

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
(Tráfico de humanos)
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 .. 510-232-0874
East County Wollam House..... 925-427-1384
Pueblos del Sol (Hombres) 925-676-2580
The Center for Recovery..... 925-674-4100

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-BUTTS
..... 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 Services
(CCC Community Services Bureau) ... 510-374-7144
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
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 People's Rec. Center ... 510-620-6814
Hawkins Center of Legal & Support Services
(Rubicon Programs) 510-232-6611
Independent Living Resource..... 925-363-7293
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)
..... 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 .. KCBST740AM
Hazardous Materials Incident Response
..... 925-335-3232
Health Emergency Information Line
..... 1-888-959-9911

Empleo/Entrenamiento

CalJOBS— Internet 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) 510-234-1300
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
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 & Economic Rights Advocates
..... 510-271-8443
National Foreclosure Hotline..... 1-888-995-4673
Neighborhood Housing Service .. 510-237-6459
ASISTENCIA CON EL PAGO DE RENTA
Shelter, Inc..... 510-215-0636

Asistencia Económica

CalWORKs (Families)..... 1-877-505-4630
Community Housing Dev. Corp. .. 510-412-9290
Consumer Credit Counseling 1-866-889-9347
General Assistance (Individuals) .. 510-412-3000
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
Macdonald Ave, Richmond..... 510-412-3000
Hercules 510-262-7700
GRIP Souper Center 510-233-2141
WIC Program..... 1-800-414-4942
(Pregnant women breastfeeding or with children 0-5)

Gay, Lesbiana, Bisexual, Transsexual

Gay & Lesbian National Hotline. 1-888-843-4564
Local LGBTQ Resources 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 COMUNITARIAS
Brookside Community Health Center
Richmond..... 510-215-5001
San Pablo 510-215-9092

HOSPITALES

Alta Bates Medical Center..... 510-204-4444
Contra Costa Regional Medical Center
..... 925-370-5000
Doctor's Medical Center..... 510-970-5000
Kaiser Medical Center 510-307-1500

Seguro Medico

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 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 (Edad 14-21) . 1-800-610-9400

Casa Vincentia—mujer embarazada..... 510-729-0316
FERST MultiService Center 510-232-7571
GRIP Resource Center 510-233-2141
Love-A-Child Shelter—Bay Point .. 925-458-5663
Mary's House – mujer embarazada.....510-236-0383
Next Door Shelter-acceptan animales.
 415-292-2180
SAFE Place—Martinez (Edad 9-17) .. 1-800-718-4357
 (Northern California Family Center)
Sanctuary Shelter – accepts pets ... 415-863-3893

Vivienda

Housing Authority of Contra Costa County
 (Administración)..... 925-957-8000
Housing Authority Public Housing Wait List
 (Excepto Richmond / Pittsburg)..... 925-957-8084
Housing Authority Richmond 510-621-1300
Shelter, Inc. 510-215-0636
Permanent & Transitional Housing
 (Rubicon Programs) 510-235-1516
Senior & Adults w/ Disabilities .. 1-800-510-2020
PROPRIETARIOS E INQUILINOS
Pacific Community Services..... 925-439-1056

Servicios para Inmigrantes

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) 510-234-5110
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

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..... 510-250-5270
CCC Bar Association 925-686-6900
CC Senior Legal Services 510-374-3712
Community Homeless Court Program
 925-313-6145
Family Law Facilitator 925-957-7887
 Consejería legal familiar (divorcio, manutención)
Immigrant Legal Services 510-451-2846
Immigration & Naturalization Services
 (Catholic Charities of the East Bay) 510-234-5110
Victim Witness Assistance 925-957-8650

Servicio 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 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
Familias Unidas Counseling 510-412-5930
Family Institute of Pinole 510-741-7286
National Alliance for the Mentally Ill (NAMI)
 925-465-3864
Native American Health Center .. 510-232-7020
Power Program 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
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
Options for Women 925-827-0100
Planned Parenthood..... 1-800-230-PLAN
Prenatal Care Guidance 510-231-8506
 (CC Health/First 5)
Safely Surrendered Baby 1-800-833-2900

EMBARAZO Y ABUSO DE SUSTANCIAS

Substance Abuse Screening, Brief Intervention & Referral 510-231-1340
 (CCHS/Healthy Start)
Ujima West 510-215-2280

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)
 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 (Servicios de alcance a la comunidad para 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 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
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 510-307-8026
WestCAT/Martinez 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
 925-313-1481
Martinez VA Outpatient Clinic.... 1-800-382-8387
Oakland Veterans Center 510-763-3904
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 .510-232-0163

Registro de Electores

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