

**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 Line** ..... 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

**Pueblos del Sol DUI Prgm**(Bi-Bett).....925-240-7213

**DETOX TREATMENT CENTERS**

**BAART—California Detox Pgm.** ..925-522-0124

**East County Wollam House**..... 925-427-1384

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

**Thunder Road Adolescent Treatment Center**

..... 510-653-5040

**TREATMENT / COUNSELING**

**REACH Project - Antioch** ..... 925-754-3673

**Brentwood** ..... 925-666-8460

**Oakley** ..... 925-679-2504

**Ujima East** ..... 925-427-9100

**SMOKING CESSATION**

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

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

**Animals**

**Antioch Animal Services**..... 925-779-6989

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

**Pet Food Assistance Program** .. 925-676-7543

**Child Care/Crisis Child Care**

**Coco Kids** ..... 925-778-5437

**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)**..... 925-566-8060

**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

**Pittsburg** ..... 925-431-2501

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

**La Clínica Pittsburg Dental Clinic**. 925-431-1251

**Disability Services**

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

**CA Dept. of Rehabilitation** ..... 925-754-7700

**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

**Opportunity Junction** ..... 925-776-1133

**Project Second Chance**..... 925-754-8317

(Contra Costa Library)

**ESL/GED/ADULT EDUCATION**

**Antioch Adult Education**.....925-779-7490

**Liberty Adult Education**..... 925-634-2565

**Pittsburg Adult Education**.....925-473-2400

**Emergency Services**

**American Red Cross** ..... 1-800-272-2237

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

**CCC Office Emergency Services**..925-646-4461

**Emergency Broadcast System**.....KCBS740AM

**Hazardous Materials Incident Response**

..... 925-335-3232

**Health Emergency Hotline**.....1-800-959-9911

**Employment/Job Training**

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

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

(Coco Kids)

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

**Opportunity Junction**..... 925-776-1133

**SparkPoint Contra Costa East**... 925-252-2300

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

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

**Evictions/Rent Assist./Foreclosures**

**EVICTIION NOTICE ASSISTANCE/ LANDLORD**

**TENANT ASSISTANCE**

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

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

(except Concord and Pittsburg)

**Pacific Community Services**.....925-439-1056

(Antioch, Pittsburg and Bay Point residents only)

**FORECLOSURE ASSISTANCE**

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

**Housing & Economic Rights Advocates**

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

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

**Pacific Community Services** .....925-439-1056

**RENTAL ASSISTANCE**

**Concord Family Services Center**..925-825-3099

(Catholic Charities of the East Bay)

**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 Rooms** ..925-293-4792

**WIC Program – Brentwood** ..... 925-513-6880

**WIC Program – Pittsburg** .....925-431-2460

**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**

**Antioch, Bay Point, Brentwood** ..... 1-800-495-8885

**Health Care for the Homeless Mobile Van**

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

**COMMUNITY CLINICS**

**Brighter Beginnings - Family Health Clinic**

**Antioch**..... 925-303-4780

**La Clínica Oakley**..... 925-776-8240

**La Clínica Pittsburg** ..... 925-431-1251

**Mobile Health Clinic (John Muir)**.....925-363-7588

**Planned Parenthood – Antioch, Pittsburg**

..... 1-800-230-7526

**RotaCare Clinic - Pittsburg** ..... 925-439-2009

**HOSPITALS**

**Contra Costa Regional Medical Center**

..... 925-370-5000

**Kaiser Medical Center** ..... 925-813-6500

**Sutter Delta Medical Center** ..... 925-779-7200

**Health Insurance**

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

..... [www.coveredca.com](http://www.coveredca.com)

**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/CalFresh Applications** 1-800-709-8348

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

(Information on County health insurance programs)

**Homeless**

**Bay Area Rescue Mission**

**Men's Shelter** .....510-215-4868

**Women & Family Shelter**.....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 Resource Center CARE Center**  
 ..... 510-233-2141  
**Monument Crisis Center CARE Capable Center**  
 ..... 925-825-7751  
**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**

**Housing Authority Public Housing Wait List**  
 (Except Richmond and Pittsburg) ..... 925-957-8000  
**Housing Authority - Pittsburg** ..... 925-252-4830  
**Housing Workshop/Shared Housing**  
 (Independent Living Resources) ..... 925-363-7293  
**Senior & 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**  
 Antioch Adult Education ..... 925-779-7490  
 Liberty Adult Education ..... 925-634-2565  
 Pittsburg Adult Education ..... 925-473-2400  
**Immigration & Naturalization Services**  
 (Catholic Charities of the East Bay) .... 925-825-3099  
**Immigration & Citizenship Program**  
 (International Institute of the Bay Area) .. 925-237-8581  
**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  
**Adolescent, Adult and Children's Psychiatric**  
**Programs** ..... 925-674-4265  
 (John Muir Health Behavioral Health Center)  
**Antioch Wellness City** ..... 925-732-7930  
**Bay Area Psychotherapy Institute** .. 925-284-2298

**Community Health for Asian Americans**  
 ..... 925-778-1667  
**Contra Costa Crisis Center** ..... 2-1-1  
**Counseling at Village Community Center** (John  
 Muir Health Behavioral Health Center).... 925-941-7940  
**Family Advocate Mental Health (CCHS)**  
 ..... 925-957-5139  
**First Hope- (CCHS)** ..... 925-681-4450  
**National Alliance for the Mentally Ill (NAMI)**  
 ..... 925-942-0767  
**The Hume Center** ..... 925-432-4118

**Multi-Service Centers**

**SparkPoint Contra Costa East** .. 925-252-2300  
**Village Community Center** ..... 925-626-7892

**Parenting Classes**

**Antioch First 5 Center** ..... 925-301-4052  
**Brentwood First 5 Center** ..... 925-516-3880  
 (Aspiranet)  
**East County First 5 Center (Bay Point)**  
 ..... 925-301-4040  
**C.O.P.E. Family Support Center** ..... 925-689-5811  
**Liberty Adult Education** ..... 925-634-2565  
**Pittsburg Adult Education** ..... 925-473-2400

**Pregnancy**

**Birthright** ..... 925-634-1586  
**Black Infant Health (CCHS)** ..... 925-313-6254  
**Healthy Families America (CCHS)** ..... 925-313-6254  
**Healthy Start (CCHS)** ..... 925-431-2345  
**Independent Adoption Center** ..... 925-827-2229  
**Medical Legal Partnership (FMCH)** .. 800-880-8047  
**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**

**Ujima East** ..... 925-427-9100  
**Wollam House** ..... 925-427-1384

**Rape/Victims of Crime**

**Community Violence Solutions**.. 1-800-670-7273  
**Rape, Abuse & Incest National Network**  
 ..... 1-800-656-4673  
**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)**  
 Antioch ..... 925-757-7325  
 Bay Point ..... 925-458-2662  
 Brentwood ..... 925-634-5040  
 Pittsburg ..... 925-439-2136  
**Covia** ..... 925-956-7396  
**Eldercare Locator** ..... 1-800-677-1116  
**Family Caregiver Alliance** ..... 1-800-445-8106  
**Information & Assistance for Seniors &**  
**Dependent Adults** ..... 1-800-510-2020  
**In-Home Personal Assistance** ..... 925-945-8040  
 (Diablo Valley Foundation for the Aging)  
**Meals-on-Wheels** ..... 925-937-8607  
**Medicare Hotline** ..... 1-800-633-4227  
**Mobility Matters** ..... 925-284-6161

**Senior Food Program (Food Bank)** Bay Point,  
 Antioch, Brentwood, Oakley, Pittsburg .. 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)  
**REACH Project, Inc Antioch** ..... 925-754-3673  
**REACH Project, Inc Oakley** ..... 925-679-2504  
**Teen Parenting Classes** ..... 925-634-2565  
 (Liberty Adult Education)  
**Teen Services/SAFE Place** ..... 1-800-718-4357  
 (Northern California Family Center)

**Transportation**

**Bay Area Travel Information** ..... 511  
**BART** ..... 925-676-2278  
**Dial-A-Ride** ..... 925-754-3060  
**Mobility Matters** ..... 925-284-6161  
**Tri-Delta Route Info** ..... 925-754-4040

**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