

Abuso y Negligencia

NIÑOS

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

ADULTOS DEPENDIENTES Y ANCIANOS

Adult Protective Services..... 877-839-4347
Ombudsman of CCC..... 925-685-2070
 (Para pacientes en centros de cuidado extendido)

FAMILIAS

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

SIDA/VIH

AIDS Info 800-448-0440
Contra Costa AIDS Line..... 800-287-0200
Contra Costa AIDS Program 925-313-6771
HIV/AIDS Services (New Connections) .925-499-7111

Abuso de Alcohol y Drogas

Al-Anon 888-425-2666
Alcohol & Other Drugs ACCESS . 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

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
 (Mujeres embarazadas)..... 925-427-9100

PROGRAMAS PARA DEJAR DE FUMAR

California Smokers Helpline 800-NO-FUME
 800-844-CHEW
Nicotine Anonymous Hotline 408-236-2196

Refugio de Animales

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

Cuidado Infantil

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

Fallecimiento

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

Servicios Dentales

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

Servicios de Discapacidad

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 (Destrezas de la vida diaria)925-685-7340
 (Mt. Diablo Adult Education)Ext. 2785
On Track (Lesión Cerebral Traumática) ..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

Educación y Alfabetización

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- Educación para adultos

Antioch Adult Education925-706-5365
Liberty Adult Education925-634-2565
Mt. Diablo Adult Education925-685-7340
Pittsburg Adult Education.....925-473-4460

Servicios de Emergencia

American Red Cross.....866-272-2237
California Poison Control Center .800-222-1222
CCC Office Emergency Services .925-646-4461
Emergency Broadcast SystemKCBS740AM
Hazardous Materials Incident Response
925-646-1112
Public Health Emergency Line888-959-9911

Empleos

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 Unlimited925-602-0166
One-Stop Center - Brentwood925-634-2195
One-Stop Center - Pittsburg.....925-439-4875

Desalojo/ayuda con renta/embargo vivienda

ASISTENCIA CON ORDEN DE DESALOJO
Housing Rights, Inc.800-261-2298
Pacific Community Services.....925-439-1056

CITACIÓN JUDICIAL DE DESALOJO
Bay Area Legal Aid800-551-5554
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 of the East Bay
866-889-9347
Foreclosure Assistance – HUD....800-569-4287
Home Equity Loss Prevention888-409-3557
National Foreclosure Hotline888-995-4673
Pacific Community Services.....925-439-1056

ASISTENCIA CON PAGO DE RENTA
Brentwood Family Service Center
 (Catholic Charities of East Bay)925-308-7775
Shelter, Inc......925-778-0298

Asistencia Económica

CalWORKs (Familias)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 (Individuos)....925-706-4980
Season of Sharing.....925-521-5065

Alimentación

Food Bank of Contra Costa & Solano
 Distribución de alimentos..... 800-870-FOOD
Food Assistance Program.
 (Comestibles) 800-870-FOOD
Food for Children (Comestibles)800-870-FOOD
Food Stamps925-706-4980
Loaves & Fishes Soup Kitchen
 Antioch925-519-0394
 Oakley925-354-0108
 Pittsburg925-432-7355
WIC Program 800-414-4942
 (Mujeres embarazadas, lactancia y niños 0-5 años)

Gay, Lesbiana, Bisexual y Transgénero

Gay & Lesbian National Hotline...888-843-4564
Empowerment Program925-687-8844
 (Center for Human Development)
Rainbow Community Center.....925-692-0090

Asistencia Medica

Appointment Line (Líneas telefónicas para los
 siguientes centros de salud)
 Información877-905-4545
 Citas800-495-8885
**Antioch Health Center, Bay Point Family
 Health Center, Brentwood Health Center
 Pittsburg Health Center**
Family Health Toll-Free Line.....800-696-9644
 (Referencias para servicios de salud)
In-Home Support Services (IHSS)...800-510-2020
 (Cuido personal para personas elegibles para Medi-Cal)


CLINICAS COMUNITARIAS
La Clínica Pittsburg925-431-1230
Planned Parenthood—Antioch.....800-230-PLAN

HOSPITALES
Contra Costa Regional Medical Center
925-370-5000
Kaiser Medical Center - Antioch...925-813-3100
Sutter Delta Medical Center925-779-7200

Seguro Médico

Child Health & Disability Prevention (CHDP)
800-696-9644
Health Access Line 877-503-9350
 (Información sobre seguros de salud del Condado)
HICAP800-510-2020
 (Health Insurance Counseling & Advocacy)
Medi-Cal— (Nuevas solicitudes).....800-709-8348
Medi-Cal/Food Stamp Service Center
 (Clientes actuales) 866-663-3225

ESTE
Contra Costa
Guía Rápida de Recursos
 Noviembre 21, 2008

 **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.

www.211database.org
 800-830-5380

GUÍA RÁPIDA DE RECURSOS PARA EL ESTE DE CONTRA COSTA

Personas Desamparadas

Bay Area Rescue Mission

Hombres	510-215-4868
ujeres y Familias	510-215-4860
Brookside Shelter (San Pablo), Concord Shelter (Solamente personas solteras)	800-799-6599
Calli House —Richmond (Jóvenes, 14-21)	800-610-9400
FERST MultiService Center	925-778-3750
(Anka Behavioral Health)	
GRIP Resource Center	510-233-2141
Homeless Hotline	800-808-6444
(Contra Costa Crisis Center)	
Love-A-Child Shelter —Bay Point ..	925-458-5663
Transitional and Interim Housing ..	925-778-0298
(Shelter, Inc.)	
SAFE Place —Martinez (Jóvenes, 9-17) ..	800-718-4357
(Northern California Family Center)	

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 Authority—Pittsburg	925-252-4830
Housing Workshop/Shared Housing (Independent Living Resources).....	925-363-7293
Permanent Housing for Special Needs/Low-Income, Permanent Supportive Housing, Transitional & Interim Housing (Shelter, Inc.).....	925-778-0298
Senior & Adults w/ Disabilities Housing	800-510-2020

PROPIETARIOS E INQUILINOS

Housing Counseling	925-825-3099
(Catholic Charities of the East Bay)	
Pacific Community Services	925-439-1056
Tenant/Landlord Counseling	800-261-2298
(Housing Rights, Inc.)	

Servicios para Inmigrantes y Refugiados

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

Servicio de Referencia Comunitaria

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

Servicios Legales y Mediación

Bay Area Legal Aid	800-551-5554
Conflict Resolution Program	925-687-8844
(Center for Human Development)	
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
(Consejería legal familiar (divorcio, manutención)	
Immigrant Legal Services	510-451-2846
Victim Witness Assistance	925-957-8650

Salud Mental

Access Mental Health Appointment Line

(Línea telefónica para centros de salud mental) 888-678-7277	
East County Children & Adolescent Mental Health Services, East County Mental Health Adult Services, Mental Health Crisis Service Adolescent, Adult and Children's Psychiatric Programs	800-680-6555
(John Muir Health Behavioral Health Center)	
Asian Pacific Psychological Services Brentwood.....	925-634-4445
Brentwood Family Service Center	925-308-7775
(Catholic Charities of the East Bay)7	
Family Stress Center	925-706-8477
Familias Unidas Counseling	925-755-7775
Medi-Cal Mental Health Ombudsman	800-896-4042
Mental Health Consumer Concerns	925-646-5788

National Alliance for the Mentally Ill (NAMI)	925-465-3864
Power Program (Diagnóstico Doble)	925-778-3750
(Anka Behavioral Health)	
Youth Homes Counseling Center	925-934-8925

Centros de Servicios Múltiples

Bay Point Family Service Center ..	925-252-2301
Pittsburg Pre-School & Community Council	925-439-2061
Village Community Resource Center	925-513-3107

Padres de Familia

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

Embarazo

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

EMBARAZO Y ABUSO DE SUSTANCIAS

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

Violación

Community Violence Solutions	800-670-7273
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Servicios para Ancianos

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

CC Café (Programa de almuerzo para ancianos)

Antioch	925-757-7325
Bay Point	925-458-2662
Brentwood	925-634-5040
Pittsburg	925-439-2136
Eldercare Locator	800-677-1116
Friendly Visitors/Home Chore Registry/Jobs Seniors (Servicios de alcance a la comunidad para los ancianos)	925-937-8311
Information & Assistance for Seniors & Dependent Adults	800-510-2020
Medicare Hotline	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	800-772-1213

Suicidio

Contra Costa Crisis Center	800-833-2900
National Suicide Hotline	800-SUICIDE
National Suicide Prevention Lifeline	800-273-TALK

Servicios para Adolescentes

Alateen	888-425-2666
California Youth Crisis Line	800-843-5200
Club Live/Friday Night Live	925-687-8844
(Programa de prevención de drogadicción para adolescentes)	
Teen Services/SAFE Place	800-718-4357
(Northern California Family Center)	
TAP Teenage Health Clinic	866-282-8336
Teenage Health Resource Line	888-711-8336
Youth Violence Prevention Education (Contra Costa Crisis Center)	925-939-1916

Transportación

Bay Area Travel Information	511
BART	925-676-2278
Tri-Delta	925-754-4040

Asistencia de pago para utilidades

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

Veteranos

Contra Costa County Veterans Services	925-313-1481
Concord Veterans Center	925-680-4526
Hire VetsFirst —Internet.....	www.hirevetsfirst.gov
Martinez VA Outpatient Clinic	800-382-8387
Veterans Employment Network	510-655-3552
Veterans Suicide Hotline	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 ..	925-778-0165

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