

Abuso y Negligencia

NIÑOS

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

ADULTOS DEPENDIENTES Y ANCIANOS

Adult Protective Services 1-877-839-4347
 Human Trafficking Hotline 1-800-670-7273
 Ombudsman of CCC 925-685-2070
 (Para pacientes en centros de cuidado extendido)

FAMILIAS

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

SIDA/VIH

AIDS Info 1-800-448-0440
 Contra Costa AIDS Line 1-800-287-0200

Abuso de Alcohol y Drogas

Al-Anon 1-888-425-2666
 Alcohol & Other Drugs ACCESS 1-800-846-1652
 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 1-800-680-6555

TRATAMIENTO DE DROGADICCIÓN

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

PROGRAMAS PARA DEJAR DE FUMAR

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

Refugio de Animales

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

Cuidado de niños/Cuidado de niños en crisis

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

Fallecimiento

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

Servicios Dentales

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

Servicios de Discapacidad

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... ..510-620-6814
 Hawkins Center of Legal & Support Services
 (Rubicon Programs) 510-232-6611
 Independent Living Resource 510-232-4942
 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

Educación y Alfabetización

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

ESL/GED- Educación para adultos

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

Servicios de Emergencia

American Red Cross 1-866-272-2237
 California Poison Control Center . 1-800-222-1222
 CCC Office Emergency Services .. 925-646-4461
 Emergency Broadcast SystemKCBS740AM
 Hazardous Materials Incident Response
 925-646-1112
 Health Emergency Information Line
 Swine Flu información..... 1-888-959-9911

Empleo: Entrenamiento

CalJOBS—Internet www.caljobs.ca.gov
 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
 The Stride Center (San Pablo) 510-234-130
 Unemployment Insurance, CA... 1-800-326-8937
 Internet www.edd.ca.gov/Unemployment
 Workforce Services .(Rubicon).....510-412-1709

Desalojo/ayuda con renta/embargo vivienda

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

CITACIÓN JUDICIAL DE DESALOJO

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

EMBARGO DE VIVIENDA

Community Housing Dev of NR ... 510-412-9290
 Consumer Credit Counseling 1-866-889-9347
 Foreclosure Assistance – HUD.. 1-800-569-4287
 Housing Rights No provee servicios en Richmond
 1-800-261-2298
 Housing & Economic Rights Advocates
 510-271-8443
 National Foreclosure Hotline 1-888-995-4673
 Neighborhood Housing Service. ..510-237-6459

ASISTENCIA CON PAGO DE RENTA

Shelter, Inc. 510-215-0636

Asistencia Económica

CalWORKs (Familias) Hercules..... 510-262-7709
 Macdonald Ave, Richmond 510-412-3000
 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 (Individuos) .. 510-412-1900
 Season of Sharing..... 925-335-2195

Alimentación

Food Bank of Contra Costa & Solano
 Distribución de alimentos..... 1-800-870-FOOD
Food Stamps Hall Ave, Richmond ..510-231-8114
 Macdonald Ave, Richmond 510-412-1900
 Hercules 510-262-7709
GRIP Souper Center 510-233-2141
WIC Program 1-800-414-4942
 (Mujeres embarazadas, lactancia y niños 0-5 años)

Gay, Lesbiana, Bisexual y Transgénero

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

Asistencia Medica

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

CLINICAS COMMUNITARIAS

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

HOSPITALES

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

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)
Kaiser Child Health Plan 1-800-255-5053
Medi-Cal— (Nuevas solicitudes).... 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

OESTE
Contra Costa
Guía Rápida de Recursos
20 de enero, 2010

Llame 211
www.211database.org

EITC –Preparación de impuestos
Llame al 211 para localizaciones



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

Personas Desamparadas

Bay Area Rescue Mission

Hombres 510-215-4868
 Mujeres y Familias 510-215-4860
Berkeley Food & Housing Project.....510-649-4965
Berkeley Shelter Bed Hotline..... 1-866-960-213
Brookside Shelter (San Pablo), Concord Shelter
 (Solamente personas solteras) 1-800-799-6599
Calli House-Richmond (Jóvenes, 14-21) 1-800-610-9400
Casa Vincentia- mujer embarazada ..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 – mujer embarazada ..510-236-0383
Next Door Shelter- aceptan animales 415-292-2180
SAFE Place-Martinez (Jóvenes, 9-17) ..1-800-718-435
 (Northern California Family Center)
Sanctuary Shelter—aceptan animales 415-863-3893

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
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

PROPIETARIOS E INQUILINOS

Pacific Community Services 925-439-1056
Tenant/Landlord Counseling 1-800-261-2298
 No provee servicios en Richmond (Housing Rights, Inc.)

Servicios para Inmigrantes y Refugiados

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

Servicio de Referencia Comunitaria

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

Servicios Legales y Mediación

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
 (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 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
 (Ninos: 0-6)
Familias Unidas Counseling & Information
 510-412-5930
Family Institute of Pinole 510-741-7286
Family Institute of Richmond..... 510-734-7028
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 III (NAMI)
 925-465-3864
Power Program (Diagnóstico Doble) .. 510-232-7571
 (Anka Behavioral Health)

Centros de Servicios Múltiples

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

Padres de Familia

Early Childhood Mental Health.... 510-412-9200
 (Padres de niños: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

Embarazo

Black Infant Health..... 510-236-6990
Comprehensive Prenatal Services
 (Contra Costa Health Services) 925-313-6254
Healthy Start 510-231-1340
Planned Parenthood (Vea Centros de Salud)
Prenatal Care Guidance 510-231-8506
Safely Surrendered Baby 1-800-833-2900

EMBARAZO Y ABUSO DE SUSTANCIAS

Perinatal Outpatient Substance Abuse
 (New Connections) 925-363-5000
Ujima West 510-215-2280

Violación

Community Violence Solutions . 1-800-670-7273

Servicios para Ancianos

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 (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..... 1-800-677-1116

Family Caregiver Navigator

(Family Caregiver Alliance) 1-800-445-8106
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 1-800-510-2020
Meals-on-Wheels (rega de comida) 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

Suicidio

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

Servicios para Adolescentes

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
 (Programa de prevención de drogadicción para adolescentes)
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

Transportación

AC Transit..... 510-891-4700
Bay Area Travel Information..... 511
BART 510-236-2278
Dial-a-Ride/WestCAT 510-724-7993
Richmond Paratransit..... 500-307-8026
WestCAT/Martinez Link 510-724-7993

Asistencia de pago para utilidades

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

Veteranos

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

Voluntarios

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

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