

Abuse

CHILDREN

Children's Protective Services ..1-877-881-1116
 Early Childhood Mental Health..... 510-412-9200

ADULTS

Adult Protective Services..... 1-877-839-4347
 Human Trafficking Hotline 1-800-670-7273
 Ombudsman of CCC..... 925-685-2070
 (For patients in long-term care facilities)

FAMILIES

STAND! Against Dom. Violence. 1-888-215-5555

AIDS/HIV

AIDS Info 1-800-448-0440
 Contra Costa AIDS Program 925-313-6771

Alcohol & Drug Abuse

Al-Anon.....1-888-425-2666
 Alcohol & Other Drugs ACCESS 1-800-846-1652
 Alcoholics Anonymous 925-939-4155
 Narcotics Anonymous 925-685-4357

DETOX TREATMENT CENTERS

BAART—California Detox Pgm. . 510-232-0874
 East Cty Community Women's Ctr 925-427-1384
 Pueblos del Sol (Men) 925-676-2580
 The Center for Recovery 925-674-4100

TREATMENT / COUNSELING

Bridge 2000 1-800-785-2400
 Neighborhood House 510-229-5000
 Ujima West 510-215-2280

SMOKING CESSATION

California Smokers Helpline 1-800-NO-BUTTS
 1-800-844-CHEW

Animals

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

Child Care/Crisis Child Care

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

Death & Dying

Grief Counseling 1-800-837-1818
 (Contra Costa Crisis Center)
 Hospice of the East Bay 925-887-5678

Dental Care

Brookside Community Health Center
 Richmond 510-215-5001
 San Pablo 510-215-9092
 Denti-Cal/Medi-Cal Dental Pgm. 1-800-322-6384
 Richmond Dental Clinic 1-800-495-8885
 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

Disability Services

Area Developmental Disabilities . 510-286-0439
 California Children's Services ... 925-313-6100
 CA Dept. of Rehabilitation 510-232-7062
 Contra Costa ARC..... 925-370-1818
 Developmental Disabilities Council 925-313-6836

Disabled Persons Rec. Center... ..925-363-7293
 Hawkins Center of Legal & Support Services
 (Rubicon Programs)510-232-6611
 Independent Living Resource..... ..925-363-7293
 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

Education & Literacy

CCC Regional Occupational Program (ROP)
510-758-4782
 Richmond Public Library510-620-6561
 Contra Costa County Office of Education
925-942-3388
 Family Literacy Program510-236-3900
 (Catholic Charities of the East Bay)
 Literacy for Every Adult510-307-8084
 (Richmond Public Library)

ESL/GED/ADULT EDUCATION

Lao Family Community Services..510-215-1220
 West Contra Costa Adult Ed.510-215-4666

Emergency Services

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
 Including Swine Flu information 1-888-959-9911

Employment/Job Training

CalJOBS— Internet..... www.caljobs.ca.gov
 Child Care Job Bank..... ..925-676-5442
 (Child Care Council)
 Experience Unlimited925-602-0166
 North Cities One Stop Center510-982-7128
 One-Stop Center – San Pablo510-412-6740
 Richmond Works—Richmond510-307-8014
 The Stride Center (San Pablo)510-234-1300
 Unemployment Insurance, CA... 1-800-300-5616
 Internet www.edd.ca.gov/Unemployment
 Workforce Services .(Rubicon).....510-412-1709

Eviction Notice/Rental Assistance

EVICTON NOTICE ASSISTANCE
 Housing Rights, Inc. 1-800-261-2298
 Pacific Community Services..... ..925-439-1056

EVICTON COURT SUMMONS ASSISTANCE

Bay Area Legal Aid..... 1-800-551-5554
 Eviction Defense Center..... ..510-452-4541

FORECLOSURE ASSISTANCE

Community Housing Dev of NR ...510-412-9290
 Consumer Credit Counseling 1-866-889-9347
 Foreclosure Assistance – HUD.. 1-800-569-4287
 Housing Rights Not serve Richmond.. 1-800-261-2298
 Housing & Economic Rights Advocates
510-271-8443
 National Foreclosure Hotline1-888-995-4673
 Neighborhood Housing Service. ..510-237-6459

RENTAL ASSISTANCE

Shelter, Inc..... ..510-215-0636

Financial Assistance

CalWORKs (Families) Hercules..... ..510-262-7709
 Macdonald Ave, Richmond510-412-3000
 Community Housing Dev. Corp. ..510-412-9290
 Consumer Credit Counseling 1-866-889-9347
 Consumer Credit Counseling Bankruptcy Line
 1-877-918-2227

General Assistance (Individuals) . ..510-412-1900
 Season of Sharing..... ..925-521-5065

Food

Food Bank of Contra Costa & Solano
 Groceries, pantries, meals 1-800-870-FOOD
 Food Pantries / Soup Kitchens.. 211
 Food Stamps Hall Ave, Richmond ..510-231-8114
 Macdonald Ave, Richmond510-412-1900
 Hercules..... ..510-262-7709
 GRIP Souper Center510-233-2141
 WIC Program 1-800-414-4942
 (Pregnant women breastfeeding or with children 0-5)

Gay, Lesbian, Bisexual, Transgender

Gay & Lesbian National Hotline. 1-888-843-4564
 Local LGBTQ Resources www.EastbayPride.com
 Rainbow Community Center..... ..925-692-0090

Health Care

Advice Nurse 1-877-661-6230
 Contra Costa Health Services Health Centers
 North Richmond, Richmond..... 1-877-905-4545

COMMUNITY CLINICS

Brookside Community Health Center
 Richmond510-215-5001
 San Pablo..... ..510-215-9092
 Planned Parenthood—Richmond. 1-800-230-PLAN

HOSPITALS

Alta Bates Medical Center..... ..510-204-4444
 Contra Costa Regional Medical Center
925-370-5000
 Doctor's Medical Center..... ..510-970-5000
 Kaiser Medical Center—Richmond 510-307-1500

Health Insurance

Child Health & Disability Prevention (CHDP)
 1-800-696-9644
 Health Access Line 1-877-503-9350
 (Information on County health insurance programs)
 HICAP 1-800-510-2020
 (Health Insurance Counseling & Advocacy)
 Kaiser Child Health Plan 1-800-255-5053
 Medi-Cal— (New applicants)..... 1-800-709-8348
 Medi-Cal/Food Stamp Service Center
 (Current clients) 1-866-663-3225
 US Uninsured Help Line... ..1-800-234-1317
 www.coverageforall.org

**WEST
 Contra Costa
 Quick Resource Guide
 January 20, 2010**

**Call 211
www.211database.org**

**EITC – Earned Income Tax Credit
 Call 211 for locations**



Information excerpted from the 211 Database,
 a partnership of First 5 Contra Costa and the
 Contra Costa County Employment &
 Human Services Department

Homeless

Bay Area Rescue Mission

- Men's shelter..... 510-215-4868
- Women & Families 510-215-4860
- Berkeley Food & Housing Project.**..... 510-649-4965
- Berkeley Shelter Bed Hotline**..... 1-866-960-2132
- Brookside Shelter (San Pablo), Concord Shelter (singles only)**..... 1-800-799-6599
- Calli House**—Richmond (Youth, 14-21) 1-800-610-9400
- Casa Vincentia**—pregnant single women 510-729-0316
- FERST MultiService Center** 510-232-7571 (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
- Mary's House** – pregnant women.....510-236-0383
- Next Door Shelter**—accepts pets 415-292-2180
- SAFE Place**—Martinez (Youth, 9-17) 1-800-718-4357 (Northern California Family Center)
- Sanctuary Shelter** – accepts pets 415-863-3893

Housing

- Housing Authority Public Housing Wait List** (except Richmond / Pittsburg)..... 925-957-8084
- Housing Authority of Contra Costa County** (Administration) 925-957-8000
- Housing Authority Richmond** 510-621-1300
- HPRP Prevention Services**..... 510-233-2141
- Permanent Housing for Special Needs/Low-Income, Permanent Supportive Housing, Transitional & Interim Housing** (Shelter, Inc)..... 510-215-0636
- Permanent & Transitional Housing** (Rubicon Programs) 510-235-1516
- Senior & Adults w/ Disabilities** .. 1-800-510-2020

LANDLORD/TENANT

- Pacific Community Services** 925-439-1056
- Tenant/Landlord Counseling** 1-800-261-2298 (Does not serve Richmond (Housing Rights, Inc.)

Immigrant & Refugee Services

- Asian Family Resource Center** .. 510-970-9750
- Cash Assistance Program for Immigrants** 1-800-648-0954
- Citizenship Class (WCC Adult Ed)** 510-215-4666
- Immigration & Naturalization Services** (Catholic Charities of the East Bay) 925-825-3099
- Lao Family Community Development** 510-215-1220
- Multicultural Senior Support Network** (Catholic Charities of the East Bay) 510-768-3159
- 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

Information & Referral

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

Legal & Mediation Services

- Bay Area Legal Aid** 510-250-5270
- 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 (Divorce, Child Custody, Support, Paternity issues help)
- Immigrant Legal Services**..... 510-451-2846
- Victim Witness Assistance**..... 925-957-8650

Mental Health

- Access Mental Health Appointment Line for Contra Costa County:** Richmond Mental Health Crisis Unit, West 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** 510-233-7555
- Early Childhood Mental Health**... 510-412-9200 (Children ages 0-6)
- Familias Unidas Counseling & Information** 510-412-5930
- Family Institute of Pinole** 510-741-7286
- Family Institute of Richmond**..... 510-734-7028
- Kinship Support Services** 510-215-4674
- Medi-Cal Mental Health Ombudsman** 1-800-896-4042
- Mental Health Crisis Services** 1-888-678-7277
- West County Wellness & Recovery Center** (Mental Health Consumer Concerns).... 510-232-3839
- National Alliance for the Mentally Ill (NAMI)** 925-465-3864
- Power Program (Dual Diagnosis)**... 510-232-7571 (Anka Behavioral Health)

MultiService Centers

- Neighborhood House**..... 510-229-5000
- North Richmond Family Service Center** 510-374-7111
- Rubicon Programs** 510-235-1516

Parenting

- Early Childhood Mental Health**... 510-412-9200 (Parents of children ages 0-6)
- Family Literacy Center** 510-867-0481 (Catholic Charities of the East Bay)
- Lao Family Community Development** 510-215-1220
- Parenting Education Group**..... 510-412-5930 (Familias Unidas)
- West Contra Costa Adult Ed.** 510-215-4666

Pregnancy

- Black Infant Health**..... 510-236-6990
- Healthy Start**..... 510-231-1340
- Comprehensive Prenatal Services** (Contra Costa Health Services) 925-313-6254
- Planned Parenthood** (See Health Care Centers)
- Prenatal Care Guidance** 510-231-8506
- Safely Surrendered Baby** 1-800-833-2900
- SUBSTANCE ABUSE & PREGNANCY Perinatal Outpatient Substance Abuse** (New Connections) 925-363-5000
- Ujima West** 510-215-2280

Rape

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

Senior Services

- Adult Day Services Network** 925-682-1000
- Alzheimer's Assoc. of East Bay** 1-800-272-3900
- Brown Bag Programs** El Sobrante, Richmond, No. Richmond, Rodeo (Food Bank) ... 1-800-870-FOOD
- CC Café** (Hot lunch program) Crockett 510-787-1341
- El Cerrito 510-559-7677
- Hercules..... 510-799-8219
- No. Richmond 510-232-3511
- Richmond 510-620-9619
- San Pablo 510-215-3098
- Rodeo..... 510-799-2706

- Eldercare Locator** 1-800-677-1116
- Family Caregiver Navigator** (Family Caregiver Alliance) 1-800-445-8106
- Friendly Visitors/Home Chore Registry/Jobs for Seniors** (Senior Outreach Services) .925-937-8311
- Information & Assistance for Seniors & Dependent Adults** 1-800-510-2020
- Meals-on-Wheels** 1-866-669-6697 (West Local MOW) 510-412-0166
- 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

Suicide

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

Teen Services

- Alateen** 1-888-425-2666
- California Youth Crisis Line**..... 1-800-843-5200
- Chicks in Crisis**..... 1-888-208-8086
- Friday Night Live**..... 925-687-8844 (Alcohol/drug free program) Ext. 222
- 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

Transportation

- AC Transit**..... 510-891-4700
- Bay Area Travel Information** 511
- BART** 510-236-2278
- Dial-a-Ride/WestCAT** 510-724-7993
- Richmond Paratransit**..... 510-307-8026
- WestCAT/Martinez Link** 510-724-7993

Utility Assistance

- California Alternate Rates for Energy (CARE) Program** 1-800-743-2273
- Low-Income Home Energy Assistance Program (LIHEAP)**..... 510-374-7426
- Medical Baseline Program Relief for Energy** 1-800-743-5000
- Relief for Energy Asst. Through Community Help (REACH)** 1-800-933-9677
- Utility Shut-off Assistance**..... 1-800-743-5000

Veterans

- Contra Costa County Veterans Services** 510-374-3241
- Oakland Veterans Center** 510-763-3904
- Hire VetsFirst**—Internet..... www.hirevetsfirst.gov
- Martinez VA Outpatient Clinic**..... 925-372-2000
- Veterans Employment Network**.. 510-655-3552
- Veterans Suicide Hotline**..... 1-800-273-TALK

Volunteers

- Volunteer Center of the East Bay** .510-232-0163

Information excerpted from the 211 Database, a partnership of First 5 Contra Costa and the CCC Employment and Human Services Department

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