

**Abuso/Violación/Abuso de drogas**

**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

**Albergue/Centros de ayuda**

**Bay Area Rescue Mission Shelters**  
Hombres ..... 510-215-4868  
Mujeres/Familias ..... 510-215-4860  
**Calli House-Richmond** (Jóven, 18- 24) . 1-800-610-9400  
**Centros de Servicios Múltiples CARE Center**  
(Anka Behavioral Health)  
Centro..... 925-685-7613  
**CORE Outreach Team** ..... 2-1-1  
Ayuda para desamparados y referencias para albergues  
de Concord y Brookside.  
**GRIP Emergency Family Shelter CARE Center**  
..... 510-233-2141  
**Monument Crisis Center CARE Capable**  
Center.....925-825-7751  
**SHELTER, Inc.**.....925-338-1038  
**Trinity Center CARE Center** ..... 925-949-8712

**Alimentación**

**Food Bank of Contra Costa & Solano**  
(Distribución de alimentos).....1-855-309-3663  
**Food Pantries & Soup Kitchens** ..... 2-1-1  
**Loaves & Fishes Dining Rooms**... 925-293-4792  
**WIC Program**..... 1-800-414-4942  
(Mujeres embarazadas, lactando o padres con niños 0-5 años)

**Animales**

**CCC Animal Services** .....925-608-8400  
**Contra Costa Humane Society** ..925-279-2247  
**Comida para mascotas** ..... 925-676-7543

**Asistencia Económica**

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

**Asistencia Medica y Servicios Dentales**

**Brighter Beginnings – Clínicas/Salud Familiar**  
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,  
N. Richmond, Pittsburg, Richmond  
**Clínica de Salud Móvil** (John Muir).....925-363-7588  
**Clínica de Salud Móvil para Desamparados**  
(CCHS) Llame para hora/lugar .....925-608-5300  
**Consejera de Salud** ..... 1-877-661-6230  
**Denti-Cal/Medi-Cal Dental Pgm**.... 1-800-322-6384  
**Health Emergency Hotline** ..... 1-888-959-9911  
**La Clínica Monument** ..... 925-363-2005  
**La Clínica Oakley**..... 925-7768200  
**La Clínica Pittsburg Dental/Medical** 925-431-1251  
**Life Long Medical-Brookside**  
Richmond ..... 510-215-5001  
San Pablo(Cuidado urgente y dental) .....510-215-9092  
**Servicio Dental/Desamparados**..... 925-608-5016  
**Servicio Médico/Desamparados** ..... 925-608-5300  
**Planned Parenthood**.....1-800-230-7526  
**RotaCare – Concord**..... 925-429-6409  
Pittsburg..... 925-439-2009  
Richmond..... 510-213-6678

**Ayuda con Pago de Utilidades**

**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

**Cuidado Infantil**

**Coco Kids** Centro..... 925-676-5437  
Este.....925-778-5437  
Oeste.....510-758-5439

**Child Care Service- Head Start**  
(CCC Community Services Bureau)  
Centro/Este ..... 925-681-6300

**CUIDADO DE NIÑOS DURANTE CRISIS**

**Bay Area Crisis Nursery** (Edades 0-5) . 925-685-8052  
**Dahlstrom House** (Edades 6-11) ..... 925-685-3695  
**Safe Families** (Edades 0-18) ..... 925-556-8060

**Desalojo/ayuda con renta/embargo vivienda**

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

**Bay Area Legal Aid** .....510-250-5270  
**ECHO Fair Housing** ..... 1-855-275-3246  
(Excluyendo Concord y Pittsburg)  
**Housing & Economic Rights Advocates**  
..... 1-800-735-2922  
**Pacific Community Services**..... 925-439-1056  
(Solamente Antioch, Pittsburg y Bay Point)

**EMBARGO DE VIVIENDA**

**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

**AYUDA CON PAGO DE RENTA**

**Caridades Católicas** ..... 925-825-3099  
**Season of Sharing**..... 925-521-5065  
**SHELTER, Inc.** ..... 925-338-1038

**Empleo**

**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** ..... 510-307-8014  
**SparkPoint Contra Costa East**... 925-252-2331  
**SparkPoint Contra Costa West**... 510-779-3200

**Entrenamiento de Empleo**

**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

**Intervención de Crisis/Suicidio**

**Contra Costa Crisis Center**..... 2-1-1  
**National Suicide Hotlines**..... 1-800-273-8255

**Salud Mental**

**Abogado de Salud Mental (CCHS)** .....925-957-5139  
**Access Mental Health Apt. Line**..1-888-678-7277  
**Adolescent, Adult & Children's Psychiatric Programs** (John Muir)..... 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 Línea de Crisis**..... 2-1-1  
**Crockett Counseling Center** ..... 925-370-6544  
**First Hope (CCHS)** ..... 925-681-4450  
**National Alliance for the Mentally Ill (NAMI)**  
..... 925-942-0767

**Seguro Médico**

**Child Health & Disability Prevention (CHDP)**  
..... 925-313-6150  
**Covered California** ..... 1-800-300-1506  
**HICAP** ..... 1-800-510-2020  
(Health Insurance Counseling & Advocacy)  
**Medi-Cal** ..... 1-800-709-8348  
**Consejeros Financieros**..... 1-800-771-4270  
(Información para coberturas de salud del condado)

**Vivienda**

**Contra Costa Housing Authority**...925-957-8000  
**Housing Authority Pittsburg** ..... 925-252-4830  
**Housing Authority Richmond**..... 510-621-1300  
**Ancianos/Adultos discapacitados**..1-800-510-2020  
**SHELTER, Inc.**.....925-338-1038

**Servicios Legales y Mediación**

**Bay Area Legal Aid**.....510-250-5270  
**Referencias de Abogados**..... 925-825-5700  
(Contra Costa County Bar Association)  
**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**..... www.cc-courts.ca.gov  
(Divorce, child custody, support, paternity issues, help)

**Servicios para Ancianos**

**CC Café** (almuerzo caliente) .....211  
**Covia** ..... 1-877-797-7299  
**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

**Veteranos**

**Berkeley Food & Housing Project**.855-862-1804  
**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