

**Abuse/Rape/Substance Abuse**

**STAND! For Families Free Of Violence**  
 ..... 1-888-215-5555  
**Human Trafficking Prevention**... 1-800-670-7273  
 (Community Violence Solutions)  
**Alcohol & Other Drugs Access**.. 1-800-846-1652

**Animals**

**CCC Animal Services** ..... 925-608-8400  
**Contra Costa Humane Society** .. 925-279-2247  
**Pet Food Assistance Program** .. 925-676-7543

**Child Care**

**Coco Kids** Central ..... 925-676-5437  
 East..... 925-778-5437  
 West ..... 510-758-5439  
**Child Care Service- Head Start** (CCC Community Services Bureau) West ..... 925-681-6300  
**CRISIS CHILD CARE**  
**Bay Area Crisis Nursery** (Ages 0-5) .. 925-685-8052  
**Dahlstrom House** (Ages 6-11) ..... 925-685-3695  
**Safe Families** (Ages 0-18)..... 925-566-8050

**Crisis/Suicide Intervention**

**Contra Costa Crisis Center** ..... 2-1-1  
 Provides 24-hour crisis/warm line support.  
**National Suicide Hotlines**..... 1-800-273-8255

**Employment: Job Training**

**CCC Regional Occupational Pgm.** .. 925-942-3368  
**Opportunity Junction** ..... 925-776-1133  
**The Stride Center** ..... 510-234-1300  
**Antioch Adult Education**..... 925-779-7490  
**Liberty Adult Education** ..... 925-634-2565  
**Martinez Adult Education**..... 925-228-3276  
**Mt. Diablo Adult Education** ..... 925-685-7340  
**Pittsburg Adult Education** ..... 925-473-2400  
**West Contra Costa Adult Ed.**..... 510-215-4666  
 ..... 510-231-1453

**Employment**

**Child Care Job Bank** ..... 925-676-5442  
**Experience Unlimited** ..... 925-602-0166  
**EASTBAY Works, America's Job Center of CA**  
 Concord ..... 925-671-4500  
**Lao Family Community Development, Inc.**  
 (One-Stop Affiliate) ..... 510-215-1220  
**RichmondWORKS One-Stop Ctr**... 510-307-8014  
**SparkPoint Contra Costa East**... 925-252-2300  
**SparkPoint Contra Costa West** ... 510-779-3200

**Evictions/Rent Assist./Foreclosures**

**EVICTION NOTICE TENANT RIGHTS/LANDLORD ASSISTANCE**  
**Bay Area Legal Aid**..... 510-250-5270  
**ECHO Fair Housing** ..... 1-855-275-3246  
 (except for Concord & Pittsburg )  
**Housing & Economic Rights Advocates**  
 ..... 1-800-735-2922  
**Pacific Community Services**..... 925-439-1056  
 (Only Antioch, Pittsburg and Bay Point)  
**FORECLOSURE ASSISTANCE**  
**Foreclosure Assistance – HUD**.. 415-489-6400  
**Housing & Economic Rights** ..... 510-271-8443  
**National Foreclosure Hotline** .... 1-888-995-4673  
**Neighborhood Housing Service** .. 510-237-6459  
**Pacific Community Services**..... 925-439-1056

**RENTAL ASSISTANCE**

**Concord Family Service Center** .. 925-825-3099  
**Season of Sharing** ..... 925-521-5065  
**SHELTER, Inc.**..... 925-338-1038

**Financial Assistance**

**CalWORKs/GA** (Families/Individuals) 1-877-505-4630  
**Unemployment Insurance**..... 1-800-300-5616

**Food**

**Food Bank of Contra Costa & Solano**  
 (Groceries, pantries, meals) ..... 1-855-309-3663  
**Food Pantries & Soup Kitchens** ..... 2-1-1  
**Loaves & Fishes Dining Rooms**..... 925-293-4792  
**WIC Program**..... 1-800-414-4942  
 (Pregnant women, breastfeeding or with children 0-5)

**Health Insurance**

**Child Health & Disability Prevention (CHDP)**  
 ..... 925-313-6150  
**Covered California** ..... 1-800-300-1506  
**HICAP** ..... 1-800-510-2020  
 (Health Insurance Counseling and Advocacy)  
**Medi-Cal** ..... 1-800-709-8348  
**Patient Financial Counseling**..... 1-800-771-4270  
 (Information on County health insurance programs)

**Health & Dental Care**

**Advice Nurse** ..... 1-877-661-6230  
**Brighter Beginnings - Family Health Clinic**  
 Antioch..... 925-303-4780  
 Richmond ..... 510-213-6681  
**CC Regional Medical Center** ..... 925-370-5000  
**CCC Health/Dental**..... 1-800-495-8885  
 Antioch, Bay Point, Brentwood, Concord, Martinez,  
 North Richmond, Pittsburg, Richmond  
**Denti-Cal/Medi-Cal Dental Pgm.** ... 1-800-322-6384  
**Dental Services Respite Concord**... 925-608-5016  
**Health Care for the Homeless Mobile Van**  
 (CCHS) Call for locations/hours ..... 925-608-5300  
**La Clínica Monument** ..... 925-363-2005  
**La Clínica Oakley**..... 925-7768200  
**La Clínica Pittsburg**..... 925-431-1251  
**Life Long Medical - Brookside**  
 Richmond..... 510-215-5001  
 San Pablo..... 510-215-9092  
 Pinole..... 510-981-3255  
**Medical Service Respite Concord** ... 925-646-5311  
**Mobile Health Clinic** (John Muir) .... 925-363-7588  
**Planned Parenthood** ..... 1-800-230-7526  
 Antioch, Concord, San Ramon, Richmond, Walnut Creek  
**RotaCare – Concord**..... 925-429-6409  
 Pittsburg ..... 925-439-2009  
 Richmond ..... 510-213-6678

**Homeless Shelters/Drop-In Centers**

**Bay Area Rescue Mission Shelters**  
 Men..... 510-215-4868  
 Women/families..... 510-215-4860  
**Calli House**-Richmond (youth, 18-24) .1-800-610-9400  
**CORE Outreach Team** ..... 2-1-1  
 Homeless outreach to encampments and referrals to  
 Concord and Brookside Shelters.  
**Monument Crisis Center- CARE Capable**  
 Center..... 925-825-7751  
**Multi-Service Centers** CARE Center (Anka  
 Behavioral Health) Central..... 925-685-7613  
**GRIP Family Emergency Shelter- CARE**  
 Center ..... 510-233-2141

**SHELTER, Inc.**..... 925-338-1038  
**Trinity Center CARE Center**..... 925-949-8712

**Housing**

**Contra Costa Housing Authority**... 925-957-8000  
**Housing Authority Pittsburg** ..... 925-252-4830  
**Housing Authority Richmond**..... 510-621-1300  
**Senior & Adults w/ Disabilities**... 1-800-510-2020  
**SHELTER, Inc.** ..... 925-338-1038

**Legal & Mediation Services**

**Bay Area Legal Aid**..... 510-250-5270  
**CCC Bar Association** ..... 925-825-5700  
**CCC Dept. of Child Support** ..... 866-901-3212  
**CCC District Attorney**..... 925-957-2200  
**CC Senior Legal Services** ..... 925-609-7900  
**Conflict Resolution/Mediation**  
 (Center for Human Development)..... 925-349-7344  
**Family Law Facilitator** ..... 925-608-1000  
 (Divorce, child custody, support, paternity issues, help)

**Mental Health**

**CC Mental Health Access Line** .. 1-888-678-7277  
**Adolescent, Adult & Children's Psychiatric Programs** (John Muir Health Ctr)..... 925-674-4265  
**Bay Area Psychotherapy Institute** ..... 925-284-2298  
**Community Health for Asian Americans (CHAA)**  
 Antioch..... 925-778-1667  
 Richmond ..... 510-237-5777  
**Contra Costa Crisis Center**..... 2-1-1  
**Crockett Counseling Center** ..... 925-370-6544  
**Family Advocate Mental Health** ... 925-957-5139  
**First Hope (CCHS)** ..... 925-681-4450  
**National Alliance for the Mentally Ill (NAMI)**  
 ..... 925-942-0767

**Senior Services**

**CC Café** (Hot lunch) ..... 211  
**Information & Assistance for Seniors & Dependent Adults**..... 1-800-510-2020  
**Meals-on-Wheels** ..... 925-937-8607  
**Medicare Hotline**..... 1-800-633-4227  
**Mobility Matters** ..... 925-284-6161  
**Senior Outreach Services**..... 925-937-8311  
**Seniors without Walls**..... 1-877-797-7299

**Utility Assistance**

**California Alternate Rates for Energy (CARE) Program** ..... 1-866-743-2273  
**Low-Income Home Energy Assistance**  
 (LIHEAP) ..... 925-681-6380  
**Medical Baseline Program Relief for Energy**  
 ..... 1-800-743-5000  
**Relief for Energy Asst. (REACH)** .1-800-933-9677  
**Utility Shut-off Assistance** ..... 1-800-743-5000

**Veterans**

**CCC Veterans Services**..... 925-313-1481  
**Concord Veterans Center**..... 925-680-4526  
**Martinez VA Outpatient Clinic**..... 925-372-2000  
**SHELTER, Inc.**..... 925-338-1038  
**Veterans Suicide Hotline**..... 1-800-273-8255