## Anger Management Classes
- C.O.P.E. Family Support Center: 925-689-5811
- Crockett Counseling: 925-370-6544
- Mt. Diablo Adult Education: 925-685-7340
- Saving Our Sons and Daughters: 925-432-4200
- Second Nature Behavioral Health: 510-610-4799
- STAND! For Families Free of Violence: 1-888-215-5555
- West Contra Costa Adult Education Center: 510-215-4666

## Crisis and Suicide Intervention
- Contra Costa Crisis Center: 2-1-1
- Provides 24-hour crisis/warm line support.
- National Suicide Hotlines: 1-800-273-8255
- Trevor Helpline: 1-866-488-7386

## Dental
- Contra Costa Health Services Dental Clinics: 1-877-905-4545
- Bay Point Children’s Dental: 925-427-8302
- Martinez: 925-370-5300
- Pittsburg: 925-431-2501
- San Pablo: 510-231-9540
- Dental Hygiene Clinic (Diablo Valley College): 925-969-2692
- Respite Dental Care Concord: 925-608-5016
- Denti-Cali/Medi-Cali Dental Program: 800-322-6384
- La Clinica Monument: 925-363-2005
- La Clinica Pittsburg Dental Clinic: 925-431-1251
- Lifelong Medical Care - Brooksie: 510-215-9092
- Pinole: 510-981-3255

## Expectant/New Parent
- Breastfeeding
  - Contra Costa Breastfeeding Advice Line: 1-866-878-7776
  - Leache Leage: 1-800-525-3243

## Child Abuse
- Child Abuse Prevention Council: 925-798-0546
- Children & Family Services Central: 925-602-9300
- East: 510-522-7400
- West: 510-231-8100

## Child Care/Child Care Subsidies
- Coco Kids – Central: 925-676-5437
- East: 925-778-5437
- West: 925-758-5439
- Head Start Programs (CCC Community Services): 925-681-6300

## CRISIS CHILD CARE
- Bay Area Crisis Nursery (Ages 0-5): 925-685-8052
- Dahstrom House (Ages 6-11): 925-685-3695
- Safe Families (Ages 0-18): 925-566-8050

## Child Custody
- Bay Area Legal Aid West: 510-250-5270
- East/Central: 925-219-3325
- CCC Dept. of Child Support: 1-866-901-3212
- Family Law Facilitator: 925-608-1000

## Child/Family/Community Services
- Access Mental Health Appointment Line for Contra Costa County: Mental Health Crisis Unit, Central/East/West, Youth/Families/Adults Services: 1-888-678-7277
- Bay Area Psychotherapy Institute: 925-284-2298
- Center for Human Development: 925-687-8844
- Community Health for Asian Americans: 925-778-1667
- CCC Community Services: 510-233-7555
- Conflict Resolution/Mediation (For Contra Costa County): 925-349-7344
- Early Childhood Mental Health: 510-837-6902

## Financial Assistance
- CalWORKs (Families): 1-877-505-4630
- Cash Assistance Program for Immigrant Families (CAP): 1-877-505-4630
- CCC Community Services: 1-866-901-3212
- General Assistance (Individuals): 1-877-505-4630

## First 5 Centers
- Antioch First 5 Center: 925-301-4052
- Bay Point First 5 Center: 925-301-4040
- Delta First 5 Center: 925-516-3880
- Monument Community First 5 Center: 925-849-8861
- West County First Richmond Center: 510-233-5890
- West County First San Pablo Center: 510-232-5650

## Food
- CalFresh (food stamps): 1-877-505-4630
- Groceries, Pantries, Meals: 1-855-309-3663

## LGBTQ Parenting
- LGBT National Help Center: 1-888-843-4564
- Parents, Families & Friends of Lesbians & Gays (PFLAG): 510-231-6681
- Rainbow Community Center: 925-692-0990

## Medical Care
- Advice Nurse: 1-877-661-6230
- Brighter Beginnings - Family Health Clinic
  - Antioch: 925-303-4780
  - Richmond: 510-213-6681
- Contra Costa Health Services Health Centers: 1-800-495-8885

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healthy start
brighter beginnings
(early childhood mental health program)

anti-wyca of contra costa

prenatal care guidance
(early childhood mental health program)

liberty adult education
c.o.p.e. family support center
liberty adult education
mt. diablo adult education
primeros nuestros niños
(the latina center)
second nature behavioral health
west contra costa adult education center

parenting education

autism family support project
(c.o.p.e. family support center)
crockett counseling center
liberty adult education
mt. diablo adult education
parent support groups & edu.
(pre-early childhood mental health program)
prenatal care guidance
(primeros nuestros niños)
west contra costa family support center
ywca of contra costa

parent/child activity groups

antioch first 5 center
bay point first 5 center
contra costa county library
delta first 5 center
family literacy program
(contra costa county)
monument community first 5 center
mt. diablo adult education
west contra costa first 5 richmond
west contra costa first 5 san pablo

postpartum depression

parent support groups & edu.
postpartum depression (ppd) helpline
welcome home baby
(aspirant)

pregnancy/prenatal care

black infant health
brighter beginnings
antioch
richmond
healthy families america
healthy start (chhs)

west...

510-231-9469
510-215-5001
510-215-9092
510-232-0756
510-232-0874
510-435-2145
510-231-9469
510-233-7505
510-435-2145
510-927-4505
510-236-0700
510-925-5500
510-944-6850
510-233-7505
510-232-0500
510-215-9092
510-232-0756
510-215-9092
510-232-0756
510-215-9092
510-232-0756
510-232-0756

lighthouse for the blind and visually
impaired

lynn center early intervention services
children 0-6
national ca fragile x association

national resource center on adhd

national resource center on adhd

regional center of the east bay
(respite care program)
(respite program)

special needs child care project
(coco kids)

through the looking glass

united cerebral palsy of the golden gate

we care services for children

teen parents

ca youth crisis line

through the looking glass

wraparound services

care parent network

community health for asian americans

central

early childhood mental health program

wraparound support

early intervention

fred finch therapeutic behavioral services

lynn center early intervention services

wraparound services

(we care services for children)

need help and don’t know where to go?

24/7 spanish & english

for more resource information, go to: www.211cc.org

this resource guide is a collaborative effort of the contra costa crisis center and first 5 contra costa