

**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 (Anka Behavioral Health) Centro**.....925-685-7613  
Oeste ..... 510-232-7571  
**CORE Outreach Team** ..... 2-1-1  
Ayuda para desamparados y referencias para albergues de Concord y Brookside.  
**GRIP Emergency Family Shelter** ..510-233-2141  
**Monument Crisis Center** ..... 925-825-7751  
**SHELTER, Inc.**.....925-338-1038  
**Trinity Center** ..... 925-949-8712

**Alimentación**

**Bay Area Rescue Mission** ..... 510-215-4887  
**Food Bank of Contra Costa & Solano**  
(Distribución de alimentos)..... 1-855-309-3663  
**Food Pantries & Soup Kitchens** ..... 2-1-1  
**GRIP Souper Center** .....510-233-2141  
**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  
**Community Housing Dev. Corp.** ..510-412-9290  
**Critical Family Needs** .....925-825-3099  
**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  
**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**  
Antioch..... 925-706-4830  
Brentwood ..... 925-634-2195  
Concord ..... 925-671-4500  
San Pablo ..... 510-412-6740  
**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)**..... 1-800-680-6555  
**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  
**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  
(Consejería legal: divorcio, custodia, manutención, etc.)

**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**

**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