

Abuso y Negligencia

NIÑOS

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

ADULTOS DEPENDIENTES Y ANCIANOS

Adult Protective Services 1-877-839-4347

Human Trafficking Hotline 1-800-670-7273

(Community Violence Solutions)

Ombudsman of CCC 925-685-2070

(Para pacientes en centros de cuidado extendido)

FAMILIAS

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

SIDA/VIH

AIDS Info 1-800-448-0440

Contra Costa AIDS Line 1-800-287-0200

Abuso de Alcohol y Drogas

Al-Anon 1-888-425-2666

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

Alcoholics Anonymous 925-939-4155

Narcotics Anonymous 925-685-4357

CENTROS DE DESINTOXICACIÓN

BAART—California Detox Pgm. 925-522-0124

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

Pueblos del Sol (Hombres) 925-676-2580

The Center for Recovery 925-674-4100

TRATAMIENTO DE DROGADICCIÓN

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

Crossroads Recovery Center 925-682-5704

Substance Abuse Treatment Program

(New Connections) 925-363-5000

PROGRAMAS PARA DEJAR DE FUMAR

California Smokers Helpline 1-800-NO-FUME

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

Refugio de Animales

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

CCC Animal Shelter 925-335-8300

Contra Costa Humane Society .. 925-279-2247

Cuidado de niños/Cuidado de niños en crisis

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

Fallecimiento

Grief Counseling 1-800-837-1818

(Contra Costa Crisis Center)

Hospice of the East Bay 925-887-5678

Servicios Dentales

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

Servicios de Discapacidad

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

Educación y Alfabetización

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- Educación para adultos

Acalanes Adult Education 925-280-3980

Martinez Adult Education 925-228-3276

Mt. Diablo Adult Education 925-685-7340

Servicios de Emergencia

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 ... KCBS740AM

Hazardous Materials Incident Response

..... 925-335-3232

Health Emergency Information Line

Swine Flu información 1-888-959-9911

Empleo: Entrenamiento

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... 1-800-326-8937

Internet www.edd.ca.gov/Unemployment

Workforce Services . (Rubicon) 510-412-1709

Desalojo/ayuda con renta/embargo vivienda

ASISTENCIA CON ORDEN DE DESALOJO

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

Pacific Community Services 925-439-1056

CITACIÓN JUDICIAL DE DESALOJO

Bay Area Legal Aid 1-800-551-5554

Eviction Defense Center 510-452-4541

EMBARGO DE VIVIENDA

Concord Family Service Center .. 925-825-3099

(Catholic Charities of East Bay) asistencia en español

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

ASISTENCIA CON PAGO DE RENTA

Concord Family Service Center

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

Shelter, Inc. 925-335-0698

Asistencia Económica

CalWORKs (Familias) 925-602-9379

Consumer Credit Counseling 1-866-889-9347

Critical Family Needs 925-825-3099

(Catholic Charities of East Bay)

General Assistance (Individuos) .. 925-313-1827

Season of Sharing 925-521-5065

Alimentación

Food Bank of Contra Costa & Solano

Distribución de alimentos 1-800-870-FOOD

Food Pantries / Soup Kitchens 211

Food Stamps 925-313-7987

Monument Crisis Center 925-825-7751

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

WIC Program 1-800-414-4942

(Mujeres embarazadas, lactancia y niños 0-5 años)

Gay, Lesbiana, Bisexual y Transgénero

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

Local LGBTQ Resources ... www.EastbayPride.com

Rainbow Community Center 925-692-0090

Asistencia Médica

Advice Nurse 1-877-661-6230

Contra Costa Health Services Health Centers

Concord, Martinez 1-877-905-4545

CLINICAS COMUNITARIAS

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

HOSPITALES

Contra Costa Regional Medical Center

..... 925-370-5000

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

John Muir Health, Concord 925-682-8200

Kaiser Walnut Creek 925-295-4000

San Ramon Regional Medical Center

..... 925-275-9200

Seguro Médico

Child Health & Disability Prevention (CHDP)

..... 925-313-6150

Health Access Line 1-877-503-9350

(Información sobre seguros de salud del Condado)

HICAP 1-800-510-2020

(Health Insurance Counseling & Advocacy)

Kaiser Child Health Plan 1-800-255-5053

Medi-Cal— (Nuevas solicitudes) 1-800-709-8348

Medi-Cal/Food Stamp Service Center

(Clientes actuales)..... 1-866-663-3225


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

..... www.coverageforall.org

CENTRO
Contra Costa
Guía Rápida de Recursos
23 de junio, 2010

Programa de comidas
durante el verano para niños
Llame al 211 para lugares

www.211database.org



CONTRA COSTA
CRISIS CENTER

Esta información es extraída de la Base de datos 211, un asociado de Los Primeros 5 de Contra Costa y del Departamento de Servicios Humanos y de Empleo de el Condado de Contra Costa

Personas Desamparadas

Bay Area Rescue Mission
 Hombres510-215-4868
 Mujeres y Familias.....510-215-4860
Berkeley Food & Housing Project..510-649-4965
Berkeley Shelter Bed Hotline.....1-866-960-2132
Brookside Shelter (San Pablo), Concord Shelter
 (Solamente personas solteras).....1-800-799-6599
Calli House-Richmond (Jóvenes, 14-21) 1-800-610-9400
Casa Vincencia- mujer embarazada ..510-729-0316
FERST MultiService Center925-685-7613
 (Anka Behavioral Health)
GRIP Resource Center510-233-2141
HPRP Rapid Re-Housing925-957-7575
Love-A-Child Shelter—Bay Point ..925-458-5663
Next Door Shelter- aceptan animales 415-292-2180
Sanctuary Shelter- aceptan animales 415-863-3893
SAFE Place-Martinez (Jóvenes, 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.)

Vivienda

Housing Authority of Contra Costa County
 (Administración)925-957-8000
Housing Authority Public Housing Wait List
 (Excepto Richmond y Pittsburg).....925-957-8084
Housing Workshop/Shared Housing
 (Independent Living Resources).....925-363-7293
HPRP Prevention Services925-957-7575
Permanent Housing for Special Needs/Low-Income,
Permanent Supportive Housing, Transitional &
Interim Housing.....925-335-0698
Senior & Dependent Adults1-800-510-2020
PROPIETARIOS E INQUILINOS
Housing Counseling925-825-3099
 (Catholic Charities of the East Bay)
Pacific Community Services925-439-1056
 (Housing Rights, Inc.)

Servicios para Inmigrantes y Refugiados

Asian Family Resource Center ..510-970-9750
Cash Assistance Program for Immigrants
925-602-9379
Citizenship Class (Mt Diablo Adult Ed) 925-685-7340
Immigration & Naturalization Services
 (Catholic Charities of the East Bay).....925-825-3099
Lao Family Community Development
 San Pablo510-215-1220
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

Servicio de Referencia Comunitaria

2-1-1 Contra Costa 211
 (Contra Costa Crisis Center)
Information & Assistance for Seniors &
Dependent Adults1-800-510-2020

Servicios Legales y Mediación

Bay Area Legal Aid1-800-551-5554
CCC Bar Association925-686-6900
CCC District Attorney925-957-2200
CC Senior Legal Services925-706-485
Family Law Facilitator925-957-7887
 (Consejería legal familiar (divorcio, manutención, etc.)
Victim Witness Assistance925-957-8650

Salud Mental

Access Mental Health Appointment Line for
Contra Costa County: Mental Health Crisis
Unit, Central County Youth/Families/Adult
Services1-888-678-7277
Adolescent, Adult & Children's Psychiatric Pgms
 (John Muir Health Behavioral Health) ..1-800-680-6555
Central County Wellness & Recovery Center
 (Mental Health Consumer Concern).....925-521-1230
Community Counseling Center
 (John F. Kennedy University)925-473-9907
Concord Family Services Center..925-825-3099
 (Catholic Charities of the East Bay)
Crockett Counseling Center925-370-6544
Family Stress Center.....925-827-0212
National Alliance for the Mentally Ill (NAM)
925-465-3864
Power Program (Diagnóstico Doble) ..925-685-7613

Centros de Servicios Múltiples

Monument Crisis Center.....925-825-7751

Clases para Padres

Martinez Adult Education925-228-3276
Mt. Diablo Adult Education925-685-7340
Multilingual, Multicultural.....925-372-4213
 (YWCA of Contra Costa)
Parenting Classes925-827-0212
 (Family Stress Center)

Embarazo

Healthy Start.....925-370-5495
Newborn Connections925-755-4200
 (Child Abuse Prevention Council)
Planned Parenthood (Vea Servicios de Salud)
Prenatal Care Guidance.....925-646-5938
 (CC Health/First 5)
Safely Surrendered Baby1-800-833-2900

EMBARAZO Y ABUSO DE SUSTANCIAS

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

Violación

Community Violence Solutions .1-800-670-7273

Servicios para Ancianos

Adult Day Services Network925-682-1000
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 (Programa de almuerzo para ancianos)
 Concord925-825-1488
 Martinez.....925-646-2598
 Pleasant Hill925-798-8788
 Rossmoor925-988-7703
 San Ramon925-973-3250
 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 (Servicios de alcance a la comunidad para los
 ancianos)925-937-8311
Information & Assistance for Seniors &
Dependent Adults.....1-800-510-2020
Meals-on-Wheels (rega de comida) 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 Counseling925-335-8741
Senior Services (John Muir Health) ..925-947-3300
Social Security1-800-772-1213

Suicidio

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

Servicios para Adolescentes

Alateen.....1-888-425-2666
California Youth Crisis Line1-800-843-5200
Chicks in Crisis.....1-888-208-8086
Friday Night Live925-687-8844
 (Programa de prevención de drogadicción para adolescentes)
Teen Services/SAFE Place1-800-718-4357
 (Northern California Family Center)
Youth Violence Prevention Education
 (Contra Costa Crisis Center)925-939-1916

Transportación

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

Asistencia de pago para utilidades

California Alternate Rates for Energy (CARE)
Program1-800-743-2273
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

Veteranos

Contra Costa County Veterans Services
925-313-1481
Concord Veterans Center925-680-4526
Hire VetsFirst—Internetwww.hirevetsfirst.gov
Martinez VA Outpatient Clinic....1-800-382-8387
Veterans Employment Network ..510-655-3552
Veterans Suicide Hotline.....1-800-273-TALK

Voluntarios

Caring Hands (John Muir Health).....925-952-2999
 (Para pacientes en centros de cuidado extendido)
Volunteer Center of the East Bay .925-472-5760

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 de el Condado de Contra Costa.

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