

Abuso Infantil/Prevención

Children's Protective Services...1-877-881-1116
Human Trafficking Prevention...1-800-670-7273
National Child Abuse Hotline...1-800-422-4453
A Step Forward...925-685-9670
PREVENCIÓN
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
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
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

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
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
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
(Postpartum Depression (PPD) Helpline
...1-800-944-4773
Welcome Home Baby (Aspiranet)...925-307-4050

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

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 Adolescentes

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	
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)	
COVID-19 Assistance Catholic Charities	
.....	510-768-3100
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 Mandé 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

