

### Abuso de Alcohol y Drogas

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

### CENTROS DE DESINTOXICACIÓN

BAART - Detoxification Pgm ..... 510-232-0874  
Bay Area Rescue Mission ..... 510-215-4868  
Thunder Road Adolescent Treatment Center  
..... 510-653-5040

### TRATAMIENTO DE DROGADICCIÓN

Gateway AOD Services (BACR) ..... 510-235-2887  
Power Program ..... 510-232-7571  
Ujima West ..... 510-215-2280

### PROGRAMAS PARA DEJAR DE FUMAR

California Smokers Helpline ..... 1-800-662-8887  
Tobacco Hotline ..... 1-800-844-2439

### Abuso y Negligencia

#### NIÑOS

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

#### ADULTOS DEPENDIENTES Y ANCIANOS

Adult Protective Services ..... 1-877-839-4347  
Human Trafficking Prevention ... 1-800-670-7273  
(Tráfico de humanos)  
Ombudsman of CCC ..... 925-685-2070  
(Para pacientes en centros de cuidado extendido)

#### FAMILIAS

STAND! For Families Free of Violence  
..... 1-888-215-5555

### Alimentación

CalFresh (Food Stamps) ..... 1-877-505-4630  
EBT Card Services ..... 1-877-328-9677

### Animales

CCC Animal Services - Pinole ... 510-374-3966  
Contra Costa Humane Society .. 925-279-2247  
Comida para Mascotas ..... 925-676-7543

### Asistencia Económica

CalWORKS (Familias) ..... 1-877-505-4630

### Asistencia Médica

Advice Nurse ..... 1-877-661-6230  
Contra Costa Health Services Health Centers  
North Richmond, San Pablo ..... 1-800-495-8885  
Clínica Móvil para Desamparados (CCHS)  
Llame por lugar/horarios ..... 925-608-5300

### CLINICAS COMUNITARIAS

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

### HOSPITALES

Alta Bates Medical Center ..... 510-204-4444  
Contra Costa Regional Medical Center  
..... 925-370-5000  
Kaiser Medical Center ..... 510-307-1500

### Ayuda con pago de Servicios Públicos

California Alternate Rates for Energy (CARE)  
Program ..... 1-866-743-2273  
Customer Assistance Program (EBMUD)  
(Descuento de utilidad) ..... 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

### Centros de Servicios Múltiples

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

### Clases para Padres

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

### Cuidado de niños/Cuidado de niños en crisis

CC Child Care Council ..... 510-758-5439  
Head Start Programs/Child Care Services  
(CCC Community Services Bureau) .... 510-374-7144

### CUIDADO DE NIÑOS EN CRISIS

Bay Area Crisis Nursery (Edad 0-5) . 925-685-8052  
Safe Families (Edad 0-18) ..... 925-566-8050

### Desalojo/ayuda de renta/embargo

**ASISTENCIA: ORDEN DE DESALOJO/  
PROPIETARIOS E INQUILINOS**  
Bay Area Legal Aid ..... 925-219-3325  
ECHO Fair Housing ..... 1-855-275-3246  
(Excepto Concord y Pittsburg)  
Housing & Economic Rights Advocates  
..... 510-271-8443

### EMBARGO DE VIVIENDA

Community Housing Dev. Copr. . 510-412-9290  
Foreclosure Assistance - HUD .. 415-489-6400  
Housing & Economic Rights Advocates  
..... 510-271-8443  
National Foreclosure Hotline ..... 1-888-995-4673

### ASISTENCIA CON EL PAGO DE RENTA

Season of Sharing ..... 925-521-5065  
SHELTER, Inc. .... 925-338-1038  
Community Housing Dev. Corp. .. 510-412-9290  
General Assistance (Individuals) . 1-877-505-4630  
Food Bank of Contra Costa & Solano  
(Distribución de alimentos) ..... 1-855-309-3663  
Food Pantries/Soup Kitchens ..... 211  
GRIP Souper Center ..... 510-233-2141  
WIC Program ..... 510-231-8600  
(Pregnant women breastfeeding or with children 0-5)

### Educación y Alfabetización

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/EDUCACIÓN PARA ADULTOS**  
Lao Family Community Services .. 510-215-1220  
West Contra Costa Adult Ed. .... 510-215-4666  
..... 510-231-1453

### Embarazo

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

### EMBARAZO Y ABUSO DE SUSTANCIAS

Ujima West ..... 510-215-2280

### Empleo/Entrenamiento

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—Richmond ..... 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

### Fallecimiento

Consejería de Duelo ..... 1-800-837-1818  
(Contra Costa Crisis Center)  
Hospice of the East Bay ..... 925-887-5678  
..... [www.edd.ca.gov/Unemployment](http://www.edd.ca.gov/Unemployment)

### Gay, Lesbiana, Bisexual, Transsexual

GLBT National Help Center ..... 1-888-843-4564  
Rainbow Community Center ..... 925-692-0090

### Información de Servicios

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

### Internet a Bajo Costo

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

### Intervención de Crisis y Suicidio

**Contra Costa Crisis Center** ..... 1-800-833-2900  
Provee línea de crisis 24 horas al día.  
**National Suicide Hotlines** ..... 1-800-273-8255  
Provee línea de crisis 24 horas al día.

### Oportunidades para Voluntarios

**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

### Personas Desamparadas

**Bay Area Rescue Mission**  
Hombres ..... 510-215-4868  
Mujeres y Familias ..... 510-215-4860  
**Berkeley Shelter Bed Hotline**..... 1-866-960-2132  
**Calli House-Richmond (Edad 18-24)** . 1-800-610-9400  
**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  
**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 (ICCC)** ..... 925-435-2074

### Salud Mental

**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)  
**Community Health for Asian Americans**  
..... 510-233-7555  
**Contra Costa Crisis Center**..... 1-800-833-2900  
**Consejero de Salud Mental (CCHS)**  
..... 925-957-5139  
**Early Childhood Mental Health** .. 510-837-6902  
(Children ages 0-6)  
**Familias Unidas Counseling**..... 510-412-5930  
**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

### Seguro Medico

**Covered California** ..... 1-800-300-5016  
..... 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  
(Información sobre seguros de salud del Condado)

### Servicios de Discapacidad

**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

### Servicios de Emergencia

**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

### Servicios Dentales

**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

### Servicios Legales y Mediación

**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  
Consejería legal familiar, divorcio, manutención  
**Victim Witness Assistance** ..... 925-957-8650

### Servicios para Adolescentes

**Alateen** ..... 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**  
(abuso de sustancias) ..... 510-653-5040

### Servicios para Ancianos

**Adult Day Services Network** ..... 925-682-1000  
**Alzheimer's Association** ..... 1-800-272-3900  
**An Elderly Wish Foundation** ..... 925-978-1883  
**CC Café** (Programa de almuerzo para ancianos)  
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**..... 1-855-309-3663  
**Senior Outreach Services** ..... 925-937-8311  
**Senior Peer Counseling** ..... 925-521-5636  
**Social Security**..... 1-800-772-1213

### Servicios para Inmigrantes

**Asian Family Resource Center** .. 510-869-7200  
**Cash Assistance Program for Immigrants**  
..... 1-877-505-4630  
**Citizenship Class (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

### SIDA/VIH

**AIDS Info** ..... 1-800-448-0440  
**Contra Costa AIDS Line** ..... 925-313-6771

### Transportación

**AC Transit** ..... 510-891-4777  
**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

### Veteranos

**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

### Violación/Víctimas de Crimen

**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

### Vivienda

**Housing Authority Public Housing Wait List**  
(Excepto 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