

**Abuso Infantil**

**Children's Protective Services** .. 1-877-881-1116  
**National Child Abuse Hotline**..... 1-800-422-4453  
**A Step Forward** .....925-685-9670

**Prevención del Abuso Infantil**

**Child Abuse Prevention Council** ..  
 Antioch .....925-755-4200  
 Concord .....925-798-0546  
**Children's & Family Services**  
 Antioch .....925-522-7400  
 Pleasant Hill.....925-602-9300  
 Richmond .....510-231-8100

**Cuidado de Niños**

**CC Child Care Council—Central** ..925-676-5437  
 East .....925-778-5437  
 Far East.....925-513-7900  
 West .....510-758-5439  
**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

**CRISIS CHILD CARE**

**Bay Area Crisis Nursery** (Ages 0-5) ..925-685-8052  
**Dahlstrom House** (Ages 6-12) .....925-685-3695

**Custodia de Niños/Visitación**

**Bay Area Legal Aide** West County ..510-250-5270  
 East/Central County .....925-219-3325  
**Safe 4 Us Program**.....510-237-0113  
 (Community Violence Solutions)  
**STAND!** .....1-888-215-5555

**Consejería para Niños/Familia**

**Access Mental Health Appointment Line for Contra Costa County:** Mental Health Crisis Unit, Central/East/West County Youth/Families/Adult Services .....1-888-678-7277  
**Community Counseling Center** ..925-798-9240  
 (John F. Kennedy University)  
**Concord Family Services Center**..925-825-3099  
 (Catholic Charities of the East Bay)  
**Familias Unidas Counseling & Information**  
 Antioch .....925-755-7775  
 Brentwood .....925-634-4445  
 Richmond.....510-412-5930  
**Community Health for Asian Americans**  
 Antioch .....925-778-1667  
 San Pablo .....510-233-7555  
**Early Childhood Mental Health** ..510-412-9200  
 (Children ages 0-6)  
**Family Institute of Pinole** .....510-741-7286  
**STAND!** .....925-603-5752  
**YWCA Mental Health Program**.....925-372-4213

**Wraparound Services/Case Management**

**Community Health for Asian Americans**  
 Richmond .....510-233-7555  
**Early Childhood Mental Health** ..510-412-9200  
**Families in Transition**.....510-236-5812  
 (Opportunity West)  
**Familias Unidas Counseling** Antioch 925-755-7775  
 Brentwood .....925-634-4445  
 Richmond .....510-412-5930  
**Wraparound Services**.....510-236-5812  
 (We Care Services for Children)

**Clases del Manejo de la Ira Ordenadas por la Corte**

**Alpha Family Services** .....510-435-5298  
 Concord.....925-827-0212  
**Crockett Counseling Center** .....925-370-6544  
**Mt. Diablo Adult Education** .....925-685-7340  
**Peace Creations** .....925-988-9505  
**Saving Our Sons and Daughters** ..925-432-4200  
**St. Joseph's Center for the Deaf** ..510-881-2248  
**STAND!** .....1-888-215-5555  
**Touchstone Counseling Services** 925-932-0150

**Clases para Padres Ordenadas por la Corte**

**Crockett Counseling Center** .....925-370-6544  
**Mt. Diablo Adult Education** .....925-685-7340  
**Peace Creations** .....925-988-9505  
**Touchstone Counseling Services** 925-932-0150

**Cuidado Dental**

**Brookside Community Health Center**  
 Richmond .....510-215-5001  
 San Pablo.....510-215-9092  
**Contra Costa Health Services Dental Clinics**  
 .....1-877-905-4545  
 Bay Point, Martinez, Pittsburg, Richmond  
**La Clínica Pittsburg Dental Clinic** ..925-431-1251  
**La Clínica Monument** .....925-363-2005  
**Dental Hygiene Clinic**.....925-685-1230  
 (Diablo Valley College)..... Ext.2534  
**University California San Francisco Dental School**.....415-476-1891  
**University of the Pacific Dental School - SF** .....415-929-6501  
 Union City.....510-489-5200  
**Denti-Cal/Medi-Cal Dental Program**  
 .....1-800-322-6384

**Asistencia para Mujeres Embarazadas/Nuevos Padres**

**BREASTFEEDING**  
**Contra Costa Breastfeeding Advice Line**  
 .....1-866-878-7767  
**La Leche League** .....1-877-452-5324

**NEW PARENT**  
**Hand to Hand Collaborative**.....510-307-4401  
**Kit for New Parents** .....925-755-4200  
 (Child Abuse Prevention Council)  
**Newborn Connections**.....925-798-0546  
 (Child Abuse Prevention Council)  
**Prenatal Care Guidance** .....925-313-6261  
 Pittsburg .....925-431-2421  
 Richmond .....510-231-8506  
 (CC Health/First 5)  
**Welcome Home Baby**.....925-943-2750  
 (Aspiranet)

**Exámen de la vista/Lentes/Audifonos**

**California Vision Project** .....1-800-877-5738  
**University California Berkeley Eye Care Center**.....510-642-2020  
**Hear NOW** .....1-800-648-4327  
**Lions Hearing Foundation, East Bay**  
 .....925-687-3883

**Asistencia Finaciera**

**CalWORKs** (Families).....1-877-505-4630  
**Consumer Credit Counseling** ....1-866-889-9347  
**Critical Family Needs** .....925-825-3099  
**Season of Sharing**.....925-521-5065

**Centro de los Primeros 5**

**Antioch First 5 Center** .....925-757-5303  
**Bay Point First 5 Center**.....925-709-1598  
**Monument Community First 5 Center** 925-671-3267  
**West County First 5 Center**.....510-232-5650

**Comida**

**CalFresh** (Food Stamps) .....1-877-505-4630  
**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  
 Antioch, Martinez, Oakley  
**Monument Crisis Center** .....925-825-7751  
**WIC Program**.....1-800-414-4942  
 (Pregnant women breastfeeding or with children 0-5)

**Seguro de Salud – Niños 0-18**

**Basic Health Care (BHC)** .....1-800-771-4270  
**Child Health & Disability Prevention (CHDP)**  
 .....1-800-696-9644  
**Contra Costa Health Plan Options For Kids Only** .....1-800-211-8040  
**Healthy Families** .....1-800-880-5305  
**Kaiser Child Health Plan** .....1-800-255-5053  
**HEALTHCARE INSURANCE ASSISTANCE**  
**Health Access Line** .....1-877-503-9350  
**US Uninsured Help Line**.....1-800-234-1317  
 .....www.coverageforall.org

**Familias sin Hogar**

**Bay Area Rescue Mission Shelters**  
 Men. 510-215-4868 Women/families.510-215-4860  
**Brookside Shelter** (San Pablo).....1-800-799- 6599  
 Women, pregnant women  
**Concord Shelter** .....1-800-799-6599  
 Women, pregnant women  
**Casa Vicentia** (pregnant women).....510-729-0316  
**GRIP Resource Center** .....510-233-2141  
**HPRP Rapid Re-Housing**.....925-957-7575  
**Love-A-Child Shelter** (Bay Point) ..925-458-5663  
**Mary's House** (pregnant women).....510-236-0383  
**Shepherd's Gate**.....925-308-7507  
**Transitional and Interim Housing**.925-335-0698  
 (Shelter Inc.)

**Viviendas**

**Housing Authority of Contra Costa County**  
 (Administration).....925-957-8000  
**HPRP Prevention Services** .....925-957-7575  
**Pittsburg Housing Authority**.....925-252-4830  
**Richmond Housing Authority**.....510-621-1300

**LANDLORD/TENANT**  
**Pacific Community Services**.....925-439-1056  
**ECHO Fair Housing** .....925-246-2069  
 (Concord and Walnut Creek residents only)

**RENTAL ASSISTANCE**  
**Concord Family Service Center** ..925-825-3099  
**Shelter, Inc.**.....925-335-0698

**Apoyo para Parientes**

**Kinship Support Services** Antioch 925-706-8477  
 Concord .....925-602-1750  
 Richmond .....510-215-4671  
 (EMQ FamiliesFirst)  
**Second Time Around** .....925-689-0176  
 Grandparents Support Group

**Crianza de hijos LGBTQ**

**Children of Lesbians & Gays Everywhere**  
 (COLAGE)..... 415-861-5437  
**Local LGBTQ Resources**  
 .....[www.EastbayPride.com](http://www.EastbayPride.com)

**Gay & Lesbian National Hotline.** 1-888-843-4564  
**Parents, Families & Friends of Lesbians & Gays**  
 (PFLAG)—Internet to find local group ..[www.pflag.org](http://www.pflag.org)  
**Rainbow Community Center** .....925-692-0090

**Atención Médica**

**Advice Nurse**..... 1-877-661-6230  
**Brookside Community Health Center**  
 Richmond..... 510-215-5001  
 San Pablo..... 510-215-9092  
**Contra Costa Health Services Health Centers**  
 ..... 1-877-905-4545  
 Antioch, Bay Point, Brentwood, Concord, Martinez,  
 Pittsburg, Richmond  
**La Clínica Monument** .....925-363-2005  
**La Clínica Oakley** .....925-776-8240  
**La Clínica Pittsburg**.....925-431-1251  
**Mobile Health Clinic**.....925-513-3107  
**Planned Parenthood**.....1-800-230-PLAN  
**RotaCare Clinic** Concord .....925-429-6409  
**RotaCare Clinic** Pittsburg .....925-439-2009  
**Sutter Delta Community Clinic** .....925-779-3676

**Actividades para Padres é Hijos**

**Acalanes Adult Education** .....925-280-3980  
**Antioch First 5 Center** .....925-757-5303  
**Bay Point First 5 Center** .....925-709-1598  
**Delta First 5 Center**.....925-516-3880  
**Family Literacy Program**.....510-236-3900  
 (Catholic Charities of the East Bay)  
**Irvin Deutscher Family YMCA**.....925-687-8900  
**Monument Community First 5 Center** 925-671-3267  
**Mt. Diablo Adult Education** .....925-685-7340  
**West County First 5 Center**.....510-232-5650

**Clases de Educación para Padres**

**Family Literacy Center** .....510-236-3900  
 (Catholic Charities of the East Bay)  
**Martinez Adult Education**.....925-228-3276  
**Mt. Diablo Adult Education** .....925-685-7340  
**Multilingual, Multicultural**.....925-372-4213  
 (YWCA of Contra Costa)  
**Positive Parenting Program** .....925-706-8477  
 (Stand! For Families Free of Violence)

**Depresión Posparto**

**Postpartum Depression (PPD) Helpline**  
 ..... 1-800-944-4773  
**Prenatal Care Guidance** ..... 925-313-6261  
 Pittsburg .....925-431-2421  
 Richmond .....510-231-8506  
 (CC Health/First 5)  
**Welcome Home Baby** .....925-943-2750  
 (Aspiranet)

**Embarazo/Atención Prenatal**

**Black Infant Health** Richmond..... 510-236-6990  
 (Brighter Beginnings)  
**Healthy Start** Martinez .....925-370-5495  
 Pittsburg .....925-431-2345  
 Richmond .....510-231-1340  
**Planned Parenthood** Antioch.....1-800-230-PLAN  
 Concord, Richmond, San Ramon, Walnut Creek  
**Prenatal Care Guidance** ..... 925-313-6261  
 Pittsburg .....925-431-2421  
 Richmond .....510-231-8506  
 (CC Health/First 5)  
**Safely Surrendered Baby** ..... 1-800-833-2900  
**Teen Family Support** Antioch..... 925-757-5303  
 Richmond ..... 510-236-6990  
 (Brighter Beginnings)

**SUBSTANCE ABUSE & PREGNANCY**

**Ujima East**.....925-427-9100  
**Ujima West** ..... 510-215-2280  
**Wollam House** ..... 925-458-1978

**Servicios para Necesidades Especiales**

**Area Developmental Disabilities Board 5**  
 ..... 510-286-0439  
**Asian Community Mental Health** ..510-451-6729  
**Bay Area Crisis Nursery** (Ages 0-5) . 925-685-8052  
**Bay Respite Care** ..... 1-888-644-449  
**Blind Babies Foundation** .....510-446-2229  
**California AT Network** .....1-800-390-2699  
**California Children's Services** ...925-313-6100  
**CARE Parent Network** .....1-800-281-3023  
**Center for Accessible Technology** . 510-841-3224  
**Child Care Solutions** .....925-686-0207  
**Children & Adults Having Attention Deficit Disorders (CHADD)**.....1-888-759-9458  
**Contra Costa ARC** .....925-370-1818  
**Deaf Counseling, Advocacy & Referral (DCARA)**.....1-877-322-7288  
**Developmental Disabilities Council** . 925-313-6836  
**Down Syndrome Connection** ....925-362-8660  
**Early Childhood Mental Health**...510-412-9200  
**Early Intervention Services**  
 School district phone numbers  
**West Contra Costa Unified School District**  
 .....510-233-1955  
**Mt. Diablo Unified School District** 925-825-0144  
**San Ramon, Orinda, Moraga, Lafayette, Walnut Creek Districts** .....925-743-9710  
**Contra Costa County Office of Education**  
 (for other school districts) .....925-625-6330  
**Easter Seals Bay Area**.....510-835-2131  
**LightHouse for the Blind and Visually Impaired** .....415-431-  
 1481  
**Lynn Center Early Intervention Services Children Birth to Six**.....925-439-7516  
**Medically Vulnerable Infant Program (MVIP)**  
 .....925-313-6920  
**National Fragile X Society**.....1-800-688-8765  
**Regional Center of the East Bay** .925-798-3001  
**Respite Care Program**.....510-834-2443  
 (Family Support Services of the Bay Area)  
**Respite Program**.....510-527-2550  
 (Ala Costa Center)  
**Special Needs Child Care Project**.925-676-5442  
 (Contra Costa Child Care Council)  
**Through The Looking Glass** ..... 1-800-644-2666  
**United Cerebral Palsy of the Golden Gate**  
 .....510-832-7430  
**We Care Children's Center** .....925-671-0777

**Padres Adolescentes**

**Adolescent Family Life**  
 Antioch .....925-757-5303  
 Richmond.....510-236-6990  
**Cal-Learn**  
 Antioch .....925-757-5303  
 Richmond .....510.236.6990  
 (Brighter Beginnings)  
**Chicks in Crisis** .....925-408-7699  
**Crossroads Alternative School** .925-689-6852  
**Liberty Adult Education**(Teens) .925-634-2565  
**RYSE Youth Center** .....510-374-3401  
**Teen Parenting Classes** .....925-706-5365  
 (Antioch Adult Education)  
**Teen Resource Center** .....510-236-5812

**Need help and don't know where to go?**  
**Call 211**  
**24/7 Spanish & English**

For more resource information, go to:  
[www.211database.org](http://www.211database.org)

This resource guide is a collaborative effort of the Contra Costa Crisis Center and First 5 Contra Costa