

Marzo 2017

www.211database.org

Guía de Recursos
Oeste del Condado



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

SIDA/VIH

AIDS Info 1-800-448-0440

Contra Costa AIDS Line 1-800-287-0200

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

Animales

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

Contra Costa Humane Society .. 925-279-2247

Comida para Mascotas 925-676-7543

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)..... 925-685-3695

Fallecimiento

Consejería de Duelo 1-800-837-1818

(Contra Costa Crisis Center)

Hospice of the East Bay 925-887-5678

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

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

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

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 510-527-7558

ESL/GED/EDUCACIÓN PARA ADULTOS

Lao Family Community Services.. 510-215-1220

West Contra Costa Adult Ed. 510-215-4666

..... 510-231-1453

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

Empleo/Entrenamiento

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

Rubicon 510-412-1725

Experience Unlimited 925-602-0166

Lao Family Community Development, Inc.

..... 510-215-1220

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

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

Desalojo/ayuda de renta/embargo

ASISTENCIA: ORDEN DE DESALOJO/

PROPRIETARIOS E INQUILINOS

Bay Area Legal Aid 510-250-5270

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

Asistencia Económica

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

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

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

Alimentación

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

EBT Card Services 1-877-328-9677

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)

Gay, Lesbiana, Bisexual, Transsexual

GLBT National Help Center 1-888-843-4564

Rainbow Community Center 925-692-0090

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 925-313-6166

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

Seguro Médico

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)

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.

Monument Crisis Center 925-825-7751

Multi-Service Center 510-232-7571

(Anka Behavioral Health)

GRIP Family Emergency Shelter .. 510-233-2141

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

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
Permanent & Transitional Housing
(Rubicon Programs).....510-235-1516
Senior & Adults w/ Disabilities...1-800-510-2020
SHELTER, Inc......925-338-1038

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

Información de Servicios

2-1-1 Contra Costa..... 211
(Contra Costa Crisis Center)
**Information & Assistance for Seniors &
Dependent Adults**.....1-800-510-2020

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

Servicio de Internet a Bajo Costo

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

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)

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)
West Contra Costa Adult Education ..510-215-4666
West Contra Costa YMCA.....510-412-5647
West County First 5 San Pablo510-232-5650
West County First 5 Richmond.....510-233-5890

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
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

Violación/Víctimas de Crimen

Human Trafficking Hotline.....1-800-670-7273
(Community Violence Solutions)
Rape, Abuse & Incest National Network
.....1-800-656-4673
Lao Family Community Development, Inc.
.....510-215-1220
Trauma Counseling Services.....510-768-3100
(Catholic Charities of the East Bay) Oakland
Family Works Community Counseling
.....510-982-0950
Victim Witness Assistance Program
.....925-957-8650

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

Suicidio

Contra Costa Crisis Center.....1-800-833-2900
National Suicide Lifeline.....1-800-273-8255

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

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

Asistencia para pago de utilidades

**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

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

Oportunidades para Voluntarios

City of Richmond Volunteer Opportunities
.....510-620-6511
Mobility Matters.....925-284-4831
Volunteer Opportunities.....2-1-1

Necesita ayuda y no sabe a dónde ir?
Marque 211! O visite: www.211database.org