

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 Contra Costa, Inc.)

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

Thunder Road Adolescent Treatment Center

..... 510-653-5040

TRATAMIENTO DE DROGADICCIÓN

REACH Project - Antioch 925-754-3673

Brentwood 925-666-8460

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

Asistencia Médica

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

Village Community Resource Center

..... 925-626-7892

Clases para Padres

Antioch/Brentwood - Primeros 5 .. 925-516-3880

Bay Point - Primeros 5 925-301-4040

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

Coco Kids 925-778-5437

Head Start Programs/Child Care Services

(CCC Community Services Bureau)..... 681-6300

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 510-250-5270

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

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

Birthright 925-634-1275

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

Child Care Job Bank 925-676-5442

(Coco Kids)

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

Fallecimiento

Consejería de Duelo 2-1-1

(Contra Costa Crisis Center)

Hospice of the East Bay 925-887-5678

Gay, Lesbian, Bisexual, Transgender

LGBT National Help Center 1-888-843-4564

Rainbow Community Center 925-692-0090

Información de Servicios

2-1-1 Contra Costa 2-1-1

(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 2-1-1

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
- 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

Personas Desamparadas

- Bay Area Rescue Mission**
- Hombres 510-215-4868
- Mujeres y Familias..... 510-215-4860
- Calli House** (Edades 18-24) 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** (ICCCC) 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)
- Bay Area Psychotherapy Institute** 925-284-2298
- Community Health for Asian Americans** 925-778-1667
- Contra Costa Crisis Center** 2-1-1
- 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
- Consejeros Financieros** 1-800-771-4270
- (Información sobre seguros de salud del Condado)

Servicios de Discapacidad

- 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 Explored** 925-825-0263
- Hearing Loss Association of America - Diablo Valley & East Bay Chapter** 925-264-1199
- 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**..... 510-250-5270
- CCC Bar Association** 925-825-5700
- 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** 925-608-1000
- (Consejería legal familiar (Divorcio, manutención, etc.)
- Medical Legal Partnership (FMCH)**...800-880-8047
- 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 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)

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
- Covia**..... 925-956-7396
- 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
- Educación para Ciudadanía**
- 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) ..925-237-8581
- 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
- Línea de respuesta rápida y servicios legales de inmigración en el condado de Contra Costa.
- 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
- Crockett Counseling Center** 925-370-6544
- 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