

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... 925-602-9300
Este... 925-522-7400
Oeste... 510-231-8100

Actividades para Padres é Hijos

All Abilities Playgroups... 800-984-4636
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
West County First 5 Richmond... 510-233-5890
West County First 5 San Pablo... 510-232-5650
We Care Developmental Playgroups... 925-671-0777

Asistencia Financiera

CalWORKs (Familias)... 1-877-505-4630
Cash Assistance Program for Immigrant Families (CAPI)... 1-877-505-4630
CCC Dept. of Child Support... 1-866-901-3212
General Assistance (Individuos)... 1-877-505-4630

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... 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

Atención Médica

Brighter Beginnings - Family Health Clinic
Antioch... 925-303-4780
Richmond... 510-213-6681
Contra Costa Health Services Health Centers
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... 925-776-8240
La Clínica Pittsburg... 925-431-1251

Lifelong Medical Care - Brookside

Richmond... 510-215-5001
San Pablo (cuidado de urgencia)... 510-215-9092
Pinole... 510-981-3255
Mobile Health Clinic John Muir... 925-941-7940
Planned Parenthood... 1-800-230-7526
Respite Health Care Concord... 925-646-5300
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 Richmond Center... 510-233-5890
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... 510-233-5890

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
Second Nature Behavioral Health... 510-610-4799
STAND! For Families Free of Violence... 1-888-215-5555

Clases para Padres

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

Comida

CalFresh (Food Stamps)... 1-877-505-4630
EBT Card Services... 1-877-328-9677
Food Bank of Contra Costa & Solano... 1-855-309-3663
Bancos de Comida/Almuerzos... 2-1-1
Loaves & Fishes Dining Rooms... 925-293-4792
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... 510-213-6681
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

Consejero de Salud Mental (CCHS)... 925-957-5139

John Muir at Village Community Resource Center

Center... 925-941-7940
Second Nature Behavioral Health... 510-610-4799

The Hume Center - Centro

Este... 925-825-1793
Oeste... 510-778-2816
YWCA Mental Health Program... 925-372-4213

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
Centro... 925-692-0090
Oeste... 510-833-2139

Cuidado de Niños

Coco Kids - Central... 925-676-5437
Este... 925-778-5437
Oeste... 510-758-5439
Head Start Programs (CCC Community Services Bureau)... 925-681-6300
CUIDADO DE NIÑOS DURANTE UNA CRISIS
Bay Area Crisis Nursery (Edades 0-5)... 925-685-8052
Safe Refuge for Families (Ages 0-18)... 925-566-8050

Cuidado 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... 925-969-2692
Respite Dental Care Concord... 925-608-5350
Denti-Cal/Medi-Cal Dental Program... 1-800-322-6384
La Clínica Monument... 925-363-2005
La Clínica Pittsburg Dental Clinic... 925-431-1251
Lifelong Medical Care - Brookside
Pinole... 510-981-3255
Richmond... 510-215-5001
San Pablo... 510-215-9092

Custodia de Niños

Bay Area Legal Aid Oeste... 510-250-5270
Este/Central... 925-219-3325
CCC Dept. of Child Support... 1-866-901-3212
Family Law Facilitator... 925-608-1000

Depresión Posparto

Parent Support Groups & Edu... 510-837-6902
Postpartum Depression (PPD) Helpline... 1-800-944-4773
Welcome Home Baby (ASPIRAnet)... 925-753-2156

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
Healthy Families America (CCHS)925-313-6254
Healthy Start (CCHS) – Central925-370-5495
Este 925-431-2345
Oeste 510-231-9469
Lifelong Medical Care - Brookside
Richmond 510-215-5001
San Pablo 510-215-9092
Planned Parenthood Antioch,..... 1-800-230-7526
Concord, Richmond, San Ramon, Walnut Creek
Prenatal Care Guidance925-313-6254 (CCHS)
Safely Surrendered Baby 1-800-833-2900

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 1-800-648-4327
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

Familias sin Hogar

- Bay Area Rescue Mission Shelters
Hombres 510-215-4868
Mujeres/Familias 510-215-4860

- Coordinated Outreach Referral and Engagement (CORE) 2-1-1
Ayuda para desamparados y referencias para albergues de Concord y Brookside.
GRIP Family Emergency Shelter CARE Center 510-233-2141
Concord CARE Center 2-1-1
SHELTER, Inc.925-338-1038
Trinity Center CARE Center 925-949-8712

Intervención de Crisis/Suicidio

- Contra Costa Crisis Center 2-1-1
National Suicide Hotlines 1-800-273-8255
Trevor Helpline..... 1-866-488-7386

Padres Adolescentes

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

Seguro de Salud

- California Children's Services925-313-6400
Consejeros Financieros 1-800-771-4270
Child Health & Disability Prevention (CHDP) 925-313-6150
Covered California 1-800-300-1506
www.coveredca.com
Kaiser Child Health Plan..... 1-800-464-4000

Servicios de Apoyo de Tenencia para Familiares

- Kinship Support Services (Uplift Family Services)
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
Asian Community Mental Health ..510-970-9750
Bay Respite Care 1-888-644-4491
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 Deafness510-848-4800
Contra Costa ARC 925-370-1818
Contra Costa Office of Education 925-942-3389
Deaf Counseling, Advocacy & Referral (DCARA)..... 510-346-6670
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) Este/Central..... 925-849-8999
Oeste 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 1-800-233-4050

- 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

Vivienda/Pago de Renta

- Housing Authority of Contra Costa County (Administración) 925-957-8000
Pittsburg Housing Authority 925-252-4830
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 925-521-5065
SHELTER, Inc. 925-338-1038

Wraparound Services (Asistencia Integral)

- Care Parent Network 925-313-0999
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 donde 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

