

# EAST CONTRA COSTA QUICK RESOURCE GUIDE

## Abuse

### CHILDREN

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

### ADULTS

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

### FAMILIES

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

## AIDS/HIV

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

## Alcohol & Drug Abuse

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

### DETOX TREATMENT CENTERS

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

### TREATMENT / COUNSELING

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

### SMOKING CESSATION

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

## Animals

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

## Child Care

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

## Death & Dying

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

## Dental Care

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

## Disability Services

**Area Developmental Disabilities Board 5**  
 ..... 510-286-0439  
**California Children's Services** .... 925-313-6100  
**CA Dept. of Rehabilitation** ..... 925-754-7700  
**Contra Costa ARC** ..... 925-370-1818  
**Developmental Disabilities Council** . 925-313-6836

**Futures Explored** ..... 925-284-3240  
**Hawkins Center of Legal & Support Services**  
 (Rubicon Programs) ..... 510-232-6611  
**Independent Living Resource** ..... 925-754-0539  
**Life Skills** (Dev. disabled) ..... 925-685-7340  
 (Mt. Diablo Adult Education) ..... Ext. 2785  
**On Track** (Traumatic brain injuries).... 925-685-7340  
 (Mt. Diablo Adult Education) ..... Ext. 2747  
**Regional Center of the East Bay** .. 925-798-3001  
**We Care Children's Center**..... 925-671-0777

## Education & Literacy

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

### ESL/GED/ADULT EDUCATION

**Antioch Adult Education** ..... 925-706-5365  
**Liberty Adult Education** ..... 925-634-2565  
**Mt. Diablo Adult Education** ..... 925-685-7340  
**Pittsburg Adult Education**..... 925-473-4460

## Emergency Services

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

## Employment

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

## Eviction Notice/Rental Assistance

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

### EVICITION COURT SUMMONS ASSISTANCE

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

### FORECLOSURE ASSISTANCE

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

### RENTAL ASSISTANCE

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

## Financial Assistance

**CalWORKs** (Families) ..... 925-706-4980  
**Consumer Credit Counseling of the East Bay**  
 ..... 866-889-9347  
**Critical Family Needs** ..... 925-308-7775  
 (Catholic Charities of East Bay)  
**General Assistance** (Individuals) .... 925-706-4980  
**Season of Sharing**..... 925-521-5065

## Food

**Food Bank of Contra Costa & Solano**  
 Groceries, pantries, meals ..... 800-870-FOOD  
**Food Assistance Program.**  
 (Groceries)..... 800-870-FOOD  
**Food for Children** (Groceries)..... 800-870-FOOD  
**Food Stamps** ..... 925-706-4980  
**Loaves & Fishes Soup Kitchen**  
 Antioch ..... 925-519-0394  
 Oakley ..... 925-354-0108  
 Pittsburg ..... 925-432-7355  
**WIC Program** ..... 800-414-4942  
 (Pregnant women breastfeeding or with children 0-5)  
**More Resources for Food** ..... 211

## Gay & Lesbian

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

## Health Care/Hospitals

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

### COMMUNITY CLINICS

**La Clínica Pittsburg** ..... 925-431-1230  
**Planned Parenthood—Antioch**..... 800-230-PLAN

### HOSPITALS

**Contra Costa Regional Medical Center**  
 ..... 925-370-5000  
**Kaiser Medical Center - Antioch** . 925-813-3100  
**Sutter Delta Medical Center** ..... 925-779-7200

## Health Insurance

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

## East Contra Costa Quick Resource Guide November 21, 2008



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

**www.211database.org**  
 800-830-5380

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## Homeless

### Bay Area Rescue Mission

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

## Housing

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

### LANDLORD/TENANT

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

## Immigrant & Refugee Services

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

## Information & Referral

<b>2-1-1 Contra Costa</b> .....	211
(Contra Costa Crisis Center)	
<b>Information &amp; Assistance for Seniors &amp; Dependent Adults</b> .....	800-510-2020

## Legal & Mediation Services

<b>Bay Area Legal Aid</b> .....	800-551-5554
<b>Conflict Resolution Program</b> .....	925-687-8844
(Center for Human Development)	
<b>CCC Bar Association</b> .....	925-686-6900
<b>CCC District Attorney</b> .....	925-957-2200
<b>CC Senior Legal Services</b> .....	925-706-4852
<b>Family Law Facilitator</b> .....	925-957-7887
(Divorce, Child Custody, Support, Paternity issues help)	
<b>Immigrant Legal Services</b> .....	510-451-2846
<b>Victim Witness Assistance</b> .....	925-957-8650

## Mental Health

### Access Mental Health Appointment Line

(For CCC mental health centers below).888-678-7277	
<b>East County Children &amp; Adolescent Mental Health Services, East County Mental Health Adult Services, Mental Health Crisis Service Adolescent, Adult and Children's Psychiatric Programs</b> .....	800-680-6555
(John Muir Health Behavioral Health Center)	
<b>Asian Pacific Psychological Services</b> Brentwood .....	925-634-4445
<b>Brentwood Family Service Center</b> .....	925-308-7775
(Catholic Charities of the East Bay)	
<b>Family Stress Center</b> .....	925-706-8477
<b>Familias Unidas Counseling</b> .....	925-755-7775
<b>Medi-Cal Mental Health Ombudsman</b> .....	800-896-4042
<b>Mental Health Consumer Concerns</b> .....	925-646-5788

### National Alliance for the Mentally III (NAMI)

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

## MultiService Centers

<b>Bay Point Family Service Center</b> ..	925-252-2301
<b>Pittsburg Pre-School &amp; Community Council</b> .....	925-439-2061
<b>Village Community Resource Center</b> .....	925-513-3107

## Parenting

<b>Antioch Adult Education</b> .....	925-706-5365
<b>Parenting Education Classes</b> .....	925-706-8477
Family Stress Center	
<b>Liberty Adult Education</b> .....	925-634-2565
<b>Multilingual, Multicultural Family Program</b> .....	925-927-2000
<b>Pittsburg Adult Education</b> .....	925-473-4460
<b>Pittsburg Pre-School &amp; Community Council</b> .....	925-439-2061
<b>Surviving Parenthood</b> (folleto de recursos) (Child Abuse Prevention Council).....	925-798.0546
<b>Village Community Resource Center</b> .....	925-513-3107

## Pregnancy

<b>Black Infant Health</b> .....	877-427-7134
<b>Breastfeeding Support Warmline</b> .....	866-878-7767
<b>Brighter Beginnings</b> .....	877-427-7134
<b>Healthy Start</b> .....	925-431-2345
<b>Newborn Connections</b> .....	925-798-0546
(Child Abuse Prevention Council)	
<b>Planned Parenthood</b> (See Health Care Centers)	
<b>Prenatal Care Guidance</b> .....	925-431-2421
<b>Safely Surrendered Baby</b> .....	800-833-2900

### SUBSTANCE ABUSE & PREGNANCY

<b>Born Free Program</b> .....	925-431-2440
<b>Perinatal Outpatient Substance Abuse</b> (New Connections) .....	925-363-5000
<b>Ujima East</b> .....	925-427-9100

## Rape

<b>Community Violence Solutions</b> ....	800-670-7273
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## Senior Services

<b>Adult Day Services Network</b> .....	925-682-1000
<b>Alzheimer's Assoc. of East Bay</b> ..	800-272-3900
<b>Bay Area Caregiver Resource Center</b> (Family Caregiver Alliance) .....	800-445-8106
<b>Brown Bag Programs</b> (Food Bank) Bay Point, Antioch, Brentwood, Oakley, Pittsburg.800-870-FOOD	

### CC Café (Hot lunch program)

Antioch .....	925-757-7325
Bay Point .....	925-458-2662
Brentwood .....	925-634-5040
Pittsburg .....	925-439-2136
<b>Eldercare Locator</b> .....	800-677-1116
<b>Friendly Visitors/Home Chore Registry/Jobs Seniors</b> (Senior Outreach Services) .....	925-937-8311
<b>Information &amp; Assistance for Seniors &amp; Dependent Adults</b> .....	800-510-2020
<b>Meals-on-Wheels</b> .....	866-669-6697
<b>Medicare Hotline</b> .....	800-633-4227
<b>Older Adult Services</b> .....	925-927-2000
(Diablo Valley Foundation for the Aging)	
<b>Reassurance Program</b> .....	925-284-6161
(Senior Helpline Services)	
<b>Senior Peer Counseling</b> .....	925-335-8741
<b>Senior Services</b> (John Muir Health) ..	925-947-3300
<b>Social Security</b> .....	800-772-1213

## Suicide

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

## Teen Services

<b>Alateen</b> .....	888-425-2666
<b>California Youth Crisis Line</b> .....	800-843-5200
<b>Club Live/Friday Night Live</b> .....	925-687-8844
(Alcohol/drug free program).....	Ext. 222
<b>Teen Services/SAFE Place</b> .....	800-718-4357
(Northern California Family Center)	
<b>TAP Teenage Health Clinic</b> .....	866-282-8336
<b>Teenage Health Resource Line</b> ....	888-711-8336
<b>Youth Violence Prevention Education</b> (Contra Costa Crisis Center) .....	925-939-1916

## Transportation

<b>Bay Area Travel Information</b> .....	511
<b>BART</b> .....	925-676-2278
<b>Tri-Delta</b> .....	925-754-4040

## Utilities

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

## Veterans

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

## Volunteers

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

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