

Marzo 2017

www.211database.org

Guía de Recursos Este del Condado



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

..... 1-888-215-5555

SIDA/VIH

AIDS Info ..... 1-800-448-0440

Contra Costa AIDS Line ..... 1-800-287-0200

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

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

CENTROS DE DESINTOXICACIÓN

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

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

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

REACH Project—Antioch ..... 925-754-3673

Oakley ..... 925-679-2504

Ujima East ..... 925-427-9100

PROGRAMAS PARA DEJAR DE FUMAR

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

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

Animales

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

Contra Costa Humane Society . . . 925-279-2247

Comida para Mascotas ..... 925-676-7543

Cuidado de niños/Cuidado de niños en crisis

CC Child Care Council ..... 925-778-5437

Head Start Programs/Child Care Services

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

CUIDADO DE NIÑOS EN CRISIS

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

Safe Families (Edad 0-18)..... 925-556-8060

Fallecimiento

Consejería de Duelo ..... 1-800-837-1818

(Contra Costa Crisis Center)

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

Servicios Dentales

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 ..... 925-431-1251

University California San Francisco Dental

School..... 415-476-1891

University of the Pacific Dental School

San Francisco..... 415-929-6501

Union City..... 510-489-5200

Servicios de Discapacidad

California Children's Services..... 925-9572680

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

Educación y Alfabetismo

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/EDUCACIÓN PARA ADULTOS

Antioch Adult Education ..... 925-779-7490

Liberty Adult Education ..... 925-634-2565

Pittsburg Adult Education ..... 925-473-2400

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 System . KCBS740AM

Hazardous Materials Incident Response

..... 925-335-3232

Health Emergency Hotline ..... 1-888-959-9911

Empleo/Entrenamiento

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

Desalojo/ayuda de renta/embargo

ASISTENCIA: ORDEN DE DESALOJO/

PROPRIETARIOS E INQUILINOS

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

(Excepto Concord, Richmond y Pittsburg)

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

(Solo Residentes de Antioch, Pittsburg y Bay Point)

CITACIÓN JUDICIAL DE DESALOJO

Bay Area Legal Aid..... 925-219-3325

EMBARGO DE VIVIENDA

Concord Family Service Center . 925-825-3099

(Catholic Charities of East Bay) hablan Español

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

ASISTENCIA CON EL PAGO DE RENTA

Concord Family Service Center .. 925-825-3099

(Catholic Charities of East Bay) Hablan Español

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

SHELTER, Inc. .... 925-338-1038

Asistencia Económica

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

General Assistance (Individuals) 1-877-505-4630

Alimentación

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

EBT Card Services ..... 1-877-328-9677

Food Bank of Contra Costa & Solano

Comida, alimentos, despensa ..... 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

Asistencia Medica

Advice Nurse ..... 1-877-661-6230

Contra Costa Health Services Health Centers

Antioch, Bay Point, Brentwood ..... 1-800-495-8885

Clínica de Salud Móvil para Desamparados

(CCHS) Llame por lugar/horario ..... 925-313-6166

CLINICAS COMUNITARIAS

Brighter Beginnings - Family Health Clinic

Antioch..... 925-303-4780

Clínica de Salud Móvil (John Muir)..... 925-363-7588

La Clínica Oakley..... 925-776-8240

La Clínica Pittsburg ..... 925-431-1251

Planned Parenthood – Antioch, Pittsburg

..... 1-800-230-7526

RotaCare Clinic - Pittsburg ..... 925-439-2009

HOSPITALES

Contra Costa Regional Medical Center

..... 925-370-5000

Kaiser Medical Center ..... 925-813-6500

Sutter Delta Medical Center ..... 925-779-7200

Seguro Medico

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 Applications ..... 1-800-709-8348

Patient Financial Counseling..... 1-800-771-4270

(Información sobre seguros de salud del Condado)

**Marzo 2017**

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**Guía de Recursos  
Este del Condado**



**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 (Edad14-21).. 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 Resource Center** .....510-233-2141  
**Monument Crisis Center** ..... 925-825-7751  
**SHELTER, Inc.**.....925-338-1038  
**Shepherd's Gate** (Brentwood)..... .925-308-7507

**Vivienda**

**Housing Authority Public Housing Wait List**

(Excepto Richmond y Pittsburg) ..... .925-957-8084  
**Housing Authority - Pittsburg**... .925-252-4830  
**Housing Workshop/Shared Housing**  
(Independent Living Resources) ..... .925-363-7293  
**SHELTER, Inc.** ..... 925-338-1038  
**Senior & Adults w/ Disabilities** . 1-800-510-2020

**Servicios para Inmigrantes**

**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

**Información de Servicios**

**2-1-1 Contra Costa**..... 211  
(Contra Costa Crisis Center)  
**Information & Assistance for Seniors & Dependent Adults**..... 1-800-510-2020

**Servicios Legales y Mediación**

**Bay Area Legal Aid**..... .925-219-3325  
**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 de Internet a Bajo Costo**

**Access from AT&T**.....1-855-220-5211  
**Comcast Internet Essentials** ..... 1-855-846-8376

**Salud Mental**

**Access Mental Health Appointment Line for Contra Costa County**..... 1-888-678-7277  
**Adolescent, Adult and Children's Psychiatric Programs** ..... 1-800-680-6555  
(John Muir Health Behavioral Health Center)  
**Community Health for Asian Americans**  
..... .925-778-1667  
**Contra Costa Crisis Center**..... 1-800-833-2900  
**Consejero de Salud Mental (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

**Centros de Servicios Múltiples**

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

**Clases para Padres**

**Antioch - Primeros 5** ..... 925-757-5303  
**Bay Point - Primeros 5** ..... 925-709-0874  
**C.O.P.E. Family Support Center** .....925-689-5811  
**Crockett Counseling Center** ..... 925-370-6544  
**Liberty Adult Education**.....925-634-2565  
**Pittsburg Adult Education** ..... .925-473-2400

**Embarazo**

**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  
**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**  
**Ujima East**..... .925-427-9100  
**Wollam House** ..... 925-427-1384

**Violación/Víctimas de Crimen**

**Human Trafficking Hotline**.....1-800-670-7273  
(Tráfico de humanos) (Community Violence Solutions)  
**Rape, Abuse & Incest National Network**  
..... 1-800-656-4673  
**Asistencia para Víctimas de Crimen**  
..... 925-957-8650

**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 caliente)  
Antioch..... .925-757-7325  
Bay Point..... .925-458-2662  
Brentwood ..... .925-634-5040  
Pittsburg ..... .925-439-2136  
**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-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

**Suicidio**

**Contra Costa Crisis Center**..... 1-800-833-2900  
**Prevencion de Suicidio**..... 1-800-273-8255

**Servicios para Adolescentes**

**Alateen**..... 925-932-6770  
**California Youth Crisis Line**..... 1-800-843-5200  
**New Leaf Treatment Center** ..... .925-284-5200  
(Tratamiento de sustancias)  
**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)

**Transportación**

**Bay Area Travel Information**..... 511  
**BART** ..... 925-676-2278  
**Dial-A-Ride** ..... 925-754-3060  
**Mobility Matters** .....925-284-6161  
**Tri-Delta** (Información de rutas) ..... .925-754-4040

**Asistencia de pago para utilidades**

**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

**Veteranos**

**Contra Costa County Veterans Services**  
..... .925-313-1481  
**Concord Veterans Center** ..... .925-680-4526  
**Martinez VA Outpatient Clinic**..... .925-372-2000  
**Supportive Services For Veteran Families**  
(Shelter, Inc.) .....925-957-7579  
**Veterans Suicide Hotline**.....1-800-273-8255

**Oportunidades para Voluntarios**

**Caring Hands (John Muir)** ..... 925-952-2999  
**Mobility Matters** ..... 925-284-4831  
**Volunteer Opportunities**..... 211

Necesita ayuda y no sabe a dónde ir?  
Marque 211! Visite [www.211database.org](http://www.211database.org)