

**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 CCC .....925-685-2070

(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 Line ..... 1-800-287-0200

**Alcohol & Drug Abuse**

Al-Anon .....925-932-6770

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

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

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

(Alcohol & Drug Abuse Council of CCC)

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

**DETOX TREATMENT CENTERS**

BAART - Detoxification Prgm..... 925-522-0124

Frederick Ozanam Center ..... 925-676-4840

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

The Center for Recovery.....925-674-4100

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 1-800-567-1273

CCC Animal Services.....925-335-8300

Contra Costa Humane Society ....925-279-2247

Pet Food Assistance Program ..925-676-7543

**Child Care/Crisis Child Care**

CC Child Care Council .....925-676-5437

Head Start Programs/Child Care Services

(CCC Community Services Bureau).....925-313-1551

**CRISIS CHILD CARE**

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

Safe House (Ages 0-18) ..... 925-566-8060

**Death & Dying**

Grief Counseling ..... 1-800-837-1818

(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

Martinez .....925-370-5300

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 .....925-646-5016

University California San Francisco

Dental School.....415-476-1891

University of the Pacific Dental Clinic

San Francisco.....415-929-6501

Union City .....510-489-5200

**Disability Services**

Adaptive Learning Center ..... 925-827-3863

Adults with Disabilities Services

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

California Children's Services .....925-957-2680

CA Dept. of Rehabilitation .....925-602-3953

Contra Costa ARC .....925-370-1818

Developmental Disabilities Council .925-313-6836

Futures Explored .....925-825-0263

Independent Living Resource ... ..925-363-7293

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 Bank .....925-676-5442

(Child Care Council)

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**

ECHO Fair Housing ..... 1-855-275-3246

(except Concord, Pittsburg and Richmond)

**EVICTION COURT NOTICE ASSISTANCE**

Bay Area Legal Aid .....925-219-3325

**FORECLOSURE ASSISTANCE**

Concord Family Service Center....925-825-3099

(Catholic Charities of East Bay)

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

Housing & Economic Rights Advocates

(HERA) .....510-271-8443

National Foreclosure Hotline..... 1-888-995-4673

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

**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 Kitchens ..... 211

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

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

(Pregnant women breastfeeding or with children 0-5)

**Gay, Lesbian, Bisexual, Transgender**

GLBT 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/hours .....925-313-6166

**COMMUNITY CLINICS**

La Clínica Monument .....925-363-2005

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

Concord, San Ramon, Walnut Creek

Respite Health Care Concord.....925-313-6166

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 Concord .....925-682-8200

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

San Ramon Regional Medical Center

.....925-275-9200

**Health Insurance**

Covered California ..... 1-800-300-1506

..... www.coveredca.com

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 & Families..... 510-215-4860
- Berkeley Shelter Bed Hotline**.....1-866-960-2132
- 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 Shelter** ..510-233-2141
- Monument Crisis Center** .....925-825-7751
- Multi-Service Center**.....925-685-7613  
(Anka Behavioral Health)
- SHELTER, Inc.**.....925-338-1038
- Shepherd's Gate** Brentwood .....925-308-7507
- Trinity Center** ..... 925-949-8712

**Housing**

- Housing Authority Public Housing Wait List**  
(Except Richmond and Pittsburg) .....925-957-8000
- Housing Workshop/Shared Housing**  
(Independent Living Resources) .....925-363-7293
- Senior & 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 Class**.....925-685-7340  
(Mt. Diablo Adult Education)
- 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
- U.S. Citizenship and Immigration Services**  
.....1-800-375-5283

**Information & Referral**

- 2-1-1 Contra Costa**..... 211  
(Contra Costa Crisis Center)
- Information & Assistance for Seniors & Dependent Adults**.....1-800-510-2020

**Legal & Mediation Services**

- Bay Area Legal Aid**.....924-219-3325
- CCC Bar Association** .....925-825-5700
- CCC Dept. of Child Support**.....1-866-901-3212
- CC Senior Legal Services** .....925-609-7900
- Family Law Facilitator** .....925-608-1000  
(Divorce, Child Custody, Support, Paternity issues help)
- 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
- Adolescent, Adult & Children's Psychiatric Programs** .....1-800-680-6555  
(John Muir Health Behavioral Health Center)
- Community Counseling Center** ..925-798-9240  
(John F. Kennedy University)
- Contra Costa Crisis Center** .....1-800-833-2900
- Crockett Counseling Center** .....925-370-6544

- Family Advocate Mental Health (CCHS)**  
.....925-957-5139
- First Hope- CCHS** .....925-681-4450
- 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
- The Hume Center** .....925-825-1793  
(Anka Behavioral Health)
- 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**

- 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
- 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**

- Community Violence Solutions** .1-800-670-7273
- Discovery Counseling Center** .....925-837-0505
- Rape, Abuse & Incest National Network**  
.....1-800-656-4673
- 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)**  
Concord .....925-825-1488  
Martinez .....925-646-2598  
Pleasant Hill .....925-771-7641  
Rossmoor.....925-988-7703  
San Ramon .....925-973-3250  
Walnut Creek.....925-280-7310
- Eldercare Locator**.....1-800-677-1116
- 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
- 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

**Suicide**

- Contra Costa Crisis Center** .....1-800-833-2900
- Suicide Prevention Hotline** .....1-800-273-8255

**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
- REACH- Utility Assistance Prgrm**.....925-676-6180  
(Salvation Army-Concord)
- Utility Shut-off Assistance** .....1-800-743-5000

**Veterans**

- Contra Costa County Veterans Services**  
.....925-313-1481
- Concord Veterans Center** .....925-680-4526
- Martinez VA Outpatient Clinic**.....925-372-2000
- SHELTER, Inc.** .....925-957-7579
- Veterans Suicide Hotline**.....1-800-273-8255

**Volunteer Opportunities**

- Caring Hands (John Muir)** .....925-952-2999
- 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.211database.org](http://www.211database.org)