

Abuse

CHILDREN

Children's Protective Services .. 1-877-881-1116

ADULTS

Adult Protective Services 1-877-839-4347

Human Trafficking Hotline 1-800-670-7273

(Community Violence Solutions)

Ombudsman of CCC 925-685-2070

(For patients in long-term care facilities)

FAMILIES

STAND! For Families Free of Violence

..... 1-888-215-5555

AIDS/HIV

AIDS Info 1-800-448-0440

Contra Costa AIDS Line 1-800-287-0200

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. .. 925-522-0124

East County Wollam House 925-427-1384

Pueblos del Sol (Men) 925-676-2580

The Center for Recovery 925-674-4100

TREATMENT / COUNSELING

A Chance for Freedom (Bi-Bett) ... 925-685-9550

Crossroads Recovery Center 925-682-5704

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 925-335-8300

Contra Costa Humane Society .. 925-279-2247

Child Care/Crisis Child Care

CC Child Care Council 1-866-cocokid

Child Care Services

(CCC Community Services Bureau) ... 925-427-8852

Head Start Programs

(CCC Community Services Bureau) ... 925-313-1551

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

Berkeley Free Clinic 1-800-625-4642

Denti-Cal/Medi-Cal Dental Pgm . 1-800-322-6384

La Clínica Monument 925-363-2005

Martinez 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 Board 5

..... 510-286-0439

California Children's Services ... 925-313-6100

CA Dept. of Rehabilitation 925-602-3953

Contra Costa ARC 925-370-1818

Developmental Disabilities Council .. 925-313-6836

Futures Explored 925-284-3240

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

Social Security 1-800-772-1213

We Care Children's Center 925-671-0777

Education & Literacy

CCC Regional Occupational Program (ROP)

..... 925-634-3671

Contra Costa County Library 1-800-984-4636

Contra Costa County Office of Education

..... 925-942-3388

Project Second Chance 925-927-3250

(Contra Costa Library)

ESL/GED/ADULT EDUCATION

Acalanes Adult Education 925-280-3980

Martinez Adult Education 925-228-3276

Mt. Diablo Adult Education 925-685-7340

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

..... 925-335-3232

Health Emergency Information Line

..... 1-888-959-9911

Employment/Job Training

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

One-Stop Center, Concord 925-671-4500

Unemployment Insurance, CA... 1-800-300-5616

Internet www.edd.ca.gov/Unemployment

Workforce Services (Rubicon) 510-412-1709

Evictions/Rent Assist./Foreclosures

EVICION NOTICE ASSISTANCE

ECHO Fair Housing 925-246-2069

(Concord and Walnut Creek residents only)

Pacific Community Services 925-439-1056

EVICION COURT NOTICE ASSISTANCE

Bay Area Legal Aid 1-800-551-5554

FORECLOSURE ASSISTANCE

Concord Family Service Center. .. 925-825-3099

(Catholic Charities of East Bay)

Foreclosure Assistance – HUD.. 1-800-569-4287

Housing & Economic Rights Advocates

..... 510-271-8443

National Foreclosure Hotline 1-888-995-4673

Pacific Community Services 925-439-1056

RENTAL ASSISTANCE

Concord Family Service Center

(Catholic Charities of East Bay) 925-825-3099

Shelter, Inc. 925-335-0698

Financial Assistance

CalWORKs (Families) 1-877-505-4630

Consumer Credit Counseling 1-866-889-9347

Critical Family Needs 925-825-3099

(Catholic Charities of East Bay)

General Assistance (Individuals) .. 925-602-9379

Season of Sharing 925-521-5065

Food

CalFresh (Food Stamps) 1-877-505-4630

EBT Card Services 1-877-328-9677

Food Bank of Contra Costa & Solano

Groceries, pantries, meals 1-800-870-FOOD

Food Pantries/Soup Kitchens 211

Loaves & Fishes Dining Room .. 925-687-6760

Monument Crisis Center 925-825-7751

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

Concord, Martinez 1-877-905-4545

COMMUNITY CLINICS

La Clínica Monument 925-363-2005

Planned Parenthood 1-800-230-PLAN

Concord, San Ramon, Walnut Creek

RotaCare – Concord 925-429-6409

Sutter Delta Community Clinic... 925-779-3676

HOSPITALS

Contra Costa Regional Medical Center

..... 925-370-5000

John Muir Health, Walnut Creek .. 925-939-3000

John Muir Health, Concord 925-682-8200

Kaiser Medical Ctr–Walnut Creek. 925-295-4000

San Ramon Regional Medical Center

..... 925-275-9200

Health Insurance

Child Health & Disability Prevention (CHDP)

..... 925-313-6150

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 1-877-505-4630

US Uninsured Help Line... 1-800-234-1317

..... www.coverageforall.org

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 (Richmond), **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 925-685-7613 (Anka Behavioral Health)
GRIP Resource Center 510-233-2141
Love-A-Child Shelter—Bay Point .. 925-458-5663
Next Door Shelter-accepts pets..... 415-292-2180
Pacheco/MTZ Homeless Outreach (Martinez/Concord, Pleasant Hill)..... 925-812-3511
Sanctuary Shelter – accepts pets ... 415-863-3893
SAFE Place—Martinez (Youth, 9-17) 1-800-718-4357 (Northern California Family Center)
Shepherd’s Gate (Brentwood)..... 925-308-7507
Transitional and Interim Housing, 925-335-0698 (Shelter, Inc.)

Housing

Housing Authority of Contra Costa County (Administration)..... 925-957-8000
Housing Authority Public Housing Wait List (Except Richmond and Pittsburg) 925-957-8084
Housing Workshop/Shared Housing (Independent Living Resources)..... 925-363-7293
Senior & Adults w/ Disabilities... 1-800-510-2020
Shelter, Inc...... 925-335-0698

LANDLORD/TENANT

ECHO Fair Housing 925-246-2069 (Concord and Walnut Creek residents only)
Housing Counseling..... 925-825-3099 (Catholic Charities of the East Bay)
Pacific Community Services..... 925-439-1056

Immigrant & Refugee Services

Asian Family Resource Center .. 510-970-9750
Cash Assistance Program for Immigrants 925-602-9379
Citizenship Class..... 925-685-7340 (Mt. Diablo Adult Education)
Immigration & Naturalization Services (Catholic Charities of the East Bay) 925-825-3099
Lao Family Community Development San Pablo 510-215-1220
Multicultural Senior Support Network (Concord Senior Center) 925-671-3320
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

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..... 925-219-3325
CCC Bar Association 925-686-6900
CC Senior Legal Services 925-706-4852
Community Homeless Court Program 925-313-6145
Family Law Facilitator 925-957-7887 (Divorce, Child Custody, Support, Paternity issues help)
Immigration & Naturalization Services (Catholic Charities of the East Bay) 510-234-5110
Victim Witness Assistance 925-957-8650

Low Cost Internet

Comcast Internet Essentials1-855-846-8376
Low Cost Computers (Alameda County Computer Resource Ctr) . 510-528-4052

Mental Health

Access Mental Health Appointment Line for Contra Costa County..... 1-888-678-7277
Adolescent, Adult & Children’s Psychiatric Programs 1-800-680-6555 (John Muir Health Behavioral Health Center)
Concord Family Wellness & Recovery Center (Mental Health Consumer Concern)..... 925-521-1230
Community Counseling Center .. 925-798-9240 (John F. Kennedy University)
Concord Family Services Center . 925-825-3099 (Catholic Charities of the East Bay)
Crockett Counseling Center..... 925-370-6544
National Alliance for the Mentally Ill (NAMI) 925-465-3864
Power Program (Dual Diagnosis) .. 925-685-7613 (Anka Behavioral Health)
YWCA Mental Health Program... 925-372-4213

Multi-Service Centers

Monument Crisis Center 925-825-7751

Parenting Classes

Court Ordered Classes..... 925-370-6544 (Crockett Counseling Center)
Martinez Adult Education..... 925-228-3276
Mt. Diablo Adult Education 925-685-7340
Multilingual, Multicultural 925-372-4213 (YWCA of Contra Costa)

Pregnancy

Healthy Start 925-370-5495
Newborn Connections..... 925-755-4200 (Child Abuse Prevention Council)
Options for Women 925-827-0100
Planned Parenthood (See Health Care Centers)
Prenatal Care Guidance 925-313-6261 (CC Health/First 5)
Safely Surrendered Baby 1-800-833-2900

SUBSTANCE ABUSE & PREGNANCY

La Casa Ujima..... 925-229-0230
Substance Abuse Screening, Brief Intervention & Referral 925-313-6385 (CCHS/Healthy Start)

Rape/Victims of Crime

Community Violence Solutions . 1-800-670-7273
Rape, Abuse & Incest National Network 1-800-656-4673
Victims of Crime Counseling (FWCC) 510-982-0950

Senior Services

Adult Day Services Network 925-682-1000
Alzheimer’s Assoc. of East Bay 1-800-272-3900
An Elderly Wish Foundation 925-978-1883
CC Café (Hot lunch program)
 Concord 925-825-1488
 Martinez 925-646-2598
 Pleasant Hill 925-798-8788
 Rossmoor..... 925-988-7703
 San Ramon 925-973-3250
 Walnut Creek..... 925-280-7310

Eldercare Locator 1-800-677-1116
Family Caregiver Navigator (Family Caregiver Alliance) 1-800-445-8106
Friendly Visitors/Home Care Registry/Jobs Seniors (Senior Outreach Services) 925-937-8311
Information & Assistance for Seniors & Dependent Adults..... 1-800-510-2020
Meals-on-Wheels 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 Food Program..... Concord, Martinez, Walnut Creek (Food Bank) . 1-800-870-FOOD
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).... 1-877-SUICIDA

Teen Services

Alateen 1-888-425-2666
California Youth Crisis Line..... 1-800-843-5200
Friday Night Live 925-687-8844 (Alcohol/drug free program) Ext. 222
Teen Services/SAFE Place..... 1-800-718-4357 (Northern California Family Center)
Youth Violence Prevention Education (Contra Costa Crisis Center) 925-939-1916

Transportation

Bay Area Travel Information..... 511
BART 925-676-2278
County Connection/County Link ..925-676-7500

Utility Assistance

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

Veterans

Contra Costa County Veterans Services 925-313-1481
Concord Veterans Center 925-680-4526
Martinez VA Outpatient Clinic.... 1-800-382-8387
Supportive Services For Veteran Families (Shelter, Inc.) 925-957-7579
Veterans Employment Network . 510-655-3552
Veterans Suicide Hotline..... 1-800-273-TALK

Volunteers

Volunteer Center of the East Bay ..925-472-5760

Voter Registration

Contra Costa Elections Dept......925-335-7800