

**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 System ... KCBS740AM  
Hazardous Materials Incident Response  
..... 925-335-3232  
Health Emergency Information Line  
Swine Flu información..... 1-888-959-9911

**Empleo: Entrenamiento**

CalJOBS—Internet..... [www.caljobs.ca.gov](http://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](http://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..... 510-262-7700  
Macdonald Ave, Richmond ..... 510-412-3000  
Community Housing Dev. Corp. .. 510-412-9290  
Consumer Credit Counseling .... 1-866-889-9347  
General Assistance (Individuos) ... 510-412-3000  
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 .. 510-231-8100  
Macdonald Ave, Richmond..... 510-412-3000  
Hercules ..... 510-262-7700  
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](http://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](http://www.coverageforall.org)

**OESTE  
Contra Costa  
Guía Rápida de Recursos  
23 de junio, 2010**

**Programa de comidas  
durante el verano para niños  
Llame al 211 para lugares**

[www.211database.org](http://www.211database.org)



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  
**Sanctuary Shelter**—aceptan animales 415-863-3893  
**SANIT Place**-Martínez (Jóvenes, 9-17) .1-800-718-435  
 (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  
**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**  
 .....510-412-3000  
**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  
**Refugee & Immigrant Services** ..925-927-2000  
 (Jewish Family & Children Services)  
**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** .....510-412-5930  
**Family Institute of Pinole**.....510-741-7286  
**Family Institute of Richmond**.....510-734-7028  
**National Alliance for the Mentally Ill (NAMI)**  
 .....925-465-3864  
**Power Program (Diagnóstico Doble)** ..510-232-7571  
 (Anka Behavioral Health)  
**West County Wellness & Recovery Center**  
 (Mental Health Consumer Concerns) ...510-232-3839

**Centros de Servicios Múltiples**

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

**Clases para Padres**

**Early Childhood Mental Health**....510-412-9200  
 (Padres de niños:0-6)  
**Family Institute of Pinole**.....510-741-7286  
**Family Literacy Center**.....510-236-3900  
 (Catholic Charities of the East Bay)  
**Multilingual, Multicultural**.....925-372-4213  
 (YWCA of Contra Costa)

**Embarazo**

**Black Infant Health** .....510-236-6990  
 (Brighter Beginnings)  
**Hand to Hand**.....510-307-4401  
 (Aspiranet)  
**Healthy Start**.....510-231-1340  
**Planned Parenthood (Vea Centros de Salud)**  
**Prenatal Care Guidance**.....510-231-8507  
 (CC Health/First 5)  
**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 Care 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  
**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)  
**RYSE Youth Center** .....510-374-3401  
**Teen Family Support** .....510-236-6990  
 (Brighter Beginnings)  
**Teen Services/SAFE Place** .....1-800-718-4357  
 (Northern California Family Center)  
**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/Martínez 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)** .....925-335-8900  
**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](http://www.hirevetsfirst.gov)  
**Martínez 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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 del Departamento de Servicios Humanos y de Empleo  
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