

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 City 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

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

Dental Services 1-800-495-8885

(Pittsburg Dental Clinic, Bay Point Health Center)

La Clínica Pittsburg Dental Clinic. 925-431-1251

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)

..... 925-634-3671

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 925-706-5310

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

..... 925-335-3232

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

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

Workforce Services ..(Rubicon)..... 510-412-1709

..... 925-676-5442

..... 925-602-0166

..... 925-634-2195

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..... 1-800-326-8937

..... www.edd.ca.gov/Unemployment

..... 510-412-1709

Consumer Credit Counseling 1-866-889-9347

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..... 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

Rainbow Community Center 925-692-0090

Asistencia Médica

Advice Nurse 1-877-661-6230

Contra Costa Health Services Health Centers

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

CLINICAS COMUNITARIAS

La Clínica Pittsburg 925-431-1251

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

Urgent Care Clinic Sutter Delta. . 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)

..... 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

**ESTE
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



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
 ujeres y Familias510-215-4860
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 Center925-778-3750
 (Anka Behavioral Health)
GRIP Resource Center510-233-2141
HPRP Rapid Re-Housing510-235-1516
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 925-778-0298
 (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 Authority—Pittsburg.....925-252-4830
Housing Workshop/Shared Housing
 (Independent Living Resources).....925-363-7293
HPRP Prevention Services510-233-2141
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 Counseling925-825-3099
 (Catholic Charities of the East Bay)
Pacific Community Services925-439-1056
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
925-706-4760
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
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 Costa211
 (Contra Costa Crisis Center)
Information & Assistance for Seniors &
Dependent Adults1-800-510-2020

Servicios Legales y Mediación

Bay Area Legal Aid510-219-3325
CCC Bar Association.....925-686-6900
CCC District Attorney925-957-2200
CC Senior Legal Services925-706-4852
Family Law Facilitator925-957-7887
 (Consejería legal familiar (divorcio, manutención)
Immigrant Legal Services510-451-2846
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 Services
1-888-678-7277
Adolescent, Adult and Children's Psychiatric
Programs1-800-680-6555
 (John Muir Health Behavioral Health Center)
Brentwood Family Service Center925-308-7775
 (Catholic Charities of the East Bay)
Crockett Counseling Center925-370-6544
East County Wellness & Recovery Center
 (Mental Health Consumer Concerns)...925-473-0204
Families Forward925-778-1667
 (Community Health for Asian Americans)
Family Stress Center.....925-706-8477
Familias Unidas Counseling & Information
 Antioch.....925-755-7775
Familias Unidas Counseling925-634-4445
Medi-Cal Mental Health Ombudsman
1-800-896-4042
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

Clases para Padres

Multilingual, Multicultural.....925-372-4213
 (YWCA of Contra Costa)
Parenting Classes925-706-8477
 (Family Stress Center)
Pittsburg Adult Education.....925-473-4460

Embarazo

Healthy Start.....925-431-2345
Newborn Connections925-755-4200
 (Child Abuse Prevention Council)
Planned Parenthood (Vea Centros de Salud)
Prenatal Care Guidance.....925-431-2422
 (CC Health/First 5)
Safely Surrendered Baby1-800-833-2900
Teen Family Support.....925-757-5303
 (Brighter Beginnings)
EMBARAZO Y ABUSO DE SUSTANCIAS
Perinatal Outpatient Substance Abuse
 (New Connections).....925-363-5000
Substance Abuse Screening, Brief
Intervention & Referral.....925-313-6385
 (CCHS/Healthy Start)
Ujima East.....925-427-9100
Wollam House925-458-1978

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 Antioch, Bay Point, Oakley,
 Brentwood, Pittsburg (Food Bank)1-800-870-FOOD
CC Café (Programa de almuerzo para ancianos)
 Antioch925-757-7325
 Bay Point925-458-2662
 Brentwood925-634-5040
 Pittsburg925-439-2136
Eldercare Locator1-800-677-1116
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 Adults1-800-510-2020
Meals-on-Wheels (rega de comida) 1-866-669-6697
Medicare Hotline1-800-633-4227
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
Friday Night Live925-687-8844
 (Programa de prevención de drogadicción para adolescentes)
Teen Family Support925-757-5303
 (Brighter Beginnings)
Teen Parenting Classes925-634-2565
 (Liberty Adult Education)
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
BART925-676-2278
Dial-A-Ride Paratransit.....925-754-3060
Tri-Delta925-754-4040

Asistencia de pago para utilidades

California Alternate Rates for Energy (CARE)
Program1-866-743-2273
Low-Income Home Energy Assistance
Program (LIHEAP)925-335-8900
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 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 .925-778-0165

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