

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 Prevention ... 1-800-670-7273

(Tráfico de humanos) (Community Violence Solutions)

Ombudsman of CCC..... 925-685-2070

(Para pacientes en centros de cuidado extendido)

FAMILIAS

STAND! For Families Free of Violence

Abuso de Alcohol y Drogas

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

CENTROS DE DESINTOXICACIÓN

BAART—California Detox Pgm. .. 925-522-0124

Frederick Ozanam Center 925-676-4840

Pueblos del Sol (Hombres) 925-676-2580

The Center for Recovery 925-674-4100

Thunder Road Adolescent Treatment Center

..... 510-653-5040

TRATAMIENTO DE DROGADICCIÓN

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

Crossroads Program Services .. 925-682-5704

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

Power Program Central 925-685-7613

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

PROGRAMAS PARA DEJAR DE FUMAR

California Smokers Helpline 1-800-662-8887

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

Alimentación

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

EBT Card Services 1-877-328-9677

Food Bank of Contra Costa & Solano

Distribución de alimentos 925-676-7543

Bancos de Comida/Almuerzo 211

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

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

(Mujeres embarazadas, lactancia y niños 0-5 años)

Animales

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

CCC Animal Services 925-335-8300

Contra Costa Humane Society .. 925-279-2247

Comida para Mascotas 925-676-7543

Asistencia Económica

CalWORKs (Families)..... 1-877-505-4630

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

Asistencia Médica

Consejera de Salud 1-877-661-6230

Contra Costa Health Services Health Centers

Concord, Martinez 1-800-495-8885

Cuidado Médico para Desamparados Móvil

(CCHS) Call for locations/hours 925-608-5300

CLINICAS COMUNITARIAS

La Clínica Monument 925-363-2005

Planned Parenthood 1-800-230-7526

Concord, San Ramon, Walnut Creek

Respite Health Care Concord 925-608-5300

RotaCare Concord 925-429-6409

HOSPITALES

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

**Ayuda para Pagar Servicios
Públicos**

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 Prgm. 925-676-6180

(Salvation Army-Concord)

Utility Shut-off Assistance..... 1-800-743-5000

Centros de Servicios Múltiples

Monument Crisis Center 925-825-7751

Multi-Service Center 925-685-7613

(Anka Behavioral Health) (Problemas mentales)

Trinity Center 925-949-8712

Clases para Padres

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

**Cuidado de niños/Cuidado de niños
en crisis**

CC Child Care Council 925-676-5437

Head Start Programs/Child Care Services

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

CUIDADO DE NIÑOS EN CRISIS

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

Safe Families (Edad 0-18) 925-566-8050

Cuidado Dental

Berkeley Free Clinic 1-800-625-4642

Contra Costa Health Services Clínicas Dentales

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

Cuidado Dental para Desamparados (Concord)

..... 925-646-5016

Desalojo/ayuda de renta/embargo

**ASISTENCIA: ORDEN DE DESALOJO/
PROPIETARIOS/INQUILINOS**

Bay Area Legal Aid 925-219-3325

ECHO Fair Housing 1-855-275-3246

(Excepto Concord y Pittsburg)

Housing & Economic Rights Advocates

..... 510-271-8443

EMBARGO DE VIVIENDA

Concord Family Service Center. . 925-825-3099

(Catholic Charities of East Bay)

Foreclosure Assistance – HUD... 415-484-6400

Housing & Economic Rights Advocates

..... 510-271-8443

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

ASISTENCIA CON EL PAGO DE RENTA

Concord Family Service Center

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

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

SHELTER, Inc. 925-338-1038

Educación y Alfabetización

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/EDUCACIÓN PARA ADULTOS

Acalanes Adult Education 925-280-3980

Martinez Adult Education..... 925-228-3276

Mt. Diablo Adult Education 925-685-7340

Embarazo

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

Medical Legal Partnership (FMCH)..... 800-880-8047

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

Prenatal Care Guidance 925-313-6254

(CC Health/First 5)

Safely Surrendered Baby 1-800-833-2900

EMBARAZO Y ABUSO DE SUSTANCIAS

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

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

Empleo/Entrenamiento

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

Fallecimiento

Consejería de Duelo 1-800-837-1818

(Contra Costa Crisis Center)

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

Gay, Lesbiana, Bisexual, Transgenero

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

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

Información de Servicios

2-1-1 Contra Costa 211

(Contra Costa Crisis Center)

Information & Assistance for Seniors &

Dependent Adults..... 1-800-510-2020

Internet a Bajo Costo

Access from AT&T..... 1-855-220-5211

Comcast Internet Essentials..... 1-855-846-8376

Intervención de Crisis y Suicidio

Contra Costa Crisis Center 1-800-833-2900
Provee línea de crisis 24 horas al día.
National Suicide Hotlines 1-800-273-8255
Provee línea de crisis 24 horas al día.

Oportunidades para Voluntarios

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
Episcopal Senior Communities... 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

Personas Desamparadas

Bay Area Rescue Mission
Hombres 510-215-4868
Mujeres y Familias 510-215-4860
Berkeley Shelter Bed Hotline 1-866-960-2132
Calli House-Richmond (Joven, 14-21) 1-800-610-9400
**Coordinated Outreach Referral and
Engagement (CORE)** 2-1-1
Ayuda para desamparados y referencias para albergues
de Concord y Brookside.
GRIP Family Emergency Shelter ..510-233-2141
Monument Crisis Center 925-825-7751
Multi-Service Center 925-685-7613
(Anka Behavioral Health) (Problemas mentales)
SHELTER, Inc. 925-338-1038
Shepherd's Gate Brentwood 925-308-7507
Trinity Center 925-949-8712
Winter Night's (ICCCC) 925-435-2074

Salud Mental

**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)
Consejero de Salud Mental(CCHS) 925-957-5139
Contra Costa Crisis Center 1-800-833-2900
Crockett Counseling Center 925-370-6544
First Hope- CCHS 925-681-4450
George Miller Center 925-646-5710
National Alliance for the Mentally Ill (NAMI)
..... 925-942-0767
Power Program (Diagnóstico Doble) ..925-685-7613
(Anka Behavioral Health)
Putnam Clubhouse 925-691-4276
Second Nature Behavioral Health 510-610-4799
The Hume Center 925-825-1793
YWCA Mental Health Program... 925-372-4213

Seguro Medico

Aplicaciones de Medi-Cal 1-800-709-8348
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
Patient Financial Counseling 1-800-771-4270
(Información sobre seguros de salud del Condado)

Servicios de Discapacidad

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

Servicios de Emergencia

American Red Cross 1-800-733-2767
California Poison Control System 1-800-222-1222
CCC Office Emergency Services ..925-646-4461
Emergency Broadcast SystemKCBS740AM
Hazardous Materials Incident Response
..... 925-335-3232
Health Emergency Hotline 1-888-959-9911

Servicios Legales y Mediación

Bay Area Legal Aid924-219-3325
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
(Consejería legal familiar (divorcio, manutención, etc.)
Victim Witness Assistance 925-957-8650

Servicios para Adolescentes

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

Servicios para Ancianos

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 (Programa de almuerzo para ancianos)
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
**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 925-521-5653
Social Security 1-800-772-1213

Servicios para Inmigrantes

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) 925-285-3099
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

SIDAVIH

AIDS Info 1-800-448-0440
Contra Costa AIDS Line 925-313-6771

Transportación

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

Veteranos

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

Violación/Victimias de Crimen

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

Vivienda

Housing Authority Public Housing Wait List
(Excepto Richmond y 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
..... 1-800-375-5283

Necesita ayuda y no sabe a dónde ir?
Marque 2-1-1! o visite www.211database.org