

Kids Summer Meal Programs - Call 211 for locations

Parenting Guide June 23, 2010

Child Abuse

Children's Protective Services... 1-877-881-1116
National Child Abuse Hotline 1-800-422-4453
A Step Forward 925-685-9670
Family Stress Center – Antioch... 925-706-8477
 Concord 925-827-0212

Child Abuse Prevention

Child Safety Program 925-827-0212
 (Family Stress Center)
Child Abuse Prevention Council ..
 Antioch 925-755-4200
 Concord 925-798-0546
Children's & Family Services
 Antioch 925-522-7400
 Pleasant Hill 925-602-9300
 Richmond 510-231-8100

Child Care/Child Care Subsidies

CC Child Care Council—Central .. 925-676-5437
 East 925-778-5437
 Far East 925-513-7900
 West 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

Child Custody/Visitation

Bay Area Legal Aide West County .. 510-250-5270
 East/Central County 925-219-3325
Safe 4 Us Program 510-237-0113
 (Community Violence Solutions)
STAND! 1-888-215-5555

Child/Family Counseling

Access Mental Health Appointment Line for Contra Costa County: Mental Health Crisis Unit, Central/East/West County Youth/Families/Adult Services 1-888-678-7277
Community Counseling Center... 925-798-9240
 (John F. Kennedy University)
Concord Family Services Center.. 925-825-3099
 (Catholic Charities of the East Bay)
Familias Unidas Counseling & Information
 Antioch 925-755-7775
 Brentwood 925-634-4445
 Richmond 510-412-5930
Community Health for Asian Americans
 Antioch 925-778-1667
 San Pablo 510-233-7555
Early Childhood Mental Health... 510-412-9200
 (Children ages 0-6)
Family Institute of Pinole 510-741-7286
Family Institute of Richmond 510-734-7028
Family Stress Center – Antioch... 925-706-8477
 Concord 925-827-0212
YWCA Mental Health Program ... 925-372-4213

Wraparound Services/Case Management

Community Health for Asian Americans
 Richmond 510-233-7555
Early Childhood Mental Health... 510-412-9200
Families in Transition..... 510-236-5812
 (Opportunity West)
Familias Unidas Counseling Antioch 925-755-7775
 Brentwood 925-634-4445
 Richmond 510-412-5930
Wraparound Services 510-236-5812
 (We Care Services for Children)

Court Ordered Anger Management Classes

Alpha Family Services 510-435-5298
 Concord 925-827-0212
Crockett Counseling Center 925-370-6544
Family Stress Center – Antioch... 925-706-8477
Mt. Diablo Adult Education 925-685-7340
Peace Creations..... 925-988-9505
Saving Our Sons and Daughters.. 925-432-4200
St. Joseph's Center for the Deaf .. 510-881-2248
STAND! 1-888-215-5555
Touchstone Counseling Services 925-932-0150

Court Ordered Parenting Classes

Crockett Counseling Center 925-370-6544
Mt. Diablo Adult Education 925-685-7340
Peace Creations..... 925-988-9505
Touchstone Counseling Services 925-932-0150

Dental

Brookside Community Health Center
 Richmond 510-215-5001
 San Pablo 510-215-9092
Contra Costa Health Services Dental Clinics
 1-877-905-4545
 Bay Point, Martinez, Pittsburg, Richmond
La Clínica Pittsburg Dental Clinic. 925-431-1251
La Clínica Monument 925-363-2005
Dental Hygiene Clinic..... 925-685-1230
 (Diablo Valley College)..... Ext.2534
University California San Francisco Dental School..... 415-476-1891
University of the Pacific Dental School - SF 415-929-6501
 Union City 510-489-5200
Denti-Cal/Medi-Cal Dental Program
 1-800-322-6384

Expectant/New Parent

BREASTFEEDING
Contra Costa Breastfeeding Advice Line
 1-866-878-7767
La Leche League 1-877-452-5324
NEW PARENT
Hand to Hand Collaborative 510-307-4401
Kit for New Parents 925-755-4200
 (Child Abuse Prevention Council)
Newborn Connections 925-798-0546
 (Child Abuse Prevention Council)
Prenatal Care Guidance 925-313-6261
 Pittsburg 925-431-2421
 Richmond 510-231-8506
 (CC Health/First 5)
Welcome Home Baby 925-943-2750
 (Aspiranet)

Eye Exam/Glasses/Hearing Aids

California Vision Project 1-800-877-5738
University California Berkeley Eye Care Center..... 510-642-2020
Hear NOW 1-800-648-4327
Lions Hearing Foundation, East Bay
 925-687-3883

Financial Assistance

CalWORKs (Families)..... 925-602-9379
Consumer Credit Counseling 1-866-889-9347
Critical Family Needs (Concord)... 925-825-3099
 (Brentwood) 925-308-7775
Season of Sharing 925-521-5065

First 5 Centers

Antioch First 5 Center 925-757-5303
Bay Point First 5 Center 925-709-1598
Delta First 5 Center 925-516-3880
Monument Community First 5 Center 925-671-3267
West County First 5 Center 510-232-5650

Food

Food Bank of Contra Costa & Solano
 Groceries, pantries, meals..... 1-800-870-FOOD
Food Pantries / Soup Kitchens .. 211
Food Stamps Antioch 925-706-4980
 Brentwood 925-513-3720
 Hercules 510-262-7700
 Pleasant Hill 925-602-9379
 Richmond, Hall Avenue 510-231-8100
 Richmond, Macdonald Ave..... 510-412-3000
Loaves & Fishes Dining Rooms .. 925-687-6760
 Antioch, Martinez, Oakley
Monument Crisis Center 925-825-7751
WIC Program..... 1-800-414-4942
 (Pregnant women breastfeeding or with children 0-5)

Health Insurance - 0-18

Basic Health Care (BHC) 1-800-771-4270
Child Health & Disability Prevention (CHDP)
 1-800-696-9644
Contra Costa Health Plan Options For Kids Only 1-800-211-8040
Healthy Families 1-800-880-5305
Kaiser Child Health Plan..... 1-800-255-5053
HEALTHCARE INSURANCE ASSISTANCE
Health Access Line 1-877-503-9350
US Uninsured Help Line..... 1-800-234-1317
 www.coverageforall.org

Homeless Families

Bay Area Rescue Mission Shelters
 Men . 510-215-4868 Women/families. 510-215-4860
Brookside Shelter (San Pablo)..... 1-800-799- 6599
 Women, pregnant women
Concord Shelter..... 1-800-799-6599
 Women, pregnant women
Casa Vicentia (pregnant women)..... 510-729-0316
GRIP Resource Center 510-233-2141
HPRP Rapid Re-Housing..... 925-957-7575
Love-A-Child Shelter (Bay Point) .. 925-458-5663
Mary's House (pregnant women) 510-236-0383
Shepherd's Gate..... 925-308-7507
Transitional and Interim Housing. 925-335-0698
 (Shelter Inc.)

Contra Costa County Parenting Guide June 23, 2010



Call 211
www.211database.org

Kids Summer Meal Programs - Call 211 for locations

Parenting Guide June 23, 2010

Housing

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

LANDLORD/TENANT

Pacific Community Services 925-439-1056
Tenant/Landlord Counseling 1-800-261-2298
(Housing Rights, Inc.)

RENTAL ASSISTANCE

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

Kinship Support Services

Kinship Support Services Antioch. 925-706-8477
Concord 925-602-1750
Richmond 510-215-4671
(EMQ FamiliesFirst)
Second Time Around 925-689-0176
Grandparents Support Group

LGBTQ Parenting

Children of Lesbians & Gays Everywhere
(COLAGE) 415-861-5437
Local LGBTQ Resources
..... www.EastbayPride.com
Gay & Lesbian National Hotline .. 1-888-843-4564
Parents, Families & Friends of Lesbians & Gays
(PFLAG)—Internet to find local group .. www.pflag.org
Rainbow Community Center 925-692-0090

Medical Care

Advice Nurse 1-877-661-6230
Brookside Community Health Center
Richmond 510-215-5001
San Pablo 510-215-9092
Contra Costa Health Services Health Centers
..... 1-877-905-4545
Antioch, Bay Point, Brentwood, Concord, Martinez,
Pittsburg, Richmond
La Clínica Monument 925-363-2005
La Clínica Pittsburg 925-431-1251
Mobile Health Clinic 925-513-3107
Planned Parenthood 1-800-230-PLAN
RotaCare Clinic Concord 925-429-6409
Sutter Delta Charity Care
Antioch 925-779-3676

Parent/Child Activity Groups

Acalanes Adult Education 925-280-3980
Antioch First 5 Center 925-757-5303
Bay Point First 5 Center 925-709-1598
Delta First 5 Center 925-516-3880
Family Literacy Program 510-236-3900
(Catholic Charities of the East Bay)
Irvin Deutscher Family YMCA 925-687-8900
Monument Community First 5 Center 925-671-3267
Mt. Diablo Adult Education 925-685-7340
West County First 5 Center 510-232-5650

Parenting Education Classes

Family Literacy Center 510-236-3900
(Catholic Charities of the East Bay)
Martinez Adult Education 925-228-3276
Mt. Diablo Adult Education 925-685-7340
Multilingual, Multicultural 925-372-4213
(YWCA of Contra Costa)
Parenting Classes 925-706-8477

(Family Stress Center)

Postpartum Depression

Postpartum Depression (PPD) Helpline
..... 1-800-944-4773
Prenatal Care Guidance 925-313-6261
Pittsburg 925-431-2421
Richmond 510-231-8506
(CC Health/First 5)
Welcome Home Baby 925-943-2750
(Aspiranet)

Pregnancy/Prenatal Care

Black Infant Health Richmond 510-236-6990
(Brighter Beginnings)
Healthy Start Martinez 925-370-5495
Pittsburg 925-431-2345
Richmond 510-231-1340
Planned Parenthood Antioch 1-800-230-PLAN
Concord, Richmond, San Ramon, Walnut Creek
Prenatal Care Guidance 925-313-6261
Pittsburg 925-431-2421
Richmond 510-231-8506
(CC Health/First 5)
Safely Surrendered Baby 1-800-833-2900
Teen Family Support Antioch 925-757-5303
Richmond 510-236-6990
(Brighter Beginnings)

SUBSTANCE ABUSE & PREGNANCY

Perinatal Outpatient Substance Abuse
(New Connections) 925-363-5000
Ujima East 925-427-9100
Ujima West 510-215-2280
Wollam House 925-458-1978

Special Needs Services

Area Developmental Disabilities Board 5
..... 510-286-0439
Asian Community Mental Health .. 510-451-6729
Bay Area Crisis Nursery (Ages 0-5) .. 925-685-8052
Bay Respite Care 1-888-644-449
Blind Babies Foundation 510-446-2229
California AT Network 1-800-390-2699
California Children's Services ... 925-313-6100
CARE Parent Network 1-800-281-3023
Center for Accessible Technology . 510-841-3224
Child Care Solutions 925-686-0207
Children & Adults Having Attention Deficit
Disorders (CHADD) 1-888-759-9458
Contra Costa ARC 925-370-1818
Deaf Counseling, Advocacy & Referral
(DCARA) 1-877-322-7288
Developmental Disabilities Council .. 925-313-6836
Down Syndrome Connection 925-362-8660
Early Childhood Mental Health ... 510-412-9200
Early Intervention Services
School district phone numbers
West Contra Costa Unified School District
..... 510-233-1955
Mt. Diablo Unified School District . 925-825-0144
San Ramon, Orinda, Moraga, Lafayette,
Walnut Creek Districts 925-743-9710
Contra Costa County Office of Education
(for other school districts) 925-625-6330
Easter Seals Bay Area 510-835-2131
LightHouse for the Blind and Visually
Impaired 415-431-1481
Lynn Center Early Intervention Services
Children Birth to Six 925-439-7516
Medically Vulnerable Infant Program (MVIP)
..... 925-313-6920
National Fragile X Society 1-800-688-8765
Regional Center of the East Bay .. 925-798-3001
Respite Care Program 510-834-2443
(Family Support Services of the Bay Area)

Respite Program 510-527-2550
(Ala Costa Center)
Special Needs Child Care Project 925-676-5442
(Contra Costa Child Care Council)
Through The Looking Glass 1-800-644-2666
United Cerebral Palsy of the Golden Gate
..... 510-832-7430
We Care Children's Center 925-671-0777

Teen Parents

Adolescent Family Life Antioch ... 925-757-5303
Richmond (Brighter Beginnings) 510-236-6990
Cal-Learn Antioch 925-757-5303
Richmond (Brighter Beginnings) 510.236.6990
Chicks in Crisis 925-408-7699
Crossroads Alternative School .. 925-689-6852
Liberty Adult Education (Teens) .. 925-634-2565
RYSE Youth Center 510-374-3401
Teen Parenting Classes 925-706-5365
(Antioch Adult Education)
Teen Resource Center 510-236-5812

Need help and
don't know
where to go?
Call 211
24/7 Spanish & English

For more resource
information, go to:
www.211database.org

This resource guide is a
collaborative effort of the
Contra Costa Crisis Center and
First 5 Contra Costa



Changes: 211database@crisis-center.org

Kids Summer Meal Programs - Call 211 for locations

Parenting Guide June 23, 2010