

March 2017

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West Contra Costa County Resource Guide



Abuse

CHILDREN

Children's Protective Services .. 1-877-881-1116

ADULTS

Adult Protective Services 1-877-839-4347

Human Trafficking Prevention... 1-800-670-7273

(Community Violence Solutions)

Ombudsman of CCC..... 925-685-2070

(For patients in long-term care facilities)

FAMILIES

STAND! For Families Free of Violence

..... 1-888-215-5555

AIDS/HIV

AIDS Info..... 1-800-448-0440

Contra Costa AIDS Line..... 1-800-287-0200

Alcohol & Drug Abuse

Al-Anon..... 510-528-4379

Alcohol & Other Drugs ACCESS 1-800-846-1652

Alcoholics Anonymous..... 925-939-4155

DUI Programs 925-932-8100

(Alcohol & Drug Abuse Council of CCC)

Narcotics Anonymous 925-685-4357

DETOX TREATMENT CENTERS

BAART - Detoxification Pgm..... 510-232-0874

Bay Area Rescue Mission 510-215-4868

Thunder Road Adolescent Treatment Center

..... 510-653-5040

TREATMENT / COUNSELING

Gateway AOD Services (BACR) 510-235-2887

Power Program 510-232-7571

Ujima West 510-215-2280

SMOKING CESSATION

California Smokers Helpline 1-800-662-8887

Tobacco Hotline 1-800-844-2439

Animals

CCC Animal Services - Pinole ... 510-374-3966

Contra Costa Humane Society .. 925-279-2247

Pet Food Assistance Program .. 925-676-7543

Child Care/Crisis Child Care

CC Child Care Council 510-758-5439

Head Start Programs/Child Care Services

(CCC Community Services Bureau) 510-374-7144

CRISIS CHILD CARE

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

Safe Families (Ages 0-18)..... 925-685-3695

Death & Dying

Grief Counseling 1-800-837-1818

(Contra Costa Crisis Center)

Hospice of the East Bay..... 925-887-5678

Dental Care

Berkeley Free Clinic..... 1-800-625-4642

Contra Costa Health Services Dental Clinics

West County Health Center 510-231-9540

Denti-Cal/Medi-Cal Dental Pgm. 1-800-322-6384

Life Long Medical-Brookside

San Pablo 510-215-9092

University California San Francisco Dental

School 415-476-1891

University of the Pacific Dental Clinic

San Francisco 415-929-6501

Union City 510-489-5200

Disability Services

California Children's Services ... 925-957-2680

CA Dept. of Rehabilitation 510-232-7062

Contra Costa ARC 925-370-1818

Developmental Disabilities Council 925-313-6836

Hawkins Center 510-232-6611

Independent Living Resource..... 925-363-7293

Regional Center of the East Bay... 925-691-2300

Social Security..... 1-800-772-1213

State Council on Developmental Disabilities

Bay Area..... 510-286-0439

We Care Services for Children . . 925-671-0777

Education & Literacy

CCC Regional Occupational Program (ROP)

..... 925-942-3368

Richmond Public Library 510-620-6561

Contra Costa County Office of Education

..... 925-942-3388

Family Literacy Program..... 510-236-3900

(Catholic Charities of the East Bay)

Literacy for Every Adult 510-307-8084

(Richmond Public Library)

Project Second Chance 510-527-7558

ESL/GED/ADULT EDUCATION

Lao Family Community Services.. 510-215-1220

West Contra Costa Adult Ed. 510-215-4666

..... 510-231-1453

Emergency Services

American Red Cross 1-800-733-2767

California Poison Control Center . 1-800-222-1222

CCC Office Emergency Services... 925-646-4461

Emergency Broadcast System ... KCBST40AM

Hazardous Materials Incident Response

..... 925-335-3232

Health Emergency Hotline

..... 1-888-959-9911

Employment/Job Training

CalJOBS - Internet..... www.caljobs.ca.gov

Child Care Job Bank 925-676-5442

(Child Care Council)

EASTBAY Works, America's Job Center of CA

San Pablo..... 510-412-6740

Experience Unlimited 925-602-0166

Lao Family Community Development, Inc.

Job placement (One-Stop Affiliate) 510-215-1220

Rubicon..... 510-412-1725

RichmondWORKS 510-307-8014

Sparkpoint Contra Costa West ... 510-779-3200

The Stride Center - San Pablo..... 510-234-1300

Unemployment Insurance, CA... 1-800-300-5616

..... www.edd.ca.gov/Unemployment

Evictions/Rent Assist./Foreclosures

EVICTION COURT SUMMONS ASSISTANCE/

LANDLORD/TENANT ASSISTANCE

Bay Area Legal Aid..... 510-250-5270

FORECLOSURE ASSISTANCE

Community Housing Dev. Corp. . 510-412-9290

Foreclosure Assistance - HUD.. 415-489-6400

Housing & Economic Rights Advocates

..... 510-271-8443

National Foreclosure Hotline..... 1-888-995-4673

RENTAL ASSISTANCE

Season of Sharing..... 925-521-5065

SHELTER, Inc..... 925-338-1038

Financial Assistance

CalWORKs (Families) 1-877-505-4630

Community Housing Dev. Corp. ... 510-412-9290

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

Food

CalFresh (Food Stamps)..... 1-877-505-4630

EBT Card Services 1-877-328-9677

Food Bank of Contra Costa & Solano

Groceries, pantries, meals 1-855-309-3663

Food Pantries / Soup Kitchens.. 211

WIC Program 510-231-8600

(Parents with children 0-5, pregnant women or breastfeeding)

Gay, Lesbian, Bisexual, Transgender

GLBT National Help Center..... 1-888-843-4564

Rainbow Community Center..... 925-692-0090

Health Care

Advice Nurse 1-877-661-6230

Contra Costa Health Services Health Centers

North Richmond, San Pablo 1-800-495-8885

Health Care for the Homeless Mobile Van

(CCHS) Call for locations/hours 925-313-6166

COMMUNITY CLINICS

Brighter Beginnings - Family Health Clinic

Richmond 510-213-6681

Life Long Medical-Brookside

Richmond..... 510-215-5001

San Pablo (urgent care) 510-215-9092

Planned Parenthood - Richmond . 1-800-230-7526

RotaCare - Richmond..... 510-213-6678

HOSPITALS

Alta Bates Medical Center..... 510-204-4444

Contra Costa Regional Medical Center

..... 925-370-5000

Kaiser Medical Center 510-307-1500

Health Insurance

Covered California 1-800-300-1506

..... www.coveredca.com

Child Health & Disability Prevention (CHDP)

..... 925-313-6150

HICAP 1-800-510-2020

(Health Insurance Counseling & Advocacy)

Kaiser Child Health Plan 1-800-464-4000

Medi-Cal Applications 1-800-709-8348

Patient Financial Counseling..... 1-800-771-4270

(Information on county health insurance programs)

Homeless

Bay Area Rescue Mission

Men's shelter..... 510-215-4868

Women & Families 510-215-4860

Berkeley Shelter Bed Hotline..... 1-866-960-2132

Brookside Shelter-Richmond, Concord Shelter

(singles only)..... 1-800-799-6599

Calli House-Richmond (Youth, 14-21) 1-800-610-9400

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 Center 510-232-7571

(Anka Behavioral Health)

SHELTER, Inc..... 925-338-1038

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Housing

Housing Authority Public Housing Wait List (except Richmond/Pittsburg) ...925-957-8000
Housing Authority Richmond510-621-1300
Neighborhood Housing Service ..510-237-6459
Senior & Adults w/ Disabilities ..1-800-510-2020
SHELTER, Inc.925-338-1038

Immigrant & Refugee Services

Asian Family Resource Center ..510-869-7200
Cash Assistance Program for Immigrants1-877-505-4630
Citizenship Class (WCC Adult Ed.) ..510-215-4666
Immigrant Legal Services510-451-2846
Immigration & Naturalization Services (Catholic Charities of the East Bay)510-234-5110
Lao Family Community Development510-215-1220
Refugee & Immigrant Services ..925-927-2000
Refugee Health Program925-313-6893
U.S. Citizenship and Immigration Services1-800-375-5283

Information & Referral

2-1-1 Contra Costa211
Information & Assistance for Seniors & Dependent Adults1-800-510-2020

Legal & Mediation Services

Bay Area Legal Aid510-250-5270
CCC Bar Association925-825-5700
CCC Dept. of Child Support1-866-901-3212
CC Senior Legal Services510-374-3712
Family Law Facilitator925-608-1000
Victim Witness Assistance925-957-8650

Low Cost Internet

Access from AT&T1-855-220-5211
Comcast Internet Essentials1-855-846-8376

Mental Health

Access Mental Health Appointment Line for Contra Costa County1-888-678-7277
Adolescent, Adult and Children's Psychiatric Programs1-800-680-6555
Community Health for Asian Americans510-233-7555
Contra Costa Crisis Center1-800-833-2900
Early Childhood Mental Health ..510-837-6902
Familias Unidas Counseling510-412-5930
Family Advocate Mental Health (CCHS)925-957-5139
First Hope- CCHS925-681-4450
National Alliance for the Mentally Ill (NAMI)925-942-0767
Native American Health Center ..510-232-7020
Power Program510-232-7571

Multi-Service Centers

Multi-Service Center510-232-7571
SparkPoint Contra Costa West...510-779-3200

Parenting Classes

C.O.P.E. Family Support Center ..925-689-5811
Primeros Nuestros Niños510-233-8595
West Contra Costa Adult Education ...510-215-4666
West Contra Costa YMCA510-412-5647
West County First 5 San Pablo ...510-232-5650
West County First 5 Richmond510-233-5890

Pregnancy

Black Infant Health(CCHS)925-313-6254
Healthy Families America (CCHS)925-313-6254
Healthy Start (CCHS)510-231-9469
Independent Adoption Center ...1-800-877-6736
Planned Parenthood.....1-800-230-7526
Prenatal Care Guidance925-313-6254
Safely Surrendered Baby1-800-833-2900

SUBSTANCE ABUSE & PREGNANCY

Ujima West510-215-2280

Rape/Victims of Crime

Human Trafficking Hotline1-800-670-7273
Lao Family Community Development, Inc.510-215-1220
Rape, Abuse & Incest National Network1-800-656-4673
Trauma Counseling Services510-768-3100
Family Works Community Counseling510-982-0950
Victim Witness Assistance Program925-957-8650

Senior Services

Adult Day Services Network925-682-1000
Alzheimer's Association1-800-272-3900
An Elderly Wish Foundation925-978-1883
Crockett510-787-1341
El Cerrito510-559-7677
Hercules510-799-8219
No. Richmond510-232-3511
Richmond510-307-8087
San Pablo.....510-215-3098
Rodeo.....510-799-2706
Eldercare Locator1-800-677-1116
Family Caregiver Alliance1-800-445-8106
Information & Assistance for Seniors & In-Home Personal Assistance ...925-945-8040
Dependent Adults1-800-510-2020
Meals-on-Wheels510-412-0166
Medicare Hotline1-800-633-4227
Mobility Matters925-284-6161
Senior Food Program El Sobrante, Richmond, No. Richmond, Rodeo (Food Bank).....1-855-309-3663
Senior Outreach Services925-937-8311
Senior Peer Counseling925-521-5636
Social Security.....1-800-772-1213

Suicide

Contra Costa Crisis Center1-800-833-2900
Suicide Prevention Lifeline1-800-273-8255

Teen Services

Alateen925-510-528-4379
California Youth Crisis Line1-800-843-5200
RYSE Youth Center510-374-3401
Teen Services/SAFE Place1-800-718-4357
Thunder Roads Adolescent Treatment Center (Substance Abuse Treatment)510-653-5040

Transportation

AC Transit510-891-4700
Bay Area Travel Information511
BART510-236-2278
Dial-a-Ride/WestCAT510-724-7993
East Bay Paratransit1-800-555-8085
Easy Ride Service for El Cerrito Residents510-559-7677
Mobility Matters925-284-6161
R-Transit510-307-8026
WestCAT Lynx510-724-7993

Utility Assistance

California Alternate Rates for Energy (CARE) Program1-866-743-2273
Customer Assistance Program (EBMUD) (Discount on utility bill)1-866-403-2683
Low-Income Home Energy Assistance Program (LIHEAP).....925-681-6380
Medical Baseline Program Relief for Energy1-800-743-5000
REACH- Utility Assistance Program (Salvation Army-El Sobrante)510-262-0500
Utility Shut-off Assistance1-800-743-5000

Veterans

Contra Costa County Veterans Services925-313-1481
Martinez VA Outpatient Clinic....1-800-382-8387
Oakland Veterans Center510-763-3904
SHELTER, Inc.925-338-1038
Veterans Suicide Hotline1-800-273-8255

Volunteer Opportunities

City of Richmond Volunteer Opportunities510-620-6511
Mobility Matters925-284-4831
Volunteer Opportunities211

Need help and don't know where to go? Call 211 or visit www.211database.org