

GUÍA RÁPIDA DE RECURSOS PARA EL OESTE DE CONTRA COSTA

Abuso y Negligencia

NIÑOS

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

ADULTOS DEPENDIENTES Y ANCIANOS

Adult Protective Services..... 877-839-4347
Ombudsman of CCC..... 925-685-2070
 (Para pacientes en centros de cuidado extendido)

FAMILIAS

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

SIDA/VIH

AIDS Info 800-448-0440
Contra Costa AIDS Line..... 800-287-0200
Contra Costa AIDS Program 925-313-6771
HIV/AIDS Services 925-363-5000
 (New Connections)

Abuso de Alcohol y Drogas

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

CENTROS DE DESINTOXICACIÓN

BAART—California Detox Pgm..... 510-232-0874
East Cty Community Women's Ctr 925-427-1384
Pueblos del Sol (Hombres)..... 925-676-2580
The Center for Recovery 800-680-6555

TRATAMIENTO DE DROGADICCIÓN

Bridge 2000..... 800-785-2400
Tri-Cities Discovery Center 510-374-7011
Ujima West Intensive Day Treatment Center
 510-215-2280

PROGRAMAS PARA DEJAR DE FUMAR

California Smokers Helpline 800-NO-FUME
 800-844-CHEW
Nicotine Anonymous Hotline 408-236-2196

Refugio de Animales

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

Cuidado Infantil

CC Child Care Council 510-758-5439

Fallecimiento

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

Servicios Dentales

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

Servicios de Discapacidad

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
Deaf Emergency Line TDD 911..... 925-228-0111
Developmental Disabilities Council 925-313-6836
Disabled Persons Rec. Center 510-620-6814
Hawkins Center of Legal & Support Services
 (Rubicon Programs) 510-232-6611

Independent Living Resource.....510-232-4942
Life Skills (Destrezas de la vida diaria)...925-685-7340
 (Mt. Diablo Adult Education)Ext. 2785
On Track (Lesión Cerebral Traumática)...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

Educación y Alfabetización

CCCC Regional Occupational Program (ROP)
510-758-4782
Diablo Valley Literacy Council.....925-685-3881
Family Literacy Program510-236-3900
 (Catholic Charities of the East Bay)
Literacy for Every Adult510-307-8084
 (Richmond Public Library)
Project Second Chance.....510-754-8317
 (Contra Costa Library)
ESL/GED- Educación para adultos
Albany Adult Education510-559-6580
Lao Family Community Services..510-215-1220
West Contra Costa Adult Ed......510-215-4666

Servicios de Emergencia

American Red Cross.....866-272-2237
California Poison Control Center .800-222-1222
CCC Office Emergency Services .925-646-4461
Emergency Broadcast SystemKCBS740AM
Hazardous Materials Incident Response
925-646-1112
Public Health Emergency Line888-959-9911

Empleo

CalJOBS—Internet www.caljobs.ca.gov
CareerOneStop—Internet ..www.careeronestop.org
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

Desalojo/ayuda con renta/embargo vivienda

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

CITACIÓN JUDICIAL DE DESALOJO

Bay Area Legal Aid800-551-5554
Eviction Defense Center.....510-452-4541

EMBARGO DE VIVIENDA

Community Housing Dev of NR510-412-9290
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 Prevention888-409-3557
National Foreclosure Hotline888-995-4673
Neighborhood Housing Service.....510-237-6459

ASISTENCIA CON PAGO DE RENTA

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

Asistencia Económica

CalWORKs (Familias)510-412-3000
Community Housing Dev. Corp.....510-412-9290
Consumer Credit Counseling of the East Bay
866-889-9347
General Assistance (Individuos).....510-412-1900
Season of Sharing.....925-335-2195
Para mas recursos.....211

Alimentación

Food Bank of Contra Costa & Solano
 Distribución de alimentos..... 800-870-FOOD
Food Assistance Program.
 (Comestibles)800-870-FOOD
Food for Children (Comestibles)800-870-FOOD
Food Stamps North Richmond510-412-3280
 Richmond 510-231-8450,
GRIP Souper Center510-233-2141
WIC Program800-414-4942
 (Mujeres embarazadas, lactancia y niños 0-5 años)
Para mas recursos.....211

Gay, Lesbiana, Bisexual y Transgénero

Empowerment Program925-687-8844
 (Center for Human Development)
Gay & Lesbian National Hotline...888-843-4564
Rainbow Community Center.....925-692-0090

Asistencia Medica

Appointment Line (Líneas telefónicas para los siguientes centros de salud)
 Información877-905-4545
 Citas800-495-8885
North Richmond Center for Health,
Richmond Health Center
Family Health Toll-Free Line800-696-9644
 (Referencias para servicios de salud)
In-Home Support Services (IHSS) .800-510-2020
 (Cuido personal para personas elegibles para Medi-Cal)

CLINICAS COMMUNITARIAS

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

HOSPITALES

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 Richmond510-307-1500

Seguro Médico

Child Health & Disability Prevention (CHDP)
800-696-9644
Health Access Line877-503-9350
 (Información sobre seguros de salud del Condado)
HICAP800-510-2020
 (Health Insurance Counseling & Advocacy)
Medi-Cal— (Nuevas solicitudes).....800-709-8348
Medi-Cal/Food Stamp Service Center
 (Clientes actuales)866-663-3225

OESTE
Contra Costa
Guía Rápida de Recursos
 Noviembre 21, 2008

 **CONTRA COSTA**
CRISIS CENTER

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.

www.211database.org
 800-830-5380

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Personas Desamparadas

Bay Area Rescue Mission

Hombres 510-215-4868
 Mujeres y Familias 510-215-4860
Brookside Shelter (San Pablo), **Concord Shelter**
 (Solamente personas solteras) 800-799-6599
Calli House—Richmond (Jóvenes, 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—Martínez (Jóvenes, 9-17) . 800-718-435
 (Northern California Family Center)

Vivienda

Housing Authority Public Housing Wait List
 (Excepto Richmond y Pittsburg) 925-957-8084
Housing Authority of Contra Costa County
 (Administración) 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

PROPIETARIOS E INQUILINOS

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

Servicios para Inmigrantes y Refugiados

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

Servicio de Referencia Comunitaria

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

Servicios Legales y Mediación

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
 (Consejería legal familiar (divorcio, manutención, etc.))
Immigrant Legal Services 510-451-2846
Victim Witness Assistance 925-957-8650

Salud Mental

Access Mental Health Appointment Line
 (Línea telefónica para centros de salud mental) 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 (Diagnóstico Doble) 510-232-7571
 (Anka Behavioral Health)

Centros de Servicios Múltiples

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

Padres de Familia

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 (folleto de recursos)
 (Child Abuse Prevention Council) 925-798.0546
West Contra Costa Adult Education
 510-215-4666

Embarazo

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 (Vea Centros de Salud)
Prenatal Care Guidance 510-231-8506
Safely Surrendered Baby 800-833-2900
EMBARAZO Y ABUSO DE SUSTANCIAS
Perinatal Outpatient Substance Abuse
 (New Connections) 925-363-5000
Ujima Family Recovery Services ..510-236-3134
Ujima West 510-215-2280

Violación

Community Violence Solutions 800-670-7273

Servicios para Ancianos

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 (Programa de almuerzo para ancianos)
 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** (Servicio de alcance a la comunidad para
 los ancianos) 925-937-8311
**Information & Assistance for Seniors &
 Dependent Adults** 800-510-2020
Meals-on-Wheels (rega de comida) .. 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

Suicidio

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

Servicios para Adolescentes

Alateen 888-425-2666
California Youth Crisis Line 800-843-5200
Club Live/Friday Night Live 925-687-8844
 (Programa de prevención de drogadicción para adolescentes)
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

Transportación

Bay Area Travel Information 511
BART 510-236-2278
AC Transit 510-817-1717
Richmond Paratransit 500-307-8026
WestCAT/Martínez Link 510-724-7993

Asistencia de pago para utilidades

**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

Veteranos

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

Voluntarios

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

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