

Abuse

CHILDREN

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

ADULTS

Adult Protective Services 1-877-839-4347

Human Trafficking Hotline 1-800-670-7273

(Community Violence Solutions)

Ombudsman of CCC 925-685-2070

(For patients in long-term care facilities)

FAMILIES

STAND! Against Dom. Violence. 1-888-215-5555

AIDS/HIV

AIDS Info 1-800-448-0440

Contra Costa AIDS Line 1-800-287-0200

Alcohol & Drug Abuse

Al-Anon 1-888-425-2666

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

Alcoholics Anonymous 925-939-4155

Narcotics Anonymous 925-685-4357

DETOX TREATMENT CENTERS

BAART—California Detox Pgm. . . 925-522-0124

East Cty Community Women's Ctr 925-427-1384

Pueblos del Sol (Men) 925-676-2580

The Center for Recovery 925-674-4100

TREATMENT / COUNSELING

A Chance for Freedom (Bi-Bett) ... 925-685-9550

Born Free (Pregnant women) 925-646-1165

Crossroads Recovery Center 925-682-5704

Substance Abuse Treatment Program

(New Connections Concord) 925-363-5000

SMOKING CESSATION

California Smokers Helpline . . . 1-800-NO-BUTTS

..... 1-800-844-CHEW

Animals

ARF-Animal Rescue Foundation 1-800-567-1273

CCC Animal Shelter 925-335-8300

Contra Costa Humane Society .. 925-279-2247

Child Care/Crisis Child Care

CC Child Care Council 925-676-5437

Child Care Eligibility List (CEL) . 925-676-8570

CRISIS CHILD CARE

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

Dahlstrom House (Ages 6-12) 925-685-3695

Death & Dying

Grief Counseling 1-800-837-1818

(Contra Costa Crisis Center)

Hospice of the East Bay 925-887-5678

Dental Care

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

La Clínica Monument 925-363-1256

Martinez Dental Clinic 1-800-495-8885

University California San Francisco

Dental School 415-476-1891

University of the Pacific Dental School

San Francisco 415-929-6501

Union City 510-489-5200

Disability Services

Area Developmental Disabilities Board 5

..... 510-286-0439

California Children's Services ... 925-313-6100

CA Dept. of Rehabilitation 925-602-3953

Contra Costa ARC 925-370-1818

Developmental Disabilities Council . 925-313-6836

Hawkins Center of Legal & Support Services

(Rubicon Programs) 510-232-6611

Futures Explored 925-284-3240

Independent Living Resource ... 925-363-7293

Life Skills (Dev. disabled) / On Track (Traumatic

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

Regional Center of the East Bay .925-798-3001

We Care Children's Center 925-671-0777

Education & Literacy

CCC Regional Occupational Program (ROP)

..... 925-942-3436

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

Martinez Adult Education 925-228-3276

Mt. Diablo Adult Education 925-685-7340

Emergency Services

American Red Cross 1-866-272-2237

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

CCC Office Emergency Services .. 925-646-4461

Emergency Broadcast System .. KCB5740AM

Hazardous Materials Incident Response

..... 925-646-1112

Health Emergency Information Line

Including Swine Flu information 1-888-959-9911

Employment/Job Training

CalJOBS—Internet www.caljobs.ca.gov

CareerOneStop—Internet... www.careeronestop.org

Child Care Job Bank 925-676-5442

(Child Care Council)

Experience Unlimited 925-602-0166

One-Stop Center, Concord 925-671-4500

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

Internet www.edd.ca.gov/Unemployment

Workforce Services (Rubicon) 510-412-1709

Evictions/Rent Assist./Foreclosures

EVICTIION NOTICE ASSISTANCE

Housing Rights, Inc. 1-800-261-2298

Pacific Community Services 925-439-1056

EVICTIION COURT NOTICE ASSISTANCE

Bay Area Legal Aid 1-800-551-5554

Eviction Defense Center 510-452-4541

FORECLOSURE ASSISTANCE

Concord Family Service Center. .925-825-3099

(Catholic Charities of East Bay) Spanish Assistance

Consumer Credit Counseling 1-866-889-9347

Foreclosure Assistance – HUD.. 1-800-569-4287

Housing Rights..... 1-800-261-2298

Housing & Economic Rights Advocates

..... 510-271-8443

National Foreclosure Hotline 1-888-995-4673

Pacific Community Services 925-439-1056

RENTAL ASSISTANCE

Concord Family Service Center

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

Shelter, Inc. 925-335-0698

Financial Assistance

CalWORKs (Families) 925-602-9379

Consumer Credit Counseling 1-866-889-9347

Critical Family Needs 925-825-3099

(Catholic Charities of East Bay)

General Assistance (Individuals) . .925-602-9379

Season of Sharing 925-521-5065

Food

Food Bank of Contra Costa & Solano

Groceries, pantries, meals 1-800-870-FOOD

Food Pantries/Soup Kitchens 211

Food Stamps 925-602-9379

Loaves & Fishes Dining Room .. 925-687-6760

Martinez

Monument Crisis Center 925-825-7751

WIC Program 1-800-414-4942

(Pregnant women breastfeeding or with children 0-5)

Gay, Lesbian, Bisexual, Transgender

Gay & Lesbian National Hotline. 1-888-843-4564

Local LGBTQ Resources www.EastbayPride.com

Rainbow Community Center 925-692-0090

Health Care

Advice Nurse 1-877-661-6230

Contra Costa Health Services Health Centers

Concord, Martinez..... 1-877-905-4545

COMMUNITY CLINICS

La Clínica Monument 925-363-2000

Planned Parenthood 1-800-230-PLAN

Concord, San Ramon, Walnut Creek

RotaCare – Concord 925-429-6409

Sutter Delta Charity Care 925-779-3676

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

Child Health & Disability Prevention (CHDP)

..... 1-800-696-9644

Health Access Line 1-877-503-9350

(Information on County health insurance programs)

HICAP 1-800-510-2020

(Health Insurance Counseling & Advocacy)

Kaiser Child Health Plan 1-800-255-5053

Medi-Cal— (New applicants)..... 1-800-709-8348

Medi-Cal/Food Stamp Service Center

(Current clients) 1-866-663-3225

US Uninsured Help Line... 1-800-234-1317

..... www.coverageforall.org

**CENTRAL
Contra Costa
Quick Resource Guide
January 20, 2010**

**Call 211
www.211database.org**

**EITC – Earned Income Tax Credit
Call 211 for locations**



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

Homeless

Bay Area Rescue Mission

Men's shelter..... 510-215-4868
 Women & Families 510-215-4860
Berkeley Food & Housing Project.. 510-649-4965
Berkeley Shelter Bed Hotline..... 1-866-960-2132
Brookside Shelter (San Pablo), Concord Shelter
 (singles only)..... 1-800-799-6599
Calli House—Richmond (Youth, 14-21) 1-800-610-9400
Casa Vincentia—pregnant single women 510-729-0316
FERST MultiService Center 925-685-7613
 (Anka Behavioral Health)
GRIP Resource Center 510-233-2141
HPRP Rapid Re-Housing 925-957-7575
Love-A-Child Shelter—Bay Point .. 925-458-5663
Next Door Shelter—accepts pets 415-292-2180
SAFE Place—Martinez (Youth, 9-17) .1-800-718-4357
 (Northern California Family Center)
Shepherd's Gate (Brentwood) 925-308-7507
Transitional and Interim Housing 925-335-0698
 (Shelter, Inc.)
Sanctuary Shelter – accepts pets 415-863-3893

Housing

Housing Authority of Contra Costa County
 (Administration) 925-957-8000
Housing Authority Public Housing Wait List
 (Except Richmond and Pittsburg) 925-957-8084
Housing Workshop/Shared Housing
 (Independent Living Resources) 925-363-7293
HPRP Prevention Services 925-957-7575
Permanent Housing for Special Needs/Low-Income,
Permanent Supportive Housing, Transitional &
Interim Housing (Shelter, Inc.)..... 925-335-0698
Senior & Adults w/ Disabilities ...1-800-510-2020
LANDLORD/TENANT
Housing Counseling 925-825-3099
 (Catholic Charities of the East Bay)
Pacific Community Services 925-439-1056
Tenant/Landlord Counseling 1-800-261-2298
 (Housing Rights, Inc.)

Immigrant & Refugee Services

Asian Family Resource Center . . 510-970-9750
Cash Assistance Program for Immigrants
1-800-648-0954
Citizenship Class 925-685-7340
 (Mt. Diablo Adult Education)
Immigration & Naturalization Services
 (Catholic Charities of the East Bay) 925-825-3099
Lao Family Community Development
 San Pablo 510-215-1220
Multicultural Senior Support Network
 (Concord Senior Center) 925-671-3320
Refugee & Immigrant Services .. 925-927-2000
Refugee Health Program 925-313-6893
U.S. Citizenship and Immigration Services
1-800-375-5283

Information & Referral

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

Legal & Mediation Services

Bay Area Legal Aid 925-219-3325
CCC Bar Association 925-686-6900
CCC District Attorney 925-957-2200
CC Senior Legal Services..... 925-706-4852
Family Law Facilitator..... 925-957-7887
 (Divorce, Child Custody, Support, Paternity issues help)
Victim Witness Assistance 925-957-8650

Mental Health

Access Mental Health Appointment Line for
Contra Costa County: Mental Health Crisis Unit,
 Central County Youth/Families/Adult Services
 1-888-678-7277
Adolescent, Adult & Children's Psychiatric
Programs 1-800-680-6555
 (John Muir Health Behavioral Health Center)
Community Counseling Center .. 925-798-9240
 (John F. Kennedy University)
Community Health for Asian Americans
 Brentwood 925-634-4445
Concord Family Services Center ..925-825-3099
 (Catholic Charities of the East Bay)
Family Stress Center 925-827-0212
Medi-Cal Mental Health Ombudsman
 1-800-896-4042
Central County Wellness & Recovery Center
 (Mental Health Consumer Concern) 925-521-1230
National Alliance for the Mentally Ill (NAMI)
 925-465-3864
Power Program (Dual Diagnosis).... 925-685-7613
 (Anka Behavioral Health)
YWCA Mental Health Program ... 925-372-4213

MultiService Centers

Monument Crisis Center 925-825-7751

Parenting

Acalanes Adult Education..... 925-280-3980
Parenting Education Classes 925-827-0212
 Family Stress Center
Mt. Diablo Adult Education 925-685-7340
Martinez Adult Education 925-228-3276
Multilingual, Multicultural Family Program
 925-927-2000

Pregnancy

Black Infant Health..... 925-757-5303
Comprehensive Prenatal Services
 (Contra Costa Health Services) 925-313-6254
Healthy Start..... 925-370-5495
Newborn Connections 925-755-4200
 (Child Abuse Prevention Council)
Planned Parenthood (See Health Care Centers)
Prenatal Care Guidance 925-313-6254
Safely Surrendered Baby 1-800-833-2900

SUBSTANCE ABUSE & PREGNANCY

Perinatal Outpatient Substance Abuse
 (New Connections) 925-363-5000
La Casa Ujima..... 925-229-0230

Rape

Community Violence Solutions . 1-800-670-7273

Senior Services

Adult Day Services Network 925-682-1000
Alzheimer's Assoc. of East Bay 1-800-272-3900
Brown Bag Programs Concord, Martinez,
 Walnut Creek (Food Bank)..... 1-800-870-FOOD
CC Café (Hot lunch program)
 Concord 925-825-1488
 Martinez..... 925-646-2598
 Pleasant Hill 925-798-8788
 Rossmoor 925-988-7703
 San Ramon 925-973-3250
 Walnut Creek..... 925-938-7800
 Walnut Creek..... 925-280-7310
Eldercare Locator..... 1-800-677-1116
Family Caregiver Navigator
 (Family Caregiver Alliance) 1-800-445-8106

Friendly Visitors/Home Chore Registry/Jobs
Seniors (Senior Outreach Services) 925-937-8311
Information & Assistance for Seniors &
Dependent Adults 1-800-510-2020
Medicare Hotline 1-800-633-4227
Meals-on-Wheels 1-866-669-6697
Older Adult Services..... 925-927-2000
 (Diablo Valley Foundation for the Aging)
Reassurance Program 925-284-6161
 (Senior Helpline Services)
Senior Peer Counseling 925-335-8741
Senior Services (John Muir Health) ..925-947-3300
Social Security 1-800-772-1213

Suicide

Contra Costa Crisis Center 1-800-833-2900
National Suicide Hotlines..... 1-800-273-TALK
 1-800-SUICIDE
 (Spanish)..... 1-888-SUICIDA

Teen Services

Alateen 1-888-425-2666
California Youth Crisis Line 1-800-843-5200
Chicks in Crisis..... 1-888-208-8086
Friday Night Live..... 925-687-8844
 (Alcohol/drug free program)..... Ext. 222
TAP Teenage Health Clinic 1-866-282-8336
Teen Services/SAFE Place..... 1-800-718-4357
 (Northern California Family Center)
Youth Violence Prevention Education
 (Contra Costa Crisis Center) 925-939-1916

Transportation

Bay Area Travel Information 511
BART 925-676-2278
County Connection/County Link925-676-7500

Utility Assistance

California Alternate Rates for Energy (CARE)
Program 1-800-743-2273
Low-Income Home Energy Assistance
Program (LIHEAP)..... 925-252-2313
Medical Baseline Program Relief for Energy
 1-800-743-5000
Relief for Energy Asst. Through Community
Help (REACH) 1-800-933-9677
Utility Shut-off Assistance..... 1-800-743-5000

Veterans

Contra Costa County Veterans Services
 925-313-1481
Concord Veterans Center..... 925-680-4526
Hire VetsFirst—Internet www.hirevetsfirst.gov
Martinez VA Outpatient Clinic.... 1-800-382-8387
Veterans Employment Network... 510-655-3552
Veterans Suicide Hotline..... 1-800-273-TALK

Volunteers

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

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