

**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 ..... 925-313-6771

**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 Contra Costa, Inc.)  
 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)..... 925-566-8050

**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

**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

**Disability Services**

California Children's Services ... 925-313-6400  
 CA Dept. of Rehabilitation ..... 510-232-7062  
 Contra Costa ARC ..... 925-370-1818  
 Developmental Disabilities Council 925-313-6836  
 Hawkins Center ..... 510-232-6611  
 Hearing Loss Association of America - Diablo  
 Valley & East Bay Chapter ..... 925-264-1199  
 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 ..... 510-307-9937  
**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 ... KCBS740AM  
 Hazardous Materials Incident Response  
 ..... 925-335-3232  
 Health Emergency Hotline  
 ..... 1-888-959-9911

**Employment/Job Training**

Asian Family Resource Center ... 510-869-6000  
 CalJOBS - Internet..... [www.caljobs.ca.gov](http://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  
 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](http://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  
 GRIP Souper Center ..... 510-233-2141  
 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 ..... 925-608-5300

**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](http://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  
 Calli House-Richmond (Youth, 18-24) 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  
**Trinity Center** ..... 925-949-8712  
**Winter Night's (ICCCC)** ..... 925-435-2074

**Housing**

**Housing Authority Public Housing Wait List**  
(except Richmond/Pittsburg) .....925-957-8000  
**Housing Authority Richmond**..... .510-621-1300  
**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 Immigrants**  
..... 1-877-505-4630  
**Citizenship Education (WCC Adult Ed.)**  
.....510-215-4666  
**Immigrant Legal Services** .....510-451-2846  
(International Institute of the Bay Area)  
**Immigration & Naturalization Services**  
(Catholic Charities of the East Bay) .....510-234-5110  
**Lao Family Community Development**  
.....510-215-1220  
**Refugee & Immigrant Services** ..925-927-2000  
(Jewish Family & Community Services of the East Bay)  
**Refugee Health Program**.....925-313-6893  
**U.S. Citizenship and Immigration Services**  
.....1-800-375-5283

**Information & Referral**

**2-1-1 Contra Costa** .....2-1-1  
(Contra Costa Crisis Center)  
**Information & Assistance for Seniors &  
Dependent Adults**..... 1-800-510-2020

**Legal & Mediation Services**

**Bay Area Legal Aid**.....510-250-5270  
**CCC Bar Association** .....925-825-5700  
**CCC Dept. of Child Support**..... 1-866-901-3212  
**CC Senior Legal Services** .....510-374-3712  
**Family Law Facilitator** .....925-608-1000  
(Divorce, Child Custody, Support, Paternity issues help)  
**Victim Witness Assistance** .....925-957-8650

**Low Cost Internet**

**Access from AT&T**.....1-855-220-5211  
**Comcast Internet Essentials** ..... 1-855-846-8376

**Mental Health**

**Access Mental Health Appointment Line for  
Contra Costa County** ..... 1-888-678-7277  
**Adolescent, Adult and Children's Psychiatric  
Programs** .....1-800-680-6555  
(John Muir Health Behavioral Health Center)  
**Bay Area Psychotherapy Institute** ..925-284-2298  
**Community Health for Asian Americans**  
.....510-233-7555  
**Contra Costa Crisis Center** ..... 1-800-833-2900  
**Early Childhood Mental Health** .. .510-837-6902  
(Children ages 0-6)  
**Familias Unidas Counseling** .....510-412-5930  
**Family Advocate Mental Health (CCHS)**  
.....925-957-5139  
**First Hope- CCHS** ..... 925-681-4450  
**National Alliance for the Mentally Ill (NAMI)**  
.....925-942-0767  
**Native American Health Center** ..510-232-7020  
**Power Program**.....510-232-7571  
(Anka Behavioral Health)

**Second Nature Behavioral Health** 510-610-4799

**Multi-Service Centers**

**Multi-Service Center** .....510-232-7571  
(Anka Behavioral Health)  
**SparkPoint Contra Costa West** ..510-779-3200

**Parenting Classes**

**C.O.P.E. Family Support Center** ..925-689-5811  
**Primeros Nuestros Niños** ..... 510-233-8595  
(The Latina Center)  
**Second Nature Behavioral Health** 510-610-4799  
**West Contra Costa Adult Education** ... 510-215-4666  
**West Contra Costa YMCA** .....510-412-5647  
**West County First 5 San Pablo** .... 510-232-5650  
**West County First 5 Richmond** .....510-233-5890

**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  
**Medical Legal Partnership (FMCH)**...800-880-8047  
**Planned Parenthood**..... 1-800-230-7526  
**Prenatal Care Guidance** ..... 925-313-6254  
(CC Health/First 5)  
**Safely Surrendered Baby** ..... 1-800-833-2900  
**SUBSTANCE ABUSE & PREGNANCY**  
**Ujima West**.....510-215-2280

**Rape/Victims of Crime**

**Human Trafficking Hotline** ..... 1-800-670-7273  
(Community Violence Solutions)  
**Lao Family Community Development, Inc.**  
..... 510-215-1220

**Rape, Abuse & Incest National Network**  
..... 1-800-656-4673  
**Second Nature Behavioral Health** 510-610-4799  
**Trauma Counseling Services**.....510-768-3100  
(Catholic Charities of the East Bay) Oakland  
**Victim Witness Assistance Program**  
.....925-957-8650  
**West Family Justice Center** ..... 510-974-7200

**Senior Services**

**Adult Day Services Network** .....925-682-1000  
**Alzheimer's Association** .....1-800-272-3900  
**An Elderly Wish Foundation**.....925-978-1883  
**CC Café (Hot lunch program)**  
Crockett.....510-787-1341  
El Cerrito.....510-559-7677  
Hercules .....510-799-8219  
No. Richmond .....510-232-3511  
Richmond .....510-307-8087  
San Pablo.....510-215-3098  
Rodeo.....510-799-2706  
**Eldercare Locator** .....1-800-677-1116  
**Family Caregiver Alliance** ..... 1-800-445-8106  
**Information & Assistance for Seniors &  
In-Home Personal Assistance** ... .925-945-8040  
(Diablo Valley Foundation for the Aging)  
**Dependent Adults**..... 1-800-510-2020  
**Meals-on-Wheels** ..... 510-412-0166  
**Medicare Hotline**..... 1-800-633-4227  
**Mobility Matters** ..... 925-284-6161  
**Senior Food Program El Sobrante, Richmond, No.  
Richmond, Rodeo (Food Bank)**.....1-855-309-3663  
**Senior Outreach Services** .....925-937-8311  
**Senior Peer Counseling** .....925-521-5636  
**Social Security**.....1-800-772-1213

**Teen Services**

**Alateen** ..... 925-510-528-4379  
**California Youth Crisis Line**..... 1-800-843-5200  
**RYSE Youth Center**.....510-374-3401  
**Teen Services/SAFE Place**..... 1-800-718-4357  
(Northern California Family Center)  
**Thunder Roads Adolescent Treatment Center**  
(Substance Abuse Treatment) .....510-653-5040

**Transportation**

**AC Transit**.....510-891-4700  
**Bay Area Travel Information**..... 511  
**BART** .....510-236-2278  
**Dial-a-Ride/WestCAT** .....510-724-7993  
**East Bay Paratransit** ..... 1-800-555-8085  
**Easy Ride Service for El Cerrito Residents**  
..... 510-559-7677  
**Mobility Matters** ..... 925-284-6161  
**R-Transit** .....510-307-8026  
**WestCAT Lynx** .....510-724-7993

**Utility Assistance**

**California Alternate Rates for Energy (CARE)  
Program** ..... 1-866-743-2273  
**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 Energy**  
..... 1-800-743-5000  
**REACH- Utility Assistance Program**  
(Salvation Army-El Sobrante) ..... 510-262-0500  
**Utility Shut-off Assistance** ..... 1-800-743-5000

**Veterans**

**Contra Costa County Veterans Services**  
.....925-313-1481  
**Martinez VA Outpatient Clinic**.... 1-800-382-8387  
**Oakland Veterans Center** .....510-763-3904  
**SHELTER, Inc.** .....925-338-1038  
**Veterans Suicide Hotline** .....1-800-273-8255

**Volunteer Opportunities**

**City of Richmond Volunteer Opportunities**  
..... 510-620-6511  
**Contra Costa Crisis Center** ..... 925-939-1916  
**Episcopal Senior Communities**... 925-956-7396  
**Food Bank of Contra Costa & Solano**  
..... 925-676-7543  
**Meals on Wheels** ..... 925-937-8607  
**Mobility Matters** ..... 925-284-4831  
**Volunteer Opportunities**..... 2-1-1

Need help and don't know where to go?  
Call 211 or visit [www.211database.org](http://www.211database.org)