June 2019
www.211cc.org
Contra Costa County
HELP ME GROW PARENTING GUIDE

Welcome Home Baby .......................... 925-753-2156
(A SPIR Anet)

Pregnancy/Prenatal Care

Black Infant Health (CHHS) ........ 925-313-6254
Brighter Beginnings ........................... 925-303-4780
Antioch ........................................ 925-303-4780
Richmond ...................................... 925-213-6681
Healthy Families America (CHHS) .... 925-313-6254
Healthy Start (CHHS) Central ........ 925-370-5495
East ............................................. 925-431-2345
West ............................................. 925-231-9499
LifeLong Medical Care - Brookside ... 925-215-5001
San Pablo (urgent care) ................. 925-215-9092
Planned Parenthood Antioch, ... 1-800-230-7526
Concord, Richmond, San Ramon, Walnut Creek
Prenatal Care Guidance (CHHS) .......... 925-313-6254
Safely Surrendered Baby ............... 2-1-1

SUBSTANCE ABUSE & PREGNANCY
BAArt East .................................. 925-522-0124
Healthy Start (CHHS) – Central .......... 925-370-5495
Healthy Start (CHHS) – East .............. 925-431-2345
West ............................................. 925-231-9499
La Casa Ujima Residential .......... 925-229-0230
La Casa Central Mother Program Ujima 925-691-5083
The Rectory Women’s Recovery Center 925-236-3134
Ujima Outpatient East .................. 925-427-9100
Ujima Outpatient West ................. 925-215-2280
Wollam House ............................. 925-427-1384

School Districts

Acalanes Union High School District 925-293-3000
Antioch Unified School District ... 925-779-7500
Brentwood Union School District .... 925-513-6300
Byron Union School District .......... 925-809-7500
Canyon School District .................. 925-376-4671
Contra Costa County Office of Education 925-942-3388
John Swett Unified School District ... 925-245-4300
Knightsen School District .............. 925-625-0073
Lafayette School District .............. 925-927-3500
Liberty Union High School District ... 925-634-2166
Martinez Unified School District .... 925-335-5800
Moraga School District .................. 925-376-5943
Mt. Diablo Unified School District ... 925-682-8000
Oakley Union Elementary School District 925-625-0700
Orinda Union School District .......... 925-254-4901
Pittsburg Unified School District .... 925-473-2300
San Ramon Valley Unified School District 925-552-5500
Walnut Creek School District .......... 925-944-6850
West Contra Costa Unified School District 925-231-1100

Special Needs Services

Ability Tools ................................ 1-800-390-2699
State Council on Developmental Disabilities Bay Area ... 925-286-0439
Asian Community Mental Health District 925-970-9750
Bay Respite Care ........................... 707-644-4491
California Children’s Services ........ 925-313-6400
Center for Accessible Technology 925-841-3224
Center for Early Intervention on Deafness 925-848-4800

Contra Costa ARC ............................ 925-370-1818
Contra Costa Office of Education 925-942-3389
Deaf Counseling, Advocacy & Referral (DCARA) ............................... 925-343-6670
Developmental Disabilities Council 925-313-6836
Down Syndrome Connection ............. 925-362-8660
Early Childhood Mental Health .......... 925-837-6902
Early Intervention Services (Easter Seals Bay Area) East/Central ............. 925-849-8999
West ........................................... 510-457-5800
Help Me Grow ............................... 2-1-1
LightHouse for the Blind and Visually Impaired .............................. 1-800-400-8933
Lynn Center Early Intervention Services Children 0-6 ...................... 925-439-9628
National CA Fragile X Association .............................. 1-800-688-8765
National Resource Center on ADHD ....................................... 1-800-233-4050
Regional Center of the East Bay 925-691-2300
Respite Care Program ..................... 925-834-2443
(Family Support Services of the Bay Area)
Respite Program ............................. 510-527-2550
(Ala Costa Center)
Special Needs Child Care Project 925-676-5442
Through The Looking Glass ............. 1-800-644-2666
United Cerebral Palsy of the Golden Gate ..................................... 510-832-7430
We Care Services for Children .......... 925-671-0777

Teen Parents

CA Youth Crisis Line ....................... 1-800-843-5200
Through The Looking Glass ............ 1-800-644-2666

Wraparound Services

Care Parent Network ...................... 925-313-0999
Community Health for Asian Americans
East ............................................ 925-778-1667
West ........................................... 510-233-7555
Contra Costa Family Justice Center Central ...................................... 510-521-6366
West ........................................... 510-974-7200
Early Childhood Mental Health Program
Wraparound Support ...................... 925-412-9200
Early Intervention– (George Miller) Central ........................................ 525-646-5710
West ............................................ 510-374-3981
Familias Unid as ............................ 925-412-5930
Fred Finch Therapeutic Behavioral Services .............................. 925-482-2244
Lynn Center Early Intervention Services Children 0-6 ...................... 925-439-9628
Wraparound Services .......................... 925-671-0777
(We Care Services for Children)

Parent/Child Activity Groups

All Abilities Playgroups .................... 800-984-4636
Antioch First 5 Center ..................... 925-301-4052
East County First 5 Center ............. 925-301-4052
Contra Costa County Library .......... 800-984-4636
Delta First 5 Center ....................... 925-516-3880
Family Literacy Program ................ 510-236-3900
Monument Community First 5 Center 925-849-8861
Mt. Diablo Adult Education ............ 925-685-7340
We Care Developmental Playgroups ................................................................
West County First 5 Richmond ........ 925-333-5800
West Contra Costa First 5 San Pablo 925-232-5680

Postpartum Depression

Parent Support Groups & Edu. .... 925-412-9200
(Early Childhood Mental Health Program)
Postpartum Depression (PPD) Helpline ........................................... 1-800-944-4773

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