



**GRIP Resource Center CARE Center**  
..... 510-233-2141  
**Monument Crisis Center CARE Capable Center**  
..... 925-825-7751  
**SHELTER, Inc.**..... 925-338-1038  
**Shepherd's Gate - Brentwood** ..... 925-308-7507  
**Trinity Center CARE Center**..... 925-949-8712

**Housing**

**Housing Authority Public Housing Wait List**  
(Except Richmond and Pittsburg) ..... 925-957-8000  
**Housing Authority - Pittsburg**... .. 925-252-4830  
**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 Education**  
Antioch Adult Education..... 925-779-7490  
Liberty Adult Education..... 925-634-2565  
Pittsburg Adult Education..... 925-473-2400  
**Immigration & Naturalization Services**  
(Catholic Charities of the East Bay) .... 925-825-3099  
**Immigration & Citizenship Program**  
(International Institute of the Bay Area) .. 925-237-8581  
**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  
**CCC Bar Association** ..... 925-825-5700  
**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**..... 925-608-1000  
(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  
**Adolescent, Adult and Children's Psychiatric  
Programs**..... 925-674-4265  
(John Muir Health Behavioral Health Center)  
**Antioch Wellness City** ..... 925-732-7930  
**Bay Area Psychotherapy Institute** .. 925-284-2298  
**Community Health for Asian Americans**  
..... 925-778-1667  
**Contra Costa Crisis Center**..... 2-1-1

**Counseling at Village Community Center** (John  
Muir Health Behavioral Health Center).... 925-941-7940  
**Family Advocate Mental Health (CCHS)**  
..... 925-957-5139  
**First Hope- (CCHS)** ..... 925-681-4450  
**National Alliance for the Mentally Ill (NAMI)**  
..... 925-942-0767  
**The Hume Center** ..... 925-432-4118

**Multi-Service Centers**

**SparkPoint Contra Costa East**... .. 925-252-2300  
**Village Community Center**..... 925-626-7892

**Parenting Classes**

**Antioch First 5 Center**..... 925-301-4052  
**Brentwood First 5 Center**..... 925-516-3880  
(Aspiranet)  
**East County First 5 Center (Bay Point)**  
..... 925-301-4040  
**C.O.P.E. Family Support Center**... 925-689-5811  
**Liberty Adult Education**..... 925-634-2565  
**Pittsburg Adult Education**..... 925-473-2400

**Pregnancy**

**Birthingright** ..... 925-634-1586  
**Black Infant Health (CCHS)** ..... 925-313-6254  
**Healthy Families America (CCHS)** ..... 925-313-6254  
**Healthy Start (CCHS)**..... 925-431-2345  
**Independent Adoption Center** ..... 925-827-2229  
**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  
**SUBSTANCE ABUSE & PREGNANCY**  
**Ujima East**..... 925-427-9100  
**Wollam House** ..... 925-427-1384

**Rape/Victims of Crime**

**Community Violence Solutions**.. 1-800-670-7273  
**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)**  
Antioch..... 925-757-7325  
Bay Point..... 925-458-2662  
Brentwood ..... 925-634-5040  
Pittsburg ..... 925-439-2136  
**Covia** ..... 925-956-7396  
**Eldercare Locator**..... 1-800-677-1116  
**Family Caregiver Alliance**..... 1-800-445-8106  
**Information & Assistance for Seniors &  
Dependent Adults**..... 1-800-510-2020  
**In-Home Personal Assistance**..... 925-945-8040  
(Diablo Valley Foundation for the Aging)  
**Meals-on-Wheels** ..... 925-937-8607  
**Medicare Hotline**..... 1-800-633-4227  
**Mobility Matters** ..... 925-284-6161  
**Senior Food Program (Food Bank) Bay Point,**  
Antioch, Brentwood, Oakley, Pittsburg.. 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)  
**REACH Project, Inc Antioch** ..... 925-754-3673  
**REACH Project, Inc Oakley**..... 925-679-2504  
**Teen Parenting Classes** ..... 925-634-2565  
(Liberty Adult Education)  
**Teen Services/SAFE Place**..... 1-800-718-4357  
(Northern California Family Center)

**Transportation**

**Bay Area Travel Information**..... 511  
**BART** ..... 925-676-2278  
**Dial-A-Ride**..... 925-754-3060  
**Mobility Matters** ..... 925-284-6161  
**Tri-Delta Route Info** ..... 925-754-4040

**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 Prgm**... 925-778-0808  
(Salvation Army-Antioch)  
**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.** ..... 925-338-1038  
**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.211database.org](http://www.211database.org)