

March 2017

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East Contra Costa County Resource Guide



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

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) ..... 925-556-8060

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

Pittsburg ..... 925-431-2501

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

La Clínica Pittsburg Dental Clinic. 925-431-1251

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

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

EVICTON NOTICE ASSISTANCE/ LANDLORD

TENANT ASSISTANCE

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

(except Concord, Pittsburg and Richmond)

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

(Antioch, Pittsburg and Bay Point residents only)

EVICTON COURT SUMMONS 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

..... 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 .....925-313-6166

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

Ayuda para desamparados y referencias para albergues

de Concord y Brookside.

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

Housing

Housing Authority Public Housing Wait List
Housing Authority - Pittsburg... 925-957-8000
Housing Workshop/Shared Housing
Senior & Adults w/ Disabilities.. 1-800-510-2020

Immigrant & Refugee Services

Cash Assistance Program for Immigrants
Immigration & Naturalization Services
Immigration & Citizenship Program
Refugee & Immigrant Services
Refugee Health Program
U.S. Citizenship and Immigration Services

Information & Referral

2-1-1 Contra Costa
Information & Assistance for Seniors & Dependent Adults

Legal & Mediation Services

Bay Area Legal Aid
CCC Bar Association
CCC Dept. of Child Support
CC Senior Legal Services
Family Law Facilitator
Victim Witness Assistance

Low Cost Internet

Access from AT&T
Comcast Internet Essentials

Mental Health

Access Mental Health Appointment Line for Contra Costa County
Adolescent, Adult and Children's Psychiatric Programs
Community Health for Asian Americans
Contra Costa Crisis Center
Family Advocate Mental Health
First Hope- CCHS
National Alliance for the Mentally Ill (NAMI)
The Hume Center

Multi-Service Centers

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

Parenting Classes

Antioch First 5 Center
Bay Point First 5 Center

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)
Healthy Families America (CCHS)
Healthy Start (CCHS)
Independent Adoption Center
Planned Parenthood
Prenatal Care Guidance
Safely Surrendered Baby

SUBSTANCE ABUSE & PREGNANCY

Ujima East
Wollam House

Rape/Victims of Crime

Community Violence Solutions
Rape, Abuse & Incest National Network
Victim Witness Assistance Program

Senior Services

Adult Day Services Network
Alzheimer's Association
An Elderly Wish Foundation
Caring Hands (John Muir)
CC Café (Hot lunch program)
Antioch
Bay Point
Brentwood
Pittsburg
Eldercare Locator
Family Caregiver Alliance
Information & Assistance for Seniors & Dependent Adults
In-Home Personal Assistance
Meals-on-Wheels
Medicare Hotline
Mobility Matters
Senior Food Program
Senior Outreach Services
Senior Peer Counseling
Social Security

Suicide

Contra Costa Crisis Center
Suicide Prevention Lifeline

Teen Services

Alateen
California Youth Crisis Line
New Leaf Treatment Center
REACH Project, Inc
REACH Project, Inc
Teen Parenting Classes
Teen Services/SAFE Place

Transportation

Bay Area Travel Information
BART
Dial-A-Ride
Mobility Matters
Tri-Delta Route Info

Utility Assistance

California Alternate Rates for Energy (CARE) Program
Low-Income Home Energy Assistance Program (LIHEAP)
Medical Baseline Program Relief for Energy
REACH- Utility Assistance Prgm
Utility Shut-off Assistance

Veterans

Contra Costa County Veterans Services
Concord Veterans Center
Martinez VA Outpatient Clinic
SHELTER, Inc.
Veterans Suicide Hotline

Volunteer Opportunities

Caring Hands (John Muir)
Mobility Matters
Volunteer Opportunities

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