

Abuse

CHILDREN

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

ADULTS

Adult Protective Services 1-877-839-4347

Human Trafficking Prevention... 1-800-670-7273
(Community Violence Solutions)

Ombudsman of CCC925-685-2070
(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/HIV Program.. 925-313-6771

Alcohol & Drug Abuse

Al-Anon925-932-6770

Alcohol & Other Drugs ACCESS 1-800-846-1652

Alcoholics Anonymous.....925-939-4155

DUI Programs.....925-932-8100

(Alcohol & Drug Abuse Council of Contra Costa, Inc.)

Narcotics Anonymous.....925-685-4357

DETOX TREATMENT CENTERS

BAART - Detoxification Program.. 925-522-0124

Frederick Ozanam Center925-676-4840

Pueblos del Sol (Men)..... 925-676-2580

Thunder Road Adolescent Treatment Center
..... 510-653-5040

TREATMENT / COUNSELING

A Chance for Freedom (Bi-Bett)925-685-7418

Crossroads Program Services 925-682-5704

La Casa Ujima Residential..... 925-229-0230

Power Program 925-685-7613

Ujima Central Mothers' Program ..925-691-5083

SMOKING CESSATION

California Smokers Helpline.....1-800-662-8887

Tobacco Helpline..... 1-800-844-2439

Animals

ARF-Animal Rescue Foundation ..925-256-1273

CCC Animal Services.....925-608-8400

Contra Costa Humane Society925-279-2247

Pet Food Assistance Program .. .925-676-7543

Child Care/Crisis Child Care

Coco Kids925-676-5437

Head Start Programs/Child Care Services
(CCC Community Services Bureau).....925-681-6300

CRISIS CHILD CARE

Bay Area Crisis Nursery (Ages 0-5) ..925-685-8052

Dahlstrom House (Ages 6-11)925-685-3695

Safe Families (Ages 0-18)..... 925-566-8050

Crisis and Suicide Intervention

Contra Costa Crisis Center2-1-1

Provides 24-hour crisis/warm line support.

National Suicide Hotlines.....1-800-273-8255

Death & Dying

Grief Counseling2-1-1

(Contra Costa Crisis Center)

Hospice of the East Bay.....925-887-5678

Dental Care

Berkeley Free Clinic 1-800-625-4642

Contra Costa Health Services Dental Clinics

Bay Point Children's Dental.....925-427-8302

Martinez925-370-5300

Dental Hygiene Clinic 925-969-2692

(Diablo Valley College)

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

La Clínica Monument 925-363-2005

Respite Dental Care Concord..... 925-608-5016

Disability Services

Adaptive Learning Center 925-827-3863

Adults with Disabilities Services

(Mt. Diablo Adult Ed.) 925-685-7340

California Children's Services.....925-313-6400

CA Dept. of Rehabilitation925-602-3953

Contra Costa ARC925-370-1818

Developmental Disabilities Council . 925-313-6836

Futures Explored 925-825-0263

Hearing Loss Association of America - Diablo

Valley & East Bay Chapter 925-264-1199

Independent Living Resource925-363-7293

Regional Center of the East Bay .925-691-2300

Social Security..... 1-800-772-1213

State Council on Developmental Disabilities

Bay Area 510-286-0439

We Care Services for Children . .925-671-0777

Education & Literacy

CCC Regional Occupational Program (ROP)

..... 925-942-3368

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)

Stride Center..... 510-234-1300

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 1-800-733-2767

California Poison Control System.1-800-222-1222

CCC Office Emergency Services..925-646-4461

Emergency Broadcast System.....KCBS740AM

Hazardous Materials Incident Response

..... 925-335-3232

Health Emergency Hotline 1-888-959-9911

Employment/Job Training

CalJOBS-Internet..... www.caljobs.ca.gov

Child Care Job Bank925-676-5442

(Coco Kids)

EASTBAY Works, America's Job Center of CA

Concord 925-671-4500

Experience Unlimited..... 925-602-0166

Monument Impact 925-682-8248

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

Internet www.edd.ca.gov/Unemployment

Evictions/Rent Assist./Foreclosures

**EVICTION NOTICE/LANDLORD TENANT
ASSISTANCE**

Bay Area Legal Aid510-250-5270

ECHO Fair Housing1-855-275-3246

(except Concord and Pittsburg)

FORECLOSURE ASSISTANCE

Foreclosure Assistance – HUD.... 415-489-6400

Housing & Economic Rights Advocates

(HERA)510-271-8443

National Foreclosure Hotline 1-888-995-4673

RENTAL ASSISTANCE

Concord Family Service Center

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

Season of Sharing.....925-521-5065

SHELTER, Inc.925-338-1038

Financial Assistance

CalWORKs (Families) 1-877-505-4630

General Assistance (Individuals) . 1-877-505-4630

Food

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

EBT Card Services 1-877-328-9677

Food Bank of Contra Costa & Solano

(Groceries, pantries, meals) 925-676-7543

Food Pantries/Soup Kitchens2-1-1

Loaves & Fishes Dining Martinez...925-293-4792

WIC Program.....925-646-5370

(Pregnant women, breastfeeding, or with children 0-5)

Gay, Lesbian, Bisexual, Transgender

LGBT National Help Center..... 1-888-843-4564

Rainbow Community Center.....925-692-0090

Health Care

Advice Nurse..... 1-877-661-6230

Contra Costa Health Services Health Centers

Concord, Martinez 1-800-495-8885

Health Care for the Homeless Mobile Van

(CCHS) Call for locations/hours925-608-5300

COMMUNITY CLINICS

La Clínica Monument925-363-2005

Planned Parenthood..... 1-800-230-7526

Concord, San Ramon, Walnut Creek

Homeless Ambulatory Clinics.....925-608-5300

RotaCare – Concord.....925-429-6409

HOSPITALS

Contra Costa Regional Medical Center

.....925-370-5000

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

John Muir Health Concord925-682-8200

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

San Ramon Regional Medical Center

.....925-275-9200

Health Insurance

Covered California 1-800-300-1506

Child Health & Disability Prevention (CHDP)

.....925-313-6150

HICAP 1-800-510-2020

(Health Insurance Counseling & Advocacy)

Kaiser Child Health Plan 1-800-464-4000

Medi-Cal Applications 1-800-709-8348

Patient Financial Counseling..... 1-800-771-4270

(Information on County health coverage programs)

Homeless

Bay Area Rescue Mission

Men's shelter.....510-215-4868

Women & Families510-215-4860

Calli House-Richmond (Youth, 18-24) 1-800-610-9400

Coordinated Outreach Referral and

Engagement (CORE) 2-1-1

Homeless outreach to encampments and referrals to

Concord and Brookside Shelters.

GRIP Family Emergency ShelterCARE Center
 510-233-2141
Monument Crisis Center CARE Capable Center
 925-825-7751
Multi-Service Center CARE Center 925-685-7613
 (Anka Behavioral Health)
SHELTER, Inc. 925-338-1038
Shepherd's Gate Brentwood 925-308-7507
Trinity Center CARE Center 925-949-8712

Housing

CC Housing Authority Public Housing Wait List (Except Richmond and Pittsburg) . 925-957-8000
Housing Workshop/Shared Housing (Independent Living Resources) 925-363-7293
Seniors & Adults w/ Disabilities... 1-800-510-2020
SHELTER, Inc. 925-338-1038

Immigrant & Refugee Services

Cash Assistance Program for Immigrants 1-877-505-4630
Citizenship Education
 Acalanes Adult Education 925-280-3980
 Martinez Adult Education 925-228-3276
 Mt. Diablo Adult Education 925-685-7340
Immigration & Naturalization Services (Catholic Charities of the East Bay) 925-825-3099
Refugee & Immigrant Services .. 925-927-2000 (Jewish Family & Community Services of the East Bay)
Refugee Health Program 925-313-6893
Stand Together Contra Costa 925-900-5151
 Rapid response and immigration legal services in Contra Costa County.
U.S. Citizenship and Immigration Services 1-800-375-5283

Information & Referral

2-1-1 Contra Costa 2-1-1 (Contra Costa Crisis Center)
Information & Assistance for Seniors & Dependent Adults 1-800-510-2020

Legal & Mediation Services

Bay Area Legal Aid 510-250-5270
Lawyer Referral Service 925-825-5700 (Contra Costa County Bar Association)
CCC Dept. of Child Support 1-866-901-3212
CC Senior Legal Services 925-609-7900
Conflict Resolution/Mediation (Center for Human Development) 925-349-7344
Family Law Facilitator www.cc-courts.ca.gov (Divorce, child custody, support, paternity issues, help)
Medical Legal Partnership (FMCH) .. 800-880-8047
Victim Witness Assistance 925-957-8650

Low Cost Internet

Access from AT&T 1-855-220-5211
Comcast Internet Essentials 1-855-846-8376

Mental Health

Access Mental Health Appointment Line for Contra Costa County 1-888-678-7277
Bay Area Psychotherapy Institute 925-284-2298
Center for Human Development .. 925-687-8844
Adolescent, Adult & Children's Psychiatric Programs 925-674-4265 (John Muir Health Behavioral Health Center)
Contra Costa Crisis Center 2-1-1
Concord Wellness City 925-363-7290
Crockett Counseling Center 925-370-6544

Family Advocate Mental Health (CCHS) 925-957-5139
First Hope- (CCHS) 925-681-4450
George & Cynthia Miller Center .. 925-313-7940
George Miller Center 925-646-5710
National Alliance for the Mentally Ill (NAMI) 925-942-0767
Northern CA Family Center 925-370-1990
Power Program (Dual Diagnosis) .. 925-685-7613 (Anka Behavioral Health)
Putnam Clubhouse 925-691-4276
Second Nature Behavioral Health 510-610-4799
The Hume Center 925-685-1793
YWCA Mental Health Program ... 925-372-4213

Multi-Service Centers

Monument Crisis Center 925-825-7751
Multi-Service Center 925-685-7613 (Anka Behavioral Health)
Trinity Center 925-949-8712

Parenting Classes

C.O.P.E. Family Support Center .. 925-689-5811
Crockett Counseling Center 925-370-6544
Martinez Adult Education 925-228-3276
Monument First 5 Center 925-849-8861
Mt. Diablo Adult Education 925-685-7340
Second Nature Behavioral Health 510-610-4799

Pregnancy

Birthright 925-798-7227
Black Infant Health (CCHS) 925-313-6254
Healthy Families America (CCHS) 925-313-6254
Healthy Start (CCHS) 925-370-5495
Independent Adoption Center 925-827-2229
Medical Legal Partnership (FMCH) .. 800-880-8047
Options for Women 925-827-0100
Planned Parenthood 1-800-230-7526
Prenatal Care Guidance 925-313-6254 (CC Health/First 5)
Safely Surrendered Baby 1-800-833-2900

SUBSTANCE ABUSE & PREGNANCY

La Casa Ujima 925-229-0230
Ujima Central Mothers' Program .. 925-691-5083

Rape/Victims of Crime

Central Family Justice Center 925-521-6366
Community Violence Solutions . 1-800-670-7273
Crockett Counseling Center 925-370-6544
Discovery Counseling Center 925-837-0505
Rape, Abuse & Incest National Network 1-800-656-4673
Second Nature Behavioral Health 510-610-4799
Victim Witness Assistance Program 925-957-8650

Senior Services

Adult Day Services Network 925-682-1000
Alzheimer's Association 1-800-272-3900
An Elderly Wish Foundation 925-978-1883
Caring Hands (John Muir) 925-952-2999
CC Café (Hot lunch program) 925-825-1488
 Concord 925-646-2598
 Martinez 925-771-7641
 Pleasant Hill 925-988-7703
 Rossmoor 925-973-3250
 San Ramon 925-280-7310
 Walnut Creek 925-956-7396
Covia 1-800-677-1116
Eldercare Locator 1-800-445-8106
Family Caregiver Alliance 1-800-445-8106

In Home Personal Assistance 925-945-8040 (Diablo Valley Foundation for the Aging)
Information & Assistance for Seniors & Dependent Adults 1-800-510-2020
Jewish Family & Community Services of the East Bay 925-927-2000
Meals-on-Wheels 925-937-8607
Medicare Hotline 1-800-633-4227
Mobility Matters 925-284-6161
Senior Food Program - Concord, Martinez, Walnut Creek (Food Bank) 925-676-7543
Senior Outreach Services 925-937-8311
Senior Peer Counseling 925-521-5636
Social Security 1-800-772-1213

Teen Services

Alateen 925-932-6770
California Youth Crisis Line 1-800-843-5200
New Leaf Treatment Center 925-284-5200 (Substance Abuse Treatment)
Teen Services/SAFE Place 1-800-718-4357 (Northern California Family Center)

Transportation

Bay Area Travel Information 511
BART 925-676-2278
County Connection/County Link .. 925-676-7500
Mobility Matters 925-284-6161
Monument Community Shuttle 925-682-8248

Utility Assistance

California Alternate Rates for Energy (CARE) Program 1-866-743-2273
Low-Income Home Energy Assistance Program (LIHEAP) 925-681-6380
Medical Baseline Program Relief for Energy 1-800-743-5000
Utility Shut-off Assistance 1-800-743-5000

Veterans

Berkeley Food & Housing Project 855-862-1804
Contra Costa County Veterans Services 925-313-1481
Concord Veterans Center 925-680-4526
Martinez VA Outpatient Clinic 925-372-2000
SHELTER, Inc. 925-338-1038
Veterans Suicide Hotline 1-800-273-8255

Volunteer Opportunities

Caring Hands (John Muir) 925-952-2999
Contra Costa Crisis Center 925-939-1916
Contra Costa Society for the Prevention of Cruelty to Animals 925-825-5156
Covia 925-956-7396
Food Bank of Contra Costa & Solano 925-676-7543
Meals on Wheels 925-937-8607
Mobility Matters 925-284-4831
Volunteer Opportunities 2-1-1

Need help and don't know where to go?
 Call 2-1-1 or visit www.211cc.org