

Abuso y Negligencia

NIÑOS

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

ADULTOS DEPENDIENTES Y ANCIANOS

Adult Protective Services 1-877-839-4347

Human Trafficking Prevention ... 1-800-670-7273

(Tráfico de humanos) (Community Violence Solutions)

Ombudsman de CCC.....925-685-2070

(Para pacientes en centros de cuidado extendido)

FAMILIAS

STAND! For Families Free of Violence

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

Asistencia Económica

CalWORKs (Families) 1-877-505-4630

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

Alimentación

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

EBT Card Services 1-877-328-9677

Food Bank of Contra Costa & Solano

Comida, alimentos, despensa 925-676-7543

Food Pantries/Soup Kitchens 211

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

WIC Program – Brentwood 925-513-6880

WIC Program – Pittsburg925-431-2460

Abuso de Alcohol y Drogas

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 Prgrm(Bi-Bett)...925-240-7213

CENTROS DE DESINTOXICACIÓN

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

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

Pueblos del Sol (Hombres) 925-676-2580

Thunder Road Adolescent Treatment Center

..... 510-653-5040

TRATAMIENTO DE DROGADICCIÓN

REACH Project - Antioch 925-754-3673

Brentwood 925-666-8460

Oakley 925-679-2504

Ujima East 925-427-9100

PROGRAMAS PARA DEJAR DE FUMAR

California Smokers Helpline 1-800-662-8887

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

Animales

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

Contra Costa Humane Society .. 925-279-2247

Comida para Mascotas 925-676-7543

Asistencia Medica

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

Contra Costa Health Services Health Centers

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

Clínica de Salud Móvil para Desamparados

(CCHS) Llame por lugar/horario 925-608-5300

CLINICAS COMUNITARIAS

Brighter Beginnings - Family Health Clinic

Antioch..... 925-303-4780

Clínica de Salud Móvil (John Muir)...925-363-7588

La Clínica Oakley 925-776-8240

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

Planned Parenthood – Antioch, Pittsburg

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

RotaCare Clinic - Pittsburg 925-439-2009

HOSPITALES

Contra Costa Regional Medical Center

..... 925-370-5000

Kaiser Medical Center 925-813-6500

Sutter Delta Medical Center 925-779-7200

Ayuda para Pagar Servicios Públicos

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

Centros de Servicios Múltiples

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

Village Community Resource Center

..... 925-626-7892

Clases para Padres

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

Cuidado de niños/Cuidado de niños en crisis

Coco Kids 925-778-5437

Head Start Programs/Child Care Services

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

CUIDADO DE NIÑOS EN CRISIS

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

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

Safe Families (Edad 0-18) 925-566-8050

Cuidado Dental

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 925-431-1251

Desalojo/ayuda de renta/embargo

ASISTENCIA: ORDEN DE DESALOJO/

PROPRIETARIOS E INQUILINOS

Bay Area Legal Aid510-250-5270

ECHO Fair Housing 1-855-275-3246

(Excepto Concord y Pittsburg)

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

(Solo Residentes de Antioch, Pittsburg y Bay Point)

EMBARGO DE VIVIENDA

Foreclosure Assistance – HUD415-489-6400

Housing & Economic Rights Advocates

.....510-271-8443

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

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

ASISTENCIA CON EL PAGO DE RENTA

Concord Family Service Center ..925-825-3099

(Catholic Charities of East Bay)

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

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

Educación y Alfabetismo

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/EDUCACIÓN PARA ADULTOS

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

Liberty Adult Education 925-634-2565

Pittsburg Adult Education 925-473-2400

Embarazo

Birthright 925-634-1275

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

EMBARAZO Y ABUSO DE SUSTANCIAS

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

Wollam House 925-427-1384

Empleo/Entrenamiento

CalJOBS - Internetwww.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

Fallecimiento

Consejería de Duelo2-1-1

(Contra Costa Crisis Center)

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

Gay, Lesbian, Bisexual, Transgender

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

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

Información de Servicios

2-1-1 Contra Costa 2-1-1

(Contra Costa Crisis Center)

Information & Assistance for Seniors &

Dependent Adults..... 1-800-510-2020

Internet a Bajo Costo

Access from AT&T.....1-855-220-5211

Comcast Internet Essentials..... 1-855-846-8376

Intervención de Crisis/Suicidio

Contra Costa Crisis Center2-1-1

Provee línea de crisis 24 horas al día.

National Suicide Hotlines..... 1-800-273-8255

Provee línea de crisis 24 horas al día.

Oportunidades para Voluntarios

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

Personas Desamparadas

Bay Area Rescue Mission
Hombres 510-215-4868
Mujeres y Familias 510-215-4860
Calli House (Edades 18-24) 1-800-610-9400
**Coordinated Outreach Referral and
Engagement (CORE)** 2-1-1
Ayuda para desamparados y referencias para albergues
de Concord y Brookside.
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

Salud Mental

**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
Consejero de Salud Mental (CCHS)
..... 925-957-5139
Consejería en Village Community Center (John
Muir Health Behavioral Health Center) 925-941-7940
First Hope- CCHS 925-681-4450
National Alliance for the Mentally Ill (NAMI)
..... 925-942-0767
The Hume Center 925-432-4118
Second Nature Behavioral Health 510-610-4799

Seguro Medico

Covered California 1-800-300-1506
..... 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 Applications 1-800-709-8348
Consejeros Financieros 1-800-771-4270
(Información sobre seguros de salud del Condado)

Servicios de Discapacidad

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

Servicios de Emergencia

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 KCBS740AM
Hazardous Materials Incident Response
..... 925-335-3232
Health Emergency Hotline 1-888-959-9911

Servicios Legales y Mediación

Bay Area Legal Aid 510-250-5270
Referencias de Abogados 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
Consejería legal familiar, divorcio, manutención
Medical Legal Partnership (FMCH) 800-880-8047
Victim Witness Assistance 925-957-8650

Servicios para Adolescentes

Alateen 925-932-6770
California Youth Crisis Line 1-800-843-5200
New Leaf Treatment Center 925-284-5200
(Tratamiento de sustancias)
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)

Servicios para Ancianos

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 (Programa de almuerzo caliente)
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

Servicios para Inmigrantes

Cash Assistance Program for Immigrants
..... 1-877-505-4630
Educación para Ciudadanía
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
Línea de respuesta rápida y servicios legales de
inmigración en el condado de Contra Costa.
U.S. Citizenship and Immigration Services
..... 1-800-375-5283

SIDA/VIH

AIDS Info 1-800-448-0440
Contra Costa AIDS Line 925-313-6771

Transportación

Bay Area Travel Information 511
BART 925-676-2278
Dial-A-Ride 925-754-3060
Mobility Matters 925-284-6161
Tri-Delta (Información de rutas) 925-754-4040

Veteranos

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
Supportive Services For Veteran Families
..... 925-338-1038
Veterans Suicide Hotline 1-800-273-8255

Violación/Victimias de Crimen

Asistencia para Victimias de Crimen
..... 925-957-8650
Central Family Justice Center 925-521-6366
Crockett Counseling Center 925-370-6544
Human Trafficking Hotline 1-800-670-7273
(Tráfico de humanos) (Community Violence Solutions)
Rape, Abuse & Incest National Network
..... 1-800-656-4673
Second Nature Behavioral Health 510-610-4799

Vivienda

Housing Authority Public Housing Wait List
(Excepto Richmond y Pittsburg) 925-957-8084
Housing Authority - Pittsburg 925-252-4830
Housing Workshop/Shared Housing
(Independent Living Resources) 925-363-7293
SHELTER, Inc. 925-338-1038
Senior & Adults w/ Disabilities 1-800-510-2020