

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

The Center for Recovery 925-674-4100

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

Clases para Padres

Antioch - Primeros 5 925-757-5303

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**

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/
PROPIETARIOS 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

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

(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

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
- 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..... 1-800-833-2900
- Consejero de Salud Mental (CCHS)
..... 925-957-5139
- First Hope- CCHS 925-681-4450
- National Alliance for the Mentally III (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..... 925-313-6400
- 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.)
- 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
- 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
- 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