San Pablo (urgent care)..... 510-215-9092
Pinole 510-981-3255
Planned Parenthood - Richmond . 1-800-230-7526
RotaCare - Richmond..... 510-213-6678
(free urgent care)

HOSPITALS

Alta Bates Medical Center..... 510-204-4444
Contra Costa Regional Medical Center
..... 925-370-5000
Kaiser Medical Center 510-307-1500

Health Insurance

Covered California 1-800-300-1506
..... www.coveredca.com
Child Health & Disability Prevention (CHDP)
..... 925-313-6150
HICAP 1-800-510-2020
(Health Insurance Counseling & Advocacy)
Kaiser Child Health Plan 1-800-464-4000
Medi-Cal Applications 1-800-709-8348
Patient Financial Counseling..... 1-800-771-4270
(Information on county health insurance programs)

Homeless

Bay Area Rescue Mission
Men's shelter..... 510-215-4868
Women & Families 510-215-4860
Calli House-Richmond (Youth, 18-24) 1-800-610-9400
Coordinated Outreach Referral and
Engagement (CORE) 2-1-1
Homeless outreach to encampments and referrals to
Concord and Brookside Shelters.

March 2019

www.211cc.org

West Contra Costa County Resource Guide



Crisis/Suicide Intervention: 2-1-1

GRIP Resource Center CARE Center
Monument Crisis Center CARE Capable Center
SHELTER, Inc.
Shepherd's Gate - Breatwood
Trinity Center CARE Center
Winter Nights

Housing

CC Housing Authority Public Housing Wait List
Housing Authority Richmond
Neighborhood Housing Service
Senior & Adults w/ Disabilities
SHELTER, Inc.

Immigrant & Refugee Services

Asian Family Resource Center
Cash Assistance Program for Immigrants
Citizenship Education
Immigrant Legal Services
Immigration & Naturalization Services
Lao Family Community Development
Refugee & Immigrant Services
Refugee Health Program
Stand Together Contra Costa
U.S. Citizenship and Immigration Services

Information & Referral

2-1-1 Contra Costa
Information & Assistance for Seniors & Dependent Adults

Legal & Mediation Services

Bay Area Legal Aid
Lawyer Referral Service
CCC Dept. of Child Support
CC Senior Legal Services
Family Law Facilitator
Medical Legal Partnership
Victim Witness Assistance

Low Cost Internet

Access from AT&T
Comcast Internet Essentials

Mental Health

Access Mental Health Appointment Line for Contra Costa County
Bay Area Psychotherapy Institute
Center for Recovery & Empowerment
Community Health for Asian Americans
Contra Costa Crisis Center
Early Childhood Mental Health

Familias Unidas Counseling
Family Advocate Mental Health
First Hope
George Miller Center
National Alliance for the Mentally Ill
Native American Health Center
Power Program
San Pablo Wellness City
Second Nature Behavioral Health
The Hume Center

Multi-Service Centers

GRIP CARE Center
SparkPoint Contra Costa West

Parenting Classes

C.O.P.E. Family Support Center
Primeros Nuestros Niños
Second Nature Behavioral Health
West Contra Costa Adult Education
West Contra Costa YMCA
West County First 5 San Pablo
West County First 5 Richmond

Pregnancy

Black Infant Health
Healthy Families America
Healthy Start
Medical Legal Partnership
Planned Parenthood
Prenatal Care Guidance
Safely Surrendered Baby

SUBSTANCE ABUSE & PREGNANCY

Ujima West

Rape/Victims of Crime

Human Trafficking Hotline
Lao Family Community Development, Inc.
Rape, Abuse & Incest National Network
Second Nature Behavioral Health
Victim Witness Assistance Program
West Family Justice Center

Senior Services

Adult Day Services Network
Alzheimer's Association
An Elderly Wish Foundation
CC Café
Crockett
El Cerrito
Hercules
No. Richmond
Richmond
San Pablo
Rodeo
Covia
Eldercare Locator
Family Caregiver Alliance
Information & Assistance for Seniors & Dependent Adults

In-Home Personal Assistance
Meals-on-Wheels
Medicare Hotline
Mobility Matters
Senior Food Program
Senior Outreach Services
Senior Peer Counseling
Social Security

Teen Services

Alateen
California Youth Crisis Line
RYSE Youth Center
Teen Services/SAFE Place
Thunder Roads Adolescent Treatment Center

Transportation

AC Transit
511 Contra Costa Bay Area Travel Information
BART
Dial-a-Ride/WestCAT
East Bay Paratransit
Easy Ride Service for El Cerrito Residents
Mobility Matters
R-Transit
WestCAT Lynx

Utility Assistance

California Alternate Rates for Energy
Customer Assistance Program
Low-Income Home Energy Assistance Program
Medical Baseline Program Relief for Energy
Utility Shut-off Assistance

Veterans

Contra Costa County Veterans Services
Homeless Veteran Reintegration
Martinez VA Outpatient Clinic
Oakland Veterans Center
Veterans Suicide Hotline

Volunteer Opportunities

City of Richmond Volunteer Opportunities
Contra Costa Crisis Center
Covia
Food Bank of Contra Costa & Solano
Meals on Wheels
Mobility Matters
Volunteer Opportunities

Need help and don't know where to go? Call 211 or Text HOPE to 20121

Abuse/Rape/Substance Abuse

STAND! For Families Free Of Violence
..... 1-888-215-5555
Human Trafficking Prevention... 1-800-670-7273
(Community Violence Solutions)
Alcohol & Other Drugs Access.. 1-800-846-1652

Animals

CCC Animal Services 925-608-8400
Contra Costa Humane Society .. 925-279-2247
Food Bank of CC & Solano 925-676-7543

Child Care

Coco Kids Central 925-676-5437
East..... 925-778-5437
West 510-758-5439
Child Care Service- Head Start (CCC Community Services Bureau) West..... 925-681-6300

CRISIS CHILD CARE

Bay Area Crisis Nursery (Ages 0-5) ..925-685-8052
Dahlstrom House (Ages 6-11)925-685-3695
Safe Refuge for Families (Ages 0-18)
..... 925-566-8050

Crisis/Suicide Intervention

Contra Costa Crisis Center 2-1-1
Provides 24-hour crisis/warm line support.
National Suicide Hotlines 1-800-273-8255

Employment: Job Training

CCC Regional Occupational Pgm. ..925-942-3368
Opportunity Junction 925-776-1133
The Stride Center 510-234-1300
Antioch Adult Education..... 925-779-7490
Liberty Adult Education 925-634-2565
Martinez Adult Education 925-228-3276
Mt. Diablo Adult Education 925-685-7340
Pittsburg Adult Education 925-473-2400
West Contra Costa Adult Ed...... 510-215-4666
..... 510-231-1453

Employment

Child Care Job Bank 925-676-5442
Experience Unlimited 925-602-0166
EASTBAY Works, America's Job Center of CA
Concord 925-671-4500
Lao Family Community Development, Inc.
(One-Stop Affiliate) 510-215-1220
RichmondWORKS One-Stop Ctr....510-307-8014
SparkPoint Contra Costa East... 925-252-2300
SparkPoint Contra Costa West ... 510-779-3200

Evictions/Rent Assist./Foreclosures

EVICTION NOTICE TENANT RIGHTS/LANDLORD ASSISTANCE

Bay Area Legal Aid 510-250-5270
ECHO Fair Housing 1-855-275-3246
(except for Concord & Pittsburg)
Housing & Economic Rights Advocates (HERA)
..... 1-800-735-2922
Pacific Community Services..... 925-439-1056
(Only Antioch, Pittsburg and Bay Point)

FORECLOSURE ASSISTANCE

Foreclosure Assistance - HUD.. 415-489-6400
Housing & Economic Rights 510-271-8443
National Foreclosure Hotline 1-888-995-4673
Neighborhood Housing Service ..510-237-6459
Pacific Community Services..... 925-439-1056

RENTAL ASSISTANCE

Concord Family Service Center ..925-825-3099
Season of Sharing..... 925-521-5065
SHELTER, Inc. 925-338-1038

Financial Assistance

CalWORKS/GA (Families/Individuals) 1-877-505-4630
Unemployment Insurance 1-800-300-5616

Food

Food Bank of Contra Costa & Solano
(Groceries, pantries, meals)1-855-309-3663
Food Pantries & Soup Kitchens 2-1-1
Loaves & Fishes Dining Rooms.... 925-293-4792
WIC Program..... 1-800-414-4942
(Pregnant women, breastfeeding or with children 0-5)

Health Insurance

Child Health & Disability Prevention (CHDP)
..... 925-313-6150
Covered California 1-800-300-1506
HICAP 1-800-510-2020
(Health Insurance Counseling and Advocacy)
Medi-Cal 1-800-709-8348
Patient Financial Counseling..... 1-800-771-4270
(Information on County health insurance programs)

Health & Dental Care

Advice Nurse 1-877-661-6230
Brighter Beginnings - Family Health Clinic
Antioch..... 925-303-4780
Richmond 510-213-6681
CC Regional Medical Center 925-370-5000
CCC Health/Dental..... 1-800-495-8885
Antioch, Bay Point, Brentwood, Concord, Martinez,
North Richmond, Pittsburg, Richmond
Denti-Cal/Medi-Cal Dental Pgm. ... 1-800-322-6384
Dental Services Respite Concord... 925-608-5016
Health Care for the Homeless Mobile Van
(CCHS) Call for locations/hours 925-608-5300
La Clinica Monument 925-363-2005
La Clinica Oakley..... 925-7768200
La Clinica Pittsburg..... 925-431-1251
Life Long Medical - Brookside
Richmond 510-215-5001
San Pablo..... 510-215-9092
Pinole..... 510-981-3255
Medical Service Respite Concord ... 925-646-5311
Mobile Health Clinic (John Muir) ... 925-363-7588
Planned Parenthood 1-800-230-7526
Antioch, Concord, San Ramon, Richmond, Walnut Creek
RotaCare - Concord..... 925-429-6409
Pittsburg 925-439-2009
Richmond 510-213-6678

Homeless Shelters/Drop-In Centers

Bay Area Rescue Mission Shelters
Men..... 510-215-4868
Women/families 510-215-4860
Calli House-Richmond (youth, 18-24) .1-800-610-9400
CORE Outreach Team 2-1-1
Homeless outreach to encampments and referrals to
Concord and Brookside Shelters.
Monument Crisis Center- CARE Capable
Center..... 925-825-7751
Multi-Service Centers CARE Center (Anka
Behavioral Health) Central..... 925-685-7613
GRIP Family Emergency Shelter- CARE
Center 510-233-2141

SHELTER, Inc......925-338-1038
Trinity Center CARE Center..... 925-949-8712
Winter Nights 925-435-2074

Housing

Contra Costa Housing Authority..925-957-8000
Housing Authority Pittsburg 925-252-4830
Housing Authority Richmond..... 510-621-1300
Senior & Adults w/ Disabilities..1-800-510-2020
SHELTER, Inc. 925-338-1038

Legal & Mediation Services

Bay Area Legal Aid.....510-250-5270
Lawyer Referral Service 925-825-5700
(Contra Costa County Bar Association)
CCC Dept. of Child Support..... 866-901-3212
CCC District Attorney 925-957-2200
CC Senior Legal Services 925-609-7900
Conflict Resolution/Mediation
(Center for Human Development)..... 925-349-7344
Family Law Facilitator..... www.cc-courts.ca.gov
(Divorce, child custody, support, paternity issues, help)

Mental Health

CC Mental Health Access Line ..1-888-678-7277
Adolescent, Adult & Children's Psychiatric
Programs (John Muir Health Ctr)..... 925-674-4265
Bay Area Psychotherapy Institute 925-284-2298
Community Health for Asian Americans (CHAA)
Antioch..... 925-778-1667
Richmond 510-237-5777
Contra Costa Crisis Center..... 2-1-1
Crockett Counseling Center 925-370-6544
Family Advocate Mental Health ... 925-957-5139
First Hope (CCHS) 925-681-4450
National Alliance for the Mentally Ill (NAMI)
..... 925-942-0767
The Hume Center Richmond 510-778-2816
Pittsburg 925-432-4118
Concord 925-825-1793

Senior Services

CC Café (Hot lunch) 211
Information & Assistance for Seniors &
Dependent Adults..... 1-800-510-2020
Meals-on-Wheels 925-937-8311
Medicare Hotline 1-800-633-4227
Mobility Matters 925-284-6161
Senior Outreach Services..... 925-937-8311
Seniors without Walls..... 1-877-797-7299

Utility Assistance

California Alternate Rates for Energy (CARE)
Program 1-866-743-2273
Low-Income Home Energy Assistance
(LIHEAP) 925-681-6380
Medical Baseline Program Relief for Energy
..... 1-800-743-5000
Relief for Energy Asst. (REACH) .1-800-933-9677
Utility Shut-off Assistance 1-800-743-5000

Veterans

CCC Veterans Services..... 925-313-1481
Concord Veterans Center..... 925-680-4526
Martinez VA Outpatient Clinic..... 925-372-2000
Homeless Veteran Reintegration (HVRP)
Shelter Inc. 925-957-7573
Veterans Suicide Hotline..... 1-800-273-8255

●=Spanish, ◆=Chinese, ■=Laotian
◄=Spanish at variable times
▲=Legal resident, citizen required

Crisis/Suicide Intervention

Contra Costa Crisis Center2-1-1
Provides 24-hour crisis/warm line support.
National Suicide Hotlines
.....1-800-273-8255

Dental

1-800-DENTIST..... 1-800-336-8422
Provides referrals to dentists with
discounted services and/or payment plan;
must request at time of call ●

Berkeley Free Clinic.... 1-800-625-4642
Provides free general medical and dental
services for adults by appointment only for
current clients. New clients are only
accepted through a lottery; arrive before
6:15pm and go to lobby. ◄

Contra Costa Health Services Dental
Clinics 1-877-905-4545
Bay Point Children's Dental..... 925-427-8302
Martinez 925-370-5300
Pittsburg 925-431-2501
San Pablo 510-231-9540
Accepts Medi-Cal, Medi-Cal/Denti-Cal, Basic
Health Care for children 19 and under. ●▲◆

Denti-Cal/Medi-Cal Dental Program
..... 1-800-322-6384
Provides referrals to Medi-Cal dentists for
children. ▲

Dental Hygiene Clinic.....925-969-2692
(Diablo Valley College)
Provides dental cleaning, x-rays, fluoride
treatment; ages 5+, screening exam
required; if paying with check, need to
show proper identification; adults \$25-\$55,
children \$10, Medi-Cal. Services are
closed during summer. ◄

La Clinica Monument Dental Clinic
..... 925-363-2005

La Clinica Pittsburg Dental Clinic
.....925-431-1251
Provides dental services for everyone;
Denti-Cal and most private insurance
accepted; sliding scale. ●

Lifelong Medical Care- Brookside
San Pablo510-215-9092
Pinole510-981-3255
Provides dental services; West county
resident; Sliding scale for uninsured, Medi-
Cal, other insurances. ●

Respite Dental Care Concord
..... 925-608-5350
Provides free general dental services for
homeless individuals. ●■◆

University California San Francisco
Dental Clinics415-476-1891
Provides low-cost dental services adults,
and children; assessment fee varies; Photo
ID required ●◆

Eye Exam/Glasses

Lions Center for the Visually Impaired
.....925-432-3013
Provides eye exam and glasses at low cost
or no cost for individuals with no vision
insurance coverage; call number to locate
service provider in area.

University California Berkeley
Eye Care Center510-642-2020
Provides low-cost eye services; fee must be
paid at time of service. ◄

Gay, Lesbian, Bisexual, Transgender

LGBT National Help Center
..... 1-888-843-4564
Provides information on health and other
resources for the LGBT community; no
income or citizenship requirements.

LGBT Health Care (Planned
Parenthood) 1-800-230-7526
Offers health services for the LGBT
community; no citizenship requirements;
sliding scale. ●■◆

Rainbow Community Center
Concord/EI Cerrito.....925-692-0090
Provides information on health and other
resources, HIV testing, counseling/case
management for the LGBT community; no
income or citizenship requirements. ●

Healthcare Option Assistance

Covered California 1-800-300-1506
..... www.coveredca.com
Provides information on health insurance
options through the Affordable Care Act.
●◆▲

Patient Financial Counseling
..... 1-800-771-4270
Helps individuals find health insurance for
county health care services ●◆■

Hearing Loss

Hearing Loss Association of
America - Diablo Valley & East Bay
Chapter 925-264-1199
Offers a variety of services for individuals
with hearing loss; including, information,
education and supportive services as well
as a fellowship support group.
Hear NOW1-800-648-4327
Provides hearing aids; eligibility based on
income; must be US citizen. ▲

The Hearing Foundation
.....1-800-327-8077
Provides donated hearing aids to low
income, US or legal immigrant; donation
of \$150 per hearing aid; call to locate
service provider in area. ▲

Medical Care

Advice Nurse (Contra Costa Health Services)
..... 1-877-661-6230
Provides telephone health advice to anyone
regardless of current health insurance.
●■◆

BAART Healthcare East...925-522-0124
BAART Healthcare West...510-232-0874
Provides primary health care for adults;
Medi-Cal, sliding scale.

Berkeley Free Clinic.....1-800-625-4642
Provides free general medical and dental
services for adults by appointment only for
current clients. New clients are only
accepted through a lottery; arrive before
6:15pm and go to lobby. ◄

Charlotte Maxwell Clinic (Oakland)
.....510-601-7660
Provides acupuncture, homeopathy,
massage therapy for low income women
with cancer diagnosis ●◆

Contra Costa County Health Services
Health Centers..... 1-800-495-8885
Antioch, Bay Point, Brentwood, Concord,
Martinez, Pittsburg, San Pablo ●▲■◆

Brighter Beginnings - Family Health
Clinic
Antioch..... 925-303-4780
Richmond510-213-6681
Provides low cost primary health care for
adults, teens and children who are
uninsured. ●

Healthcare for Homeless Mobile Van
Call for locations/day/time....925-608-5300
Provides free general medical services for
homeless individuals ●◆■

La Clinica Monument 925-363-2005
La Clinica Oakley 925-776-8240
La Clinica Pittsburg 925-431-1251
Provides primary health care; sliding scale for services; Medi-Cal, Medicare, CCHP, Family Pact, CHDP, BCEDP, private insurance, uninsured ●

Lifelong Medical Care- Brookside Pinole 510-981-3255
Provides primary health care; West Contra Costa resident; Sliding scale for uninsured persons, Medi-Cal, Medicare, private insurance ●
Richmond.....510-215-5001
Provides primary health care; West Contra Costa resident; Sliding scale for uninsured persons, Medi-Cal, Medicare, private insurance ●

San Pablo510-215-9092
Provides primary health care and urgent care services on a walk-in basis to West Contra Costa resident; Sliding scale for uninsured persons, Medi-Cal, Medicare, private insurance ●

Mobile Health Clinic.....925-941-7940 (John Muir)
Provides general medical services; every Wednesday and Saturday in Concord, Brentwood and Pittsburg; call to verify dates/times; for individuals without health insurance or unable to pay ●

Operation Access 415-733-0052
Free outpatient surgery; uninsured, ineligible for Medi-Cal, Medicare, possess less than \$5,000 in savings; referred by a doctor ●◆

Planned Parenthood.... 1-800-230-7526
Antioch, Concord, Hilltop, San Ramon, Richmond, Walnut Creek; provides health services including birth control, emergency contraception, testing/treatment of sexually transmitted disease, HIV testing/counseling, pregnancy tests, prenatal care & other health services; CCHP, Medi-Cal. If individual does not qualify for FPACT coverage there is a sliding fee scale. ●

Respite Health Care Concord925-646-5311
Provides free general medical services for homeless individuals ●◆◆

RotaCare Clinic
Cambridge Elementary School, Concord925-429-6409
Clinic: Thur. 5-9pm; Call Thur. 1-2pm

Monument Crisis Center, Concord 925-429-6409

Clinic: 1st & 3rd Tues. 5-9pm
St. Vincent de Paul Society, Pittsburg 925-439-2009
Clinic: Wed. 4-7pm, 2nd & 4th Sat, 9-12pm
Richmond Free Medical Clinic 510-213-6678

Clinic: Tues. 5-8pm & 1st, 3rd Sun. by appointment

Women's Health Clinic, Concord 925-429-6409

Clinic: 2nd & 4th Tues. 5-9pm
Provides free urgent care clinic for low-income, uninsured; **Must** have appointment, no walk-ins. ●

Medical Equipment

Economy Medical 925-671-4800
Sells and rents home health care supplies; repairs wheel chairs.

John Muir Medical Equipment Loan Program 510-251-2273
Loans medical equipment to residents of Central and East Contra Costa County ●

Lioness Hospital Equipment Lending
Martinez residents only 925-228-3983
ReCARES 510-251-2273
Free used home healthcare and medical equipment and supplies

Medical Insurance

Child Health & Disability Prevention (CHDP) 925-313-6150
Provides health assessments, referrals; no medical coverage, meet income guideline, ages 0-18 ●◆◆

Kaiser Child Health Plan 1-800-464-4000
Offers a health, dental, vision, and prescription plan with hospitalization; children 0-19; low income, no citizenship requirements ●◆◆

Medi-Cal Access Program 1-800-433-2611
Low-cost health care coverage for pregnant women whose income is too high or whose health care deductible is over \$500, middle income; legal immigration status ●▲

Medi-Cal 1-800-709-8348
Offers health, dental, vision, prescription coverage; Full-scope Medi-Cal: citizen/legal immigrant; income eligibility ●◆◆▲
Prenatal care for pregnant women and emergency care regardless of legal status.

Prescription Payment Help

NeedyMeds www.needymeds.org
Provides information on medicine and healthcare assistance programs based on needs; income/legal status varies by provider; Internet only

Partnership for Prescription Assistance / Rx Help for Californians 1-888-477-2669

Provides prescription assistance to individuals by directing them to drug companies that provide their medications free or low-cost; income/legal status varies by drug provider; www.pparx.org ●

Rx Outreach 1-800-769-3880
Provides information on resources for mail-order prescription assistance; income/legal status varies by drug provider; www.rxoutreach.com ●

●=Spanish, ◆=Chinese, ■=Laotian
◀=Spanish at variable times
▲=Legal resident, citizen required

Need help and don't know where to go?

Call 211
24/7 Spanish & English
Or Text **HOPE** to **20121**

211 in Contra Costa is operated by the Contra Costa Crisis Center.

Need Medical Advice?
Contra Costa Health Plan's Advice Nurse
1-877-661-6230
Open to the public, don't need to be a CCHP member (or have legal status) ●◆◆

This resource guide is a collaborative effort of the Contra Costa Crisis Center and Contra Costa Health Services.



