December 2019
www.211cc.org

Contra Costa County
HELP ME GROW PARENTING GUIDE

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

Dental
Contra Costa Health Services Dental Clinics............. 1-877-905-4545
Bay Point Children’s Dental ............. 925-427-8302
Martinez ......................... 925-370-5300
Pittsburg ...................... 925-431-2501
San Pablo ..................... 510-231-9540
Dental Hygiene Clinic ............. 925-969-2092
(Diablo Valley College)

Respite Dental Care Council ........ 925-608-5350
Denti-Cali/Medi-Cal Dental Program ..... 1-800-322-6384
La Clinica Monument ............. 925-363-2005
La Clinica Pittsburg Dental Clinic .... 925-431-1251
Lifelong Medical Care - Brookside ... 925-215-9092
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

Child Abuse Prevention Council .... 925-798-0546
Healthy Families America (CCHS) .... 925-313-6254
Medical Legal Partnership (FMCH) .... 800-880-8047
Prenatal Care Guidance .......... 925-313-6254
Welcome Home Baby (ASPIRAnet) ... 925-753-2156

Eye Exam/Glasses/Hearing Aids
Hear NOW ..................... 1-800-648-4327
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
CalWORKs (Families) ............. 1-877-505-4630
Cash Assistance Program for Immigrant
Families (CAPI) .................. 1-877-505-4630
CCHS Dept. of Child Support ........ 866-901-3212
General Assistance (Individuals) ...... 877-505-4630

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 Richmond Center ... 510-235-5890
West County First 5 San Pablo Center ... 510-232-5650

Food
CalFresh (food stamps) .......... 1-877-505-4630
(Centra Costa Employment and Human Services)
EBT Card Services .............. 1-877-328-9677
Food Bank of Contra Costa & Solano
Groceries, Pantries, Meals .......... 1-855-309-3663

Food Pantries/Soup Kitchens/Food Resource Programs ................. 2-1-1
Loaves & fishes Dining Rooms .... 925-293-4792
WIC Program .................. 1-800-414-4942
(Pregnant women breastfeeding or 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
Bay Area Rescue Mission Shelters
Men ................................ 510-215-4868
Women/families ............. 510-215-4860

Coordinated Outreach Referral and
Engagement (CORE) ................. 2-1-1
Homeless outreach to encampments and referrals to
warming centers, Concord and Brookside Shelters.
GRIP Family Emergency Shelter CARE Center .... 510-233-2141
Concord CARE Center ............. 925-685-7613
SHELTER, Inc. .................. 925-338-1038
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
Rental Assistance
Concord Family Service Center ........ 925-825-3099
(Catholic Charities)
Season of Sharing .................. 925-521-5065
SHELTER, Inc. .................. 925-338-1038

Kinship Support Services
Kinship Support Services (Uplift Family Services)
Central .................... 925-602-1750
Kinship Support Services (Youth Services
Bureau)
West ..................... 510-215-4671

Lilliput Families
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 ......... 925-692-0909

Medical Care
Advice Nurse ..................... 1-877-661-6230
Brighter Beginnings - Family Health Clinic
Antioch ..................... 925-303-4780
Richmond ................. 510-213-6681

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Contra Costa Health Services Health Centers

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 Clinica Monument .... 925-363-2005
La Clinica Oakley .... 925-776-8240
La Clinica Pittsburg .... 925-431-1251
Lifelong Medical Care - Brookside
Richmond .... 510-215-5001
San Pablo (urgent care) .... 510-215-9092
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 ........ 925-232-0874
Healthy Start (CCHS) – Central ..... 925-370-5495
East ........ 925-431-2345
West .... 925-231-9469
La Casa Ujima Residential .... 925-229-0230
La Casa Central Mothers’ Program Ujima
.... 925-691-5083
The Rectory Women’s Recovery Center
.... 925-236-3134
Ujima Outpatient West ........ 925-215-2280
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
.... 925-245-4300
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 .... 925-231-1100

Parent/Child Activity Groups

All Abilities Playgroups .... 800-984-4636
Antioch First 5 Center .... 925-301-4052
East County First 5 Center .... 925-301-4004
Contra Costa County Library .... 800-984-4636
Delta First 5 Center .... 925-516-3880
Family Literacy Program .... 510-236-3900
Monument Community First 5 Center .... 925-849-8861
Mt. Diablo Adult Education .... 925-685-7340
West Contra Costa Adult Education Center .... 925-233-5890

Parenting Classes

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 Ninos .... 510-233-8595
Second Nature Behavioral Health .... 510-610-4799
West Contra Costa Adult Education Center .... 925-215-4666

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
(Formerly Early Childhood Health Program)
Prenatal Care Guidance (CCHS) .... 925-313-6254
Primero Nuestros Ninos (Latinas) .... 510-233-8595
Second Nature Behavioral Health .... 510-610-4799
West Contra Costa Adult Education Center .... 925-215-4666

Special Needs Services

Ability Tools .... 1-800-390-2699
State Council on Developmental Disabilities
Bay Area .... 510-286-0439
Asian Community Mental Health .... 510-970-9750
Bay Respite Care .... 707-644-4491
California Children’s Services .... 925-313-6400
Care Parent Network .... 925-313-0999
Center for Accessible Technology .... 510-841-3224
Center for Early Intervention on Deafness
.... 925-848-4800
Contra Costa ARC .... 925-370-1818
Contra Costa Office of Education .... 925-942-3389
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
 .... 1-800-333-2206
Regional Center of the East Bay .... 925-691-2300
Respite Care Program .... 510-834-2443
(Family Support Services of the Bay Area)
Respite Program .... 510-527-2550
(Ala Costa Center)
Special Needs Child Care Project
 .... 925-676-5442
(Coco Kids)
Through The Looking Glass .... 1-800-644-2666
United Cerebral Palsy of the Golden Gate
 .... 510-832-7430
We Care Services for Children .... 925-671-0777

Teen Parents

CA Youth Crisis Line .... 1-800-843-5200
Through The Looking Glass .... 1-800-644-2666

We Care Services for Children

Wraparound Services

Care Parent Network .... 925-313-0999
Community Health for Asian Americans
East .... 925-778-1667
West .... 510-233-7555
Contra Costa Family Justice Center
Central .... 925-521-6366
East .... 510-281-0970
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
Families 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)

Pregnancy/Prenatal Care

Black Infant Health (CCHS) .... 925-313-6254
Brighter Beginnings
Antioch .... 925-303-4780
Richmond .... 510-213-6681
Healthy Families America (CCHS) .... 925-313-6254
Healthy Start (CCHS) Central .... 925-370-5495
East .... 925-431-2345
West .... 510-231-9469

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