June 2019
www.211cc.org

East Contra Costa County Resource Guide

Crisis/Suicide Intervention: 2-1-1

Abuse
CHILDREN
Children’s Protective Services 1-877-881-1116

ADULTS
Adult Protective Services 1-877-839-4347

Domestic Violence
1-800-379-1736

Human Trafficking Prevention 1-800-670-7273

Community Violence Solutions
925-685-2070

Ombudsman of CCC
For patients in long-term care facilities
925-685-2070

FAMILIES
STAND! For Families Free of Violence
1-888-215-5555

AIDS/HIV
AIDS Info
1-800-448-0440

Contra Costa AIDS Line 925-313-6771

Alcohol & Drug Abuse
Al-Anon 925-932-6770

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

Alcoholics Anonymous 925-939-4155

DETOX 925-932-8100

Alcohol and Drug Abuse Council of Contra Costa, Inc.
925-685-4357

Pueblos del Sol DUI Program 925-240-7213

DETOX TREATMENT CENTERS
BAART—California Detox Program 925-522-0124

East County Wollam House 925-427-1384

Pueblos del Sol (Men) 925-676-2580

Thunder Road Adolescent Treatment Center 925-653-5040

TREATMENT / COUNSELING
REACH Project - Antioch 925-754-3673

Brentwood 925-666-8460

Oakley 925-679-2504

Ujima East 925-427-9100

SMOKING CESSATION
California Smokers Helpline 1-800-662-8887

Animals
Antioch Animal Services 925-779-6989

Contra Costa Humane Society 925-279-2247

Food Bank of Contra Costa & Solano
Pet food assistance 925-676-7543

Child Care/Crisis Child Care
Coco Kids 925-778-5437

Head Start Programs/Child Care Services
(Contra Costa 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 Refuge For Families (Ages 0-18)
925-566-8050

Crisis and Suicide Intervention
Contra Costa Crisis Center 2-1-1
Provides 24-hour crisis/warm line support.

National Suicide Hotlines 1-800-273-8255

Death & Dying
Grief Counseling 2-1-1
(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

Pittsburg 925-431-2501

Denti-Cal/Medi-Cal Dental Pgm.
925-322-6384

La Clinica Pittsburg Dental Clinic 925-431-1251

Disability Services
California Children’s Services 925-313-6400

CA Dept. of Rehabilitation 925-754-7700

Contra Costa ARC 925-370-1818

Developmental Disabilities Council 925-313-6836

Futures Explorered 925-825-0263

Hearing Loss Association of America
925-264-1199

Dial 711

Independent Living Resource 925-363-7293

In Home Supportive Services
Regional Center of the East Bay 925-691-2300

Social Security 1-800-772-1213

State Council on Developmental Disabilities
Bay Area 925-754-2400

We Care Services for Children 925-671-0777

Education & Literacy

CCD Regional Occupational Program (ROP)
925-942-3358

Contra Costa County Library 800-984-4636

Contra Costa County Office of Education
925-942-3358

Opportunity Junction 925-776-1133

Project Second Chance 925-754-8317

ESL/OED/ADULT EDUCATION
Antioch Adult Education
925-779-7490

Liberty Adult Education 925-634-2565

Pittsburg Adult Education 925-473-2400

Emergency Services
American Red Cross 1-800-272-2237

California Poison Control System 1-800-222-1222

CA Office Emergency Services 925-953-1402

Community Warning System 925-313-9622

Hazardous Materials Incident Response 925-335-3232

Health Emergency Hotline 1-800-959-9911

Employment/Job Training
CALJOBS - Internet www.caljobs.ca.gov
Child Care Job Bank 925-676-5442

(Coco Kids)

Experience Unlimited 925-602-0166

Opportunity Junction 925-776-1133

Rubicon 925-399-8990

SparkPoint Contra Costa East 925-252-2300

Unemployment Insurance, CA 1-800-300-5616

Evictions/Rent Assist./Foreclosures
EVICTION NOTICE ASSISTANCE / LANDLORD TENANT ASSISTANCE
Bay Area Legal Aid 510-250-5270

ECHO Fair Housing 1-855-275-3246
(except Concord and Pittsburg)

Pacific Community Services 925-439-1056

(Family Housing, and Bay Point residents only)

FORECLOSURE ASSISTANCE
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 Services Center 925-825-3099

(Catholic Charities of the East Bay)

Season of Sharing 925-521-5065

SHELTER, Inc. 925-738-1038

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 925-328-9677

Food Bank of Contra Costa & Solano

Groceries, pantries, meals 925-676-7543

Food Pantries/Soup Kitchens 2-1-1

Loaves & Fishes Dining Rooms 925-293-4792

WIC Program
Brentwood 925-513-6880

Pittsburg 925-431-2460

Gay, Lesbian, Bisexual, Transgender
LGBT National Help Center 1-888-843-4564

Rainbow Community Center 925-692-0990

Health Care
Advice Nurse 1-877-661-6230

Contra Costa Health Services Health Centers
Antioch, Bay Point, Brentwood 1-800-495-8885

Health Care for the Homeless Mobile Van
(CCHS) Call for locations/hours 925-608-5300

COMMUNITY CLINICS
Brighter Beginnings - Family Health Clinic
Antioch 925-303-4780

La Clinica Oakley 925-776-8240

La Clinica Pittsburg 925-431-1251

Mobile Health Clinic (John Muir) 925-363-7588

Planned Parenthood – Antioch, Pittsburg
1-800-230-7526

RotaCare Clinic - Pittsburg 925-439-2009

HOSPITALS
Contra Costa Regional Medical Center
1-877-770-5000

Kaiser Medical Center 925-813-6500

Sutter Delta Medical Center 925-779-7200

Health Insurance
Covered California 1-800-300-1506

www.coveredca.com

Child Health & Disability Prevention (CHDP)
1-800-510-2020

Health Insurance Counseling & Advocacy
Kaiser Child Health Plan 1-800-464-4000

Medi-Cal/CalFresh Applications 1-800-709-8348

Patient Financial Counseling 1-800-771-4270

(Information on County health insurance programs)

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Homeless

Bay Area Rescue Mission
Men’s Shelter ........................................ 510-215-4868
Women & Family Shelter ....................... 510-215-4860
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 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

Immigrant & Refugee Services

Cash Assistance Program for Immigrants
........................................ 1-877-905-4630
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) ... 925-237-8551
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
Antioch Wellness City ......................... 925-732-7930
Bay Area Psychotherapy Institute .......... 925-284-2298
Brighter Beginnings - Family Health Clinic
Antioch ............................................ 925-303-4781
Community Health for Asian Americans
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) ............................ 925-608-5300
National Alliance for the Mentally Ill (NAMI)
Contra Costa County ......................... 2-1-1
Outpatient Psychiatric Programs
........................................ 925-674-4265
(John Muir Health Behavioral Health Center)
The Hume Center .............................. 925-432-4118

Parenting Classes

Antioch First 5 Center .......................... 925-301-4052
Brentwood First 5 Center ..................... 925-516-3880
East County First 5 Center (Pittsburg) ....... 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

Birthright ......................................... 925-634-1586
Black Infant Health (CCHS) ................. 925-313-6254
Healthy Families America (CCHS) ........ 925-313-6254
Healthy Start (CCHS) ........................ 925-431-3435
Medical Legal Partnership (FMCH) ...... 800-880-8047
Planned Parenthood ........................... 1-800-230-7526
Prenatal Care Guidance ....................... 925-313-6254
(Con Health Care First)
 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
CC Café (Hot lunch program) ................
Antioch ............................................ 925-757-7325
Bay Point ........................................ 925-458-2662
Brentwood ....................................... 925-634-5040
Concord .......................................... 925-439-2133
Covia .............................................. 925-956-7400
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 .............................. 925-937-8311
Medicare Hotline ............................. 1-800-633-4227
Mobility Matters .............................. 925-284-6161
Senior Food Program (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 ........................................... 925-933-6770
California Youth Crisis Line .......... 1-800-843-5200
New Leaf Treatment Center .......... 1-800-284-5200
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

511 Contra Costa Bay Area Travel Information; 5-1-1
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 (LINEAP) ......................... 925-681-6380
Medical Baseline Program Relief for Energy
........................................ 1-800-743-5000
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
Veterans Suicide Hotline ............... 1-800-273-8255

Volunteer Opportunities

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 Text HOPE to 20121

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