March 2023
www.211cc.org

Contra Costa County
HELP ME GROW GUIA PARA PADRES

CONTRA COSTA CRISIS CENTER
Crisis/Suicide Intervention: 2-1-1

Abuso Infantil/Prevención

Children's Protective Services…1-877-881-1116
Human Trafficking Prevention…1-800-670-7273 (Community Violence Solutions)
National Child Abuse Hotline…..1-800-422-4453
A Step Forward……..925-685-9670
PREVENCION
Child Abuse Prevention Council ..925-798-0546
Children's & Family Services
Centro……925-655-4110
Este……925-522-7600
Oeste……..510-231-8100
Safe Refuge for Children and Families(Ages 0-18)
…….925-566-8050

Actividades para Padres é Hijos

Antioch First 5 Center……..925-301-4052
East County First 5 Center……..925-301-4040
Contra Costa County Library……..800-984-4636
Delta First 5 Center……925-516-3880
Family Literacy Program……510-236-3900 (Catholic Charities of the East Bay)
Monument Community First 5 Center 925-849-8861
Mt. Diablo Adult Education…….925-685-7340
We Care Developmental Playgroups
……925-671-0777
West County First 5 San Pablo…..510-232-5650

Asistencia Financiera

CCC Dept. of Child Support…….1-866-901-3212
Social Services Rapid Response Team asistencia financiera del condado
……925-335-6581

Asistencia para Mujeres Embarazadas/Nuevos Padres

AMAMANTO
Contra Costa Breastfeeding Advice Line
……1-866-878-7767
La Leche League……1-800-525-3243
NUEVOS PADRES
Birthright ……1-800-550-4900
Black Infant Health……925-313-6254 (CCHS)
Child Abuse Prevention Council...925-798-0546
Perinatal Circle of Care (ECMHP) …. 510-837-6941
Prenatal Care Guidance……925-313-6254 (CC Health/First 5)
Welcome Home Baby (Aspiranet).....925-301-4050

Atención Médica

Brighter Beginnings - Family Health Clinic
Antioch……925-303-4780
Richmond ……...510-236-6990
Contra Costa Health Services Health Centers
……..1-800-495-8885
Antioch, Bay Point, Brentwood, Concord, Martinez, Pittsburg, Richmond
Consejera de Salud 1-877-661-6230
Clínica Móvil Desamparados (CCHS)
Llamar para lugar/horas ...……..925-608-5300
La Clínica Monument……925-363-2005
La Clínica Oakley……...925-776-8200
La Clínica Pittsburg……...925-431-2100
Lifelong Medical Care William Jenkins Health Center Richmond……..510-981-4100
Lifelong Medical Care
San Pablo……510-215-9092
Pinole …… 510-981-3255
Mobile Health Clinic John Muir…….925-941-7940
Planned Parenthood……..1-800-230-7526
RotaCare Clinic Concord……...925-429-6409
RotaCare Clinic Pittsburg……925-439-2009
RotaCare Clinic Richmond……510-213-6678

Centro de los Primeros 5

Antioch First 5 Center……..925-301-4052
East County First 5 Center……..925-301-4040
Delta First 5 Center……925-516-3880
Monument Community First 5 Center 925-849-8861
West County First 5 San Pablo Center.510-232-5650

Clases Educativas para Padres

C.O.P.E. Family Support Center…925-689-5811
Mt. Diablo Adult Education…….925-685-7340
Parent Support Groups & Edu. ….510-837-6902 (Early Childhood Mental Health Program)
Prenatal Care Guidance (CCHS)…..925-313-6254
Primero Nuestros Niños (Latina Center). 510-233-8595
West County First 5 Richmond…..510-233-5650

Clases para el Manejo de la Ira

C.O.P.E. Family Support Center…925-689-5811
Mt. Diablo Adult Education…….925-685-7340
Saving Our Sons and Daughters...925-432-4200
STAND! For Families Free of Violence
..... 1-888-215-5555

Clases para Padres

Antioch First 5 Center 925-301-4052
East County First 5 Center..... ..925-301-4040
Child Abuse Prevention Council. .925-798-0546
C.O.P.E. Family Support Center ..925-689-5811
Mt. Diablo Adult Education 925-685-7340
Primeros Nuestros Niños …….. 510-233-8595 (The Latina Center)
West Contra Costa Adult Education Center
…… 510-231-1453

Comida

EBT Card Services …….. 1-877-328-9677
Food Bank of Contra Costa & Solano
……...925-676-7543
Bancos de Comida/Almuerzos…… 2-1-1
Loaves & Fishes……925-293-4792
Social Services Rapid Response Team aplicación para estampillas de comida CalFresh
……925-335-6581
WIC Program..... 1-800-414-4942 (Mujeres embarazadas, lactando o padres de niños 0-5)

Consejería para Niños/Familia

Access Mental Health Appointment Line for **Contra Costa County:** Mental Health Crisis Unit, Central/East/West; Youth/Families/Adult Services
..... 1-888-678-7277
Bay Area Psychotherapy Institute.....925-284-2298
Brighter Beginnings - Family Health Clinic
Antioch……925-303-4780
Richmond ……...510-236-6990
Center for Human Development....925-687-8844
Community Health for Asian Americans
Este ……...925-778-1667
Oeste……...510-233-7555
Conflict Resolution/Mediation
(Center for Human Development)……925-349-7344
Early Childhood Mental Health…..510-837-6902 (edades 0-6)
Familias Unidas Counseling & Information
……510-412-5930
Consejero de Salud Mental (CCHS)
…….. 925-348-5565
John Muir at Village Community Resource Center …… 925-941-7940
The Hume Center - Centro..... 925-825-1793
Este …… 925-432-4118
Oeste …… 510-778-2816
YWCA Mental Health Program
……..925-372-4213 x 116

Crianza de Hijos LGBTQ

LGBT National Help Center..... 1-888-843-4564
Parents, Families & Friends of Lesbians & Gays (PFLAG) (sitio de internet)……www.pflag.org
Rainbow Community Center ……..925-692-0090

Cuidado de Niños

Coco Kids – Central……...925-676-5437
Este 925-778-5437
Oeste 510-758-5439
Head Start Programs (CCC Community Services Bureau)……..925-272-4727
CUIDADO DE NIÑOS DURANTE UNA CRISIS
Bay Area Crisis Nursery (Edades 0-5) ...925-685-8052
Safe Refuge for Children and Families(Ages 0-18)
…….925-566-8050

Cuidado Dental

Contra Costa Health Services Dental Clinics
Martinez ……..... 925-370-5300
Pittsburg ……... 925-431-2501
San Pablo ……...510-231-9540
Dental Hygiene Clinic ……...925-969-2692 (Diablo Valley College)
Respite Dental Care Concord……925-608-5350
Denti-Cal/Medi-Cal Dental Program
……1-800-322-6384
La Clínica Monument……925-363-2000
La Clínica Pittsburg Dental Clinic 925-431-1250
Lifelong William Jenkins Health Center
Richmond……...510-981-4100
Lifelong Medical Care - Brookside
Pinole……..510-981-3255
San Pablo……510-215-9092

Custodia de Niños

Bay Area Legal Aid 1-800-551-5554
CCC Dept. of Child Support…….1-866-901-3212
Family Law Facilitator …. ……925-608-2067

Depresión Posparto

Parent Support Groups & Edu. … 510-837-6902 (Early Childhood Mental Health Program)
Postpartum Depression (PPD) Helpline
..... 1-800-944-4773
Welcome Home Baby (Aspiranet) ……925-301-4050

Distritos Escolares

Acalanes Union High School District. 925-280-3900
Antioch Unified School District ……...925-779-7500
Brentwood Union School District ……925-513-6300
Byron Union School District ……925-809-7500
Canyon School District ……..925-376-4671
Contra Costa County Office of Education
……925-942-3388
John Swett Unified School District
……510-245-4300

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CONTRA COSTA CRISIS CENTER
Crisis/Suicide Intervention: 2-1-1

Knightsen School District ……925-625-0073
Lafayette School District ……...925-927-3500
Liberty Union High School District ….925-634-2166
Martinez Unified School District ……..925-335-5800
Moraga School District ……..925-376-5943
Mt. Diablo Unified School District …..925-682-8000
Oakley Union Elementary School District
……925-625-0700
Orinda Union School District ……...925-254-4901
Pittsburg Unified School District …….925-473-2300
San Ramon Valley Unified School District
……925-552-5500
Walnut Creek School District ……925-944-6850
West Contra Costa Unified School District
……510-231-1100

Embarazo/Atención Prenatal

Black Infant Health (CCHS)……...925-313-6254
Brighter Beginnings - Family Health Clinic
Antioch……925-303-4780
Richmond ……..510-236-6990
Healthy Start (CCHS) – Central……..925-370-5495
Este……925-431-2345
Oeste……...510-231-9469
Lifelong Medical Care
Richmond……...510-215-5001
San Pablo……510-215-9092
Perinatal Circle of Care (ECMHP)……..510-837-6941
Planned Parenthood……..1-800-230-7526
Antioch, Concord, Richmond, San Ramon, Walnut Creek
Prenatal Care Guidance (CCHS)…..925-313-6254
Safely Surrendered Baby……..2-1-1

ABUZO DE SUSTANCIAS Y EMBARAZO
BAART- Este ……925-522-0124
Oeste……...510-232-0874
Healthy Start (CCHS) – Centro…….925-370-5495
Este……925-431-2345
Oeste……...510-231-9469
La Casa Ujima Residential…….925-229-0230
La Casa Central Mothers' Program Ujima
……925-691-5083
The Rectory Women's Recovery Center
……...510-236-3134
Ujima Outpatient Este……925-427-9100
Ujima Outpatient Oeste……..510-215-2280
Wollam House……925-427-1384

Exámen de la vista/Lentes/Audífonos

Hear NOW 1-800-328-8602
Lions Center for the Visually Impaired
..... 925-432-3013
The Hearing Foundation 1-800-327-8077
University California Berkeley
Eye Care Center……510-642-2020

Familias sin Hogar

Coordinated Outreach Referral and Engagement (CORE) ……..2-1-1
Ayuda para desamparados y referencias para albergues de Concord y Brookside.
GRIP CARE Center/Shelter……..510-233-2141
Trinity Center CARE Center……925-949-8712

Intervención de Crisis/Suicidio

Contra Costa Crisis Center……2-1-1
National Suicide Hotlines ……...9-8-8
Trevor Helpline 1-866-488-7386

Padres Adolecentes

CA Youth Crisis Line..... 1-800-843-5200
Through The Looking Glass 1-510-848-1112

Seguro de Salud

California Children's Services …..925-313-6400
Consejeros Financieros..... 1-800-771-4270
Child Health & Disability Prevention (CHDP)
…….925-313-6150
Covered California ……..…..1-800-300-1506
Community Health Care Program
(Kaiser Permanente)……1-800-464-4000

Servicios de Apoyo de Tenencia para Familiares

Kinship Support Services (Pacific Clinics)
Central ……925-602-1750
Kinship Support Services (Youth Services Bureau)
West ……..510-215-4671
Lilliput Families (Wayfinder Family Services)
Central ……925-370-3100
East ..……925-384-1650

Servicios para Necesidades Especiales

Ability Tools 1-800-390-2699
State Council on Developmental Disabilities
Bay Area……...510-286-0439
Bay Respite Care……707-644-4491
California Children's Services……925-313-6400
Care Parent Network (Vistability) ……925-313-0999
Center for Accessible Technology …510-841-3224
Center for Early Intervention on Deafness
……..…510-848-4800
Contra Costa Office of Education 925-942-3388
Deaf Counseling, Advocacy & Referral (DCARA)……...510-343-6670
Developmental Disabilities Council . 925-313-6836
Down Syndrome Connection…….925-362-8660
Early Childhood Mental Health…..510-837-6902
Early Intervention Services (Easter Seals Bay Area) ……925-266-8400
Help Me Grow 2-1-1
LightHouse for the Blind and Visually Impaired……...415-431-1481
Lynn Center Early Intervention Services
Children 0-6……925-439-9628
National Resource Center on ADHD
……1-866-200-8098
Regional Center of the East Bay ..925-691-2300
Respite Care Program……..510-834-2443
(Family Support Services of the Bay Area)
Through The Looking Glass……..510-848-1112
United Cerebral Palsy of the Golden Gate
……510-832-7430
VistAbility……925-370-1818
We Care Services for Children……925-671-0777

Vivienda/Pago de Renta

Housing Authority of Contra Costa County
(Administración)……..925-957-8001
Pittsburg Housing Authority……..925-252-4060
Richmond Housing Authority…….510-621-1300

ASISTENCIA PARA INQUILINOS
Housing and Economic Advocates (HERA)
…… 510-271-8443
Pacific Community Services..... ..925-439-1056

ASISTENCIA PARA PAGO DE RENTA
Concord Family Service Center. ..925-825-3099
(Caridades Católicas)
Season of Sharing..... ..925-655-1205
Eviction Prevention (SHELTER,INC)
……925-338-1038

Wraparound Services (Asistencia Integral)

Community Health for Asian Americans
East……925-778-1667
West……510-233-7555
Contra Costa Family Justice Center
Centro……925-521-6366
Este ……....925-281-0970
Oeste ……..510-974-7200
Early Childhood Mental Health Program
Wraparound Support ……..510-412-9200
Early Intervention (George Miller)
Centro ……..……925-646-5710
Oeste……...510-374-3981
Familias Unidas ……..……...510-412-5930
Fred Finch Therapeutic Behavioral Services ……..……..510-482-2244
Lynn Center Early Intervention Services
Children 0-6……925-439-9628
Wraparound Services……..925-671-0777
(We Care Services for Children)

¿Necesita ayuda y no sabe a dónde ir?
Marque 2-1-1 o Mande por Texto "HOPE" a 20121

Esta guía de *recursos* es un esfuerzo de colaboración entre el Contra Costa Crisis Center y Primeros 5 de Contra Costa

FIRST 5 CONTRA COSTA
CHILDREN AND FAMILIES COMMISSION