

**Abuso/Violacion/Abuso de drogas**

**STAND! Against Dom. Violence.** 1-888-215-5555  
**Community Violence Solutions** 1-800-670-7273  
**Alcohol & Other Drugs Access** 1-800-846-1652  
**Alcoholics Anonymous** 925-939-415

**Animales: si tiene que dejarlos**

**ARF-Animal Rescue Foundation** 1-800-567-1273  
**CCC Animal Shelter** 925-335-8300 510-374-3966  
**Contra Costa Humane Society** 925-279-2247

**Cuidado Infantil**

**CC Child Care Council** 510-758-5439  
**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

**Empleo: Entrenamiento**

**CCC Regional Occupational Pgm** 925-942-3436  
**Opportunity Junction** 925-776-1133  
**The Stride Center** 925-682-8248 510-234-1300  
**Acalanes Adult Education** 925-280-3980  
**Antioch Adult Education** 925-706-5365  
**Liberty Adult Education** 925-634-2565  
**Martinez Adult Education** 925-228-3276  
**Mt. Diablo Adult Education** 925-685-7340  
**Pittsburg Adult Education** 925-473-4460  
**West Contra Costa Adult Ed.** 510-215-4666

**Empleos**

**Bay Point Works** 925-427-8392  
**Child Care Job Bank** 925-676-5442  
**North Cities One Stop Center** 510-982-7128  
**One-Stop Center – Brentwood** 925-634-2195  
**kOne-Stop Center – Antioch** 925-706-4830  
**One-Stop Center – San Pablo** 510-412-6740  
**One-Stop Center – Concord** 925-671-4500  
**Richmond Works – Richmond** 510-307-8014

**Desalojo/ayuda con renta/embargo vivienda**

**ASISTENCIA CON ORDEN DE DESALOJO**  
**Housing Rights, Inc.** 1-800-261-2298  
**Pacific Community Services** 925-439-1056

**CITACION 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  
**Consumer Credit Counseling** 1-866-889-9347  
**Foreclosure Assistance – HUD** 1-800-569-4287  
**Housing Rights** 1-800-261-2298  
**Housing & Economic Rights** 510-271-8443  
**National Foreclosure Hotline** 1-888-995-4673  
**Neighborhood Housing Service** 510-237-6459  
**Pacific Community Services** 925-439-1056

**RENTAL ASSISTANCE**  
**Brentwood Family Service Center** 925-308-7775  
**Concord Family Service Center** 925-825-3099  
**Shelter, Inc.** 925-335-0698

**Asistencia Económica**

**CalWORKs (Familias)** 925-602-9379  
**Community Housing Dev. Corp.** 510-412-9290  
**Consumer Credit Counseling** 1-866-889-9347  
**Critical Family Needs Concord** 925-825-3099  
**Critical Family Needs Brentwood** 925-308-7775  
**EITC (Preparación de impuestos/ Enero – Abril)** 211  
**General Assistance (Individuos)** 925-602-9379  
**Season of Sharing** 925-521-5065  
**Unemployment Insurance** 1-800-326-8937

**Alimentación**

**Food Bank of Contra Costa & Solano**  
 Distribución de alimentos 1-800-870-FOOD  
**Food Pantries & Soup Kitchens** 211  
**GRIP Souper Center** 510-233-2141  
**Monument Crisis Center** 925-825-7751  
**Loaves & Fishes Dining Rooms** 925-689-6760  
**WIC Program** 1-800-414-4942  
 (Mujeres embarazadas, lactancia y niños 0-5 años)

**Asistencia Medica & Servicios Dentales**

**Advice Nurse** 1-877-661-6230  
**Brookside Community Health Center**  
 Richmond 510-215-5001 San Pablo 510-215-9092  
**CC Regional Medical Center** 1-800-495-8885  
**CCC Health Centers & Dental Clinics**  
 Antioch, Bay Point, Brentwood, Concord, Martinez,  
 N. Richmond, Pittsburg, Richmond  
**Denti-Cal/Medi-Cal Dental Pgm** 1-800-322-6384  
**Dental School UC San Francisco** 415-476-1891  
**Dental School Univ. Pacific SF** 415-929-6501  
 Union City 510-489-5200  
**Health Emergency Information** 1-888-959-9911  
**La Clínica Monument** 925-363-2000  
**La Clínica Pittsburg Dental** 925-431-1250  
**La Clínica Pittsburg Medical** 925-431-1230  
**Planned Parenthood** 1-800-230-PLAN  
 Antioch, Concord, San Ramon, Richmond, Walnut Creek  
**RotaCare – Concord** 925-429-6409  
**Sutter Delta Charity Care** 925-779-3676

**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)  
**Medi-Cal** (New applicants) 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

**Albergue/Centros de ayud**

**Bay Area Rescue Mission Shelters**  
 Hombres 510-215-4868 Mujeres/Familias 510-215-4860  
**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, 4-21)** 1-800-610-9400  
**Casa Vicentia (Mujeres Embarazadas)** 510-729-0316  
**FERST Multiservice Ctr. Centro** 925-685-7613  
**FERST Multiservice Ctr. Este** 925-778-3750  
**FERST Multiservice Ctr. Oeste** 510-232-7571  
**GRIP Resource Center** 510-233-2141  
**HPRP Rapid Re-Housing** 510-235-1516  
 925-957-7575  
**Love-A-Child Shelter—Bay Point** 925-458-5663  
**Mary's House (Mujeres Embarazadas)** 510-236-0383  
**Next Door Shelter- aceptan animales** 415-292-2180  
**Shepherd's Gate** 925-308-7507  
**Transitional and Interim Housing** 925-335-0698  
**SAFE Place—Martinez (Youth, 9-17)** 1-800-718-4357  
**Sanctuary Shelter- aceptan animales** 415-863-3893

**Vivienda**

**Housing Authority of Contra Costa County**  
 (Administración) 925-957-8000  
**Housing Authority Pittsburg** 925-252-4830  
**Housing Authority Richmond** 510-621-1300  
**HPRP Prevention Services** 510-233-2141  
 925-957-7575

**Permanent Supportive Housing, Transitional & Interim Housing (Shelter, Inc)** 925-335-0698  
**Senior & Adults w/ Disabilities** 1-800-510-2020  
**PROPIETARIOS E INQUILINOS**  
**Housing Counseling** 925-825-3099  
**Housing Rights** 1-800-261-2298  
**Pacific Community Services** 925-439-1056

**Servicios Legales y Mediación**

**Bay Area Legal Aid** 1-800-551-5554  
**CCC Bar Association** 925-686-6900  
**CCC District Attorney** 925-957-2200  
**CC Senior Legal Services** 510-374-3712  
**Family Law Facilitator** 925-957-7887  
 (Consejería legal familiar (divorcio, manutención, etc.)

**Salud Mental**

**Access Mental Health Apt. Line** 1-888-678-7277  
**County Mental Health Services - Central, East, West County Mental Health, MH Crisis Services**  
**Adolescent, Adult & Children's Psychiatric Programs** John Muir Health Center 1-800-680-6555  
**Community Counseling Center** 925-798-9240  
**Community Health for Asian Americans**  
 Antioch: 925-778-1667 Richmond: 510-233-7555  
**Concord Family Service Center** 925-825-3099  
**Family Stress Center** 925-827-0212  
**Mental Health Consumer Concerns Centers**  
 Central 925-646-5788 East 925-779-9977  
 West: 510-232-3839  
**National Alliance for the Mentally Ill (NAMI)**  
 925-465-3864

**Servicios para Ancianos**

**CC Café (Programa de almuerzo para ancianos)**  
 Para el lugar mas cercano 211  
**Information & Assistance for Seniors & Dependent Adults** 1-800-510-2020  
**Medicare Hotline** 1-800-633-4227  
**Meals-on-Wheels** 1-866-669-6697

**Suicidio**

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

**Asistencia de pago para utilidades**

**California Alternate Rates for Energy (CARE) Program** 1-866-743-2273  
**Low-Income Home Energy Assistance (LIHEAP)** Central: 925-252-2313  
 East: 925-427-8632 West: 510-374-7426  
**Medical Baseline Program Relief for Energy**  
 1-800-743-5000  
**Relief for Energy Asst. (REACH)** 1-800-933-9677  
**Utility Shut-off Assistance** 1-800-743-5000

**Veteranos**

**CCC Veterans Services** 925-313-1481  
**Concord Veterans Center** 925-680-4526  
**Veterans Employment Network** 510-655-3552  
**Veterans Suicide Hotline** 1-800-273-TALK

**211 CONTRA COSTA**



¿Necesita Ayuda?  
 Call 211  
 or

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