

**Abuso y Negligencia**

**NIÑOS**  
Children's Protective Services .. 1-877-881-1116  
**ADULTOS, DEPENDIENTES Y ANCIANOS**  
Adult Protective Services ..... 1-877-839-4347  
Human Trafficking Hotline ..... 1-800-670-7273  
(Tráfico de humanos) (Community Violence Solutions)  
Ombudsman of CCC ..... 925-685-2070  
(Para pacientes en centros de cuidado extendido)

**FAMILIAS**  
STAND! For Families Free of 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. .. 925-522-0124  
East County Wollam House ..... 925-427-1384  
Pueblos del Sol (Hombres) ..... 925-676-2580  
The Center for Recovery ..... 925-674-4100

**TRATAMIENTO DE DROGADICCIÓN**  
A Chance for Freedom (Bi-Bett) ... 925-685-9550  
Crossroads Recovery Center .... 925-682-5704

**PROGRAMAS PARA DEJAR DE FUMAR**  
California Smokers Helpline .. 1-800-NO-BUTTS  
..... 1-800-844-CHEW

**Refugio de Animales**

ARF-Animal Rescue Foundation 1-800-567-1273  
CCC Animal Shelter ..... 925-335-8300  
Contra Costa Humane Society .. 925-279-2247

**Cuidado de niños/Cuidado de niños en crisis**

CC Child Care Council ..... 925-676-5437  
Child Care Eligibility List (CEL) .. 925-676-8570  
Child Care Services  
(CCC Community Services Bureau) ... 925-427-8852  
Head Start Programs  
(CCC Community Services Bureau) ... 925-313-1551

**CUIDADO DE NIÑOS EN CRISIS**  
Bay Area Crisis Nursery (Edad 0-5) .. 925-685-8052  
Dahlstrom House (Edad 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**

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

**Servicios de Discapacidad**

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 (Descapacidades del desarrollo) / On  
Track (Lesión traumática del cerebro) (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

**Educación y Alfabetización**

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/EDUCACIÓN PARA ADULTOS**  
Acalanes Adult Education ..... 925-280-3980  
Martinez Adult Education ..... 925-228-3276  
Mt. Diablo Adult Education ..... 925-685-7340

**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 .. KCBST40AM  
Hazardous Materials Incident Response  
..... 925-335-3232  
Health Emergency Information Line  
..... 1-888-959-9911

**Empleo/Entrenamiento**

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

**Desalojo/ayuda de renta/embargo**

**ASISTENCIA CON ORDEN DE DESALOJO**  
ECHO Fair Housing ..... 925-246-2069  
(Residentes de Concord y Walnut Creek)  
Pacific Community Services ..... 925-439-1056

**CITACIÓN JUDICIAL DE DESALOJO**  
Bay Area Legal Aid ..... 1-800-551-5554

**EMBARGO DE VIVIENDA**  
Concord Family Service Center. . 925-825-3099  
(Catholic Charities of East Bay) asistencia en español  
Consumer Credit Counseling .... 1-866-889-9347  
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

**ASISTENCIA CON EL PAGO DE RENTA**

Concord Family Service Center  
(Catholic Charities of East Bay) ..... 925-825-3099  
Shelter, Inc. .... 925-335-0698

**Asistencia Económica**

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 (Individuos) .. 925-602-9379  
Season of Sharing ..... 925-521-5065

**Alimentación**

CalFresh (Food Stamps) ..... 1-877-505-4630  
EBT Card Services ..... 1-877-328-9677  
Food Bank of Contra Costa & Solano  
Distribución de alimentos ..... 1-800-870-FOOD  
Food Pantries/Soup Kitchens .... 211  
Loaves & Fishes Dining Room .. 925-687-6760  
Monument Crisis Center ..... 925-825-7751  
WIC Program ..... 1-800-414-9492  
(Mujeres embarazadas, lactancia y niños 0-5 años)

**Gay, Lesbian, Bisexual, Transgender**

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

**Asistencia Médica**

Advice Nurse ..... 1-877-661-6230  
Contra Costa Health Services Health Centers  
Concord, Martinez ..... 1-877-905-4545  
**CLINICAS COMUNITARIAS**  
La Clínica Monument ..... 925-363-2005  
RotaCare – Concord ..... 925-429-6409  
Sutter Delta Community Clinic... 925-779-3676

**HOSPITALES**  
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

**Seguro Médico**

Child Health & Disability Prevention (CHDP)  
..... 925-313-6150  
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 ..... 1-877-505-4630  
US Uninsured Help Line... ..... 1-800-234-1317  
..... www.coverageforall.org

**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 ..... 1-866-960-2132  
Brookside Shelter (Richmond), Concord Shelter  
(personas solteras) ..... 1-800-799-6599  
Calli House—Richmond (Youth, 14-21) 1-800-610-9400  
Casa Vincentia—mujer embarazada .... 510-729-0316

**FERST MultiService Center** ..... 925-685-7613  
 (Anka Behavioral Health) (Problemas mentales)  
**GRIP Resource Center** ..... 510-233-2141  
**Love-A-Child Shelter**—Bay Point .. 925-458-5663  
**Next Door Shelter**-animales ok..... 415-292-2180  
**Pacheco/MTZ Homeless Outreach**  
 (Martinez/Concord, Pleasant Hill) ..... 925-812-3511  
**Sanctuary Shelter** – animales ok ... 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.)

**Vivienda**

**Housing Authority of Contra Costa County**  
 (Administración)..... 925-957-8000  
**Housing Authority Public Housing Wait List**  
 (Excepto Richmond y 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

**PROPIETARIOS E INQUILINOS**

**ECHO Fair Housing** ..... 925-246-2069  
 (Residentes de Concord y Walnut Creek)  
**Housing Counseling** ..... 925-825-3099  
 (Catholic Charities of the East Bay)  
**Pacific Community Services**..... 925-439-1056

**Servicios para Inmigrantes**

**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

**Información de Servicios**

**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** ..... 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  
 (Consejería legal familiar (divorcio, manutención, etc.)  
**Immigration & Naturalization Services**  
 (Catholic Charities of the East Bay) ..... 510-234-5110  
**Monument Crisis Center** ..... 925-825-7751  
**Victim Witness Assistance** ..... 925-957-8650

**Servicios de Internet a Bajo Costo**

**Comcast Internet Essentials** ..... 1-855-846-8376

**Low Cost Computers**  
 (Alameda County Computer Resource Ctr) . 510-528-4052

**Salud Mental**

**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)  
**Central County 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** (Diagnóstico Doble) . 925-685-7613  
 (Anka Behavioral Health)  
**YWCA Mental Health Program**... 925-372-4213

**Centros de Servicios Múltiples**

**Monument Crisis Center** ..... 925-825-7751

**Clases para Padres**

**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)

**Embarazo**

**Healthy Start** ..... 925-370-5495  
**Newborn Connections**..... 925-755-4200  
 (Child Abuse Prevention Council)  
**Options for Women** ..... 925-827-0100  
**Planned Parenthood** ..... 1-800-230-PLAN  
**Prenatal Care Guidance** ..... 925-313-6261  
 (CC Health/First 5)  
**Safely Surrendered Baby** ..... 1-800-833-2900

**EMBARAZO Y ABUSO DE SUSTANCIAS**

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

**Violación/Víctimas de Crimen**

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

**Servicios para Ancianos**

**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** (Programa de almuerzo para ancianos)  
 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** (Servicios de alcance a la comunidad para los ancianos) ..... 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

**Suicidio**

**Contra Costa Crisis Center** ..... 1-800-833-2900  
**National Suicide Hotlines**..... 1-800-273-TALK  
 ..... 1-800-SUICIDE  
 (Spanish).... 1-877-SUICIDA

**Servicios para Adolescentes**

**Alateen**..... 1-888-425-2666  
**California Youth Crisis Line**..... 1-800-843-5200  
**Friday Night Live** ..... 925-687-8844  
 (Programa de prevención de drogadicción para adolescentes)  
 ..... 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

**Transportación**

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

**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**  
 ..... 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

**Voluntarios**

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

**Registro de Electores**

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