

**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**

REACH Project—Antioch ..... 925-754-3673

Brentwood ..... 925-809-7920

**Substance Abuse Treatment Program**

(New Connections) ..... 925-439-7111

Ujima East ..... 925-427-9100

**PROGRAMAS PARA DEJAR DE FUMAR**

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

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

**Refugio de Animales**

Antioch Animal Services ..... 925-779-6989

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

Contra Costa Humane Society .. 925-279-2247

**Cuidado de niños/Cuidado de niños en**

CC Child Care Council—Antioch ... 925-778-5437

Brentwood ..... 925-513-7900

**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

Dental Services ..... 1-800-495-8885

(Pittsburg Dental Clinic, Bay Point Health Center)

La Clínica Pittsburg Dental Clinic. 925-431-1250

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 ..... 925-754-7700

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) / 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)

..... 925-942-5315

Contra Costa County Library ..... 1-800-984-4636

Contra Costa County Office of Education

..... 925-942-3388

Project Second Chance ..... 925-754-8317

(Contra Costa Library)

**ESL/GED- Educación para adultos**

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

**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

..... 925-646-1112

Health Emergency Information Line

Swine Flu información..... 1-888-959-9911

**Empleo: Entrenamiento**

Bay Point Works ..... 925-427-8392

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

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 - Antioch ..... 925-706-4830

Opportunity Junctions (Antioch) .. 925-776-1133

Unemployment Insurance, CA... 1-800-326-8937

Internet ..... [www.edd.ca.gov/Unemployment](http://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 No provee servicios en Pittsburg

..... 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**

Brentwood Family Service Center

(Catholic Charities of East Bay) ..... 925-308-7775

Shelter, Inc..... 925-778-0298

**Asistencia Económica**

CalWORKs (Families) Antioch ..... 925-706-4980

Brentwood ..... 925-513-3720

Consumer Credit Counseling .... 1-866-889-9347

Critical Family Needs..... 925-308-7775

(Catholic Charities of East Bay)

General Assistance (Individuos) .. 925-706-4760

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 ..... 925-706-4980

Loaves & Fishes Dining Rooms

Antioch, Oakley ..... 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](http://www.EastbayPride.com)

Rainbow Community Center..... 925-692-0090

**Asistencia Medica**

Advice Nurse ..... 1-877-661-6230

Contra Costa Health Services Health Centers

Antioch, Bay Point, Brentwood 1-877-905-4545

Health Access Line ..... 1-877-503-9350

**CLINICAS COMUNITARIAS**

La Clínica Pittsburg ..... 925-431-1230

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

RotaCare – Concord ..... 925-429-6409

Sutter Delta Charity Care ..... 925-779-3676

**HOSPITALES**

Contra Costa Regional Medical Center

..... 925-370-5000

Kaiser Medical Center - Antioch ..925-813-6500

Sutter Delta Medical Center ..... 925-779-7200

**Seguro Médico**

Child Health & Disability Prevention (CHDP)

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

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

**ESTE**  
**Contra Costa**  
**Guía Rápida de Recursos**  
**20 de enero, 2010**

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

**EITC –Preparación de impuestos**  
**Llame al 211 para localizaciones**



**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**

Hombres ..... 510-215-4868  
 ujeres y Familias ..... 510-215-4860  
**Berkeley Food & Housing Project**.....510-649-4965  
**Berkeley Shelter Bed Hotline**..... 1-866-960-213  
**Brookside Shelter (San Pablo), Concord Shelter**  
 (Solamente personas solteras) ..... 1-800-799-6599  
**Calli House**-Richmond (Jóvenes, 4-21) 1-800-610-9400  
**Casa Vincentia**—mujer embarazada ..510-729-0316  
**FERST MultiService Center** ..... 925-778-3750  
 (Anka Behavioral Health)  
**GRIP Resource Center** ..... 510-233-2141  
**HPRP Rapid Re-Housing** ..... 510-235-1516  
**Love-A-Child Shelter**—Bay Point .. 925-458-5663  
**Next Door Shelter**- aceptan animales 415-292-2180  
**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** 925-778-0298  
 (Shelter, Inc.)  
**Sanctuary Shelter**- aceptan animales 415-863-3893

**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  
**HPRP Prevention Services** ..... 510-233-2141  
**Permanent Housing for Special Needs/Low-Income,**  
**Permanent Supportive Housing, Transitional &**  
**Interim Housing** (Shelter, Inc.)..... 925-778-0298  
**Senior & Adults w/ Disabilities** .. 1-800-510-2020

**PROPIETARIOS E INQUILINOS**

**Housing Counseling** ..... 925-825-3099  
 (Catholic Charities of the East Bay)  
**Pacific Community Services** ..... 925-439-1056  
**Tenant/Landlord Counseling** .... 1-800-261-2298  
 No provee servicios en Pittsburg (Housing Rights, Inc.)

**Servicios para Inmigrantes y Refugiados**

**Asian Family Resource Center** .. 510-970-9750  
**Cash Assistance Program for Immigrants**  
 .....1-800-648-0954  
**Citizenship Class (Antioch Adult Ed)**.... 925-706-5365  
**Immigration & Naturalization Services**  
 (Catholic Charities of the East Bay) ..... 925-308-7775  
**Multicultural Senior Support Network**  
 (Catholic Charities of the East Bay) .... 925-671-3320  
**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**  
 .....1-800-375-5283

**Servicio de Referencia Comunitaria**

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

**Servicios Legales y Mediación**

**Bay Area Legal Aid** ..... 510-219-3325  
**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  
 (Consejería legal familiar (divorcio, manutención)  
**Immigrant Legal Services**..... 510-451-2846  
**Victim Witness Assistance**..... 925-957-8650

**Salud Mental**

**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 and Children's Psychiatric**  
**Programs** ..... 1-800-680-6555  
 (John Muir Health Behavioral Health Center)  
**Community Health for Asian Americans**  
 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 & Information**  
 Antioch.....925-755-7775  
**Familias Unidas Counseling & Information**  
 Brentwood ..... 925-634-4445  
**Medi-Cal Mental Health Ombudsman**  
 ..... 1-800-896-4042  
**East County Wellness & Recovery Center**  
 (Mental Health Consumer Concerns) .. 925-473-0204  
**National Alliance for the Mentally Ill (NAMI)**  
 .....925-465-3864  
**Power Program (Diagnóstico Doble)** ..925-778-3750  
 (Anka Behavioral Health)

**Centros de Servicios Múltiples**

**Bay Point Family Service Center** ..925-252-2301  
**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  
**Village Community Resource Center**  
 ..... 925-513-3107

**Embarazo**

**Black Infant Health** ..... 925-757-5303  
**Comprehensive Prenatal Services**  
 (Contra Costa Health Services)..... 925-313-6254  
**Healthy Start**.....925-431-2345  
**Newborn Connections**..... 925-755-4200  
 (Child Abuse Prevention Council)  
**Planned Parenthood (Vea Centros de Salud)**  
**Prenatal Care Guidance** .....925-431-2421  
**Safely Surrendered Baby** ..... 1-800-833-2900  
**EMBARAZO Y ABUSO DE SUSTANCIAS**  
**Perinatal Outpatient Substance Abuse**  
 (New Connections) ..... 925-363-5000  
**Ujima East**..... 925-427-9100  
**Wollam House** ..... 925-458-1978

**Violación**

**Community Violence Solutions** . 1-800-670-7273

**Servicios para Ancianos**

**Adult Day Services Network** ..... 925-682-1000  
**Alzheimer's Assoc. of East Bay** 1-800-272-3900  
**Brown Bag Programs** Antioch, Bay Point, Oakley,  
 Brentwood, Pittsburg (Food Bank) .... 1-800-870-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**.....1-800-677-1116  
**Family Caregiver Navigator**  
 (Family Caregiver Alliance) ..... 1-800-445-8106

**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** ..... 1-800-510-2020  
**Meals-on-Wheels** (rega de comida) 1-866-669-6697  
 East ..... 925-937-8607  
 Far East ..... 925-625-4545  
**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

**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 Line**..... 1-800-843-5200  
**Friday Night Live**..... 925-687-8844  
 (Programa de prevención de drogadicción para adolescentes)  
**Teen Services/SAFE Place**..... 1-800-718-4357  
 (Northern California Family Center)  
**TAP Teenage Health Clinic** ..... 1-866-282-8336  
**Youth Violence Prevention Education**  
 (Contra Costa Crisis Center) ..... 925-939-1916

**Transportación**

**Bay Area Travel Information** ..... 511  
**BART** ..... 925-676-2278  
**Dial-A-Ride Paratransit**..... 925-754-3060  
**Tri-Delta** ..... 925-754-4040

**Asistencia de pago para utilidades**

**California Alternate Rates for Energy (CARE)**  
**Program** ..... 1-866-743-2273  
**Low-Income Home Energy Assistance**  
**Program (LIHEAP)**..... 925-427-8632  
**Medical Baseline Program Relief for Energy**  
 ..... 1-800-743-5000  
**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 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

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