

Abuso/Violación/Abuso de drogas

STAND! For Families Free Of Violence
..... 1-888-215-5555
Human Trafficking Prevention... 1-800-670-7273
(Community Violence Solutions)
Alcohol & Other Drugs Access.. 1-800-846-1652

Albergue/Centros de ayuda

Bay Area Rescue Mission Shelters
Hombres510-215-4868
Mujeres/Familias 510-215-4860
Calli House-Richmond (Jóven, 18- 24) . 1-800-610-9400
Centros de Servicios Múltiples CARE Center
(Anka Behavioral Health)
Centro..... 925-685-7613
CORE Outreach Team 2-1-1
Ayuda para desamparados y referencias para albergues
de Concord y Brookside.
GRIP Emergency Family Shelter CARE Center
.....510-233-2141
Monument Crisis Center CARE Capable
Center.....925-825-7751
SHELTER, Inc......925-338-1038
Trinity Center CARE Center 925-949-8712
Winter Nights 925-435-2074

Alimentación

Food Bank of Contra Costa & Solano
(Distribución de alimentos).....1-855-309-3663
Food Pantries & Soup Kitchens 2-1-1
Loaves & Fishes Dining Rooms ... 925-293-4792
WIC Program.....1-800-414-4942
(Mujeres embarazadas, lactando o padres con niños 0-5 años)

Animales

CCC Animal Services925-608-8400
Contra Costa Humane Society .. 925-279-2247
Comida para mascotas 925-676-7543

Asistencia Económica

CalWORKs/GA (Familias/Individuos) 1-877-505-4630
Unemployment Insurance 1-800-300-5616

Asistencia Medica y Servicios Dentales

Brighter Beginnings – Clínicas/Salud Familiar
Antioch..... 925-303-4780
Richmond 510-213-6681
CC Regional Medical Center 925-370-5000
CCC Health/Dental 1-800-495-8885
Antioch, Bay Point, Brentwood, Concord, Martinez,
N. Richmond, Pittsburg, Richmond
Clínica de Salud Móvil (John Muir)....925-363-7588
Clínica de Salud Móvil para Desamparados
(CCHS) Llame para hora/lugar925-608-5300
Consejera de Salud1-877-661-6230
Denti-Cal/Medi-Cal Dental Pgm.... 1-800-322-6384
Health Emergency Hotline 1-888-959-9911
La Clínica Monument 925-363-2005
La Clínica Oakley..... 925-7768200
La Clínica Pittsburg Dental/Medical 925-431-1251
Life Long Medical-Brookside
Richmond 510-215-5001
San Pablo(Cuidado urgente y dental)510-215-9092
Servicio Dental/Desamparados..... 925-608-5016
Servicio Médico/Desamparados 925-608-5300
Planned Parenthood.....1-800-230-7526
RotaCare – Concord..... 925-429-6409
Pittsburg..... 925-439-2009
Richmond..... 510-213-6678

Ayuda con Pago de Utilidades

California Alternate Rates for Energy (CARE)
Program1-866-743-2273
Low-Income Home Energy Assistance
(LIHEAP)925-681-6380
Medical Baseline Program Relief for Energy
..... 1-800-743-5000
Relief for Energy Asst. (REACH).. 1-800-933-9677
Utility Shut-off Assistance.....1-800-743-5000

Cuidado Infantil

Coco Kids Centro..... 925-676-5437
Este..... 925-778-5437
Oeste.....510-758-5439

Child Care Service- Head Start
(CCC Community Services Bureau)
Centro/Este925-681-6300

CUIDADO DE NIÑOS DURANTE CRISIS

Bay Area Crisis Nursery (Edades 0-5) .925-685-8052
Dahlstrom House (Edades 6-11) 925-685-3695
Safe Families (Edades 0-18) 925-556-8060

Desalojo/ayuda con renta/embargo vivienda

**PROPRIETARIOS E INQUILINOS/ASISTENCIA
CON ORDEN DE DESALOJO**

Bay Area Legal Aid510-250-5270
ECHO Fair Housing 1-855-275-3246
(Excluyendo Concord y Pittsburg)

Housing & Economic Rights Advocates
..... 1-800-735-2922

Pacific Community Services..... 925-439-1056
(Solamente Antioch, Pittsburg y Bay Point)

EMBARGO DE VIVIENDA

Foreclosure Assistance – HUD.. 415-489-6400
Housing & Economic Rights..... 510-271-8443
National Foreclosure Hotline1-888-995-4673
Neighborhood Housing Service . 510-237-6459
Pacific Community Services 925-439-1056

AYUDA CON PAGO DE RENTA

Caridades Católicas 925-825-3099
Season of Sharing 925-521-5065
SHELTER, Inc. 925-338-1038

Empleo

Child Care Job Bank 925-676-5442
Experience Unlimited 925-602-0166
EASTBAY Works, America's Job Center of CA
Concord 925-671-4500
Lao Family Community Development, Inc.
(One-Stop Affiliate) 510-215-1220
RichmondWorks 510-307-8014
SparkPoint Contra Costa East.... 925-252-2331
SparkPoint Contra Costa West.... 510-779-3200

Entrenamiento de Empleo

CCC Regional Occupational Pgm.. 925-942-3368
Opportunity Junction 925-776-1133
The Stride Center 510-234-1300
Antioch Adult Education 925-779-7490
Liberty Adult Education 925-634-2565
Martinez Adult Education..... 925-228-3276
Mt. Diablo Adult Education 925-685-7340
Pittsburg Adult Education 925-473-2400
West Contra Costa Adult Ed..... 510-215-4666
..... 510-231-1453

Intervención de Crisis/Suicidio

Contra Costa Crisis Center..... 2-1-1
National Suicide Hotlines 1-800-273-8255

Salud Mental

Abogado de Salud Mental (CCHS)925-957-5139
Access Mental Health Apt. Line..1-888-678-7277
Adolescent, Adult & Children's Psychiatric
Programs (John Muir)..... 925-674-4265
Bay Area Psychotherapy Institute.....925-284-2298
Community Health for Asian Americans (CHAA)
Antioch 925-778-1667
Richmond 510-237-5777
Contra Costa Línea de Crisis..... 2-1-1
Crockett Counseling Center 925-370-6544
First Hope (CCHS) 925-681-4450
National Alliance for the Mentally Ill (NAMI)
.....925-942-0767

Seguro Médico

Child Health & Disability Prevention (CHDP)
..... 925-313-6150
Covered California 1-800-300-1506
HICAP 1-800-510-2020
(Health Insurance Counseling & Advocacy)
Medi-Cal 1-800-709-8348
Consejeros Financieros 1-800-771-4270
(Información para coberturas de salud del condado)

Vivienda

Contra Costa Housing Authority...925-957-8000
Housing Authority Pittsburg 925-252-4830
Housing Authority Richmond..... 510-621-1300
Ancianos/Adultos discapacitados..1-800-510-2020
SHELTER, Inc......925-338-1038

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..... 866-901-3212
CCC District Attorney..... 925-957-2200
CC Senior Legal Services925-609-7900
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)

Servicios para Ancianos

CC Café (almuerzo caliente)211
Covia 1-877-797-7299
Information & Assistance for Seniors &
Dependent Adults..... 1-800-510-2020
Meals-on-Wheels 925-937-8607
Medicare Hotline..... 1-800-633-4227
Mobility Matters 925-284-6161
Senior Outreach Services..... 925-937-8311

Veteranos

Berkeley Food & Housing Project.855-862-1804
CCC 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