

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)

FAMILIES

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

REACH Project—Antioch 925-754-3673

Brentwood 925-809-7920

Ujima East 925-427-9100

PROGRAMAS PARA DEJAR DE FUMAR

California Smokers Helpline .. 1-800-NO-BUTTS

..... 1-800-844-CHEW

Refugio de Animales

Antioch Animal Services..... 925-779-6989

ARF-Animal Rescue Foundation 1-800-567-1273

Contra Costa Humane Society .. 925-279-2247

Cuidado de niños/Cuidado de niños en crisis

CC Child Care Council 925-778-5437

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

Dental Services 1-800-495-8885

La Clínica Pittsburg Dental Clinic 925-431-1251

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 925-754-7700

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... 925-754-0539

Life Skills (Discapacidades 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

Opportunity Junction 925-776-1133

Project Second Chance..... 925-754-8317

(Contra Costa Library)

ESL/GED/EDUCACIÓN PARA ADULTOS

Antioch Adult Education 925-756-5310

Liberty Adult Education 925-634-2565

Mt. Diablo Adult Education 925-685-7340

Pittsburg Adult Education 925-473-4460

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 . KCB5740AM

Hazardous Materials Incident Response

..... 925-335-3232

Health Emergency Information Line

..... 1-800-959-9911

Empleo/Entrenamiento

Bay Point Works 925-252-2331

CalJOBS - Internet www.caljobs.ca.gov

Child Care Job Bank 925-676-5442

(Child Care Council)

Experience Unlimited 925-602-0166

One-Stop Center - Brentwood ... 925-634-2195

One-Stop Center - Antioch 925-706-4830

Opportunity Junction 925-776-1133

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 D DESALOJO

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) Spanish Assistance

Consumer Credit Counseling ... 1-866-889-9347

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

Housing & Economic Rights Advocates

..... 510-271-8443

National Foreclosure Hotline..... 1-800-995-4673

Pacific Community Services..... 925-439-1056

ASISTENCIA CON EL PAGO DE RENTA

Concord Family Service Center ..925-825-3099

(Catholic Charities of East Bay) Spanish Assistance

Shelter, Inc..... 925-778-0298

Asistencia Económica

CalWORKs (Families) 1-877-505-4630

Consumer Credit Counseling ... 1-866-889-9347

Concord Family Service Center ..925-825-3099

(Catholic Charities of East Bay) Spanish Assistance

General Assistance (Individuals) ..925-706-4980

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

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

Food Pantries/Soup Kitchens ... 211

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

WIC Program..... 1-800-414-4942

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

Antioch, Bay Point, Brentwood 1-877-905-4545

CLINICAS COMUNITARIAS

La Clínica Oakley 925-776-8240

La Clínica Pittsburg 925-431-1251

Planned Parenthood—Antioch 1-800-230-PLAN

RotaCare Clinic Pittsburg 925-439-2009

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

HOSPITALES

Contra Costa Regional Medical Center

..... 925-370-5000

Kaiser Medical Center 925-813-6500

Sutter Delta Medical Center 925-779-7200

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** (Solamente Personas Solteras) 1-800-799-6599
Calli House-Richmond (Edad14-21).. 1-800-610-9400
Casa Vincentia—mujer embarazada ...510-729-0316
FERST MultiService Center925-778-3750 (Anka Behavioral Health)
GRIP Resource Center510-233-2141
Love-A-Child Shelter—Bay Point ..925-458-5663
SAFE Place—Martinez (Edad 9-17).. 1-800-718-4357 (Northern California Family Center)
Sanctuary Shelter – Animales ok415 863-3893
Shepherd’s Gate (Brentwood)..... ..925-308-7507
Transitional and Interim Housing.925-778-0298 (Shelter, Inc.)

Vivienda

Housing Authority of Contra Costa County (Administración)..... ..925-957-8000
Housing Authority Public Housing Wait List (Excepto Richmond and Pittsburg)925-957-8084
Housing Authority—Pittsburg.. ..925-252-4830
Housing Workshop/Shared Housing (Independent Living Resources)925-363-7293
Shelter, Inc...... ..925-778-0298
Senior & Adults w/ Disabilities . 1-800-510-2020

PROPIETARIOS E INQUILINOS

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 Immigrants925-706-4760
Immigration & Naturalization Services (Catholic Charities of the East Bay)925-825-3099
Multicultural Senior Support Network (Catholic Charities of the East Bay)925-671-3320
Refugee & Immigrant Services . ..925-927-2000 (Jewish Family & Children Services)
Refugee Health Program..... ..925-313-6893
U.S. Citizenship and Immigration Services1-800-375-5283

Información de Servicios

2-1-1 Contra Costa211 (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 Association925-686-6900
CC Senior Legal Services925-706-4852
Community Homeless Court Program925-313-6145
Family Law Facilitator925-957-7887 (Consejería legal familiar (Divorcio, manutención, etc.)
Immigrant Legal Services510-451-2846
Victim Witness Assistance925-957-8650

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 and Children’s Psychiatric Programs1-800-680-6555 (John Muir Health Behavioral Health Center)
Concord Family Service Center . 925-825-3099 (Catholic Charities of East Bay) Spanish Assistance
Crockett Counseling Center..... ..925-370-6544
East County Wellness & Recovery Center (Mental Health Consumer Concerns)925-473-0204
Families Forward..... ..925-778-1667 (Community Health for Asian Americans)
Familias Unidas Counseling..... ..925-240-2120
National Alliance for the Mentally Ill (NAMI)925-465-3864
Power Program925-778-3750 (Anka Behavioral Health)

Centros de Servicios Múltiples

Bay Point Family Service Center . 925-252-2300 (SparkPoint)
Village Community Resource Center925-513-3107

Clases para Padres

Court Ordered Classes..... ..925-370-6544 (Crockett Counseling Center)
Multilingual, Multicultural925-372-4213 (YWCA of Contra Costa)
Pittsburg Adult Education925-473-4460

Embarazo

Healthy Start925-431-2345
Newborn Connections..... ..925-755-4200 (Child Abuse Prevention Council)
Options for Women925-827-0100
Planned Parenthood (See Health Care Centers)
Prenatal Care Guidance925-431-2421 (CC Health/First 5)
Safely Surrendered Baby..... ..1-800-833-2900
Teen Family Support..... ..925-757-5303 (Brighter Beginnings)
EMBARAZO Y ABUSO DE SUSTANCIAS
Ujima East..... ..925-427-9100
Substance Abuse Screening, Brief Intervention & Referral925-313-6385 (CCHS/Healthy Start)
Wollam House925-458-1978

Violación/Víctimas de Crimen

Community Violence Solutions . 1-800-670-7273
Rape, Abuse & Incest National Network1-800-656-4673
Victims of Crime Counseling (FWCC)510-982-0950

Servicios para Ancianos

Adult Day Services Network925-682-1000
Alzheimer’s Assoc. of East Bay 1-800-272-3900
An Elderly Wish Foundation925-978-1883
CC Café (Hot lunch program)
 Antioch..... ..925-757-7325
 Bay Point..... ..925-458-2662
 Brentwood925-634-5040
 Pittsburg925-439-2136
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-Wheels1-866-669-6697
Medicare Hotline..... ..1-800-633-4227
Older Adult Services925-927-2000 (Diablo Valley Foundation for the Aging)
Reassurance Program925-284-6161 (Senior Helpline Services)
Senior Food Program (Food Bank) Bay Point, Antioch, Brentwood, Oakley, Pittsburg 1-800-870-FOOD
Senior Peer Counseling925-335-8741
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-TALK1-800-SUICIDE (Spanish).... ..1-877-SUICIDA

Servicios para Adolescentes

Alateen1-800-425-2666
California Youth Crisis Line..... ..1-800-843-5200
Friday Night Live925-687-8844 (Alcohol/drug free program)Ext. 222
Teen Family Support..... ..925-757-5303 (Brighter Beginnings)
Teen Parenting Classes925-634-2565 (Liberty Adult Education)
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
Dial-A-Ride..... ..925-754-3060
Tri-Delta..... ..925-754-4040

Asistencia de pago para utilidades

California Alternate Rates for Energy (CARE) Program1-866-743-2273
Low-Income Home Energy Assistance Program (LIHEAP)..... ..925-335-8900
Medical Baseline Program Relief for Energy1-800-743-5000
Asst. Through Community Help (REACH)1-800-933-9677
Utility Shut-off Assistance1-800-743-5000

Veteranos

Contra Costa County Veterans Services925-313-1481
Concord Veterans Center925-680-4526
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 ..925-778-0165

Registro de Electores

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