

Abuso Infantil

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 del Abuso Infantil

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

Cuidado de Niños

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

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

Custodia de Niños

Bay Area Legal Aid Oeste 510-250-5270
 Este/Central 925-219-3325

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

Community Counseling Center .. 925-798-9240
 (John F. Kennedy University)

Community Health for Asian Americans
 Este 925-778-1667
 Oeste 510-233-7555

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
 Este 925-681-4450

First Hope (CCHS) 925-825-1793
The Hume Center - Centro..... 925-432-4118
 Este 925-432-4118

YWCA Mental Health Program... 925-372-4213

Wraparound Services/Case Management
Community Health for Asian Americans
 Este 925-778-1667
 Oeste 510-233-7555

Early Intervention- (George Miller)
 Centro 925-646-5710
 Oeste 510-374-3981

Wraparound Services..... 925-671-0777
 (We Care Services for Children)

Clases del Manejo de la Ira

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! 1-888-215-5555
West Contra Costa Adult Education Center
 510-215-4666

Clases para Padres

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

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)
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

**University California San Francisco
 Dental School**..... 415-476-1891

University of the Pacific Dental School
 San Francisco 415-929-6501
 Union City 510-489-5200

**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
Black Infant Health 925-313-6254
 (CCHS)

Child Abuse Prevention Council.. 925-798-0546
Healthy Families America (CCHS) 925-313-6254

Prenatal Care Guidance 925-313-6254
 (CC Health/First 5)

Welcome Home Baby (ASPIRAnet).. 925-753-2156

Exámen de la vista/Lentes/Audífonos

California Vision Foundation 1-800-877-5738
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

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
Critical Family Needs 925-825-3099
 (Catholic Charities)

General Assistance (Individuos).. 1-877-505-4630

Centro de los Primeros 5

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

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
 Groceries, pantries, meals 1-855-309-3663
Food Pantries / Soup Kitchen 211
Loaves & Fishes Dining Rooms .. 925-293-4792
WIC Program..... 1-800-414-4942
 (Pregnant women breastfeeding or with children 0-5)

Seguro de Salud

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

Familias sin Hogar

Bay Area Rescue Mission Shelters
 Hombres 510-215-4868
 Mujeres/Familias 510-215-4860
CARE Centers 2-1-1
 Centros para desamparados; ayuda con necesidades
 básicas y referencias.

**Coordinated Outreach Referral and
 Engagement (CORE)** 2-1-1

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

GRIP Family Emergency Shelter... 510-233-2141
Shepherd's Gate 925-308-7507

SHELTER, Inc...... 925-338-1038
Trinity Center 925-949-8712

Viviendas

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

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

Apoyo para Parientes

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

Crianza de hijos LGBTQ

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

Atención Médica

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, Richmond
La Clínica Monument925-363-2005
La Clínica Oakley925-776-8240
La Clínica Pittsburg.....925-431-1251
Lifelong Medical Care - Brookside
 Richmond..... 510-215-5001
 San Pablo (cuidado de urgencia) 510-215-9092
Mobile Health Clinic John Muir 925-363-7588
Planned Parenthood..... 1-800-230-7526
RotaCare Clinic Concord925-429-6409
RotaCare Clinic Pittsburg 925-439-2009
RotaCare Clinic Richmond510-213-6678

Actividades para Padres é Hijos

Acalanes Adult Education925-280-3980
Antioch First 5 Center925-757-5303
Bay Point First 5 Center925-709-0874
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 Education925-685-7340
West County First 5 Richmond..510-233-5890
West County First 5 San Pablo..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 Center925-370-6544
Liberty Adult Education925-634-2565
Mt. Diablo Adult Education.....925-685-7340
Parent Support Groups & Edu. ... 510-837-6902
 (Early Childhood Mental Health Program)
Prenatal Care Guidance925-313-6254
 (CCHS)
Primeros Nuestros Niños (Latina Center). 510-233-8595
West County First 5 Richmond..510-233-5890
YWCA of Contra Costa.....925-372-4213

Depresión Posparto

Parent Support Groups & Edu. ... 510-837-6902
 (Early Childhood Mental Health Program)
Postpartum Depression (PPD) Helpline
 1-800-944-4773
Welcome Home Baby925-753-2156
 (ASPIRAnet)

Embarazo/Atención Prenatal

Black Infant Health.....925-313-6254
 (CCHS)
Healthy Families America (CCHS)925-313-6254
Healthy Start (CCHS) – Central.....925-370-5495
 Este925-431-2345
 Oeste510-231-9469

**Independent Adoption Center ... 1-800-877-6736
Lifelong Medical Care - Brookside**

Richmond510-215-5001
 San Pablo.....510-215-9092
Planned Parenthood Antioch..... 1-800-230-7526
 Concord, Richmond, San Ramon, Walnut Creek
Prenatal Care Guidance925-313-6254
 (CCHS)
Safely Surrendered Baby 1-800-833-2900
ABUZO DE SUSTANCIAS Y EMBARAZO
BAART- Este925-522-0124
 Oeste510-232-0874
Healthy Start (CCHS) - Centro925-370-5495
 Este.....925-431-2345
 Oeste.....510-231-9469
La Casa Ujima Residencial.....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 House925-427-1384

**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 ... 925-957-2680
Care Parent Network 925-313-0999
Center for Accessible Technology ...510-841-3224
Contra Costa ARC925-370-1818
Deaf Counseling, Advocacy & Referral
(DCARA)..... 510-346-6670
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) 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
 (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

Padres Adolescentes

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

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 District925-625-0073
Lafayette School District 925-927-3500
Liberty Union High School District ... 925-634-2166
Martinez Unified School District 925-335-5800
Moraga School District925-376-5943
Mt. Diablo Unified School District925-682-8000
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

**Necesita ayuda y no sabe a
donde ir?**

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

Para mas información, visítenos en
nuestra página de web:

www.211database.org

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

