

**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

**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

**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 ..... 925679-2504

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

**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 ..... 925-608-5300

**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

**Ayuda para Pagar Servicios  
Públicos**

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

**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

**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) ..... 925-566-8050

**Cuidado Dental**

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

**Desalojo/ayuda de renta/embargo**

**ASISTENCIA: ORDEN DE DESALOJO/  
PROPRIETARIOS E INQUILINOS**

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

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

(Excepto Concord y Pittsburg)

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

(Solo Residentes de Antioch, Pittsburg y Bay Point)

**EMBARGO DE VIVIENDA**

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

**ASISTENCIA CON EL PAGO DE RENTA**

Concord Family Service Center .. 925-825-3099

(Catholic Charities of East Bay)

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

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

**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

**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

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

**EMBARAZO Y ABUSO DE SUSTANCIAS**

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

Wollam House ..... 925-427-1384

**Empleo/Entrenamiento**

CalJOBS - Internet ..... [www.caljobs.ca.gov](http://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](http://www.edd.ca.gov/Unemployment)

**Fallecimiento**

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

(Contra Costa Crisis Center)

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

**Gay, Lesbian, Bisexual, Transgender**

GLBT National Help Center ..... 1-888-843-4564

Rainbow Community Center ..... 925-692-0090

**Información de Servicios**

2-1-1 Contra Costa ..... 211

(Contra Costa Crisis Center)

Information & Assistance for Seniors &

Dependent Adults ..... 1-800-510-2020

**Internet a Bajo Costo**

Access from AT&T ..... 1-855-220-5211

Comcast Internet Essentials..... 1-855-846-8376

**Intervención de Crisis/Suicidio**

**Contra Costa Crisis Center** ..... 1-800-833-2900  
Provee línea de crisis 24 horas al día.  
**National Suicide Hotlines** ..... 1-800-273-8255  
Provee línea de crisis 24 horas al día.

**Oportunidades para Voluntarios**

**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  
**Episcopal Senior Communities**... 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

**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 (Edad 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.  
**GRIP Resource Center** ..... 510-233-2141  
**Monument Crisis Center** ..... 925-825-7751  
**SHELTER, Inc.** ..... 925-338-1038  
**Shepherd's Gate (Brentwood)** ..... 925-308-7507  
**Trinity Center** ..... 925-949-8712  
**Winter Night's (ICCC)** ..... 925-435-2074

**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  
**Second Nature Behavioral Health** 510-610-4799

**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)

**Servicios de Discapacidad**

**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

**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

**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 para Adolescentes**

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

**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

**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

**SIDA/VIH**

**AIDS Info** ..... 1-800-448-0440  
**Contra Costa AIDS Line** ..... 925-313-6771

**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

**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** ..... 925-338-1038  
**Veterans Suicide Hotline** ..... 1-800-273-8255

**Violación/Victimias de Crimen**

**Asistencia para Victimias de Crimen** ..... 925-957-8650  
**Central Family Justice Center** ..... 925-521-6366  
**Human Trafficking Hotline** ..... 1-800-670-7273  
(Tráfico de humanos) (Community Violence Solutions)  
**Rape, Abuse & Incest National Network** ..... 1-800-656-4673  
**Second Nature Behavioral Health** 510-610-4799

**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

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