

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...925-608-8400
Contra Costa Humane Society..925-279-2247
Comida para Mascotas.....925-676-7543

Asistencia Económica

CalWORKS (Familias).....1-877-505-4630
General Assistance (Individuos)..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
Pinole.....510-981-3255
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

GRIP CARE Center.....510-233-2141
SparkPoint Contra Costa West..510-779-3200

Comida

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.....2-1-1
GRIP Souper Center.....510-233-2141
WIC Program.....510-231-8600
(Mujeres embarazadas, padres de familias o mujeres lactando)

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

Coco Kids.....510-758-5439
Head Start Programs/Child Care Services
(CCC Community Services Bureau)....925-681-6300

CUIDADO DE NIÑOS EN CRISIS

Bay Area Crisis Nursery (Edad 0-5) .925-685-8052
Dahlstrom House (Ages 6-11).....925-685-3695
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

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
Child Care Job Bank.....925-676-5442
(Coco Kids)
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.....510-234-1300
Unemployment Insurance, CA...1-800-300-5616

Fallecimiento

Consejería de Duelo.....2-1-1
(Contra Costa Crisis Center)
Hospice of the East Bay.....925-887-5678
.....www.edd.ca.gov/Unemployment

Gay, Lesbiana, Bisexual, Transsexual

LGBT 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.....2-1-1
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
Covia 925-956-7396
Food Bank of Contra Costa & Solano 925-676-7543
Meals on Wheels 925-937-8607
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 Resource Center CARE Center 510-233-2141
Monument Crisis Center CARE Capable Center 925-825-7751
SHELTER, Inc. 925-338-1038
Shepherd's Gate - Brentwood 925-308-7507
Trinity Center CARE Center 925-949-8712

Salud Mental

Access Mental Health Appointment Line for Contra Costa County 1-888-678-7277
Community Health for Asian Americans 510-233-7555
Contra Costa Crisis Center 2-1-1
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)
San Pablo Wellness City 510-236-3020
Second Nature Behavioral Health 510-610-4799

Seguro Medico

Covered California 1-800-300-5016
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
Consejeros Financieros 1-800-771-4270 (Información sobre seguros de salud del Condado)

Servicios de Discapacidad

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

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
San Pablo 510-215-9092
Pinole 510-981-3255

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
Conflict Resolution/Mediation (Center for Human Development) 925-349-7344
Family Law Facilitator 925-608-1000 (Consejería legal familiar, divorcio, manutención)
Medical Legal Partnership (FMCH) ... 800-880-8047
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
Covia 925-956-7396
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/Victimias 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

CC 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