

Anger Management Classes

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

Coco Kids – Central 925-676-5437
 East..... 925-778-5437
 West 510-758-5439
 Head Start Programs (CCC Community Services
 Bureau) 925-681-6300

CRISIS CHILD CARE

Bay Area Crisis Nursery (Ages 0-5) ..925-685-8052
 Dahlstrom 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 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
 Bay Area Psychotherapy Institute.....925-284-2298
 Center for Human Development...925-687-8844
 Community Health for Asian Americans
 East..... 925-778-1667
 West..... 510-233-7555
 Conflict Resolution/Mediation
 (Center for Human Development)..... 925-349-7344
 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
 John Muir at Village Community Resource
 Center 925-941-7940
 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

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 925-969-2692
 (Diablo Valley College)
 Respite Dental Care Concord 925-608-5016
 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
 Pinole 510-981-3255

Expectant/New Parent

BREASTFEEDING
 Contra Costa Breastfeeding Advice Line
 1-866-878-7767
 La Leche League 1-800-525-3243
NEW PARENT
 Birthright 800-550-4900
 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
 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 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 CARE Center
510-233-2141

Monument Crisis Center CARE
 Capable..... 925-825-7751
 Multi-Service Center (CARE Center) (Anka
 Behavioral Health) Central 925-685-7613
 SHELTER, Inc..... 925-338-1038
 Trinity Center CARE Center..... 925-949-8712

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
 Conflict Resolution/Mediation**
 (Center for Human Development)..... 925-349-7344
 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

LGBT 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/hours925-608-5300
La Clínica Monument925-363-2005
La Clínica Oakley925-776-8240
La Clínica Pittsburg925-431-1251
Lifelong Medical Care - Brookside
 Richmond510-215-5001
 San Pablo (urgent care)510-215-9092
Mobile Health Clinic John Muir.....925-363-7588
Planned Parenthood.....1-800-230-7526
Respite Health Care Concord.....925-646-5311
RotaCare Clinic Concord925-429-6409
RotaCare Clinic Pittsburg925-439-2009
RotaCare Clinic Richmond510-213-6678

Parenting Classes

Bay Point First 5 Center925-301-4040
Child Abuse Prevention Council .925-798-0546
Crockett Counseling Center925-370-6544
C.O.P.E. Family Support Center .925-689-5811
Liberty Adult Education925-634-2565
Mt. Diablo Adult Education925-685-7340
Primeros Nuestros Niños510-233-8595
 (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 Center925-370-6544
Liberty Adult Education925-634-2565
Mt. Diablo Adult Education925-685-7340
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 Center925-301-4052
Bay Point First 5 Center925-301-4040
Contra Costa County Library800-984-4636
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 Education925-685-7340
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 Baby925-753-2156
 (ASPIRAnet)

Pregnancy/Prenatal Care

Black Infant Health(CCHS).....925-313-6254
Brighter Beginnings
 Antioch925-303-4780
 Richmond510-213-6681
Healthy Families America (CCHS)925-313-6254
Healthy Start (CCHS) Central925-370-5495
 East.....925-431-2345
 West.....510-231-9469
Independent Adoption Center ... 1-800-877-6736

Lifelong Medical Care - Brookside
 Richmond510-215-5001
 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 Baby1-800-833-2900
SUBSTANCE ABUSE & PREGNANCY
BAART-East925-522-0124
 West510-232-0874
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 West510-215-2280
Wollam House.....925-427-1384

School Districts

Acalanes Union High School District .925-280-3900
Antioch Unified School District925-779-7500
Brentwood Union School District .925-513-6300
Byron Union School District925-809-7500
Canyon School District925-376-4671
Contra Costa County Office of Education
925-942-3388
John Swett Unified School District
510-245-4300
Knightesen School District925-625-0073
Lafayette School District925-927-3500
Liberty Union High School District ...925-634-2166
Martinez Unified School District.....925-335-5800
Moraga School District925-376-5943
Mt. Diablo Unified School District.925-682-8000
Oakley Union Elementary School District
925-625-0700
Orinda Union School District925-254-4901
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 Tools1-800-390-2699
State Council on Developmental Disabilities
Bay Area510-286-0439
Asian Community Mental Health..510-970-9750
Bay Respite Care707-644-4491
California Children's Services...925-313-6400
Care Parent Network925-313-0999
Center for Accessible Technology ...510-841-3224
Contra Costa ARC925-370-1818
Contra Costa Office of Education 925-942-3389
Deaf Counseling, Advocacy & Referral
(DCARA)510-343-6670
Developmental Disabilities Council .925-313-6836
Down Syndrome Connection925-362-8660
Early Childhood Mental Health ...510-837-6902
Early Intervention Services (Easter Seals Bay
 Area) East/Central.....925-849-8999
 West510-457-5800
Help Me Grow2-1-1
LightHouse for the Blind and Visually
Impaired1-888-400-8933

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
 (Coco Kids)
Through The Looking Glass1-800-644-2666
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 Glass1-800-644-2666

Wraparound Services

Care Parent Network925-313-0999
Community Health for Asian Americans
 East.....925-778-1667
 West.....510-233-7555
Contra Costa Family Justice Center
 Central925-521-6366
 West510-974-7200
Early Childhood Mental Health Program
Wraparound Support510-412-9200
Early Intervention- (George Miller)
 Central925-646-5710
 West.....510-374-3981
Familias Unidas510-412-5930
Fred Finch Therapeutic Behavioral
Services510-482-2244
Lynn Center Early Intervention Services
 Children 0-6.....925-439-9628
Wraparound Services.....925-671-0777
 (We Care Services for Children)

Need help and don't know where to go?
Call 2-1-1
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

