

Anger Management Classes

Alpha Family Services 510-435-5298
C.O.P.E. Family Support Center ..925-689-5811
Crockett Counseling Center 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

Child Abuse

Children's Protective Services .. 1-877-881-1116
Human Trafficking Prevention... 1-800-670-7273
 (Community Violence Solutions)
National Child Abuse Hotline..... 1-800-422-4453
A Step Forward 925-685-9670

Child Abuse Prevention

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

Child Care/Child Care Subsidies

CC Child Care Council – Central ..925-676-5437
 East..... 925-778-5437
 West 510-758-5439
Head Start Programs (CCC Community Services
 Bureau) East/Central 925-427-8852
 West..... 510-374-7144

CRISIS CHILD CARE

Bay Area Crisis Nursery (Ages 0-5) ..925-685-8052
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 Counseling

**Access Mental Health Appointment Line for
 Contra Costa County: Mental Health Crisis Unit,**
 Central/East/West; Youth/Families/Adult Services
 1-888-678-7277
Community Counseling Center ..925-798-9240
 (John F. Kennedy University)
Community Health for Asian Americans
 East..... 925-778-1667
 West..... 510-233-7555
Early Childhood Mental Health .. 510-837-6902
 (Children ages 0-6)
Familias Unidas Counseling & Information
 510-412-5930
Family Advocate Mental Health (CCHS)
 925-957-5139
First Hope (CCHS) 925-681-4450
Second Nature Behavioral Health 510-610-4799
The Hume Center Central 925-825-1793
 East 925-432-4118
YWCA Mental Health Program... 925-372-4213
Wraparound Services/Case Management
Community Health for Asian Americans
 East..... 925-778-1667
 West..... 510-233-7555

Early Intervention- (George Miller)

Central 925-646-5710
 West..... 510-374-3981
Wraparound Services..... 925-671-0777
 (We Care Services for Children)

Crisis and Suicide Intervention

Contra Costa Crisis Center.....1-800-833-2900
 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 925-969-2692
 (Diablo Valley College)
Dental Services Respite Concord...925-646-5016
Denti-Cal/Medi-Cal Dental Program
 1-800-322-6384
La Clínica Monument 925-363-2005
La Clínica Pittsburg Dental Clinic 925-431-1251
Lifelong Medical Care - Brookside
 San Pablo..... 510-215-9092

Expectant/New Parent

BREASTFEEDING

Contra Costa Breastfeeding Advice Line
 1-866-878-7767
La Leche League 1-800-525-3243

NEW PARENT

Black Infant Health 925-313-6254
 (CCHS)
Child Abuse Prevention Council..925-798-0546
Healthy Families America (CCHS)925-313-6254
Medical Legal Partnership (FMCH)...800-880-8047
Prenatal Care Guidance..... 925-313-6254
 (CC Health/First 5)
Welcome Home Baby (ASPIRAnet)..925-753-2156

Eye Exam/Glasses/Hearing Aids

Hear NOW 1-800-648-4327
Lions Center for the Visually Impaired
 925-432-3013
The Hearing Foundation 1-800-327-8077
University California Berkeley
Eye Care Center..... 510-642-2020

Financial Assistance

CalWORKs (Families) 1-877-505-4630
**Cash Assistance Program for Immigrant
 Families** (CAPI)..... 1-877-505-4630
CCC Dept. of Child Support..... 1-866-901-3212
Critical Family Needs..... 925-825-3099
 (Catholic Charities)
General Assistance (Individuals) . 1-877-505-4630

First 5 Centers

Antioch First 5 Center 925-757-5303
Bay Point First 5 Center 925-709-0874
Delta First 5 Center..... 925-516-3880
Monument Community First 5 Center 925-849-8861
West County First 5 Richmond Center
 510-233-5890
West County First 5 San Pablo Center
 510-232-5650

Food

CalFresh (food stamps) 1-877-505-4630
 (Contra Costa Employment and Human Services)
EBT Card Services 1-877-328-9677
Food Bank of Contra Costa & Solano
 Groceries, pantries, meals 1-855-309-3663
**Food Pantries/Soup Kitchens/Food Resource
 Programs** 2-1-1
Loaves & Fishes Dining Rooms . 925-293-4792
 Antioch, Martinez, Oakley
WIC Program..... 1-800-414-4942
 (Pregnant women breastfeeding or with children 0-5)

Health Insurance

Patient Financial Counselors.... 1-800-771-4270
Child Health & Disability Prevention (CHDP)
 925-313-6150
Covered California 1-800-300-1506
 www.coveredca.com
Kaiser Child Health Plan 1-800-464-4000

Homeless Families

Bay Area Rescue Mission Shelters
 Men..... 510-215-4868
 Women/families..... 510-215-4860
**Coordinated Outreach Referral and
 Engagement (CORE)** 2-1-1
 Homeless outreach to encampments and referrals to
 Concord and Brookside Shelters.
GRIP Family Emergency Shelter ..510-233-2141
Monument Crisis Center 925-825-7751
Multi-Service Centers (CARE Center) (Anka
 Behavioral Health) Central 925-685-7613
 West..... 510-232-7571
SHELTER, Inc. 925-338-1038
Trinity Center 925-949-8712
Winter Night's (ICCCC) 925-435-2074

Housing

Housing Authority of Contra Costa County
 (Administration) 925-957-8000
Pittsburg Housing Authority..... 925-252-4830
Richmond Housing Authority..... 510-621-1300

LANDLORD/TENANT

Housing and Economic Advocates (HERA)
 510-271-8443
Pacific Community Services..... 925-439-1056

RENTAL ASSISTANCE

Concord Family Service Center ..925-825-3099
 (Catholic Charities)
Season of Sharing..... 925-521-5065
SHELTER, Inc. 925-338-1038

Kinship Support Services

Kinship Support Services (EMQ FamiliesFirst)
 Central 925-602-1750
 East..... 925-222-2129
 West 510-215-4671

LGBTQ Parenting

GLBT National Help Center..... 1-888-843-4564
**Parents, Families & Friends of Lesbians & Gays
 (PFLAG)**—Internet to find local group ...www.pflag.org
Rainbow Community Center..... 925-692-0090

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
 Antioch, Bay Point, Brentwood, Concord, Martinez,
 Pittsburg, San Pablo
Health Care for the Homeless Mobile Van
 (CCHS) Call for locations/hours 925-608-5300
La Clínica Monument 925-363-2005
La Clínica Oakley 925-776-8240
La Clínica Pittsburg..... 925-431-1251
Lifelong Medical Care - Brookside
 Richmond 510-215-5001
 San Pablo (urgent care)..... 510-215-9092
Mobile Health Clinic John Muir..... 925-363-7588
Planned Parenthood..... 1-800-230-7526
RotaCare Clinic Concord 925-429-6409
RotaCare Clinic Pittsburg 925-439-2009
RotaCare Clinic Richmond 510-213-6678

Parenting Classes

Bay Point First 5 Center 925-709-0874
Child Abuse Prevention Council. 925-798-0546
Crockett Counseling Center 925-370-6544
C.O.P.E. Family Support Center ..925-689-5811
Liberty Adult Education 925-634-2565
Mt. Diablo Adult Education..... 925-685-7340
Primeros Nuestros Niños 510-233-8595
 (The Latina Center)
Second Nature Behavioral Health 510-610-4799
West Contra Costa Adult Education Center
 510-215-4666

Parenting Education

Autism Family Support Project ... 925-671-0777
 (We Care Services for Children)
C.O.P.E. Family Support Center ..925-689-5811
Crockett Counseling Center 925-370-6544
Liberty Adult Education 925-634-2565
Mt. Diablo Adult Education..... 925-685-7340
Parent Support Groups & Edu. ... 510-837-6902
 (Early Childhood Mental Health Program)
Prenatal Care Guidance (CCHS)..... 925-313-6254
Primeros Nuestros Niños (Latina Center) 510-233-8595
West County First 5 Richmond.. 510-233-5890
YWCA of Contra Costa..... 925-372-4213

Parent/Child Activity Groups

Antioch First 5 Center 925-757-5303
Bay Point First 5 Center..... 925-709-0874
Delta First 5 Center..... 925-516-3880
Family Literacy Program..... 510-236-3900
 (Catholic Charities of the East Bay)
Monument Community First 5 Center 925-849-8861
Mt. Diablo Adult Education..... 925-685-7340
West County First 5 Richmond.. 510-233-5890
West County First 5 San Pablo.. 510-232-5650

Postpartum Depression

Parent Support Groups & Edu. ... 510-412-9200
 (Early Childhood Mental Health Program)
Postpartum Depression (PPD) Helpline
 1-800-944-4773
Welcome Home Baby 925-753-2156
 (ASPIRAnet)

Pregnancy/Prenatal Care

Black Infant Health(CCHS) 925-313-6254
Brighter Beginnings
 Antioch..... 925-303-4780
 Richmond 510-213-6681
Healthy Families America (CCHS) 925-313-6254
Healthy Start (CCHS) Central..... 925-370-5495
 East..... 925-431-2345
 West..... 510-231-9469
Independent Adoption Center ... 1-800-877-6736
Lifelong Medical Care - Brookside
 Richmond 510-215-5001
 San Pablo (urgent care) 510-215-9092
Planned Parenthood Antioch, ... 1-800-230-7526
 Concord, Richmond, San Ramon, Walnut Creek
Prenatal Care Guidance (CCHS)..... 925-313-6254
Safely Surrendered Baby..... 1-800-833-2900
SUBSTANCE ABUSE & PREGNANCY
BAART-East 925-522-0124
 West 510-232-0874
Healthy Start (CCHS) – Central..... 925-370-5495
 East..... 925-431-2345
 West..... 510-231-9469
La Casa Ujima Residential..... 925-229-0230
La Casa Central Mothers' Program Ujima
 925-691-5083
The Rectory Women's Recovery Center
 510-236-3134
Ujima Outpatient East..... 925-427-9100
Ujima Outpatient West 510-215-2280
Wollam House..... 925-427-1384

School Districts

Acalanes Union High School District. 925-280-3900
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
 510-245-4300
Knighten 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
 510-231-1100

Special Needs Services

Ability Tools 1-800-390-2699
State Council on Developmental Disabilities
Bay Area 510-286-0439
Asian Community Mental Health ..510-970-9750
Bay Respite Care 707-644-4491
California Children's Services ... 925-957-2680
Care Parent Network 925-313-0999
Center for Accessible Technology ... 510-841-3224
Contra Costa ARC 925-370-1818
Deaf Counseling, Advocacy & Referral
(DCARA)..... 510-343-6670

Developmental Disabilities Council..925-313-6836
Down Syndrome Connection 925-362-8660
Early Childhood Mental Health .. 510-837-6902
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..... 1-888-400-8933
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..... 510-834-2443
 (Family Support Services of the Bay Area)
Respite Program..... 510-527-2550
 (Ala Costa Center)
Special Needs Child Care Project.925-676-5442
 (Contra Costa Child Care Council)
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

**Need help and
 don't know
 where to go?**

Call 211
24/7 Spanish & English

For more resource
 information, go to:
www.211database.org

This resource guide is a
 collaborative effort of the
 Contra Costa Crisis Center and
 First 5 Contra Costa

