

**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

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 ..... 925-363-2005

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

Futures Explored ..... 925-284-3240

Hawkins Center of Legal & Support Services

(Rubicon Programs) ..... 510-232-6611

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)

..... 925-634-3671

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 .. KCSB740AM

Hazardous Materials Incident Response

..... 925-335-3232

Health Emergency Information Line

Including Swine Flu information 1-888-959-9911

**Employment/Job Training**

CalJOBS—Internet ..... [www.caljobs.ca.gov](http://www.caljobs.ca.gov)

CareerOneStop—Internet... [www.careeronestop.org](http://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](http://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](http://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..... 925-363-2005

Planned Parenthood ..... 1-800-230-PLAN

Concord, San Ramon, Walnut Creek

RotaCare – Concord..... 925-429-6409

Urgent Care Clinic Sutter Delta .. 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)

..... 925-313-6150

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](http://www.coverageforall.org)

**CENTRAL  
Contra Costa  
Quick Resource Guide  
June 23, 2010**

**Kids Summer Meal Programs  
Call 211 for locations**

**[www.211database.org](http://www.211database.org)**



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  
**Sanctuary Shelter – accepts pets ...**415-863-3893  
**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.)

**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**  
 .....925-602-9379  
**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  
 (Jewish Family & Children Services)  
**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)  
**Central County Wellness & Recovery Center**  
 (Mental Health Consumer Concern).....925-521-1230  
**Community Counseling Center ..**925-798-9240  
 (John F. Kennedy University)  
**Concord Family Services Center..**925-825-3099  
 (Catholic Charities of the East Bay)  
**Crockett Counseling Center .....**925-370-6544  
**Family Stress Center.....**925-827-0212  
**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 Classes**

**Martinez Adult Education .....**925-228-3276  
**Mt. Diablo Adult Education .....**925-685-7340  
**Multilingual, Multicultural.....**925-372-4213  
 (YWCA of Contra Costa)  
**Parenting Classes .....**925-827-0212  
 (Family Stress Center)

**Pregnancy**

**Healthy Start.....**925-370-5495  
**Newborn Connections .....**925-755-4200  
 (Child Abuse Prevention Council)  
**Planned Parenthood (See Health Care Centers)**  
**Prenatal Care Guidance .....**925-313-6261  
 (CC Health/First 5)  
**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  
**Substance Abuse Screening, Brief**  
**Intervention & Referral .....**925-313-6385  
 (CCHS/Healthy Start)

**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 Care Registry/Jobs**  
**Seniors (Senior Outreach Services) ..**925-937-8311  
**Information & Assistance for Seniors &**  
**Dependent Adults .....**1-800-510-2020  
**Meals-on-Wheels .....**1-866-669-6697  
**Medicare Hotline.....**1-800-633-4227

**Older Adult Services.....**925-927-2000  
 (Diablo Valley Foundation for the Aging)  
**Reassurance Program .....**925-284-6161  
 (Senior Helpline Services)  
**Senior Peer Counseling .....**925-335-8741  
**Senior Services (John Muir Health)..**925-947-3300  
**Social Security .....**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  
**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 Link**925-676-7500

**Utility Assistance**

**California Alternate Rates for Energy (CARE)**  
**Program .....**1-800-743-2273  
**Low-Income Home Energy Assistance**  
**Program (LIHEAP) .....**925-335-8900  
**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](http://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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