

# WEST CONTRA COSTA QUICK RESOURCE GUIDE

## Abuse

### CHILDREN

**Child Abuse Prevention Council** . 925-798-0546  
**Children's Protective Services** .... 877-881-1116  
**Crisis Nursery (Children 0-5)** ..... 925-685-8052  
**Dahlstrom House (Children 6-12)**.... 925-685-3695

### ADULTS

**Adult Protective Services**..... 877-839-4347  
**Ombudsman of CCC**..... 925-685-2070  
 (For patients in long-term care facilities)

### FAMILIES

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

## AIDS/HIV

**AIDS Info** ..... 800-448-0440  
**Contra Costa AIDS Line**..... 800-287-0200  
**Contra Costa AIDS Program** ..... 925-313-6771

## Alcohol & Drug Abuse

**Al-Anon**..... 888-425-2666  
**Alcohol & Other Drugs ACCESS** . 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**..... 800-785-2400  
**Tri-Cities Discovery Center** ..... 510-374-7011  
**Ujima West Intensive Day Treatment Center**  
 ..... 510-215-2280

### SMOKING CESSATION

**California Smokers Helpline** .... 800-NO-BUTTS  
 ..... 800-844-CHEW  
**Nicotine Anonymous Hotline** ..... 408-236-2196

## Animals

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

## Child Care

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

## Death & Dying

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

## Dental Care

**Brookside Community Health Ctr.** 510-215-9092  
**Denti-Cal/Medi-Cal Dental Program** 800-322-6384  
**Richmond Dental Clinic** ..... 800-495-8885

## Disability Services

**Area Developmental Disabilities Board 5**  
 ..... 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**..... 510-232-4942

**Life Skills (Dev. disabled)** .....925-685-7340  
 (Mt. Diablo Adult Education) .....Ext. 2785  
**On Track (Traumatic brain injuries)**...925-685-7340  
 (Mt. Diablo Adult Education) .....Ext. 2747  
**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  
**Diablo Valley Literacy Council**.....925-685-3881  
**Family Literacy Program** .....510-236-3900  
 (Catholic Charities of the East Bay)  
**Literacy for Every Adult** .....510-307-8084  
 (Richmond Public Library)  
**Project Second Chance** .....510-527-7558  
 (Contra Costa Library)

### ESL/GED/ADULT EDUCATION

**Albany Adult Education** .....510-559-6580  
**Lao Family Community Services**..510-215-1220  
**West Contra Costa Adult Ed.** .....510-215-4666

## Emergency Services

**American Red Cross**.....866-272-2237  
**California Poison Control Center** .800-222-1222  
**CCC Office Emergency Services**..925-646-4461  
**Emergency Broadcast System** ....KCBS740AM  
**Hazardous Materials Incident Response**  
 .....925-646-1112  
**Public Health Emergency Line** ....888-959-9911

## Employment

**CalJOBS**— Internet..... www.caljobs.ca.gov  
**CareerOneStop**— Internet..www.careeronestop.org  
**Child Care Job Bank**.....925-676-5442  
 (Child Care Council)  
**Experience Unlimited** .....925-602-0166  
**North Cities One Stop Center** .....510-982-7128  
**One-Stop Center – San Pablo** .....510-412-6740  
**Richmond Works**—Richmond .....510-307-8014

## Eviction Notice/Rental Assistance

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

**EVICTION COURT SUMMONS ASSISTANCE**  
**Bay Area Legal Aid**.....800-551-5554  
**Eviction Defense Center**.....510-452-4541

**FORECLOSURE ASSISTANCE**  
**Community Housing Dev of NR** ....510-412-9290  
**Concord Family Service Center** ...925-825-3099  
 (Catholic Charities of East Bay) Spanish Assistance  
**Consumer Credit Counseling of the East Bay**  
 .....866-889-9347  
**Foreclosure Assistance – HUD**....800-569-4287  
**Home Equity Loss Prevention**.....888-409-3557  
**National Foreclosure Hotline** .....888-995-4673  
**Neighborhood Housing Service**...510-237-6459

**RENTAL ASSISTANCE**  
**Shelter, Inc.**.....510-215-0636

## Financial Assistance

**CalWORKs (Families)** .....510-412-3000  
**Community Housing Dev. Corp.**...510-412-9290  
**Consumer Credit Counseling of the East Bay**  
 .....866-889-9347  
**General Assistance (Individuals)** .....510-412-1900  
**Season of Sharing**.....925-521-5065

For more resources, call .....211

## Food

**Food Bank of Contra Costa & Solano**  
 Groceries, pantries, meals ..... 800-870-FOOD  
**Food Assistance Program**  
 (Groceries).....800-870-FOOD  
**Food for Children (Groceries)**.....800-870-FOOD  
**Food Stamps** Hall Ave, Richmond...510-231-8114  
 Macdonald Ave, Richmond ..... 510-412-3000  
 Hercules..... 510-262-7703  
**GRIP Souper Center** .....510-233-2141  
**WIC Program** ..... 800-414-4942  
 (Pregnant women breastfeeding or with children 0-5)  
**For more resources, call** .....211

## Gay & Lesbian

**Empowerment Program** .....925-687-8844  
 (Center for Human Development)  
**Gay & Lesbian National Hotline**...888-843-4564  
**Rainbow Community Center**.....925-692-0090

## Health Care

**Appointment Line** (for county health centers below)  
 Information ..... 877-905-4545  
 Appointments .....800-495-8885  
**North Richmond Center for Health,**  
**Richmond Health Center**  
**Family Health Toll-Free Line** ..... 800-696-9644  
 (Health service referrals to county services)  
**In-Home Support Services (IHSS)**..800-510-2020  
 (Personal care for Medi-Cal eligible individuals)

### COMMUNITY CLINICS

**Brookside Community Health Center/Dental**  
 ..... 510-215-5001  
**Planned Parenthood—Richmond**..... 800-230-PLAN

### HOSPITALS

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

## Health Insurance

**Child Health & Disability Prevention (CHDP)**  
 .....800-696-9644  
**Health Access Line** ..... 877-503-9350  
 (Information on County health insurance programs)  
**HICAP** ..... 800-510-2020  
 (Health Insurance Counseling & Advocacy)  
**Medi-Cal— (New applicants)**..... 800-709-8348  
**Medi-Cal/Food Stamp Service Center**  
 (Current clients) ..... 866-663-3225

## WEST Contra Costa Quick Resource Guide November 21, 2008



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

[www.211database.org](http://www.211database.org)  
 800-830-5380

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## Homeless

### Bay Area Rescue Mission

Men's shelter..... 510-215-4868  
 Women & Families ..... 510-215-4860  
**Brookside Shelter** (San Pablo), **Concord Shelter**  
 (singles only)..... 800-799-6599  
**Calli House**—Richmond (Youth, 14-21) 800-610-9400  
**FERST MultiService Center**..... 510-232-7571  
 (Anka Behavioral Health)  
**GRIP Resource Center**..... 510-233-2141  
**Homeless Hotline** ..... 800-808-6444  
 (Contra Costa Crisis Center)  
**Love-A-Child Shelter**—Bay Point .. 925-458-5663  
**SAFE Place**—Martinez (Youth, 9-17) .. 800-718-4357  
 (Northern California Family Center)

## 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  
**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 Housing**  
 ..... 800-510-2020  
**LANDLORD/TENANT**  
**Pacific Community Services** ..... 925-439-1056  
**Tenant/Landlord Counseling** ..... 800-261-2298  
 (Housing Rights, Inc.)

## Immigrant & Refugee Services

**Asian Family Resource Center** .... 510-970-9750  
**Cash Assistance Program for Immigrants**  
 ..... 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  
**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**  
 ..... 800-375-5283

## Information & Referral

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

## Legal & Mediation Services

**Bay Area Legal Aid** ..... 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  
 (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 CCC mental health centers)..... 888-678-7277  
**Richmond Mental Health Crisis Unit**  
**West County Mental Health Services for**  
**Youth & Families**  
**West County Mental Health Adult Services**

**Adolescent, Adult and Children's Psychiatric**  
**Programs** ..... 800-680-6555  
 (John Muir Health Behavioral Health Center)  
**Asian Pacific Psychological Services**  
 ..... 510-233-7555  
**Familias Unidas Counseling** ..... 510-412-5930  
**Family Institute of Pinole** ..... 510-741-7286  
**Kinship Support Services** ..... 510-215-4674  
**Medi-Cal Mental Health Ombudsman**  
 ..... 800-896-4042  
**Mental Health Crisis Services** ..... 888-678-7277  
**Mental Health Consumer Concerns**  
 ..... 510-374-3604  
**National Alliance for the Mentally Ill (NAMI)**  
 ..... 925-465-3864  
**Power Program** (Dual Diagnosis)..... 510-232-7571  
 (Anka Behavioral Health)

## MultiService Centers

**Neighborhood House**..... 510-235-9780  
**North Richmond Family Service Center**  
 ..... 510-374-7111  
**Rubicon Programs** ..... 510-235-1516

## Parenting

**Adolescent Parent Program**..... 510-237-9565  
**Even Start Family Literacy** ..... 510-867-0481  
 (Catholic Charities of the East Bay)  
**Lao Family Community Development**  
 ..... 510-215-1220  
**Parenting Education Group**..... 510-412-5930  
 (Familias Unidas)  
**Surviving Parenthood** (Resource Booklet)  
 (Child Abuse Prevention Council)..... 925-798.0546  
**West Contra Costa Adult Education**  
 ..... 510-215-4666

## Pregnancy

**Black Infant Health** ..... 877-427-7130  
**Breastfeeding Support Warmline** .866-878-7767  
**Brighter Beginnings** ..... 877-427-7130  
**Healthy Start**..... 510-231-1340  
**Newborn Connections**..... 925-946-9961  
 (Child Abuse Prevention Council)  
**Planned Parenthood** (See Health Care Centers)  
**Prenatal Care Guidance** ..... 510-231-8506  
**Safely Surrendered Baby** ..... 800-833-2900

## SUBSTANCE ABUSE & PREGNANCY

**Perinatal Outpatient Substance Abuse**  
 (New Connections) ..... 925-363-5000  
**Ujima Family Recovery Services** ..510-236-3134  
**Ujima West** ..... 510-215-2280

## Rape

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

## Senior Services

**Adult Day Services Network** ..... 925-682-1000  
**Alzheimer's Assoc. of East Bay** ... 800-272-3900  
**Bay Area Caregiver Resource Center**  
 (Family Caregiver Alliance) ..... 800-445-8106  
**Brown Bag Programs** El Sobrante, Richmond,  
 No. Richmond, Rodeo (Food Bank) ..... 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**..... 800-677-1116

**Friendly Visitors/Home Chore Registry/Jobs**  
**for Seniors** (Senior Outreach Services) .925-937-8311  
**Information & Assistance for Seniors &**  
**Dependent Adults** ..... 800-510-2020  
**Meals-on-Wheels** ..... 866-669-6697  
**Medicare Hotline** ..... 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** ..... 800-772-1213

## Suicide

**Contra Costa Crisis Center** ..... 800-833-2900  
**National Suicide Hotline**..... 800-SUICIDE  
**National Suicide Prevention Lifeline**  
 ..... 800-273-TALK

## Teen Services

**Alateen** ..... 888-425-2666  
**California Youth Crisis Line**..... 800-843-5200  
**Club Live/Friday Night Live**..... 925-687-8844  
 (Alcohol/drug free program) ..... Ext. 222  
**Teen Services/SAFE Place**..... 800-718-4357  
 (Northern California Family Center)  
**TAP Teenage Health Clinic** ..... 866-282-8336  
**Teenage Health Resource Line** .... 888-711-8336  
**Youth Violence Prevention Education**  
 (Contra Costa Crisis Center) ..... 925-939-1916

## Transportation

**Bay Area Travel Information**..... 511  
**BART** ..... 510-236-2278  
**AC Transit**..... 510-817-1717  
**Richmond Paratransit**..... 510-307-8026  
**WestCAT/Martinez Link** ..... 510-724-7993

## Utility Assistance

**California Alternate Rates for Energy (CARE)**  
**Program** ..... 800-743-2273  
**Low-Income Home Energy Assistance**  
**Program (LIHEAP)**..... 866-675-6623  
**Medical Baseline Program Relief for Energy**  
 ..... 800-743-5000  
**Relief for Energy Asst. Through Community**  
**Help (REACH )** ..... 800-933-9677  
**Utility Shut-off Assistance** ..... 800-743-5000

## Veterans

**Contra Costa County Veterans Services**  
 ..... 510-374-3241  
**Concord Veterans Center**..... 925-680-4526  
**Hire VetsFirst**—Internet..... www.hirevetsfirst.gov  
**Martinez VA Outpatient Clinic**..... 925-372-2000  
**Veterans Employment Network**..... 510-655-3552  
**Veterans Suicide Hotline**..... 800-273-TALK

## Volunteers

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

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