



**Abuse**

**CHILDREN**

Children's Protective Services .. 1-877-881-1116

**ADULTS**

Adult Protective Services ..... 1-877-839-4347

Human Trafficking Prevention... 1-800-670-7273  
(Community Violence Solutions)

Ombudsman of CCC ..... 925-685-2070  
(For patients in long-term care facilities)

**FAMILIES**

STAND! For Families Free of Violence

..... 1-888-215-5555

**AIDS/HIV**

AIDS Info ..... 1-800-448-0440

Contra Costa AIDS/HIV Program.. 925-313-6771

**Alcohol & Drug Abuse**

Al-Anon ..... 925-932-6770

Alcohol & Other Drugs ACCESS 1-800-846-1652

Alcoholics Anonymous ..... 925-939-4155

DUI Programs ..... 925-932-8100

(Alcohol & Drug Abuse Council of Contra Costa, Inc.)

Narcotics Anonymous ..... 925-685-4357

**DETOX TREATMENT CENTERS**

BAART - Detoxification Program.. 925-522-0124

Frederick Ozanam Center ..... 925-676-4840

Pueblos del Sol (Men)..... 925-676-2580

Thunder Road Adolescent Treatment Center  
..... 510-653-5040

**TREATMENT / COUNSELING**

A Chance for Freedom (Bi-Bett) ..... 925-685-7418

Crossroads Program Services ..... 925-682-5704

La Casa Ujima Residential..... 925-229-0230

Power Program ..... 925-685-7613

Ujima Central Mothers' Program .. 925-691-5083

**SMOKING CESSATION**

California Smokers Helpline..... 1-800-662-8887

Tobacco Helpline..... 1-800-844-2439

**Animals**

ARF-Animal Rescue Foundation .. 925-256-1273

CCC Animal Services..... 925-608-8400

Contra Costa Humane Society ..... 925-279-2247

Pet Food Assistance Program .. 925-676-7543

**Child Care/Crisis Child Care**

Coco Kids ..... 925-676-5437

Head Start Programs/Child Care Services

(CCC Community Services Bureau)..... 925-681-6300

**CRISIS CHILD CARE**

Bay Area Crisis Nursery (Ages 0-5) .. 925-685-8052

Dahlstrom House (Ages 6-11) ..... 925-685-3695

Safe Families (Ages 0-18)..... 925-566-8050

**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

**Death & Dying**

Grief Counseling ..... 2-1-1

(Contra Costa Crisis Center)

Hospice of the East Bay..... 925-887-5678

**Dental Care**

Berkeley Free Clinic ..... 1-800-625-4642

Contra Costa Health Services Dental Clinics

Bay Point Children's Dental..... 925-427-8302

Martinez ..... 925-370-5300

Dental Hygiene Clinic ..... 925-969-2692

(Diablo Valley College)

Denti-Cal/Medi-Cal Dental Pgm . 1-800-322-6384

La Clínica Monument ..... 925-363-2005

Respite Dental Care Concord..... 925-608-5016

**Disability Services**

Adaptive Learning Center ..... 925-827-3863

Adults with Disabilities Services

(Mt. Diablo Adult Ed.) ..... 925-685-7340

California Children's Services..... 925-313-6400

CA Dept. of Rehabilitation ..... 925-602-3953

Contra Costa ARC ..... 925-370-1818

Developmental Disabilities Council . 925-313-6836

Futures Explored ..... 925-825-0263

Hearing Loss Association of America - Diablo

Valley & East Bay Chapter ..... 925-264-1199

Independent Living Resource ... .. 925-363-7293

Regional Center of the East Bay . 925-691-2300

Social Security..... 1-800-772-1213

State Council on Developmental Disabilities

Bay Area ..... 510-286-0439

We Care Services for Children . . 925-671-0777

**Education & Literacy**

CCC Regional Occupational Program (ROP)

..... 925-942-3368

Contra Costa County Library..... 1-800-984-4636

Contra Costa County Office of Education

..... 925-942-3388

Project Second Chance..... 925-927-3250

(Contra Costa Library)

Stride Center..... 510-234-1300

**ESL/GED/ADULT EDUCATION**

Acalanes Adult Education ..... 925-280-3980

Martinez Adult Education..... 925-228-3276

Mt. Diablo Adult Education ..... 925-685-7340

**Emergency Services**

American Red Cross ..... 1-800-733-2767

California Poison Control System. 1-800-222-1222

CCC Office Emergency Services.. 925-646-4461

Emergency Broadcast System..... KCBST740AM

Hazardous Materials Incident Response

..... 925-335-3232

Health Emergency Hotline ..... 1-888-959-9911

**Employment/Job Training**

CalJOBS-Internet..... [www.caljobs.ca.gov](http://www.caljobs.ca.gov)

Child Care Job Bank ..... 925-676-5442

(Coco Kids)

EASTBAY Works, America's Job Center of CA

Concord ..... 925-671-4500

Experience Unlimited..... 925-602-0166

Monument Impact ..... 925-682-8248

Unemployment Insurance, CA... 1-800-300-5616

Internet ..... [www.edd.ca.gov/Unemployment](http://www.edd.ca.gov/Unemployment)

**Evictions/Rent Assist./Foreclosures**

**EVICTIION NOTICE/LANDLORD TENANT**

**ASSISTANCE**

Bay Area Legal Aid ..... 510-250-5270

ECHO Fair Housing ..... 1-855-275-3246

(except Concord and Pittsburg)

**FORECLOSURE ASSISTANCE**

Foreclosure Assistance – HUD.... 415-489-6400

Housing & Economic Rights Advocates

(HERA) ..... 510-271-8443

National Foreclosure Hotline ..... 1-888-995-4673

**RENTAL ASSISTANCE**

Concord Family Service Center

(Catholic Charities of East Bay) ..... 925-825-3099

Season of Sharing..... 925-521-5065

SHELTER, Inc. .... 925-338-1038

**Financial Assistance**

CalWORKs (Families) ..... 1-877-505-4630

General Assistance (Individuals) . 1-877-505-4630

**Food**

CalFresh (Food Stamps) ..... 1-877-505-4630

EBT Card Services ..... 1-877-328-9677

Food Bank of Contra Costa & Solano

(Groceries, pantries, meals) ..... 925-676-7543

Food Pantries/Soup Kitchens ..... 2-1-1

Loaves & Fishes Dining Martinez... 925-293-4792

WIC Program..... 925-646-5370

(Pregnant women, breastfeeding, or with children 0-5)

**Gay, Lesbian, Bisexual, Transgender**

LGBT National Help Center ..... 1-888-843-4564

Rainbow Community Center ..... 925-692-0090

**Health Care**

Advice Nurse..... 1-877-661-6230

Contra Costa Health Services Health Centers

Concord, Martinez ..... 1-800-495-8885

Health Care for the Homeless Mobile Van

(CCHS) Call for locations/hours ..... 925-608-5300

**COMMUNITY CLINICS**

La Clínica Monument ..... 925-363-2005

Planned Parenthood..... 1-800-230-7526

Concord, San Ramon, Walnut Creek

Homeless Ambulatory Clinics..... 925-608-5300

RotaCare – Concord..... 925-429-6409

**HOSPITALS**

Contra Costa Regional Medical Center

..... 925-370-5000

John Muir Health Walnut Creek ..... 925-939-3000

John Muir Health Concord ..... 925-682-8200

Kaiser Medical Ctr Walnut Creek... 925-295-4000

San Ramon Regional Medical Center

..... 925-275-9200

**Health Insurance**

Covered California ..... 1-800-300-1506

Child Health & Disability Prevention (CHDP)

..... 925-313-6150

HICAP ..... 1-800-510-2020

(Health Insurance Counseling & Advocacy)

Kaiser Child Health Plan ..... 1-800-464-4000

Medi-Cal Applications ..... 1-800-709-8348

Patient Financial Counseling..... 1-800-771-4270

(Information on County health coverage programs)

**Homeless**

Bay Area Rescue Mission

Men's shelter..... 510-215-4868

Women & Families ..... 510-215-4860

Calli House-Richmond (Youth, 18-24) 1-800-610-9400

Coordinated Outreach Referral and

Engagement (CORE) ..... 2-1-1

Homeless outreach to encampments and referrals to

Concord and Brookside Shelters.

**GRIP Family Emergency Shelter**CARE Center ..... 510-233-2141  
**Monument Crisis Center CARE Capable Center** ..... 925-825-7751  
**Multi-Service Center CARE Center**925-685-7613  
(Anka Behavioral Health)  
**SHELTER, Inc.**.....925-338-1038  
**Shepherd's Gate** Brentwood ..... 925-308-7507  
**Trinity Center CARE Center**..... 925-949-8712  
**Winter Nights** ..... 925-435-2074

**Housing**

**CC Housing Authority Public Housing Wait List** (Except Richmond and Pittsburg) .925-957-8000  
**Housing Workshop/Shared Housing** (Independent Living Resources) ..... 925-363-7293  
**Seniors & Adults w/ Disabilities**...1-800-510-2020  
**SHELTER, Inc.** .....925-338-1038

**Immigrant & Refugee Services**

**Cash Assistance Program for Immigrants** ..... 1-877-505-4630  
**Citizenship Education**  
 Acalanes Adult Education ..... 925-280-3980  
 Martinez Adult Education ..... 925-228-3276  
 Mt. Diablo Adult Education ..... 925-685-7340  
**Immigration & Naturalization Services** (Catholic Charities of the East Bay) ..... 925-825-3099  
**Refugee & Immigrant Services** . . .925-927-2000 (Jewish Family & Community Services of the East Bay)  
**Refugee Health Program**..... 925-313-6893  
**Stand Together Contra Costa** .....925-900-5151  
 Rapid response and immigration legal services in Contra Costa County.  
**U.S. Citizenship and Immigration Services** ..... 1-800-375-5283

**Information & Referral**

**2-1-1 Contra Costa** ..... 2-1-1 (Contra Costa Crisis Center)  
**Information & Assistance for Seniors & Dependent Adults**..... 1-800-510-2020

**Legal & Mediation Services**

**Bay Area Legal Aid**.....510-250-5270  
**Lawyer Referral Service** .....925-825-5700 (Contra Costa County Bar Association)  
**CCC Dept. of Child Support**..... 1-866-901-3212  
**CC Senior Legal Services** ..... 925-609-7900  
**Conflict Resolution/Mediation** (Center for Human Development) .....925-349-7344  
**Family Law Facilitator**..... www.cc-courts.ca.gov (Divorce, child custody, support, paternity issues, help)  
**Medical Legal Partnership (FMCH)**...800-880-8047  
**Victim Witness Assistance** ..... 925-957-8650

**Low Cost Internet**

**Access from AT&T**.....1-855-220-5211  
**Comcast Internet Essentials** ..... 1-855-846-8376

**Mental Health**

**Access Mental Health Appointment Line for Contra Costa County**..... 1-888-678-7277  
**Bay Area Psychotherapy Institute**.....925-284-2298  
**Center for Human Development**..925-687-8844  
**Adolescent, Adult & Children's Psychiatric Programs** ..... 925-674-4265 (John Muir Health Behavioral Health Center)  
**Contra Costa Crisis Center** ..... 2-1-1  
**Concord Wellness City** .....925-363-7290  
**Crockett Counseling Center** ..... 925-370-6544

**Family Advocate Mental Health (CCHS)** ..... 925-957-5139  
**First Hope- (CCHS)** ..... 925-681-4450  
**George & Cynthia Miller Center** .. 925-313-7940  
**George Miller Center** ..... 925-646-5710  
**National Alliance for the Mentally Ill (NAMI)** ..... 925-942-0767  
**Northern CA Family Center** ..... 925-370-1990  
**Power Program (Dual Diagnosis)** .. 925-685-7613 (Anka Behavioral Health)  
**Putnam Clubhouse** ..... 925-691-4276  
**Second Nature Behavioral Health** 510-610-4799  
**The Hume Center** ..... 925-825-1793  
**YWCA Mental Health Program**... ..925-372-4213

**Multi-Service Centers**

**Monument Crisis Center** ..... 925-825-7751  
**Multi-Service Center**.....925-685-7613 (Anka Behavioral Health)  
**Trinity Center** ..... 925-949-8712

**Parenting Classes**

**C.O.P.E. Family Support Center** .925-689-5811  
**Crockett Counseling Center** .... 925-370-6544  
**Martinez Adult Education**..... 925-228-3276  
**Monument First 5 Center** ..... 925-849-8861  
**Mt. Diablo Adult Education** ..... 925-685-7340  
**Second Nature Behavioral Health** 510-610-4799

**Pregnancy**

**Birthright** ..... 925-798-7227  
**Black Infant Health (CCHS)** .....925-313-6254  
**Healthy Families America (CCHS)** .... 925-313-6254  
**Healthy Start (CCHS)** ..... 925-370-5495  
**Independent Adoption Center** .... 925-827-2229  
**Medical Legal Partnership (FMCH)**...800-880-8047  
**Options for Women** ..... 925-827-0100  
**Planned Parenthood** ..... 1-800-230-7526  
**Prenatal Care Guidance** ..... 925-313-6254 (CC Health/First 5)  
**Safely Surrendered Baby** ..... 1-800-833-2900

**SUBSTANCE ABUSE & PREGNANCY**

**La Casa Ujima**.....925-229-0230  
**Ujima Central Mothers' Program** .925-691-5083

**Rape/Victims of Crime**

**Central Family Justice Center** ..... 925-521-6366  
**Community Violence Solutions** .1-800-670-7273  
**Crockett Counseling Center** ..... 925-370-6544  
**Discovery Counseling Center** ..... 925-837-0505  
**Rape, Abuse & Incest National Network** ..... 1-800-656-4673  
**Second Nature Behavioral Health** 510-610-4799  
**Victim Witness Assistance Program** ..... 925-957-8650

**Senior Services**

**Adult Day Services Network** ..... 925-682-1000  
**Alzheimer's Association** .....1-800-272-3900  
**An Elderly Wish Foundation** ..... 925-978-1883  
**Caring Hands (John Muir)** ..... 925-952-2999  
**CC Café (Hot lunch program)**  
 Concord ..... 925-825-1488  
 Martinez ..... 925-646-2598  
 Pleasant Hill ..... 925-771-7641  
 Rossmoor ..... 925-988-7703  
 San Ramon ..... 925-973-3250  
 Walnut Creek..... 925-280-7310  
**Covia** ..... 925-956-7396  
**Eldercare Locator** ..... 1-800-677-1116  
**Family Caregiver Alliance**..... 1-800-445-8106

**In Home Personal Assistance**..... 925-945-8040 (Diablo Valley Foundation for the Aging)  
**Information & Assistance for Seniors & Dependent Adults**..... 1-800-510-2020  
**Jewish Family & Community Services of the East Bay**..... 925-927-2000  
**Meals-on-Wheels** ..... 925-937-8607  
**Medicare Hotline**..... 1-800-633-4227  
**Mobility Matters** ..... 925-284-6161  
**Senior Food Program - Concord, Martinez, Walnut Creek (Food Bank)** .....925-676-7543  
**Senior Outreach Services** ..... 925-937-8311  
**Senior Peer Counseling**.....925-521-5636  
**Social Security**..... 1-800-772-1213

**Teen Services**

**Alateen**.....925-932-6770  
**California Youth Crisis Line**..... 1-800-843-5200  
**New Leaf Treatment Center** ..... 925-284-5200 (Substance Abuse Treatment)  
**Teen Services/SAFE Place**..... 1-800-718-4357 (Northern California Family Center)

**Transportation**

**Bay Area Travel Information**..... 511  
**BART** ..... 925-676-2278  
**County Connection/County Link** ..925-676-7500  
**Mobility Matters** ..... 925-284-6161  
**Monument Community Shuttle** .... 925-682-8248

**Utility Assistance**

**California Alternate Rates for Energy (CARE) Program** ..... 1-866-743-2273  
**Low-Income Home Energy Assistance Program (LIHEAP)**..... 925-681-6380  
**Medical Baseline Program Relief for Energy** ..... 1-800-743-5000  
**Utility Shut-off Assistance** ..... 1-800-743-5000

**Veterans**

**Berkeley Food & Housing Project**.855-862-1804  
**Contra Costa County Veterans Services**  
 ..... 925-313-1481  
**Concord Veterans Center** ..... 925-680-4526  
**Martinez VA Outpatient Clinic**..... 925-372-2000  
**SHELTER, Inc.** ..... 925-338-1038  
**Veterans Suicide Hotline**.....1-800-273-8255

**Volunteer Opportunities**

**Caring Hands (John Muir)** ..... 925-952-2999  
**Contra Costa Crisis Center** ..... 925-939-1916  
**Contra Costa Society for the Prevention of Cruelty to Animals** ..... 925-825-5156  
**Covia** ..... 925-956-7396  
**Food Bank of Contra Costa & Solano** ..... 925-676-7543  
**Meals on Wheels** ..... 925-937-8607  
**Mobility Matters** ..... 925-284-4831  
**Volunteer Opportunities**..... 2-1-1

Need help and don't know where to go?  
 Call 2-1-1 or visit www.211cc.org