

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 925-313-6771

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

Pueblos del Sol DUI Prgm(Bi-Bett)... 925-240-7213

DETOX TREATMENT CENTERS

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

East County Wollam House..... 925-427-1384

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

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

Thunder Road Adolescent Treatment Center

..... 510-653-5040

TREATMENT / COUNSELING

REACH Project - Antioch 925-754-3673

Oakley 925-679-2504

Ujima East 925-427-9100

SMOKING CESSATION

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

Tobacco Helpline 1-800-844-2439

Animals

Antioch Animal Services..... 925-779-6989

Contra Costa Humane Society .. 925-279-2247

Pet Food Assistance Program .. 925-676-7543

Child Care/Crisis Child Care

CC Child Care Council 925-778-5437

Head Start Programs/Child Care Services

(CCC Community Services Bureau)..... 925-427-8852

CRISIS CHILD CARE

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

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

Crisis and Suicide Intervention

Contra Costa Crisis Center 1-800-833-2900

Provides 24-hour crisis/warm line support.

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

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

Pittsburg 925-431-2501

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

La Clínica Pittsburg Dental Clinic. 925-431-1251

Disability Services

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

CA Dept. of Rehabilitation 925-754-7700

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

Opportunity Junction 925-776-1133

Project Second Chance..... 925-754-8317

(Contra Costa Library)

ESL/GED/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

CCC Office Emergency Services .. 925-646-4461

Emergency Broadcast System..... KCB5740AM

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

(Child Care Council)

Experience Unlimited 925-602-0166

EASTBAY Works, America's Job Center of CA

Antioch..... 925-706-4830

Brentwood 925-634-2195

Opportunity Junction..... 925-776-1133

SparkPoint Contra Costa East... .. 925-252-2300

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

..... www.edd.ca.gov/Unemployment

Evictions/Rent Assist./Foreclosures

EVICTION NOTICE ASSISTANCE/ LANDLORD

TENANT ASSISTANCE

Bay Area Legal Aid 925-219-3325

ECHO Fair Housing 1-855-275-3246

(except Concord and Pittsburg)

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

(Antioch, Pittsburg and Bay Point residents only)

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 Services Center .. 925-825-3099

(Catholic Charities of the East Bay)

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 Rooms .. 925-293-4792

WIC Program – Brentwood 925-513-6880

WIC Program – Pittsburg 925-431-2460

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

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 Clínica Oakley..... 925-776-8240

La Clínica 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

..... 925-370-5000

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)

..... 925-313-6150

HICAP 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)

Homeless

Bay Area Rescue Mission
Men's Shelter.....510-215-4868
Women & Family Shelter.....510-215-4860
Berkeley Shelter Bed Hotline..... 1-866-960-2132
Calli House-Richmond (Youth, 14-21) 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..... 510-233-2141
Monument Crisis Center 925-825-7751
SHELTER, Inc......925-338-1038
Shepherd's Gate - Brentwood925-308-7507
Trinity Center 925-949-8712
Winter Night's (ICCCC) 925-435-2074

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
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
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.....925-219-3325
CCC Bar Association925-825-5700
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 and Children's Psychiatric Programs1-800-680-6555
(John Muir Health Behavioral Health Center)
Community Health for Asian Americans
.....925-778-1667
Contra Costa Crisis Center.....1-800-833-2900

Family Advocate Mental Health (CCHS)
925-957-5139
First Hope- CCHS925-681-4450
National Alliance for the Mentally Ill (NAMI)
.....925-942-0767
The Hume Center925-432-4118

Multi-Service Centers

SparkPoint Contra Costa East...925-252-2300

Parenting Classes

Antioch First 5 Center925-757-5303
(Brighter Beginnings)
Bay Point First 5 Center925-709-0874
C.O.P.E. Family Support Center...925-689-5811
Liberty Adult Education.....925-634-2565
Pittsburg Adult Education.....925-473-2400

Pregnancy

Black Infant Health (CCHS)925-313-6254
Healthy Families America (CCHS)925-313-6254
Healthy Start (CCHS).....925-431-2345
Independent Adoption Center925-827-2229
Medical Legal Partnership (FMCH)...800-880-8047
Planned Parenthood1-800-230-7526
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 House925-427-1384

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 Association1-800-272-3900
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
Brentwood925-634-5040
Pittsburg925-439-2136
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-Wheels925-937-8607
Medicare Hotline.....1-800-633-4227
Mobility Matters925-284-6161
Senior Food Program (Food Bank) Bay Point, Antioch, Brentwood, Oakley, Pittsburg..925-676-7543
Senior Outreach Services925-937-8311
Senior Peer Counseling.....925-521-5636
Social Security.....1-800-772-1213

Teen Services

Alateen925-932-6770
California Youth Crisis Line.....1-800-843-5200
New Leaf Treatment Center925-284-5200
(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 Matters925-284-6161
Tri-Delta Route Info925-754-4040

Utility Assistance

California Alternate Rates for Energy (CARE) Program1-866-743-2273
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 Center925-680-4526
Martinez VA Outpatient Clinic925-372-2000
SHELTER, Inc......925-957-7579
Veterans Suicide Hotline.....1-800-273-8255

Volunteer Opportunities

Caring Hands (John Muir)925-952-2999
Contra Costa Crisis Center925-939-1916
Contra Costa Society for the Prevention of Cruelty to Animals925-825-5156
Episcopal Senior Communities...925-956-7396
Food Bank of Contra Costa & Solano
.....925-676-7543
Meals on Wheels925-937-8607
Mobility Matters925-284-4831
Volunteer Opportunities.....2-1-1

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