

**Anger Management Classes**

**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

**Child Abuse/Prevention**

**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  
**PREVENTION**  
**Child Abuse Prevention Council** .925-798-0546  
**Children & Family Services**  
Central ..... 925-602-9300  
East..... 925-522-7400  
West ..... 510-231-8100  
**Safe Refuge for Children and Families**(Ages 0-18)  
.....925-566-8050

**Child Care/Child Care Subsidies**

**Coco Kids – Central** ..... 925-676-5437  
East..... 925-778-5437  
West ..... 510-758-5439  
**Head Start Programs** (CCC Community Services  
Bureau) ..... 925-272-4727  
**CRISIS CHILD CARE**  
**Bay Area Crisis Nursery** (Ages 0-5) ..925-685-8052  
**Safe Refuge for Children and Families**(Ages 0-18)  
.....925-566-8050

**Child Custody**

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

**Child/Family Counseling**

**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**  
Antioch..... 925-303-4780  
Richmond ..... 510-213-6681  
**Center for Human Development**...925-687-8844  
**Community Health for Asian Americans**  
East.....925-778-1667 x 316  
West..... 510-233-7555 x 10  
**Conflict Resolution/Mediation**  
(Center for Human Development)..... 925-349-7344  
**Early Childhood Mental Health** .. 510-837-6902  
(Children ages 0-6)  
**Familias Unidas Counseling & Information**  
.....510-412-5930  
**Family Advocate Mental Health** (CCHS)  
..... 925-348-5565  
**John Muir at Village Community Resource  
Center** ..... 925-941-7940  
**The Hume Center** Central ..... 925-825-1793  
East ..... 925-432-4118  
West ..... 510-778-2816  
**YWCA Mental Health Program**... 925-372-4213

**Crisis and Suicide Intervention**

**Contra Costa Crisis Center** ..... 2-1-1  
Provides 24-hour crisis/warm line support.  
**National Suicide Hotlines**.....1-800-273-8255  
**Trevor Helpline** ..... 1-866-488-7386

**Dental**

**Contra Costa Health Services Dental Clinics**  
..... 1-877-905-4545  
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 Medical Care William Jenkins Health  
Center** Richmond..... 510-981-4100  
**Lifelong Medical Care**  
San Pablo..... 510-215-9092  
Pinole ..... 510-981-3255

**Expectant/New Parent**

**BREASTFEEDING**  
**Contra Costa Breastfeeding Advice Line**  
..... 1-866-878-7767  
**La Leche League** ..... 1-800-525-3243  
**NEW PARENT**  
**Birthright** ..... 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  
**Welcome Home Baby** (ASPIRAnet)...925-301-4050

**Eye Exam/Glasses/Hearing Aids**

**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

**Financial Assistance**

**CCC Dept. of Child Support**..... 1-866-901-3212  
**Social Services Rapid Response Team**  
General Assistance (GA), CalWORKs, Medi-Cal  
..... 925-335-6581

**First 5 Centers**

**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

**Food**

**EBT Card Services** ..... 1-877-328-9677  
**Food Bank of Contra Costa & Solano**  
Groceries, pantries, meals ..... 925-676-7543  
**Food Pantries/Soup Kitchens/Food Resource  
Programs** ..... 2-1-1

**Loaves & Fishes** ..... 925-293-4792  
**Social Services Rapid Response Team**  
CalFresh Food Stamps  
..... 925-335-6581  
**WIC Program**..... 1-800-414-4942  
(Pregnant women breastfeeding or with children 0-5)

**Health Insurance**

**California Children’s Services** .....925-313-6400  
**Child Health & Disability Prevention (CHDP)**  
..... 925-313-6150  
**Covered California** ..... 1-800-300-1506  
..... www.coveredca.com  
**Patient Financial Counselors**..... 1-800-771-4270  
**Kaiser Child Health Plan** ..... 1-800-464-4000

**Homeless Families**

**Coordinated Outreach Referral and  
Engagement (CORE)** ..... 2-1-1  
**GRIP CARE Center and Shelter** ....510-233-2141  
**Trinity Center CARE Center** ..... 925-949-8712

**Housing**

**Housing Authority of Contra Costa County**  
(Administration) ..... 925-957-8000  
**Pittsburg Housing Authority**..... 925-252-4830  
**Richmond Housing Authority** .... 510-621-1300  
**LANDLORD/TENANT  
Conflict Resolution/Mediation**  
(Center for Human Development)..... 925-349-7344  
**Housing and Economic Advocates (HERA)**  
..... 510-271-8443  
**Pacific Community Services**..... 925-439-1056  
**RENTAL ASSISTANCE**  
**Concord Family Service Center Catholic  
Charities**..... 925-825-3099  
**Season of Sharing**..... 925-655-1205  
**SHELTER, Inc.** ..... 925-338-1038

**Kinship Support Services**

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

**LGBTQ Parenting**

**LGBT National Help Center**..... 1-888-843-4564  
**Parents, Families & Friends of Lesbians & Gays  
(PFLAG)**—Internet to find local group ...www.pflag.org  
**Rainbow Community Center**..... 925-692-0090

**Medical Care**

**Advice Nurse** ..... 1-877-661-6230  
**Brighter Beginnings - Family Health Clinic**  
Antioch..... 925-303-4780  
Richmond ..... 510-213-6681  
**Contra Costa Health Services Health Centers**  
..... 1-800-495-8885  
Antioch, Bay Point, Brentwood, Concord, Martinez,  
Pittsburg, San Pablo  
**Health Care for the Homeless Mobile Van**  
(CCHS) Call for locations/hours .....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
<b>Lifelong Medical Care</b>	
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

**Parenting Classes**

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

**Parenting Education**

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
Primeros Nuestros Niños (Latina Center).....	510-233-8595
West County First 5 Richmond.....	510-232-5650

**Parent/Child Activity Groups**

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 Richmond.....	510-232-5650

**Postpartum Depression**

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

**Pregnancy/Prenatal Care**

Black Infant Health(CCHS).....	925-313-6254
<b>Brighter Beginnings</b>	
Antioch.....	925-303-4780
Richmond.....	510-213-6681
Healthy Start (CCHS) Central.....	925-370-5495
East.....	925-431-2345
West.....	510-231-9469
Lifelong Medical Care William Jenkins Health Center Richmond.....	510-981-4100
Lifelong Medical Care	
San Pablo.....	510-215-9092
Pinole.....	510-981-3255
Perinatal Circle of Care (ECMHP).....	510-837-6941
Planned Parenthood Antioch,.....	1-800-230-7526
Concord, Richmond, San Ramon, Walnut Creek	
Prenatal Care Guidance (CCHS).....	925-313-6254
Safely Surrendered Baby.....	2-1-1

**SUBSTANCE ABUSE & PREGNANCY**

BAART-East.....	925-522-0124
West.....	510-232-0874
Healthy Start (CCHS) – Central.....	925-370-5495
East.....	925-431-2345
West.....	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 East.....	925-427-9100
Ujima Outpatient West.....	510-215-2280
Wollam House.....	925-427-1384

**School Districts**

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
Knightesen 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

**Special Needs Services**

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) East/Central.....	925-849-8999
West.....	510-457-5800
Help Me Grow.....	2-1-1
LightHouse for the Blind and Visually Impaired.....	1-888-400-8933
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)	

Special Needs Child Care Project.....	925-676-5442
(Coco Kids)	
Through The Looking Glass.....	1-510-848-1112
United Cerebral Palsy of the Golden Gate.....	510-832-7430
VistAbility.....	925-370-1818
We Care Services for Children.....	925-671-0777

**Teen Parents**

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

**Wraparound Services**

Community Health for Asian Americans East.....	925-778-1667 x 316
West.....	510-233-7555 x 10
Contra Costa Family Justice Center Central.....	925-521-6366
East.....	925-281-0970
West.....	510-974-7200
Early Childhood Mental Health Program Wraparound Support.....	510-412-9200
Early Intervention- (George Miller) Central.....	925-646-5710
West.....	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)	

Need help and don't know where to go?

Call 2-1-1 or  
Text "HOPE" to 20121  
24/7 Spanish & English

Or visit:  
[www.211cc.org](http://www.211cc.org)

This resource guide is a collaborative effort of the Contra Costa Crisis Center and First 5 Contra Costa

