

Abuso Infantil/Prevención

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
PREVENCIÓN
Child Abuse Prevention Council .. 925-798-0546
Children's & Family Services
 Centro 925-602-9300
 Este 925-522-7400
 Oeste 510-231-8100

Actividades para Padres é Hijos

Antioch First 5 Center 925-301-4052
Bay Point First 5 Center 925-301-4040
Contra Costa County Library 800-984-4636
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 Education 925-685-7340
West County First 5 Richmond... 510-233-5890
West County First 5 San Pablo.. 510-232-5650

Asistencia Financiera

CalWORKs (Familias)..... 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 (Individuos).. 1-877-505-4630

Asistencia para Mujeres Embarazadas/Nuevos Padres

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

NUEVOS PADRES
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

Atención Médica

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, Richmond
Consejera de Salud 1-877-661-6230
Clínica Móvil Desamparados (CCHS)
 Llamar para lugar/horas 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 (cuidado de urgencia) 510-215-9092
 Pinole 510-981-3255
Mobile Health Clinic John Muir 925-363-7588
Planned Parenthood..... 1-800-230-7526

Respite Health Care Concord 925-646-5311
RotaCare Clinic Concord 925-429-6409
RotaCare Clinic Pittsburg 925-439-2009
RotaCare Clinic Richmond 510-213-6678

Centro de los Primeros 5

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

Clases Educativas para Padres

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
Primero Nuestros Niños (Latina Center) 510-233-8595
West County First 5 Richmond.. 510-233-5890
YWCA of Contra Costa..... 925-372-4213

Clases para el Manejo de la Ira

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

Clases para Padres

Bay Point First 5 Center 925-301-4040
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

Comida

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
 1-855-309-3663
Bancos de Comida/Almuerzos..... 2-1-1
Loaves & Fishes Dining Rooms .. 925-293-4792
WIC Program..... 1-800-414-4942
 (Mujeres embarazadas, lactando o padres de niños 0-5)

Consejería para Niños/Familia

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
 Este 925-778-1667
 Oeste 510-233-7555

Conflict Resolution/Mediation
 (Center for Human Development)..... 925-349-7344
Early Childhood Mental Health ... 510-837-6902
 (edades 0-6)

Familias Unidas Counseling & Information
 510-412-5930
Consejero de Salud Mental (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 - Centro..... 925-825-1793
 Este 925-432-4118
YWCA Mental Health Program ... 925-372-4213

Crianza de hijos LGBTQ

LGBT National Help Center..... 1-888-843-4564
Parents, Families & Friends of Lesbians & Gays (PFLAG) (sitio de internet) www.pflag.org
Rainbow Community Center
 Centro 925-692-0090
 Oeste 510-833-2139

Cuidado de Niños

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

CUIDADO DE NIÑOS DURANTE UNA CRISIS
Bay Area Crisis Nursery (Edades 0-5) .. 925-685-8052
Dahlstrom House (Edades 6-11) 925-685-3695
Safe Families (Ages 0-18) 925-566-8060

Cuidado 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... 925-608-5016
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
 Pinole 510-981-3255
 Richmond..... 510-215-5001
 San Pablo 510-215-9092

Custodia de Niños

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

Depresión Posparto

Parent Support Groups & Edu. ... 510-837-6902
 (Early Childhood Mental Health Program)
Postpartum Depression (PPD) Helpline
 1-800-944-4773
Welcome Home Baby (ASPIRAnet) ... 925-753-2156

Distritos Escolares

- 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
- 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**
..... 510-231-1100

Embarazo/Atención Prenatal

- Black Infant Health (CCHS)**..... 925-313-6254
- Healthy Families America (CCHS)**925-313-6254
- Healthy Start (CCHS) – Central**..... 925-370-5495
- Este 925-431-2345
- Oeste 510-231-9469
- Independent Adoption Center** ... 1-800-877-6736
- Lifelong Medical Care - Brookside**
Richmond 510-215-5001
- San Pablo 510-215-9092
- Planned Parenthood Antioch**,..... 1-800-230-7526
- Concord, Richmond, San Ramon, Walnut Creek
- Prenatal Care Guidance** 925-313-6254
(CCHS)
- Safely Surrendered Baby** 1-800-833-2900

ABUZO DE SUSTANCIAS Y EMBARAZO

- BAART- Este** 925-522-0124
- Oeste 510-232-0874
- Healthy Start (CCHS) - Centro** 925-370-5495
- Este 925-431-2345
- Oeste 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 Este**..... 925-427-9100
- Ujima Outpatient Oeste** 510-215-2280
- Wollam House**..... 925-427-1384

Exámen de la vista/Lentes/Audífonos

- 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

Familias sin Hogar

- Bay Area Rescue Mission Shelters**
- Hombres 510-215-4868
- Mujeres/Familias 510-215-4860
- Coordinated Outreach Referral and Engagement (CORE)** 2-1-1

Ayuda para desamparados y referencias para albergues de Concord y Brookside.

- GRIP Family Emergency Shelter CARE Center** 510-233-2141
- Monument Crisis Center CARE Capable Center** 925-825-7751
- Multi-Service Centers CARE Center (Anka Behavioral Health) Central**..... 925-685-7613
- SHELTER, Inc.**..... 925-338-1038
- Trinity Center CARE Center** 925-949-8712

Intervención de Crisis/Suicidio

- Contra Costa Crisis Center**..... 2-1-1
- National Suicide Hotlines**..... 1-800-273-8255
- Trevor Helpline** 1-866-488-7386

Padres Adolescentes

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

Seguro de Salud

- Consejeros Financieros** 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

Servicios de Apoyo de Tenencia para Familiares

- Kinship Support Services East** 925-222-2129
- Centro 925-602-1750
- Oeste 510-215-4671
(Uplift Family Services)

Servicios para Necesidades Especiales

- 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** 1-888-644-4491
- California Children's Services** ... 925-313-6400
- Care Parent Network** 925-313-0999
- Center for Accessible Technology** ... 510-841-3224
- Contra Costa ARC** 925-370-1818
- Contra Costa Office of Education** 925-942-33
- Deaf Counseling, Advocacy & Referral (DCARA)**..... 510-346-6670
- 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) Este/Central**..... 925-849-8999
- Oeste 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
(Coco Kids)
- 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

Vivienda/Pago de Renta

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

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

- ASISTENCIA PARA PAGO DE RENTA**
- Concord Family Service Center** ..925-825-3099
(Caridades Católicas)
- Season of Sharing**..... 925-521-5065
- SHELTER, Inc.** 925-338-1038

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** 925-521-6366
- West 510-974-7200
- Early Childhood Mental Health Program Wraparound Support** 510-412-9200
- Early Intervention (George Miller)**
Central 925-646-5710
- West..... 510-374-3981
- Familias Unidas** 510-412-5930
- Fred Finch Therapeutic Behavioral Services** 510-482-2244
- Lynn Center Early Intervention Services Children 0-6**..... 925-439-9628
- Wraparound Services**..... 925-671-0777
(We Care Services for Children)

Necesita ayuda y no sabe a donde ir?

**Marque 2-1-1
24/7**

Para mas información, visítenos en nuestra página de web:

www.211cc.org

Esta guía de recursos es un esfuerzo de colaboración entre el Contra Costa Crisis Center y Primeros 5 de Contra Costa

